

Weight Loss Clinic Toronto

Call now and book a complimentary 15-minute meeting with our Naturopathic Doctor - Dr. Amauri Caversan. (416) 922-4114



Metabolic Reset Detoxification and Weight Loss

How much do you know about toxins? How may detoxification lead to healthy weight loss?

Toxins are in our air, food, water, and everyday household products. We are exposed to a mix of harmful chemicals, some of which will accumulate in our bodies with toxic effects.

A toxin is a poison that affects the body internally or externally. As a naturally occurring chemical or in synthetic form, research has shown that there may be a link between the build-up of toxins in body tissues and the development of health problems.

Additionally, metal toxicity poses a potential risk to optimal health. Cadmium, lead, arsenic and mercury may cause damage to the brain and peripheral nervous system, especially in children. According to the advocacy organization Environmental Defence, toxic metals pose a great environmental health problem today. Widely used

in industry, food processing, and agriculture, toxic metals may find their way into our bodies through normal daily activity.

Minimizing Toxic Exposures

It's possible to decrease your intake of toxins, including excessive metals, through habitual changes. Avoiding food grown with pesticides and artificial fertilizers, plus limiting your consumption of fish with high levels of mercury, are excellent starts for lessening toxin exposure in your life. At home, use lower risk pesticides on your garden to limit your contact with toxins. (Read more about lower risk/alternative pesticides from the Government of Ontario [here](#).)

Are you concerned about toxins in your body? Toxicology testing can identify the toxins present in your body. Toxicology testing may also establish the substances required to alleviate conditions linked to toxic burden.

Eliminating Toxins with Detoxification

A properly functioning body can eliminate toxins through urine, feces, exhalation, and perspiration involving major organs, such as kidneys, liver, colon, lungs, and the skin.

But when a toxin overpowers the normal excretion mechanisms, the body produces inflammation in the areas where toxins are present (in an effort to rid itself of the problem). These inflamed areas may increase your risk for developing degenerative diseases; they are the body's signal that it cannot rid itself of accumulating toxins.

Toxicity can be the source of various chronic illnesses and may obstruct optimal health. When toxins are gathered in the body over time, they may disturb the nervous, immune and hormonal systems. In fact, infertility, allergies, mood disorders and cognitive impairment have been connected to toxins.

With that, a detoxification program may encourage your body to eliminate toxins, while helping you identify which toxins are causing harm. A natural health program, such as Dr. Amauri Wellness Centre's Metabolic Reset Detoxification program, allows you to customize a detox plan to support the removal of toxins. This program also considers a course of action for patients to minimize their future exposure to toxins.

About our Metabolic Reset Detoxification Program

[Dr. Amauri Caversan, ND](#), has designed the Metabolic Reset Detoxification program to encourage the body to find its balance. This program incorporates a healthy diet with natural supplements and a recommended sensible daily regime, such as rest, meditation and good old fashion “quiet time.”

This program is a nourishing way to take steps toward a new healthy you. It holistically encourages resting, cleansing and nourishing the body from the inside out. With the help of natural health principles, you may learn how to eliminate toxins and reintroduce healthy nutrients into your body. You will uncover new tactics to help protect your body from diseases and renew your ability to maintain optimum health.

Encouraging Weight Loss with Metabolic Reset Detoxification

The Metabolic Reset Detoxification program was designed to support your metabolism. This helps your body promote weight loss, while providing yourself with essential nutrients that may contribute to looking (and feeling) healthy.

High levels of stress, inflammatory foods, lack of exercise and poor dietary choices can contribute to obesity and poor health. Whether you want to prevent obesity-related diseases (i.e. diabetes and hypertension) or instill a healthy appearance, a metabolic reset program with supplements, a healthy diet, and lifestyle changes may help you reach your ideal weight.

Contributing factors for obesity varies in men and women, and some factors are identifiable through blood tests. Our clinic may recommend these blood tests for patients enrolled in the program; testing may include measurements of reproductive and thyroid hormones, insulin, glucose, cholesterol, triglycerides, cholesterol, liver and kidney function.

Our health care practitioners will also test your basic metabolic rate and body fat content. After thorough analysis, the Metabolic Reset Detoxification program will be implemented to help restore hormonal balance, metabolism, energy levels and lower insulin. Patients may consult with our naturopathic doctor and our nurse practitioner, who are both dedicated to supporting your health and weight loss goals.

Next Steps

Dr. Amauri Caversan, ND, and Arv Buttar, NP, offer various integrative health treatments at Dr. Amauri Wellness Centre, such as the Metabolic Reset Detoxification program. If you're concerned about scheduling visits at our Toronto location, you may opt for appointments to be conducted via telehealth or in-person. (FYI: we recommend that your first appointment take place in-person at our clinic, as

a bio-impedance analysis will occur (weight check, body fat percentage, basic metabolic rate, etc.) along with your first B12 injection.) If you wish for all of your appointments to be in-person, we welcome that, too! Learn more about our detoxification program by calling 416-922-4114 or send us a message.

For more information on our Weight Loss Program in Toronto, contact us at:

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