

# HEALTH NEWS AND FEATURES

## Detox: Who needs to Detox?



**Carolyn Guilford**

*The goal of this series of articles and the goal of the Health Restoration 101 programs are to help you maximize your chances of living a longer, healthier life. Our programs are simple, comprehensive, well documented and easy to follow. "It's not magic, but it can change your life."*

**by Carolyn Guilford, CNC**

Not a day passes that someone does not ask about detox-ing.

Today, we live in an environment that is totally toxic, our foods are contaminated and even the air we breathe, and the water we drink has many known and unknown toxic chemicals. Therefore, we all need some type of detoxification to maintain life and good health.

Detox-ing is the removal of toxic chemicals from the body to allow the body to work more efficiently, and to strengthen the immune system.

We are easily able to do a basic detoxification by cleaning up our diet, taking deep breaths, and the daily shower. But after years, and in some cases, many years of poor food choices and stress, we need to fortify our internal organs which have suffered from a great lack of essential nutrients.

Fortification of the liver, lungs, kidneys, bowels and blood will support these organs performance.

The liver is our filter for removing poisons and waste from the blood. The kidneys filter wastes from the blood into the urine, while the lungs remove waste as we exhale.

Our bodies are designed to use natural substances, including organic whole foods, herbs and phyto-chemicals. Foreign substances serves to stimulate the immune system to find and remove these substances. The problem is we over work the immune system doing this busy work until it wears out, and is not able to do the life saving work of saving our lives from chronic diseases, and poor stress management. Keeping our organs of elimination in good working order is essential to health.

There are many ways to detoxify the body, the most common are: Bowel cleanse, liver cleanse and blood toners. Others may aid the kidneys, lungs or the skin in their functions. By combining a good detox program with a total health program, one can effectively restore health and look younger in the process. When the body is able to remove toxins easily, health can be restored. For the detox program to be effective we must incorporate it into a healthy lifestyle program which includes good nutrition, lots of fresh clean water, exercise every day, rest, sunshine, and fresh air.

With the right plan persons with heart disease, diabetes, and with cancer can use a detoxifying program to reverse the disease process and create the life we all

want, great health so that we can enjoy living.

Many clients tell me, after two or three months on the Health Restoration program that they didn't realize how bad they felt, until they didn't feel bad any more. Well, it took me a while to get my brain around that, 'How do you not know you feel bad?', because we get used to it!'

The way our bodies were created allows us to live in this toxic environment and not be affected by it. However we must live right, eat right, get enough sleep, rest and fresh air, clean water and of course find good effective ways to manage stress.

Yes, we all need to detox, its like a tune up for the body.

If you have any comments or questions about health issues we've covered in this column, or an issue you'd like addressed, please call or write to:

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## Don't stress – it's just a test

HOUSTON – When children complain about upset stomachs and headaches, it could be more than just the flu. This is the time of year when students are preparing for mid-term exams, and test anxiety could be causing their symptoms.

Anxiety about an impending test is a serious problem that can even make some students physically ill, according to a Baylor College of Medicine psychologist.

Test anxiety can be seen in students of all ages. Some will deal with it throughout their schooling because anxiety can be a genetic trait, said Dr. Megan Mooney, adjunct assistant professor of psychiatry and behavioral sciences at BCM. Other students may be able to overcome their test anxiety, especially if parents respond to it in the right way, she said.

"If we respond by talking about being nervous and anxious as a normal thing and introducing techniques to cope with it, then test anxiety can be very manage-

able," said Mooney, also staff psychologist at DePelchin Children's Center and a counselor at River Oaks Elementary.

If, on the other hand, parents respond by letting their child stay home and avoid the test or by getting upset and reinforcing the feeling of nervousness, then test anxiety could become a longer-term condition.

Mooney works with students on relaxation techniques, such as deep breathing, and on thought-stopping skills that get rid of negative thoughts that start creeping in at exam time.

"These techniques really need to be reinforced at home as well," Mooney said. "All of the skills to decrease the symptoms of anxiety should be practiced. It's just like learning how to play a sport – you have to practice over and over again so these techniques become a habit for children."

Parents must also be aware of the messages they are sending their children, Mooney said. Schools can be high-pressure settings where

there is a lot of competition, and parents can add to the pressure with their own high expectations. Mooney urges parents to talk about the importance of kids' trying their best, rather than focusing on grades.

