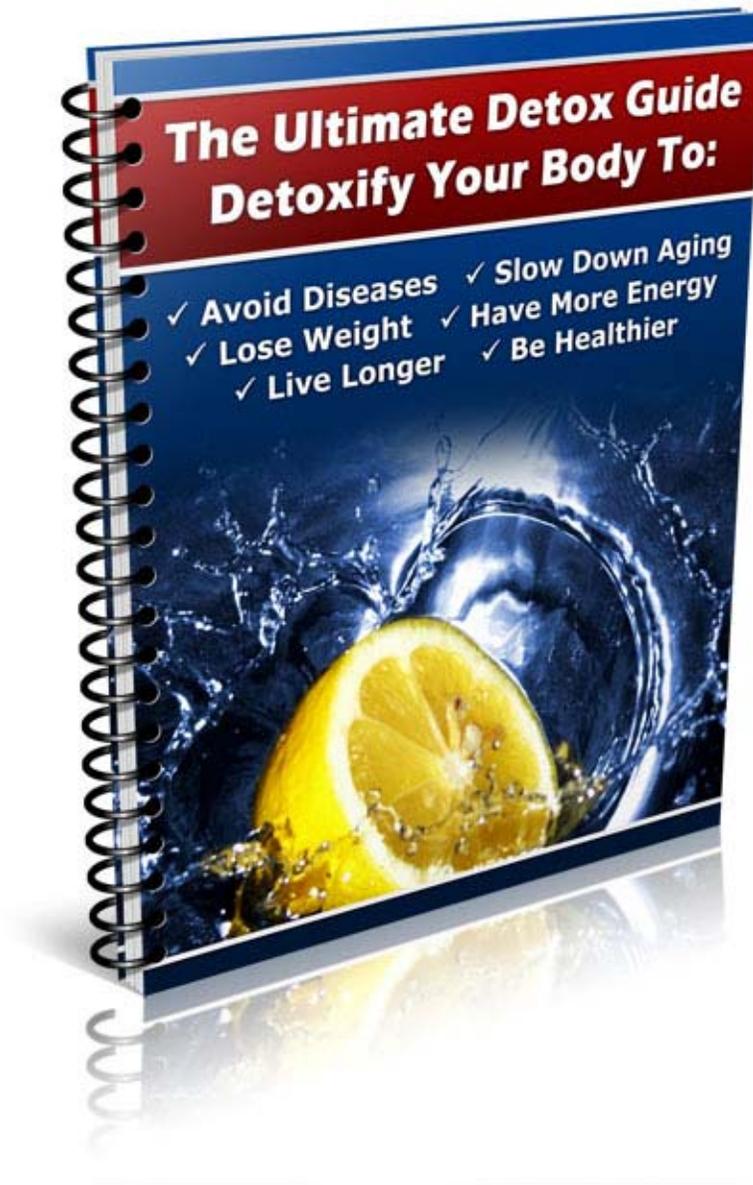


**The Ultimate Detox Guide**  
**Detoxifying Yourself for Better Health**

From <http://DetoxMySystem.com>

By **Kenneth Merrick**



# **Cancer, Diabetes, Dementia, Alzheimer's, Arthritis, Obesity:**

These are just some of many chronic ailments plaguing our society today. Did you know that all these diseases

**CAN** be avoided?

Even **Cured** if you are a victim already?

The contents of this book will help you learn how:

- Stop diseases from developing!
- Slow down aging naturally!
- How to lose weight and keep it off!
- How to detoxify heavy metals from your body!
- How to re-vitalize your body naturally!
- Alternative natural healing powers of certain foods!

...The most important decision that you can make to control your health is by what you eat

- Learn how to flush toxins away - the ones that you are exposed to daily!
- Learn what certain foods immobilize your immune system!
- Learn how to strengthen your immune system!
- Learn how to control weight gain - even reverse years of fat deposits!
- Etc, Etc

# Table of Contents

*Foreword*

*Disclaimer*

*Introduction*

Chapter One - What does detox mean?

Chapter Two - Who should detox?

Chapter Three - Why should you detox?

Chapter Four - Biggest source of toxins

Chapter Five - Detoxing with natural foods

Chapter Six - Nutrient-Density line

Chapter Seven - What is a detox diet?

Chapter Eight - Metabolism and how it works

Chapter Nine - Metabolism, what is your type

Chapter Ten - How clean is your colon?

Chapter Eleven - One-Week detox with natural whole foods

Chapter Twelve - Prepare for a detox

Chapter Thirteen - Foods to eat

Chapter Fourteen - Foods to avoid

Chapter Fifteen - Sample menu

Chapter Sixteen - Supplements to aid in detox

Chapter Seventeen - Detox to lose weight

Chapter Eighteen - The science behind losing weight

Chapter Nineteen - Recipes for detoxifying your body

## Foreword

**I** want to thank you for reading this book. I am a health coach and nutritional authority. Throughout my research I uncover the truth about health and then provide this information to you. Then I help you use this information to achieve your goals. I am deeply dedicated to providing the best, unbiased information, about how anyone can detoxify their bodies to live a happier, healthier, and longer life. I have done it myself, so I am providing you with instructions so you can do this too. Just start by following these instructions and change your diet to one of nutritional value (which is, by the way, not what the FDA recommends). You will lose weight, and avoid illnesses as well as chronic and incurable diseases. You will put the brakes on premature aging; feel vibrant with more energy, look younger and have a sharper mind!

Let me tell you a little about myself and why I chose to write this book. I am in my fifties and I have seen a lot in this world, some good, and some bad. I have reversed the paralyzing effect of being overweight, the aches and pains of old age, and the crippling result of losing a spouse! I have lost some dear friends, as well as family members to diseases. What I didn't know at the time was these diseases could have, and should have been avoided. Why? Because of the policies followed and adopted by our nation's watchdog...the government.

But it was after my wife was diagnosed with cancer that I decided to practice what I am preaching to you now, and tell the world. In 2009, when my wife and best friend, Susan Rome Merrick was diagnosed with cancer, my world as I knew it came to an abrupt end. Susan was a chef, a mother and a wife. What was I going to do now? Susan was my "everything!" Susan had Crohn's Disease, but knew what she could eat and what to avoid so she could stay healthy.

I tried to help by researching every treatment to cure her of this dreaded disease. I knew there was a way, if I could just find it. But before I could find an alternative treatment plan to replace her chemotherapy to help her, she died of cancer eight months later. OMG! It was up to me now.

I continued in my quest for her to make every meal count. I had faith and hoped that I would find that "magic bullet" that would save my wife. I began including many of the nutritious ingredients I researched into every meal. Susan showed signs of improvement, at least for a while.

During the last months of Susan's life, I never left her side. I took care of her 24/7. I continued to search for alternative means to try to stop this death sentence that even the best doctors knew was inevitable. I watched the chemotherapy slowly poison and kill my wife. Chemotherapy, the main treatment for most cancers, is just that, poison. Yes, I agree, it kills cancer cells and limits tumors from growing. But it also kills good cells throughout your body. Unless you are extremely healthy, your body will not survive the onslaught of this poison that is meant to save you. My wife's doctors had all agreed that this was the only treatment option.

*There are many alternative treatment plans that most doctors refuse to even consider. Unfortunately for Susan and me, these discoveries came after her death. I am done with unnecessary deaths. My wife paid the **ultimate** price, with her own life, for believing and following her doctor's advice! Is this what you want? Do you want to become another statistic?*

*In my research, I discovered a flaw in the system. Several years ago, scientists set out to discover a cure for cancer. In their discovery, they found three different cultures of people around the world that are marginally diagnosed with cancer. It was their diet alone that prevented cancer cells from forming and growing. When these scientists announced this discovery, the medical establishment quietly silenced the announcement. The result was business as usual. The conclusion: doctors really don't want you to be cured.*

*As the legendary Robert Atkins, M.D., once remarked: "There is not one, but many cures for cancer available. But they are all being systematically suppressed by the American Cancer Society, the National Cancer Institute, and the major oncology centers. They have too much of an interest in the status quo."*

*I found out about this the hard way. The doctors who were treating my wife were charging my insurance company \$4700 once a month, when her chemotherapy was administered. And these racketeers who rake in this money obviously couldn't care less whether she lived or died.*

*Another example: A chemo drug called Erlotinib costs \$3,500 a month. The FDA approved it as a treatment for cancer because it supposedly improved survival by 12 days!*

*The Pharmaceutical Drug companies don't develop medicines to cure your illnesses and diseases; they develop and patent their drugs to treat the symptoms of your illness to make money. If they cured your disease, then they lose a customer. It is a multibillion a year business that is solely driven to make money. Even our own government and the Food and Drug Administration, are in bed with these same drug companies. As you read this book, you will discover what I know, and how to prevent having the same fate as my wife.*

*So it is now all up to you. You can decide to follow the advice and instructions that I have provided to add quality years to your life, or, you can ignore my recommendations and become another statistic.*

## **DISCLAIMER AND TERMS OF USE AGREEMENT**

The author of this book has used his best effort in preparing this book. The author makes no representation or warranties with respect to the accuracy, applicability, fitness, or completeness of the contents of this book. The information contained in this book is for educational purposes. Therefore, if you wish to apply ideas contained in this book, you are taking full responsibility for your actions.

This book is not to be interpreted to either prescribe or practice medicine. Also, neither should this book be understood as putting forth any cure for any type of acute or chronic health problem. You should always consult with a competent, fully licensed medical professional when making any decisions about your health.

