

DETOXIFICATION IN A TOXIC WORLD

Sakiliba M. Mines, M.D.

OUR TOXIC WORLD

- ✚ My goal is to help humanity to return to a more natural and safe mode of living and eating and to be free of diseases.
- ✚ A toxin is any agent entering the biological terrain producing a deleterious response in a biologic system (common food chemicals, pesticides, heavy metals and more). Toxins originate from various sources-industry, manufacturing, burning, waste processing and the like, most toxins are synthetic, manmade compounds that are found in our homes, our drinking water, our air, our soil
- ✚ We inhale 5000 gallons of air each day
- ✚ Our bodies have exceeded their toxic load
- ✚ For decades scientists have been studying the effects of pollutants in our air, water and soil. Now the effects of these same pollutants or toxins on the human body are being studied and the findings are extremely troubling. Researchers have discovered that toxins lead to a toxic state of the human body resulting in the onset of a myriad of diseases
- ✚ Toxicity begins in the womb
- ✚ Multiple environmental toxins have damaged the following systems of the human biological terrain :

The Digestive System

- Dysbiosis (Leaky Gut Syndrome)
- Inflammatory Bowel Syndrome (IBS)
- Gluten Sensitive Enteropathy (Celiac Sprue)
- GERD, Constipation, Diverticulitis
- Pancreas (Diabetes Mellitus, Pancreatitis)

The Immune System

- Asthma, Allergies, Cancers and Chronic Diseases
- The Neurological System (The Second Brain)
- Cognition, Memory, Sensory and Motor Dysfunction

The Endocrine System

- Adrenal
- Reproduction
- Libido
- Metabolism

Air, Water and Food (global concern)

- 1460 metric tons of airborne toxins travel the jet stream around the world
- Americans-116 toxic chemicals up from 27 in 2001
- Asia- 1 million die from pollutants
- Sweden-increased risk of diabetes linked to exposure to PCBs and insecticides

ASSESSMENT OF THE TOXIC BURDEN AND OF THE DETOXIFICATION CAPABILITY

Evaluation by the Integrative Physician

1. History and Physical (exposures, mother's condition)
2. Integrative Nutritional Assessment (Diet Pharmacy)
3. Laboratories: RBC Analysis, heavy metals, Executive Panel, plus specialty labs
4. NES-Professional (analysis & repair of the biological terrain)
5. The PH balance Evaluation (Urine Analysis)
6. Detection of Intolerances by NES-Professional
7. Detection of Allergies (ELISA-ACT)