


DETOX: Using Nutrition & Exercise

The Science Behind How Our Bodies Get Rid of Waste

Reality: We are all exposed to toxins on a daily basis

- ▶ If you drink water...if you eat food from the grocery store...if you breath air...you are exposed to toxins.
 - ▶ If waste builds up – we get sick
 - ▶ The key is to enhance your bodies ability to detoxify while minimizing your exposure to toxins
 - ▶ Dilution is the Solution to Pollution
- 

MINIMIZE EXPOSURE

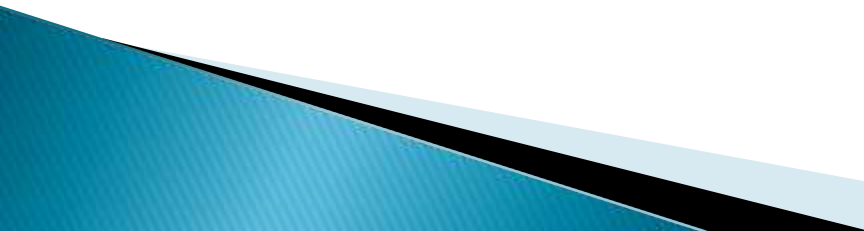
- ▶ **1. No Artificial Sweeteners** – Aspartame, Splenda, Equal, Sweet n Low –disrupt intestinal microflora causing gut dysbiosis & cause glucose intolerance.
- ▶ **2. No Plastic Food Containers/Bottles** – Big step in reducing exposure to endocrine-disrupting chemicals such as BPA's & phthalates (*Heads up: Even BPA-free plastics are being shown to leach endocrine-disrupting chemicals – so best is no plastic – period*)
- ▶ **3. No Non-Stick Cookware** – nonstick cookware contains chemicals (PFOA's) that have been labeled “likely” carcinogens. Go with ceramic or glass cookware.




Non-Stick Alternatives




LIGHTEN YOUR LOAD

- ▶ **4. No Air Fresheners**– room deodorizers contain chemicals which have been linked to precocious puberty & cancer
 - ▶ **5. No Antibacterial Soaps/Detergents** –main ingredient triclosan can alter hormone regulation, cause allergies, inflammatory response & thyroid dysfunction. Simple 3% hydrogen peroxide & cheap, white vinegar in separate spray bottles will kill Salmonella, Shigella & E.Coli bacteria
 - ▶ **6. No Commercial Cleaning Products** –Make your own! Baking soda, white vinegar, lemon juice, Hydrogen peroxide, essential oils, microfiber cloths
- 

THERE'S MORE

- ▶ **7. Personal Care Products** – chemicals are very easily absorbed through the skin. If you use conventional make up alone – you can absorb up to 5 lbs of chemicals into your body a year!! Check your labels for lotions, cleansers & hair care products.
 - ▶ **8. Be Finicky About Fish** – Fish, especially ones that live for a long time, absorb mercury from the water they live in. Larger fish, such as tuna and swordfish, tend to have higher levels of mercury.
 - ▶ **9. Electronic Devices** – Evidence of long-term harm of EMF and wireless radiation is very clear.
- 

ALMOST DONE

- ▶ **10. Consider your dental work**
 - ▶ **11. Don't spray your household with pesticides** – choose non-toxic methods to control insects in your home/garden
 - ▶ **12. Eat Organic** – Eat food grown in healthy soil. Just one week on an organic diet reduces organophosphate pesticide levels in urine by 89%
 - ▶ **13. Go Shoeless indoors** – leaving your shoes at the door significantly reduces the amount of herbicides, pesticides and toxins tracked throughout your home
- 

PICK YOUR FOOD WISELY

- ▶ Processed foods have very little “capturing” capacity
- ▶ Unprocessed, organic Fruits & Vegetables have an affinity to bind with heavy metals
- ▶ **Nutritional Nugget: Strawberries have a very high metal binding capacity & will bind with over 80% of dietary mercury**



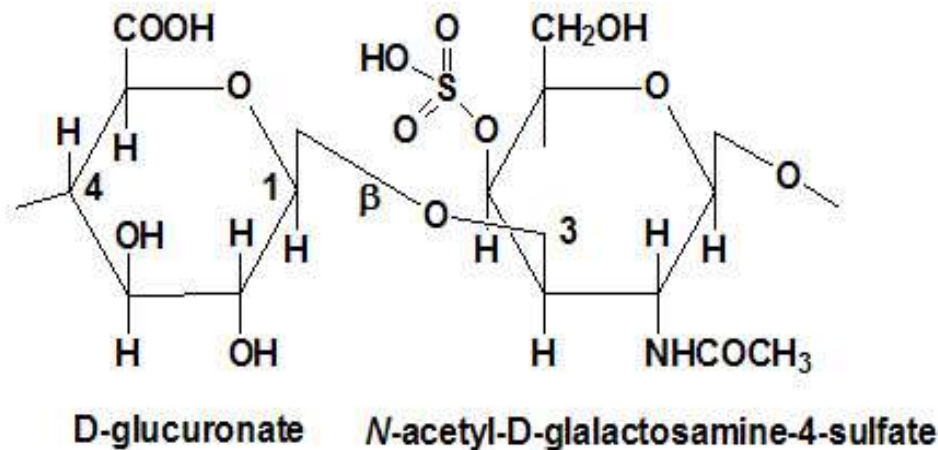
Detox on a Daily Basis

- ▶ Drink Lemon/Lime Water Every Day




HYDRATE!!