In the interests of honesty, the author wants to provide you with information about the links in this book. Some of these links are affiliate links which means if you sign up for, or buy something, after clicking on the link the author will get a commission or bonus in some way. Some of these products are from companies or individuals that the author trusts and that the author has bought or tried himself, and these products are ones that he endorses and recommends to you.

The author of this book will use reasonable efforts to include up-to-date and accurate information, but makes no representations, warranties, or assurances as to the accuracy, currency, or completeness of the information provided. The author of this book shall not be liable for any damages or injury resulting from your access to, or inability to access this book, or from your reliance upon any information provided in this book.

All rights reserved. No part of this book may be reproduced transmitted, transcribed, in any form, by any means, without the written permission of the author.

Copyright © 2013 – DetoxMySystem.com

*Dedicated:*

*This book is dedicated to Susan Rome Merrick, my wife, in which without her, this book would never have become possible.*

## Introduction

**The medical establishment, pharmaceutical companies and the FDA have been lining their pockets for years with monies made from unnecessary medical treatments, lethal drugs that do more harm than good. Their vaccination and nutritional policies are slowly poisoning and weakening the American people!**

When my wife was diagnosed with Stage 2-Lung Cancer, it was like receiving a death sentence. She eventually lost all her motivation to beat the disease that was inevitably going to kill her. I tried in vain to persuade her to try alternative means to beat this indiscriminate disease.

**But she continued to trust her doctors.** She assumed that they knew best. They kept telling her, “Hope for the best, but prepare for the worst.” These “professionals” already knew my wife’s fate, even though they would never confirm the outcome of their treatment plan.

Since her untimely death and my continued research for information, I have become an avid believer in preventative medicine. **I practice what I preach!** God has placed nutritious foods on our planet for a reason: to prevent illnesses and diseases. Our medical establishment has ruthlessly attacked any and all natural healing capacities of natural foods for the sake of money. They patent their drugs and medications with disregard of mankind, just to make a buck.

**LET THY FOOD BE THY MEDICINE AND THY MEDICINE BE THY FOOD**

Hippocrates

You won’t find any of the side effects or expenses of traditional medicine from letting your foods be thy healer. To detox your body with natural foods, or with supplements (or a combination of both, which is what I recommend) is the wisest choice that you can make.

Even though I took care of my sick wife 24 hours a day, 7 days a week, I unfortunately was unable to help her. I, however, slowly transformed my aging body into a much leaner and healthier one. I lost my belly fat, increased my energy level, lost all my aches and pains, and no longer suffered with constipation or diarrhea. I felt like a young man again. Something as simple as detoxing my body with natural foods, taking supplements and vitamins made this all happen! Eureka! Did I find the fountain of youth? NO! This was achieved by changing my diet alone. Looking back, I am sure the changes that we made added some comfort to my wife’s condition; still unfortunately it was not soon enough to reverse her disease.

Reading and practicing what you learn here is imperative if you want to live longer. If you want to enjoy seeing your grand-children grow up, continue to live disease free and enjoy have good quality of life, just stick with it into your senior years. My wife longed to watch and be connected with her grand children. But because of her trust in our medical establishment, her dream was never fulfilled. *Don't let this happen to you!*

There is nothing worse than growing old and losing your mind. Dementia and Alzheimer's disease are growing at a rapid rate. Why? Because of the foods that we eat make us lose our minds.

When you compound toxins you encounter daily, with foods that have near zero nutritious value, the results are devastating. What is even more shocking is that most of these diseases are preventable. Yet, without detoxifying and making better choices in your diet, diseases are inevitable.

Americans spent over \$1.6 trillion dollars in 2003 on medical treatments, medicines and procedures. With that kind of expenditures, one would think that we could afford to have the best medical care. We should be reversing disease or even preventing disease, and living healthier and longer. Unfortunately, that is not the case.

Why is our medical establishment not seeing the big picture? Instead of correcting and minimizing the disease-causing factors of:

- stress and how it adversely affects the immune system
- poor exercise
- consuming too many calories
- creating highly-processed foods grown in chemically-damaged soil
- or exposure to over 80,000 different chemicals and toxins.

Our medical establishment is actually causing more harm with diagnostic testing, overuse of medical and surgical procedures and overuse of pharmaceutical drugs. It is time for everyone to stop depending on doctors to fix their ailments, illnesses, and diseases.

I want to show you that **YOU** have the power and that **YOU** can control your own destiny. You can reverse disease, prevent illness, and even stop a chronic disease in development. In this book I will show you the unnatural chemicals and toxins that you are exposed to daily and their affects on your health, your immune system and your spirit. Then I will show you how you can detoxify your body naturally and find new levels of health and disease prevention.

To Your Health,  
Kenneth Merrick

This book is full of useful information to guide you through the best detoxification program designed especially for you. I have divided this book into four sections to help you find the specific information that you are searching for.

The first ten chapters are designed to bring you up to speed on the detoxification process. I explain what certain toxins to be aware of and what they do to your health.

The next six chapters get into the nitty-gritty of detoxification. Here you will find naturally healing foods and specific supplements. I will also explain how to use them wisely. This text also shows you the exact food groups to choose your meals from, as well as what you must avoid.

The next section will start by describing how to detoxify yourself to lose weight. There are certain foods that have a devastating effect on your weight and health. In this section you will learn which of these foods are best, and which to avoid at all costs. It will provide options, depending on your body type and metabolic rate, to help you pick the best meals to eat.

Finally, the last section is recipes. This section will provide you with home-made cleaners and detoxing agents for you, your family, and your home. Since most commercial products contain some kind of toxins, these recipes will show you how to avoid these toxins with safe alternatives that do the exact same thing, usually at a much better price tag too. I have also included some food recipes to help you in getting started in your detoxification process.

Your body requires dozens and dozens of nutrients in the form of vitamins, minerals, trace elements, amino acids, and essential fats to function normally and to stay healthy. The truth of it all is that most of us are not getting what our bodies need for our short term and long term health, because:

- We eat overly processed foods and fast foods that don't have their original nutrient content
- We eat foods grown in nutrient-depleted soils. Consequently, the vegetables, grains, and fruits grown in this soil aren't as healthful as they once were
- We lead very stressful lifestyles that increase our body's demand for certain nutrients.

Also, keep this in mind; statistics show that one out of every eight of us will get **cancer**. One out of every five of us will develop **heart disease**. Another one out of every four of us will get **diabetes**...It could happen to you or me next year, next month, or even tomorrow!

# Chapter One

## What Does Detox Mean?

Detox, short for detoxification, is a word that has been around for a very long time. In the beginning this word was mainly used for the treatment of alcohol or substance (drug) abuse. To detox from alcohol, for example, the abuser had to overcome withdrawal symptoms such as cold sweats, body shaking and muscle spasms, intense headaches, upset stomach, vomiting, etc. DT's as they are called, are real, painful and agonizing.

Over the years, however, different meanings have been given to the word. In essence, Detox, or Detoxification of the body simply means removing toxins from the body, so that your health will return back to normal. This body state of normal means healthy, no illnesses, diseases, or pain of any kind. This is known as *Dietary Detox*. Yet unlike alcohol withdrawal, a dietary detox is not *painful* or *agonizing*.

There are many ways a person can detox themselves to reach a high level of healthfulness. I will discuss several ways anyone can achieve the full benefits of detoxification of their bodies and what the results will be. Since we are all unique individuals with our own bodies made up of different genes, one plan will not work for everyone. What works for your brother may have opposite effects for you. That is why several plans will be discussed to give you the tools to succeed.

Detox is the body's natural ongoing process of neutralizing or eliminating toxins from the body. Toxins are anything that can potentially harm body tissue, including waste products that result from normal cell activity, such as ammonia, lactic acid and homocysteine, and human-made toxins that we are exposed to in our environment, food, and water.

The most important natural detox substance is not a drug, a supplement, or even food. It is **water**. To flush toxins from your body, it requires liquid. Your body needs water to digest food properly. Your body is 80% water, and most everything is soluble in water.

Personally I don't cater to bottled water. It is way too expensive. It is just 'filtered tap water' that you can get anywhere for free. Plus when this filtered tap water is put into the plastic bottle, because of the pasteurization process, it is very hot. This hot water leaches some of the chemicals from the bottle itself, which in turn are 'toxic' to your body. A recent study suggests that this leaching of toxins causes your body to convert testosterone to estrogen, which for a male is not good.

## Chapter Two

### Who Should Detox?

Well that is an easy question to answer...everyone should detox periodically, or at least once a year. We are subjected to many various forms of toxins everyday, from the air that we breathe, the foods that we eat, to the water that we drink. Toxins are everywhere. Believe me when I say this because some of these toxins are deadly.

Remember back in the 1980's when we were all scared from the government announcing the news about lead-based paints? About how important it was to get rid of all lead-based paints in your home because of what would happen to a child that may have eaten some paint chips? This is just one of many examples I will illustrate to show you that toxins are everywhere. Not only toxins in the environment, but even in the foods that we buy at the store.

People who are prone to have digestive problems, Irritable Bowel Syndrome (IBS), gas, constipation or diarrhea, leaky gut syndrome, etc, definitely should detox their system at least once a year. Toxins build up in their colon, which do not get flushed completely out. This in turn coats the inner lining of their colon and digestive tract which prevents proper and adequate digestion.

### **This digestive problem only gets worse with time.**

**Very Important:** People who have been diagnosed by a doctor with a disease should consult with their doctor prior to undergoing any detoxification of their bodies. The doctor should know what they can do that will not effect any treatment of their disease and not make their condition any worse than it already is.

