

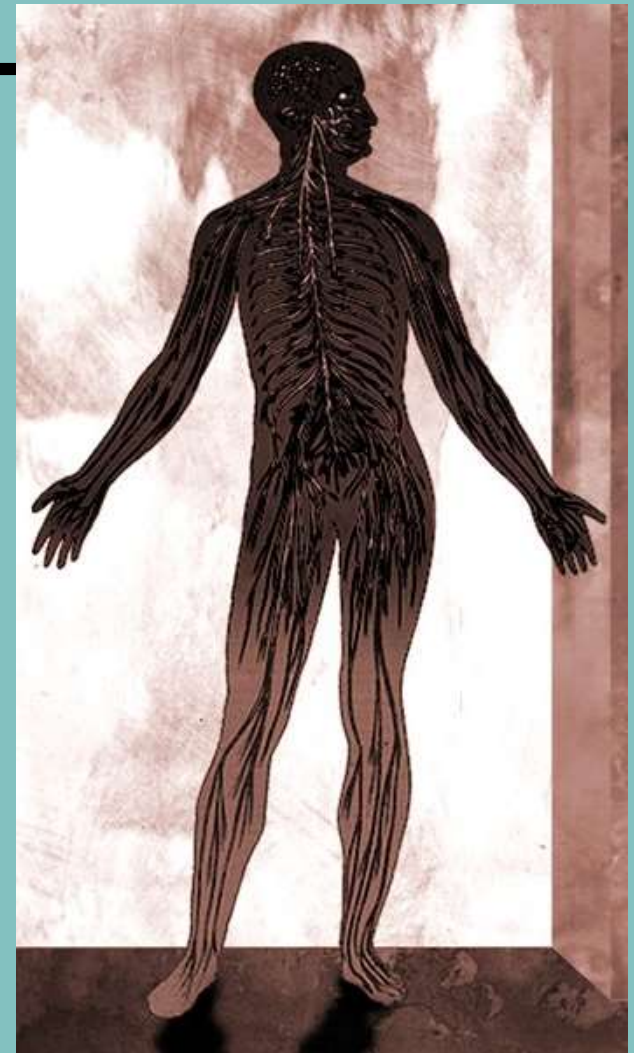
Manual Therapies that Assist Whole Body Detoxification

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Whole Health Chiropractic, Inc.

■ The Wellness Paradigm

- Your body is designed to be self-healing
- The body has an innate intelligence that regulates the energy producing system and the waste-eliminating system
- Your body is an intricate, adaptable, self-healing, self-regenerating immensely complex organism capable of overcoming many insults and injuries.



Why You Need Detoxification

- Constant Stress
- Toxic Over-exposure
- Poor Nutrition
- Sedentary Lifestyle
- Negative Thinking



Health Issues that Respond to Detoxification:

- Insulin Resistance
- Estrogen Dominance
- Obesity
- Hypertension
- Dyslipidemia
- Reduced Growth Hormone
- Toxicity
- Fatty Liver
- Inflammation
- Cancer
- Heart Disease
- Immune System Health

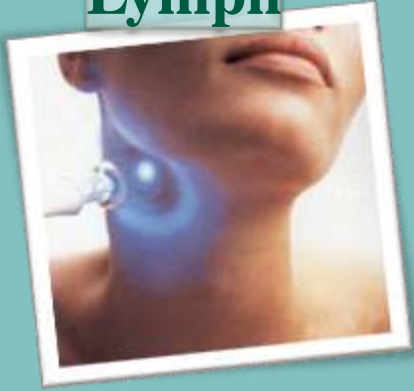


How Holistic Healthcare Can Help

- Bring the Body Back into Balance
- Strengthen the Immune System
- Clean Toxins Out of the Body
- Give the Body the Nutrients it Need to Heal
- Remove Interference to the Communication System
- Help the Body Deal with Stress Better

