

# Today's Chiropractic Weekly Handout

## What is Purification?

Given that this week many of us are beginning the 21-Day Purification program, I thought, what a perfect topic for this week's handout! Purification is merely the internal cleansing and detoxification of your body. Think of it as "spring cleaning" for your insides.

### **Why do I need purification?**

Purification, also known as detoxification, can help you remove natural toxins from your body and help maintain a healthy weight. We are exposed to external toxins everyday, including pollutants, pesticides, and chemicals. Internally our bodies produce waste byproducts as a result of normal metabolic function. Although your body is designed to rid itself of these toxins naturally, it can become overburdened. Purification offers your body additional support to expel natural toxins and minimize your weight, which is important to maintaining your health and vitality.

Toxins can contribute to a wide range of conditions:

- Stuffy head
- Fatigue or difficulty sleeping
- Digestion and other gastrointestinal problems
- Food cravings and weight gain
- Reduced mental clarity
- Low libido

### **How do I determine my toxic load?**

Your toxic load is the amount of toxins that your body needs to process. By answering the following questions, you may gain some insight as to your current toxic load.

- Do you or have you eaten processed foods?
- Do you eat non-organic fruits and vegetables?
- Do you eat meat and poultry that are not free range?
- Do you consume genetically altered food?
- Do you or have you ever used artificial sweeteners?
- Do you drink soda?
- Do the foods you eat have preservatives, additives, dyes, or sweeteners added?
- Do you drink tap water?

- Do you eat fast foods and/or eat out regularly?
- Do you charbroil or grill foods?
- Do you drink coffee regularly?
- Do you drink alcohol?

If the majority of your answers are "yes", then it is likely that your diet contributes significantly to your toxic load. Beyond diet, many external toxins, such as perfumes, cleaners, and pollution, add to your load. Your health care professional can help you assess your toxic load.

### **What are the benefits of purification?**

A purification program can have a significant, positive effect on the biochemistry of the body while allowing natural toxins and byproducts of daily metabolism to be eliminated. By participating in a purification program, you may notice the following:

- Improved weight management results
- Increased energy/vitality
- Better digestion
- Less bloating
- Clearer skin
- Shinier hair
- Better sleep
- Clearer thinking
- Disappearance or lessening of past conditions

### **How is purification different than any other diet?**

The Standard Process Purification Program is not a diet. It is a program that helps you live a healthier life by purifying, nourishing, and maintaining a healthy body and weight.

Our purification program emphasizes supplements and whole foods, particularly fruits and vegetables, while limiting high-calorie, refined foods and saturated fats. Nourishing yourself with nutrient-rich foods will provide the complex combination of vitamins, minerals, and antioxidants that are needed to protect the body and promote optimal health.

**If you'd like more information about the Standard Process Purification Program, please, just ask!**

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**Office Hours:**

**Mon/Wed/Fri: 8:30am-12pm & 2:30pm-6:30pm**

**Tues: 8:30am-12pm & 2:30pm-5pm**