Our lifestyle living here in America has changed drastically over the years, even within my lifetime. What is available to eat and drink today wasn't even imaginable years ago. Our society is getting further and further away from the foods that were meant to keep us healthy.

In this time of medical blunders, over-dependence on pharmaceutical medicines, and pollution everywhere, it is time for you to take back your control of your health. I am going to show you how you can reverse your symptoms and disease, and prevent chronic illnesses in development. I will show how toxins are absorbed and why your immune system is over-run and in dire need of help. I will show how you can detoxify with natural foods and gain new found levels of health and disease prevention

## Chapter Three

### Why Should You Detox?

Detoxifying your body is a necessity that you must perform to prevent illnesses and diseases, not to mention to live a longer, healthier life. Living pain-free, disease free, and having boundless energy is what living is all about.

Environmental toxins are everywhere. They are chemical and electromagnetic frequencies, and anything that can create inflammation or molecular free radicals in the human body. Free radicals are electrically-charged molecules that steal electrons from other molecules, causing tissue damage known as oxidation. Similar to how an apple or banana changes colors after being peeled, this oxidation process causes rapid aging and a degenerative effect. This is the leading underlying cause of cancer, heart disease and almost every other chronic illness.

Just some of many symptoms of exposure to environmental toxins are fatigue, depression, headaches, allergies, chronic recurring infections, nervousness, memory loss, joint pains, skin problems, even sensitivity to smells. These toxins are also known to cause neurological disorders such as Parkinson's disease and Alzheimer's. They have even been linked to cause anxiety, depression and attention deficit disorders.

Toxic chemicals can endure in the environment for decades. These levels are high enough now to cause serious health issues. According to a 1992 report in scientific journal *Nutritional Health*, "The organochlorines (PCB's, DDT, and the Dioxin family) accumulate in the human fat tissue. For humans, food provides 80% of organochlorine contamination. Meat, fish, dairy, and commercial fruit are the main sources." A vegetarian diet including unsprayed fruit (organic) minimizes the contamination.

A September 1994 EPA report described the dioxin contamination to be a serious public health threat. Their studies showed dioxin levels in fish are 100,000 times that of the surrounding environment. The best way to avoid dioxin exposure is to reduce, or eliminate meat and dairy products from your diet.

Doctors unfortunately don't take health risks from pesticides, vaccinations, herbicides, and other chemical contacts seriously. Government safety standards are not established on the long-term effect of these various chemicals. The willingness of government to ignore harmful things in favor of lobbyists and hidden agendas is now surfacing in the pharmaceutical world, most recently with Merck's arthritis drug, Vioxx. This has even become standard procedure of developing drugs for Americans, to approve drugs as "safe" before knowing whether they are.

Remember back in the introduction of this book, where I told you about Alzheimer's disease? Let me give you some startling statistics about this rising healthcare crises:

- 1 in 8 Americans age 65 or older have Alzheimer's disease
- Nearly half of Americans 85 or older have Alzheimer's
- More than 200,000 people under age 65 have early-onset of Alzheimer's
- Right now, someone in the US is diagnosed with Alzheimer's every 69 seconds
- By 2050, someone will be diagnosed with Alzheimer's every 33 seconds
- Alzheimer's disease is the 6<sup>th</sup> leading cause of death in the US
- Alzheimer's is the 5<sup>th</sup> leading cause of death for people over 65 – right behind heart disease, cancer, and the other big killers
- Alzheimer's is the only disease that conventional medicine doesn't have a way to prevent, cure or slow down the progression

But why? You'll be amazed by what is causing this rapid progression and rise in diagnosed cases of this disease! I'll give you a hint → **Toxins**. It is scary to think how many toxic heavy metals, pesticides, and other chemicals you are exposed to each and every day. Some of these toxins you have become reliant on and use daily.

For example, each time you use antiperspirant, take an antacid, or drink a soda or beer from a can your body is exposed to Aluminum. Mercury is another heavy metal known to harm your brain. The University Of Calgary Medical School found that even small amounts of mercury kill brain cells!

Mercury is found everywhere: gasoline fumes, air conditioner filters, dental fillings, medication, vaccines and more! If that was not bad enough, you are still being exposed to lead. Lead is in newspaper ink, ceramic mugs, cosmetics, mascara, and even tooth paste.

Now for the bad news. It has been discovered that as you age, your brain begins to shrink in size. This starts to happen at around the age of sixty. But it can start sooner, and happen quicker, if these next four things (lifestyles) occur:

- High blood pressure
- Diabetes
- Cigarette smoking
- Being overweight, or obese

So, if any of these conditions apply to you, you are at a greater risk of developing these neurological disorders. That isn't nearly all, however.

Take in consideration the hormonal changes both men and women experience as they grow older. This can also put you at increased risk of memory loss. Lower levels of thyroid, testosterone, estrogen and HGH (growth hormone) combined with stress has a killing effect on your brain!

You must feed your brain with the right foods for optimal health and function; examples of some of the right foods are fish – Salmon, tuna, mackerel, and lake trout - because of their high omega-3 fats. The positively worst foods to consume for brain protection are: Click on the link below to find out!

<http://detoxmysystem.com/want/Alzheimer'sdisease>

The best treatment plan to avoid Alzheimer's disease and dementia, learn the best foods to consume, and to learn how to increase your brain capacity while building new brain pathways, just follow the link to my good friend Joe Barton, who has a video on how you can avoid these traps and gain good health well into your 100's:

<http://detoxmysystem.com/want/Alzheimer'sdisease>

Comparing your body to a car for this example: How long would your car last if you did not change the engine's oil every 3000 miles? It would not last very long. The engine would eventually lock up and not run anymore. The same is true for your body. Your liver, kidneys, intestines, sinus membranes, and other various organs filter your blood from toxins and foreign matter that will destroy your body. Since we do not "change our blood" every 3000 miles, it becomes vital that we help our body's own natural filtration system do its job of purifying our blood.

The foods that we eat have natural and man-made toxins in them. When these foods are digested our bodies are suppose to filter out the “bad” toxins and remove them as waste through our intestines and colon. When we eat foods that are processed most of the good nutrients have already been removed, and we are actually eating junk ingredients. These junk ingredients accumulate in our intestines and colon as sludge. Over time, this sludge builds up creating a major problem for our bodies. It adds extra weight, up to 5 to 40 pounds of extra unnecessary weight. It causes many other associated diseases, parasites, and illnesses.

Taking man-made medications (pharmaceuticals) to treat these ailments and diseases, generally only treats the symptoms. The disease is not typically cured. You may think that you are doing something good by taking medication, but you would be wrong.

Dr Joel Fuhrman is a leading advocate against prescribed medications to treat many diseases, such as diabetes, heart disease, high cholesterol, high blood pressure, dementia, acid reflux disease, and countless other diseases. He is convinced that it is our poor diets that cause these numerous diseases. The drug companies that create medications to treat these diseases don’t want your disease to be cured. If you were cured, then you would not need their medication anymore. It is in their best interest to only treat the symptoms, gaining your *trust* and your *money*.

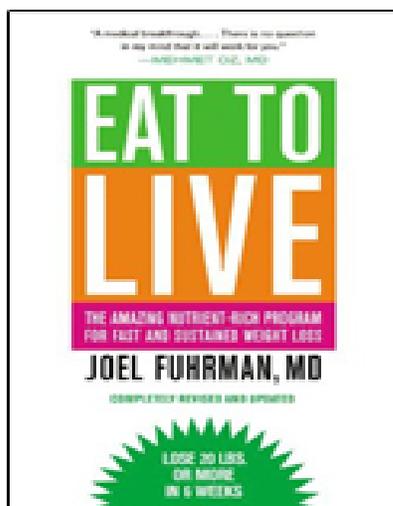
In Dr Fuhrman’s book, “Eat to Live”, he discusses a “detox diet” by eating good, nutritious foods that naturally detox your body without all the side effects that medications are prone to have. By eating good foods, you accomplish several things. First of all, you start feeling better. You will have more energy. You don’t get hunger pains and stop binge eating. You start losing weight and inches from your belly and thighs. To get your copy of this extremely valuable book, simply click on the link below,

<http://detoxmysystem.com/237/eat-to-live-book-review/>

“Healthy eating and weight loss go hand in hand”, he says. “You can’t have one without the other. Belly fat, which is the most dangerous, will dissolve away soon, after you change your diet.”

One of Dr Fuhrman’s greatest analogies has compared medical doctors to a shyster mechanic fixing your car. He states “Today most doctors will prescribe medication to treat an ailment, like dementia, acid reflux disease, bloating, aches and pains, high blood pressure, diabetes, high cholesterol, etc, that only treat the symptoms, but does not cure the ailment.”

He adds “Like you have a sensor light flashing red on the dashboard of your car. The car needs oil. Your car needs to be serviced. You take your car to the mechanic and all he does is cut the wire that is making your sensor light flash. Did the mechanic fix your car...? The same applies to the medication that your doctor prescribes. This medication is only treating the symptoms, and not curing your ailment. Your ailment will only get worse over time. The medication is only giving you a false sense that you are taking care of yourself. The medication is like giving you a permission slip to continue to live an unhealthy lifestyle.”