Organs of Detoxification

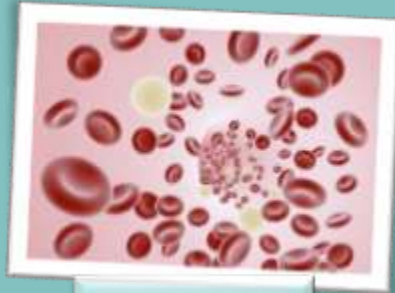
Lymph



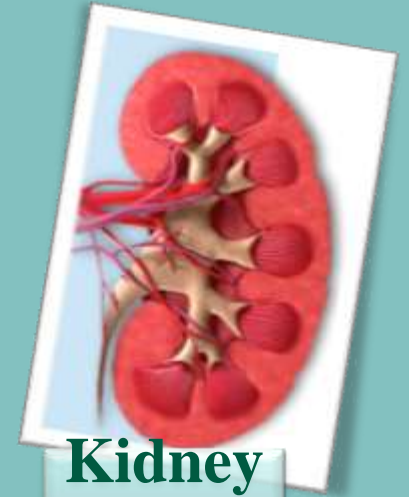
Skin



Blood



**Kidney
s**



Lungs



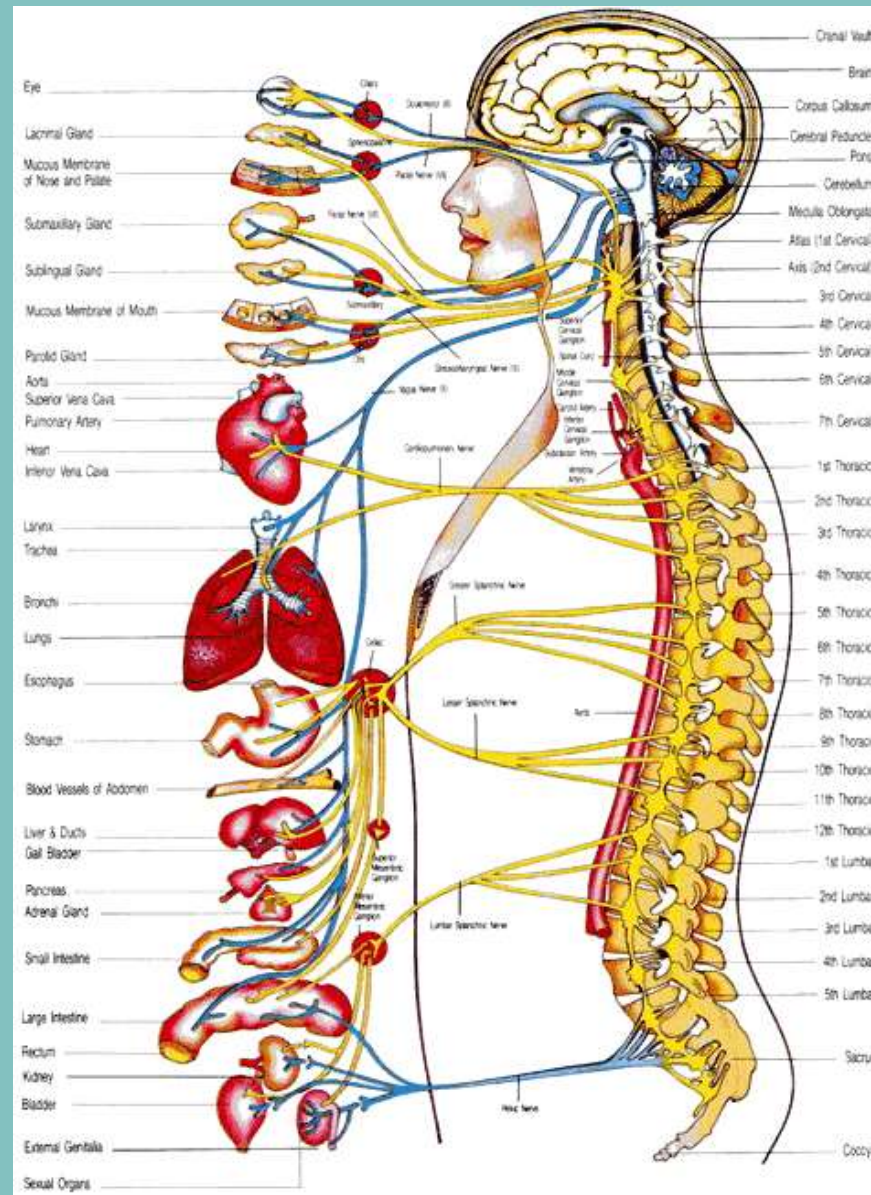
Colon



Liver



The Autonomic Nervous System



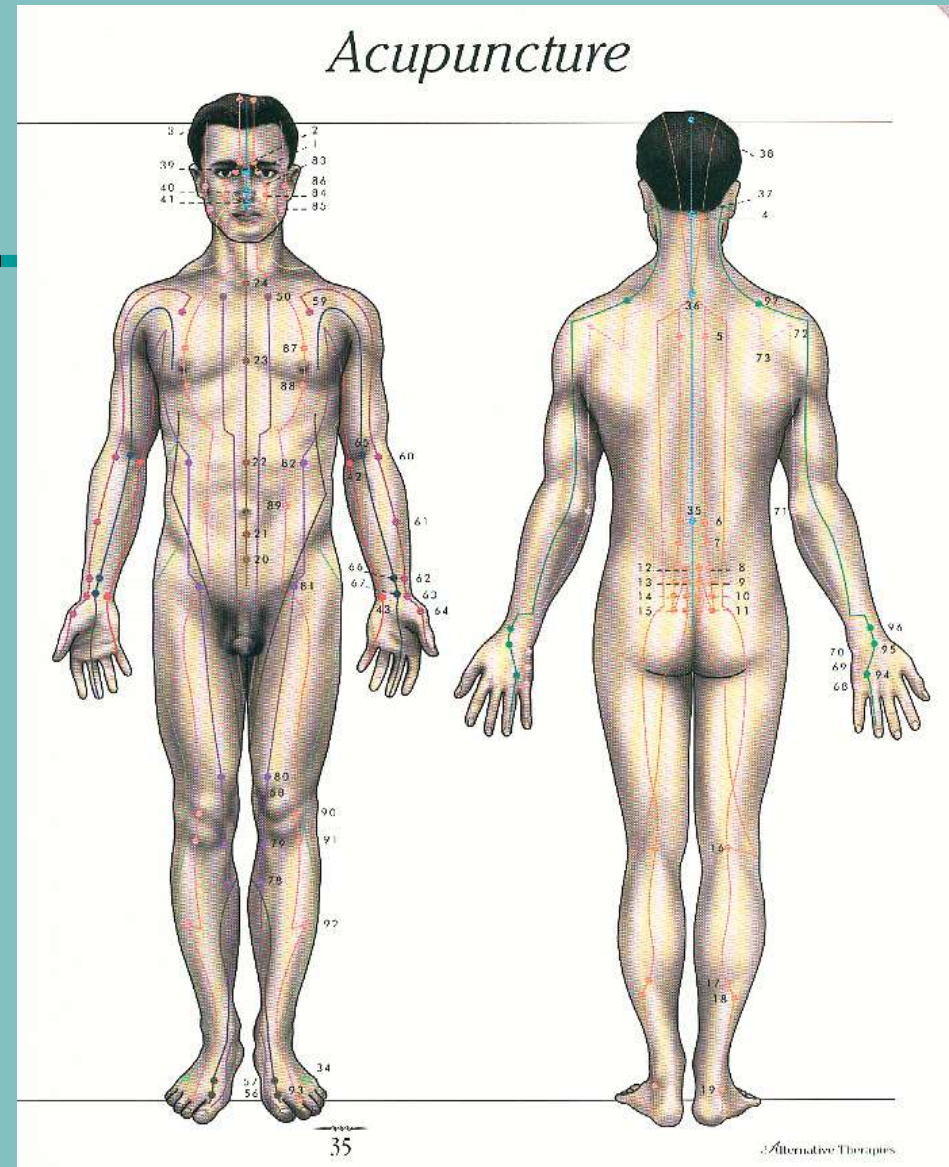
Manual Therapy Options

- Acupuncture/Accupressure
- Lymph Therapy
- Massage
- Reflexology
- Rolfing
- Chiropractic
- Ion Cleanse Foot Bath
- Infrared Saunas



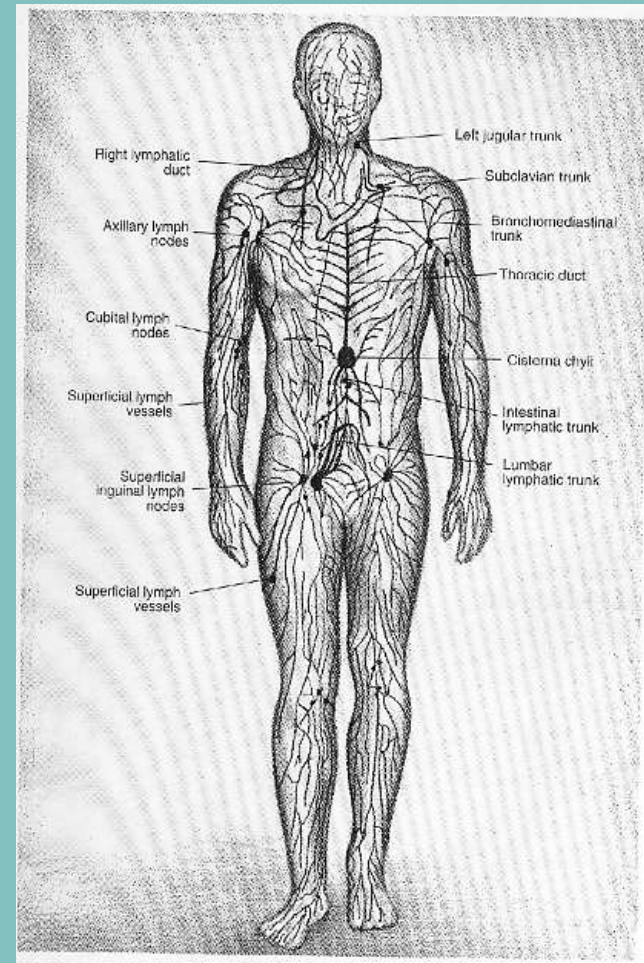
Acupuncture

- Practiced in China for about 4500 years
- Founded on the principle that a vital energy or life force called chi or "qi" circulates through 14 channels called meridians.
- A sluggish, blocked or overstimulated chi causes disharmony or illness



Lymph Therapy

- The lymphatic system is system of vessels designed to carry away waste products in the fluid surrounding cells. Some waste products cannot be reabsorbed by the circulatory system such as bacteria, dusts, dyes and dead cells.
- This waste, or lymph is carried to lymph nodes where it is filtered and cleaned before returning to the blood circulatory system.



Lymph Therapy



- The lymphatic system has no pump of its own and relies on diaphragmatic breathing, arterial pulsation, skeletal muscle contractions and peristaltic contractions to move the lymph.
- The lymph system can be impaired by surgery, disease or trauma which can lead to swelling and a toxic environment.
- Vigorous aerobic exercise increases lymphatic flow.
- Lymph Therapy uses light massage and/or a Light Beam Generator to destroy pathogens, correct the electromagnetic charge on cells, break up blockages and stimulate lymphatic flow.
- Lymph Therapy is excellent for aiding detoxification.

