

DETOXIFICATION

There are all different kinds of detoxification. You can detox your kidneys, colon, skin, lymphatic system, liver/gallbladder, bloodstream or you can detox from various environmental burdens: pesticides, heavy metal, bacteria, viruses, yeast and molds, chemicals. We will discuss GENERAL detoxification.

BASIC ELIMINATION DIET (Starts the detox process): people who complain of recurrent gastrointestinal problems, especially diarrhea, food intolerance or sensitivity, chemical or environmental sensitivity, and chronic headaches of unknown etiology have employed this dietary approach.

The diet is low-lactose, low fat, gluten-free, and usually well tolerated. The primary guidelines are outlined below:

- 1. Eliminate cow's milk dairy products such as milk, cheese, and ice cream. Goat and sheep products are tolerated much better, especially good, plain goat yogurt with live cultures.**
- 2. Avoid, at least temporarily, meats such as beef, pork, and veal. Chicken, turkey, lamb, and cold-water fish such as mackerel and salmon are acceptable if you are not allergic to them. Select only from free-range sources to lessen contaminate load in all commercially raised animal products**
- 3. Eliminate gluten. Avoid any food that contains wheat, spelt, kamut, oats, rye, barley, amaranth or malt. This is the most difficult part the diet, but also the most important. Unfortunately, gluten, the sticky protein in most grains, is contained in most common foods such as bread, crackers, pasta, cereals, and products that contain flour made from these grains. Products made from rice, corn, buckwheat, quinoa, and gluten-free flour, potato, tapioca, and arrowroot may be used as desired by most people.**
- 4. Drink at least 2 quarts of pure water daily in small amounts throughout the day. Do not drink tap water.**
- 5. Avoid all alcohol-containing products, including beer, wine, liquor, and over-the-counter products, that contain alcohol. Avoid all caffeine-containing beverages, including coffee, caffeine-containing tea, and soda pop. Coffee substitutes from gluten-containing grains should also be avoided, along with decaffeinated coffee. Read labels carefully, because over-the-counter medications may contain alcohol and/or caffeine.**

MOST BASIC ADDITIONS ADDED TO ABOVE DIET:

- A good probiotic product (1-2 servings a day). This builds good gut flora. Probiotic Synergy (Designs for Health), Pro Flora Plus (Biogenesis), or Ultra Flora Plus (Metagenics) are good choices. Keep refrigerated and take with meals since there is less acid at meals than on an empty stomach.
- A good, high potency multiple-vitamin supplement that is formulated properly to dissolve and has nutrients formulated for bioavailability; i.e., B vitamins, CQ 10, Lipoic Acid, Minerals. Ultra Genesis (Biogenesis) 3-6/day with food.
- Fresh, raw vegetable juices diluted 50% with pure water.
- A good soluble and insoluble fiber product to move waste products more swiftly out of the colon. (Meta-Fiber 1-2 scoops in 10 oz. of water a day /Metagenics, Ultra Fiber Plus, (BioGenesis). Do not use meta-mucil type products. They have colorings and chemicals and irritate the colon.
- Do this for at least 1 month and evaluate your digestion and other symptoms. This can be done long-term or for life and of course, you can add fatty acid therapy to this plus other supplements later on for fine-tuning.

BASIC DETOXIFICATION WITH ADDED LIVER CLEANSING

To do a more powerful cleanse, you can do the above elimination diet (full diet comes with the literature) with a product called BioCleanse (BioGenesis). BioCleanse is a full spectrum, “medical food” that can be used as a full meal replacement for protein and nutrient needs. This product is used in a “step up” approach, where a person gradually “steps” up the amount taken until consuming 2-3 servings a day with other allowed food items on the eating plan. Done for 1-3 months, the body gets a thorough cleansing, high quality amino acids, very low allergenic food potential, and a gastro-intestinal rebalancing. Recommend using a good probiotic (see above) with this program.

OTHER ADJUNCT DE-TOX TOOLS/PROCEDURES

Dry skin brushing: Go to health food store and purchase a natural fiber body brush. Before bathing, start at feet and brush whole body dry, upwards towards the heart. Do not brush the face. Stimulates detoxification of the lymph system, which lies just under the skin and promotes the ability to sweat. The skin is the largest detoxification organ in the body.

Epsom Salts Bath /Baking Soda Bath/Sea Salt Bath: Adding a pound or two of these substances to a bath is relaxing and cleansing for the lymph. They draw toxins to the surface so the skin can eliminate them.