

# Conducting Detoxification Programs with Outpatients

PETER EDWARDS ND, BAppSc (Nat)



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# A Law and 'Constant of Nature'

- Structure Governs Function

What Governs Structure and Function?

***CHEMISTRY***

*Systemic Chemistry*

*Governs structural & functional responses  
in cells, tissues, organs and systems*



# Systemic Chemistry is Everything

- Governs the structure and function of all cells, tissue, organs and systems.
- Functional capacity and responses of the brain.
- Whole body is an extension of the brain.
- *An intellect on all levels* - with genetic code and **blueprint** of self regulation, self adjustment and self healing where it is possible.
- *Never underestimate the 'Resilience' and rejuvenating power of the body.*



# **“Produce a discharge and you will cure anything”**

**Hippocrates**

Elimination and Detoxification  
Set the systemic environment  
for Healing



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# Two modes of Detoxification

## *1. Passive (Progressive)*

- Removing bad habits
- Dietary modification
- *Lifestyle to build health so strong it will overcome disease*

# Anything in Excess is Opposed to Nature

- Too much:
- Alcohol
- Coffee
- Sugar, Chocolate, (concentrated sweets)
- Work
- Stimulation of any kind
- Too many supplements and medicines



*Some drugs are very strong 'Very Toxic' and adversely effect the entire physiology and psychology.*

Work with GP (or have patient do this) to reduce drugs wherever possible.



# ***'Mind Made' Toxins\****

- Self-sabotaging thought patterns
- Negative Mental/Emotional states:
- Guilt - FEAR - Resentment, un-forgiveness
- Stress, Anxiety, Depression
- Toxic Relationships
- Low self-concept
- P.L.O.M.S \*





# Medicine for the Soul

- *Counselling* can often remove more 'bad blood than the detox program!
- *Bibliotherapy* - Good Reading, listening, viewing - A very positive help during detox



# Three Essential Considerations in planning a Patient detox

- 1. **Patient** - *Age and Condition - Their 'Vitality'*
- 2. **Disease** - *Nature - how serious and how long*
- 3. **Complications/Medications** - *How strong & how long* (often have to research)

*'Saper Vedere'*

**As Practitioners - We must - Know how to Look!**

*Questioning skills must be sharp!*

**We must identify ALL sources of contamination!**

***Be careful not to send your patient home to detoxify in a toxic environment***



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# New mattresses are treated



# Self Poisoning!

- Flea Bombs
- Pesticides
- Home insect sprays etc., kill more than pests
- Perfumes/cosmetics
- Antiperspirants/Deodorants
- Skin contact with poisons (home & work)



# Stealth Infections



# Vector Assault



**Mosquito-borne  
chikungunya disease that  
leaves sufferers with  
agonising pain for months  
is on its way to Australia.**