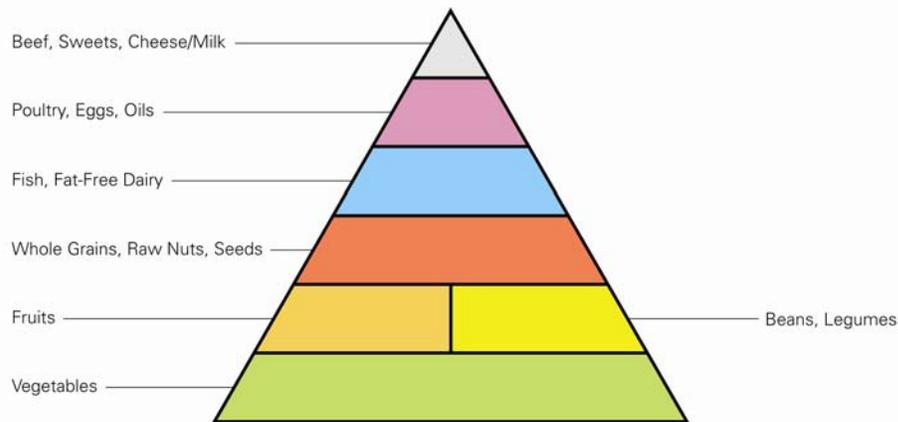


<http://www.detoxmysystem.com/237/eat-to-live-book-review/>

Have you ever woken up in the morning and felt like your mind was in a haze? Healthy foods will combat this because this feeling is your body telling you that something is wrong. What about aches and pains? Migraine headaches? Constipation and/or diarrhea? These are all symptoms of malnutrition.

Dr Fuhrman also says to “forget the food pyramid the US Government has graciously given us. Below is the better food pyramid if you want to live a longer, healthier life.”

### **Food Triangle of Nutrition**



These are the foods of the new Food Pyramid, the **Base** of the triangle being the **most** important, and the **Top** being the **least** important. This means that Vegetables ARE the most important to your body for nutrients. The second most important food group is Fruits and Beans/Legumes. Following these are the next food group, Whole Grains, Raw Nuts and Seeds. After this food group comes Fish and Fat-Free Dairy. The next food group of Poultry, Eggs and Oils. The least important food group is then Beef, Sweets, Cheese, and Milk.

Strawberries, for example, have over 700 micro-nutrients alone. Broccoli has over 1000 micro-nutrients.

“Is this just another Fad Diet Plan? Absolutely not”, says Dr. Fuhrman. “When you eat foods that have the most antioxidants, vitamins, and minerals to fight off developing cancer, you are essentially detoxifying your body. By inhibiting Fat Growth in cells, you don’t gain weight and stop cancer cells from developing; you unclog your arteries which stops heart disease, high blood pressure and high cholesterol.”

### **G–Bombs**

The most therapeutic, nutrient-rich foods that you can consume that will detox your body to ward off diseases and help maintain a proper body weight are put into this acronym to help you remember them:

- G-** Greens
- B-** Beans
- O-** Onions
- M-** Mushrooms
- B-** Berries
- S-** Seeds

Our bodies are made up of some 80 billion cells. These cells are rebuilt and replaced constantly. The daily assault of toxins interferes with this consistent cycle of rebuilding. It only takes one cell to be altered slightly from the original cell to start cancer. If this cycle continues a cancerous tumor begins to grow.

To add to this problem is our body's efficiency of digesting foods and absorbing the nutrients that we eat. About every ten years our bodies lose about 10% of its ability to absorb the nutrients from the foods we consume. So by the age of 50, we only have a 50% margin of efficiency in digestion and absorption of the nutrients.

If you continue to eat foods that are high in calories, low in nutrients, and live a lifestyle full of stress and inadequate amount of rest, you will be prone to suffer from disease, obesity, and rapid aging.

To reverse this damage to our bodies can be accomplished at any age. The sooner you start the better, but the longer you wait the more damage you create, and the less success you will achieved.

## **Food Sensitivity**

Also remember there is something called a "food sensitive" condition. This condition is NOT "food allergies", but similar. A food allergy is an immediate reaction to a food you ate that you are allergic to. A food sensitive condition will cause an inflammation in your digestive tract, usually in the intestines. This inflammation takes time to develop. So when you become aware of the problems this inflammation is causing, you will have no idea which food it is that your body is sensitive to.

This condition if left untreated can cause what doctors call "a leaky gut" syndrome.

The only way to treat food sensitivity is to discontinue *one* food at a time for about two to three weeks. Record your results. Is your physical condition better now than before you discontinued that food? Yes? Then you found one of the foods that you should not consume. There may be more.

If your answer was no, you are not better, then you can begin eating that particular food again, but stop another food and continue to narrow down your research of all foods, one at a time, until you find all foods you may be sensitive to.

## Chapter Four

### Biggest Source of Toxins

We all know that pollution is a major contributor to toxins in our bodies. The air we breathe, full of car exhaust and power plants emissions. The water that we drink has so many toxins, many of which can not be filtered out from our water supply. Fresh fruits and vegetables even have pesticides in them that can not be washed away.

**Cancer experts by nutrition and diet studies estimate that our food choices account for up to 90 percent of cancers of the prostate, breast, pancreas, and colon. Even lung cancer is believed to have a dietary link.**

To give you a statistical example, from the ACS 2011 Prostate Cancer Summary:

240,890 new cases  
33,720 deaths a year  
92 deaths a day  
4 deaths an hour

**THIS MEANS THAT 1 IN 6 MEN WILL BE DIAGNOSED WITH PROSTATE CANCER DURING HIS LIFETIME**

### Mercury Poisoning

Eating fish that may be contaminated with mercury is not the root cause of mercury poisoning. Mercury consumption from fish will be easily excreted by your body. The main source of mercury poisoning is from dental amalgams and vaccinations.

Back in the 1990's there was a sharp increase of children being born with autism. Over 900 percent in less than a generation in California and 714 percent nationwide. The dramatic increase in autism rates in California was due in part to the introduction of the hepatitis B vaccine in 1990 and an increase in the overall vaccination schedule.

In 1999, Thimerosal was removed from these vaccines as parents gained increased awareness of the danger it poses. You see, Thimerosal is quickly converted to ethyl mercury in the body, where it moves rapidly from your blood to your brain. In the first three quarters of 2004 — five years after Thimerosal was removed from vaccines — the data showed a decline in the incidence of autism in California for the first time.

According to the EPA, the “safe” daily level of mercury exposure for a five kilogram, two-month-old infant is 0.5 micrograms or 0.1 micrograms per kg. But these limits are set for methyl mercury primarily from fish, not for ethyl mercury from vaccines. The typical two-month vaccination schedule for a baby includes DTP, Hib, and HepB. Combined, these vaccines contain 62.5 micrograms of mercury.

That’s a whopping 125 times the EPA limits for a single day exposure! Like lead, there may be NO safe level — and children are more susceptible to toxic effects than adults.

In adults mercury poisoning is no less severe. According to Dr. Robert Nash, a practicing neurologist and the Chairman of the American Board of Metal Toxicology, suggests the toxic effects of mercury spread across a broad spectrum of diseases including autism, Alzheimer’s disease, ALS, multiple sclerosis, Parkinson’s disease, neurodevelopmental diseases, nephrotoxicity, and cancer.

In addition to the compelling evidence linking Alzheimer’s to mercury toxicity, research shows it may also be linked to cardiovascular disease.

Dr. Hulda Regehr Clark, Ph.D, N.D., gives us some clues to where many of the toxins we encounter daily are from. She believes that it is our choice in lifestyle that causes the diseases that we are prone to catch. She is certain beyond a shadow of a doubt that only two things can cause you to develop cancer: “**Isopropyl Alcohol** and the **human intestinal fluke parasite.**”

In her book, “The Cure for All Diseases”, she explains how to build the apparatus that she uses to ‘zap’ your body that kills the parasites that are living inside you. We are only talking extremely low voltages, but the frequencies that these voltages cover will kill any parasite in your body. I use this instrument weekly, and I no longer suffer from any illnesses! You can buy her “zapper” from her website:

<http://www.drclark.net>

Dr. Clark says “You are always picking up parasites! Parasites are everywhere around you! You get them from other people, your family, yourself, your home, your pets, undercooked meat, and undercooked dairy products. Never eat rare meats or fast-food chicken. Parasite stages survive heat up to the boiling point.”

She believes that the main source of the intestinal fluke is from undercooked meat. Once infected with this parasite, you can give it to others through blood, saliva, semen, and breast milk. In the Recipes section of this book you will find a recipe on parasite maintenance to control any parasite infection you may or may not be aware that you have.