- ▶ Room Temperature...Cold...With Lemon/Lime...Without...WHATEVER – JUST DRINK!!
- ▶ How much? All Day Long! CONSISTENCY IS KEY



If you are drinking consistently all day long BUT:

- ▶ Your skin is still dry
 - ▶ When you pinch your skin and it doesn't "bounce back"
 - ▶ You get frequent headaches
 - ▶ You experience "brain fog" or feel "brain dead"
 - ▶ You frequently have bad breath in spite of good dental hygiene
 - ▶ You are fatigued all the time
 - ▶ You have food cravings especially sweets
 - ▶ Your BUN lab marker is elevated 15 & Up
- 

Defect in Cellular Absorption


- ▶ There are certain sugar based proteins called glycosaminoglycans (GAGs) that attract water into the extracellular matrix (ECM)
 - ▶ The GAGs provide structural integrity to cells and provide passageways between cells – it is like a gummy based glue that helps gel up the water to make it more stable and architecturally integrated.
 - ▶ Autoimmune Disorders, Toxins, Aging can impact cellular absorption into our ECM
- 

The Bottom Line

- ▶ Ultimately, what we are realizing is that water is the most essential element in cell absorption and proliferation – especially that of the ECM cells. The key is to get water and fluids in our body **CONSISTENTLY** all day long.
- ▶ This is as simple as it gets. **DRINK WATER CONSISTENTLY!** That is more important than how much water you drink in a day to keep your extracellular matrix stable.



My Personal Answer to Hydration

- ▶ 64 oz of filtered water
 - ▶ 2 scoops “Mega Hydrate” by Dr. Patrick Flanagan
 - ▶ ¼ cup lemon/lime juice
 - ▶ 3 droppers of Stevia Extract
 - ▶ Drink all day & Refill as necessary!
- 

Getting Rid of the Nasties

- ▶ **Cilantro** is a chelating agent that binds to heavy metal toxin ions & **chlorella**– an intestinal absorbing agent – ensures that the toxins are not left to circulate in the body & retoxify
- ▶ Clinical studies have shown that heavy metal chelation using cilantro and chlorella can naturally remove an average of 87% of lead, 91% of mercury, and 74% of aluminum from the body within 42 days




The Green Magnet

- ▶ A Great Drink to Make 1–2 times a week

12 oz filtered water

- ▶ 1 / 8 cup fresh cilantro
 - ▶ 1 / 8 cup fresh parsley
 - ▶ 1 / 2 teaspoon [chlorella](#)
- ▶ Throw all of the ingredients in blender, blend until smooth, and then bottoms–up!
 - ▶ Organic or “cleanly” grown herbs recommended

Diatomaceous Earth

- ▶ Diatomaceous earth (DE) is a naturally occurring rock made from the skeletons of fossilized diatoms, a type of hard-shelled algae.
 - ▶ Food grade diatomaceous earth is chemical-free and non toxic.
 - ▶ Detoxes parasites
 - ▶ Detoxes mercury, cadmium, lead and other heavy metals; removes poisons from chemtrails, radiation and may alleviate the effects of GMOs
 - ▶ Possesses antibacterial, anti-fungal and antiviral properties.
 - ▶ Helps to lower blood pressure and contributes to the production of collagen to improve skin tone, strengthening the tendons and joints.
- 

How to use Diatomaceous Earth

- ▶ Start with $\frac{1}{2}$ – 1 tsp and work up to two heaping tablespoons.
- ▶ Mix thoroughly in four ounces of water. Drink immediately and follow with another eight ounces of water. **Can be lemon water
- ▶ Take on an empty stomach.
- ▶ Continue drinking water throughout the day, because DE can cause constipation.
- ▶ Initially, you may experience a Herxheimer reaction if there is die-off

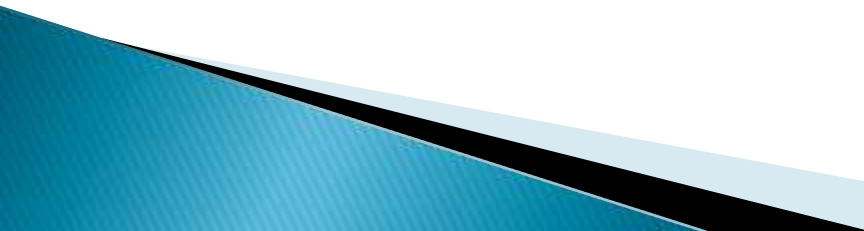
Activated Charcoal

- ▶ For over 10,000 years, healers from Chinese Medicine, Ayurvedic Medicine, and Western Medicine have used activated charcoal to soak up poisons and improve intestinal health through a process called “adsorption” which means “to bind to” rather than “to absorb.”
- ▶ Activated charcoal binds to pesticides, heavy metals & other environmental toxins and then ushers them through the intestines to be purged from the body.