**THE SUNDAY MAIL (QLD) JUNE 01, 2014**

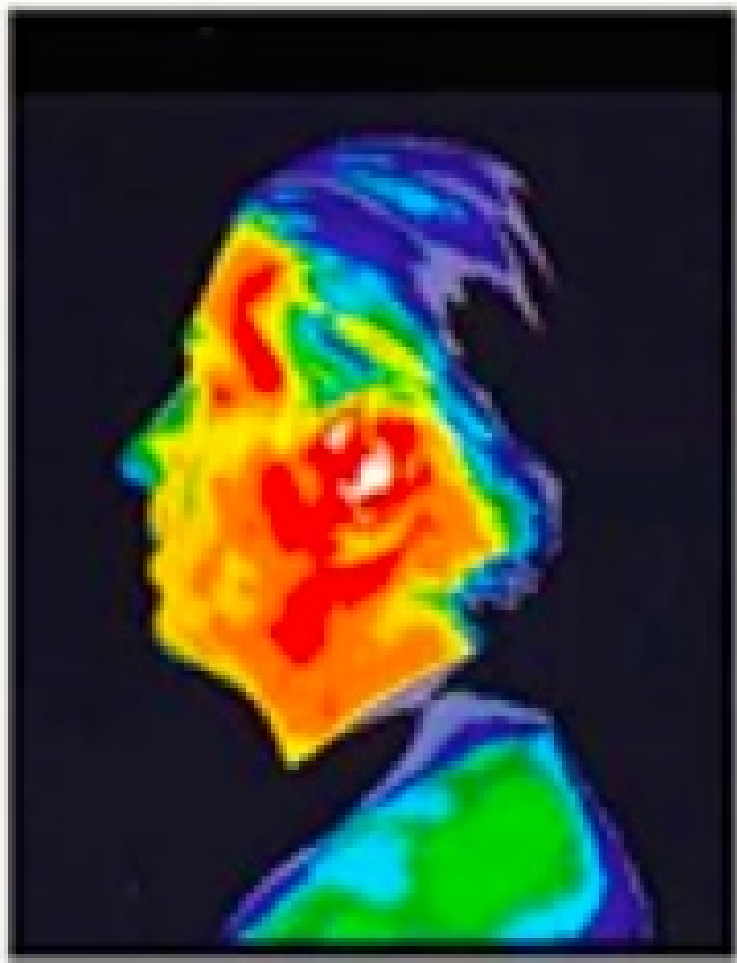
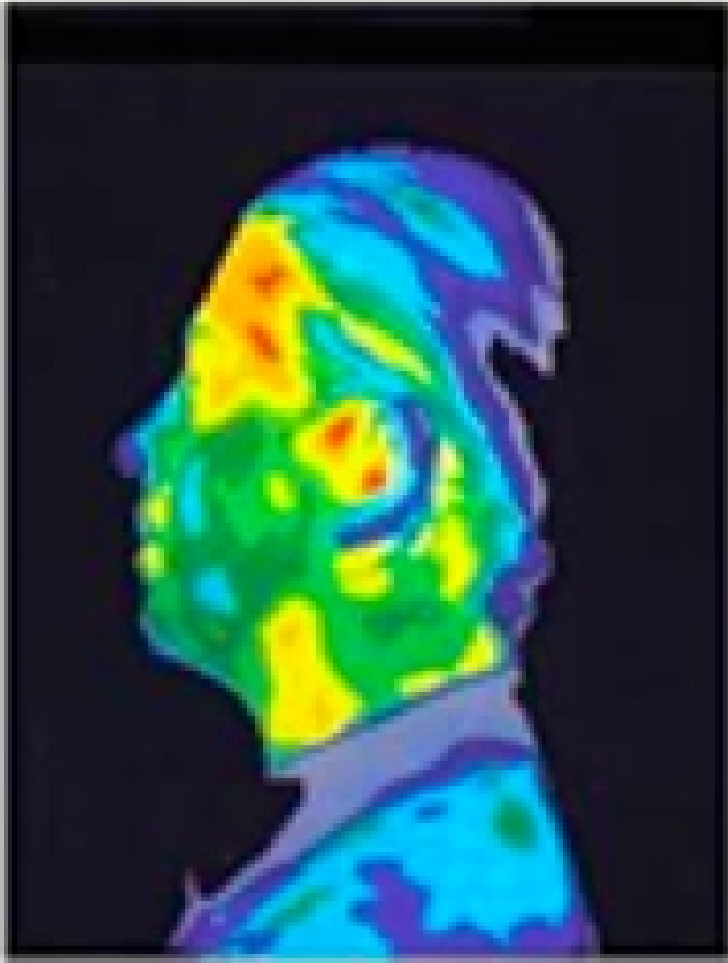


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# Too Much Mobile Phone



# Electro Magnetic Fields

- *Too much:*
- *'Screen Time - in your face'*
- *Phone near your head!*

## **2. DYNAMIC DETOXIFICATION**

***Supervision by practitioner required***

- Purpose planned
- Rest
- Positive controlled environment!
- Enhancement of all channels of elimination
- Minimum fuels, foods and supplements



# **My 'Biological' Detoxification & Revitalisation Program**

- Days 1 – 2 or 3 Fresh Juices
- Days 3 or 4 – 7 'Mild' foods including a special 'Alkalising broth'
- Patients must read Chapters 9 – 13 of my book Vitality before commencing this program



# **VITALITY**

## **VIRILITY & LONGEVITY**



**Functional Rejuvenation  
of Mind and Body**

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# *WRITE A BOOK*

*(or Booklet)*

*This is completely necessary for Safe and Effective Detoxification.*

*Author means - Authority*  
*Gives you Great Credibility*

*You are their healthcare Professional and their success starts with you!*



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- *The Right Biological Conditions*

- REST
- Sunshine
- Fresh Air
- Clean water (inside and out)
- Warmth
- Light fuels to assist Catabolic Metabolism
- Enhanced elimination of mobilised wastes



