

THE Mediterranean DIET

30-DAY CHALLENGE

THE DETOX GUIDE



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The information in this manual is not intended to replace medical advice. No action or inaction should be taken based solely on the contents of this information.

Before beginning this or any other nutritional or exercise regimen, consult your physician to ensure it is appropriate for you.

The information and opinions expressed here are believed to be accurate, based on the best judgment of the author. Readers who fail to consult with appropriate health authorities accept the risk of injuries.

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The Mediterranean Diet 30-Day Challenge

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SECTION 1

*Getting Down To Basics With Detox
- Knowing And Doing, Know How
And Other Detox Fundamentals*

Introduction

No doubt, YOU TOO would have heard of the practice termed DETOX or DETOXIFICATION - cleansing your body of harmful toxins, or also commonly known as 'flushing your system'. This is used when referring to a new trend of getting rid of harmful or toxic, bad-for-you-and-your-health type, substances from your body, BOTH parts and whole, for optimal health and ultimate peak performance. A detox will make your body function BETTER and ensure healthier living all-round, by making the most of what nature has to offer and your body can provide – a clean, clear holistic approach for your whole body! From head to toe and back!

These types of natural processes and functions of clearing and cleansing, to get rid of waste and toxins from the body, are typically handled by organs like the liver, lower gastro-intestinal tract and kidneys. Recently, however, it has been suggested by practitioners and advocates alike that detoxification practices are beneficial for health, well-being and longevity. They argue that it can be mastered, learned and achieved by balanced living, or as intervention-type practices and techniques. Some of these might include processes like dialysis and (in a very limited number of cases) even chelation therapy.



What are toxins and detoxification

Detoxification (DETOX), falls within the spectrum or realm of alternative medicines that typically has to do with methods used in place of, or in addition to, conventional medical treatments. It has many benefits, but has to be planned and managed well to get the optimal success and results. This guide will take you from start to finish, in an introductory manner, through what to expect. It will explain the discipline, how to prepare, as well as providing the means to see if capitalizing on all that it has to offer to you, will benefit your health, life, wellbeing and future.

DETOX can also include several traditional medicine techniques, natural sciences and products from around the world, used complementary to, or in place of, medical science. It is often referred to as CAM for short.

Nevertheless, what is DETOX exactly? GOOD QUESTION! There are numerous answer to and definitions of detoxification, as well as many streams of thought on the topic. In some cases the jury is still out on its merits, nature and effectiveness.

Diet modifications, eating and nutritional lifestyle altering plans, supplements, herbals, rites and rituals, even processes like colon hydrotherapy, body cleansing juice fasting and sweat lodges fall under this umbrella terminology. Most of these practices and channels are seen as supporting and assisting with the natural detoxification processes you need for optimal functioning and peak performance.



Here are just some of these conceptual clarifications, descriptions and definitions of DETOXIFICATION:

- ▶ It is seen as a cleansing of the body for restorative purposes, getting equilibrium and balance back to a natural state, by removing harmful substances like drugs or alcohol, caused by substance abuse or addiction, from the system.
- ▶ Abstinence
- ▶ Clearing things from the body and human system
- ▶ Support provided on all levels for the demands and realities of the physiological and psychological changes
- ▶ Including shock and withdrawal, which are very real processes with effects and outcomes that can be risky or even fatal if not done correctly

There are numerous ways to detoxify your body, with or without medication and medical intervention. (To be safe and prudent, DETOX and substance withdrawal would require medical supervision as you wean your system off these toxins)

One such method is acupuncture detoxification. For example your body's biofeedback is used to restore balance to your system, parts and whole. More on this later.

A class of diet with the underlying assumption that the body accumulates toxins that must be purged, especially after unhealthy periods.

Toxic, harmful toxins, substances /waste of an undefined nature - from foods, the environment and the body's own wastes can build up over time in your body, causing symptoms, illness, disease, discomfort even death.

Most modern detoxification processes utilize herbal, electrical or electromagnetic treatments and solutions to clean, clear and cleanse the body and system. The liver and kidneys for the most part take care of what the body needs, but there are ways to make these processes more effective.

To describe the processes, dynamics and benefits on offer in lay terms, it can be defined as the process by which a substance is made less toxic or rendered harmless and excreted without any dire, lingering or side effects.

According to online sources, some of the more recognized therapies and detox treatments in and from this field are:

- ▶ Contrast shower
- ▶ Master Cleanse
- ▶ Oil pulling
- ▶ Waismann Method

..and many more, to name but a few. They are briefly described here, in no particular order of effectiveness.

Here is one description of what a detox-process, from the outside in can do for your body and wellbeing. Contrast showers are showers that alternate between hot and cold water. This is believed to boost both your immunity and circulatory systems, recovering and restoring the body to its balanced and optimal state, reducing muscles strain and soreness, less lactic acid in muscles and refreshing the skin, the biggest organ of the body, carrying away the toxins excreted while sweating and perspiring.



Alternating the cycles of heat/cold is highly effective and the varying of temperature critical for its impact and results. A couple of minutes of hot water, followed by an intense blast of around 1 minutes of cold water, then more hot water for around two minutes and again the wake-up blast of cold. This is often also referred to as water-therapy.

Exfoliating (getting rid of dead skin cells, stimulating of the circulatory system can also be combined for this mainly external type of cleansing. However, there is more to detoxifying your body than dealing with the outer skin, organs and cleaning routine enhancements.

Many times detox is used as part of a recovery strategy to get back to optimal health. Our second example the 'master cleanse' is not new. It dates back to the early 1940's. Quite simply drinking a liquid-mixture of fresh lemon juice, cayenne pepper, and grade B maple syrup is suggested to help the body and systems get rid of any toxin build up in tissue, blood, organs, flushing it through the system, getting rid of waste and harmful elements left behind so to speak, after nutritional elements have been absorbed and the body got all it needed from food and fuel sources. It also holds claims to getting rid of residue and unwanted, poisonous elements. Even too much of normally good substances is never good to have in the body as it throws things out of balance and can easily cause illnesses and disease, discomfort or long-term problems, damage or even breakdown or failure.

While this is often called the liquid or lemonade diet, there is no solid foods eaten for the couple of hours or days that you opt to rid your body of all that is 'bad'. Most take up to ten days on this type of process, with limited intake to get rid of toxins and give the body time to get back to its baseline, optimal, balanced state, with no toxins or harmful chemicals, deposits, residue, build up and more.

Advocates of these types of processes lay claim to the fact that it has helped them in many ways. For example:

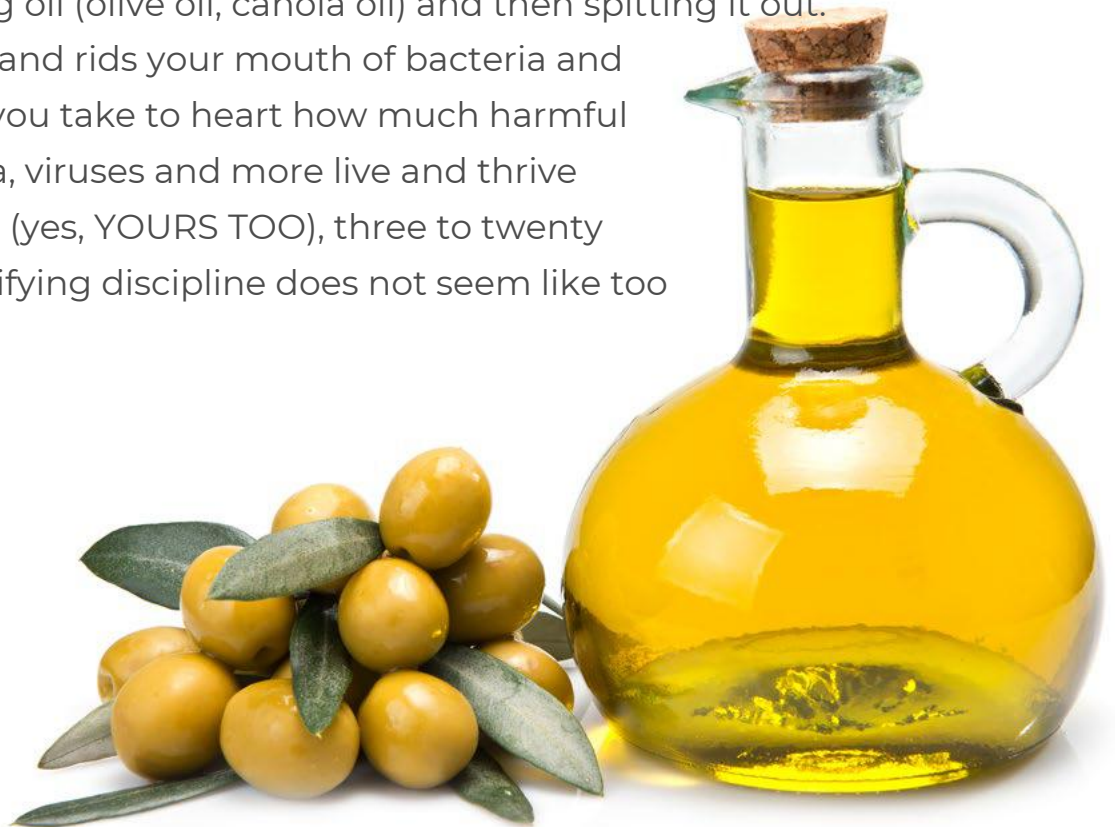
- ▶ Losing, controlling and maintaining weight
- ▶ Increased vitality
- ▶ Feeling energetic
- ▶ Curing chronic diseases
- ▶ But it could be restrictive, unhealthy or dangerous if not done and approached with care, under supervision, informed, empowered and realistically focused.

There are numerous claims to fame and success by celebrities and many swear by its results. It is however NOT primarily recommended for weight loss at all. The real purpose and reward lies in being healthier all-round, not shedding pounds.

A third type of detox process is the so-called 'oil pulling' or 'oil swishing' .

Basically, the process consists of rinsing, gargling and swishing around ONE tablespoon of cooking oil (olive oil, canola oil) and then spitting it out.

This is a daily routine and rids your mouth of bacteria and harmful elements. If you take to heart how much harmful components, bacteria, viruses and more live and thrive in the human mouth, (yes, YOURS TOO), three to twenty minutes of this detoxifying discipline does not seem like too much to ask!



Here is a list of ailments and problems that might be alleviated, treated effectively with these types of detox processes and actions:

- ▶ Blood health and circulation
- ▶ Bronchitis
- ▶ Diseases of nerves, paralysis, and encephalitis
- ▶ Eczema
- ▶ Fights adhesion to surfaces like teeth, gums, tongue, throat
- ▶ Head-aches
- ▶ Heals cuts
- ▶ Heart
- ▶ Insomnia
- ▶ Intestines
- ▶ Kidney, liver, lungs
- ▶ Less formation of dental plaque
- ▶ Malignant tumor growth stifled
- ▶ Reducing bacterial growth
- ▶ Thrombosis
- ▶ Toothache
- ▶ Ulcers and diseases of stomach
- ▶ Women's diseases

...and many more.

The Waismann Method is a rapid detox process and medical procedure to accelerate weaning for opiate addiction in a hospital with medically-supervised treatment. Medication is used to rid the body in a safe environment of these 'pollutants', toxic build up and drugs in the system. It will involve a physical exam and hospital admittance up to 24-48 hours prior to the treatment. The body is stabilized and brought to the ready for this kind of 'shock' treatment that expedites the withdrawal, without the patient suffering or having memories of what they have been through. There are risks involved in this process and every case and individual is and will experience it differently. A light anesthetic in an Intensive Care Unit is administered and medication pumped through the system of the patient to get rid of opiates. It deals with the dependence issue in an effective and safe way and environment, in a shorter period of traditional detox processes. The conventional detoxification procedures are not pretty once the withdrawal kicks in and can be dangerous, even deadly if not done or overseen properly.

