

Baritz Wellness Center, PC

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Unburden, Fortify, Balance

The nutritional therapeutic approach can be broken down into three different intentions: Detoxification, Fortification and Balance. These processes can overlap, but generally they occur in order.

Detoxification: The current way of thinking has to do with reducing the burden of toxicity and infection in the body. This has been called cleansing, detoxification, releasing or purification, and usually simply this first step to healing yields remarkable results and renewal. It is evident that reducing the toxic metabolic load, eliminating toxins in the form of metabolic wastes or accumulated poisons and heavy metals, allows the body to function more powerfully. Although this is the first step it actually is never quite finished, as we continually require cleansing to release the buildup of acquired metabolic waste products and environmental contamination. In the beginning of these cleansing endeavors we are dealing with many years of neglected acquired buildup and so initially the release is more potent and dramatic, although as we mature through the process the cleansing is not so intense. This also includes reducing the allergic complexes in our body that occupies so much of the precious immune system activity. For example a simple undetected chronic food allergy like wheat or milk will require a vast amount of effort immunologically to deal with the immune complexes that arise in the blood from the antigenic reaction to the allergen. When this is removed the immune system is freed up to return to other activities that are neglected when it is overburdened.

Fortification: There are two activities always at work in the body and they are anabolism and catabolism. Anabolism is the process of repair and growth wherein cells replicate and repair themselves. This process is partially under the direction of the hormonal system with a wide variety of hormones dedicated to activating the processes, the most well known of which is growth hormone, and also the nervous system through a system of trophic neuronal supply, which is why when a nerve is cut muscles atrophy. Catabolism is the name given to the break down process that destroys and recycles cells. The balance between these two activities determines whether you are growing or shrinking, thriving or degenerating. Supplying nutrient material, encouraging hormonal balance and supplying some of the known growth factors which activate tissue repair, such as the protomorphogen or an ample supply of protein or essential fatty acids for cell membrane repair, may encourage the anabolic process. Depending upon the amount of stress we have dealt with fortification processes become very important between 25 and 40 years of age or overall health will begin to decline. It is remarkable how regenerative the body is when encouraged in anabolism. Balancing the catabolic hormone activity that results from over stimulation of the glandular structures and excessive stress may lessen the catabolic process. Repair and fortification is a way of preparing for a rainy day when a health challenge might overtake us so that we have maximal organ reserves available to respond.

Balance and Harmony: This is the final and most delicate part of the healing process. It involves assisting organs and glands to come into rhythm with each other, so that different control systems are not struggling against each other, but instead are coherent and aligned. Oftentimes the balancing process happens all by itself secondary to the cleansing and fortification processes, but usually there exists in all of us subtle imbalances between systems that we may ease back into harmony. The classic example of balance exists between the function of the thyroid gland and the adrenals that are typically competitive with each other when out of balance. This is a difference between just being within normal limits and being in optimal range and having healthy ratios. Indeed many times although we do not know that we are out of balance, when the correction is made we find a remarkable sense of flow occurs. Ultimately the balancing and harmonization of the body is never fully achieved, but rather is an ongoing lifestyle approach to dealing with human biological constraints. A great deal of prevention and healing occur when balance is increased in the body.

The more we understand these processes the more we deliberately encourage cleansing, repair and symphony.