Advanced Metabolic **Detoxification** Strategies

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Based on an interview with Nancy Faass

Detox has become a buzzword in the media. Although detox is now a popular self-help concept, many patients could benefit from professional support for a safer, more effective detoxification experience. Those who are dieting and focused on weight loss, for example, may be unaware that the rapid breakdown of adipose tissue can result in a surge of toxins into the circulation.

As Associate Director of Medical Education for the Institute for Functional Medicine (IFM), a trainer for Metagenics' international lifestyle programs, and a clinician in private practice, I frequently present on the topic of detoxification for both health care providers and the public. In naturopathic medicine, we consider medically supervised detox a powerful method for removing key obstacles to health and healing. I find that the naturopaths I teach tend to be among the providers most knowledgeable in understanding and applying detox protocols effectively in clinical practice. In conjunction with my work as an instructor on advanced detox principles, I have had periodic discussions with naturopathic physicians regarding lifestyle modification programs. Most report that they had a level of familiarity with about 80% of the course content in FirstLine Therapy, but that the insight they gained from the remaining 20% has made a difference in their clinical management and offered usable clinical pearls.

Candidates for Detox

For many patients, effective, gentle detoxification is one of the first steps in healing. Applying the lens of functional medicine, a sequenced metabolic detox program can provide a systematic approach that lowers the patient's total body burden, allowing more optimal function. An extended personalized detoxification program that lasts weeks or months can offer greater therapeutic benefit, with the potential for deeper, more lasting impact.

One of the unique features of the functional medicine approach is that we begin the detox sequence by addressing energy dysregulation, targeting oxidative stress, and supporting mitochondrial function. Everyone, in any state of health, can benefit from an increase in their cellular energy processes, enhanced cell membrane integrity and fluidity, integrated nutrition and cleansing foods, improved assimilation and elimination, and a healthier lifestyle to improve their vitality and well-being.

Detox not only helps those with weight-loss goals, but also serves a therapeutic purpose for those at risk of metabolic syndrome, blood sugar and insulin dysregulation, and cardiovascular disease. Clinical management of fatigue and generalized pain using therapeutic detoxification strategies often results in improved energy and tissue repair. A personalized care approach, guided by a comprehensive biotransformation and elimination assessment, can support tissue regeneration and enhanced cellular function. In my own practice, the patients who have responded well to advanced clinical detox programs include those who have:

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