

After Winter Detox

With a Powerful Spring Cleansing Program

Clean Up Your Diet Clean Up Your Body



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What is “detoxification?”

- Detoxification refers to the elimination of poisons or toxins
- According to the Environmental Protection Agency we are exposed to *literally tens of thousands of chemicals and contaminants every day*
- Our bodies have a built-in natural detoxification system – they detox continuously as a natural function

What is detoxification?

- Our liver, lungs, kidneys, gastrointestinal tract and skin all work to eliminate toxins that we take in
- For the most part they do a pretty good job
- Today, huge amounts of contaminants from food, water, environment may present too tough a challenge for our built-in detoxification system
- Our detox system becomes less efficient and symptoms may begin to occur

What is detoxification?

- When food and water leave the stomach, they enter small intestine
- Mix with digestive enzymes
- Enzymes break down fats, proteins and carbohydrates into simple compounds
- Some compounds go to liver to be metabolized
- Others carried away by the lymph – part of the immune system

What is detoxification?

- Whatever is left travels through the large intestine or colon, where water is removed and bowel movements are formed
- If toxins in food and water cannot be destroyed by digestive enzymes or detoxified by the liver, or eliminated by the immune system, they begin to build up
- As toxins accumulate, every part of the body is affected

What is detoxification?

- Metabolism slows down
- Energy is decreased – fatigue
- Immunity lowered
- Chronic diseases can develop
- Weight loss becomes more difficult



Toxic Overload

- It is possible that toxic overload contributes to more serious conditions such as:
- Autoimmune diseases
- Inflammatory/rheumatoid arthritis
- Neurological disorder (Parkinson's and Alzheimer's)

Detox Diet

- Most of the so-called "detox" diets and supplements on the market aren't regulated by the FDA
- Potentially harmful, especially if they're very low-calorie or contain diuretics and laxatives that flush your body of potassium and other crucial nutrients
- Most of what you lose is **water weight** that comes back when you are rehydrated
- Other weight loss can be muscle!

Detox Diet

- Without adequate protein your body takes it from its most available source – your own muscle tissue
- Muscle is your built-in calorie furnace
- The more muscle you have, the more calories you burn
- Dramatically slashing calories can actually **slow** your metabolism in just a few days

Detox Diets

- Your metabolism slows way down to preserve your muscle and basic bodily functions
- When you go back to eating normally, you gain weight faster and from fewer calories



Detox Diets

- Research has found that after just a few days of cutting calories too low the body stops producing a crucial growth hormone call IGF1 and reduces thyroid and other hormones
- Quality of life issues – eat too little:
- tired all the time, sex drive disappears, always hungry
- What good is a hot body if you can't summon the energy to use it!



Detox Diets

- Not all detox diets are bad!
- Done in a healthy way, detoxing can give your body what it needs to clean out and can feel like a fresh beginning
- Can help you identify your “reactive” foods
- Most people eat way more food than they need which taxes the **liver and kidneys** – **our body's natural detoxifiers**

Detox Diets

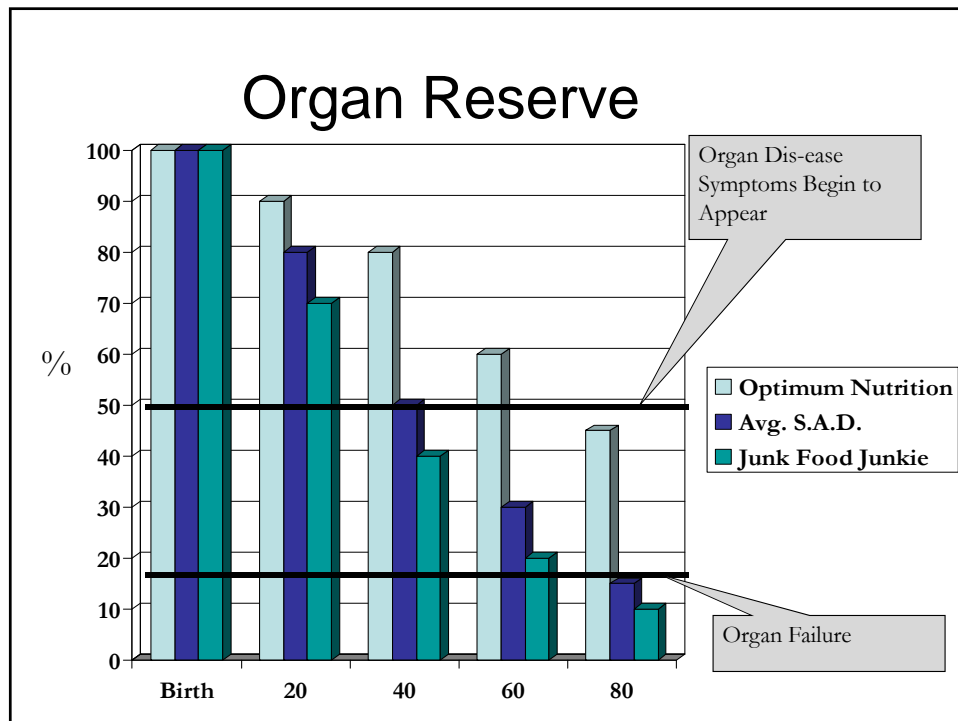
- A healthy detox gives your digestive system a break
- Eliminating added sugars, saturated fats and alcohol also rids your diet of things that can **exacerbate health issues**
- A healthy detox also allows your body to fight environmental assaults that find their way into the body

