

Nourishing Wellness

Dump the Junk



Detox Guide

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Acknowledgements

The Nourishing Wellness Guided Cleanse and Detox programs have been evolving and growing since 1993. I am so grateful to all of you for joining the journey.

You are living proof that cleansing and detoxification does change lives! It has been absolutely wonderful to share in your success and watch your transformation!

You inspire me to continue sharing this gift with others.

Thank you for helping make our world happier and healthier.

Many blessings,

Linda

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Living in a Sea of Toxins; Our Body Burden

At the core of every illness is the exposure to environmental toxins such as heavy metals, pesticides, herbicides, plastics, industrial pollutants, medications, food and cosmetic additives, and more. There are over 100,000 synthetic chemicals in use, few have been tested for safety, and none have been tested for synergistic interactions.

This exposure begins before birth and lasts our lifetime. Many toxins, such as pesticides, BPA, plastics, fire retardants, Teflon, and even ingredients found in our personal care products are considered endocrine disruptors, wrecking havoc with our body's hormone systems. These toxins play a role in weight gain by poisoning our metabolism, with fat tissue becoming the storehouse for toxins. Weight issues have become more than the adage "calories in and calories out."

Start with the Standard American Diet (SAD), add a serving of chronic stress, then season with exposure to environmental pollutants, and we soon have an overload that poisons our bodies, our minds, our lives and our future generations.

The Startling Statistics:

- Every single person and animal on the planet contains residues of toxic chemicals. Studies have shown that the average person's body burden in America is 700 toxic chemicals from food, water, and air.
- "Unborn Babies Soaked in Chemicals" was the title from a July 2005 report, which found 287 environmental toxins in umbilical cord blood. Teflon, mercury, fire retardants were among them. 180 of these chemicals are known carcinogens, 217 are toxic to the brain and nervous system, and 208 cause birth defects.
- BFR's (Brominated flame retardants) are accumulating in our bodies and have been measured in blood and breast milk. They were found in every person and animal tested, including newborns and fetuses from around the world. Recent studies show this to be 75x's greater in US than in Europe. Fire retardants affect fertility, are toxic to the brain and hormones.
- Phthalates are plasticizers; which according to the EPA is found in everyone's fat and is the highest pollutant in the body. Found in plastic bottles, kitchenware, toys, personal care products (perfumes, nail polish and more) and medical devices. Phthalates are carcinogenic, cause infertility, birth defects, obesity and as endocrine disruptors affect the thyroid, testosterone and estrogen levels.
- BPA, (Bisphenol A) is widely used in plastics and migrates into the food or water it holds. BPA is an endocrine disruptor that can mimic or block hormones that regulate many of the body's functions. BPA is a known carcinogen and can also cause miscarriages. It's found in water bottles, the lining inside canned goods, register receipts, and more.





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- A US Geological Survey study of municipal water supplies found levels of caffeine, contraceptives, painkillers, insect repellents, perfumes, nicotine, antibiotics, antidepressants, blood pressure meds, household cleaners, and more in our drinking water.
- Arsenic is routinely fed to commercial chickens as a growth promoter.
- More than 80 different antibiotic residues were found in store bought non-organic milk. When we eat commercially raised animal products we are also ingesting the antibiotics, the hormones, and the pesticides, herbicides and other chemicals that are fed to these animals!
- The EPA revealed “alarming” levels of rocket fuel (more than 30 times the “safe” level) in the nation’s supply of lettuce, which is irrigated from the Colorado River.
- Even locally we are finding high concentrations of mercury in our local lakes and in our loon population. There is now “no link in the food chain untouched by mercury” and is a far greater threat than previously thought.
- Some are warning that electromagnetic radiation (EMR) is much more dangerous and more pervasive than any other chemical we are exposed to.

THE BOTTOM LINE

Who needs to cleanse and detoxify? We all do!

We are the toxic generation...

We need to become the detox generation!

