

DETOXIFICATION

HERBS AND SUPPLEMENTS
SUPPORT

“The doctor of the future will give no medication, but will interest his patients in the care of the human frame, diet and in the cause and prevention of disease”- **Thomas A. Edison.**

TOXINS

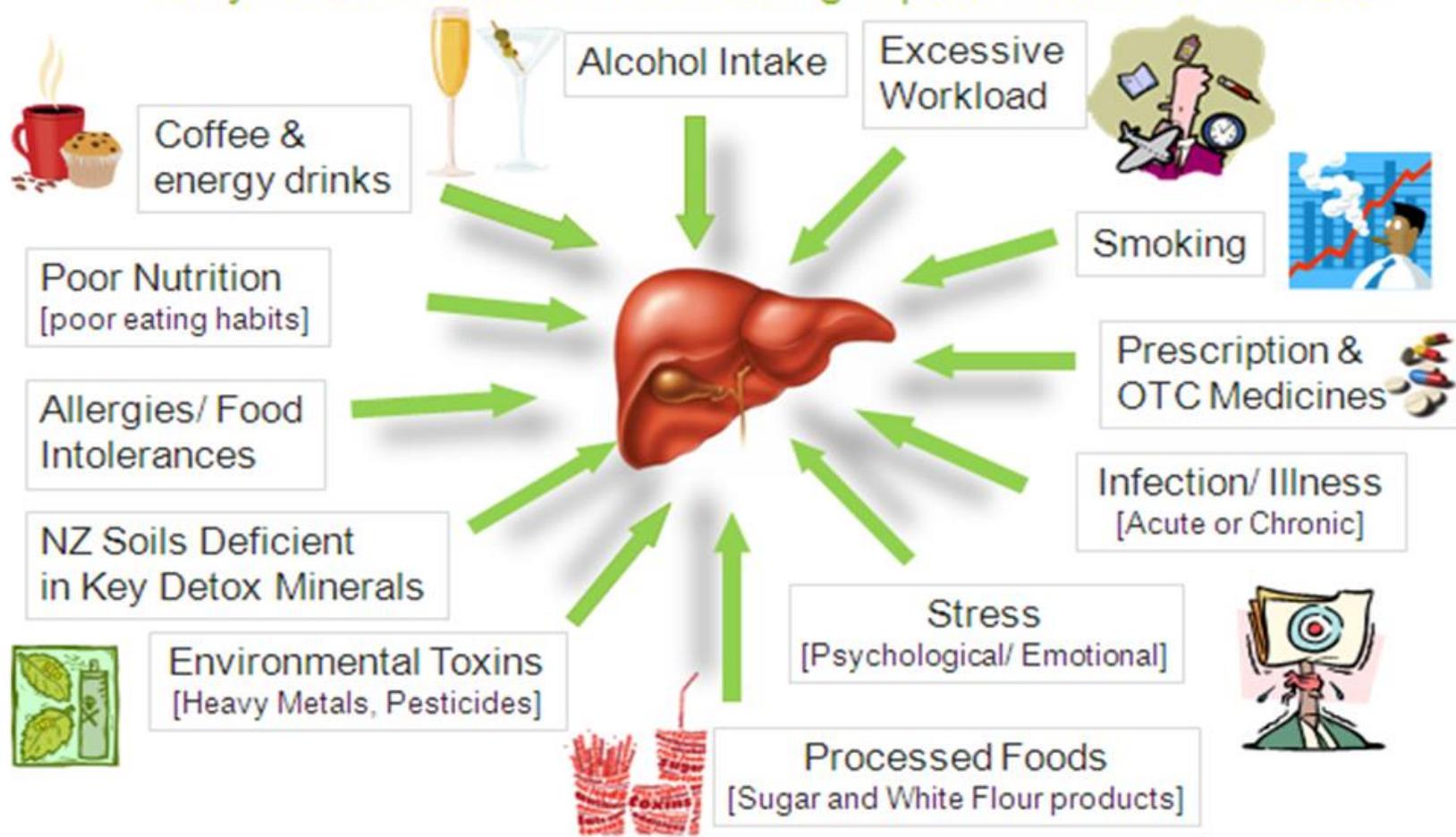
One undisputable cause of illness and diseases is the presence of toxins. These are harmful substances ingested or generated by the body as metabolic waste products. Generally detrimental to the optimal functioning of the human body.

EXAMPLES :

- ❖ Free radicals
- ❖ Inhaled chemicals
- ❖ Air pollutants
- ❖ Xenostrogens
- ❖ Asbestos
- ❖ Mercury (in fishes, amalgams etc)

Why do we need liver protection?

Daily life overloads the liver leading to poor health and disease



Toxins lurk in prescription medications, food additives, air pollutants, plastics and these may be impossible to avoid completely. The goal should be to keep these at minimal level by helping the body get rid of them as fast and often as possible, periodically.

DETOXIFICATION

Detoxification or detoxication is the physiological or medicinal removal of toxic substances from a living organism, including the human body which is mainly carried out by the **liver**. Other organs and system crucial in detoxification are the **lungs, kidney, colon, skin and the lymphatic system**.

PROCEDURES

- Healthy living.
- Acupuncture.
- Fasting .
- Herbs and supplements.
- ETC

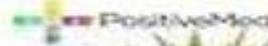
HERBS AND SUPPLEMENTS IN DETOXIFICATION

Herbs and supplements have been found to be useful in ancient medical practices. Although scientific studies are still ongoing in this field, more evidences are evolving to corroborate the effectiveness of herbs and nutritional supplements in the health industry (e.g Marijuana)

COLON CLEANSING



FLAX SEEDS
Protects intestinal flora,
regulates bowel habits without
side effects.



