Detoxification for Optimal Health

by Sylvie Beljanski

When the word “detox” is mentioned today, many people immediately think of radical juice diets that are designed to make you drop a lot of weight in a little time. These diets are often fads, and can be dangerous to your health if they are too extreme. In fact, detoxification is about much more than weight loss. When incorporated into your lifestyle, healthy detoxification can be an effective strategy for overall health and disease management.

Detoxification involves the removal of harmful toxins that build up in your body over time, especially in the liver, kidneys, lymphatic system and colon. The body does detoxify itself naturally to a certain extent, but in today’s polluted world, it cannot cope on its own with the amount of harmful molecules that it encounters. According to the World Health Organization, 13 million deaths worldwide could be prevented every year by making our environment healthier.

The number of synthetic chemicals introduced since World War II is astonishing (see graph). Studies on the health effects of some 85,000 of these chemicals are currently underway, but will take decades, or perhaps centuries to complete. Nearly 3,000 of those chemicals are produced in excess of 1 million pounds annually, yet little data is publicly available about even the basic toxicity of 75 percent of these high production volume chemicals (Breast Cancer Fund and Breast Cancer Action 2003).

The link between a polluted environment and disease was a taboo for a long time, because “polluters” would have to confront their collective responsibilities, which was not a familiar notion during the “golden age of capitalism” that lasted for the first two-thirds of the twentieth century. Benzene, a known carcinogen, is a good example of the exponential development in the petrochemical industry. During this period—in the United States alone—benzene production increased from 125 million gallons in 1940 to 410 million in 1955, and to 1.5 billion in 1976. It took 20 years and numerous epidemiological studies before benzene usage was finally regulated in 1977 (The Politics of Cancer Revisited, Samuel Epstein, M.D.).

These toxins find their way into our bodies countless ways, and in many cases cannot be avoided. They are abundant in the food that we eat and the products that we use. Milk contains growth hormones that are given to the cows, fish are notorious for their high levels of mercury, and fruits and vegetables are usually covered in pesticides that do not come off when washed with water.

Cosmetics are also a problem; they can be full of substances that are known to be harmful, or are completely untested and their effects unknown. In fact, a study done by the Environmental Working Group found that nearly one of every 30 products...
sold in the United States fails to meet one or more industry or governmental cosmetics safety standards. Websites such as cosmeticsdatabase.com offer a comprehensive database of dangerous chemicals in common products such as lotions, lipsticks and shampoo, but it is impossible to completely avoid harmful toxins in the environment. They are in the air we breathe and the water we drink, and no matter how educated a consumer you may be, you don’t have a choice in every matter.

Indeed, the pollution that we have ceaselessly dumped into the environment is getting back at us and affecting our health. While this is a commonly accepted notion today, it was actually developed years ago in the 1960s, before knowledge about the harmful effects of pollution were widely known, thanks to the work of scientists like my father, Dr. Mirko Beljanski (1923-1998), who was able to offer a scientific explanation at the cellular level of how environmental toxins affect the DNA at the core of our cells.

MIRKO BELJANSKI, PH.D.

Mirko Beljanski, Ph.D., was a French molecular biologist who worked for over 40 years studying DNA replication and transcription. Born in former Yugoslavia, he worked his way from a small village with no resources to becoming a researcher at the Pasteur Institute in Paris, France, one of the top research institutions in the world.

During his career, Dr. Beljanski discovered that the normal structure of DNA is altered when exposed to pollutants in the environment. He showed that when the DNA of a cell becomes destabilized, it leads to chronic disease and other major ailments, such as cancer. DNA destabilization is a cumulative process that is influenced by the level and frequency of our contact with harmful molecules that damage DNA structure. Through this discovery, Mirko Beljanski offered the world an explanation at the cellular level of environmental medicine.

In the course of these experiments Beljanski created a test to evaluate a molecule’s capacity to destabilize our DNA. Beljanski then used this test to identify natural molecules that could help prevent this damage to the DNA structure and restore cellular health.

These natural molecules include extracts of the South American plant Pao pereira, the African shrub Rauwolfia vomitoria, a unique extract of golden leaf Ginkgo biloba (which has completely different properties from the standard green leaf extracts on the market), and a preparation of short RNA fragments that boost the immune system.

Today, as president of Natural Source International, Ltd., I am given the opportunity to speak at medical conferences all over the United States, educating the medical community about my father’s research. Here, Beljanski’s research has attracted the attention of two prestigious American institutions, which are conducting clinical trials on two of his formulas. Columbia University is currently conducting a trial under the direction of Dr. Aaron Katz with Prostabel®, (a combination of Rauwolfia vomitoria and Pao pereira) which is being shown to support prostate health. At Cancer Treatment Centers of America a clinical trial has just been completed for ReaLBuild®, Beljanski’s preparation of RNA fragments which supports healthy platelet proliferation in the blood.