Therapeutic Massage

Research studies show that massage:

- Relaxes the nervous system
- Promotes recovery from exercise
- Breaks up scar tissue and adhesions
- Relieves certain types of pain
- Increases lymphatic circulation
- Increases blood circulation
- Increases peristaltic action in intestines



Therapeutic Massage



Massage Techniques:

- Swedish – uses long strokes, kneading, vibration, friction and percussion techniques
- Deep tissue massage
- Neuromuscular massage
- Myofascial release
- Sports massage
- Acupressure
- Shiatsu

Benefits & Uses:

- Muscle tension & aches
- Tension headaches
- Poor circulation
- Stress & anxiety (triggers Relaxation Response)
- Fitness & sports adjunct
- Premature & developmentally challenged infants
- Disabled
- Pregnancy
- General wellness & immune system stimulation

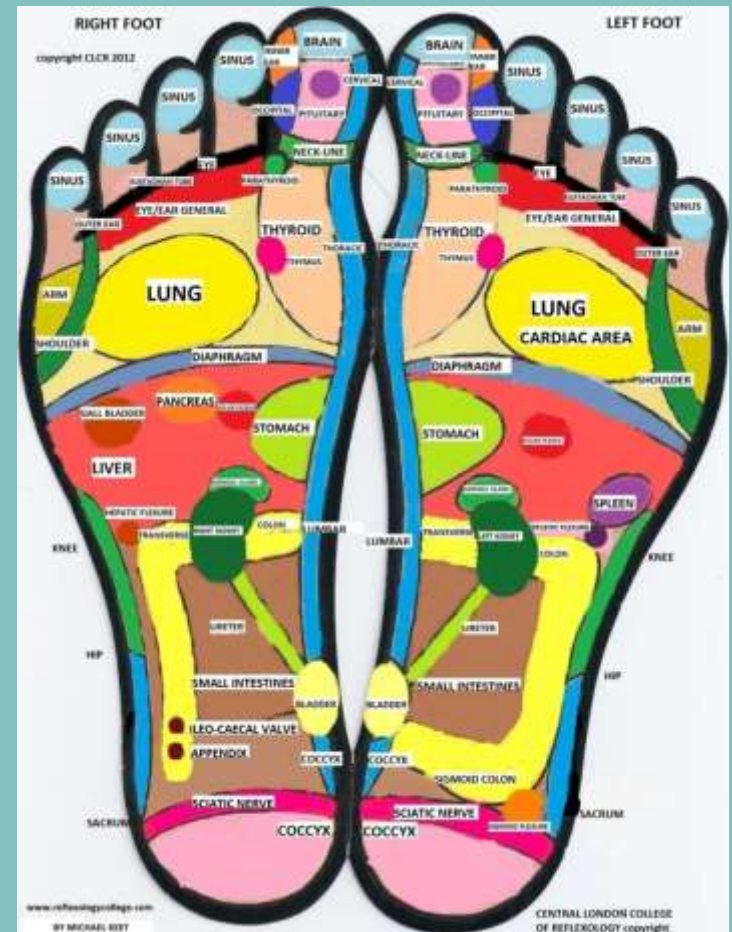
Reflexology

- Reflexology involves manipulation of specific areas on the feet (and sometimes on the hands or limbs) with the goal of bringing the body into homeostasis or balance.
- According to reflexologists, distinct regions of the feet correspond to particular organs or body systems.



Reflexology

- Reflexologists stimulate appropriate regions of the foot with a thumb or finger
- The intent is to eliminate energy blockages thought to produce pain or disease in the associated structures.
- The arrangement of reflexology areas on the feet mirrors the organization of the body.
- Reflexology can be done by a certified reflexologist or performed at home by studying reflex areas and techniques for working on them.



