

Detoxifying The Athlete

An important aspect in the care of any athlete under your care is their nutritional status. One of the best things you can do is incorporate a high level detoxification process. There are key processes that must be supported and any detoxification process must do 3 things; Mobilize, Bind and Remove. This is why just a simple juice fast can create toxicity causing someone to mobilize, but unable to bind and remove. Athletes tend to push their bodies farther, faster and harder than the average person. As a result of this, they subject their bodies to the ravages of stress and as a result



By John McAtamney, DC

they suffer its' impact to a greater degree as well. This places a nutritional demand on the body to replace the nutrients just burned up and also needed for replacement on a macrobiotic and cellular level. The endotoxins that are produced will depend on how well the person can detoxify. Are the phase 1 and phase 2 detoxifications process in the liver adequately supported so the liver and kidneys can

remove the impurities and restore the body to its natural vibrant self? What can you do to assist an athlete with this process? The simplest method is any of the detoxification protein powders that can be mixed into a smoothie or a shake, available from Standard Process, Metagenics, Biotics or Nutriwest. These powders provide a mix of the nutrients that are necessary for the detoxification phases in the liver to be supported, properly. The important concept to remember is there is a three step process in detoxification. Toxins must be mobilized, bound and excreted. If any part of this process is not completed detoxification will not occur and the person could suffer toxic side effects. This is what commonly occurs when someone detoxes too fast.

The protein powders contain the nutrients necessary to allow detoxification to occur without this happening. The one I like the best is Total Green from NUTRIWEST. It is high in fiber, (such as apple pectin and rice bran) Total Green binds toxins and lizes bowel function, important detox pathway.

Total Green is a whey protein powder high in phytochemicals, bioflavonoids and antioxidants. It has high levels of organic sprouts as well as spirulina, chlorella, kelp, enteric-coated probiotics, milk thistle, yellow dock and high soluble fiber, all of which help support detox processes. The

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sprouts from cruciferous vegetables have up to 100 times the amounts of disease-fighting phytochemicals than the actual plants themselves! Total Green incorporates the antioxidant and phytochemical power of fruits and vegetables into the formula, which boosts the benefits of the powder. The provided by this high-quality mixable powder can provide the amino acids (building blocks) for cell receptors, enzymes, hormones, neurotransmitters, antibodies (immune system), muscle tissue, signaling peptides, cell repair and necessary building blocks for tons of biochemical reactions.

So what do you do now? Get clear on why you would add nutrition to your office. What benefit will it add to the care of a patient? How do you assess the need for nutrition? There are many different ways available that the nutritional support companies have made turnkey. Will you even add blood tests to your assessments to determine the nutritional support necessary for your patients in the wellness model? So, contact your nutritional company representative and tell him or her you want to bring a detox program into your clinical protocols. Then pick 5-10 patients that you know need a nutritional adjustment to help hold and get healthier, and get to work!