

Detoxification: Is it a Primary Key to Health?

By Dr. Valerie Sorge

Throughout ancient history and many forms of detoxification have been practiced such as fasting, sweating, modified diets, juicing, herbal usage, deep breathing, exercise, and even colon irrigation techniques. We often here traditional, mainstream, medical practitioners trying to debunk the need for detoxification, stating that the body is well-equipped to do it on its own. While this is true to a certain extent, thorough detoxification is necessary for overall health and wellness. There are so many chronically ill people in the United States, and a lot of it has to do with inflammation, toxins, and chemical overload. Learning how the proper methods to detoxify safely and effectively is the key. While there are numerous ways to benefit from detoxification, one well-studied means is colon hydrotherapy.

Colon Hydrotherapy

If you have never considered doing a colonic until now, let's consider some of the most basic advantages. Colon hydrotherapy is all about effectively eliminating toxins from your body so as to clear the proverbial road to digestive wellness and vibrant health.

This concept of eliminating toxins from your body has commonly been called "detoxification". This is not a new concept throughout ancient history and many forms of detoxification have been practiced such as fasting, sweating, modified diets, juicing, herbal usage, deep breathing, exercise, and even colon irrigation techniques.

Toxins are foreign, useless, and potentially harmful substances to the body. Under ideal conditions, the body's detoxifying and eliminative organs do an excellent job in neutralizing and removing such substances as designed. However, toxins that get stuck or stored in the body will remain there and exert a strong imbalanced influence toward what is called 'disease' until removed. Detoxification has been practiced because toxins that are stored in the body can eventually overwhelm the liver, the primary detoxifying organ in our body.

One function of the colon is to reabsorb water to properly form fecal matter intended to be evacuated. The longer fecal matter remains in the colon more water is absorbed often creating constipation. Over

time, trapped toxic fecal matter continues to negatively influence the water that is reabsorbed causing it to be more toxic. That reabsorbed toxic water then must be detoxified by the liver to protect the body from poisoning. When the liver is overwhelmed by toxic overload, the next defense is to create a barrier between the foreign substance, or toxin, and the body's healthy cells, tissues and organs. This barrier is called inflammation. Sustained inflammation unchecked over a period of time will result in chronic autoimmune disease.

Inflammation is the source of the expression of many diseases. Decreasing inflammation is the goal of most health practitioners. Colon hydrotherapy cleanses and balances the body by reducing stagnation of waste and, therefore, toxic waste absorption. Unlike chemical laxatives, which encourage dependency, colon hydrotherapy actually helps improve the muscle tone of the bowel to "re-educate" it to function normally (which is to have a bowel movement after each meal consumed).

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How well you take care of your body is a major component in how long you live. Traditional medical practices primarily focus on reactive medicine by offering drugs. Alternative medicine can aid in making you happier and healthier with long term positive effects.

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Vidaful is a life enhancing alternative medicine office in Naples, FL. Vidaful seeks to improve health through IV Therapy, Regenerative Therapy, Hyperbaric Chambers, Ozone Therapy, Colon Hydrotherapy and other alternative medicine without the use of drugs. We love finding new ways to advance and develop the lives of the people we meet in whatever state they are when we meet. This is why we have sought to implement the latest developments in life enhancing alternative natural medicine to the whole of our patients lives. We're committed to blending the best of traditional medicine with the fundamentals of naturopathic principles. To this end, we have formed compelling therapies designed to prevent undue aging and circumvent disease while promoting the patient experience of balanced health.



Dr. Valerie Sorge

Dr. Sorge has numerous accomplishments over recent decades in various places including the USA, Europe and South America. After medical school, she continued her education by completing her naturopathic education to fully round out her medical knowledge to integrate traditional medicine with organic and natural treatments to maximize the efficacy of medicine. She also obtained an MBA to further her abilities to function as an owner-operator which has enhanced her network to the point where she is engaged in fourteen locations around the world, specializing in the application of regenerative therapy and research. She has demonstrated and confirmed her passion as she was recently selected as International Regenerative Therapy Director, for BioGen, Inc. located in California.

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