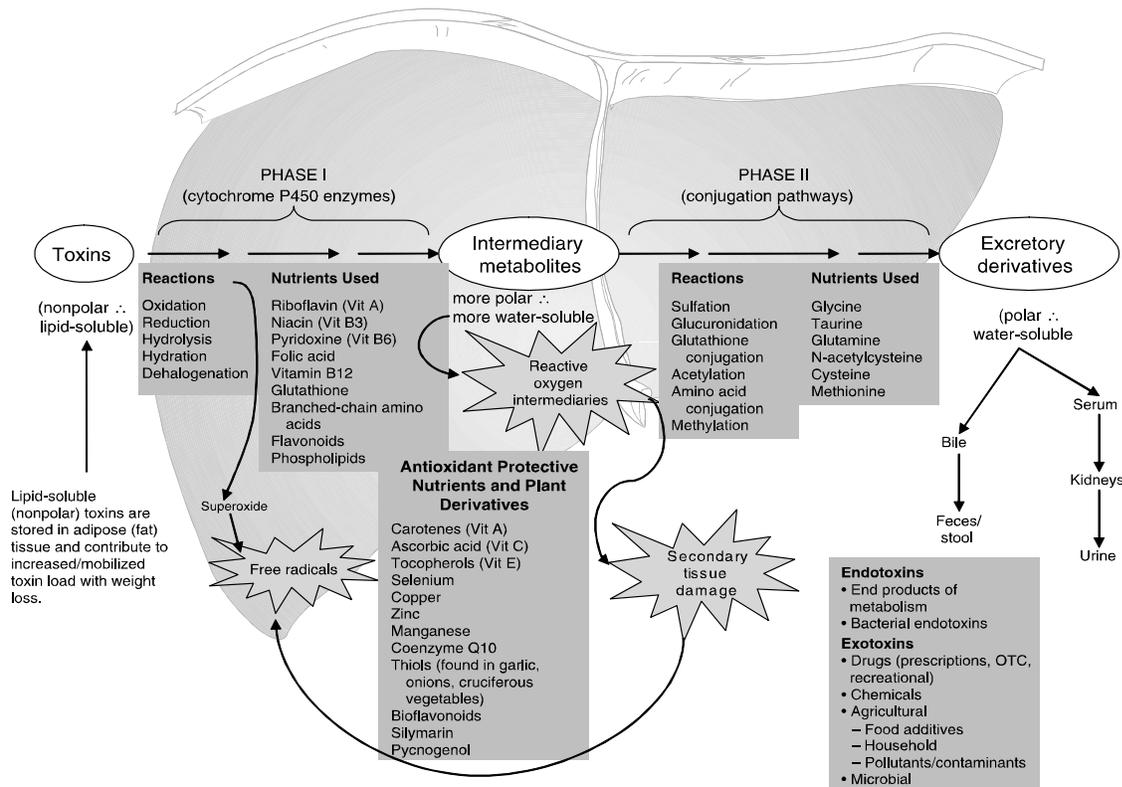
The good news is that there is much we can do to make wise choices and to support our body’s detox process.



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The Liver – Vital to Life



Liver detoxification pathways and supportive nutrients

Detoxification isn't something we only do twice a year with cleansing products and a cleanse diet. Every cell in our body constantly detoxifies! The process of detoxification involves eliminating or neutralizing toxic substances via our channels of elimination, which include the skin, lungs, kidneys, liver, bowel, blood and lymph. Toxins from the air, water, food, alcohol, skin care products, and our own metabolic by-products all contribute to toxic overload, which damages cells and eventually contributes to symptoms and chronic disease. Keeping the channels of elimination healthy and flowing supports our body's ability to move the wastes out.

The liver, as the body's cleanup crew is certainly the workhorse of detoxification with the manufacturing support of 13,000 chemicals, and over 2,000 enzyme systems.

More than 2 quarts of blood/minute are filtered through the liver! Besides its role in detoxification the liver plays an important role in digestion (breaking nutrients down), assimilation (building body tissues), and is the storage site for many essential vitamins and minerals.





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Each day the liver manufactures approximately 1 quart of bile, which serves as a carrier for toxic substances to be dumped into the intestines. The bile with its toxic load is absorbed in the intestines by fiber and excreted from the body. However, when fiber intake is low, there is inadequate binding and the reabsorption of toxins occurs. Magnifying this problem further is that bacteria in the intestines will modify these toxins into even more damaging substances.

The Detox Two Step – it's all about balance

Phase 1:

Job Description: In phase 1 there are three basic ways to neutralize toxins: directly neutralizing a toxin, making the toxin water soluble for excretion through the kidneys, or modifying the toxic chemical to form activated intermediates which are then neutralized by one or more of the several Phase 2 enzyme systems.

NOTE: These active intermediates are even more toxic than the original toxin!

Tools to perform the job: Detoxification of most chemical toxins involves a group of enzymes collectively called the cytochrome P450 system of enzymes (50-100 enzymes).

Key nutrients needed for job performance: Amino acids, glutathione, vitamin C, vitamin E, B vitamins, antioxidants, bioflavonoids, magnesium, zinc, copper, selenium, CoQ10. Cabbage, broccoli, brussel sprouts, asparagus, avocado, walnuts, garlic, onions, milk thistle, and limonene (found in oranges, tangerines, caraway, and dill) supports phase 1 detox.

Phase 2:

Job Description: Typically involves biochemical conjugation in which various enzymes in the liver attach themselves to the toxin. This conjugation reaction either neutralizes the toxin or makes the toxin more easily excreted in the urine or bile. Phase 2 enzymes act on some toxins directly, while others must first be activated by the Phase 1 enzymes.

Tools to perform the job: There are six phase 2 detox pathways: glutathione conjugation, amino acid conjugation, methylation, sulfation, acetylation, and glucuronidation.

