

Natural Awakenings talks with

## Dr. John Foley, DC

who says that environmental toxicity is linked to many of today's health problems



**Q: You are known far and wide as an expert on environmental toxicity. What does that mean, exactly, and how do you help people?**

We are assailed by toxins on a daily basis and, sadly, most of us aren't even aware of it. Our air is toxic, our water is polluted, and our food is depleted of nutrients and packed with chemicals and hormones. It has now gotten to the point where babies are born toxic due to the toxic load of their mothers. A 2004 study by the Environmental Working Group (EWG) found that blood samples from newborns contained an average of 287 toxins, including mercury, fire retardants, pesticides and Teflon chemicals. The complex health problems of the 21<sup>st</sup> century are not only related to diet and lifestyle, but caused by the buildup of toxic chemicals and metals that have overwhelmed the body's vital organs and systems. I al-

ways find toxicity to be the major cause of all hormone imbalances, Autism, ADHD, Chronic Fatigue, Fibromyalgia, Cancer, heart disease, digestive disorders, skin problems, anxiety, depression, headaches, asthma, allergies, infertility, autoimmune disease, and much more.

Much of the pain and suffering caused by our toxic lifestyle can be avoided and even reversed. The body is perfectly designed to heal and repair itself when given the correct nutritional regimen, and the toxic buildup can be identified and removed with precision. I am a Master Clinician of several 21<sup>st</sup> century cutting edge Bio-energetic testing systems that are clinically proven to determine the exact cause of ill or non-optimal health.

**Q: What about the prevalence of thyroid imbalances lately? Do you treat those?**

Most women I see have some degree of thyroid imbalance yet they remain within

the "normal" acceptable range on blood tests. Typical complaints include chronic fatigue, neck and back pain, weight gain, depression, headaches, high cholesterol, insomnia, PMS and infertility. Most clinicians attempt to "rebalance" the hormone system with synthetic or Bioidentical hormones, which may provide short term symptom relief. But long term healing is a very different story. Most women who seek my help have already tried that approach with little success. My system targets the exact underlying cause of why the body's delicate hormone system became imbalanced to begin with. Our hormones do not "misbehave" or become imbalanced due to age. Every organ, including the thyroid gland, is designed to work perfectly. Toxic chemicals like Chlorine and Fluoride are strong hormone disruptors that easily cause thyroid hormone imbalance. My system is 100% accurate in targeting and removing any toxic chemical or metal, while providing the exact nutritional support for proper organ function. I was recently nominated as a Top Thyroid Doctor in New York by patients who completely recovered from major thyroid conditions.

**Q: Tell us how you help families dealing with Autism and ADHD.**

Since starting out in cellular biology and research 16 years ago, I have been searching for the cause of these childhood epidemics. Our medical establishment overlooks the adverse effects of low-level, chronic

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heavy metal exposure. Aside from treating symptoms, our current healthcare system does not offer much hope for these children. After helping over a thousand children with Autism and ADHD from all over the country, I can confidently state that there is genuine hope, and the chances for complete recovery have never been greater. I use the extraordinary properties of the human cells and tissues to bring about healing and health changes exactly as nature intended. The power of the body to heal itself is truly awesome in every one of these children, once the toxic buildup is removed from the brain and body. I'm an expert at scanning the brain and other organs for dozens of toxic metals and chemicals that we are all constantly exposed to (mercury, lead, aluminum, arsenic, formaldehyde, etc). Food allergies typically show up in the presence of these toxins and they are treated, along with nutritional deficiencies, for optimal healing. Due to the dramatic clinical improvements and complete recovery that often occurs in these children, many parents have encouraged me to write a book and create a documentary film.

**Q: What are people most surprised to learn about how you work?**

I have tremendous compassion and empathy for those suffering, as I recovered from a severe health crisis of my own. I tried every conventional and alternative approach available for five years, but nobody understood exactly what was wrong or how to help me. I am now blessed to help my patients with the same revolutionary system that completely transformed and saved my own life. I specialize in handling difficult cases that have not responded well to medical or alternative treatment. I have successfully helped at least 98% of those referred to us from all over the country, even the most difficult and resistive cases where everything else has failed. I always find that toxic chemicals and metals are the most overlooked and major cause of today's chronic health problems.

**Q: What is your training?**

I am an established Clinical Researcher and Nutritionist, specializing in advanced Bio-energetic technology. I have extensive experience and expertise in the fields of environmental medicine, detoxification, pediatric neurology, functional endocrinology, homeopathy, herbal medicine, naturopathy, anti-aging and weight management. I am also a Board Certified Chiropractic Physician and Physiotherapist.

**Q: How can people start working with you?**

I focus on health restoration programs for women and children, and personally guarantee that I can find the core-level health issues that have not been identified. We often have a waiting list for new patient consultations. Call the Nutritional Healing Center today at 914.962.0101 to learn about a special offer. Our office is located at 2013 Crompound Road in Yorktown Heights, NY.

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