Most advocate that the Wiasmann detox is more effective, dignified, safe and a humane alternative therapy to break the evil cycle of addiction.

The final introductory detoxification process is the so-called chelation therapy. This is a specialist DETOX focusing in on the elimination of toxins, harmful chemicals and heavy metals from the body. If you think of lead, arsenic or mercury, you are on the right track. Procedures, measures and components used in and through these processes of cleaning, clearing and cleansing are

- ▶ Zinc salt
- ▶ The calcium salt of diethylene triamine pentaacetic acid (DTPA)
- ▶ D-penicillamine
- ▶ Dimercaptosuccinic acid (DMSA)
- ▶ Dimercapto-propane sulfonate (DMPS)

- ▶ Dimercaprol (BAL)
- ▶ Deferoxamine
- ▶ Defarasirox
- ▶ Calcium disodium versante (CaNa₂-EDTA)
- ▶ Alpha lipoic acid (ALA)

.. and others.



Here is how the DETOX process works for metals and heavy metal residue deposits and toxins:

- ▶ The DETOX elements isolate and bind with the metallic ions
- ▶ They form several strong chemical bonds
- ▶ Making it reactive and bound tight
- ▶ It becomes water-soluble
- ▶ Enters the blood-stream
- ▶ Is excreted harmlessly by the natural processes and organs of the body responsible for waste management as it were.

It is also a great way of getting rid of excess iron in the blood and system. There are three ways these elements can be given to a patient suffering from heavy metals, depending on the agent and the type of poisoning:

- ▶ Orally
- ▶ Intravenously
- ▶ Intramuscularly

When these different elements are used in the body to deal with heavy metals, they eventually get cleared, cleaned and cleansed, flushed from the system, excreted via the gastrointestinal tract or kidneys. These processes are also effective for effects from electromagnetic input. Think about all the electric appliances and vibrations we are submitting our bodies to every day.

When it comes to natural products and foods, like onions, garlic, green foods and seaweeds, sulfur supplements like MSM or NAC the detox-type characteristics and efficiencies are undeniably effective.



Herbs like cilantro, coriander fructus, etheric oil, coriandrolem, are identified as enabling agents in these processes as well. These processes and elements combine to effectively DETOXYFY the body of any harmful elements and toxins, by effectively stimulating and increasing the renal flux and the G.I. tract, even killing bacteria such as Salmonella typhi. Extreme care needs to be taken with these processes and detox elements, as they have the potential of permanently harming the kidneys, forcing them to shut down, fail and even cause death.

ALWAYS EXERCISE CARE AND CAUTION WITH DETOX. REGARDLESS OF WHICH PROCESS YOU USE, YOUR MEDICAL HEALTH AND CONDITION, REQUIRMENTS, CIRCUMSTANCE AND/OR PRODUCES OF CHOICE TO DO SO!



Where, what and how you are exposed to harmful toxins

So what about the world we live in and the things we are exposed to in the air, homes, workplace, cars, restaurants, malls, hotels, airplanes and other spaces that we frequent, find ourselves in and live, move, breathe and do in?

Some research and studies done recently, claim that there are increasing amounts and traces of these heavy metals to be found in our bloodstreams, tissue, urine etc. The experts and scientists attribute these numbers and increased incidence to what they call extensive environmental exposure. Some source examples of this might include things like:

- ▶ Treated Lumber
- ▶ Fillings (mercury) in teeth
- ▶ Preservatives in vaccines
- ▶ Unspecified sources
- ▶ Even the foods we eat
- ▶ Pesticides
- ▶ Polluted air we breathe

.. and so on.

There are numerous identifiable side effects that can occur with the processes and dynamics of detoxification, including any, some or all of the following:

- ▶ Stomach upset
- ▶ Skin irritation
- ▶ Safety concerns
- ▶ Nausea
- ▶ Kidney toxicity
- ▶ Joint pain
- ▶ Headaches
- ▶ Fever
- ▶ Feeling faint
- ▶ Extreme fatigue
- ▶ Diarrhea
- ▶ Cramps



We all want to avoid the harmful effects toxins have on our bodies, rid ourselves of it and not suffer the side effects of lasting damage and impact we did not bargain on. Therefore, YOU PERSONALLY need to weigh YOUR own risk/reward, rationale and decision to DETOX, PRIOR to engaging in any of these processes to clean, clear and cleanse the body.

Whether we want to believe it or not, eventually we all have to face the music and reality! As part of our daily lives, we regularly take, make, get, breathe, eat, absorb more harmful chemicals and other toxins, even heavy metals, into our bodies, whether we like it or not. Some of us are even oblivious to its harmful nature, that it exists and that we are surrounded by it in the foods we eat, products we use, places we find ourselves in, our homes etc.

To thrive and survive in our world, YOU have to be prepared, plan for and have the know how to get rid of toxic build-up within your own body and system.

There are processes, as we have clearly seen, that we can easily tap into, to get our health, balance and toxin-free body back! **YOU NEED TO TAKE CONTROL OF WHAT IS, WHAT IS GOING INTO AND WHAT COULD GET INTO YOUR SYSTEM. YOU NEED A COMPREHENSIVE PLAN AND STRATEGY TO COPE WITH, DEAL WITH AND ELIMINATE THAT WHICH IS HARMFUL TO YOU AND YOUR BODY!**

Toxic build-up within your body, can cause myriads of problems, manifesting itself in areas and systems like

- ▶ Intestinal
- ▶ Respiratory
- ▶ Colon
- ▶ Neuro-chemical
- ▶ Key functioning organs

... and others.

Eliminating any harmful toxins and expelling them out of your body, FOR GOOD is the answer and solution here for healthy, balanced living.

Most will argue that merely following a healthier lifestyle will get you where you need to be, but that no longer rings true. YOU WILL NEED MORE! The environment we live in can fill our bodies with contaminants we ingest, willfully, unwittingly and/or totally unawares!

YOU CAN TAKE CONTROL OF THE TOXINS THAT ARE PRESENT IN YOUR BODY, NOW AND PREVENT OTHERS FROM ENTERING AND BUILDING UP OVER TIME, ANY TIME – GIVING HARMFUL TOXINS NO PLACE OR CHANCE IN or INTO YOUR LIFE, HEALTH, ENVIRONMENT, BODY, SYSTEM AND FUTURE!



DETOX is both the answer and the strategy. More on this as we delve into the topic head first. Stay tuned...

So, where does your daily exposure come from, where is it at its worst and how can you avoid and deal with it effectively?

It is real, it is a top priority to get rid of it and the harmful effects it can/could have on your body, health and future. Educate and empower yourself to identify and avoid it if at all possible. Ensure that you are aware of how to do this. Despite the fact that they are present in your environment, these toxins can be dealt with in a productive, pro-active fashion, corrective and preventative, even intervention type actions that you can take to safeguard yourself (and your family, loved ones, co-workers and society at large). You need to be aware of the different sources, scope and nature of the problem, intensity, severity, duration, risk and where to find them, how to avoid and get rid of them for good. FROM YOUR LIFE, FROM YOUR HOME AND ENVIRONMENT, FROM YOUR BODY! FOR GOOD!

That is the goal, target, purpose and direction you need to take with DETOX. Get your priorities, attitude and expectations real and ready and then go for it! The processes themselves are simplistic and the results immediate. You just need to recognize the importance, significance and extent that these aspects can affect the quality of life, health and even you future and longevity and luxury quickly becomes necessity! These toxins and harmful chemicals, agents, free radicals etc. are ever-present around and even in us, the things we use, air we breathe, water we drink and more.

There are popular manufacturing compounds, chemicals and additives that abound in our environment, foods, water, commodities, products, domiciles, living and working spaces that are hard to deny or escape from. There are many published sources of these toxins, known carcinogens, poisons and contaminants. There is an extensive listing of some of those, that you might not have considered at all, or deemed harmful included for your convenience at the end of the text, with some sources and products they might be present in. More on this later.

The image features a collection of fresh green vegetables and fruits arranged around the central text. In the top left, there are several large, vibrant green spinach leaves and two whole lemons. In the top right, a bunch of fresh celery stalks with their leafy tops is visible. In the bottom left, there is a head of fresh broccoli. In the bottom right, there are two sliced kiwi fruits showing their characteristic green flesh and black seeds, along with more spinach leaves and a portion of a cucumber.

SECTION 2

*Detox Demystified - From The
Inside Out, Not The Outside In*

Detoxification Plans and Strategies

Detox diets are another way to clean, clear and cleanse your body. It is a popular, common, mainstream, readily accepted, and advocated as the thing to do for and with your body to ensure health. IT IS NOT ABOUT LOSING WEIGHT PER SE AS THE FIRST AND FOREMOST GOAL. Yet people do tend to lose weight while getting rid of the toxin build up. You are invited and encouraged to partake of natural and healthy foods MORE often, rather than unhealthy, empty calorie consumption of unhealthy foods and snacks.



Typically, detoxification procedures involve liquid type diets and pretty much nothing else initially. Then generally and systematically introducing back into the diet the other foods and chemicals, to ensure that your body is back in balance and healthy. You can have shock and withdrawal symptoms, even cravings, while on the DETOX.

Here are some positive ways DETOX can contribute and have an effect on your life, health and body:

- ▶ A detoxification process and cleansing can do a lot for you – there are many benefits and rewards, including added energy, generally feeling healthier with more vitality and spunk.
- ▶ It is touted to cure, prevent diseases, keep you focused and energized.
- ▶ These positive effects some attribute to the effective and total elimination of toxins and harmful build-up of certain substances in your body that is broken down and gotten rid of.
- ▶ Mostly these types of interventions are supposedly short to medium term and not stuck to for an extended period.
- ▶ AGAIN, IT NEEDS TO BE EMPHASIZED, THAT DETOX IS NOT FIRST AND FOREMOST A WEIGHT LOSS TOOL (although some have been highly effective in weight loss during detoxifying).



When DETOX IS NOT GOOD...

- ▶ Fasting, restrictive diets
- ▶ Not seen as suitable for young growing children or athletic or highly active teens
- ▶ Diabetics and/or less than optimal healthy individuals should proceed with caution PRIOR to detoxifying for any extent of time.
- ▶ The euphoria and rewards you experience while and after detoxifying, could very easily have you wanting more and doing it again and again.
- ▶ Extreme caution is advised, as it could be detrimental to your health and well-being if this became your lifestyle.
- ▶ Taking laxatives (sometimes part of the processes suggested) might lead to some, any or all of the following:
 - Other complications
 - Mineral imbalances
 - Digestive system issues
 - Dehydration
 - Addictive type behaviors and bad habits
 - Water and muscles loss over time
 - Slowing down your metabolism
 - Losing , maintaining and controlling weight could become MORE difficult

▶ Balanced living and healthy nutrition needs to prevail. These processes demand you eat healthy foods like:

- ▶ Lean meats
- ▶ Eggs
- ▶ Beans, or peas
- ▶ Calcium
- ▶ Low-fat or fat-free milk
- ▶ Yogurt
- ▶ Lots of water daily
- ▶ Fiber
- ▶ Fruits
- ▶ Vegetables

... and many others





You will experience the MOST success initially

and in the beginning of your detoxification process, as your body re-establishes its original and preferred balance – its optimal, ultimate state and functioning! But it does depend on each unique individual, as no two people will have the same experience with DETOX. This is another important aspect to remember as you venture out on your own journey.

Herbal and Natural Products

Body wraps, herbal treatments and other therapeutic and cosmetic procedures

These are the most popular outside-in type processes to assist the body in getting rid of toxins and build up. You can literally take off inches off your body, improve tone, tighten skin, improving look and texture, appearance and appeal! The promise and potential of that is too much for most to pass up on. It lures us in closer, wanting MORE!

Homemade or professionally done, they will have great benefits and help you relax. Many use formulas including mineral clays and some natural sea salts. Professional salons and spas often use MORE complex ingredients and additions of essential oils.