Our bodies have an immune system that attacks all invaders of toxins that we encounter. If the body can not kill the invader immediately, it will incase this invader in a cyst to protect the body. This cyst will eventually grow as more and more toxins are absorbed. Some of these major contributing toxins are listed below:

- Arsenic – Arsenic is added to insecticides that we put on our lawns. If we walk on our lawns, we carry this arsenic into our homes from our feet. This arsenic is now on the floors of our home, where we absorb it daily.
- Fiberglass – Fiberglass is used in the insulation of our homes. In most homes we use forced air for heating as well as for cooling. A pin hole in the ceiling or a wall (from hanging a picture) allows this fiberglass to intrude our homes. Breathing this fiberglass, which is too small to be seen, cuts our lungs and as it travels through the body, cuts all other organs and tissues.
- Molds – Molds are one of the deadliest forms of Mycotoxins that there is. This mold is alive and can only be detoxified by your liver. This mold is extremely poisonous and can incapacitate a part of liver for days! This mold can come from one spot on a fruit or vegetable, and aflatoxin is the most common mold which is found on many plants. We all know that one moldy fruit can ruin a whole batch of fruits, which makes it one of the leading causes of most of our chronic illnesses.
- Chlorofluorocarbons (CFCs) or Freon is the refrigerant in your air conditioner and refrigerator coils. Dr Clark has discovered that all cancers test positive to CFCs. She also says that preliminary evidence suggests that it is this CFCs toxin that attracts other pollutants, fiberglass, metals, PCBs – to form a growing tumor instead of allowing their excretion.
- Asbestos – is another tiny bit, sharp as glass that moves through your body like a swordfish, impaling your cells until it, too, gets routed into a cyst. The majority of asbestos has been safely removed from all dwelling – except out cloths dryer belt. As this belt gets hot, it releases a blast of asbestos particles that are forced through the seams of your dryer, tiny openings in your exhaust hose, by the high pressure inside. This asbestos is *now* in your air.
- Polychlorinated biphenyls (PCBs) – these are oil compounds originally used in electrical transformers until their use was banned because of their inability to break down to less toxic

substances. Today these PCBs are being used in commercial detergents and soaps.

- Formaldehyde – is used to cure foam. Foam furniture, foam pillows and mattresses give off formaldehyde for about two years after manufacturing. If you sleep with your nose buried in one of these pillows, you are susceptible to having major lung problems.
- Mercury – According to a report in the *New York Times* in 2004, a four year study by the EPA found that more than half the fish in the nation's lakes and reservoirs to have levels of Mercury that exceed safety limits. More important, coal-fired power plants are the largest domestic source of mercury emissions, and they must be cleaned up.

To give you an idea of how many toxins (unnatural chemicals) enter your home by way of products that are believed to be safe are as follows:

Arsenic – in ant and roach hives, grains and pesticide; in carpet and furniture “treated” for stain resistance; in wallpaper.

Antimony – in eye liner.

Asbestos – in hair blowers, in radiator paint, in cloths dryer belt.

Aluminum – in “natural” deodorant advertised as “aluminum-free”, in salt, in cans, in walkers for the elderly, in skin lotions.

Barium – in lipstick and bus exhaust.

Benzalkonium and zirconium – in tea bags, in deodorant, in toothpaste, in mouthwash and cosmetics.

Beryllium – in hurricane lamps, in lawn mowers, in kerosene.

Cobalt – in laundry detergent, dishwasher detergent, in skin bracer and in mouthwash.

Bismuth – in cologne and stomach aids.

Chromium – in eyebrow pencil and water softener salts.

CFC's (Freon) – in older refrigerators, in air conditioners, in spray cans.

Cadmium and copper – in water running through old metal pipes, cigarette smoke.

Formaldehyde – in foam mattress, in new clothing, in paneling, in foam chairs.

Cesium – in clear-as-glass plastic, in liquid after running through long plastic hose.

Dysprosium and Lutetium – in paint, varnish and shellac.

Lead – in men's hair color restorer; in solder at joints in copper pipe.

Hafnium – in nail polish and hair spray.

Holmium – in hand cleaners.

Mercury and Thallium – in tooth fillings, sanitary napkins, cotton balls, dental floss, cotton swabs.

Nickel – in metal jewelry worn around neck, in metal glass frames, in metal watch bands, in metal tooth fillings and retainers.  
Praseodymium, Niobium, Neodymium, and Yttrium – in prescription drugs and over-the-counter drugs.  
Radon, uranium, Thorium – in crawlspace under house without ventilation, in holes and cracks in basement.  
Rhenium – in spray starch.  
Tin and Strontium – in toothpaste.  
Thulium – in most brands of Vitamin C mix.  
Tungsten – corroded rod in electric water heaters, in electric frying pans, in hair curlers, in toasters, in tea kettles.  
Vanadium – in leaks around gas stove, furnace and water heater, in candles (even when they are not burning).  
Ytterbium, Erbium and Terbium – in plastic tooth fillings, in vitamins and supplements, in foil packaging.

From the list above one may wonder why everyone is not deathly ill. It seems that everything we eat, breath, touch, and spray or sit on has toxins in them. Why then are just a numbered few of individuals contracting any deadly diseases? The answer lies in the amount of toxins an individual absorbs, their lifestyle and the health of their immune system. If the person also has parasites, the odds are not in their favor in remaining healthy for very long.

It is close to impossible to shed all contact with toxins. You can, however, limit the amounts of these toxins by controlling your lifestyle. Keeping your house clean is first priority. Never eat directly from the counter tops of your kitchen. They contain dust. Dust is everywhere. If you use a sponge in the kitchen, sanitize it daily! There are many contributing factors in controlling toxins and the fewer toxins you encounter, the better. Dr. Clark suggests some of these clean-ups below to better keep parasites and pollutants in your life under control.

#### ***Four Clean-ups***

“Chronic health problems are not due to lax procedures or exposures of the past. They are ongoing. Your body is constantly fighting exposure to pollutants.” Dr. Clark says, “In order to stay sick, you must be continually resupplied. These four clean-ups – dental, diet, body and home – are aimed at removing parasites and pollutants at their source. Only then can you regain a healthy body.” The clean-ups are above and beyond your usual house cleaning duties.

## *Dental Clean-up*

Did you know that metal dental work, amalgams, give off mercury toxins? Mercury is used to bind together the metal that is used in filings of teeth, bridges, crowns, etc. Every time you brush your teeth, for example, this mercury vapor is released. Other ailments you have in your body could very well be coming from your dental work!

According to Dr. Frank Jerome, DDS, he says “The ongoing philosophy of dental treatment in America is that teeth are to be saved by whatever means available, using the strongest most long lasting materials. Long-term toxic effects are of little concern. The attitude of the majority of dentists is: whatever the American Dental Association (ADA) says is alright.” However, a more sound philosophy would be “there is no tooth worth saving if it damages your immune system.” Use this as your guide for now on.

“The reason that dentist overlook toxic results is that they do not look or ask if they are present.”

“If a patient has three mercury amalgam fillings placed in their mouth and a week later has a kidney problem, will this patient call the dentist – or the doctor? Will they ever tell the dentist about the kidney problem, or tell the doctor about the three fillings? A connection will never be made.”

It is often that when patients replace their metal dental work with different materials (plastic) that their various symptoms dissipate. But these patients never tell their dentist. So the controversy continues between dentists actually being aware of the damage they are contributing to.

“Find an alternative dentist. Look for a dentist that supports banning mercury from dental supplies. Some questions you may ask are as follows:

1. Do you place mercury filling? (The correct answer is NO. If they do, they may not have enough experience in the new non-metal composites.)
2. Do you do root canals? (The correct answer is NO. If they do, they do not understand good alternative dentistry.)
3. Do you remove amalgam tattoos? (The correct answer is YES. Tattoos are pieces of mercury left in the gum tissue.)
4. Do you treat cavitations? (The correct answer is YES. By cleaning them.)”

“Ninety percent or more of the dental offices will not be able to answer any of the above questions correctly. To avoid serious complications later in life, it is up to you, and you only, to seek out the right dentist.”

## ***Diet Clean-up***

### **Breakfast**

Dr. Clark says “Try to avoid store bought cold cereal, no matter what brand. Cook your cereal from scratch. Buy hot cereals that say ‘no salt added’, like cream of wheat, steel cut oats, cream of rice, corn meal, etc. Cook it with milk to add nutritive value. Add your own salt (aluminum free) and a pinch of vitamin C powder before cooking. You can use honey or brown sugar. You can also add raisins. Use whipping cream or butter (both boiled) if you need to gain weight. Add cinnamon or frozen fruit and honey for sweetness.”

Another alternative to cereal is having pancakes, an egg and a glass of milk. “Milk should be at least 2% butter fat because the calcium can not be absorbed by the body if it is any less than 2%.” Do not assume you can get the calcium from vegetables instead of milk, unless you have a special high-speed blender to make juice. A very good blender to get is the ‘Nutribullet’. (See [detoxmysystem.com/store](http://detoxmysystem.com/store) for more information about the Nutribullet.)

### **Lunch**

Dr Clark says, “Again try cooking your own food from scratch. Avoid starting out with cans or packages or frozen items to make some recipe. Best plan is to just cook two or three fresh vegetables for lunch and eat them with butter and salt or homemade sauces. Whole Wheat bread and milk rounds it out, plus at least one fresh fruit, not frozen or canned. Use a bit of onion or herbs to give it zest. Thyme and fenugreek, together, make a flavorful combination you can purchase in capsules.”

“If this is near impossible to accomplish because of your schedule, try making fresh vegetable juice once a week and freeze enough so that you can have a daily nutritious meal just by drinking a glass of it, together with bread and Greek yogurt, or milk.”

“It is also the wisest persons that bake their own bread and avoid store bought bread all together! Bread begins to mold on the grocery store shelf. Buy a bread maker! It will do everything. Use unbleached (unbrominated) flour and add ½ tsp. vitamin C powder per loaf to help retard mold further (it also makes the bread rise higher).”

### **Supper**

“This is another meal that should be cooked from scratch. The ideal meat, of course, is fish. Do not buy bread crumbs, make your own, do not buy batter, and just make your own. Use real eggs, not substitutes. Most important is to wash your hands after handling raw meat or eggs. Make your own salad and salad dressing out of olive oil, fresh lemon juice or white distilled vinegar (apple cider vinegar has *aflatoxins*), honey salt and Herbs to flavor.”

