

TOXICITY TESTING AND TRUE DETOX



In light of all of the information and testing we have been blessed to be able to add to our practice, we feel it necessary to describe some of these exciting protocols in more detail.

With the ever-growing number of diseases and conditions such as Cancer, Diabetes, Chronic Fatigue, Fibromyalgia, premature aging, chronic allergies, headaches, sinusitis, estrogen dominance, osteoporosis, psoriasis, chronic digestive disturbances such as IBS, many are looking for more answers than ever before. People in today's society have to adapt to toxicity levels as never before from influences such as vaccinations, plastics, cleaning products, packaged foods, and even fresh fruit laden with pesticides. The results are astounding. We are seeing people present in our office with hosts of unexplainable and undiagnosed conditions that do not respond to conventional treatments leaving both the patient and their medical doctors frustrated and puzzled. These are the walking wounded, making it through life instead of being able to live life. Now, there are answers.

We have been truly blessed in knowing Dr. Daniel Pompa who, from his own struggles with toxicity, has researched and worked tirelessly to bring the most amazing testing and treatment protocols to his fellow chiropractors. The results of his work have been astounding. People getting well by simply changing their diet, and customizing a detoxification program specific to their issues.

These recent additions have come after much consideration and experience over time. It used to be that a chiropractic adjustment alone could elicit immediate change and restore health. For the majority of our patients, chiropractic has made a tremendous positive impact on their health and wellness. However, today, the constant onslaught of stressors, toxicities, drug reactions and interactions, poor diet, etc. make it much more difficult to heal some patients (especially the very ill) with adjustments alone. (Still, the fact remains that all of the health food that you eat, the exercise you do, and the detox that you apply is only second to a fully functioning nervous system.) I am so excited to be able to bring in these additional maximized living protocols and patient education to my clinic. In addition to the philosophy and practice of chiropractic, we now have the most advanced, well-rounded, lifestyle coaching, nutrition, detox, and natural health offerings available anywhere out there.

When it comes to detox, we have found that there are numerous misconceptions out there. It must be pointed out that true detox begins at the cellular level and colon cleanses, liver flushes, and general herbal detox products that are purchased at health food stores will not work to cleanse the body of bioaccumulation of today's onslaught of toxicities. To accomplish true detoxification we must know what it is we are trying to get rid of. For example, we detox heavy metals such as lead and mercury completely differently than biotoxins produced from living things such as molds, ticks, etc.

When a patient enters our office and it is determined that toxicity is an issue we start with a neurotoxic questionnaire designed to provide the practitioner with information as to what toxin or toxins are of issue. We then perform something called a Visual Contrast Sensitivity Test (VCS). This test is an extremely accurate evaluation for biotoxic illness. It has less than 1% false positive readings. Its accuracy comes from the fact that neurotoxins affect the retina and the optic nerve before other parts of the body. Depending on these results, we may move into laboratory testing. If heavy metals seem to be an issue, we perform a urine test utilizing chelating agents to pull the metals from the brain and other tissues of the body. It is important to note that performing blood tests and urine tests without chelating agents is very inaccurate because the heavy metals are bound so tightly within the body. Heavy metal detox is an area that I see most practitioners doing more harm than good because of their lack of understanding of chelation (detox.).

Depending upon the individual, we may also do very specific blood work to measure other hormones and enzymes that are affected by each particular toxin. With this degree of specificity we can accurately target EXACTLY what we are attempting to purge from the body. As mentioned above, this is extremely important because the method of detox is very unique to each type of toxin. For instance, when dealing with biotoxic illness 24% of the population genetically are incapable of making antibodies to get rid of biotoxins produced from mold exposures. Therefore these biotoxins remain bound up into bile in their liver, gallbladder and gut. These individuals can be given a substance that pulls the toxins away from the bile and out of the body. These patients get well very quickly due to this new science, however the tragedy is most will go on sick their entire lives repeatedly attempting the latest "craze in cleansing."

This new information has shed light on the link between toxicity and weight loss. Many people who cannot lose weight have HORMONE called Leptin that is significantly elevated. Similar to those with Type II Diabetes where the body is unable to hear the message from the hormone Insulin and therefore Insulin continues to rise in the effort to get its message across. This will lead to many life-threatening illnesses as well as premature aging. The same holds true for Leptin. As Leptin continues to rise unchecked due to a toxic fat cell, the receptors that hear Leptin burn out; therefore the brain cannot hear its message.

Because Leptin is the hormone that tells your brain to burn your fat stores for energy, if your brain cannot hear its message then it will be impossible to lose weight despite your diet and the amount of exercise you are doing. Toxicity affects this hormone cascade and not only causes the inability to lose weight, but many diseases and bizarre conditions as well.

My wife, Kimberly, will be the program manager for this new facet of our office and will be dispersing more information in the near future. Please let us know if you have any questions or would like more information.

Yours in Health,

Dr. Fred Roberto and Kimberly Roberto

