



DETOXING THE BODY: THE NEED TO CLEAN

FROM SPAS TO LOCAL TREATMENTS

BY SUSAN LANIER-GRAHAM

FOUR SEASONS RESORT SCOTTSDALE AT TROON NORTH

Today's world is full of toxins: environmental toxins such as pollution; chemicals in our food and water; excess sugar and refined products; nutritional deficiencies our bodies. All of this can overwhelm our natural detoxification systems. We forget that we need to cleanse our bodies much like we do our teeth, hair and skin. If detox is a route you want to try, knowing how to do it and choosing the best method for your system is crucial for success.

Toxicity comes, in large part, from our industrial and technologically advanced society. Clearing all of those and other toxins from the body is the most energy-consuming metabolic process in the body.

WHY SOME PEOPLE DETOX Your liver and gastrointestinal tracts are the main organs in your body used to eliminate toxins. If chemicals overwhelm those organs, you can begin to show symptoms of ill health. Some symptoms include headaches, fatigue, muscle and joint pain; depression and mood swings; allergies and coughs; upset digestive systems; yeast infections; weight gain or extreme weight loss; and premature aging.

Some have said that toxicity can contribute to specific illnesses, including cancer, Parkinson's, Alzheimer's, autoimmune diseases, infertility, irritable bowel syndrome and chronic fatigue syndrome. Acne, too, has been pointed at as a sign of toxicity. Those who support detoxing say that cleansing the body is just one step you can take to try to avoid such symptoms and diseases.

NATURAL WAYS TO DETOX Although there are a multitude of products designed to help you detoxify your body, many experts advocate a natural detoxification. This can be as simple as changing your diet and eating more natural foods. More often, women choose specific detox diets, although most medical professionals discourage extreme diets. Doctors suggest that extreme fasts or harsh colon cleansers only shock your system, releasing too many toxins at one time. Slower methods of detoxification are more effective. The first step is usually to treat the liver and gastrointestinal system, then detox the blood and kidneys.

DETOX AT THE SPA Detoxifying the system has been an Asian tradition for centuries and many of those traditional treatments are available at local spas. At Willow Stream Spa at The Fairmont Scottsdale Princess, you can detoxify, nourish, hydrate and rest. This treatment combines medicinal mud, healing waters and light massage. Guests have a 90-minute treatment that begins with a Moor mud body wrap, then a therapeutic bath in medicinal mineral waters, and finishes with a light massage using mineral creams and a sage essential oil (\$269, 480.585.4848).

The Diva Detox package at Four Seasons Resort Scottsdale at Troon North is ideal for detoxing. The package offers three treatments tailored toward ridding the body of harmful toxins. The Aromatherapy Massage uses proven European techniques of lymphatic drainage and acupressure to induce relaxation and increase energy. The Green Tea Mud Masque combines the exfoliation and detoxifying properties of green tea. Finally, the Oxygenating Facial helps cleanse and purify the skin (\$725 per night to \$1,020 per night with a two-night minimum, 480.515.5700).

Agave The Arizona Spa at The Westin Kierland Resort & Spa offers a wellness massage to help detox the system. This massage is designed to support and nourish internal organs and the immune system using a holistic approach to reconnect body, mind and spirit. A therapist trained in oncology integrative therapies uses healing oil and warm stones during the massage (\$150 for 50 minutes and \$220 for 80 minutes, 480.624.1500).

Mii Amo, a destination spa at Enchantment Resort in Sedona, creates custom packages for its customers. Mii Amo focuses on rejuvenating the body and soul and reducing the stressors that can



NATUROPATHIC DOCTORS OFFERING DETOXIFICATION PROGRAMS AND TREATMENTS

ALTERNATIVES IN HEALTH

10304 N. Hayden Road, Ste. 1
Scottsdale, AZ 85258
480.629.8882

Specializes in optimal health through detoxification; prices vary depending on individual needs and treatments.

AZ WELLNESS

Dr. Karen Sigurdson
28610 N. 154th St.
Scottsdale, AZ 85262
480.695.4936

Various detoxification therapies include the Healing Day Retreat, available for \$249. The retreat introduces the topic of detox and teaches components of the program designed to be protective and restorative. Therapies include fasting, colonics, using supplements and more.