Symptoms that may be relieved with a detox program

Digestive problems	Irritability
Headaches	Joint pain
Bad Breath	Itchy skin
Weight Loss Resistance	Fatigue
Constipation	Diarrhea
Skin Rashes	Poor concentration
Chronic Sinusitis	Heartburn/GERD
Muscle Pain	Insomnia

Toxins – Unknown Effects on Humans

- Of the more than 70,000 synthetic chemicals in commercial use today, only a small fraction have been adequately examined for toxic effects in humans
- Each year, over **4 billion pounds** of toxic chemicals are released into the environment by industry
- Over **1.2 billion pounds** of pesticides are used in the U.S.
- Despite limited scientific information, **there is solid evidence of the reproductive toxicity** of some substances in widespread commercial use including solvents, metals, and pesticides; newly-emerging evidence of the toxicity of others; and important new information about a mechanism of toxicity known but largely ignored for many years -- hormone (endocrine) disruption in cosmetics and personal care items
- Federal and state regulations are frequently not written or implemented in ways protective of human health and the environment;



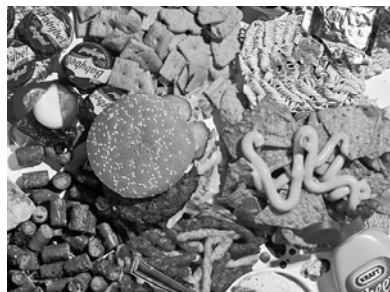
Cleansing / Detoxification – Why?

- Exposure to toxic substances
 - External
 - Food additives, chemical solvents, heavy metals, pesticides, herbicides, drugs, alcohol, allergens (can be foods, GMO)
 - Internal
 - Bacteria and yeasts



Food is not what it used to be!

- Fast food strawberry milkshake contains 59 ingredients – but no milk & strawberries
- DDT found in 70% of 4 year olds, 100% of beef, 93% of processed cheese, meats, turkey and ice cream!
- Over 3000 food chemicals on the GRAS list.
- Each person ingests several pounds of chemical toxins each year!
- Children are more susceptible



Detoxification – Why?

- Symptoms associated with a toxic overload or food sensitivities
 - Headaches, migraines
 - Muscle aches and pains
 - Joint pain
 - Allergy or flu-like symptoms
 - Low energy, chronic fatigue
 - Irritability, mental confusion
 - Hives, eczema, itching
 - Overly sensitive to odors or fragrances

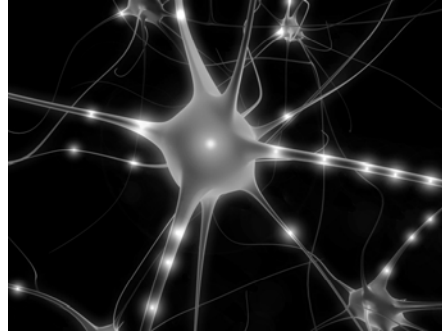


Common Health Problems with Possible Toxic Triggers

- | | |
|----------------------------|-----------------------|
| • Alzheimers | • Colitis |
| • Allergies | • Cancer |
| • Arthritis | • Eczema |
| • Asthma | • Fibromyalgia |
| • Autoimmune Disease | • Liver Disorders |
| • Behavior Disorders | • Multiple Sclerosis |
| • Chronic Fatigue Syndrome | • Parkinson's Disease |
| | • Psoriasis |

