

Press Reset Now April 2016

I am often greeted by patients excited to tell me about a 7-day cleanse they recently began, an office challenge based on the bestselling diet book of the month or question me about the effectiveness and safety of available supplements for their weight loss goals. Indeed, it seems that in the fast paced world in which we live we are looking for an even faster way to cure what ails us. More than any prescription, however, all we often need is a 'personal RESET' from the toxins in our environments and in our lives that contribute to our illnesses.

Toxins come in many forms. They are found in the foods we eat and those we consume in excess: high fructose corn syrup, trans-fats, caffeine, alcohol and processed foods. They are found in the medications we are prescribed, in the chemicals and cleaning products used on our lawns or in our homes and in the pathological processes including infection or uncontrolled allergies that we often succumb to over the course of our lives. Additional toxins include stress (i.e. financial or work-related), mental illness (i.e. addiction, depression or anxiety), over-stimulation (i.e. TV, cellphones or social media) and other daily challenges we encounter that strain our sense of physical and emotional balance. Such imbalances often manifest physically and emotionally as chronic fatigue, joint pains, headaches, low libido, weight gain and irregular bowel movements.

When challenged by symptoms like those mentioned above, the eager pursuit of detoxifying treatments and miracle remedies to reverse our ailments is easily understood. While many options are available to fit all needs and budgets, little research exists to prove that any one method is helpful and in fact some may result in more harm than good. Before pursuing that 'guaranteed cure', consider the following fail-safe and tested components of a sustainable detoxification program:

- 1.) Exercise: Daily and outdoors if able
- 2.) Sweating
- 3.) Healthy Eating: high intake of fruits, vegetables and water
- 4.) Meditation and relaxation
- 5.) Body-work: massage and acupuncture

Committing a meaningful period of time to enact such changes in one's daily life has the potential to be the most effective 'detoxification' program to restore health and vitality in your life. With proper intentions and the guidance of your physician or health care provider, restoring your health does not need to be costly or overwhelming but rather safe and empowering.

For some suggestions on detoxification strategies that you can tailor to your own needs, please check out the following site and consult with your health care provider: http://www.fammed.wisc.edu/files/webfm-uploads/documents/outreach/im/handout_detoxplan.pdf

RESET your life now and to your health always,

The Drs. Wojnowich