Choose from a wide array of available essential oils and herbs including:

- ▶ Alfalfa leaf powder
- ▶ Chamomile flower powder
- ▶ Grapefruit
- ▶ Ground basil
- ▶ Lavender
- ▶ Lemon
- ▶ Lemongrass

- ▶ Olive oil
- ▶ Rose petal powder
- ▶ Rosehip powder
- ▶ Rosemary
- ▶ Sage
- ▶ Sandlewood



A homemade gel-wrap recipe

- ▶ 1 cup mineral clay
- ▶ 1/4 cup sea salt
- ▶ 2 tbsp. olive oil
- ▶ 2 cups water

Method/Procedure:

Boil water

Dissolve the salts

Mix and blend the other ingredients in

Stir with vigor and make a paste

Rub over the whole body and cover yourself with a sheet or thin towels

Soak in a warm bath for 45-60 minutes

Rinse

Things to bear in mind to optimize your DETOX:

- ▶ In general to boost the effectiveness and results of this procedure and treatment, avoid caffeine, sugar, fried fatty foods, soda drinks and alcohol directly following and a couple of days after. **YOU WILL SEE AND FEEL THE DIFFERENCE.**
- ▶ It can be messy and take long, so divert your attention and make it practical and comfortable
- ▶ Stay hydrated and you can even take a shower before the procedure in order to prepare your skin for what is to come
- ▶ Thermal blankets can enhance the experience and wrapping somewhat tight (NOT TOO TIGHT) can do the trick!



Many would also advise that a great way to rejuvenate and detoxify is to take a steaming hot epsom salt bath.

As part of this process, the harmful toxins or build up is excreted out of the body by natural processes and organs, like the skin to get rid of it for good. It helps with easing swelling and enriches your skin. This is not recommended for sufferers or patients with high blood pressure, heart, diabetic or kidney troubles.

Medications, supplements and other herbal, natural products to consider for detoxification

Apart from naturally occurring nutrients and good detox-enablers, like:

- ▶ Whole foods
- ▶ Other natural products and substances
- ▶ Fresh fruits and vegetables
- ▶ Greens or phytochemical-rich foods and groups
- ▶ Foods that protect you against cancer, heart disease, diabetes and high blood pressure
- ▶ Antioxidants
- ▶ There are also supplements and pills to consider – also for DETOX processes and results.

In our pop-the-pill type culture and habits, it is so easy to think that there is a magic bullet for everything. A tablet or capsule, gel-tab, mixture or potion for everything under the sun – ailment and cure!

Sometimes we do not eat enough, eat the wrong things, too much, not a balanced diet, food on the run, and then take multivitamins and mineral supplements to ensure that we get our daily dose of what our bodies require. Others who may benefit include seniors and pregnant women.

TIPS and recommendations for choosing, using and tapping into natural or herbal supplements for DETOX and healthy living

- ▶ Be SMART about which ones you take when
- ▶ Be sure to check the expiration dates to ensure potency and results
- ▶ Do not overdose or take more than the recommended amount
- ▶ **DO NOT USE EXPIRED products.**
- ▶ Ensure you know the source, manufacturer, contents, label
- ▶ High doses of certain elements can have negative effects on the body
- ▶ Interference and interactions with other things that you might be taking
- ▶ List the active ingredients and all other fillers, additions or other ingredients nutrients and dosage
- ▶ Look at the details on the label regarding its strength, purity, disintegration and dissolution.
- ▶ Marketing ploys, promises and packaging is not what you end up putting in your body – treat with skepticism, care and caution.
- ▶ Serving, size and storage
- ▶ Store and keep out of reach of children, non-humid and high-up is best.
- ▶ **Supplements may not be suitable for all individuals, those suffering from certain illnesses.**
- ▶ They are BEST taken in addition to diet and nutrients, NOT MERELY AS substitutes.



- ▶ **They are not good replacements for real food.**
- ▶ You need to know what and why you are taking supplements

In the environment we live and function in, there are many contaminants present that we need to cope and deal with effectively to avoid their build up interfering with our health, well-being, longevity and balance. We need to rid our systems and bodies of it and this is often called detoxification as we have seen. Anyone and everyone can do it, if you proceed with caution. Polluted air, additives in our foods, pesticides on our fruits and veggies, genetically altered food and more need to be clean, cleared and cleansed from our systems, tissue and being!



You do not have to believe that your intestines, colon, and blood stream are at risk or somehow plugged up with toxins, but there seems to be evidence that there is MORE of it in our systems than ever before. Fasting, laxatives and flushes are quite common BUT they are not necessarily good for you and could put you at risk if you do not understand the processes, goals and functioning of this "cleaning out of the system."

People follow the routes and rewards of detox for different reasons:

- ▶ Health
- ▶ Rejuvenation
- ▶ Healing
- ▶ Weight loss...

All of the above can be done and taken, pursues for the WRONG reasons to do it, MORE-SO if you focus on what DETOX does primarily is get rid of waste and build up – that is the key here, not these byproducts or bonuses. There are numerous products and service offerings in the marketplace that tote and advocate success through :

GROUP 1: Fasting and liquid diets - Mixtures of liquids are taken with combinations of different kinds of herbal capsules. Typically water, lemon, honey mix. According to this method, DETOX in this way helps you:

- ▶ Cleanse the digestive tract of accumulated waste and putrefied bacteria, clean out the major organs and blood
- ▶ Give mental clarity
- ▶ Lessens chemicals and food additives
- ▶ This is followed by a regimen of diet pills taken in combination for a prolonged period of time body wraps and some exercise
- ▶ Teas with elderberries and birch-juniper, combined with diet pills

- ▶ Tea and tablets combinations containing ginger, prickly ash, yellow dock, cascara sagrada, psyllium and uva ursi for rejuvenation.
- ▶ Colon-cleansing pills and related diet products
- ▶ Appetite suppressants
- ▶ Drinks, mixes, product lines and pills (natural herb blends, teas and other), to fight off the build—up and negative effects of tobacco, alcohol and pollution on and in our bodies.
- ▶ Claims of pills to cleanse and heal and have you lose weight

GROUP 2 : curing disease and gaining your health back

Toxins can be dealt with and detoxification can make you healthy again Fear, irrational and unscientific claims sometimes make these processes less effective.



Cleansing, Cleaning, Flushing and DETOX Basics

The Clean, Clear and Cleansing Plan for Tissues and cells, body and system (parts and whole)

If you take your health and well-being seriously, detoxification offers great ways for you to eliminate toxins and unhealthy substances in your body, prevent new ones from making its way in there and keep/stay on top of your optimal shape, functioning and peak performance.

For these types of flush-liquid diets there are plans designed specifically to assist you with this undertaking. It can be spread over several days (typically seven or so, full days) where you eat nothing at all. When you feel hungry, you can drink tea, potato peel or vegetable broth, even diluted fresh fruit juice.

Here is one example from online sources of a typical daily routine for detoxification:

Upon waking – 1 x Cleansing Drink

Within 30 minutes take supplements with flaxseed drink and 2 tbsp. liquid calcium or powder

Around 10am – 1 x cleansing drink

Take supplements with herbal tea (no sugar added)

Around 2pm 1 x cleansing drink

Afternoon herbal tea with supplements

4 & 7pm 1 x cleansing drink

Bedtime calcium, cod liver oil or supplements

As you go through this detoxification process there are several things to watch for:

- ▶ Cleanse to start taking effect and gain momentum
- ▶ Diarrhea
- ▶ Dizziness
- ▶ Gas
- ▶ Headaches
- ▶ Muscle pain
- ▶ Nausea
- ▶ Skin breakouts





SECTION 3

Practical Implications of DETOX

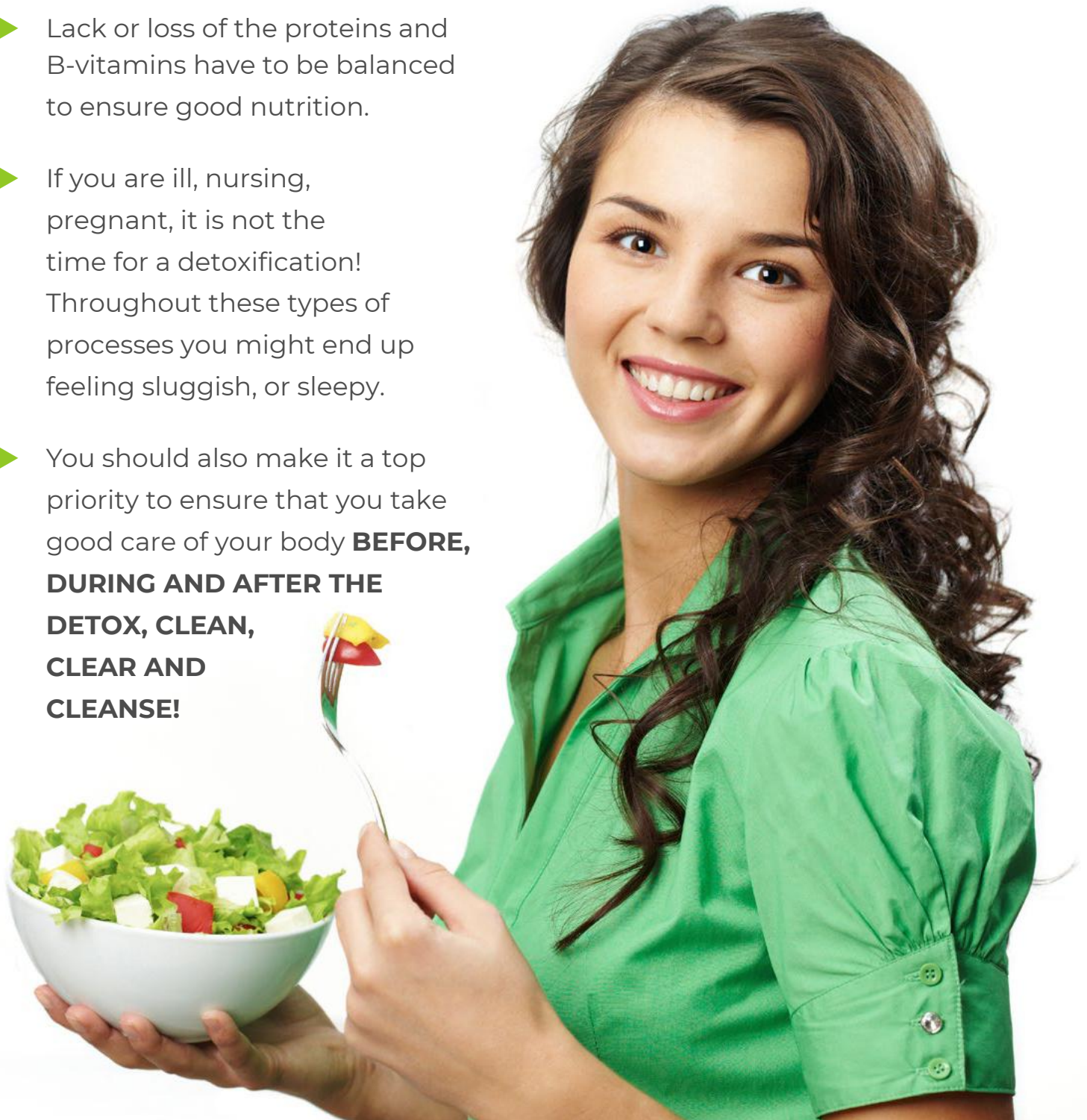


Risk/Reward of detoxification, supplements et al

Risks, Rewards, Benefits and Dangers of Detoxification (DETOX)

- ▶ Safe
- ▶ Supplement
- ▶ Understand the products, process and what you are trying to accomplish
- ▶ Herbs and vitamins are enablers, but can also be harmful if taken incorrectly
- ▶ Ensure ample intake of vitamins and vitamin analogs (B1, B2, B6, B12, B15, C, P, PP, A, E, and folic acid)
- ▶ Good things to look for to replace what you are taking out are things (foods and supplements), that contain and foster anti-anemia, phospholipids, unsaturated fatty acids and enzymes.
- ▶ Some elements might interact or counteract with one another
- ▶ Keep an eye on your metabolism and energy levels
- ▶ Absorption of the different building blocks of nutritional supplements are of extreme importance when in DETOX
- ▶ Multi-vitamins will ensure you still get the full spectrum of what you do need for normal functions and functioning of your body/its different systems