“If you have trouble digesting raw vegetables or fruit, make juice.” (See Nutibullet above). “Get a sturdy juicer and make some half carrot juice and half vegetable like celery, squash, lettuce, and broccoli. Make your own tomato sauce with pure herb seasoning, not from ajar or can.”

“Cook real potatoes, not instant potatoes, Peel them to get rid of Kojic acid (mycotoxin) and scopolamine (the green part). Avoid potato chips and French fries. The fried varieties are fried in hydrogenated oils, which contain a large amount of nickel. Fry foods in butter, lard or olive oil. Use butter that is not wrapped in foil or that is unsalted. Do not wrap the potatoes in foil to bake, coat them instead in butter or olive oil, and do not eat the peels.”

### **Beverages**

Drink only 6 kinds of Beverages:

Milk  
Water  
Fruit juices  
Vegetable juices  
Herb teas

- Homemade (see Recipes)

“Cutting down on coffee, soft drinks, decaf and powdered drinks will not do. You must completely stop! These beverages contain very toxic solvents due to careless, unregulated production methods. The products that are imported can not be sufficiently regulated.”

In order to stay healthy and avoid diseases we must strengthen our immune systems to clean toxins out of our bodies. Learn to help your body and your immune system. You are not going to get any nutrients to aid your immune system from *processed foods*.

Yes, believe it or not, processed foods have more junk ingredients that do nothing to aid the body in detoxifying itself of toxins. Most processed foods are sterilized by heat, which burns away any nutrients they may originally had. Then they are added with artificial coloring, artificial flavoring, preservatives, and hydrogenised oils. No wonder our bodies are in such a distressed condition. These artificial ingredients alter our natural “alkaline” PH of our blood to a more “acidic” PH, which promotes diseases and inflammation.

When you start substituting good nutritious foods with processed junk ingredients you sabotage your body’s ability of combating free radicals roaming in your body. These free radicals cause major diseases, like cancer, diabetes, heart disease, high blood pressure, and more. In order to detox yourself, this diet must be changed. You can still eat the foods you like as long as you also indulge these other, more desirable foods

## Chapter Five

### Detoxing With Natural Whole Foods

“An apple a day, will keep the doctor away”. This old saying has been around my whole life, and the reason it has been around so long, is because it is true. It is also true that whole foods, fruits and vegetables, especially eaten raw, will accomplish the same thing. There would be much less disease and obesity if everyone ate plenty of fruits and vegetables.

In addition to promoting obesity, eating a diet predominated by meats and processed foods leads to acidity in the body, which leads to disease and death.

**Obesity and acidity can be reversed by simply changing your diet and adding raw fruits and vegetables. These are ‘live’ foods that foster life and health by providing fiber, phytonutrients, antioxidants, vitamins, minerals and promote an alkaline state in your body. They help your body to fight diseases, reduce free radicals and detox by removing harmful toxins that could develop into cancer and end all digestive problems.**

The experts say to eat at least five servings of fruits and vegetables a day. I would say that this is not nearly enough. But many people have trouble getting even one of the five servings.

If for some reason you simply can not manage to eat healthy, by all means, try to supplement your diet with the essential vitamins and minerals you are not getting. In the last several years amazing discoveries have been made about the nutritional benefits of fruits, vegetables, herbs and botanicals. Either by diet or supplementation you definitely need to take advantage of the health promoting benefits these natural options offer.

To know more about what certain deficiencies of specific vitamins and minerals will do to your health, be sure to read my next book, **“Natural Healing Miracles”**. You will learn what simple and inexpensive foods and supplements will do to stop or reverse many ailments. Many of these healing miracles are in direct conflict with what the FDA recommends for adequate consumption.

## Chapter Six

### The Nutrient-Density Line

Now let us talk about what foods you should be eating, to get the best nutrients in a dietary detox diet to avoid sickness and the formation of incurable diseases.

The nutrient-density scores below are based on identified phytochemicals, antioxidant activity and total vitamin and mineral content.

*Highest nutrient density = 100 points*

*Lowest nutrient density = 0 points*

**100 – Dark green leafy vegetables:** kale, mustard greens, collard greens, Swiss chard, watercress, spinach, and arugula.

**95 – Other green vegetables:** romaine, bok choy, cabbage, brussel sprouts, asparagus, broccoli, string beans, snow peas, and green peas.

**50 – Non-green nutrient-rich vegetables:** beets, eggplant, mushrooms, onions, radishes, bean sprouts, red and yellow bell peppers, radicchio, cauliflower, tomatoes, artichokes, and raw carrots.

**45 – Fresh fruits:** strawberries, blueberries, other berries, plums, oranges, melons, kiwifruit, apples, cherries, pineapple, peaches, pears, grapes, and bananas.

**40 – Beans:** Lentils, kidney, great northern, adzuki, black, pinto, split peas, edamame, and chickpeas.

**30 – Raw nuts and seeds:** sunflower, pumpkin, sesame, flaxseeds, almonds, cashews, pistachios, walnuts, pecans, and hazelnuts.

**25 – Colorful starchy vegetables:** butternut and other squash, sweet potatoes, corn and turnips.

**20 – Whole grains/white potatoes:** old-fashioned oats, barley, brown and white rice, buckwheat, millet, quinoa, bulgur, whole grain bread, and white potatoes. (Red potatoes are better than white).

**18 – Fish**

**15 – Fat-free dairy**

**15 – Eggs**

**15 – Wild meat and fowl**

**8 – Full-fat dairy**

**6 – Red meat**

**6 – Refined grain products**

**3 – Cheese**

**1 – Refined oils**

**0 – refined sweets:** cookies, cakes, candy, and soda

A study of this chart above clearly indicates that the Standard American Diet (the lowest numbers) has very low nutrient density. Hence, Americans are nutritionally starved.

Another very important point is that the low nutrient-density foods are also the highest in calories.

So the Standard American Diet (SAD) is very low in nutrition, but very high in calories. This is a fatal combination but a great promoter of the medical establishment.

## **Full-Belly Starvation: An American Invention**

So can we feel full and still be actually starving at the same time?

Almost everybody is familiar with the USDA food pyramid. The food protocol is mostly very high in calories and extremely low in nutrition. The only good part is the fruit and vegetable level which is high in nutrition but low in calories.

Starvation in America suggests not enough food. But starvation is best described as a diet very high in calories and very low in nutrition. This is the American diet as portrayed by the USDA food pyramid.

**The deception is that we are satisfied with a lot of calories but starving for nutrition. This is the perfect formula for over weight and obesity, heart disease, cancer, and diabetes that is so widespread in America.**

Starvation by definition is a lack of sufficient nutrition. Thus, we can have full bellies but very low nutrition, or full-belly starvation.

Another food for thought... When was the last time you heard an advertisement on television or the radio about a new drug that had more benefits than all the side-effects the new drug caused?

In 1980, only about one in seven Americans were obese, and about 6 million people had diabetes. Diabetes was not as much of a common disease as it is today. Today, one in three Americans are obese, and 19 million people have diabetes – this is according to the National Diabetes Factsheet, 2011.

Also according to their estimates, another 7 million people are undiagnosed as having diabetes. So added together, that is 26 million people! Now add that to the other 79 million people with ‘pre-diabetes’, and tell me if that is alarming to you.

Frankly, it’s outrageous! The combined number of people, who have diabetes or the pre-diabetes condition is over 100 million Americans!  
**That’s one-third of the total population!**

It is easy to see where this is all headed. Diabetes has been linked and is directly related to pre-mature aging. It can also lead to serious complications such as:

- Heart disease and strokes
- High blood pressure
- Blindness
- Kidney disease
- Nervous system disease (neuropathy)
- Amputation of extremities

The medical establishment has determined that one of the most accurate predictors of developing heart disease and diabetes is a condition known as “metabolic syndrome”. Another term widely used for this condition is insulin resistant. What this means is that your body has become resistant to insulin.

When you eat carbohydrates and sugars your body releases insulin to balance the sugar in the blood. Insulin also works with your hormones, like leptin, to get your cells to accept the sugar (energy) in the blood.

If your diet is high in sugars and starchy foods, your body is continually pumping out insulin to lower your blood sugar. Eventually your cells stop responding to insulin, and your body can not create enough insulin to the demand, and it becomes exhausted. Blood sugar levels begin to rise out of control, and stay constantly high, until you end up with type 2 Diabetes.

Oh yes – I forgot to mention – the other deadly disease that is tied directly to sugar and insulin, according to the World Health Organization’s International Agency for Research is- **CANCER!**

**We now have an obesity epidemic among children.  
Scientists predict our children are the first generation in  
American history to live shorter lives than their parents!**

## Chapter Seven

### What is a Detox Diet?

There are many different types of detox diets. Generally, a detox diet is a short-term diet that:

- Minimizes the amount of chemicals ingested (for example, by eating organic food).
- Emphasizes foods that provide the vitamins, nutrients, and antioxidants that the body needs for detoxification.
- Contains foods, such as high fiber foods and water that draw out and eliminate toxins by increasing the frequency of bowel movements and urination.
- Foods that help change the body's imbalance of chemicals that cause sickness, diseases, and build up the natural immune system.
- Reverses "insulin resistance" in your cells of the body, which help avoid diabetes from forming and even significantly reduce dependency on medication for people who already have diabetes.
- Reduces free radicals in your blood-stream that wreck havoc on all your body systems.
- Weight loss will naturally occur and become very easy to maintain, without harmful use of diets or medication, which doesn't help you anyway.
- Reverses the "acidic" PH of your blood to a more "alkaline" PH, which your body is suppose to have. This will boost your body's immune system in avoiding sickness and stop promotion of forming an incurable disease.

