

Detox Formulas for People Serious About Health

by Melissa Burchill, RD, CDN

Toxic load is a serious problem in our modern industrialized world. Our environment has changed more in the past 100 years than in the past 100,000 years before that. We've had such rapid changes, in fact, that our bodies are being exposed to many different substances that we have never experienced in the past or have ever had to metabolically deal with. These include plasticizers in our cosmetics (find out how to get a plasticizer-free perfume below) and chemical toxins from industrial sources.

Continuously adding to the burden, currently there are 100,000 chemicals in use and about three new chemicals are being added each day.

In 1989, government statistics show some 5.7 billion pounds of chemicals were released into the environment. That's over 5 billion pounds released into the air, rivers, streams, and the ground water supply that we are left dealing with and it will get worse because all these chemicals find their home in our tissues. Studies of human adipose and blood samples show hundreds of these chemicals can become lodged in the people with the most pollution, or who must deal with exceptional exposures (such as the chemically sensitive as well as people with single but acute exposures to chemical toxins like pesticides). These pollutants have major public health ramifications. It is almost impossible to stay healthy without paying attention to your body's need to detoxify.

Targetage® is a new line of detoxification and whole food dietary supplements inspired by the scientific work of Dr. Mirko Beljanski. The scientist, from the Pasteur Institute of Paris, discovered the secrets to healthy DNA. Dr. Beljanski, a French molecular biologist, offers a scientific explanation at the cellular level of how environmental toxins affect the DNA at the core of our cells. The normal DNA structure is altered when exposed to toxins. The DNA becomes destabilized, setting the stage for health issues.

Unfortunately, for our health, unless these chemicals are purged or removed from the body they will



Dr. Mirko Beljanski

come back again and again to attack us. These chemicals get stored in adipose tissue. They are released and re-released into the bloodstream until eliminated. DNA destabilization is a cumulative process that is influenced by the level and frequency of our contact with harmful molecules. That is why detoxification is thought of as a lifetime process.

Protect yourself using the findings and philosophy of the late Dr. Beljanski, AVOID, REMOVE, and REPAIR. His daughter, Sylvie Beljanski, an advocate for environmental medicine and detoxification, continues her father's legacy and philosophy through the creation of natural herbal, vitamin and mineral supplements for safe and effective detoxification.

There are a number of ways to AVOID toxins, including eating organic foods whenever possible; as well as being sure to use air ventilation, purification or filtration in your home; using pump sprays instead of highly toxic aerosols; storing food in containers shown to be free of bisphenol-A and other plasticizers (using glass when safe); and using water filters. The most practical way to REMOVE and REPAIR harmful substances is through detoxification using holistic, all-natural supplements. High quality vitamins, minerals and other nutrients aid in healthful detoxification. This is where the Beljanski-inspired formulas excel.

RESTORE DIGESTIVE HEALTH

Restoring balance in the digestive system is a key factor in overall well-being and full detoxification in

order to remove toxins and repair the body. The friendly bacteria in your gastrointestinal tract are truly the preliminary step in detoxification since they are responsible for breaking down what we take in as food. Research shows the side effects of improperly digested food ranges from bloating, lactose intolerance, stomach discomfort, gas, indigestion, reflux, even allergies, skin problems, fatigue, and premature aging

Probiotics, or "flora" refer to the bacteria which supports digestion, absorption, and serves as the body's "second immune system." Flora depletion is a serious concern in today's environment. When the body is lacking in natural probiotics we are more susceptible to imbalances that lead away from health. The most effective probiotic that will aid in removing harmful bacteria and restore immune function will have a concentrated formula offering a stabilized *Lactobacillus acidophilus*, called DDS-1™, to ensure physiological health. And it will be combined with nine different strains of flora (good bacteria) to accelerate therapeutic benefits.

