

Scott Peters: Doctor, we've talked about toxicity, and where I think everybody to some level is toxic. What can we do in terms of detoxifying? Are there safer alternatives?

Dr. Quillin: Good point. There's very exotic ways of detoxifying. Chelation therapy, go to your doctor and get an intravenous injection of DMPS, or something. The basics are the most important. You start with a daily bowel movement. This is where I think most of the toxins get congested in the human body. Regularity through high fiber, through adequate plant food intake, plenty of water intake, clean water.

We look at the synergism between these toxins, what you find is that one plus one in toxins doesn't equal two, it equals 500. They amplify each other's toxicity.

So, regularity, clean water, filtered water ... I'm not a big fan of bottled water. What you're doing is getting all this BPA. Bisphenol A is a contaminant in most soft plastics. You think of the 20 billion water bottles that are thrown into our dump site after the person drank the water that had some of the BPA residue in it. Drink clean water out of glass or stainless steel.

Then we start talking about the basics. Sweating. The largest organ in the human body is the skin. Sweating on a daily basis excretes many of these toxins. Then we start thinking well, don't take them in. Breathe clean air. If you live in a highly contaminated area, maybe it's time to move.

Detoxification doesn't have to be as exotic as this list of Chinese herbs, which can be useful. There are some herbs that are extremely valuable. Some of the mushroom extracts that are very useful as detoxifying agents. The basics are simple.