Our Cells

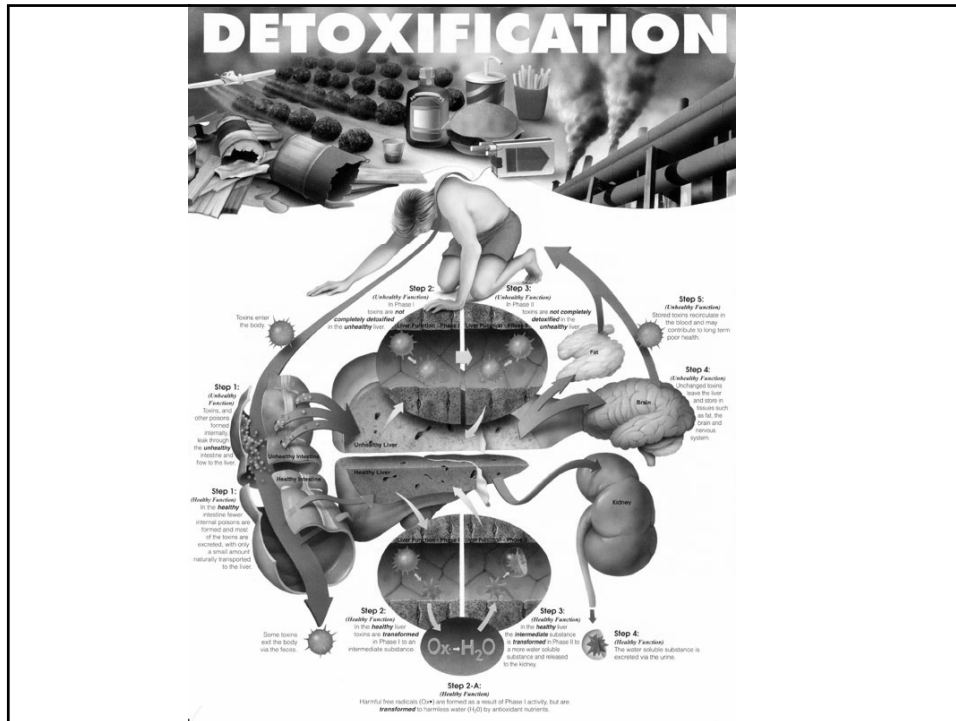
- Lack of nutrients, insufficient oxygen, poor waste removal, and buildup of dangerous chemicals in the cell's environment inhibit cell function.



Liver – Workhorse & Detoxifier

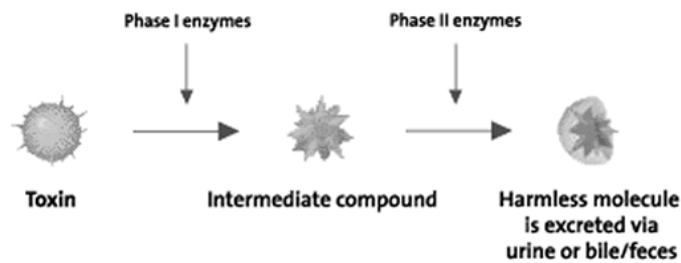
- The liver performs over 400 functions in the body. These include:
 - Filtering the blood and eliminating harmful chemicals
 - Breaking down and building proteins
 - Regulating fat and carbohydrate blood levels to feed cells
 - Controlling hormone balance
 - Producing immune system molecules
 - Making bile which breaks down fats in the digestive tract
- When the liver is overburdened, it cannot perform all of its work properly, and the repercussions can be seen in all body systems.