Keys to job performance: Glutathione, taurine, glycine, glutamine, arginine, cysteine, N-acetyl cysteine, methionine, molybdenum, magnesium, B vitamins, and antioxidants such as vitamin A, folate, vitamin C, E, zinc, selenium, and mixed carotenoids. The diet should have adequate protein and be rich in fruits and vegetables, especially garlic, onions, cabbage, bok choy, broccoli, brussel sprouts, and leafy greens.



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The Poop on Healthy Elimination

Constipation has become the modern day plague and is the #1 complaint in America. Diarrhea can be constipation in disguise, as it's the body's last-ditch effort to eliminate wastes and toxins.

Digestive complaints account for 2.5 million-physician visit per year!

Did you know that constipation is only found in "civilized populations"?



What causes constipation?

Gastrointestinal complaints can often be remedied with diet and lifestyle changes.

Our standard American diet, known as the SAD diet, is lacking in fiber, adequate water (hydration), healthy fats (lubrication), and beneficial flora (the good bugs). Exercise is important to toning and nourishing the bowel, a muscle. Often we fail to take the time necessary to "heed nature's call". When nature calls we should answer on the first ring! Otherwise the normal body reflex diminishes, in other words the body stops alerting us of the need to eliminate.

Why is this an issue?

Our stools consist of wastes and toxins that should be eliminated from the body regularly. If not, these wastes and toxins are then recirculated and are reabsorbed into the blood stream. This puts added stress on our filtering organs such as the kidneys and lymph. Bowel constipation leads to liver constipation. Constipation also increases the risk for hemorrhoids and fecal impaction.

What is healthy elimination?

Healthy elimination is really the foundation to good health!

Ideally you should be having at least one healthy bowel movement per day, preferably two or three! If you are having anything less you should take steps to support healthy elimination.

Your stool should be easy to pass – you get the urge and you go with complete evacuation. No straining, and no need to flip through the *Readers Digest* while waiting!





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What do your stools look like?

It's a good idea to take a peek, as it will give you instant feedback!

Your stool should be full, formed, soft and light brown in color. See the chart that follows for a good visual. Types 1 and 2 indicate constipation Types 3 and 4 are the easiest to pass. Types 5-6 may indicate diarrhea. Type 7 may be a sign of cholera or food poisoning.

If they are hard and lumpy or little pellets then you need more fiber and water.

Do your stools smell rotten? Increase your fiber and flora.

Check your transit time; the time it takes for food wastes to leave the body. Ideally this should be between 12-24 hours.

To test your transit time eat ½ cup beets.

Record the date and time eaten:

Note the time when this is first seen in the stool:

Note the time when this is last seen in the stool:

Bristol Stool Chart

Type 1 	Seperate hard lumps, like nuts (hard to pass)	Type 3 	Like a sausage but with cracks on its surface
Type 2 	Sausage-shaped but lumpy	Type 4 	Like a sausage or snake, smooth and soft
Type 5 	Soft blobs with clear-cut edges (passed easily)	Type 7 	Watery, no solid pieces. Entirely liquid
Type 6 	Fluffy pieces with ragged edges, a mushy stool		



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Relieve Constipation Naturally

1. If you are a woman over 40, rule out hypothyroidism.
2. Try squatting. This is the best, natural position for healthy elimination and is the way many people from around the world evacuate. You can get the same benefit by placing a stool in front of the toilet to raise your knees.
3. Eat plenty of fiber rich foods and add *PaleoFiber** into your daily routine. *PaleoFiber** is a blend of fibers and is adaptogenic, which means it will help soften your stool if you tend towards constipation, or firm up the stool if you tend towards loose stools. Adding organic ground flax seeds or chia seeds will add additional fiber.
4. Stay hydrated! Drink at least ½ your body weight in ounces of water each day.
5. Exercise regularly. This helps to stimulate circulation and bowel function.
6. Get good bugs. Take a high quality probiotic formula like *Flora Synergy** or *Dr O's**. Be sure to include probiotic foods and beverages in your diet in the form of raw sauerkraut, and beverages such as *Coco Biotic**, *Innergy Biotic**, kvass, and kombucha.
7. Using *MagCitrate**, *Gentle Pathway**, *Colon Rx** when necessary are helpful strategies to get you going!

**Available through Nourishing Wellness*





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5 Steps to Success

1. Get the Enemy Out of the House

By reducing our chemical cuisine we can have the biggest impact on our toxic burden. This is the area in which we also have the most control.

Remove the unhealthy foods that could sabotage your success and replace them with the foods you need to support your goals.

See the Dump the Junk Shopping List and the Cleanse Cuisine to guide you with shopping and stocking up.



2. Drink Up

- **Water Yourself!** Upon rising begin your day by drinking 8 – 16 ounces of water.