# Biological Detoxification occurs through Efficient Drainage via:

*The Lungs* *Therapeutic Breathing & Stretching*

*The Kidneys* *Filtration systems (including liver)*

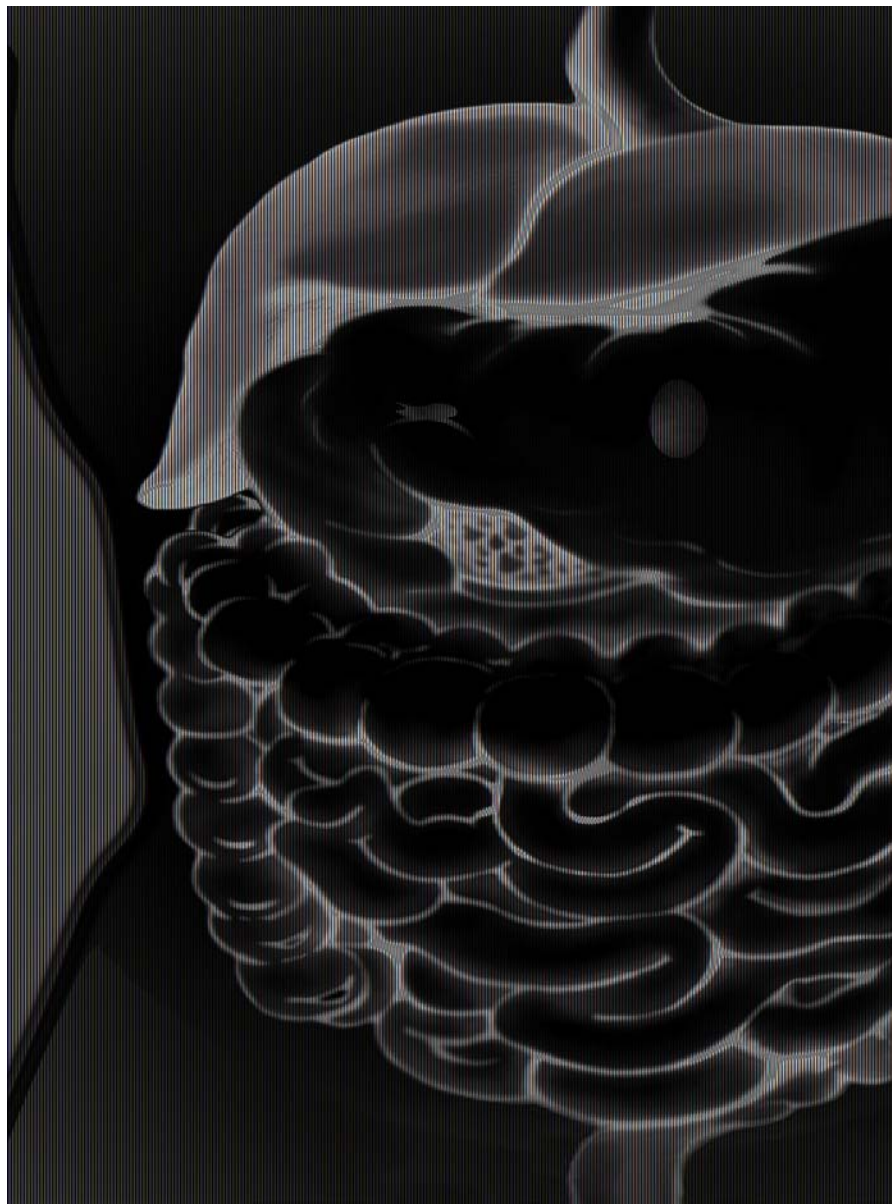
*The Skin* *Encouraged to 'open' and excrete'*

*Dry Skin Brushing, Hydrotherapy - Epson Salts Baths,*

*The Bowels* *'Ensuring' escape of morbid wastes*







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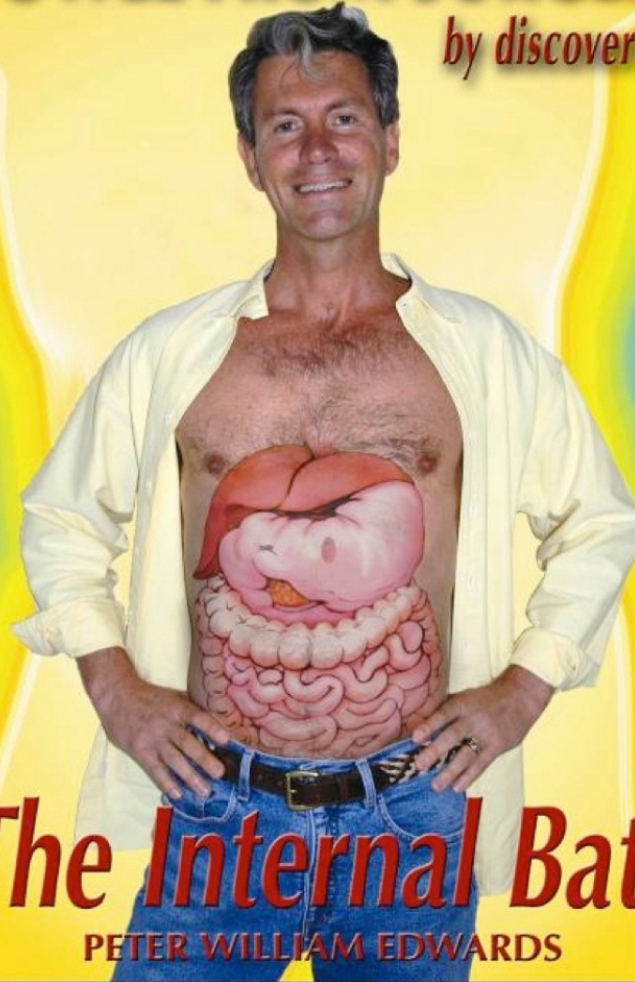
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# HOW I SAVED MY BOWEL FROM SURGERY