Rolfing

- Rolfing, or Structural Integration, is based on the idea that human function is improved when the segments of the body are properly aligned.
- Developed in the 1940's by biochemist Ida Rolf, ph.D., who founded the Rolf Institute for Structural Integration in 1970.



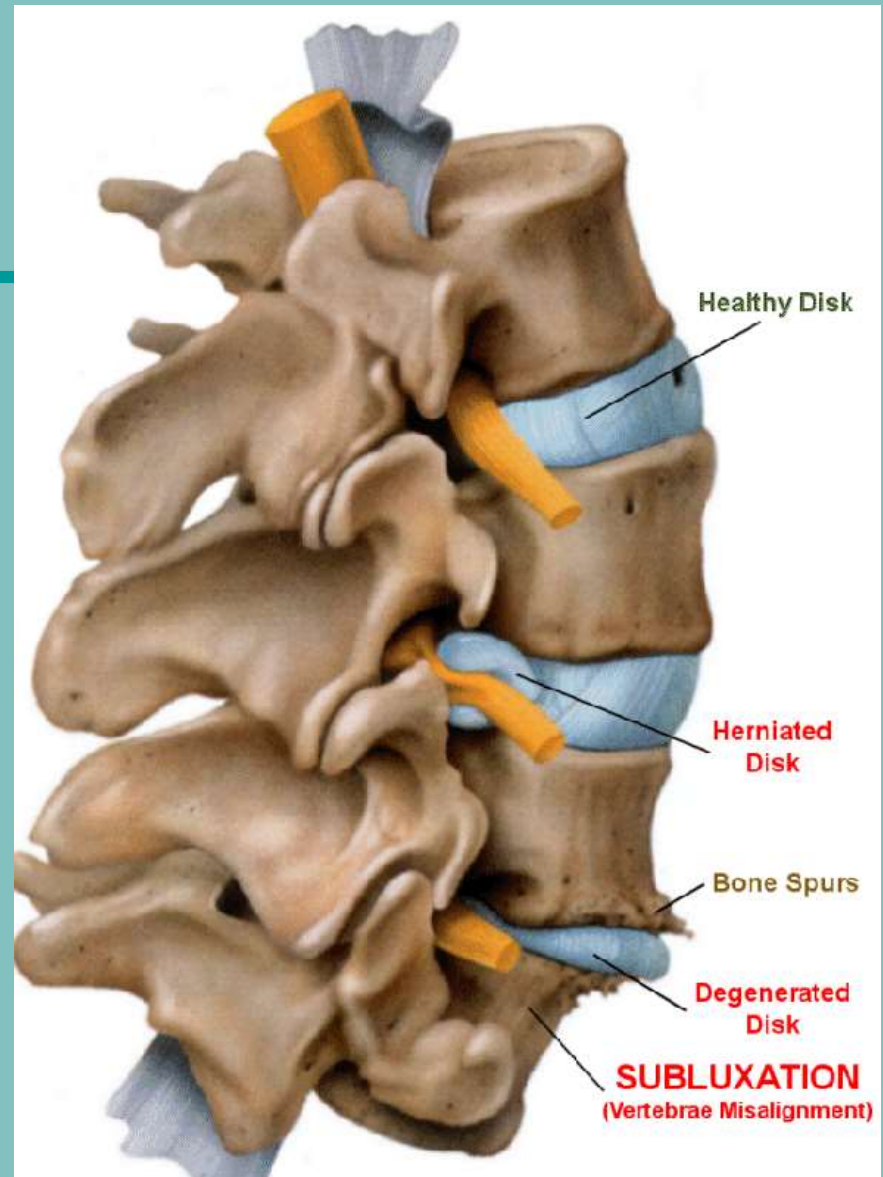
Rolfing



- The fascia is a thin, elastic, semi-fluid membrane that envelopes every muscle, bone, blood vessel, nerve and organ.
- It plays an integral role in maintaining posture and proper movement.
- Injury, chronic stress, or other trauma can lead to deterioration of fascia and it in turn restricts the movement of muscles and joints.
- Rolfers use pressure applied with the fingers, knuckles, and elbows to release fascial adhesion.
- Usually done in 10 one-hour sessions that bring the head, shoulders, thorax, pelvis and legs into alignment with gravity
- Depending on the depth and degree of tissue adhesion, pain may be felt when pressure is applied.