Every metabolic reaction in the body takes place in water! Ideally you should strive for ½ your body weight in ounces/day of pure filtered water. For some this might be a lot! Be sure to get at least 64 ounces (2 quarts) each day. If it's hot, you're sweating, or exercising you'll want to increase this amount. Sip your water through out the day and limit your intake during meals to avoid diluting your stomach acid.

Coffee, tea, and soda not only act as diuretics they are also acidic which leaches your body of important minerals.

Tip: Fill a glass pitcher or a high quality environmentally friendly water bottle to help you keep track of your daily consumption.

- **Eliminate Caffeine!**

Many rely on coffee as a way to get some get-up-and-go in the morning. Besides energy and mental alertness, coffee also stimulates the bowels. But healthy bodies stimulate themselves! Within days of starting your detox you should be enjoying energy all day long and having healthy bowel movements.

Did you know that coffee and tea are some of the “dirtiest” crops? If you are not drinking organic coffee or tea you are drinking pesticides!

Tip: Try *Dandy Blend* as a delicious coffee substitute that is healthy for your liver and you!

See the Guide to Coffee (page 12) and Water (page 14).

- **Eliminate Alcohol!**



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Do you use alcohol as a way to de-stress at the end of the day or to help you sleep?

Although moderate drinking has been promoted as healthful - alcohol is a known neurotoxin that poisons the brain. It's also toxic to the liver - one martini actually depresses liver function by 64% for 4 hours! Alcohol upsets hormonal balance, impairs the immune system, increases cancer risk and increases insulin levels, which negatively affects your health in the long term.

Tip: How about making a lateral shift? Fill a wine glass with *Gerolsteiner* or *Apollinaris* mineral water, and a squeeze of lime. For a real health cocktail add an ounce or two of one of *Body Ecology's Probiotic* beverages (*Coco Biotic* or *Innergy Biotic*) and you'll be rebuilding the beneficial bacterial in your gut, helping your immune system, your brain, and your liver!

3. Get Moving

How much do you move during the day? Many of us spend most of time on our butts. Find ways to increase your activity throughout the day. Everything counts!

Walking, running, rebounding, bursting, yoga, stretching. One of the best ways to increase your metabolic activity is to simply move your body. In doing so you'll increase the circulation of blood and lymph moving those toxins to the exits. By increasing our oxygen intake we accelerate the elimination of wastes through the lungs. Exercise elevates the mood and sense of well-being. What's not to like about that?

4. Journal

This is one of the biggest secrets to being mindful, staying accountable, and having SUCCESS with your program. Studies have shown that when we write down our intentions the chance of reaching them goes up by 90%. Even if things aren't going as well as you hoped, this is NOT the time to ignore your journal, as it will help you discover your obstacles and how to get back on track.

5. Weigh and Measure

What you can measure you can improve! This is a terrific way to stay accountable and track success. How about taking a before picture? You'll be recording your findings in your journal at the beginning and throughout the program.

Each week you'll get on the scale and record your weight first thing in the morning before you eat or drink. Next take your measurements. Place a tape measure around your waist (usually at the belly button). Measure your hips at the widest part of your buttocks/hips. Just be consistent in your placement of the measuring tape each time.



Tip: Be sure to leave the negative self-talk behind!



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Coffee

What's so great about coffee anyways?

- Many coffee drinkers enjoy the taste. Others simply mask the taste with sugar and creamers.
- The caffeine boost. Many people swear they can't get going in the morning without a cup of coffee - or several. They feel physically tired and mentally foggy without their morning brew.
- Most regular coffee drinkers argue their habit isn't doing them any harm. In fact, they'll point to reports touting the health benefits of coffee, citing studies that claim regular consumption reduces the risk for heart disease and diabetes, for example.
- Researchers can't seem to pinpoint exactly how coffee acts to allegedly reduce the risk of certain diseases, but they suspect it has something to do with the anti-inflammatory properties of the antioxidants in coffee.
- The simple fact that remains however is that, coffee is not good for you and it's not a health food, as some published reports would have you believe. There are much better, less risky ways to achieve any professed benefits of coffee consumption. Don't use pro-coffee reports or propaganda as an excuse to hang onto your coffee habit!

The truth: coffee can wreck your health

- Pesticides - coffee beans are one of the most heavily sprayed crops
- Creates a pH imbalance in the body
- Depletes minerals (buffer acids)
- Inhibits the absorption of B vitamins
- Exhausts the adrenal glands
- Elevates stress levels
- Drains energy
- Causes indigestion
- Creates blood sugar swings
- Causes anxiety, irritability, and heart palpitations
- Irritates the UT/bladder
- Implicated in insomnia, PMS, hot flashes, heart disease, fibrocystic breasts, osteoporosis, cancer, and GERD (heartburn)



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Kick the habit

- Mix organic beans with ½ decaf and ½ regular and reduce your total consumption slowly.
- Switch to organic green tea; which is alkalizing, rich in antioxidants, and contains a small amount of caffeine.
- *Dandy Blend* to the rescue! Rich, full bodied, and instant! A liver-healthy blend of roasted dandelion, beet, and chicory extracts, *Dandy Blend* actually tastes better than coffee!
- Quit cold turkey! Expect that you will have a headache and perhaps other withdrawal symptoms. When doing this it's especially helpful to increase your water intake.