Students of all ages must also take care of their physical health at exam time by eating well and getting enough sleep. Older students also can help ease their anxiety by creating a schedule for themselves as soon as they receive their syllabus. They should find an optimal studying environment, whether it's a quiet library or somewhere they can have music playing.

While anxiety can be overwhelming if not properly dealt with, Mooney pointed out that it is a biological symptom that exists for a reason.

"When we experience anxiety, we get a burst of adrenaline that makes us more aware and helps us focus and concentrate," she said. "Having a little bit of anxiety about wanting to do well can help motivate us."

## Great Holiday Ideas That Help Cure Childhood Cancer

Atlanta, GA – The holiday season is upon us and why not give a gift that gives back? The non-profit charity, Curing Kids' Cancer, is offering shoppers two unique ways to give gifts that raise money for cutting-edge pediatric cancer research: Blankets

Curing Kids' Cancer is pleased to introduce Blankets Curing Kids' Cancer. The Blankets Curing Kids' Cancer program allows shoppers two options for giving. They can buy a plush fleece blanket with the Curing Kids' Cancer logo that can be used as a great stadium or picnic blanket with proceeds going towards pediatric cancer research. Or, they can buy a blanket directly for a childhood cancer patient and send the child a personalized message. If in the state of Georgia, your blanket will be sent to a patient at the Aflac Cancer Center and Blood Disorders Service of Children's Healthcare of Atlanta. The

blankets are available in two sizes, infant and large, and come in a variety of colors. Infant blankets cost \$20 and large blankets are \$30. Order online at [www.curingkids-cancer.org](http://www.curingkids-cancer.org)

Teachers Curing Kids' Cancer

Instead of buying the typical coffee mug or apple bookmark for the teacher's holiday gift this year, make a donation to Teachers Curing Kids' Cancer. The donation goes to fund cutting edge pediatric cancer treatments. In return, teachers receive a personalized certificate and for donations of \$50 or more, a t-shirt, a tote bag, or a thermal mug. Giving to Teachers Curing Kids' Cancer is a wonderful new way for students to help other children while honoring their teachers. It is a gift that everyone can feel good about - it teaches many lessons while touching many lives. Details of the program are available at [www.teacherscuringkids-cancer.org](http://www.teacherscuringkids-cancer.org).

How It Works:

Kids and parents donate their gift to Teachers Curing Kids' Cancer.

In return, the teacher receives an original Teachers Curing Kids' Cancer gift, a certificate honoring them for their inspiration as a teacher. For gifts of \$50 or more, the teachers also receive an original tote bag, t-shirt or thermal mug.

The money supports pediatric cancer research in the teacher's local area.

Donations can be made at [www.curingkids-cancer.org](http://www.curingkids-cancer.org).

The effort is based on the fast-growing "Coaches Curing Kids' Cancer" program in which youth sports teams donate their coaches' end-of-season gift to pediatric cancer research.

About Curing Kids' Cancer:

Inspired by nine-year-old Killian Owen's battle with leukemia, Curing Kids' Cancer Inc. is a unique, national grassroots movement which aims to raise both awareness and money to find cures for all types of childhood cancer. Our pro-

grams fund the development of cutting edge therapies which will revolutionize childhood cancer treatment by replacing traditional chemotherapy. Our objective is to turn this killer disease into a curable one in our lifetime. Details are available at <http://www.curingkids-cancer.org/>

## MUMC Receives Hero Award for Sugar Refinery Efforts

The Georgia Medical Society presented Memorial University Medical Center (MUMC) in Savannah, Ga., with a Healthcare Hero award. The award recognizes the outstanding efforts of MUMC Team Members during the Imperial Sugar refinery explosion on February 7, 2008. The honor was one of six given in different categories ranging from innovation to allied health.

The Georgia Medical Society developed the Healthcare Hero awards to recognize organizations and individuals that have had a positive influence on community healthcare.

On the night of the Imperial Sugar refinery explosion, units from MUMC's MedStarOne ambulance service were among the first on the scene. Four trauma surgeons and four off-duty E.D. doctors were at MUMC's emergency department within minutes. Nearly 100 physicians treated incoming patients. A flood of administrative and support staff converged on the hospital ready to do whatever was necessary.

One MUMC nurse likened the team's performance during the crisis to "an orchestra where all parts were working together as they should."

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