
DETOXIFICATION: WHY, WHAT AND HOW?

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What do toxins do? Why detoxify?

We are exposed daily to high levels of toxins (i.e. chemicals, pesticides, water contaminants, food preservatives, heavy metals and electromagnetic radiation) through our food, water, air, body and home products. These toxins lodge in the bowel, liver, kidneys, lymphatic system and especially fat tissue. The toxic build up prevents the normal uptake and utilization of nutrients, carbohydrates and proteins. It reduces the body's oxygen uptake and creates an acidic, septic, low-energy state, prone to disease.

Toxic build up contributes to inflammatory conditions like:

- Allergies and sinus conditions
- Skin conditions (such as acne, eczema, and psoriasis)
- Joint pain, arthritis
- Chronic fatigue and fibromyalgia
- Digestive problems (such as irritable bowel syndrome, constipation and inflammatory bowel disease)
- Hormonal imbalance (such as PMS, PCOS, endometriosis, fibroids and menopausal symptoms)
- Weight gain
- Alzheimer's, diabetes, hypertension, high cholesterol
- Cancer

Detoxification aids the body to function optimally by stimulating the body's natural means of processing and eliminating. It reverses the body's acidic state and oxygenates the cells so they can function optimally.

Who Should Detoxify?

It is not a question of whether you've been exposed to toxins – the question is how much impact they are having on your health. So, anyone who desires well-being, correction of disease or prevention of disease should detoxify seasonally. More specifically those who want to optimize hormone therapy, weight loss, cholesterol, diabetic/sugar control should follow a basic detoxification protocol and repeat seasonally.

How to Detoxify?

There are two parts to effective detoxification. The first step is to reduce toxic exposures and the second step is to enhance the body's ability to eliminate toxins through the bowel, liver, lymphatic system, kidney and skin.

First Step: reduce toxic exposures to substances:

Substance	Rule of Thumb
Inhaled toxins: <ul style="list-style-type: none">• Smoke• Gasoline• Paint & Glue• Cleaners,• Nail polish & Perfumes	<ul style="list-style-type: none">• Stand away from gasoline pump when filling gas• Use vinegar, lemon, lemon oil, baking soda and other natural ingredients for cleaning. See website: www.housekeeping.about.com/cs/environment/a/alternatclean.htm• Use natural substances for insulation of home. For example: glue and paint as available from www.naturaldeco.co.uk

<p>Toxins from food and drink:</p> <ul style="list-style-type: none"> • Alcohol • Preservatives • Dyes • Pesticides • Fertilizers • Heavy metal in large fish • Contaminated water • Chlorinated and brominated products 	<ul style="list-style-type: none"> • Read the labels for ingredients. If an ingredient does not sound like food, it probably is not food. • Avoid King Mackerel, Swordfish, Tilefish, Shark. • Eat Flounder, Salmon, Sardines, Herring, Catfish. See website: http://fishcooking.about.com/od/howtochoosefreshfish/bb/mercury_fish.htm • Drink filtered, chlorine-free reverse osmosis water. • Shower in chlorine-free water. • Eat organic certified fruits and vegetables. • Limit alcohol to less than 3 drinks per week. • Get tested for heavy metals through urine challenge test.
<p>Body products:</p> <ul style="list-style-type: none"> • Petroleum-based preservatives in skin and hair care products 	<ul style="list-style-type: none"> • What is applied to your skin is absorbed like you put it in your mouth. So, if you would not eat it remain cautious about applying to your body. • Even “organic” products may be preserved with toxins so look for essential oil preservatives on label such as orange oil and lemon oil. • Make your own skin lotions with organic shea butter, coconut oil, jojoba, olive oil and essential oils
<p>ElectroMagnetic Fields EMF:</p> <ul style="list-style-type: none"> • Cell phones • WiFi • Cordless phones • Air planes • Hospital radiology departments 	<ul style="list-style-type: none"> • Keep cell phones, WiFi, electronic clocks and computers at least 8 feet distance, especially where you sleep.

Step 2: Increase elimination of toxins: Basic detoxification Protocol takes 4 weeks

<p>Week 1</p> <p>7 day Vegetable Cleanse</p>	<ul style="list-style-type: none"> • Eat 8 different colors of vegetables per day in soups, salads, roasted, and stewed. Organic preferred. The more raw food the better. Eat lots of crucifers. Refer to vegetable list. • Avoid Meat, fish, eggs, dairy as they increase burden on intestines. • Avoid Fried, charred, overcooked, microwaved, canned and boxed foods. • Avoid coffee, tea, soda as they are acid forming. Drink 60-70 ounces of pure water with Sea Salt Pink preferred)
<p>Week 2-4</p>	<ul style="list-style-type: none"> • Maintain a plate ratio for each meal of 50% vegetables cooked or raw, 25% complex carbohydrates, 25% lean protein (either meat, fish or plant protein such as hemp, rice, lentil)
<p>It is recommended to consume supplements (herbs and fibers) that aid in detoxification, promote the peristaltic action of the bowel, and enhance the liver’s ability to detoxify in phase 1 and 2.</p>	

Expected Results:

- Regular bowel movements, more energy, decreased arthritic pains
- Decreased cholesterol 20-30%
- Decreased sugars 20-30%
- Weight loss 10-20 pounds

Cleansing Vegetables

Alfalfa sprouts	Cauliflower	Lentils	Spring onion
Artichokes	Celery	Lettuce (Spring Mix)	Tomato
Arugula	Chard	Mushrooms	Watercress
Asparagus	Collard greens	Napa Cabbage	Edamame
Bean Sprouts	Cucumber	Okra	Zucchini
Beets	Eggplant	Olives (5-6 day)	Yellow squash
Bell Peppers	Endive Lettuce	Onions	Legumes/beans
Bok Choy	Green beans	Peas	Chick peas
Broccoli	Hot Peppers	Radishes	
Brussels Sprouts	Jicama	Rapinni	*Lentils & Peas up to ¾ cup cooked combined with 2 cup vegetables cooked.
Cabbage	Kale	Snow Peas	
Carrots	Leeks	Spinach	

Supplements we use from MD Prescriptives:

Supplement	Breakfast	Lunch	Dinner
Pure Cleanse Bowel 1- herbs	1	1	1
Pure Cleanse Bowel 2-fibers	1	1	1
PureBiotic	1	1	1
PureCleanse Liver (from week 3-4)	2		2
Pure Greens+	2	2	2