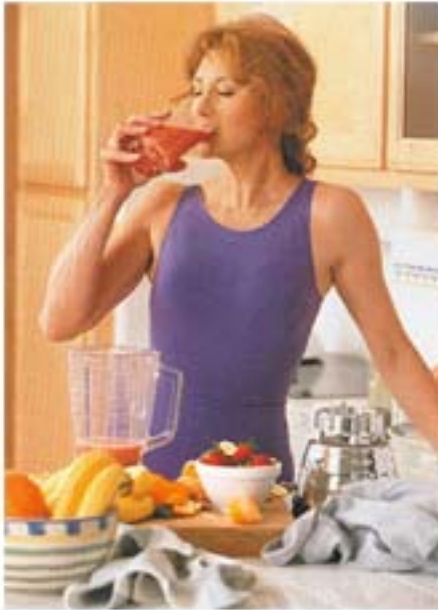




Your Path to a Strong Body,
a Stress-Free Mind, a Calm Heart.

Yoga

MAY 2005



What is this thing called toxic?

Georgianna Donadio, DC, MSc, PhD, and founder of the New England School of Whole Health Education in Wellesley, Mass., is one practitioner who doesn't buy into the common definition of toxicity. "Karen Silkwood, who was exposed to radiation—she was toxic. But very few people ever reach levels of clinical toxicity," she says. But Donadio, who describes herself as being "all about demystifying healing," acknowledges that in whole health, toxic has come to mean a buildup of unresolved allergens, chemicals, and proteins from food additives, pesticides, hair dye, or heavy metals. If the liver can't break it down, she says, "built-up waste may get to the bowel, lymph, or adipose [fatty] tissue, breast, buttock, organs... As things accumulate in the tissue, it gets congested and leads to a decrease of metabolic function and elimination."

Symptoms, she continues, are messages from our organs to our consciousness. "People are not mindful of their bodies, except how we look in a bathing suit," she says. "We don't listen till the body has symptoms. We are not minding the store. We are not resting, exercising, eating, or doing relationships properly anymore. We're one of the sickest countries in the world."