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5 Day Detox How to Reduce Your Toxic Load Today

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Dr Terry Notaras is a Doctor of Chiropractic and Doctor of Osteopathy. He is registered as a Chiropractor and Osteopath with the Chiropractic Board of Australia and is a member of the Chiropractors Association of Australia. Dr Notaras is also an Associate Member of the Australasian College of Chiropractors.

Dr Terry Notaras has lived in the local area for 39 years and has been in private practice for 26 years. He has served on the Executive Committees of the Chiropractors Association of Australia.

Dr Notaras has looked after the health of some of the world's best professional Golf Tour. He has also looked after the Olympic Cycling Squad as well as many other elite athletes. This background allows the technique used at Southern Spinal Care to be the latest and the most effective in the world.

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1. Limit your intake of the dangerous metal mercury. Fish is a nutritious addition to anyone's diet, however certain types of fish contain higher levels of mercury and should be limited. These are usually larger, longer living species that are at the top of the food chain, such as swordfish, shark (flake), sea perch and catfish.

2. Artificial sweeteners are just that, artificial and can be damaging to your health. They're hidden in most sugar-free and diet products, including soft drinks, yoghurts, chewing gum, cereals, cakes, biscuits and ice-cream.

3. Choose organic wherever you can. There are many products even in our supermarkets these days such as pasta, pasta sauces, milk, cheese and yoghurt. Even in the fruit and vegetable section, you can find many organically or biodynamically grown foods. Stone fruits, berries, grapes and green leafy vegetables all copy their fair whack of pesticides that can take up to 7 washes to clean. By supporting your local organic shop and farmers market, you will literally be changing the food chain. Watch the movie Food Inc – you will be inspired and empowered.

4. The air in our homes can be more toxic than outside and especially when we use commonly available household products, which can contain damaging carcinogenic properties.

Check your lock health-food store for chemical-free cleaners, or look in the pantry – you'll be surprised how effective simple ingredients such as bicarb and vinegar are for cleaning. Try products like Enjo that clean with a chemical-free fibre system.

5. Ever since manufacturers found out that they could replace natural ingredients with cheap petrochemical based ingredients, cosmetics became toxic. These petrochemical based ingredients can be absorbed through your skin and end up in the bloodstream. Some contain carcinogenic ingredients.

See :

www.mionegroup.com/toxic for a list of commonly used chemicals (yes even in the 21st century) in beauty products.

Choose companies like Miessence that produce ranges of beautify and body care products with actual certified organic and FBA registered ingredients.

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