

What you should know about detoxification.



The environment we live in is filled with toxic and potentially toxic substances. In the course of our daily lives, we are exposed to air pollution, water contamination, heavy metals and a variety of chemical toxins. These can weaken our immune systems and tax our bodies' natural ability to promote self-healing and maintain good health.

That's why it's so important to participate in a regular detoxification program. At Lemire Clinic, you'll find comprehensive detoxification services, including:

Physician-assisted heavy-metal detoxification (chelation therapy) – EDTA (ethylene diamine tetraacetic acid) is a synthetic amino acid that has the ability to attach itself to metals and minerals, forming a bond called a chelate. Heavy metals have a greater affinity for EDTA and form strong bonds, which permit the metals to be bound-up and eliminated from the body.

Hydrogen peroxide therapy – Used by your body's immune system to destroy foreign substances. It has been used as an oxidative therapy by doctors all over the world for over a century to treat various diseases.

Colon hydrotherapy – Colon hydrotherapy uses filtered, temperature-controlled water for inner cleansing of the entire colon – the large intestine. This procedure takes about 45 minutes. It is painless and odorless and removes toxic buildup

from undigested foods in the colon.

Ionic foot bath detoxification therapy – Assists in restoring energy and facilitating removal of toxins through the skin, which is the second-largest detoxifying system in our body.

James E. Lemire, MD, is a board-certified family practitioner who has devoted his professional life to finding and using natural remedies for many diseases and conditions. He and his team of multidisciplinary specialists use the principles of natural and nutritional medicine to treat pain, inflammation and illness.

We believe that disease manifests through the interactions of genetic susceptibility (heredity), lifestyle choices and numerous environmental factors. We can significantly decrease the risk of developing many common diseases without narcotics or invasive surgery.

For more information about the many ways we can help you detoxify, please call Lemire Clinic today. We invite you or your primary-care doctor to call for an appointment. We welcome your referrals.



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