

DETOXIFICATION

by **dr. lisa hunt** | photo by **dawn kelly**

Detoxification is the most exciting tool in natural medicine due to its simplicity, low cost and superior results. It's actually fun to participate and you'll feel results almost immediately.

Our bodies detoxify continuously as a natural function. It's only when our detox mechanisms become overloaded that the process becomes less efficient and symptoms may occur. Toxins may be internal or external in origin. Pollution or pesticides in our food sources may put undue stress on our detox organs, the kidney and liver. Improper digestion and imbalanced gut ecology provide internal forms of toxins in the way of metabolic by-products stemming from certain bacteria that have toxic side effects and therefore impact negatively on overall health by compromising detox pathways.

It has been suggested that toxic overload contributes to more

serious conditions such as autoimmune diseases, inflammatory/rheumatoid arthritis and neurological disorders such as Parkinson's and Alzheimer's. The goal of this program is to slowly and gently cleanse your body of toxins that add an extra burden so serious diseases like this can be avoided. This program should turn your liver into a healthy, cleansing machine.

Symptoms that may be relieved by following a detox program include digestive problems, bad breath, fatigue, skin rashes, itchy skin, irritability, constipation, headaches, joint pain and weight loss resistance.

A carefully planned detox program can offer improvements including anti-aging effects, clearer skin and eyes, weight loss, increased productivity and reduction of allergic symptoms.

For more information on detoxification, please visit DrLisaHunt.com.

Dr. Lisa Hunt



Lisa J. Hunt, D.O., is the Medical Director of Valley Wellness Center in Modesto whose mission "is to build on every level of your health to achieve the best quality of life." She is Board certified in Family Medicine and Holistic and Integrative Medicine. She specializes in anti-aging treatment, natural thyroid replacement, menopause/andropause therapy (including bio-identical hormone replacement), strengthening the immune system, neurotransmitter analysis/replacement and nutritional support guidance.



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DR. LISA HUNT
AT VALLEY WELLNESS CENTER

Lisa J. Hunt D.O.
(209) 577-2799 • www.DrLisaHunt.com
1300 MABLE AVE., SUITE C • MODESTO

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