ALOE VERA
Heals and soothes
intestinal lining



ALFALFA
Helps to soothe the digestive
tract during a cleanse



PEPPERMINT
Alleviates the intestine



SPIRULINA & WHEATGRASS
Aids the body in obtaining
more oxygen and eliminating
unnecessary toxins



MANGO
Relieves constipation due
to its laxative properties



CHICKWEED
Constipation relief and colon
cleansing



PROBIOTIC YOGURT
Excellent to restore regularity,
use minimally processed



CASCARA SAGRADA
Strengthens the muscle tone
of the colon walls



FERMENTED FOODS
Kefir and unpasteurized
cultured butter are a great
probiotic source.



FENNEL SEEDS
Relieves lower abdominal pain,
enhances digestion,
reduces gas



ORGANIC FRUITS
Apples, grapes, pineapples,
papaya and kiwi are rich in
fiber, act as natural lubricants
& contain valuable enzymes
that help maintain regularity.

COLON CLEANSING

❖ Haemorrhoids, constipation, gastritis, Ulcers.

*Fibres(E.g Psyllium Husks)

* Probiotics

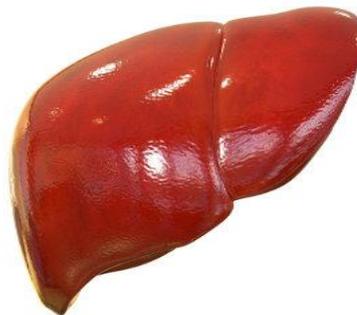
*Herbs (E.g Fennel leaf, Aloe vera)

Peppermint (capsule or teas/ infusions)

Bitters - tonics and purgatives

LIVER CLEANSING

- ▶ Antioxidants e.g Vitamins A, C, & E, Selenium, Manganese, Zinc, co-enzyme Q10
- ▶ Herbs rich in Chlorophyll (Wheatgrass, Barley grass, Alfalfa etc)
- ▶ Raw fruits and vegetables (cabbage, broccoli, kale, carrots e.t.c)
- ▶ Exercise, body mover
- ▶ Colonic Irrigations an



Healthy Liver



Disease Liver

ting

LIVER CLEANSING (Continued)

- ❖ Milk thistle
- ❖ Dandelion
- ❖ Papaya
- ❖ Burdock root
- ❖ Turmeric
- ❖ Green tea etc

MILK THISTLE

(*Silybum marianum*)

- The fruits and seeds can be prepared as teas, extracts or capsules.
- Contains several phytochemicals and nutrients but the main active component is **Silymarin** which has anti inflammatory and antioxidant properties.
- Mostly known for its regenerative and protective effect on the liver by preventing free radical damage and stimulation of new liver cells.
- Improves insulin sensitivity, hence can help lower blood sugar.

MILK THISLE (Continued)

- ❖ Great for liver and gall bladder health. Regenerates.
- ❖ Helps in hangovers and alcohol dependence.
- ❖ Stimulation of bile production
- ❖ Improved digestion.
- ❖ Lowers blood sugar and cholesterol(ldl) levels.
- ❖ Improves the effects of antihistamines in allergic rhinitis.

Dosages

- ▶ Relatively safe herb.
- ▶ 140mg to 800mg daily depending on health status of the user.
- ▶ Teas bags are usually steeped for 5 minutes and up to three teabags can be taken daily.
- ▶ Can be used alone or in combination with other herbs.

Caution, Side effects and Interactions

- ▶ Use with caution in diabetics on other blood sugar lowering medications.
- ▶ Not advised in pregnancy and breastfeeding.
- ▶ Some reported side effects include allergic skin reactions, bloating, blood clots, constipation, decreased platelets and diarrhea.

DANDELION

(*Taraxacum officinale*)

- ▶ Roots. Flowers. Leaves.
- ▶ Dandelion is a plant with a long history of medicinal use. It has been used in folk medicine for thousands of years to improve liver dysfunction, cleanse the blood and increase energy.
- ▶ **Dandelion supplements** are typically used for their diuretic effects to eliminate excess water weight, reduce bloating and swelling. These supplements are also promoted for digestive benefits, liver health and weight loss.
- ▶ Dandelion root and leaf supplements are available in whole plant, pill, capsule, tincture, tea bag and other forms

Cautions, Side effects and Interactions

- ▶ Generally well tolerated when used within specified limits.
- ▶ Most common side effects are allergic reactions (skin rash, mouth sores, erythema multiforme) due to its pollen.
- ▶ Dyspepsia and hyperacidity have been reported.
- ▶ The Natural Medicines Comprehensive Database (NMCD) states that dandelion might inhibit platelet aggregation or the clotting of blood.
- ▶ Concomitant use with anticoagulants, antidiabetics, diuretics and drugs metabolized by the liver (haloperidol, ondansetron, amitriptyline etc) should be avoided.

DANDELION

(Continued)

- ▶ Rich in nutrients and phytochemicals.
- ▶ Acts as a diuretic.
- ▶ Cleanses the liver and blood.
- ▶ Increases bile production.
- ▶ Improves kidney and spleen function.
- ▶ Improves appetite.
- ▶ Useful for abscesses, boils, liver diseases, fluid retention, constipation etc
- ▶ Being studied for anticancer properties.

What's your perspective?

- ▶ Patients are seeking alternative routes to being healthy.
- ▶ Quest for knowledge and increased interest on how the human body works in relation to nature is increasing.
- ▶ The alternative and complementary medicine market is growing by the day.
- ▶ As community pharmacists, our expertise puts us at an advantage to explore new opportunities in this field.
- ▶ Pharmacists should be open to more knowledge in using nutrition, herbs and other alternative measures to expand our practices while maintaining professionalism.

Thank you !