



Detox Your Way to a Better You

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In our toxic world, it seems that everyone is desperate to cleanse their bodies and most of us will try anything. By following extreme detox diets, you're basically setting yourself up to quit before your body is rid of toxins. There is something better than the Master Cleanse combination of lemon juice, cayenne pepper, maple syrup and water that svelte stars like Beyonce swear by. There is something rational that allows you to continue nourishing yourself while excreting those nasty toxins! After all, not all of us can kick up our feet for a few days while we survive on minimal calories and nutrients. Most of us have busy schedules and need a detox diet that will give us enough energy to continue putting in full work days, grabbing drinks with friends and cleaning our messy houses.

Through her eastern-philosophy-based detox program, Peyton Theodore, L.Ac., is helping people in the Philadelphia area to lead healthier and more balanced lives. Her 25 day detox attracts those who want to revamp their bodies and minds without depriving themselves of essential needs. Beth Burkhardt was referred to Peyton's program by a friend, "I was looking for a way to take being healthy to the next level. I was instructed that a quick three day detox, like I'd been hearing so much about, was actually harmful to people who are busy and on the go. I heard that Peyton's 25 day method was so much less intense than other methods, so I decided to give it a try."

Peyton has impressive educational backgrounds in traditional Chinese medicine, acupuncture and cognitive studies, and is licensed by the Pennsylvania State Board of Medicine. Her journey to enlightenment began with a major relocation. California had always held a magical lure for Peyton, so she moved there from Pennsylvania to see what the attraction was about. Once away from the fast-paced East Coast, Peyton was able to indulge in West Coast normalities, such as yoga, meditation and acupuncture. Yearning to learn more, Peyton enrolled herself in a school of acupuncture. After the program, she was drawn to Southeast Asia where she studied acupuncture for 3 months. While studying closely with an herbalist in Bali, she realized that her interest in nutrition and Chinese medicine could propel her into a career of helping others. "It changed my outlook on lifestyle and habits. I began to take a holistic approach and I realized that every facet in a person's life affects their overall quality of life," she explained.

Peyton now treats clients out of the Atlantic Pain & Wellness Institute in Bala Cynwyd, PA and her home office in Wayne, PA. Peyton's home practice, Enlightening Souls, is nestled in tranquil woods and creates the perfect atmosphere for a person seeking to detox their mind and body. The entire aura of the home produces a feeling of comfort and relaxation that is apparent as soon as you walk through the door.

Peyton's detox program is comprised of an assortment of services that can be provided separately but the package deal, which sells for \$500, is her client's best bet. Peyton explains the detox as "an internal cleanse, like spring cleaning for your body. Humans pick up toxins from so many places and this program assists our organ system in cleansing and detoxifying. Beside the obvious benefits of having more energy, more clarity and leading a healthier lifestyle, a detox can also prevent a lot of diseases, inflammations and illnesses which are caused by toxins."





There are four parts to the 25 day detox plan: acupuncture, purifying Flower Essence, a restricted diet and a medical food supplement. The program is designed to bring the client to a higher level of spiritual, emotional and physical being.

The Process:

During the client's first visit, Peyton holds a brief interview to gauge the client's underlying emotional and physical needs. Informational sheets are reviewed and the 25 day process is outlined. Since the plan is over a 25 day period, Peyton cannot oversee every aspect of the detox and a lot of accountability put onto the client. If he or she is not able to adhere to most food restrictions, for example, the detox will not reach maximum impact. Most people are so satisfied with the energy blast they feel that the momentum to keep going is strong. Beth, a repeat client of Peyton's who is doing a second detox session this fall, says, "In the beginning 25 days feels like a long time, but once you get used to the changes and start feeling good the days fly by."

Acupuncture for the Body and Internal Energies

Using her readings from the meeting, Peyton will then perform the first of four acupuncture treatments that will take place over the next month. These treatments treat any underlying imbalance that may be causing the client discomfort. "When performing acupuncture, I use 8 to 10 body points and sometimes I use ear acupuncture points. Typically ear acupuncture points are used to treat addictions, including food addiction," says Peyton. Two more acupuncture treatments will occur during the process of the detox, and a final treatment is scheduled at the end of the cleanse.

Purifying Flower Essence for the Spirit

Many Chinese medical practitioners couple Chinese herbs with acupuncture treatments. With this detox, Peyton chooses to couple her treatments with Flower Essences. "Flower Essences work in a more subtle way than Chinese herbs. They often help people to make transformations on deeper spiritual and emotional levels, with no side effects." During the 25-day process, the client is instructed to place seven drops under his or her tongue two times per day. Peyton has found that while on the Flower Essence, many of her clients have more insight into the trivial aspects of life and begin to worry less.

Restricted Diet and Medical Food Supplement for Health

The client is given a large tub of medical food supplement that acts as a PH balancer and supports the detoxification process. The diet requires a 1/2 scoop of the powder twice a day, increasing to 2 scoops of the powder twice a day. Most prefer to mix the power with unsweetened cranberry juice or a smoothie. Many clients choose to continue using the powder as an addition to their daily diet after their detox has ended.

Using an approved list of foods to include and exclude in the diet, the client is able to get a better grasp on how food affects him or her. By cutting out allergy-prone foods, many people are surprised that foods that they have always loved actually make them feel horrible. Peyton explains the importance of keeping the food guidelines,





saying, "This plan introduces people to healthier food that sustains the detox. Instead of being intimidating, the plan is to inspire the person to choose healthier food choices that best benefit them." Some of the included foods are: chicken, rice, most vegetables, most fruits, almonds, and spices. Excluded foods and beverages include: oranges, wheat, milk and dairy products, soda and the worst of all...alcohol.

Peyton and her client, Beth, both agree that the alcohol is the hardest thing to part with, especially if you live on the East Coast. "Being that I have experienced life on both coasts, it is very apparent that there is a type of peer pressure to drink when on the east coast. A lot of my clients are given a really hard time by their friends and co-workers when they go out and only drink water." said Peyton. Beth agreed with this statement, and said "it was hardest to stick to my detox when I was in social settings; It's totally worth the sacrifice though. The first time I strayed from my detox diet, I had a few drinks and some cheese and I felt sick for three days afterwards."

After the Detox

The detox often changes the habits of those who undergo it. "I noticed what foods my body doesn't react well to and now I try to avoid them or enjoy them in moderation," says Beth. "I really can't explain how much of a difference the detox has made in my life; it makes you think about what you put in your body. It's amazing how foods have an effect on your mind."

To Peyton, her process makes perfect sense, "It's not to take someone and make them do something extreme," she explains, "Chinese philosophies stress balance, and balance is at the basis of the detox. The point of this program is to help people to have a successful detox."

According to Peyton, the transitional seasons of fall and spring provide the perfect time to start a detox session. More information can be found at: www.enlighteningsouls.com

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