

TOXICITY

Toxicities includes any substance that we eat, breath, drink, or rub on our body that must be dealt with and removed from or stored in the body so as not to make us sick. We have heard of environmental toxins (herbicides, pesticides, insecticides, etc...), as well as heavy metals (mercury, lead, aluminum, etc...), food additives (MSG, yellow and red dyes, etc...), the list goes on. Other toxins are manufactured inside our body as a byproduct of energy production and work. These also must be removed or stored in order to maintain health.

Allergens and food sensitivities are also considered toxins. If you breathe in pollen or animal dander or perhaps eat foods that you are sensitive to, these then become toxic to your body. By testing and finding these sensitive items we can begin a program of desensitization and elimination, therefore restoring health.

Interestingly, allergies, food sensitivities, and other forms of environmental pollution have been clinically proven to cause spinal subluxations resulting in nerve irritation. When this occurs one can receive chiropractic adjustments; however, the condition will often reoccur unless the toxin is dealt with.

Proper nourishing phytochemicals, vitamins, minerals, etc. are needed to handle the buildup of toxicity in our body. This is among the largest factors in the development of health or disease. The more nourishment we have available the more complete is the removal of toxins that would eventually destroy us.