- ▶ Zinc, Vitamin A and even the Cs, Ds and B-complex vitamins, with calcium are all important. Literally taking care of yourself from A to Z, still a priority although your eating patterns, habits and behaviors are altered drastically!
- ▶ You need to guard yourself against not getting enough of each, as well as the full spectrum of vitamins and minerals to live healthy and well, responding to the needs of and demands made on the body.
- ▶ Lack or loss of the proteins and B-vitamins have to be balanced to ensure good nutrition.
- ▶ If you are ill, nursing, pregnant, it is not the time for a detoxification! Throughout these types of processes you might end up feeling sluggish, or sleepy.
- ▶ You should also make it a top priority to ensure that you take good care of your body **BEFORE, DURING AND AFTER THE DETOX, CLEAN, CLEAR AND CLEANSE!**



Taking your health back one step at a time

Here are some more healthy DETOX tips to ensure results and success:

- ▶ Maintain proper nutrition
- ▶ Follow a balanced dietary program
- ▶ Eat MORE whole foods from all food groups
- ▶ Consider all the elements of a healthy diet and stick to them
- ▶ Understand and support, following the basics of healthy and nutritional eating
- ▶ Get all of your vitamins from food and supplements to address your need
- ▶ Ensure balance, variety and moderation in your diet, exercise and lifestyle
- ▶ Variety in your diet is important in all stages of detox. Pick from natural bread and other whole-grain products; such as fruits; vegetables; dairy products; and meat, poultry, fish and other protein foods. Fiber-intake and hydration is still extremely important.
- ▶ Weight maintenance, control and even loss if required also needs attention.
- ▶ More, smaller, healthier meals, more often, smaller portions, taken regularly to keep your blood sugar stable and your metabolism ticking!
- ▶ Do not skip meals, get hungry, thirsty or suppress/deny your appetite.
- ▶ Cut salt, sugar, starch and refined foods from your diet.

- ▶ Also, fats and fried foods have be cut from your palette, menu and plate!
- ▶ Low-fat products and lean proteins are good. Enable yourself, setting up for success in all your dieting, nutritional, lifestyle changes and even detox. Know what to expect and prepare for it.
- ▶ Make better choices for your vitality, balance, well-being and even longevity.
- ▶ Engage in activities and habits that promote good health and reduce risk for major chronic diseases.
 - Weight maintenance
 - Exercise
 - ZERO trans-fats, less saturated fats
 - Less salt, sugar, refined flours and processed foods
 - Opt regularly for lean, low-fat, or fat-free.
 - Drink three glasses of low-fat milk and hydrate with lots of water

While you are following a detox, many dietary type advice is also given to optimize your results. You can pay close attention to what you eat and put into your mouth, also and especially AFTER DETOX:



▶ **Whole Grain Foods**

- Energy
- Oatmeal
- Whole-wheat bread, brown rice, multi-grain pasta
- Easier to digest
- Manage hunger, keep blood sugar in check

▶ **Plant, vegetable and healthier fats/oils.**

- Olive, canola, soy, corn, sunflower, peanut, and other vegetable oils
- Fatty fish, salmon
- Healthy fats
- Good for your heart and fights build up and clogs in your arterial walls, plaque and calcification of the heart/arteries

▶ **Vegetables and Fruits.**

- Protective qualities and contributions against heart attack or stroke, cancer;
- Lowers blood pressure; fights intestinal problems
- Natural sources of sugar and fiber

▶ **Fish, Poultry, and Eggs.**

- Protein sources, fish
- Heart-healthy
- Protect you against disease
- Lean meats are better like chicken and turkey

- Preferred meats are low in saturated fat
- Eggs make for a great breakfast – still the most nutritious and important meal of the day

▶ **Nuts and Legumes.**

- Protein, fiber, vitamins, and minerals
- Choose from black beans, navy beans, garbanzos, and other beans
- Nuts
- Source of healthy fats and oils

▶ **Dairy or Calcium Supplement.**

- Building and keeping strong bones are a top priority
- Vitamin D and exercise
- Calcium source
- Cheese in moderation (as it is higher on the fat scale)

▶ **Red Meat and real butter**

- Too much fat and meat are not healthy
- Source of cholesterol
- Vegetable oils are better

▶ **Refined foods, flours, starches and candy/sugars**

- AVOID white rice, bread, potatoes, pasta, and sweets
- Surges in blood sugar
- Weight, diabetes and heart disease

► Multiple Vitamin

- Daily supplement, full-spectrum, slow release
- Fill nutritional shortfalls and holes in your diet and intake that you are not getting naturally or from the foods you eat, not eating enough, diet or detox etc.



Dietary advice for DETOX

There are many things we ingest from our environment that can be harmful, even toxic to us. Try your BEST to avoid these at all times.

- ▶ Very few of us are aware or conscious of some of the things that surround us, we use, wear, are in our home and in the places we frequent, that can put us at risk this includes the foods we eat, the supplements we take, what we drink etc.
- ▶ There are different methods, levels and intensity, durations and processes for/of detoxifying
- ▶ Supplements, the right foods, exercise can all help you optimize DETOX

There are many diet and nutritional plans that may actually help you with your detox, before or after. They help you stick to whatever your action plan is and make the lifestyle changes that are necessary to optimize and maximize the benefits that you get from detoxification (DETOX).

Mediterranean diets

- ▶ ENJOY all and everything in moderation, including butter and pasta
- ▶ Basic principle is to keep it simple using basic ingredients, like tomatoes and olive oil
- ▶ Easy to plan menus and prepare the dishes – fitting even the busiest of lifestyles
- ▶ Eating more of some foods, less of others
- ▶ Low carb

- ▶ Low-fat
- ▶ Moderate consumption of alcohol and even cooking with wine is allowed and encouraged for optimal health and longevity
- ▶ Recipes and culinary delights abound
- ▶ Reduces high cholesterol levels effectively
- ▶ Some call it the heart-healthy diet

The South Beach Diet

- ▶ Gaining fast in popularity combined with detox plans or following right after
- ▶ It also includes lots of daily servings of fruit, vegetables and whole grains, nuts and healthy oils
- ▶ It builds a lifestyle that you can sustain and keep healthy throughout your life
- ▶ It is about making better choices about food
- ▶ It is different from the Atkins diet
- ▶ Not really low-carb or low-fat
- ▶ Rapid weight loss in the first two weeks is quite commonplace
- ▶ Starving yourself will actually have you gaining weight
- ▶ When losing weight and staying heart healthy matters, this is the plan for you
- ▶ You are not necessarily depriving yourself of foods you love, just eating differently and less, reintroducing the right foods back into your diet as you go along and getting rid of the bad habits along the way!

Here are some general tips for diet, weight loss and eating healthier, detox-follow-up and nutritional advice:

- ▶ Healthy not fast, safe weight loss that you can sustain is best.
- ▶ Try and work for a holistic approach advocating an all-round healthy balanced diet.
- ▶ Include all food-groups
- ▶ Hydrate
- ▶ Keep the portions small and more meals more frequently to get and keep your metabolism engine revving!
- ▶ Pick foods that you already like to eat increasing your odds of sticking with the plan and staying motivated.



Much can be said about cleansing routines, flushing techniques and DETOX.

When you do opt to use these detoxification techniques and processes you can be well on your way to a holistic healing and well-being solution and action plan for yourself that can make all the difference. You can and will feel better, refreshed and in-balance.

If done right, it can be extremely effective.

If, for whatever reason, medication, diet, exercise, yoga, and everything else you have tried was disappointing and yielded no results, even failed, then clean, clear and cleansing techniques and processes like these discussed here might work for you. You can even strengthen your immunity in the process. You can keep your arteries and heart healthy

You can keep unnatural chemicals, additives and irritants out of your body by choice

Organic toxins and inorganic chemicals can be banned from your skin, tissues, bloodstream and organs through purging the system of them, trace elements, build-up and toxicity that might actually be making you really ill, causing diseases that you are not even aware of yet

Rid your body of potential and lingering problems

Exposure happens quickly and combined over time it will affect your whole body and its parts

When your natural processes and organs cannot, or are no longer dealing effectively with dispelling waste and harmful toxins from your system, it might need a boost - both from outside in and inside out. The onus is on you to cleanse your system of these toxins and build up. There are various ways in which and how you can do this. Make it a top priority to regularly, or at least once, remove, expel and get rid of these toxic chemicals as well as other toxins in your body.

It can occur anywhere in and on the body. Your intestines, organs, arteries, senses, even brain and heart can all absorb harmful elements, poisonous compounds, toxins (by choice or by accident, once off or prolonged exposure). Small to moderate to severe exposure and concentrations can manifest adverse effects now, tomorrow and even years later, affecting your longer-term health and well-being.

Here are some other negative effects DETOX can spare you and protect you from:

- ▶ Granulomas
- ▶ Hyper secretion of mucus
- ▶ Imbalance in bacteria and fungus
- ▶ Microscopic ulcerations
- ▶ pH imbalances
- ▶ Liver and kidney difficulty, malfunction, breakdown or failure and many other health related issues and problems, even disease, putting you at increased risk over time.

You can opt for a systematic, gradual removal of toxic substances from the body and intervention will be necessary to effectively RID YOUR BODY OF THESE TOXINS FOR GOOD! It cannot just be left up to random change. You cannot, should not and dare not gamble with your health – you just get one edition of that!

There are numerous studies on detox that proves that it gives your body and your health a fighting chance, boost and even enables healing and recovery BETTER!

BUT, how would you know which DETOX is BEST FOR YOU, when and where to do it?

The answer is probably as unique as individuals and their case! Yet, here are some general guidelines that might put you on the right track finding a solution for you:



- ▶ Practically work out what you need and want to achieve
- ▶ Consult your doctor, detox-specialist, identify and discuss your need, plan and select a detox routine, process, technique and regimen that works and will make a difference for you
- ▶ Ensure that you are healthy, not nursing, pregnant, extremely tired and do not have to function full-tilt and can afford to give your body some time to get back to its natural balanced state, get rid of the toxins as the processes involved might have some 'side-effects' considered natural and part of the normal process!
- ▶ Whom you are, where you are in your life, schedule, career, personal life and more might affect your preparation, detox process and follow-up. Choose some detox method that you know will bring about change and results
- ▶ Naturopaths and holistic healers, medical and well-being practitioners will all be able to assist you in this process – YOU DO NOT HAVE TO TAKE THE JOURNEY ALONE.
- ▶ Cleansing, cleaning and clearing, flushing and DETOX takes planning, timing, persistence and discipline.
- ▶ If at any time during and throughout, even after your DETOX you experience difficulty or discomfort, stop and consult your physician immediately. Each area of your body will require special attention as well as your whole health, which is reflective of you being so much more than dynamic than the mere sum-total of your difference parts. There are different cleanses and routines

recommended for different parts of your body like skin, liver, lymph, nervous system, heart, lungs, kidneys, stomach, bladder and other.

- ▶ You can choose one general one, or take them one at a time to ensure success and results that address the concerns and issues that you might have effectively, affordably and reliably.
- ▶ Resting and allowing your body, mind and soul to reload, replenish, restore is essential too! Also, have periods of non-cleansing, just enjoying life and not necessarily undoing all the good you did, but not obsessively purge, flush etc. making your whole life center and surround it! It is unnatural, unhealthy and not necessary to maintain a healthy living balanced life.



