

Is there a down-side to 'detox'?



Nutritional therapist Emily Blake answers for CNM (College of Naturopathic Medicine).

Detox is about using nutrition and other natural therapies to stimulate our liver and other detoxification organs so they function optimally. It helps us to thrive – to have radiant skin and better energy, mood, hormone balance and memory for example. Supporting detoxification before trying to conceive may also protect future generations from toxin-related illnesses.

As ever, you can have too little or too much of a good thing. If you over-stimulate detoxification, say by taking large doses of 'detox' supplements too quickly, more toxins may be mobilised than our body can swiftly eliminate. You may develop spotty skin, headaches and nausea, or more severe health issues (e.g. chronic fatigue syndrome), especially if you are pregnant, breastfeeding or taking multiple medications.

Detoxification is essential to health, but issues arise when it is stimulated too heavily and too quickly, and this is the mistake which often underlies the 'scare' stories in the media. So its power must be harnessed wisely and with respect, ideally under the guidance of a registered nutritional therapist.

► **Nutritional therapist Emily Blake graduated from CNM (College of Naturopathic Medicine). CNM trains students for careers in natural therapies. Check out the website for details of talks and seminars in your area. Visit www.naturopathy.ie or call 01 878 8060.**