Adapted from Dr Mercola www.mercola.com





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Water

- Our bodies are 67% water by weight, with the average adult containing 10-13 gallons of water.
- 75% of Americans are chronically dehydrated.
- In 37% of Americans, the thirst mechanism is so weak that it is often mistaken for hunger.
- Even MILD dehydration will slow down one's metabolism as much as 3%.
- One glass of water shuts down midnight hunger pangs for almost 100% of the dieters studied in a U-Washington study.
- Lack of water is the #1 trigger of daytime fatigue.
- Preliminary research indicates that 8-10 glasses of water a day could significantly ease back and joint pain for up to 80% of sufferers.
- A mere drop in body water can trigger brain fog, trouble with basic math, difficulty focusing on the computer screen or on a printed page, and fatigue.
- Drinking 5 glasses of water daily decreases the risk of colon cancer by 45%, plus it can slash the risk of breast cancer by 79%, and one is 50% less likely to develop bladder cancer.
- Are you drinking the amount of water you should every day? Ideally you should be drinking $\frac{1}{2}$ your body weight in ounces per day. Good hydration is vital to good health.
- How healthy is YOUR tap water? Consider a water ionizer and purifier from *High Tech Health* www.hightechhealth.com.



What Does Water Do?

- Improves oxygen delivery to the cells
- Transports nutrients
- Enables cellular hydration
- Moistens oxygen for easier breathing
- Removes wastes from the body
- Regulates body temperature
- Lubricates joints
- Improves cell to cell communications
- Maintains normal electrical properties of cells
- Cushions joints and helps strengthens muscles

(S. Meyerowitz "Water the Ultimate Cure")



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EWG's 2012 Shoppers Guide to Pesticides in Produce

The Dirty Dozen

Know where your food comes from; purchasing organic, local foods is always best. Studies have shown that even small doses of pesticides and other chemicals can cause lasting damage to human health, especially during fetal development and early childhood.

Buy these organic

- | | |
|-----------------|--------------------------------------|
| 1. Apples | 8. Nectarines (imported) |
| 2. Bell Peppers | 9. Peaches |
| 3. Blueberries | 10. Potatoes |
| 4. Celery | 11. Spinach |
| 5. Cucumbers | 12. Strawberries |
| 6. Grapes | Plus: Green Beans
and Kale/Greens |
| 7. Lettuce | |

www.EWG.org

The Clean 15

Lowest in pesticides

- | | |
|---------------|--------------------|
| 1. Asparagus | 9. Mangoes |
| 2. Avocado | 10. Mushrooms |
| 3. Cabbage | 11. Onions |
| 4. Cantaloupe | 12. Pineapples |
| 5. Corn | 13. Sweet Peas |
| 6. Eggplant | 14. Sweet Potatoes |
| 7. Grapefruit | 15. Watermelon |
| 8. Kiwi | |

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The Cleanse Cuisine

Optimal food choices to be followed for the entire 21 day detox program

Optimal Protein Choices

Choose free-range, grass fed, organic, hormone free whenever possible. Avoid farm-raised fish.

- Chicken
- Beef
- Turkey
- Cold water fish (wild salmon, halibut, cod, mackerel, sole, sardines, scallops, shrimp)
- Lamb

TIP: Source from local farms, *Stonewood Farm* turkey breasts, ground turkey, *Shelton's* turkey meatballs, turkey sausage, *Biliniski's* chicken sausage, *Misty Knoll* chickens, *Applegate Farms* sliced deli meats are often found in your natural food stores and co-ops.

Optimal Fat Choices

As most toxins are stored in the fat you'll want to use organic products.

- Raw nuts and seeds
- Fresh ground flax seed, chia seeds
- Cold pressed and unrefined sesame oil and walnut oil
- Extra virgin olive oil
- Coconut oil and coconut milk
- Ghee (clarified butter)
- Avocados

Optimal Non-Starchy Vegetable Choices (unlimited)

Arugula	Celery	Ginger root	Radishes
Asparagus	Chicory	Green beans	Radicchio
Bamboo shoots	Chives	Hot peppers	Sauerkraut, raw
Bean sprouts	Cilantro	Kale	Sea veggies
Beet greens	Collard greens	Kohlrabi	Shallots
Bell peppers	Cucumber	Leeks	Spinach
(red,yellow, orange)	Dandelion greens	Lettuce	Spaghetti squash
Broccoli	Eggplant	Mushrooms	Summer squash
Brussel sprouts	Endive	Mustard greens	Swiss chard
Cabbage	Fennel	Onions	Turnip greens
Cauliflower	Garlic	Parsley	Watercress