A detox diet uses the vitamins, minerals and fiber from nutritious foods that you eat to keep your body healthy. Your body uses these essential nutrients to build strong cells and tissues, control free radicals, and to flush toxins from your body. Like a fine-tuned engine, your body will in essence heal itself by stopping disease from forming in the first place. It will create an auto-immune system that keeps the good and bad bacteria in balance. It is when this balance of good and bad bacteria gets out of control that starts the spiral of ailments and illnesses that lead to diseases.

The Pharmaceutical industry is a multibillion dollar a year, profit driven machine which lies, markets, and promotes unhealthy eating habits. These unhealthy eating habits keep you tied to continual over dependency to their drugs, which again, only treat the symptoms of your ailments without any cures. Let me give you some examples of what I am talking about:

Medical tests are a huge income-generating business for doctors, hospitals and labs.

- None of the natural and alternative medicine treatments like herbs, supplements, and non-prescriptions are approved by the FDA.
- Natural medicine offers the most effective treatment against viruses, compared to the prescription drug, Interferon, which has caused more suicides than all other drugs combined throughout history.
- The FDA, which claims to look out for the health of Americans, is doing just the opposite by ignoring the proven, scientific evidence that natural foods provide health benefits. The FDA regulates whether and how those benefits can be stated on their packaging.
- The FDA, through pressure from the agricultural lobbyists, years ago mandated the change in the wording on the packaging of processed sugar. The FDA approved that process sugar is a “natural sweetener”, but it is actually man-made, and doesn’t occur naturally.
- Diabetes is an epidemic in America! In the May 16, 2007 issue of the *Journal of the Medical Association* the Medical Establishment finally agreed: “It’s now accepted that the chemistry of processed foods makes you less receptive to insulin, causing your blood sugar to rise, in turn causing your body to produce more insulin. As insulin levels rise, your body starts to cut back on a fat burning hormone called hormone-sensitive lipase.” Without this hormone, your body can’t burn fat for energy. When your pancreas can no longer produce enough insulin the body requires, you get diabetes, and often obesity as well.
- Much of our crops grown in America are GMO’s (genetically modified organisms). These altered crops contain toxins that would never be found in nature. These toxins are ingested by all of us, and all of these GMO’s are FDA approved. More and more crops are being modified, which means that now you are ingesting toxins from foods that were once safe and free from toxins. (see my article, <http://detoxmysystem/are-your-foods-really-that-safe/>)
- Papilloma virus is known to be responsible for causing almost all incidences of cervical cancer (HPV). An article in The Birmingham News June 28, 2007, stated that University of Alabama researchers passed a key clinical trial for a vaccine to prevent infections in women by HPV. This HPV vaccine was in fact put to use which has caused the deaths of several young girls. This information was reported by the *British Medical Journal* on July 9, 2007 from information they obtained by the US Freedom of Information Act. The FDA would not release the information to

the US public. Another 1637 more victims have reported serious adverse reactions.

- Chlorine and the fluorosilicic acid form of fluoride are deliberately put into drinking water here in the United States, by order of the FDA. Potassium bromate was substituted in place of iodine in commercial bread bakery and bread products over twenty years ago. (Bromate in bread was banned in the UK in 1990 and Canada in 1994).
- Your doctor probably won't tell you about the numerous Plavix users who reported cases of internal bleeding... diarrhea... upset stomach... vomiting... dark stools... and skin rashes, hives or itching.
- Most doctors have successfully scared the American people away from salt. However a health study reported in *JAMA* 11:305(17): 1777-1785 found that those who ate less salt were more likely to die from heart disease.
- When was the last time you heard an advertisement about a new drug to treat a particular ailment that did **NOT** include a list of possible side-effects longer than the benefit this new drug produces?

**As these examples above indicate, the FDA is proving itself to be an out-of-control bureaucratic nightmare that is working contrary to the health interests of Americans and should be at the top of everyone's list of government agencies to get the ax.**

We all must change our diets from the American Medical Association's recommendation, from the omega-6 diet, back to an omega-3 diet. Simply consume less red meat and eat more fish. Look at the Japanese people. They have a diet much higher in fish and considerably fewer heart attacks.

**NOTE:** Detoxifying your body is an extremely important tool to maintain superior health, but if you detox the wrong way, some people have been known to experience some side-effects. It is from the rapid release of toxins into the blood stream that cause these side effects, such as respiratory difficulties, joint pains and other problems.

The disease causing toxins and heavy metals are deposited deep inside your tissues and organs. The only way to remove them is through detox – which means exactly that – removing these toxins. In order to remove these toxins, once they get released from your tissue, they are carried away by your blood circulating all over your body.

Depending upon the amount of toxins you have in your body and the level of toxicity of these toxins, a problem can arise when a rapid release of many toxins enter your blood stream all at once. This is where you get the strange feeling side effects, because now all these toxins are being circulated around in your blood. To avoid this healing crises of removing too many toxins all at once, gentle herbal formulas, acupuncture, infrared saunas, nutritional IVs and specific dietary supplements should be used. All of these provide opportunities for people to detox with little or no side effects.

## **Detox Cycles**

In traditional Chinese medicine there are two distinct cycles you go through to remove these toxins, phase 1 and phase 2. The detox cycles are the movement of toxins throughout the body that are being released by your tissues to be eliminated. Ideally, we want to engage a detox program that will eliminate these toxins without experiencing a healing crises. This is particularly important for cancer and chronically ill patients who would benefit most from detox but may not be able to handle such a healing crisis.

**Phase 1**, known as discharging, is the process of loosening toxins from the organs and tissues where they are stored. **Phase 2** is the cycle of elimination. There is a specific order of stations that these toxins move from being stored to being eliminated. To understand this process, we must focus on the different detox stations: the areas where toxins can get stuck during detoxification.

## **Liver Detox**

The liver leads the process in releasing toxins into your circulatory system from the discharging of toxins from your tissues. The liver acts as a powerhouse of metabolic functions and works hard to filter and recycle the blood, so it has enormous capacity both to hold toxins and excrete them.

From the liver, these toxins will travel to the next station, to the right atrium of the heart (also where the lymph system empties); and with the contractions of the heart, it flows into the lungs. Therefore, the first station in the detox cycle where toxins can get stuck is the lungs. Often, the first side effects in a rapid detox program is excess phlegm, respiratory congestion and symptoms of a common cold.

From the lungs the blood then flows to the left heart ventricle, which is station two in the detox cycle. This is where some people will experience possible heart symptoms such as palpitations or racing pulse.

From the heart the blood then flows into the next station, the digestive tract. If your digestive tract is overloaded with toxins, these toxins get reabsorbed back into your bloodstream. Symptoms in this stage of detox include constipation or bloating. The body will try to store toxins in the joints, the third station of the detox cycle which is another common area where toxins get stored.

From the digestive tract, the next station is the kidneys, where the elimination (phase 2) process will occur. If your body is overloaded with toxins, your kidneys can not excrete all of them at first. The toxins that are not excreted here travel right back to the tissues and the liver. This is one cycle of your blood. It may take several cycles for the toxins to get eliminated. Hence this is why some people have an uncomfortable time going through a detox due to the amount of toxins present in their bodies.

Depending on the amount of toxins in the body, some people experience getting stuck in one particular stage of elimination, say in the lungs, where they will experience chronic respiratory symptoms. Sometimes, this lingering can last for months.

In the detox cycle, the distinctions between drainage (phase 1) and excretion (phase 2) are significant when planning cleanses. Organs and tissues discharge toxins into the circulatory system. These substances are eventually excreted by the sweat, breath, urine and bowel movements. If the burden of discharged toxins into the circulation is manageable through slow and gentle processes and the excretion channels are functioning efficiently, we can successfully cleanse with little or no side effects.

### **Cleanse the Circulatory and Digestive Tract First**

To keep your detoxifying process in a manageable state, it is best to start with your blood and digestive system first. It is important to cleanse the blood first *without* causing the organs to discharge too much all at once. This will ensure that your body is not overtaxed by toxins entering your blood stream. There are several gentle supplements for this purpose. Medicinal mushrooms, for example, act like sponges, traveling to hard-to-reach areas of the body to mop up toxins and pathogens. Another gentle cleaner is a modified citrus pectin and modified alginate formula. This formula binds to and removes heavy metals and toxins from the circulation system and digestive tract without affecting essential minerals.

A Total Wellness Cleanse was developed just for this purpose. You can read more details about it here:

**<http://detoxmysystem.com/want/totalwellnesscleanse>**

## Phase 2 – Completion of Detox

Once the toxins circulating in your blood are reduced with gentle blood-cleansing supplements, an alkaline diet will enhance the detoxification by purifying the blood.

Gentle cleaning of the blood first eliminates the discomfort some people encounter when detoxifying their body. By detoxifying the blood first, the re-absorption of toxins will be prevented. Herbs such as dandelion, burdock, seaweed, cilantro, nettles and many others are excellent for this phase of detox.

A good alkaline diet will consist of cruciferous vegetables (including broccoli, kale, cauliflower, collards and Brussels sprouts). These vegetables have powerful compounds that aid the liver in its Phase I and Phase II detoxification processes and alkalize the urine.

Increase your intake of vegetables and fruits high in alkalinizing minerals, such as potassium, magnesium and calcium. Foods that provide excellent sources of potassium include red potatoes, avocado, Brussels sprouts and many others. Green leafy vegetables have high magnesium content; and broccoli, sea veggies, collards, chard and other greens are rich in calcium.