Different people might have different sensitivities and responses to DETOX. Here are some of the symptoms, discomforts and/or things to be on the look out for as you move through these detoxification and cleansing routines:

- ▶ Dry mouth
- ▶ Emotional irritability
- ▶ Fatigue
- ▶ Fever
- ▶ Gas
- ▶ Headaches
- ▶ Loss of appetite
- ▶ Low energy
- ▶ No interest in sexual relations or intimacy
- ▶ Other aches and pains
- ▶ Skin eruptions
- ▶ Temporary constipation or diarrhea
- ▶ Temporary stopping of menstruation or missed periods
- ▶ Tight muscles
- ▶ Yawning

Some would recommend you start with something simple like a colonic cleanse or enema, getting the liver to work better and dump all the toxins in your body OUT, FOR ONCE! Activated charcoal can clear the GI tract with varying degrees of efficiency for individuals as it binds and absorbs the harmful elements and your body excretes and gets rid of it. Powder, capsules or tablets are available for this purpose. Bentonite clay, hydration and supplements, comprehensive foods additions to your diet are great ways to accomplish lots in a short period.

You will see short-term results, but rest assured the work continues from the inside out long after these initial detox days have passed. You will reap the benefit for days, weeks and years to come, if done right and effectively, for the right reasons!



To optimize your chances at successfully **DETOXIFYING YOUR BODY**

- ▶ Plan and prepare well
- ▶ Spend some time, attention and effort on getting the Food and Nutrition aspect of your diet, habit and life ready, real and HEALTHY!
- ▶ Focus on your overall well-being, doing the DETOX for the right reasons, Enhancing, enjoying and ensuring your quality of life, taking issues with nurturing yourself regularly as a top priority! (we normally take it for granted or do not pay any attention to it at all – find some middle ground!)
- ▶ Accept yourself and your body, loving what you see and making the most of what nature has given and will continue to provide you. Tap into those reserves and bio-chemical strengths that you have. Your body's natural ability to heal itself, is often under-rated and under-estimated!
- ▶ In your life, environment, products, purchases, personal and body care products, foods, home and work life and environments, pay some closer attention to and considering MORE the presence and avoidance of toxic substances. Focus on your overall health and well-being as well, exercise, eating healthy, drinking lots of water, supplementing, natural foods, balanced diet, activity you enjoy, maybe even some yoga and/or breathing exercises to keep you on the fast and inside track to continued DETOX success!



A CHECKLIST FOR A SUCCESSFUL DETOXIFICATION (DETOX)

- ▶ Collaborate with an expert! **DO NOT GO THE JOURNEY ALONE.** Educate and empower yourself with knowledge, skill, know how and how to detox successfully. Have a plan of action and prepare your body for what lies ahead.
- ▶ You can even try and select a holistic healing practitioner or wellness partner who is experienced with detoxification techniques
- ▶ Review and evaluate your reasons, rationale, need and timing for your detox and cleansing processes.
- ▶ **Be realistic in your expectations about detox and do not expect an instant miracle cure!**
- ▶ Pick the technique of detox that works best for you and your situation. Just because it works for someone else, does not necessarily mean that it will work for you. There are no guarantees.
- ▶ Schedule time for your detox and be aware of the symptoms that you might develop and things to do during this time, what to do in case of discomfort or feeling lousy!
- ▶ Make sure you have support throughout the process
- ▶ **Allow yourself some rest and relaxation in-between and after a detox or purge.**
- ▶ Sustain your results over time, strengthen your body and live well! Those are the real outcomes and measures of success for DETOX with a difference.



There are also many other things you can change/alter, adjust or avoid in your life and lifestyle, choices and habits:

- ▶ Chlorinated water – use less
- ▶ Eating too quickly, on the run, poor digestion of food from various causes and/or poor elimination of waste products, being irregular not advisable.
- ▶ Exposure to different forms of radiation (i.e., x-rays, electromagnetic and more) should be cut down to the minimum
- ▶ Over-stressed, taking too much steroids and NSAIDS can kills off healthy bacteria in the body
- ▶ Over-use of antibiotics lessening your natural responses and resilience
- ▶ Unhealthy diet, not enough fiber and liquid (water) in your diet, gas and indigestion, types of food you eat should be changed to be more healthy, varied, natural and balanced, from all food groups to ensure optimal health and well-being.

There are many areas in and throughout the body where you can focus your detoxification efforts and attention. Here are just some of them:

- ▶ **Gastrointestinal** - liver, gallbladder, colon, and the entire GI tract
- ▶ **Lymphatic** - lymph channels and lymph nodes
- ▶ **Respiratory** - lungs, bronchial tubes, throat, sinuses, and nose
- ▶ **Skin and dermal** - sweat and sebaceous glands and tears
- ▶ **Urinary** - kidneys, bladder, and urethra

The following diets, nutritional and eating plans can be classified and described as potential detoxifying-friendly diets.

- ▶ **Diuretic Diet** - Using natural diuretics to alleviate fluid retention.
- ▶ **Fat Flush Diet** - Popular 3 phase diet plan
- ▶ **Lemonade Diet** - The Master Cleanser Diet
- ▶ **Liquid Diets** - Liquid or Juice-only diets, short-term detox programs and initiatives
- ▶ **Liver Cleansing Diet** - focused in on liver function, health and disease
- ▶ **Raw Food Diet** - A generic diet advocating consumption of raw, uncooked food only.



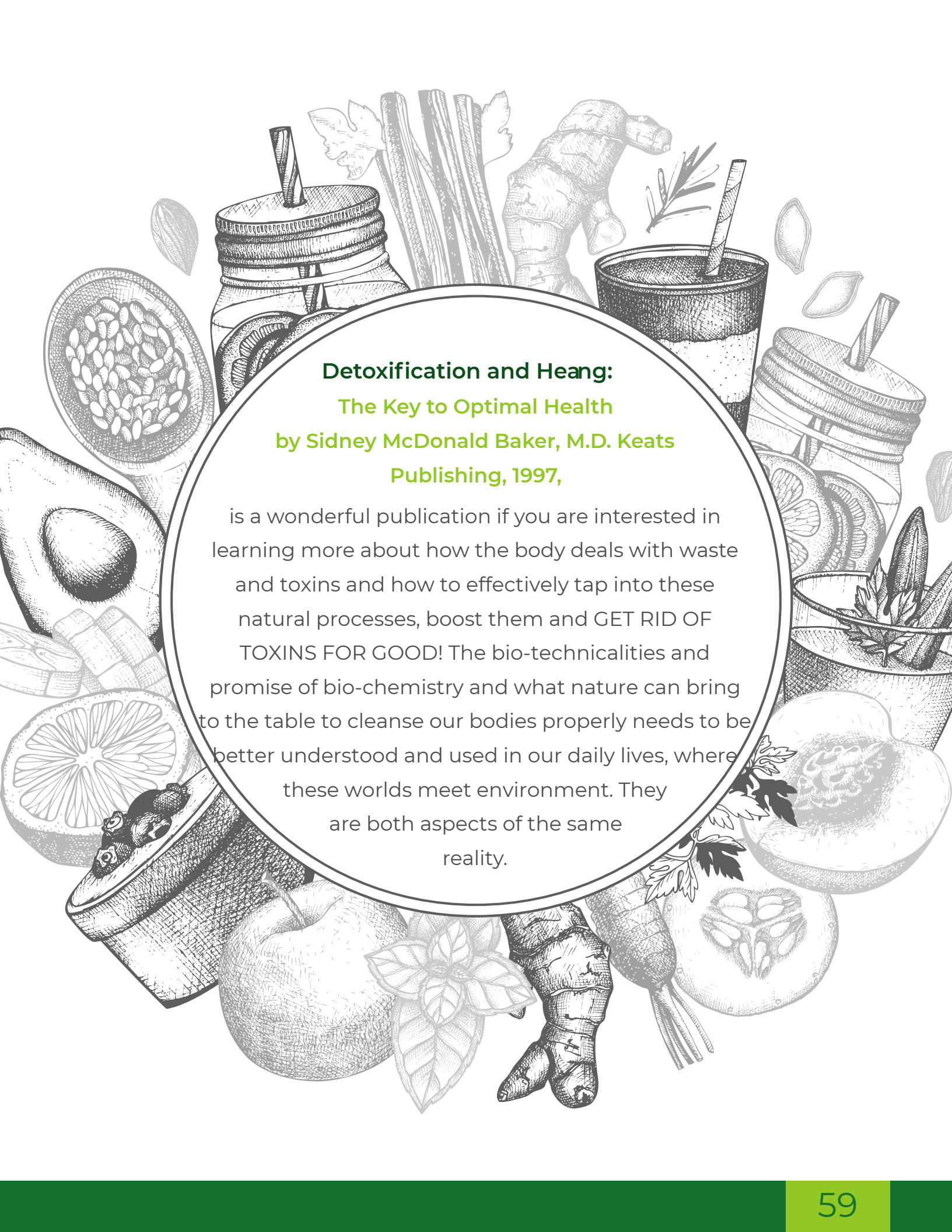
When you do decide to DETOX, ask yourself the following questions:

- ▶ Age-group
- ▶ Medical condition
- ▶ Reason for detox
- ▶ Method to follow
- ▶ Activity and fitness level
- ▶ Weight
- ▶ Any diseases, illnesses or immune disorders
- ▶ Nursing or pregnant

Answers to these initial questions will help you BETTER assess the most appropriate level of detoxification that might work its magic for you.

Fasting, moderate, blitz, improving digestion and cleansing, flushing of one, more or all of your system(s) and body of harmful toxin build-up, all the way up to supervised clinical detox.

Taking control of your environment both inside out and outside in, will help you live better, healthier, longer, more in-balance and toxin-free! Improving your well-being and even potentially your longevity and quality of life. DETOX can make a difference if done right.



Detoxification and Heang:
The Key to Optimal Health
by Sidney McDonald Baker, M.D. Keats
Publishing, 1997,

is a wonderful publication if you are interested in learning more about how the body deals with waste and toxins and how to effectively tap into these natural processes, boost them and GET RID OF TOXINS FOR GOOD! The bio-technicalities and promise of bio-chemistry and what nature can bring to the table to cleanse our bodies properly needs to be better understood and used in our daily lives, where these worlds meet environment. They are both aspects of the same reality.

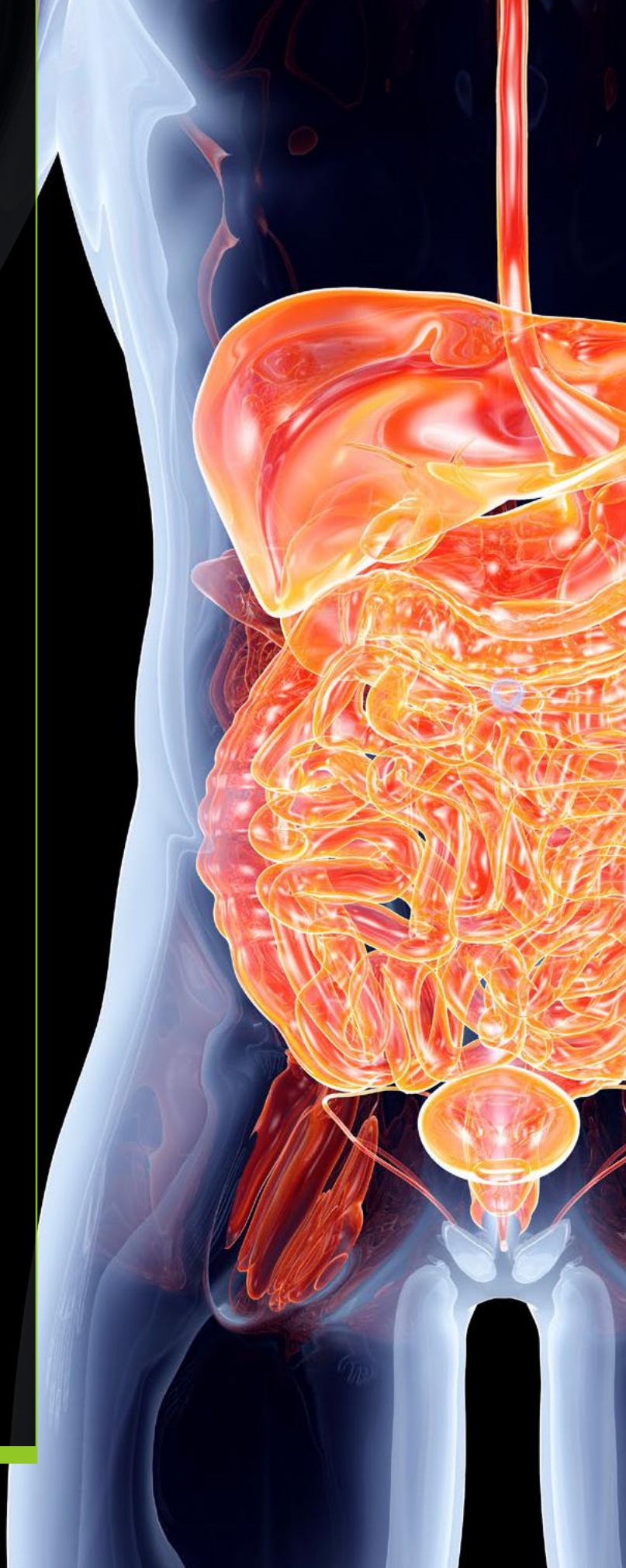
For the most part, there are reasons behind illnesses and weakness, symptoms and imbalances in the body manifesting itself in disease and discomforts. Immunology and Biology are closely linked where we as humans are concerned and we need to understand these fundamentals, how they work and function, how to get them at and on their best behavior, peak performance – to tap into them effectively for healing, balanced and longer , better, healthier living all-round!