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Low Glycemic Fruit Choices

Blackberries	Cranberries	Granny Smith apples	Strawberries
Blueberries	Coconut	Raspberries	

Moderate Glycemic Fruit Choices

Apples	Lemons	Passion fruit	Pomegranates
Apricots (fresh)	Limes	Peaches	Prunes
Cherries	Melons	Pears	Tangerines
Grapefruit	Nectarines	Persimmons	
Kiwi	Oranges	Plums	

High Glycemic Fruits (eat sparingly, if at all, or after a workout)

Banana	Mango	Pineapple
Grapes	Papaya	Watermelon

High Fiber Starchy Carbohydrate choices (limited)

Veggies:

Artichokes	Jicama	Potatoes	Squash (winter)
Beets	Leeks	(red, Yukon gold)	Tomatoes
Carrots	Okra	Pumpkin	Turnips
			Yams

Grains:

Amaranth	Brown rice	Millet	Quinoa
Brown basmati	Buckwheat	Oats	Wild rice

Legumes:

Adzuki beans	Chickpeas	Lima beans	Pinto bean
Black beans	Kidney beans	Mung beans	Split peas
Black eyed peas	Lentils	Navy beans	White beans

Condiments

Lemons, limes, *Celtic Sea Salt*, herbs and spices, raw apple cider vinegar

Guilty Pleasures (limited if at all)

Grainaissance Mochi, Mary's Crackers, or Nairn's Oat Crackers





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Cleansing Fruits and Veggies

Dandelion greens, mustard greens, collards, kale, swiss chard, beets and beet greens, parsnips, Brussel sprouts, broccoli, cauliflower, cabbage, spinach, asparagus, watercress, artichokes, raw cultured veggies, daikon, horseradish, garlic, onions, parsley, cilantro, celery, radish, apples, blueberries, lemons, limes, watermelon, and pineapple.

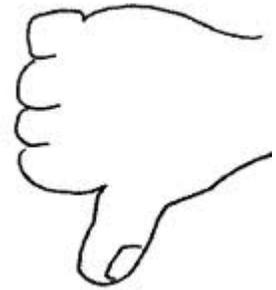
Foods to Avoid

- Processed and refined foods
- Artificial coloring and preservatives
- Sugar, sweeteners, and dried fruit
- Coffee, black tea, and alcohol
- Unhealthy fats: trans-fats (hydrogenated or partially hydrogenated oils), canola, soy, margarine, *Earth Balance*, *Smart Balance*, *Olivio* (and the like), cottonseed oil, vegetable oil, and deep fried foods

Common Food Allergens – The Top Six

These foods are the most common food allergens, which can disrupt your health. Many are unaware that they can have sensitivities or intolerances to foods. By eliminating them for a period of time allows your body a chance to rest, to heal, and to detoxify more efficiently. Doing so can deliver a number of health benefits: weight loss, reduction in inflammation, increase in energy, improved sleep, clear skin and much more. At the end of the program we'll discuss how to re-introduce these foods and see if you notice any affects.