GETTING RID OF CHEMICAL POLLUTANTS

Dr. Beljanski recognized that supporting healthy elimination pathways for toxic chemicals as well as heavy metal pollutants was a necessary part of complete full-body detoxification. The most effective nutritional supplements should offer a gentle, yet effective combination of nutrients with natural detoxifying effects. One of the key nutrients, only recently discovered, is Humifulvate®, a high potency metal chelator best known to reduce mercury, lead, and cadmium levels in people by binding the harmful metals in the intestinal tract without draining the body of the healthy minerals it needs. Humifulvate should be combined together with chlorella, a green algae found to be effective for pesticide and mercury elimination, along with chitosan, a marine fiber polysaccharide that binds toxic ions. The formula should also contain glutathione, which is known as the body's most powerful amino acid antioxidant and used especially in the liver to rid itself of the damaging effects of breaking down chemicals and even medical drugs.

OMEGA-3S INTEGRAL TO DETOX

An integral part of achieving optimal health is through the use of quality omega-3 essential fatty acids. They provide powerful health benefits and do a great job of supporting the body's already healthy

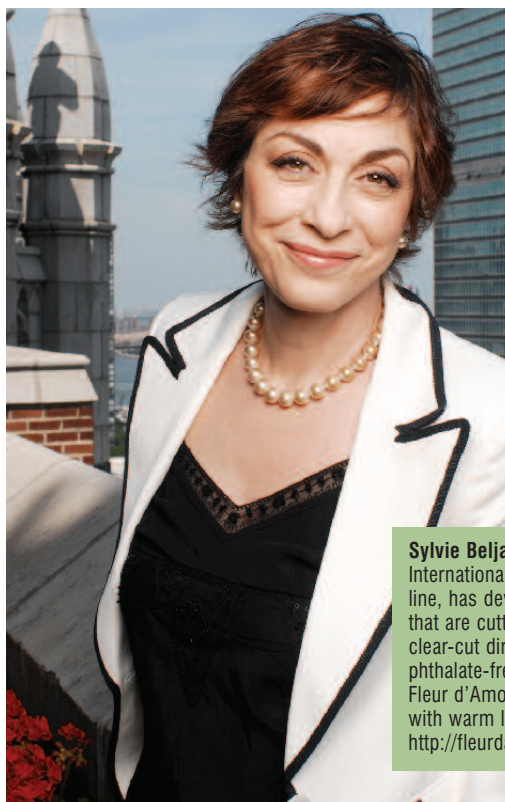
inflammation response, which is key to determining how you will react to chemical toxins, as well as helping with maintaining healthy blood pressure, and nourishing the brain. Because there are very few food sources, supplementation is necessary. The most beneficial omega-3 fatty acids are already elongated and known as docosahexaenoic acid (DHA) and eicosapentaenoic acid (EPA), sourced from wild, non-contaminated omega-3-rich fish.

In keeping with the philosophy of a healthy, toxin-free lifestyle, the combination of restoration of digestive health with DDS-1 probiotics and detoxification support from key agents like Humifulvate with natural whole food antioxidants will provide all of the support the human body requires to maintain healthy detoxification. Of course, Dr. Beljanski also dealt with even more stressful environmental challenges in his research and developed even more powerful formulas for greater stresses; we urge anybody interested in health to visit the Beljanski Foundation website (see Resources) to learn about his important findings and the many studies and clinical trials now occurring that are confirming his initial findings about DNA while at the Pasteur Institute. These formulas from Targetage are serious nutritional formulas for people who are serious about staying healthy. ■



Resources

www.beljanski.com
www.targetage.com



Sylvie Beljanski, president of Natural Source International Ltd. and developer of the Targetage line, has developed not only a line of supplements that are cutting edge that combine science with a clear-cut direction for health, but also a line of phthalate-free, sexy, floral-scented fragrances called Fleur d'Amour where Mediterranean citrus blend with warm luxurious woods and rich musk. Visit <http://fleurdamourbysylviebeljanski.com/>