

Effective Detoxification Methods By A Naturopath Toronto Clinic Discussed in Blog Post

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Dr. Amauri Caversan from the Dr. Amauri Wellness Centre, a naturopath Toronto clinic, has announced that they have published a blog post on naturopathic detoxification methods aside from the traditional dieting, fasting and colon cleanse techniques. These methods are foot detox, sugar detox, bedroom detox, and "hate" detox.

Dr. Amauri himself says, "An anti-aging detox and/or diet can reverse the signs of aging by rejuvenating the body?s organs through blood purification and detoxification. Only once the body?s toxins have been expelled can the process of reverse aging begin. Our longevity program will provide you with nutrient-rich supplements and the foods you need to detox your body and begin the anti-aging process."

Dr. Amauri continues, "In the blog post, we focus on four ways of detoxification, which are the foot detox, sugar detox, bedroom detox, and "hate" detox. The first has to do with the food that we eat. Although somewhat controversial, a foot detox is a way to eliminate toxins that have accumulated in the body. A sugar detox has the goal of eliminating excess sugar from the body. Meanwhile, a bedroom detox is eliminating those things in the bedroom that can be toxic, like detergents and fabric conditioners, and even EMFs. And

finally, there are the negative effects of negative emotions that people need to get rid of."

Dr. Amauri Caversan is a leading expert in naturopathic medicine that is backed by evidence-based science. He has a BS degree and he graduated from Canadian College of Naturopathic Medicine (CCNM), which is considered to be the top educator in Canada when it comes to naturopathic medicine. Because of his expertise, Dr. Amauri is often invited to speak in integrative medicine seminars. His usual topics are anti-aging, detoxification, environmental medicine, IV therapy, and chronic disease prevention.

Dr. Amauri is keen on helping people get the best of health. For instance, in a previous article, he issued a warning against common weight loss methods that are not effective and should be avoided.

In the blog post about naturopathic detoxification, Dr. Amauri explains that there are several benefits from a foot detox. These include the reduction of swelling, the possible removal of toxins, boosting of the immune system, burning of calories, calming of the body, improvement of mood, boosting of cardiovascular health, and stimulation of normal blood sugar. There are six ways to perform a foot detox: ionic foot bath; acupressure-based foot soaks, foot spas, and foot massage; do-it-yourself foot soak; foot masks; foot scrubs; and detox foot pads.

Meanwhile, a three-day sugar detox can be used to cleanse the body from excess sugar with the result of boosting healthy and helping the person to lose weight. Sugar is indeed required by the body for energy but any excess sugar is stored as fat, which accumulates in the face, thighs, hips, and waist. A three-day plan on what to eat and drink can be designed to get rid of the excess sugar from the body.

And with regards to "hate" detox, it is pointed out that while it is natural to seek revenge when one is wronged, this can have negative effects on the person. The better and healthier alternative is to make an in-depth analysis of one's feelings and examine where it comes from. Then, it is advisable to use that as a learning experience and then move forward. The problem with hate is that it keeps the person tied to the person that is hated.

And finally, there is the bedroom detox. This is based on the observation that there are many things in the bedroom that could be toxic to people. While the bedroom is commonly thought to be a place where people can rest, if there is a lot of clutter even inside the closets, these can be stressful and cause heaviness in the people in the room.

Also, the bedroom often contains clothes and fabrics but it has been found that some detergents and fabric conditioners may contain allergens, carcinogens and hormone disrupters. It is advisable to use non-toxic and

biodegradable detergents to avoid those chemicals. Also, dust and allergens can be found in pillows, mattresses, comforters, and curtains. Dust mites can even be present so it is advisable to wash those fabrics often. Also, it is advisable to eliminate electronics devices from the bedroom as these emit EMFs which have been found to reduce melatonin levels in people.

Meanwhile, there are ways to make the bedroom better for health, such as including houseplants because these can eliminate bedroom toxins and introduce fresh oxygen. It may also be good to introduce some white noise as a way to combat noise pollution.

Those who need more information about naturopathic medicine may want to contact the naturopath Toronto clinic and schedule a complimentary 15-minute in-person consultation.

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Dr. Amauri Wellness Centre

Dr. Amauri Wellness Centre is consist of wellness practitioners that are committed to helping you achieve optimum health, well-being, and over-all quality of life. Our team is lead by a Naturopathic Practitioner in Toronto, Dr. Amauri Caversan, ND.

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