

*God be merciful to us, and bless us, and cause His face to shine upon us.  
That Your way may be known on earth, Your saving health among all nations. Psalms 67:1-2*

## Detoxification

In environmental medicine, it is estimated that there are about 70,000 chemicals in our environment to which we can have access or exposure. And most of these never belong in the body in the first place. Clinically, however, it is not economically viable or practical to test extensively for toxic chemical presence in the body. At the Battle Creek Lifestyle Health Center we more routinely screen for a panel of 15 toxic heavy metals using a provocative challenge and urine collection. See list of elements. In our experience, if these elements are significantly demonstrated to be present, then it is likely that this influence contributes to the clinical presentation or health challenge(s). These elements, however, are quite difficult to remove from the body unless very deliberate and intensive efforts are utilized. Typically, the effort to remove the toxic heavy metal influence(s) will also assist the elimination of “other” though unidentified chemicals. The clinical response that follows is almost always encouraging, with

the exceptions that often “things are worse before they are better” and sometimes the detox priority requires a longer than desired commitment.

### Detoxification is accomplished by:

- Brain
- Eyes
- Nose
- Ears
- Mouth/tongue
- Skin
- Tonsils and adenoids
- Appendix
- Lymph nodes
- Muscles
- Hair and nails
- Liver
- Circulatory system
- Spleen
- Intestines
- Kidneys/bladder
- Lungs
- Fat cells
- Nerve cells
- Every white blood cell
- Every red blood cell

Every cell and every organ has its unique role for detoxification.

### List of heavy metal elements

Aluminum	Cadmium	Thallium
Antimony	Lead	Thorium
Arsenic	Mercury	Tin
Beryllium	Nickel	Tungsten
Bismuth	Platinum	Uranium

### Namaan Had Hope

Remember the story of Naaman in 2 Kings 5. He had the incurable disease of leprosy, and though not an Israelite or a believer in God, he wanted to get well. He had hope! He was told to “go and wash in Jordan seven times, and thy flesh shall come again to thee, and thou shalt be

## Today's Promise

*Wash and make yourselves clean. Take your evil deeds out of my sight! Stop doing wrong, learn to do right! Seek justice, encourage the oppressed. Defend the cause of the fatherless, plead the case of the widow. “Come now, let us reason together,” says the Lord. “Though your sins are like scarlet, they shall be as white as snow; though they are red as crimson, they shall be like wool” Isaiah 1:16–18, NIV.*

clean” *2 Kings 5:10*. What a promise! And what a simple request. Hope kindled faith, and faith was demonstrated by cooperative action called obedience! “Then went he down, and dipped himself seven times in Jordan, according to the saying of the man of God: and his flesh came again like unto the flesh of a little child, and he was clean” *2 Kings 5:14*. Naaman now believed stating, “Behold, now I know that there is no God in all the earth, but in Israel.”

Today, we may have “incurable” disease(s) that no one can solve without including a “cleansing” therapeutic strategy. Detoxification is a fundamental priority of the physiology of the body. Efforts to detoxify will free the system(s) for improved and even normal function. Lifestyle considerations are important for health and prevention, but therapy is vital for recovery. Combined, these priorities of care demonstrate remarkable healing benefits.

Often, we discover the presence of mercury or toxic elements at extremely high levels in many individuals with auto-immune disease and cancer. Clinically, when this influence is removed, then there will be hope for recovering proper immune function.

### Steps to recovering proper immune function:

1. Changing unhealthful conditions.
2. Correcting wrong habits.
3. Assisting the body in expelling impurities.
4. Reestablishing right conditions in the system.

### Consider the Lilies

How does the beautiful lily grow in the swamp? Or, how do we have any health at all,

## Principles for Healing

“The only hope of better things is in the education of the people in right principles. Let physicians teach the people that restorative power is not in drugs, but in nature. Disease is an effort of nature to free the system from conditions that result from a violation of the laws of health. Unhealthful conditions should be changed, wrong habits corrected. Then nature is to be assisted in her effort to expel impurities and to re-establish right conditions in the system.”

*Ministry of Healing, p. 127*

for the polluted and toxic world we live in? In environmental medicine, the analogy of the barrel is used. The “barrel” or your health status can seem normal even in a toxic environment until the barrel overflows. Many influences can raise the level in the barrel until it begins to spill over the edge with signs and symptoms of disease. Through proper lifestyle and physiotherapies, the level in the barrel is lowered below the edge, with resulting “health recovery.” How far the level is lowered corresponds to the relative degree of health recovery. With a return to unhealthful habits, the level rises again until it spills over with disease. This illustration helps to explain why our part is so vital in the “healing process.” Healing is a miracle that God alone accomplishes in response to our faith, which is demonstrated by cooperative action.

*Bruce R. Hyde, MD  
Lifestyle Medicine Specialist,  
Battle Creek Lifestyle Health Center  
President and Medical Director*