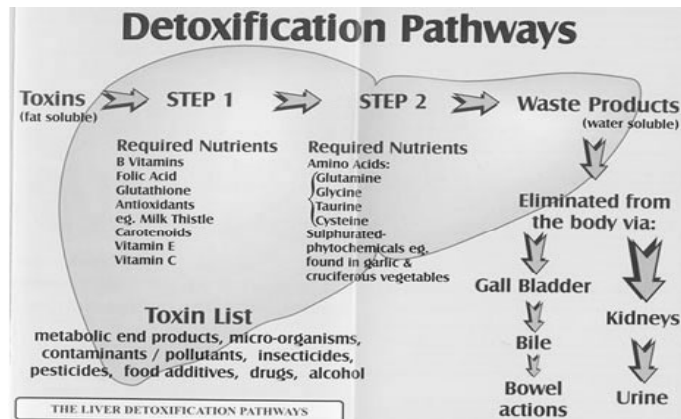
Liver - The Detox Machine

- Filters 2 quarts of blood every minute
 - Removes and alters substances
 - Prepares them for elimination



Organs of Detoxification:

- Liver (first process)
- Colon
- Kidney
- Skin
- Lungs



Detoxifying - SAFELY

- As toxins are being released from storage (fat tissue) they potentially cause toxic reactions in the body.
- This process also creates a large amount of free radicals.
- ***Supporting this process with the right nutrients / binders / liver support is crucial!***
- It makes the detox process faster, more efficient, less damaging, less side effects!

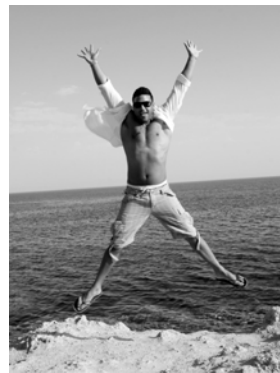
Needed Nutrients

- Liver needs taurine, glutathione and other amino acids to detox
- If you fast and don't get these from your diet, your body will break down muscle tissue to find them
- Also need antioxidants from food to combat free radicals created when you detox
- Must eat clean foods to detox properly



Cleansing - Benefits

- Impact all levels of physiology
- Increased energy
- Reduce aches & pains
- Clear thinking
- Weight loss
- Pinpoint food allergens
- Take charge of your health
- Create new eating habits



SPRING CLEANING



Preparation



- Cut back / eliminate coffee, caffeine
- Cut back / eliminate sugars
- Drink more water (64 oz per day)
- Drink more herbal teas, esp. decaf green tea
- Cut back / eliminate alcohol
- Eat more veggies
- Decide to make time, plan for this important process! ***It may be the best health investment you've ever made!***
- Consider journaling; make it a personal growth experience!

Foods to INCLUDE

- **Whole fruits and diluted juices** except oranges, grapefruit, lime, lemon, grapes. Apple cider vinegar OK
- **Dairy substitutes:** rice and nut milks such as almond milk, coconut milk
- **Fresh fish, chicken, turkey, wild game, lamb, organic, grass-fed lean beef**
- **Non-gluten grains:** brown rice, millet, quinoa, amaranth, buckwheat
- **Dried beans,** split peas and legumes

Foods to INCLUDE

- **Nuts and seeds:** walnuts, pumpkin, sesame and sunflower seeds, hazelnuts, pecans, almonds, cashews, nut butters (almond, tahini)
- **All raw, steamed, sautéed, juiced or baked vegetables** (except those on excluded list)
- **Cold pressed olive and flaxseed oils, expeller pressed safflower, sesame, sunflower, walnut, canola, pumpkin and almond oils**



Foods to INCLUDE

- Drink at least 6-8 cups of **filtered water** per day. Herbal teas acceptable. Transports waste out of body.
- **Spices:** All spices (cinnamon, dill, garlic, ginger, rosemary, thyme etc., vinegar)
- **Brown rice syrup, molasses, stevia** are OK to use as sweeteners (in small amounts)



Foods to EXCLUDE

- **Fruits:** Citrus: Orange, grapefruit, lime, lemon. Grapes.
- **Dairy and eggs:** milk, cheese, eggs, cottage cheese, cream, yogurt, butter, ice cream, frozen yogurt, non-dairy creamer
- **Grains:** Wheat, barley, oats, spelt, kamut, rye, triticale. Corn.
- **Beef, pork, cold cuts, hot dogs, sausage, canned meats, eggs, shellfish**

Foods to EXCLUDE

- **Peanuts and peanut butter, pistachio nuts**
- **Mushrooms, corn, all nightshades** including: tomatoes, potatoes (sweet potato and yams are allowed), eggplant, peppers (green, red, yellow), ground cayenne and paprika
- **Chocolate, ketchup, mustard, relish, soy sauce, BBQ sauce, other condiments**
- **Butter, margarine, shortening, processed oils, salad dressings, mayo and spreads**