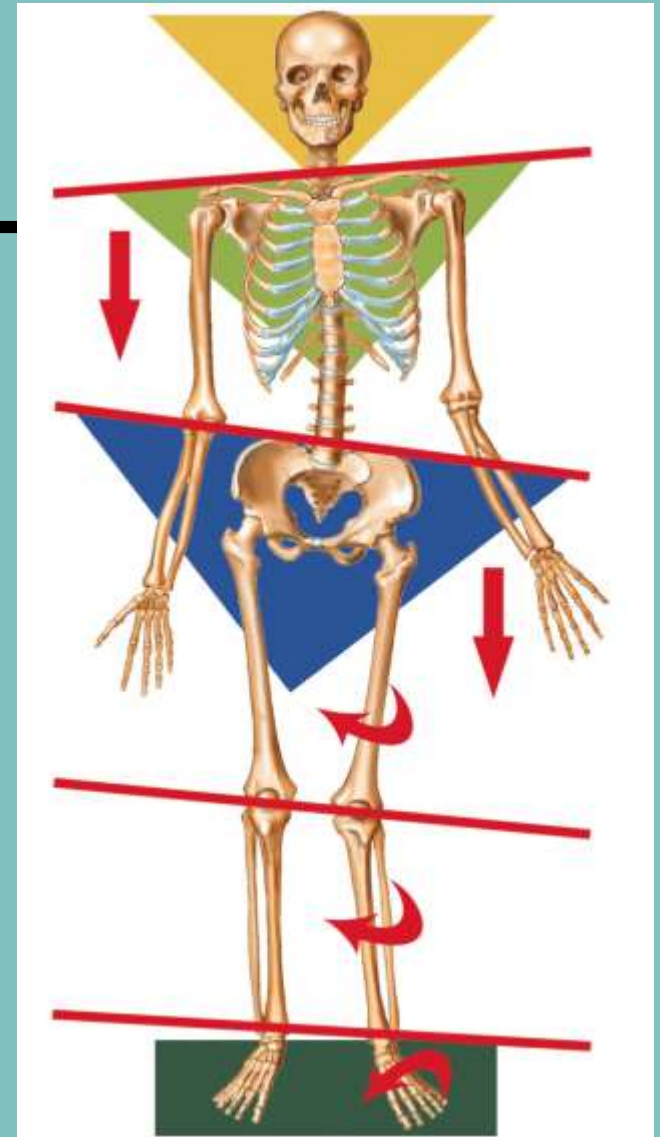
Chiropractic

- Chiropractic is based on the principle that the body has an innate self-healing ability and seeks homeostasis
- Misalignments or subluxations of the spinal bones interfere with the nerves as they pass through the spine