There are many faces and iterations, forms and processed to Detoxification.

Some, any or all of the following might be at play and considered, at work and even interacting, complementing and supporting the overall process, outcome, success and results, level of efficiency :

- ▶ Improving the body's overall abilities to handle toxic substances and harmful elements
- ▶ Applying to BOTH elements from within and without metabolic and/or environmental,
- ▶ Strengthen immune and other internal organs and system
- ▶ Protecting the body and health
- ▶ Avoiding toxins
- ▶ Mastering on-going and improved detoxification processes
- ▶ Improving and/or protecting healing, health and well-being
- ▶ Totally avoiding all harmful or potential allergens or toxins might not be realistic or even possible, healthy or feasible and should NOT become and obsession of sorts

- ▶ Healthy eating, balanced living and good nutrition, supplementing, activity and exercise are all part of this recipe and equation for success As we continue to learn about refining and improving efficient detoxification mechanisms, we make it a priority to holistically and deliberately work on our health and well-being, NOT JUST FOCUS ON TOXINS AND GETTING RID OF THEM.
- ▶ Individualized supplementation, diet and choice also matter
- ▶ Optimal and peak performance will have different meanings for different people and NO TWO DETOX processes and procedures will be the same for any individual!



Explore different avenues and channels, processes, procedures of detoxification, finding the one or combination therapies and strategies that addresses your needs and situation(s), target, goals, purpose, direction and desires BEST/MOST:

- ▶ Allergy Extracts, Herbs and Chelation
- ▶ Baths, Saunas and Hydrotherapy
- ▶ Breathing
- ▶ Charcoal Therapy
- ▶ Compresses, Poultices and Packs
- ▶ Diet and Nutrition
- ▶ Exercise and Bodywork
- ▶ Organ and system, cleaning, clearing and cleansing such as the liver, colon, gall bladder and many more
- ▶ Oxygen Therapy
- ▶ Yoga

Medical procedures and how they affect and enable, necessitate and/or hinder or help detoxification, might also need closer consideration and contemplation in the future. For example, procedures and processes that involve any, some or all of the following:

- ▶ Surgery
- ▶ Radiation Treatment
- ▶ Chemotherapy
- ▶ Medications
- ▶ Vaccinations
- ▶ Dental Work

... and many others. You need to find comprehensive, holistic, natural processes enhanced and customized to suit your OWN need and specific body, condition, health and targets, comfort level and perspective(s), for DETOX to be MOST successful. That in a nutshell is the essence. Despite myriads of published, online sources, people are still looking for answers, quick fixes, solutions that work, things to do and implement, in order to change their situations, condition, health, well-being, environment and live healthier, longer lives.

The news and headline are not new: we can make a difference with DETOX! The how is quite different. WE NEED A DETOX PLAN, prepare and plan for its success, work for results (it will not just happen, by random chance or luck!) , it is NOT about weight loss primarily, it can and should be practical and easy to do for anyone! (if deemed appropriate and necessary). Strengthening your body, systems (immune system), using your human systems equilibrium and balance as you should, bio-chemistry in your favor and creating a healthier environment in and around it to interact, be and exist in is key!

Ending this section with a piece of advice from a recognized expert in the field from detoxification seems appropriate:



"Dramatic cleansing reactions - although some people swear by it - are not necessarily desirable, for in the case of serious illness or exposure to toxic chemicals, the liver and other organs of detoxification and elimination are overworked. In extreme cases, sudden detoxification can be fatal. People who are young, healthy, active, health-conscious, well nourished and free from major toxins can embark on the most arduous cleansing programs with good results and few side effects, but for most of us, ambitious programs are best approached with caution and common sense. Severe cleansing reactions can be incapacitating and truly painful. It isn't necessary for most people to suffer in order to rid their bodies of stored toxins, and the unpleasant side effects of detoxification can be minimized, even in those who have seriously toxic conditions."

(Source Link: Herbs for Detoxification, C. J. Poutinen, Pg. 38, see reference text at the back for full citation and details).

Take issue then, whether DETOX is right, best and advisable for you.

Accept that not all procedures, mixes, recipes, methods and interventions will necessarily work (as well necessarily) for you, under all circumstances

Detox has to be approached with caution and serious consideration for your overall health and well-being, not risk all!

DETOX is not first and foremost about losing weight!

Mixed results with detoxification are possible for a variety of different reasons and factors and NOT to be taken on lightly.

It is not all about the toxins, build up – it is about a philosophy, a way of life a CHOICE! YOUR health, YOUR well-being!

You need to be aware of your key natural bodily strengths and arsenal, like:

- ▶ Antioxidation system
- ▶ Liver's detoxification processes
- ▶ Circulatory, elimination systems
- ▶ and even your heart and brain! Yes, they are part of this equation too!

So, how would you know that something is wrong or that you are in need of detox? According to experts, who are seen as pioneers in this field and discipline of healing and well-being, there are telltale signs:

- ▶ Low energy
- ▶ Fatigue
- ▶ Muscle weakness
- ▶ Inability to concentrate
- ▶ Intestinal complaints

How are chronic illness, dirty colons and inefficient waste systems not effectively cleaning, clearing and cleansing your body – MAKING YOU SICK AND SUFFERING?

Think you have any of the following issues or problems with your body sometimes, sporadically, or constantly – for each of us it will be different, but the underlying reality and challenge being the same – DETOX and GET/STAY HEALTHY:

- ▶ Bad breath & foul-smelling stools
- ▶ Candida infection
- ▶ Chronic constipation

- ▶ Excess weight
- ▶ Flatulence, gas & bloating
- ▶ Food allergies
- ▶ Frequent colds
- ▶ Frequent fatigue and low energy
- ▶ Hemorrhoids
- ▶ Impaired digestion
- ▶ Irritability, mood swings
- ▶ Irritable Bowel Syndrome (IBS)
- ▶ Metallic taste in mouth
- ▶ Parasites in stool
- ▶ Powerful food cravings
- ▶ Protruding belly (“pooch”)
- ▶ Recurring headaches
- ▶ Skin problems, rashes, etc.



There are those who question, caution against and even oppose detox diets, certain treatments, and exploitation of a process intended for good, stating it comes with risk if not properly done! Some walk away from detox feeling less satisfied and/or even disillusioned. This does not need to be the case.

These detox diets are not intended mainly and foremost for dieting per se, rather cleaning and flushing out. The initial pounds lost are usually mostly water and fluids anyway. Starvation and restriction we all know do not result in weight loss, quite the contrary – you will start gaining weight again rather quickly as your body re-adjusts and stores food/fats to ‘survive’.

There are no guarantees with detox – it is not a magical cure that will put right all ills and wrongs. It does not happen of and by itself, automatically. You have to work at it like everything else. Your detox strategy needs to be part of a whole set of holistic health priorities and practices, overall strategy to have the most impact and be successful. Determination, persistence, discipline, positive attitude can all help you in this process – the lack thereof, will be a formidable enemy to overcome!

Balance is key for you to achieve the required results. Give new meaning to your expectations, with a personalized, custom DETOX plan and strategy that works for you and your needs.



Final Thoughts...

Any of these sound familiar to you? Then at times, it might not always be quite that obvious! We are not always on top of what poses a risk to us and what might require DETOX, when, where, how often. Things accumulate over time and there are things in our environment and that we are surrounded by, breathe, apply, use, add, eat, drink that might contain very harmful elements that can accumulate in our bodies over time. We can opt for organic, natural foods to avoid these as well as DETOX ever so often.

Who Should Definitely Not Attempt Detox On Their Own:

Although there are many great benefits to be had from these processes and procedures of ridding your body of harmful toxins, caution is the name of the game all-round!

Those that should rather consult with a physician or treatment professional PRIOR to starting a DETOX, include:

- ▶ Taking a prescription medication
- ▶ Chronically ill
- ▶ Compromised immune system or blood disease
- ▶ Infants and young children
- ▶ Kidney or liver issue patients
- ▶ Pregnant and/or nursing women
- ▶ The elderly
- ▶ Those addicted to drugs or alcohol
- ▶ Those suffering from a serious disease
- ▶ Those who have been exposed to dangerous chemicals, heavy metals or radioactive material

See the potential, promise and seize the opportunity to DETOX, but do not be blind to the risks. Ready yourself and plan, stacking the odds in your favor to succeed and stick to your plan, reach your goal.

Manage your DETOX symptoms and manifestations as your body reaches its optimal balanced state yet again, getting rid of and expelling the toxins. This could include minor discomforts, like headaches, fatigue, queasiness and discomfort. It will pass, or in some cases yours might not be that profound or may become severe. If you feel at any point during your detox process that you are uncomfortable or at risk, seek out the help of a medical practitioner to see you through it and/or stop giving your body time to re-adjust and change gear!

Here are just some of the examples that you might find of toxins in our environments, their sources and causes, considerations and consequences.

Educate and empower yourself as to what you and your family are using and putting into your bodies on a regular, daily basis and over time and choose to live healthy!

During every day use of products, we are surrounded with potential dangers we are either unaware of or do not pay enough attention to – this proves your system will be in serious need of periodic, initial and regular detoxification to CLEAN, CLEAR, CLEANSE, flush and rid your system of these harmful elements.