*by discovering...*



## *The Internal Bath*

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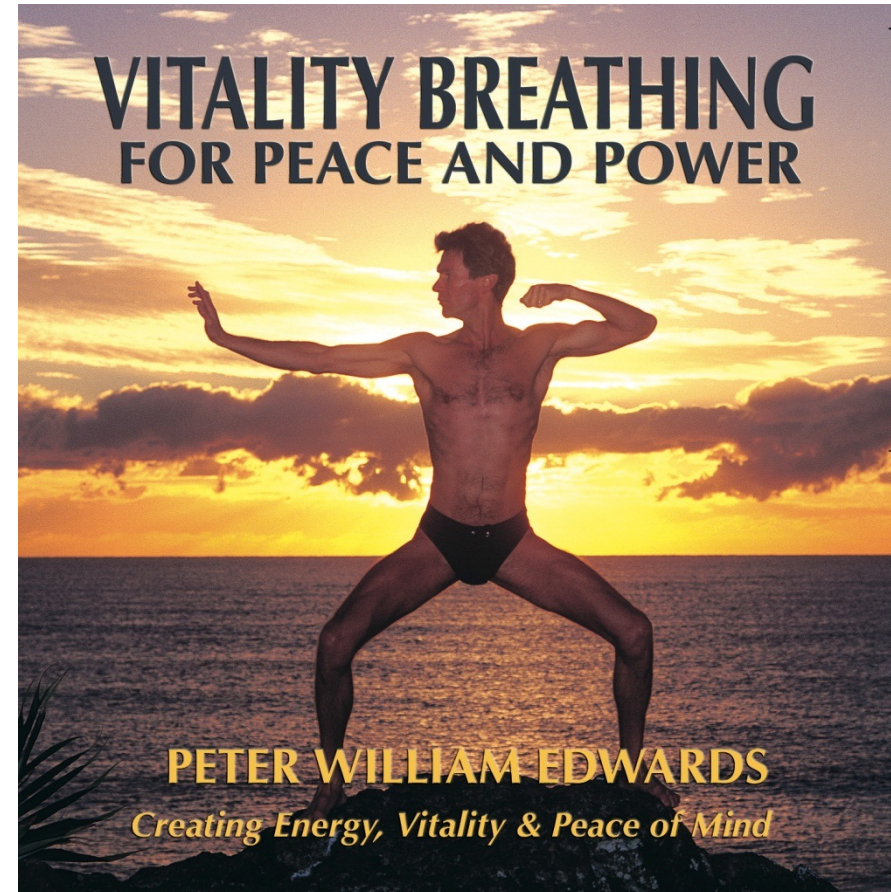
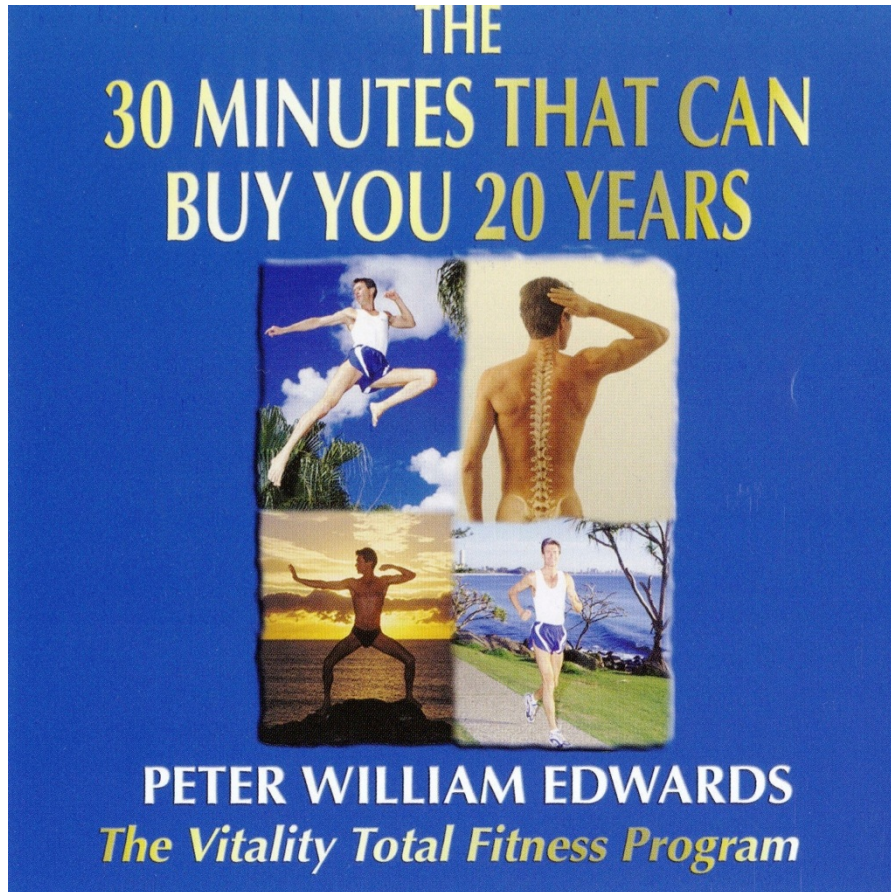
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# Produce your own DVDs



