



METABOLIC DETOXIFICATION PROGRAMME INFORMATION

TOXICITY – THE CAUSE AND ITS EFFECT

Chemicals are everywhere – air, food, water, soil, and everyday products. Scientific research shows that essentially everyone on the planet has detectable levels of environmental chemicals in their body. These chemicals include heavy metals, bisphenol A, phthalates, pesticides, and persistent organic pollutants (POPs), such as polychlorinated biphenyls, polybrominated diethyl ethers, and dioxins; many of which are found in everyday products we use or consume. Growing evidence suggests that these chemicals may affect physiological processes that causes endocrine disruption and may lead to conditions such as obesity, diabetes, male and female reproductive disorders, hormone-sensitive cancers in females, prostate cancer, thyroid dysfunction, and neurodevelopmental disorders.

Toxins from the environment is referred to as exogenous, meaning from the outside. We are however also exposed to endogenous toxins, which are generated from inside our bodies, these may be by-products of metabolic processes, toxins generated within our gastrointestinal tract. An imbalanced, or dysbiotic microbiome is linked to both intestinal diseases (e.g., irritable bowel syndrome and inflammatory bowel disease) and non-intestinal conditions, such as depression, autism, autoimmunity, Alzheimer's disease, obesity, and diabetes.

Toxins can induce dysbiosis (*"an imbalance between the types of organism present in a person's natural microflora, especially that of the gut, thought to contribute to a range of conditions of ill health."*) and intestinal permeability, allowing foreign proteins (viruses, bacteria, parasites, undigested food particles) into the body. These particles may lead to hormonal dysfunction, inflammation, oxidative stress, and mitochondrial damage. People often experience symptoms such as fatigue, brain fog, weight gain, joint pain, feelings of depression and low mood, poor concentration.

AIM OF A DETOXIFICATION PROGRAMME

1. The programme aims to reduce toxin burden – we do this by avoiding dietary and environmental toxins, as well as employing nutritional and plant-based compounds to enhance the clearance of toxins. This includes promoting liver detoxification, along with supporting healthy gastrointestinal and kidney elimination.
2. Increase toxin resistance – natural ingredients offer protection to the organism in the presence of toxins. That is, despite exposure to toxins, the damaging effects can be negated with the use of select ingredients.

BENEFITS OF DETOXIFICATION

Healthy detoxification can lead to increased energy levels and overall wellness to help you feel your best. This scientifically designed programme includes targeted nutrition, a modified elimination diet, simple exercises, and basic recommendations for stress management. No calorie restrictions, no hunger pains.


WHO CAN PARTICIPATE?

Everyone will benefit from this programme especially if you have some of the following symptoms: Fatigue, muscle aches and pains, allergies, type II diabetes, high blood pressure, if you are taking chronic medication, if your waist circumference is more than 80 cm (ladies) or 94cm (men), suffer from PMS, headaches, chronic infections or colds and joint pains.

WHAT THE PROGRAMME INCLUDES

- A 30 min consultation

dr jacky hatching
DNM | BIO | CCI | AFMCP

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- A detox questionnaire to determine the best nutritional support for individual needs
 - Recipes
 - A weekly plan to guide you through the programme
 - Professional support and recommendations
 - A follow up consultation at the end of the programme

NUTRITIONAL PRODUCTS

Because everyone is different you may need different nutritional support. Depending on the outcome of your questionnaire and consultation, I may suggest a foundational detox programme, a gut support detox programme, or an advanced detox programme.

COST OF THE PROGRAMME

The cost of the foundational programme including your nutritionals is R3000.00

Please note that should you require a different approach or other nutritionals, this price may change.