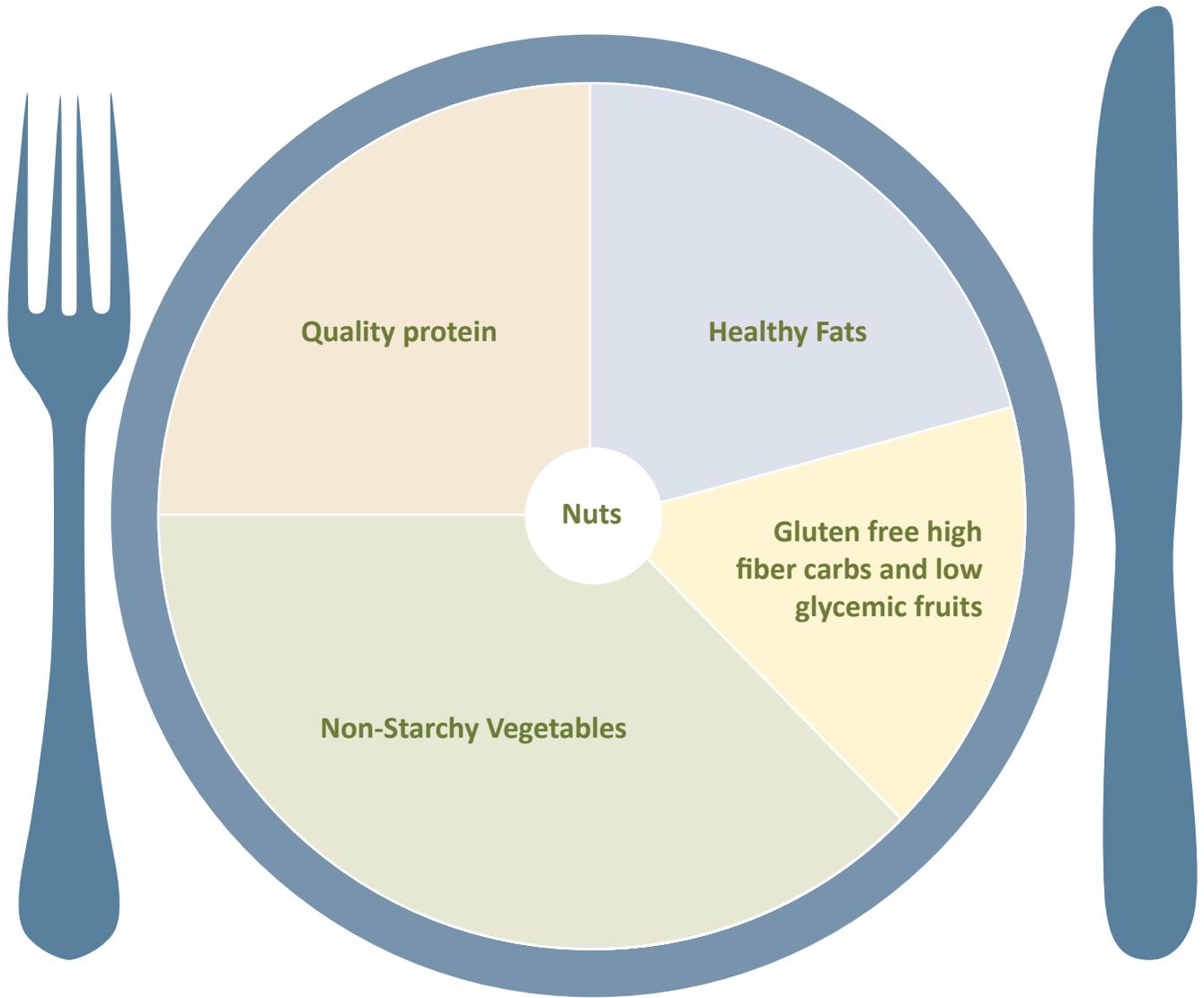
- Corn
- Dairy (cheese, milk, yogurt, kefir, butter)
- Eggs and egg replacers
- Gluten (wheat, rye, barley)
- Peanuts
- Soy (including edamame, tamari, tempeh, miso)



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What's on Your Plate?





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Detox Meal Suggestions

Breakfasts

Consider this first week as a way to ease into the deeper detox starting week 2 when we begin our detox smoothies for breakfast.

Tip: Think outside the box! Breakfast doesn't need to be "breakfast" foods!

- Protein Smoothies (see recipes) for week 2 and 3
- Eggs* and veggies cooked in coconut oil
- Steamed grains - brown rice, millet, quinoa, amaranth, or buckwheat. Add herbs, garlic, ginger and top with ghee or other healthy oil, nuts and seeds. Include a protein choice.
- Hot cereal – topped with ghee, fruit, nuts and seeds, sprinkle of cinnamon. Include a protein choice.
- Organic plain yogurt* with fruit, nuts and seeds, cinnamon
- Soup or leftover dinner

**These are eliminated completely after week one*

Lunch and Dinner Meals

- Standard meal may include: protein (wild fish, free range poultry, grass-fed meat) with plenty of non-starchy vegetables cooked and/or raw. May include a grain such as brown rice, or starchy veggies such as red potatoes, squash, and sweet potato with healthy fats.
- Fresh salad topped with a protein choice and cultured veggies (sauerkraut)
- Turkey or beef meatballs cooked in tomato sauce over brown rice or spaghetti squash, with big green salad
- Stir-fried veggies in coconut oil with a protein served over brown rice
- Soup and salad (dress with extra virgin olive oil, raw apple cider vinegar and herbs)

Mid-Morning or Mid-Afternoon Snacks

- Apple slices or celery with almond butter
- Nuts and seeds
- Raw veggies with guacamole or hummus
- Sliced *Applegate* turkey roll-ups with cultured veggies (sauerkraut)
- Warm broth or soup
- Mochi stuffed with almond butter or hummus



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Beverages (besides water)

- Herbal teas (especially detox teas)
- Organic green teas
- Organic yerba matte tea
- *Dandy Blend* (coffee substitute)
- Mineral water
- Coconut water
- Coconut milk
- Organic lacto-fermented beverages, such as *Body Ecology's Probiotic* beverages
- *Zukay's kvass*
- Kombucha

Healthy Habits

- Chew, chew, chew each bite until liquid
- Drink your fluids before and after meals
- Eat mindfully; slowly and in a relaxed atmosphere
- Eat only when hungry, eating only as much as you need
- Enjoy a seasonal cuisine in a rainbow of colors
- Cook in stainless steel, glass, porcelain or iron cookware
- Avoid microwave cooking
- Season foods with *Celtic Sea Salt*, herbs and spices





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What Can I Expect During My Detox?