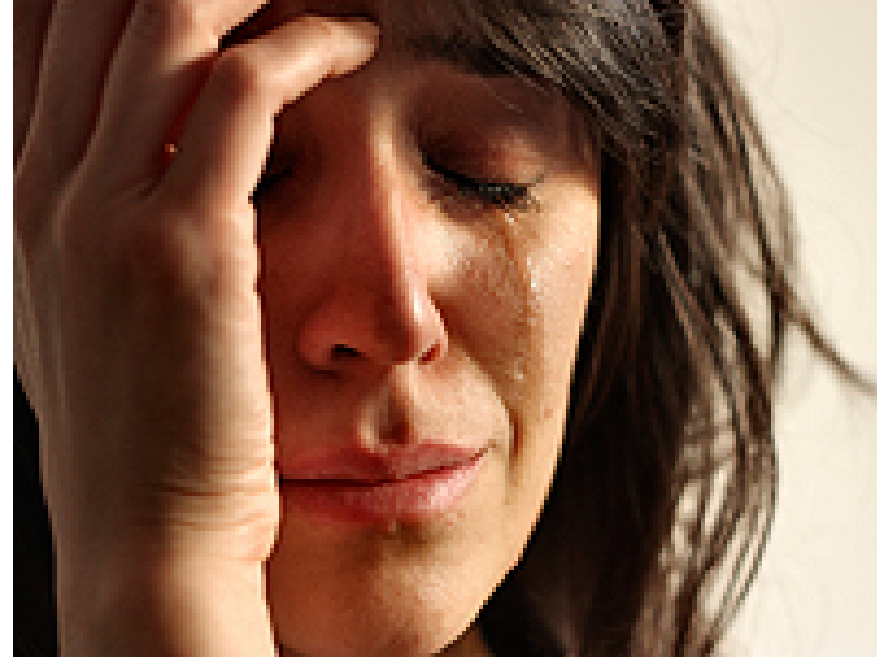
# Cons/Treatment during Detox?

- What about Type 2 Diabetes / Hypoglycaemia, Blood Pressure?
- Blood Pressure or sugar level monitoring essential in this condition
- Regularity gauged to severity
- Prescribe a supplement containing **Glucose Tolerance Factor**: Zinc, Magnesium, Manganese and Chromium to be used only if necessary
- *Full instructions in your 'Patient Instruction Booklet'*



# Headaches and pain?

- Rest and sleep
- Most often symptoms will settle.
- *Full instructions in your 'Patient Instruction Booklet'*





# If symptoms too severe

- Bring the patient out of 'Detoxification Mode'
- How?
- Introduce foods
- Supplements where needed to assist control of symptoms and recovery
- *Full instructions in your 'Patient Instruction Booklet'*



# Complicated conditions?

- *Patients need a carer* (close friend or family member) with them during the detox at home.  
OR -
- *Refer the patient to a good Detoxification Retreat*
- Experienced practitioner needed.

# Supplements to minimum. Should medical drugs be stopped?

- Unless a medical doctor, we are not licensed to prescribe or advise on 'Prescription medical drugs'.
- Have your patient work with their medical doctor to minimise drugs
- *Full instructions in your book!*



# A Solution while reducing drugs!

## 'A Modified' Detoxification Plan

- *Nothing Dynamic - Just*
- *Passive and Progressive Detox with all Biological Conditions needed to Thrive!*
- *This must be covered in your instruction booklet*



# Detoxification Mode

- Tongue becomes coated
- Breath becomes foul
- Armpits stink
- Kidneys can ache (lower back pain)
- Aching joints
- Headaches are common
- Pain may present
- Past symptoms may reappear





# **'Retracing the Path of Disease'**

(Occurs usually during the detox period)

Past symptoms of disease may reappear.

***This is where the organism is gathering 'Vitality'***



# **'The Healing Crisis'**

**(Usually occurs in weeks or months following the detox)**

## ***'A Turning Point'***

***Special effect to 'mobilise and remove'***

# ***Your Reassurance is needed!***

Explanation is helpful but *'Relief Resources'* to reduce symptoms where possible are always more appreciated!

- *REST and SLEEP*
- *The 'Three Great Physicians'*
- *KEY - The right information and instructions at hand*



# As Professional Healthcare Providers we have a **'Duty of Care'**

We need to understand what the symptoms of detoxification are and know how to identify and manage correctly