DETOX SUBSTANCES TO AVOID: ALPHA-LISTING OF SOURCES/CAUSES OF TOXIC SUBSTANCES AND ELEMENTS TO AVOID AND/OR GET RID OF

Acesulfame K

- ▶ SOURCES: puddings, chewing gum, non-dairy creamers, instant coffee mixes, tea mixes, gelatin desserts
- ▶ Common sugar substitute
- ▶ Can contribute/cause cancer in some individuals

Acetone / Acetaldehyde

- ▶ SOURCES: nail polish remover, nail polish
- ▶ Dimethylketone, 2-Propanone, Beta-Ketopropane
- ▶ Irritant if inhaled, into bloodstream and organs
- ▶ Can contribute/cause headaches, confusion, increased pulse rate, blood, nausea, vomiting and unconsciousness, and even coma, shortens the menstrual cycle in women, kidney, liver and nerve damage, increased birth defects, metabolic changes, cancer

Alcohol

- ▶ SOURCES: mouthwash, astringent, toothpaste, cleansers.
- ▶ Too much of a good thing is never good for you! Known to cause oral cancer in some individuals

Alkyl-phenol Ethoxylates

- ▶ SOURCES: shampoo and bubble bath.
- ▶ Reduce sperm count

Alpha Hydroxy Acid

- ▶ SOURCES: anti-aging facial creams and lotions.
- ▶ Destroys skin cells
- ▶ Leaves skin more susceptible to damage
- ▶ Skin cancer

Aluminum

- ▶ SOURCES: anti-perspirant deodorants
- ▶ Nervous system damage
- ▶ Alzheimers

Ammonium Glycolate

- ▶ SOURCES: Body Lotions
- ▶ Increase risk of sunburn and skin cancer
- ▶ Intensifying UV exposures in deep skin layers.
- ▶ Itching, burning, scaling, hives, and blistering of skin
- ▶ Chemicals that reach the bloodstream increases



Ammonium Persulfate

- ▶ SOURCES: hair color and bleaching kits
- ▶ Affects your immunity
- ▶ Could cause itching, burning, scaling, hives, and blistering of skin, lung problems, asthma attacks airway passage type difficulties

Aspartame

- ▶ SOURCES: sugar substitutes, shaving gel and diet sodas
- ▶ Can cause dizziness, headaches and even seizures
- ▶ Alters brain function

Bentonite (Clay)

- ▶ SOURCES: soaps, facial masks and cosmetics
- ▶ Affects your skin, not allowing it to breathe and causes build-up
- ▶ Trapping the toxins in the largest organ of your body, causing all types of problems

Benzene

- ▶ SOURCES: detergents, drugs, pesticides and adhesives
- ▶ Inhalant risk
- ▶ Can cause headaches, rapid heart rate, tremors, confusion, unconsciousness and death.
- ▶ Hodgkin's and Lymphomas

Benzoic Acid

- ▶ SOURCES: food preservative, pharmaceuticals and cosmetics, canned goods
- ▶ Affects nervous system
- ▶ Severe eye and skin irritant

Benzoic / Benzyl / Benzene

- ▶ SOURCES: shower gels, shampoos, bubble bath
- ▶ Carcinogens
- ▶ Endocrine disruptor
- ▶ Cause birth defects

BHA – BHT

- ▶ SOURCES: preservatives, canned foods and body products
- ▶ Carcinogenic

Bronopol

- ▶ SOURCES: Body and personal care products
- ▶ Formaldehyde, carcinogenic nitrosamines

Butylparaben

- ▶ SOURCES: Body and personal care products
- ▶ Breast cancer risk, endocrine disruptor
- ▶ Can cause infertility or development problems, cancers, itching burning and blistering of skin.

Carboxymethylcellulose

- ▶ SOURCES: cosmetics
- ▶ Risk of inhalation and chemical pneumonitis.

Coal Tar Dyes

- ▶ SOURCES: bubble bath, hair dye, dandruff shampoo, toothpaste and foods
- ▶ Can cause potentially severe allergic reactions, asthma attacks, headaches, nausea, fatigue, lack of concentration, nervousness
- ▶ Increased risk of Hodgkin's disease, non-Hodgkin's lymphoma and multiple myeloma

Cocamidopropyl Betaine

- ▶ SOURCES: body products made from coconut (natural or organic)
- ▶ Itching, burning and blistering of skin
- ▶ Synthetic



Coumarin

- ▶ SOURCES: rat poison, deodorants, shampoos, skin fresheners and everyday perfumes
- ▶ Carcinogenic

D&C Yellow 11

- ▶ SOURCES: Lip gloss, polish remover, nail polish, bath oil/salts/soak, body spray, moisturizer, lipstick, styling gel/lotion, bar soap, after sun products, cologne, nail treatment and eye products
- ▶ Chemical foreign to the body, colorant

DEA: Diethanolamine

- ▶ SOURCES: shampoos, soaps, hairsprays and sunscreens, additive, wetting or thickening agent
- ▶ Blocks absorption of choline for fetal brain development

Ethylacrylate

- ▶ SOURCES: mascara
- ▶ Cancer

Hydroabietyl Alcohol, TEA: Tea, Triethanolamine

- ▶ SOURCES: styling gel/lotions, cosmetics
- ▶ Tremors, nausea, heart palpitations and nervousness allergic reactions including eye problems, dry hair and skin

DEA-based detergents , NDEA

- ▶ SOURCES: shampoos, skin cream, bubble bath, shaving gel, conditioner, and lotions, preservative
- ▶ Liver and kidney
- ▶ Nitrosating agents
- ▶ Carcinogen
- ▶ Additive and chemical compound, toxin used to adjust pH balance and convert acid to salt

Diacetyl

- ▶ SOURCES: Microwave popcorn
- ▶ Lung conditions like bronchiolitis obliterans

Dibutyl phthalate (DBP)

- ▶ SOURCES: nail polish
- ▶ Long-term fertility issues in newborn boys

Dimethicone

- ▶ SOURCES: lotions, creams and body products, personal care products
- ▶ Silicone type of emollient
- ▶ Trapping toxins in and on the skin
- ▶ Tumors and accumulation in the liver and lymph nodes

Disodium EDTA

- ▶ SOURCES: Various cosmetic products
- ▶ Risk of being swallowed or inhaled
- ▶ Irritation to skin, eyes and respiratory tract

Elastin

- ▶ SOURCES: facial creams and body lotions
- ▶ Traps moisture and does not allow skin to breathe and excrete toxins naturally

Fluoride

- ▶ SOURCES: Toothpastes
- ▶ May contain lead, mercury, cadmium and arsenic.
- ▶ Carcinogenic that accumulates, even forms bone-deposits that can be deadly



Formaldehyde

- ▶ SOURCES: Nail products, baby shampoo, bubble bath, deodorants, perfume, cologne, hair dye, mouthwash, toothpaste, and hair spray. carcinogen and neurotoxin
- ▶ Risk of being swallowed, absorbed through skin, or inhaled
- ▶ Spasms, edema, chemical pneumonitis

Fragrances (Synthetic)

- ▶ SOURCES: perfumes
- ▶ Toxic chemicals like methylene chloride
- ▶ Carcinogenic and/or known neurotoxins.

Glycolic Acid

- ▶ SOURCES: creams, lotions, and cosmetics. penetration enhancer
- ▶ Toxins are then allowed into the bloodstream, skin or sense organs more and faster
- ▶ Itching, burning, scaling, hives, and blistering of skin
- ▶ Neurotoxin, kidney toxicant, gastrointestinal or liver

GMO/Genetically Modified Organism

- ▶ SOURCES: foods like corn, soy, and tomatoes, body products, plants, animals or foods genetically modified, created or changed

High Fructose Corn Syrup/HFCS

- ▶ SOURCES: Most refined, processed foods, sweets, candies, baked goods and more
- ▶ Heart disease, raised blood levels (cholesterol, triglycerides)
- ▶ Clotting and aging accelerators

Hydrogenated/Partially Hydrogenated Oils

- ▶ SOURCES: partially hydrogenated oils, margarines, spreads and other food sources
- ▶ Excessive trans fats
- ▶ Diseases like multiple sclerosis, allergies, even arthritis

Hydroquinone

- ▶ SOURCES: skin lightening products, hair dyes
- ▶ Chemical toxin and harmful skin structure altering agent
- ▶ Inhibits the production of melanin
- ▶ Skin cancers

Hydroxy-methyl-cellulose

- ▶ SOURCES: cosmetics
- ▶ Chemical pneumonitis

Isobutylparaben

- ▶ SOURCES: Body and personal care products
- ▶ Breast cancer risk
- ▶ Itching, burning and blistering of skin

Isopropyl Alcohol

- ▶ SOURCES: Various cosmetic and beauty products, personal care and body products
- ▶ Can cause flushing, pulse rate decrease, blood pressure lowering, anesthesia, narcosis, headache, dizziness, mental depression, drowsiness, hallucinations, distorted perceptions, respiratory depression, nausea, vomiting and coma.



Kajoic Acid

- ▶ SOURCES: skin lightening products
- ▶ Inhibits melanin production
- ▶ Skin damage and cancer

Kaolin (Clay)

- ▶ SOURCES: face powders and cosmetics.
- ▶ Harms, alters and damages skin, not allowing it to breathe and excrete toxins properly

Lacquer

- ▶ SOURCE: mascara
- ▶ Eye-lashes can fall out for some individuals, irritant

Lanolin

- ▶ SOURCES: Body products, lotions, creams, personal care products
- ▶ Carcinogenic pesticides such as DDT, lindane, dieldrin and other neurotoxins form part of the formula
- ▶ Can cause rashes

Lye

- ▶ SOURCES: bars of soap
- ▶ Dry and damage skin

Magnesium Stearate

- ▶ SOURCES: medicines, pills, pharmaceuticals, foods, talcum powder, ammunition, drying agent in paints phosphatidyl choline
- ▶ Collapses cell membranes
- ▶ Kills T-Cells
- ▶ Breaks down the immune system

Methylisothiazoline, or MIT

- ▶ SOURCES: some shampoo
- ▶ Neurological damage from prolonged use is not uncommon

Mineral Oil

- ▶ SOURCES: Make-ups, cosmetics and beauty products like blush, baby oil, lotions, foundation and creams.
- ▶ Clogs pores
- ▶ Locks in toxins, suffocates and dries skin
- ▶ Inhibits your skins natural oil production
- ▶ Increases dehydration
- ▶ Testicular tumors in the fetus
- ▶ Deposits and accumulation in the lymph nodes
- ▶ Prevents absorption of vitamin A from the intestines

Monosodium Glutamate/MSG

- ▶ SOURCES: Flavoring, additive in many foods
- ▶ Excitotoxin
- ▶ Nerve damage and allergic reactions

Neotame

- ▶ SOURCES: soft drinks, prescription drugs, most if not all processed foods, types of artificial sweetener like aspartame
- ▶ Ingredients and elements include aspartic acid, phenylalanine, and a methyl ester
- ▶ Brain lesions and neuroendocrine disorders

Nitrate – Nitrite

- ▶ SOURCES: high temperature-frying
- ▶ The real danger here is nitrosamines
- ▶ Cancer-causing chemical, especially stomach cancer



Olestra

- ▶ SOURCES: many fat-free and low-fat, convenience foods
- ▶ Flushes nutrients (essential) out from the body

