Detoxification 101

Liver detoxification is becoming a household name, it is well understood that longevity and feeling good has a lot to do with how well our liver is getting rid of the toxins we are exposed to currently and in our past.

The liver is our master detoxifier.  The following are the 3 phases of liver detoxification, simplified.

Phase 1: breaks down anything we breathe in, consume or make internally (i.e. hormones) into a smaller substance so that it then be converted into a water-soluble compound in phase 2.

Phase 2: turns phase 1 substances into water soluble compounds so that phase 3 can then eliminate.

Phase 3: elimination through bowel movements, urination, and the gall bladder’s release of bile.

When any of the phases are sluggish and not at optimal functioning then undesirable symptoms are experienced.  Common symptoms of a sluggish liver in any of the phases are fatigue, brain fog, headaches, allergies, dermatitis, nausea, and other hormonal dysregulation, which includes painful periods, PMS and much more.

Common substances that clog up the phases and decrease functionality are substances like alcohol, sugar and individual food sensitivities.  We commonly feel worse after overindulgence of these substances. Mold, pollen and other environmental toxins that we breathe in as well as chemicals and hormones in our foods increase the work on our liver to detoxify and, if not working efficiently, will in turn slow down the process and then the symptoms of overload mentioned above, are experienced. Less obvious, but extremely important for us to mention is stress hormones and how they impede the functionality of our liver, when stress hormones are released, the ability of the liver detoxification pathways diminish rapidly, worsening detoxification symptoms.

Some people wonder why their friends or other family members are able to over - indulge with minimal consequences; and that when they choose to have a little extra “treat” their body goes into a full-blown reaction.  Representing the classic analogy of the canary in the coal mine. When a person is very sensitive, and their body reacts to the ever so slight exposure of a substance, pollen or need we say stress, we can point the finger a little more to genetics and how the liver detoxification pathways are functioning.  If you are interested in learning more about your liver detoxification pathways, we recommend that you follow the links below to get your genetic code and then upload in the other two databases and they will provide you with an overview of your liver potential and some of the blocks that may be contributing to your overall symptom picture.  If you would like to set up a consult after your receive your genetic code, please call Michelle and she will help facilitate this for you.