How to Use It

- ▶ Just two grams of activated charcoal powder (has about the same surface area as a football field.)The porous surface has a negative electric charge that attracts positively charged unwanted toxins and gas.
- ▶ While Activated Charcoal can be used as part of a short term cleanse unlike the Diatomaceous Earth - it is not something you should take everyday.

Glutathione – The Master Antioxidant


- ▶ Glutathione is a substance found in every cell in the body, where it acts as an antioxidant to neutralize free radicals and prevent cellular damage
 - ▶ Proper glutathione levels are actually required so that the other antioxidants such as Vitamins C, E, Selenium & Carotenoids can be properly utilized within the body
 - ▶ Natural glutathione production is easily disrupted however, and stores can become quickly depleted by the ravages of poor diet, stress, medications, infections and radiation and other toxins.
- 

Using Food & Lifestyle to Boost Glutathione Stores

- ▶ Sulfur-rich vegetables such as garlic, onions, parsley and cruciferous vegetables are particularly helpful in addition to avocados, squash and tomatoes. Be aware that cooking reduces the glutathione content of vegetables by 30–60%, and canning eliminates it completely.
- ▶ Undenatured whey protein contains the highest levels of the full range of naturally-occurring glutathione precursors: covalent bonded cysteine, lactoferrin, immunoglobulins, and active peptides. Not all whey proteins are created equal: be sure that whey is from grass-fed cows, cold-processed and without sweeteners or other additives as these factors have a deleterious effect on the delicate glutathione-boosting proteins.

- ▶ Get a healthy amount of physical activity into your routine. But not too much or too strenuous – as that can lead to extensive cellular damage and free radical production
- ▶ Fresh, raw milk and raw eggs promote glutathione production, however these benefits are completely lost during pasteurization – if eating raw...choose
- ▶ Your sources wisely



- ▶ Alpha lipoic acid, as found abundantly in red meats and organ meats from grassfed animals, has been shown to help regenerate glutathione and support the sustained activity of vitamins C and E in the body
 - ▶ In addition to acting independently as an antioxidant and antiseptic, some studies have indicated that curcumin may be very helpful in enhancing glutathione metabolism. Incorporate turmeric into your diet by adding it into soups, stews and salad dressings or by supplementing
- 

Don't Sweat the Small Stuff!

- ▶ Chronic low-level stress is one of the primary means by which glutathione is lost. Our bodies simply weren't designed to handle the prolonged cortisol and adrenaline release experienced as a result of unchecked stress responses. Find a means to reduce stress through practices of mindfulness, yoga, time spent outside, reading or laughter.




Sweating it Out

- ▶ Infrared saunas are particularly helpful for releasing toxic contaminants, including mercury and lead
- ▶ Individuals with MTHFR mutation need to break a sweat an average of 3x a week to help keep their toxic burden down
- ▶ The difference between an infrared sauna and the traditional Finnish-style saunas is that the latter heats you up from the outside in, like an oven. The infrared sauna heats you from the inside out. Steam baths are great for detoxifying your water-based organs. So if you have lung, kidney, or bladder problems, a steam bath with some essential oil can be beneficial.


- ▶ Whirlpools or Jacuzzis are recommended for lymphatic and neurological problems. However, you'll want to make sure it's not loaded full of chlorine and other harmful chemicals



Exercise it Out

- ▶ Exercise is an important part of any detoxification program. Moving the body creates the conditions for the body to breathe, stretch, circulate and sweat.
 - ▶ Moving the body helps to circulate both blood and lymph.
 - ▶ The digestive system works well and more regularly with consistent exercise
 - ▶ Reduces the body's subcutaneous fatty tissue.
- 

What's the Best Exercise for DTX

- ▶ Gentle, low-intensity aerobic exercise is good for detox since it gets the body moving, heart pumping and the lungs breathing deeply without overtaxing the body
 - ▶ Yoga poses are also beneficial because some are specific for detoxifying certain organs.
 - ▶ Rebounding is especially good for exercising during detox because the low-impact motion allows for excellent stimulation of the lymph system.
- 

We're All in the Same Boat

- ▶ You eat fish...you get mercury
- ▶ You eat conventionally raised apples...you get pesticides
- ▶ You buy a new vehicle...you get polyvinyl chlorides from that "new-car smell."
- ▶ It's unavoidable...so limit your toxin exposure in the first place & include measures to get rid of them on a daily basis
- ▶