Paraffin

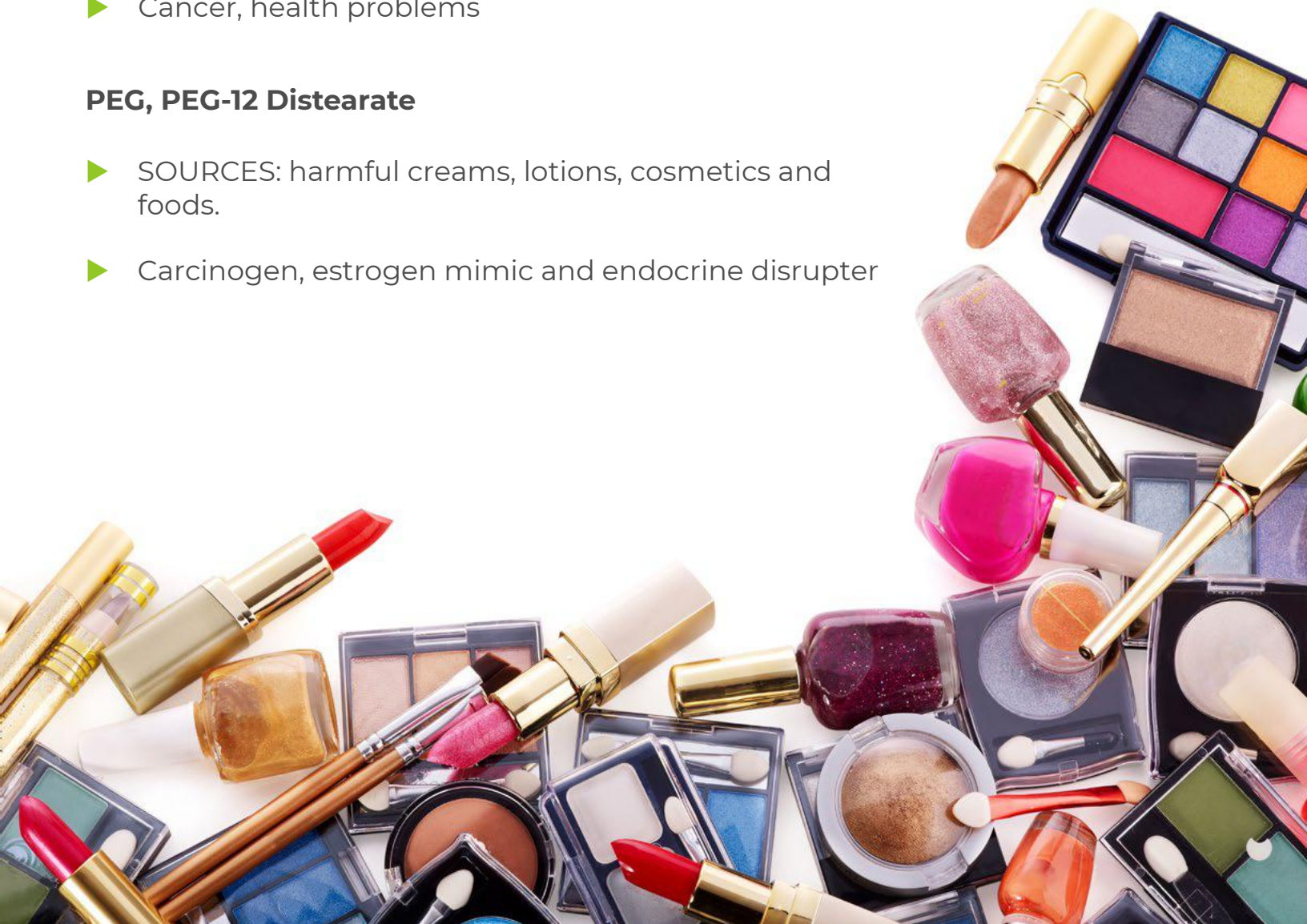
- ▶ SOURCES: still found in some cosmetics and food
- ▶ Cancer causing element

PEG Stearates

- ▶ SOURCES: cosmetics, creams and foods
- ▶ Cancer, health problems

PEG, PEG-12 Distearate

- ▶ SOURCES: harmful creams, lotions, cosmetics and foods.
- ▶ Carcinogen, estrogen mimic and endocrine disrupter



PEG-80 Sorbitan Laurate

- ▶ SOURCES: cosmetics, gels, creams, lotions and foods
- ▶ Gastro-intestinal or liver toxicity

Petroleum

- ▶ SOURCES: lotions, skin creams, and body jelly, even some medication
- ▶ Suffocates skin, traps toxins in the body, and clogs pores.

Phenoxyethanol

- ▶ SOURCES: excretion of body product toxins and disposal of cosmetics
- ▶ Reproductive or developmental harm to fetus
- ▶ Reduced fertility
- ▶ Irritant
- ▶ Potential risks to wildlife and environment

Phthalates

- ▶ SOURCES: vinyl flooring, plastic wallpaper, childrens' toys, perfume, hair spray, deodorant, nail polish, hair gel, mousse, body and hand lotion.
- ▶ Damage to organs and systems in the body like, liver, lungs, kidneys and reproductive system
- ▶ Affects processes and growth like forming testes

Polyethylene Glycol /PEG

- ▶ SOURCES: cosmetics, body products, foods, lotions.
- ▶ Eye irritant, carcinogenic
- ▶ Severe acidosis, central nervous system damage, congestion, convulsions, mutations.

Polypropylene

- ▶ SOURCES: lipstick, mascara, baby soap, eye shadow.
- ▶ Carcinogen

Polyquaternium-7

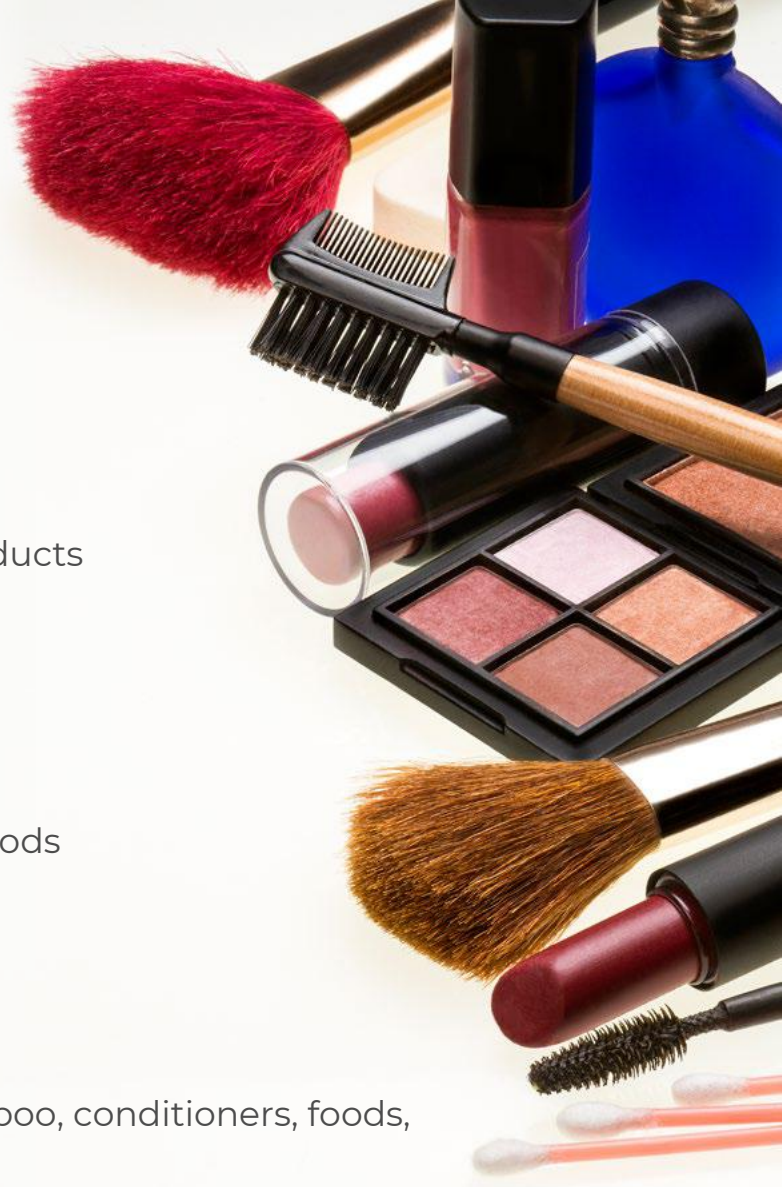
- ▶ SOURCES: body and personal care products
- ▶ Cancer, health problems

Potassium Bromate

- ▶ SOURCES: used in bread and baked goods
- ▶ Known carcinogenic

Propylene Glycol

- ▶ SOURCES: shaving gel, lotions, shampoo, conditioners, foods, deodorant
- ▶ Kidney damage, liver abnormalities, inhibits skin cell growth, damages cell membranes causing rashes, surface damage and dry skin
- ▶ Bloodstream and organs absorb it
- ▶ Acidosis, central nervous system damage and congestion, convulsions, mutations, and surface EEG changes
- ▶ Petroleum derivative
- ▶ AVOID contact with eyes, skin and clothing
- ▶ Irritation of nasal passages, ingestion can cause nausea, vomiting and diarrhea



Propylparaben

- ▶ SOURCES: Body care products, cosmetics
- ▶ Breast cancer risk
- ▶ Endocrine disruptor
- ▶ Impaired fertility or development
- ▶ Cancers, itching burning and blistering of skin, gastrointestinal or liver toxicity
- ▶ Poisonous and moderately toxic

Quaternium-7, 15, 31, 60 etc.

- ▶ SOURCES: body care and beauty products
- ▶ Skin rashes and allergic reactions
- ▶ Multiple myeloma, non-Hodgkin's lymphoma and other cancers.

Sodium Chloride

- ▶ SOURCES: table salt in its basic form, shampoo, cosmetic and other product thickeners
- ▶ Eye irritation, some hair loss, and dry and itchy skin

Sodium Hydroxymethylglycinate

- ▶ SOURCES: facial moisturizer, facial cleanser, facial treatments, skin fading and lightening products, anti-aging products, eye makeup remover, concealer, makeup remover, around eye cream, acne treatment, shampoo, conditioner, styling lotion and gel, styling mousse and foam, hair spray, and even hair relaxer.
- ▶ Cancer, health problems

Sodium Nitrite

- ▶ SOURCES: Preservative in meat
- ▶ Leukemia, brain tumors and other forms of cancer

Soy

- ▶ SOURCES: foods and drinks, supplements et al.
- ▶ Naturally occurring compounds at times toxic to humans and animals
- ▶ Blocks calcium and can cause vitamin D deficiencies
- ▶ Contains MSG
- ▶ May cause neurological problems
- ▶ Inhibit thyroid function
- ▶ Lead to fatigue and mental issues
- ▶ Autoimmune thyroid disease , even liver disease

SLS (Sodium Lauryl Sulphate)

- ▶ SOURCES: toothpaste, soap, shampoo, body wash, bubble bath, facial cleansers.
- ▶ Seeps into the heart, lungs, brain and liver through the skin and hair follicles hair loss, damages immune system
- ▶ Derived from coconut oil



SLES (Sodium Laureth Sulfate)

- ▶ SOURCES: shampoo, toothpaste, bubble bath, body wash, soap. carcinogenic nitrosamines
- ▶ Hair loss when it is applied to scalp

Stearalkonium Chloride

- ▶ SOURCES: hair conditioners.
- ▶ Allergic reactions

Sulfites

- ▶ SOURCES: Occurring naturally in raw potatoes, wine and dried fruit (banned from other foods)
- ▶ Asthmatic reactions that can even be severe or deadly

Talc

- ▶ SOURCES: blush, condoms, baby powder, feminine powders, foot and body powders.
- ▶ Carcinogenic
- ▶ Fallopian tube fibrosis

Toluene

- ▶ SOURCES: nail polish and cleaning products
- ▶ Poison - highly toxic
- ▶ Causes hallucinations, bone marrow changes, may cause liver and kidney damage
- ▶ Birth defects, endocrine disruptor and potential carcinogen that has been linked to brain cancer
- ▶ Irritates respiratory tract

Triclosan

- ▶ SOURCES: antibacterial soaps and toothpaste products
- ▶ Reacts with chlorine in the tap water to create chloroform
- ▶ Contributes to cancer
- ▶ AVOID THE FUMES, inhaling or breathing it

Zinc Stearate

- ▶ SOURCES: blush and powder foundation
- ▶ Carcinogen



Resources and links

- ▶ www.wikipedia.org
- ▶ www.about.com
- ▶ “Cleanse & Purify Thyself” by Rich Anderson
- ▶ <http://www.holisticmed.com/detox/detox.html>
- ▶ <http://www.detox.org/consmabl.html>
- ▶ 7-Day Detox Miracle: Restore Your Mind and Body’s Natural Vitality with This Safe and Effective Life-Enhancing Program by Peter Bennett, N.D., Stephen Barrie, N.D., with Sara Faye Foreword by Jeffrey S. Bland, Ph.D. Prima Health, 1999.
- ▶ Natural Detoxification: The Complete Guide to Clearing Your Body of Toxins
- ▶ A Practical Encyclopedia by Jacqueline Krohn, M.D., Frances A. Taylor, M.A., Jinger Prosser, L.M.T. Hartley & Marks, Publishers, Vancouver, BC
- ▶ Herbs for Detoxification, C. J. Poutinen, Keats Publishing, 1997
- ▶ <http://www.detox.org/bodydetox.html> to learn more about the body’s natural detoxification processes, why it is important and how to boost it!