Foods to EXCLUDE

- **Alcohol, coffee and other caffeinated beverages, soda** (regular and diet)
- **Soybean products:** soy sauce, soybean oil, tempeh, tofu, soymilk, soy yogurt, textured vegetable protein
- **Refined sugar, white/brown sugar, honey, maple syrup, corn syrup, high fructose corn syrup, evaporated cane juice**

Remember

- Try to buy as many organic items as possible – free of herbicides, pesticides, antibiotics, hormones & other chemicals
- Do NOT skip meals – eat every 3 – 4 hours
- Drink lots of fluids – at least 64 oz of filtered water per day
- Get plenty of sleep
- Practice stress reduction



Remember

- Eat 5-6 small meals per day
- To maintain a healthy and stable blood sugar level, eat protein/carb/fat at each meal
- Don't eat carbs by themselves (fruit, rice cakes, etc)
- Keep fruit to 2 servings per day. Too much fruit can spike blood sugar – especially for insulin – resistant patients
- Lots of vegetables. Loaded with antioxidants and fiber to move toxins out of system
- Pre-plan your meals!

Remember

- Can add psyllium husk if feeling stuck. 2 tsp in 8 oz water before bed and 1st thing in morning
- Power up on Detox Friendly Foods
- To boost your multi-tasking detoxification processes, enjoy these foods which supply key nutrients to speed toxin removal:
- **Rice bran** (soluble fiber), **dark greens** (folate) **avocado** (glutathione), **Brazil nuts** (selenium and methionine), **broccoli, cabbage, cauliflower** (sulfphoraphane).

Remember

- Keep a diary of symptoms throughout this process and note any changes
- After 2 weeks add back foods one at a time in a pure form (corn on the cob, not cornflakes; shredded wheat, not wheat bread)
- Allow 48 hours between adding new foods
- Consume plenty of the added food: 2-3 servings each day

Adding Foods Back In

- Observe changes in symptoms/signs upon adding back in foods
- If you react, eliminate it entirely for the time being and wait until reaction has completely cleared before adding in the next food
- If there is no reaction to a food after eating it regularly for 48 hours, add in the next food

Adding Foods Back In

- Add foods back into your diet in this order:
- Dairy (milk)
- Wheat (100% wheat products)
- Eggs (whole fresh eggs)
- Peanuts (whole peanuts)
- Corn (corn on the cob or canned corn)
- Soy (canned whole soy beans)
- Cocoa (sugar-free cocoa powder or plain cocoa beans)

Adding Foods Back In

- Yeast (tsp of baker's yeast or brewer's yeast per serving)
- Citrus fruits
- Tomatoes



What to Expect

- Your body is rebuilding and repairing itself
- Some people feel great right off the bat
- Other people feel worse before they feel better
- May experience fatigue, headache, aches and pain
- Allow your body to do its work

Living a Detox Lifestyle

- Detoxification is a continuous process that body depends on for survival
- Natural and synthetic chemicals are processed by this complex system of cells, organs, and organ systems to keep you healthy in the face of a continuous barrage of toxic materials
- Try to keep your body's toxic burden low and your detox mechanism working for the long haul

Notes on Plastic

- Heating foods in plastic releases harmful chemicals
- Never heat your food in plastic
- Use glass or ceramic instead
- Use BPA (Bisphenol A) free plastic bottles and aluminum cans
- BPA is a hormone disrupter

Water

- Water quality varies from place to place
- Chlorine and lead are the two most common contaminants in water.
- Chlorine produces by-products that contribute to cancer and birth defects. The chemical itself may contribute to heart disease.
- Lead is toxic even in small amounts. High-level lead poisoning can cause organ damage and stunt the nervous system, leading to mental retardation.
- Pharmaceuticals have been found in drinking water
- Water filters - Carbon filtration is probably the most popular system. Removes chlorine, toxic organic molecules, and heavy metals. Do your homework.