Will it be uncomfortable?

This detox is designed to be gentle and easy to follow. Remember it's not a fast, nor is it a colon cleanse, which can be very harsh on your body. You will be eating plenty of food and the smoothies are pleasant tasting. You may feel a slight withdrawal in the first few days especially if you are giving up caffeine and sugar.

Cleansing reactions occur as toxins are being released from the cells and dumped into the system overloading the detox pathways. Too many toxins, too few exits. The emphasis is to keep these exits open and support the process. *PaleoCleanse** is a science-based medical food, which will assist you through some of the challenging days. Have faith, it will pass, and it will be worth it!

The following are some healthful ways of dealing with the more common cleansing reactions. Rely on the affirmation "I welcome this sign that my body is cleansing itself of wastes and poisons."

Therapies for all cleansing reactions

- Drink plenty of water, herbal teas, diluted fresh juices, green drinks, or coconut water
- Get extra rest and sleep
- Take a relaxing detox bath, use the Infrared Sauna*, or Ionic Detox Footbath*
- Do a long and luxurious skin brush
- Add *Energetix Alka-C** or *Designs for Health C+ Bio Fizz** to water as needed
- Do an abdominal massage

Headaches – massage into each temple one-drop of pure lavender essential oil. Hold an ice pack on the forehead for 30-60 seconds then on the back of the head at the base of the skull. Alternate positions for up to 5 minutes. *New Chapter's Headache Take Care** is an excellent product to have in your natural pharmacy.

Low energy and fatigue – slow down, nap, and enjoy a "green" drink in by mixing *PaleoGreens** in coconut water or enjoy one of *Body Ecology's Probiotic* beverages*. Mix a teaspoon of *Designs for Health C+ Bio Fizz** in water.

Body odor and bad breath – exercise, sweat, skin brushing and tongue brushing, eat chlorophyll-rich vegetables and fresh green juices.

Skin blemishes – do sweat promoting exercise, use the sauna, skin brush, do a facial steam.

Digestive disturbances – drink ginger, peppermint and chamomile teas, use digestive enzymes or bitters as needed, take extra vitamin C, chew some fennel seeds, eat slowly and chew your food well. Always heed nature's call. Be sure to include probiotics. For loose stools increase the amount of fiber you are using. If constipated be sure to be drinking adequate amounts of water, using fiber, and getting enough fats and oils. For added support consider *Designs for Health Mag Citrate powder** or *Colon Rx**.

*Available through Nourishing Wellness



Nourishing Wellness

Good health is a choice you can make today!

5 Fun and Easy Tips for Enhancing Your Detox

1. **Drink a cup of hot water** with $\frac{1}{4}$ lemon and a pinch of cayenne pepper first thing in the morning. This supports the body's cleansing process and helps to breakdown and dislodge sticky mucus deposits. Be sure to use the white inner rind and fibrous strands that are rich in bioflavonoids and vitamin C. Cayenne aids digestions and circulation.
2. **Dry skin brushing** is a wonderful way to slough off dead skin cells while helping eliminate wastes by increasing blood and lymphatic circulation. Your skin will soon glow with regular skin brushing. Use a "dry skin brush" to massage your entire body in circular motions before getting into the shower.
3. **Get the toxins out!**
 - Infrared saunas are helpful for detoxing environmental toxins, for weight loss, pain relief, mood elevation, stress reduction, improveing circulation and boosting the immune system.
 - Ionic Foot baths are helpful in detoxing, heavy metals, acid wastes, and toxins. The pulsed ionic field allows for a gentle release into the lymphatic system. Many feel lighter, have more energy, experience immediate pain relief, and a greater sense of well-being.
 - Warm baths with *Epsom* or *Dead Sea* salts added to soothe, relax and detox.
 - Do your own hydrotherapy in the shower by alternating hot/cold water, or simply end your shower with a cool/cold rinse. If you get your head wet first it makes it easier and is quite invigorating! This stimulates circulation and your immune system. You'll feel like a million bucks when you're done.
4. **Relax, breathe, and go for walks.** Take time for contemplation and meditation to quiet the mind, nervous system and rejuvenate your spirit. Spend time in nature. Deep breathing cleanses the lungs and is calming.
5. **Power down.** Turn off electronic gadgets an hour or more before bed to calm and prepare your nervous system for a good night sleep. Create distance between where you sleep and electromagnetic fields. Remove computers and TV's from the bedroom.

Tip: Schedule an appointment for a therapeutic ionic footbath and/or the far infrared sauna.