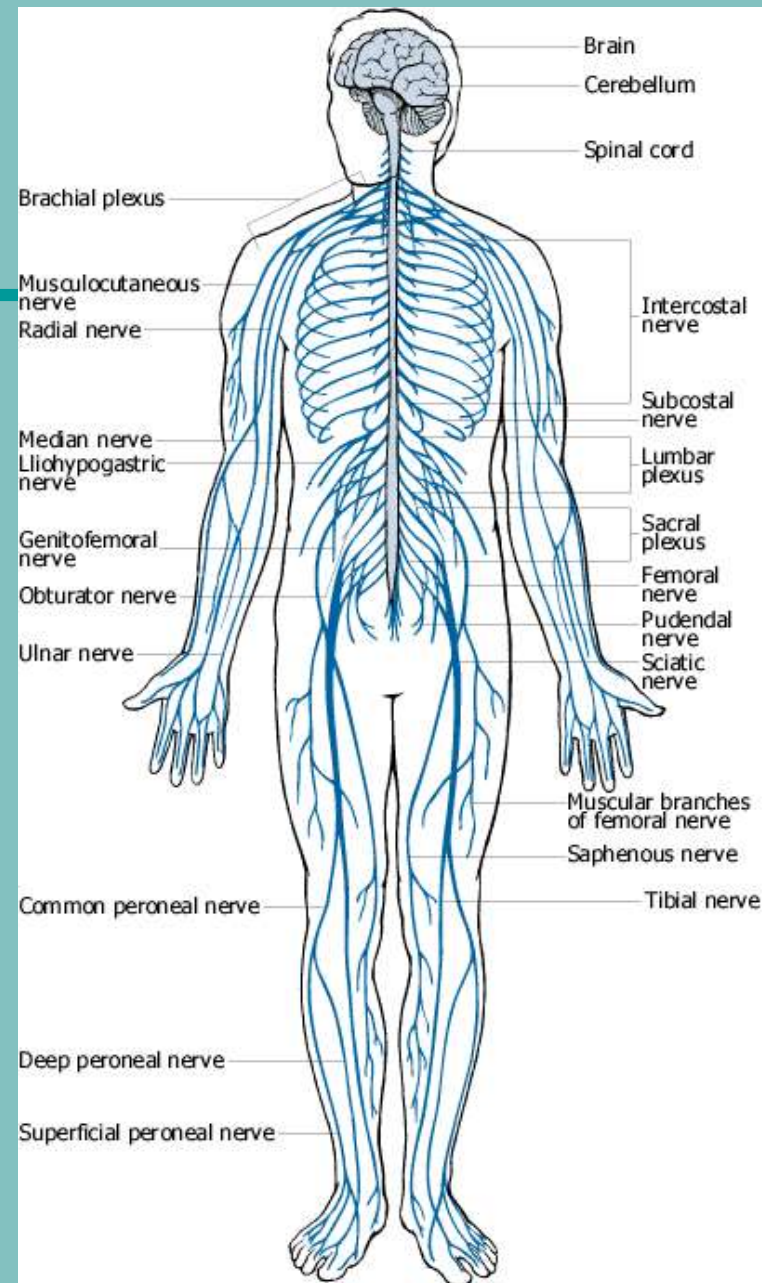
Chiropractic

- Chiropractors receive 8 years of college education, 4 of which are at an accredited chiropractic college.
- Chiropractors use many different techniques to realign the spine, pelvis and other joints.



Chiropractic

- Realigning the spine and assuring proper joint motion takes pressure off the spinal nerves and allows better communication between the brain and body parts and removes interference to the healing process.
- Chiropractic techniques range from quick forceful movement of the spinal joints to non-force techniques that involve gentle pressure along the spine, pelvis and cranium.



Ion Cleanse Foot Bath

- The Ion Cleanse Foot Bath uses an electrical current to cause electrolysis of the water molecules and produce ions that attract toxins
- These ions then pull toxins in the body through the skin
- The Ion Cleanse will also pull out some medications and minerals that need to be replenished.



Infrared Sauna

- Infrared Saunas use infrared heaters to heat the skin, increase sweating and increase heart-rate
- There is evidence that this heating of the skin increases toxin removal and has other health benefits for such health issues as
 - Arthritis
 - High Blood Pressure
 - Musculo-Skeletal Pain



Simple Ways to Detoxify

- Eat plenty of fruits & veggies, especially cruciferous:
 - Kale, collard greens, cabbage, Brussels sprouts, broccoli, cauliflower, bok choi
- Avoid refined sugar, alcohol and medications
- Choose organic and green products
- Exercise
- Dry Skin Brushing