Skin

- Skin is largest organ in the body
- To aid in helping the body detox – use a natural fiber shower brush or loofah to massage the body and slough off dead skin cells before you shower or bathe
- Consider using a shower filter



Physical Activity

- May want to curb very strenuous activity
- Walking, gentle aerobic activity stimulates movement of lymph fluid, oxygenates cells, supports the lungs and encourages sweating to remove toxins via the skin
- Consider yoga – stretches and twists massage internal organs, promoting detox



Mental Detoxification

- Cleansing of the mind of negative thought patterns is essential to health as well
- Practice relaxation techniques: yoga, meditation, tai chi, progressive relaxation
- Relax . . . breathe . . . Go for walks
- This is a time to take care of yourself – you are a priority, if only for a short time

Sample Menu Plan



BF: Brown Rice cake

w/almond butter, fruit, herbal tea

Snacks: veggies with hummus; apple
w/almond butter

L: Salad w/chicken, slice of GF bread

D: Wild Salmon

Broccoli, noodles (GF) w/garlic & olive oil

Sample Menu Plan

- BF: Cereal: Cream of rice, quinoa flakes, crispy brown rice or puffed millet mixed with rice or almond milk, sliced banana or berries
- Snacks: Apple with almonds
- Lunch: 2 brown rice cakes with hummus or sliced turkey, avocado and cup of lentil or bean soup
- Dinner: Stir-fried vegetables with chicken or fish

Basic Salad Dressing

- Use on salads, cooked vegetables and raw vegetables
- Mix in jar:
- ¼ cup olive, flaxseed, walnut or sesame oil (can use combination)
- 1-2 Tablespoons apple cider vinegar
- 1 Tablespoon water
- ¼ tsp dry mustard, salt, pepper, garlic cloves crushed. Add to taste oregano, basil, dill or parsley
- Shake well in jar and keep refrigerated



Alkaline Broth

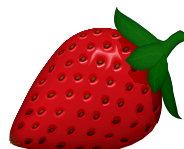
- Helps reduce acidity in the body
- Choose a combination of vegetables equaling 2 cups: celery, green beans, zucchini, spinach, parsley
- Place vegetables in a soup pot with water to cover. Bring to boil. Simmer 45 min.
- Strain and keep broth. Drink during the day. Keeps in refrigerator up to 3 days

What about organic?

- Fruits and vegetables that are consistently most contaminated with pesticides and should be purchased organic: The Dirty Dozen:

- Peaches
- Apple
- Bell pepper
- Celery
- Nectarine
- Strawberries

- Cherries
- Kale
- Lettuce
- Grapes (imported)
- Carrot
- Pear

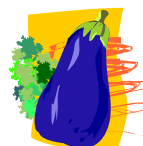


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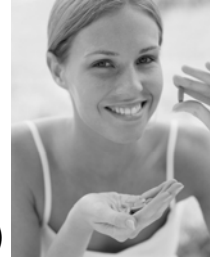
- Cleanest, lowest in pesticides

- Onion
- Avocado
- Sweet corn
- Pineapple
- Mango
- Asparagus
- Sweet peas
- Kiwi

- Cabbage
- Eggplant
- Papaya
- Watermelon
- Broccoli
- Tomato
- Sweet potato



Supporting Supplements



- Medical Foods Shakes (optional)
 - Take 1 – 3 shakes per day; contains rice protein and vitamins/minerals/herbs
- Fish Oil (omega 3 fatty acids)
- Extra detox support caps (optional)
- Multi-vitamin/mineral

Medical Foods

- Provides extra nutrients that support liver detoxification
- Nutrients that enhance Phase I and Phase II detoxification
- Rice protein (low allergy potential)
- Vitamins, minerals
- Glutamine, glycine, cysteine that help support Phase II detox

Added Detox Support

- AdvaClear
- Promotes body's detoxification activities with blend of vitamins, minerals and phytonutrients
- Supports activities of several liver detoxification enzymes
- Silymarin from milk thistle, catechins from decaffeinated green tea, artichoke leaf extract, ellagic acid from pomegranate extract, N-Acetylcysteine, choline

After The Detox

- Stay clear of your "reactive" foods
- Try to eat as "clean" as possible: lots of fruits/vegetables/whole grains/ healthy fats and lean proteins
- Stay away from processed foods
- Continue to drink lots of water – stay hydrated!
- Keep added sugars to a minimum!

Jump Start Your Health in 2010!

- Spring Cleansing with a gentle, supported detox program
- Follow up with a whole foods diet
- Make it a Lifestyle Change!

*Watch your body
respond quickly –
with improved
health and vitality!*



Resources

- Ultra Simple Diet – Mark Hyman MD

- Let's Get Cooking!