# Our Consultations need to be Focused and Strong ***A 'Live Performance'!***

Our Language, Explanations and Instructions  
Clear, Correct and *Powerful*

*Patient must leave Feeling Motivated to Detox!*

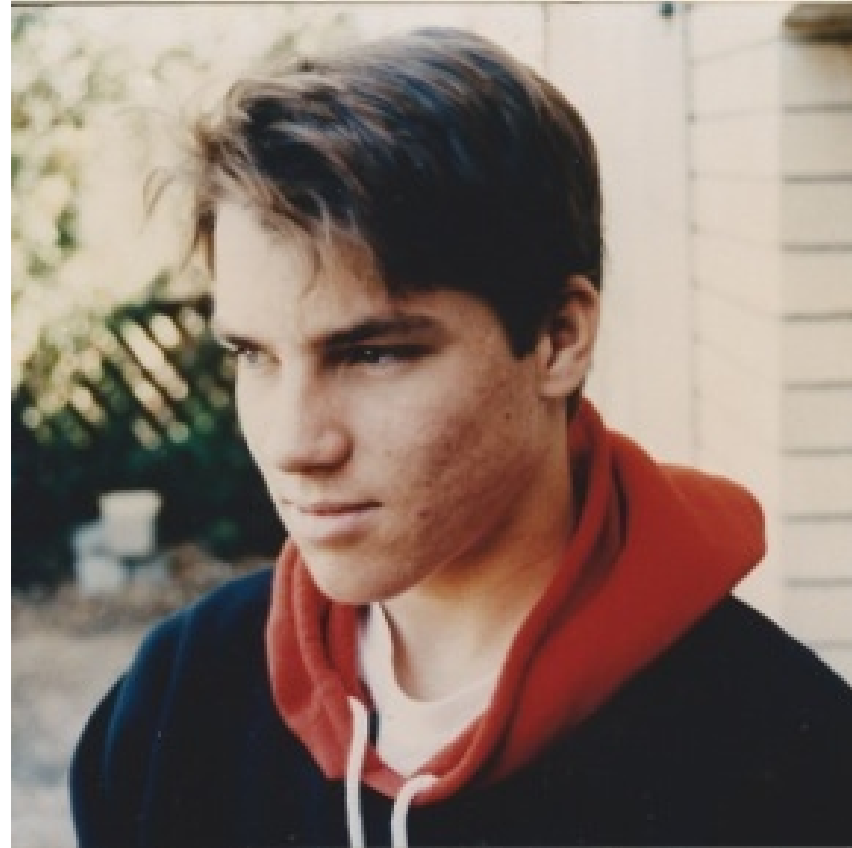
*Share success stories - Inspire them!*





# PolyCystic Ovaries/Kidneys and Liver Completely cleared









*4 months later*



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Aug 96



Nov 96

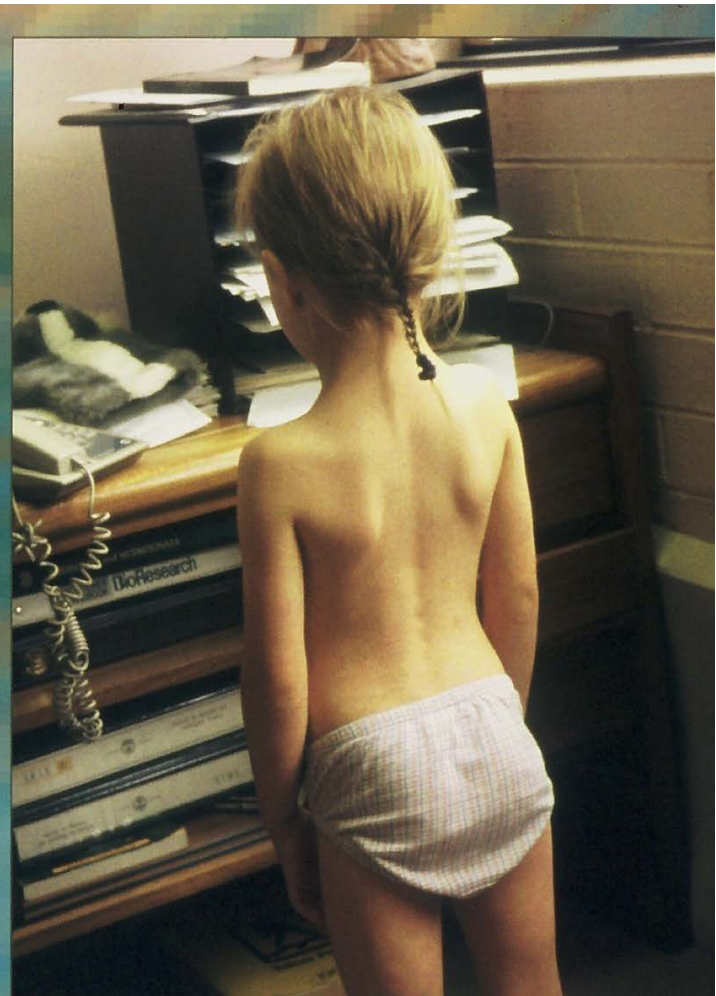


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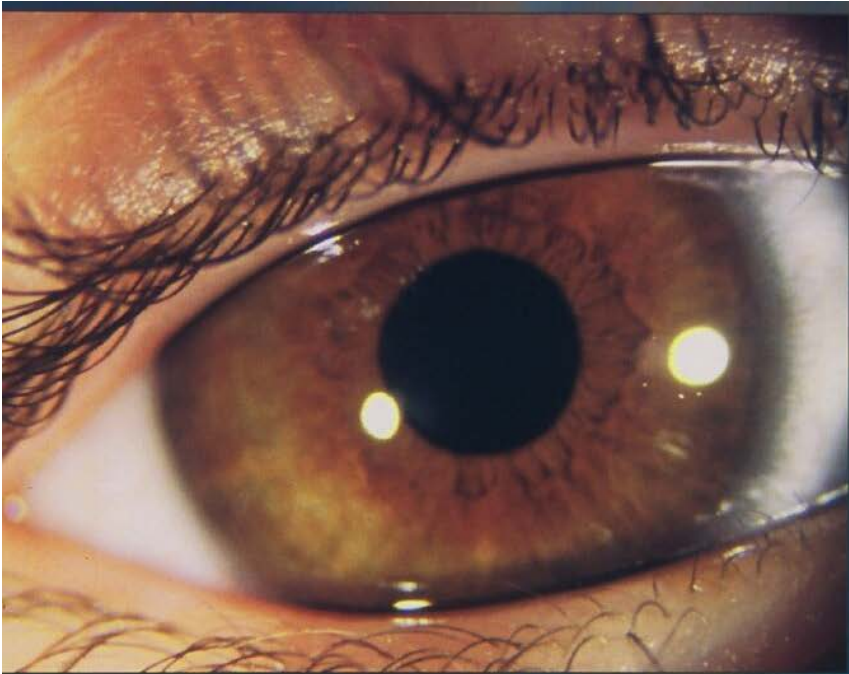
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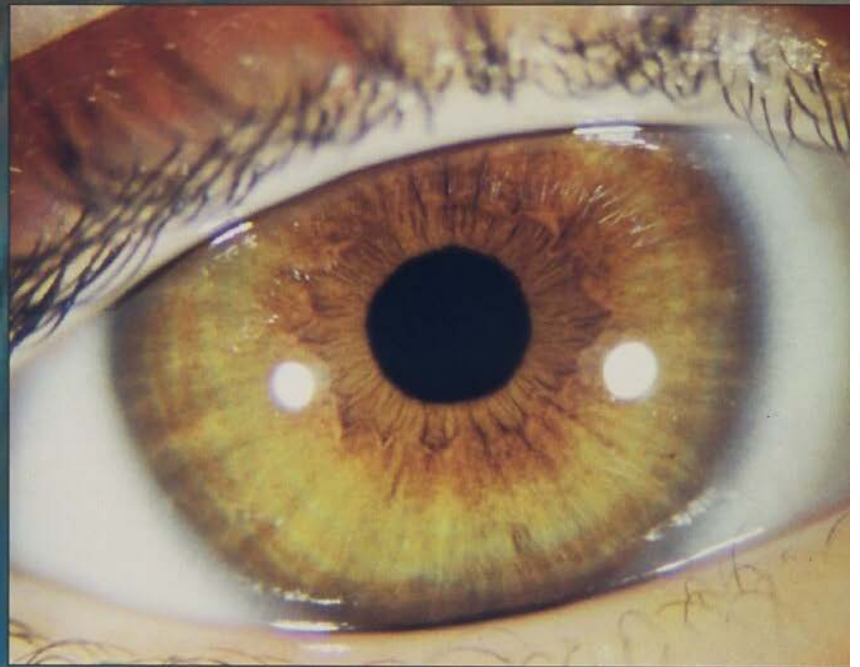
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# Eyes do change!



Dec 96



June 97



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**LOOKIN' GOOD:** Three-year-old Lara Smith after a diet regime that appears to have cured a severe rash, which failed to respond to Western medicine

## Natural remedies 'cure' skin rash

by KARA LAWRENCE

A GOLD Coast woman swears by naturopathy after the apparent cure of her three-year-old daughter, who was suffering from severe psoriasis.

Nancy Smith, of Labrador, said daughter Lara's severe skin rash did not respond well to treatment by a dermatologist.

She took Lara to a general practitioner in April after she developed a rash on her face and head.

The doctor described the illness as a heat rash, and when Mrs Smith sought a second opinion from another GP it was diagnosed as severe chicken pox.

The rash kept spreading, so on May 8 she took her daughter to a dermatologist, who diagnosed the condition as the skin disorder psoriasis, which causes scabby, flaky skin.

Mrs Smith said Lara was given skin cream and



**SKIN RASH:** Lara before the natural therapy, with scabby, flaky skin that resembled burns.

ers would break out." At the end of June Lara was covered in a rash.

Some sections of her skin appeared to be burn damaged and her hair was falling out.

Mrs Smith said Lara was given skin cream and

two months and took another two months to clear.

Mr Edwards said that once Lara's system was cleaned, she could be gradually weaned back on to the foods that were cut from her diet.

"It's a good example that the body can adjust and heal itself when you give it the chance. Naturopathy works with the body rather than fighting diseases with drugs," he said.

Australasian College of Dermatologists honorary secretary Dr David Wong said psoriasis usually did not disappear overnight.

With treatment by a dermatologist, skin usually calmed after four to six weeks and lesions began to disappear within two to three months.