ENVITA NATURAL MEDICAL CENTERS OF AMERICA

8759 E. Bell Road
Scottsdale, AZ 85260
602.569.4144

Offers a variety of biological detoxification programs that can include heat depuration using a hyperthermic ozone chamber, biotransformation and chelation therapy. Prices vary depending on each individual therapy.

INTEGRATIVE HEALTH CARE

9200 E. Raintree, Ste. 100
Scottsdale, AZ 85260
480.657.0003

Offers a variety of customized therapies, depending on the toxins, ranging from supplements to intravenous Micronutrient Therapy. An initial consultation is required and ranges from \$160 to \$230.

SOUTHWEST COLLEGE OF NATUROPATHIC MEDICINE

8010 E. McDowell Road, #111
Scottsdale, AZ 85257
480.970.0000

Offers colon hydrotherapy and other treatments individually selected for each patient.

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add to your body's toxicity. For example, the Lymphatic Drainage uses light rhythmic touch with pressure on the lymph glands to increase the flow of fluid through the lymphatic system.

Therapists at Mii Amo recommend a consultation called Detox & Rejuvenate. This personal session will help you find safe and natural ways to help your body release toxins. The therapist will offer personalized gentle detoxification strategies that are right for you. Mii Amo's services are only available to guests of Mii Amo (3-, 4- and 7-night packages include 6, 8, and 14 spa services) or to guests of Enchantment Resort at an additional cost (rates start at \$1,740 for an all-inclusive, 3-night package with six services in low season to a 7-night all-inclusive package with 14 services for \$6,090, 1.928.203.8500).



FOUR SEASONS RESORT SCOTTSDALE AT TROON NORTH

WATER WASHES OUT THE TOXINS

There are a variety of detox treatments that use water to cleanse the system. One of the latest trends in the Valley is Aqua Detox™, a soothing, non-invasive foot bath water treatment. While you sit comfortably for 30 minutes, you soak your feet in a foot spa filled with a pre-made saline solution and an electromagnetic device called an array. The system is turned on and your body releases toxins into the water, gradually changing the water's color as various toxins flow from your system. You will continue to detox over the next 48 hours. You can receive the treatment at Aloosions Salon and Spa (30-minute session for \$50, 480.922.0792).

CLEANSING PRODUCTS

You can also use various supplements to help detoxify your body. Some of the most commonly-used products are designed to cleanse the colon and stimulate the immune system. There are more than 200 products available on the market designed to cleanse the colon, so finding the right product can be intimidating. You should evaluate products based on the ability to cleanse the colon of toxins, the ability to promote improved digestion, the ability to strengthen the immune system, the ability to promote improved nutrient assimilation, and the ability to boost energy levels.

Morocco Method 5 Elements Simply Pure Zen Detox Hair & Scalp Therapy, created by the Scottsdale-based EcoClean, offers a unique product to detox the hair follicles and roots, oil glands and scalp. The product is made from active live healing clays, volcanic ash, plant proteins, rare trace minerals, cactus, Blood of the Dragon, wild crafted organic crystals, and herbs and spices (\$24.95 for a three week treatment, 480.947.5286).

DRINK TO YOUR HEALTH

There are numerous herbal teas used to detox. One popular product is EveryDay Detox from Traditional Medicinals. This tea, based on a traditional Chinese medicine formula, is a blend of gynos-temma herb, organic ginger rhizome, licorice root, organic kukicha twig, schisandra fruit, lyceum fruit, and organic black pepper fruit. It nourishes the liver and kidney, as well as other organs that play a role in detoxifying your system. Traditional Medicinals teas are available at AJs Fine Foods, Arizona Health Foods Stores, Wild Oats, Sprouts, Valley Vitamins, and Hi-Health stores, as well as many herb stores.



THE FAIRMONT SCOTTSDALE PRINCESS

When done properly, detoxing can be a safe and healthy cleansing treatment. ☺

HERB STORES WITH DETOX PRODUCTS

ARIZONA NUTRIENT

4240 N. Brown Ave.
Scottsdale, AZ 85251
480.949.1551

THE NATURAL MEDICINARY

8010 E. McDowell Road
Scottsdale, AZ 85257
480.970.0001

THE NATURAL PANTRY

5937 E. Aster Drive
Scottsdale, AZ 85254
480.991.0624

NATURE'S HEAVEN

4840 N. 73rd St.
Scottsdale, AZ 85251
480.874.0084

NUTRITION WORKS

6941 N. Hayden Road, Ste. B-1
Scottsdale, AZ 85250
480.609.8812