



## **California Wellness Institute**

**Urologists & Anti-Aging Physicians located in Brentwood, Los Angeles, CA & Palm Desert, CA**

Toxins fill your environment every day. From the air you breathe to the food you eat and the products you use to keep your home and body clean. The constant exposure can cause toxins to build up in your body and impair your health. At California Wellness Institute, in Los Angeles and Rancho Mirage, California, Eugene C. Rajaratnam, MD, provides organ detoxification treatments to restore your health and well-being. Call California Wellness Institute or make an appointment online today to find out if organ detoxification is right for you.

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## ***Organ Detoxification Q & A***

**What is organ detoxification?**

While your body has the tools it needs to flush out toxins and waste products, the modern American lifestyle often includes near-constant exposure to a wide range of toxins. Organ detoxification includes treatments, like colon hydrotherapy, and lifestyle modifications that help your body get rid of harmful toxins.

**What is colon hydrotherapy?**

Colon hydrotherapy, sometimes called colonic irrigation, is a gentle rinsing and flushing of your colon. When your diet includes too much sugar, processed foods, and other hard to digest items, residue, including fecal matter, phlegm, and mucus, builds up on the inside of your colon. Not only does this cause bloating, gas, and pain, but it also prevents your body from absorbing all the nutrients it needs. Safe colon hydrotherapy gently removes this residue to restore your digestive function and overall wellness.

## **What other treatments detoxify organs?**

In addition to colon hydrotherapy, Dr. Rajaratnam provides customized organ detoxification programs at California Wellness Institute, depending on your specific needs. You may benefit from:

### **Diet modification**

Your liver, kidneys, and lymph nodes are the powerhouses behind toxin removal. Dr. Rajaratnam may recommend dietary changes to help your body flush out old, partially digested foods your digestive system traps.

For example, he may suggest that you follow an organic vegan diet, including high fiber options such as kale, broccoli, and spinach. As your digestive tract clears, your body also flushes out lingering toxins. As a result, inflammation subsides, and your organs can function at optimal levels.

### **Massage and physical activity**

You can stimulate your lymphatic system with exercise and massage to encourage your body to flush out toxins. Your lymphatic system extends through your entire body. When you exercise, not only do your contracting muscles stimulate your lymph nodes, but your circulation increases which helps move toxins out of your body. Massage achieves a similar effect.

### **Chelation therapy**

Although it was initially a treatment for lead poisoning, doctors today, like Dr. Rajaratnam, use chelation therapy to remove toxins and traces of heavy metals from your body. During

chelation therapy, Dr. Rajaratnam provides chelating medication either intravenously or in a pill that you swallow. The drug binds to heavy metals and toxins and carries them out of your body through your urine.

## Detoxification

You're exposed to toxins every day. Over time, those toxins build up in your organs and inhibit optimal body function. Dr. Rajaratnam offers chelation therapy and diet modification to rid your body of chemicals that interfere with your wellness.

### How do I know which organ detoxification treatment is right for me?

Dr. Rajaratnam provides comprehensive exams and consultations to identify the issues causing your symptoms and interfering with your well-being. He considers your overall health and lifestyle before recommending any treatment. If your exam and lab tests show signs of toxins, he suggests a customized organ detox program.

Call California Wellness Institute or schedule a consultation online today to find out if organ detoxification is right for you.