It could take six months for 90 per cent of lesions to disappear, he said.

"What I do feel about naturopathy is if you want, find out for yourself and see if it helps," said Dr Wong.

# A Fool Can Fast – BUT:

- *It takes a wise person to come off a detoxification period correctly.*
- You need to have a well organised plan to go onto following the detox revitalisation plan.
- *This is where a Book is the ideal solution.*
- *The patient 'Must' know what to do from here!*





THE VITALITY LIFESTYLE

# 12-WEEK REJUVENATION PLAN



*Bringing it all together in a step by step  
plan to change your life - for life!*

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**12 Weeks later**



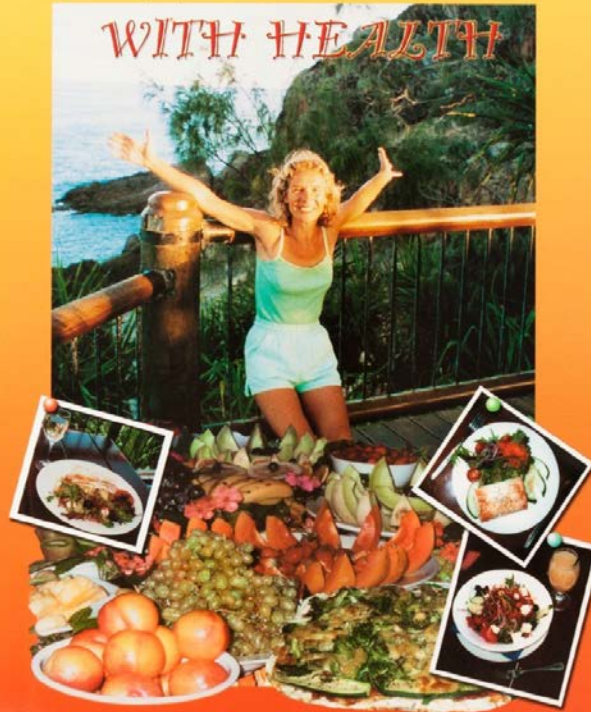
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Simple Transition Recipes to  
**GLOW**  
WITH HEALTH



PETER & PATRICIA EDWARDS

*A healthy 'liveable' nutrition  
plan for the whole family.*



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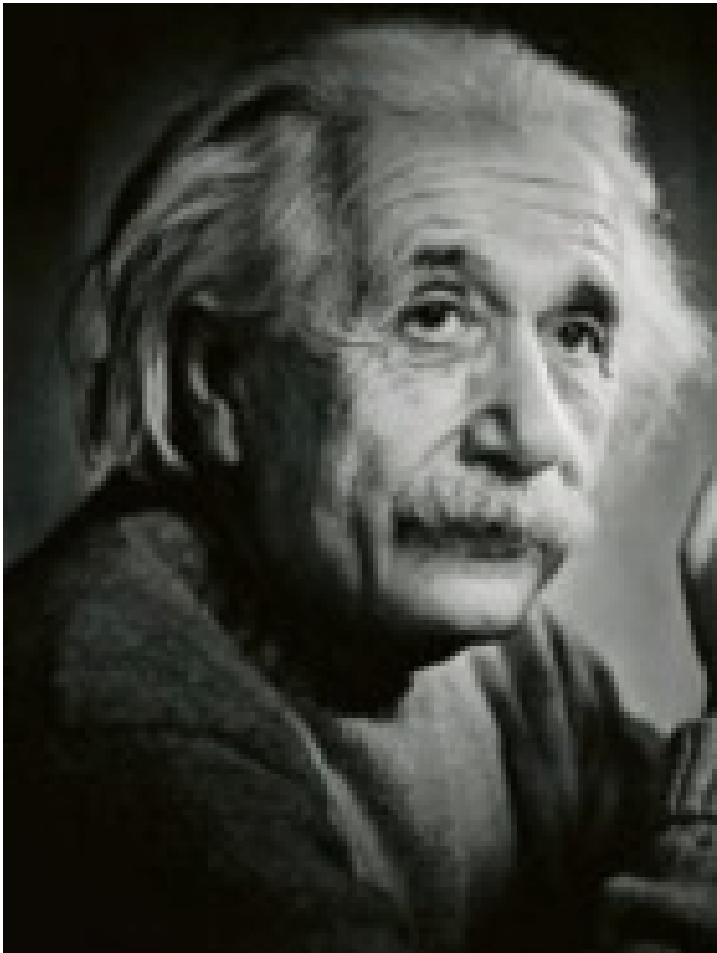


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***“The only source of  
knowledge is  
experience”***



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# Detoxification - Healing & Rejuvenation

- Observing and learning about the Art and Science of Biological Detoxification
- *Systemic Chemistry is Everything!*
- *Alter*chemistry - '*Alter*' cellular responses - *Alter*Life experience.
- *Systemic Detoxification sets the stage for Revitalisation and Rejuvenation all levels!*



# Vitality.com.au Thank You



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