THE DETOX APPROACH

I believe that detoxification is essential to maintaining optimal health. The first step in protecting yourself is to look for ways to fortify the body against the aggressive molecules in our environment that cause DNA destabilization. This is where a proper detoxification regimen becomes a critical part of a healthy lifestyle.

Our body is designed with its own detoxification systems and shouldn’t need any more help, but in today’s polluted world, since we don’t always have control over our environment, we need to support our body’s detoxification systems as much as possible. Doing this begins with strengthening our body’s natural detoxification systems with proper nutrition.

Natural supplements should be used regularly to help detoxify your body and keep it performing optimally. Antioxidants, particularly Vitamins A, C, and E, bioflavonoids and proanthocyanidins will help to protect the body from the free radicals that cause cellular damage by supporting the body and preventing further damage. The most natural vita-
min supplements are extracted from whole foods with all parts intact, thereby increasing their protective and preventative effects.

To enhance digestive assimilation of nutrients, improve immune strength and inhibit the growth of food-borne bacteria or microorganisms, probiotics are recommended. A multi-strained bacteria formula accelerates the therapeutic benefits probiotics can offer. DDS-1 Lactobacillus acidophilus, developed by the leading probiotic authority Dr. Khem Shahani, is the only stabilized form of this strain of bacteria available. To enhance the effectiveness of this probiotic, a prebiotic in the form of Jerusalem artichoke, also known as fructoligosaccharides, should be added.

Enzymes are often referred to as the “life force”, as they are responsible for regulating digestion, immune system function, cardiovascular function and all other metabolic processes within the body. Because different foods need different enzymes to be broken down (proteases for protein, lipase for fat, etc.), you should choose a supplement that provides a wide variety of pure enzymes.

Every successful detoxification regimen should include a method for colon cleansing as well. Instead of taking harsh laxatives as used in many regimens, look for a natural colon-cleansing product consisting of all natural botanical “detoxifiers,” Ayurvedic herbs and stool eliminators, as well as nutrients that support the colonic lining.

A complete detoxification plan must also address the liver. Take a formula that contains nutrients known to enhance intracellular levels of glutathione, glutathione peroxidase and superoxide dismutase (SOD)—crucial antioxidants that protect hepatocytes and help detoxify foreign substances.

The best oral supplements incorporate only the highest-grade natural ingredients for maximum absorption. Innovative formulations combine several ingredients for multiple and synergistic approaches. “Signature Chelate,” for example, is a brand new oral chelation supplement which combines L-glutathione—a tri-peptide containing L-cysteine, chlorella and chitosan. It also contains Humifulvate™, which is obtained from a 3,000- to 10,000-year-old peat deposit on the shores of Lake Balaton in Hungary. These peat deposits contain many types of humic and fulvic acids, chemical by-products of decomposition of organic matter. Humic and fulvic acids are very efficient chelators and ion exchangers.

Today, the Targetage® line of dietary supplements continues Mirko Beljanski’s approach to wellness by addressing the damage inflicted on our DNA by environmental toxins. This line has been carefully designed to provide the highest quality natural ingredients possible. Targetage® ingredients include whole food sources of vitamins, proven herbal formulations, enzymes necessary for digestive health, highly stabilized probiotics and amino acid-chelated minerals with the highest absorption rate. Since contact with toxins is virtually unavoidable in today’s polluted world, taking high-quality supplements to promote the body’s own ability to detox is the best way to maintain optimal health.

Supplements aside, detoxification is not only about the physical body. The removal of toxins is a purification of mind, body and soul, and there are many things you can do to detoxify the body in conjunction with a supplement program. Yoga, for example, is extremely important for any detoxification regimen. It frees any toxins that collect in muscle knots and increases blood circulation so that the toxins can be more easily removed. Yoga is also great for reducing stress, which creates harmful hormones such as cortisol that increase blood pressure and weaken the immune system. Several types of massage and aromatherapies are also useful to combat stress and release toxins that build up in the body. Any detoxification program should be complimented with these elements that help to keep the body strong and the mind clear.

Despite a growing “Green” movement, we are polluting our environment more and more every day—and it’s not only making the earth sick, it’s making us sick too. It is time to take a proactive stance to protect ourselves from the effects of these harmful molecules. A detoxification regimen, customized to suit your lifestyle, is the best way to manage your overall health that addresses mind, body and spirit. Remember: detoxification is not just about weight loss, in fact, serious detoxification is not about weight loss at all. It is about optimal health and a disease prevention strategy that recognizes the need for natural ways to counteract environmental toxins.