For more details on an alkaline diet, citrus pectin, and alginate formulas please go to my website, <http://DetoxMySystem.com>. You will find many detox plans, supplements and information about detoxifying your body for better health, longer life and losing weight.

## Foods and Their PH Ratings

Highly Alkaline	Medium Alkaline	Mildly Alkaline
Himalayan salt	Avocado	Artichokes
Grasses	Cayenne pepper	Asparagus
Cucumber	Mustard greens	Brussels sprouts
Kale	Cabbage	Cauliflower
Kelp	Okra	Carrot
Spinach	Celery	Chives
Parsley	Onion	Zucchini
Broccoli	Collards	Leeks
Sprouts (soy, alfalfa, etc.)	Spring Greens	New red potatoes
Sea vegetables (kelp)	Radish	Peas
Green drinks	Red onion	Rhubarb
Sprouts	Ginger	Rutabaga
	Endive	Watercress
	Garlic	Buckwheat

	Arugula Tomato Butter beans Soy beans Lime Quinoa Lemon White haricot beans Chia seeds Green beans Beetroot Lettuce	Spelt Lentils Tofu Almonds Most herbs and spices Olive oil Coconut oil Flax oil
Mildly Acidic	Medium Acidic	Highly Acidic
Black beans Kidney beans Garbanzo beans Cantaloupe Currents Dates Nectarine Plum Cherry Amaranth Millet Oats Spelt Rice, soy, hemp protein Freshwater wild fish Brazil nuts Pecans	Butter Apple Apricot Banana Blackberry Cranberry Grape Mango Peach Orange Papaya Pineapple Strawberry Brown rice Wheat Wild rice Ocean fish	Alcohol OTC and prescription drugs Coffee Tea Cocoa Sugars Sweeteners Dried fruit Beef Chicken Eggs Farmed fish Pork Shellfish Cheese Most dairy

The safest and most natural way to increase your alkalinity is to balance your diet. An excellent alternative is to consume organic nutrient-dense complex carbohydrates, along with smaller portions of organic and grass-fed animal protein sources. Then add high quality plant protein sources, which are less acidic than their over-processed, commercial counterparts.

An alkalizing mineral broth can be easily made by combining potatoes, celery, parsley, green beans, zucchini, beet tops, kale, onions and seaweed in a full pot of water; simmering for an hour or two; and pouring off the liquid for use. This makes a wonderful, mineral-rich liquid for a seasonal cleanse.

Other alkalizing food sources include liquid chlorophyll, green powder supplements which can be added to smoothies, soups or warm water, or the highly alkaline umeboshi plum paste made from a sour plum commonly used in Japanese cuisine.

Alkalize your diet, greens as well as apple cider vinegar or aloe vera whole leaf gel juice help to heal the intestines, alkalize the pH in your body, infuse with B Vitamins as well as help you keep a smooth bowel movement.

Dandelions clean the liver amazingly, drink the tea or put dandelion greens in your smoothie or green juice or salad, nettle tea is amazing as a detox and tons of minerals in there, cilantro pulls heavy metals from the body and is great to eat everyday.

## Chapter Eight

### Metabolism and how it Works

Back when we first started evolving on this planet, there weren't such things as grocery stores, fast food restaurants, or even organized farming. The only thing that kept us alive was what foods that could be found in nature. There was an abundance of animals, fruits, berries, and plants of all kinds. Our bodies were coded with a mechanism that would insure the survival of our species.

We as humans had to adapt to what we could find. We had to learn what was edible and what to avoid. We had to learn how to get these food substances to our families, how to prepare and cook them. Life was hard. One of these mechanisms that nature provided our bodies for survival was our metabolism.

Our metabolisms insure our survival by controlling starvation. When food supplies were scarce and hard to find, our metabolism would slow down to prevent our bodies from starvation. When food was abundant and we had plenty to eat, our metabolisms would operate normally. What nutrients that were not needed for energy would get stored away as fat, to be used when food sources became scarce again.

Our survival was dependent on our metabolism to control losing too much body fat when food supplies were hard to find. Stored fat in the body was an asset to protect at all costs. This stored body fat provided warmth and energy. Our metabolisms are still programmed in this fashion. So when you decrease the amounts of calories you normally consume, your metabolism views this as "hard times approaching" and it automatically slows down to insure minimum fat loss.

To control weight gain and getting fat is much harder today than it was in the past. Our bodies are programmed in such a way that if we try to cut down on the amounts of food we normally eat, our bodies revert back to its original design and automatically slows down our metabolism to prevent starvation. If we don't exercise, or burn up these stored nutrients in our bodies, we become fat. This is why proper eating and exercise go hand in hand in controlling our metabolisms. Why do you think our society has become obese?

It is a delicate balance between eating for survival and eating too much. If you eat more food than what is necessary, you store this food away as fat. If you stay active you use up this stored energy in your fat, your body stays lean. It is the principle of supply and demand. When the supply is more than the demand, it accumulates (in this case, the supply gets stored

as inventory, which is fat). When the demand becomes more than the supply, the inventory (fat) is used up.

One of the hormones your metabolism uses to control this “fat-burning” of your body is called “**leptin**”. This hormone increases in times of plenty to keep your metabolism operating efficiently, and then decreases when it calorie intake diminishes.

In fact, research has shown that leptin levels drop by as much as 50% after just 7 days of dieting... that puts you at only **50% of your fat-burning potential** just one WEEK in to your fat loss plan, and it only gets worse with each passing day.

If you continue this diet plan of decreased calorie consumption, leptin levels drop off even more. Hello *fat loss plateaus!* However, this is only half of the problem.

The other unfortunate reality is that the vast majority of people are ALSO suffering from a condition known as "leptin resistance" due to years of high body fat levels and a diet full of processed foods.

**Leptin resistance**, or metabolic syndrome, simply means that even at high levels, leptin is no longer able to properly signal fat burning to your body, dramatically decreasing its fat loss effects.

But there is a way to counter this “leptin resistance”, by detoxifying your body and starting to consume nutrient-rich foods. Your calorie intake will dramatically decrease but at the same time trick your body to continue to produce high levels of leptin and keep your metabolism running strong.

Detoxifying your body will get your liver to produce the enzymes necessary for your body to digest foods efficiently, allowing you to lose excess body fat by reversing the leptin resistance in your body’s cells.

## Chapter Nine

### Metabolism – What is Your Type?

We as people are all different and we all have different metabolic rates. What foods some people eat to remain healthy and proper body weight may have the opposite effect on you. Knowing what type you are will help you to eat the right foods. From the popular television show Dr. Oz, take this small quiz to learn which type you are:

#### Metabolic Type A

- Have strong appetite
- Crave fatty, salty foods
- Suffer from fatigue and anxiety
- Talkative, outgoing personality

#### Metabolic Type B

- Weak appetite
- Crave sweets
- Ambitious, organized, and stressed
- Can be sensitive

#### Metabolic Type C

- Unpredictable appetite
- Craves both sweets and salty foods
- Fatigue, anxiety, and nervousness
- Suffers from aches and pains

#### Type A

Your body utilizes proteins and fats very efficiently. This signifies you use fewer carbohydrates in your diet. An ideal diet plan for you is

- 50% protein
- 30% fats
- 20% carbs

The protein that is ideal for type A is utilizing the dark meats, like Steaks and dark meat Poultry.

#### Type B

Your body utilizes carbohydrates more efficiently than any other food group. So the best diet plan for type B is

- 70% Carbs
- 20% Protein (white meats)
- 10% fat

Type B does best on a low-fat diet.

## Type C

Your body metabolizes proteins, fats and carbohydrates efficiently. The best diet plan for Type C is

- 33% Fats
- 33% Proteins
- 33% Carbs

How do you know what your metabolism rate is? If you are like me and can eat almost anything, then your metabolism rate is normal to a little high. If you can just walk into a room and look at food and feel like you just gained some weight, then your metabolism rate is too slow and in dire need of fixing. Using the BMR calculator below, for example, for me it says I need 1500 calories a day to maintain my body weight (however, my body mass is more muscular than fat, so this formula under-estimates my calories).

With a proper metabolism rate you don't gain extra pounds and generally stay at the weight you should be. When your metabolism is working efficiently, all your body's organs and cells work correctly and diseases and illnesses are avoided. Toxic levels of sugar are eliminated.

The good news is that there are a few things that you can do in your eating habits to speed up your metabolism. I will be discussing them shortly.

The **BMR formula** uses the variables of height, weight, age and gender to calculate the Basal Metabolic Rate (BMR). This is more accurate than calculating calorie needs based on body weight alone. The only factor it omits is lean body mass and thus the ratio of muscle-to-fat a body has. Remember, *leaner* bodies need more calories than less leaner ones. Therefore, this equation will be very accurate in all but the very muscular (will underestimate calorie needs) and the very fat (will over-estimate calorie needs).

**Women:**  $BMR = 655 + (4.35 \times \text{weight in pounds}) + (4.7 \times \text{height in inches}) - (4.7 \times \text{age in years})$ .

**Men:**  $BMR = 66 + (6.23 \times \text{weight in pounds}) + (12.7 \times \text{height in inches}) - (6.8 \times \text{age in year})$ .

Once you know your basic metabolic rate you can develop a plan that will help you maintain a proper body weight, even lose weight and stay healthy. Also remember that eating certain foods and *avoiding* other foods will increase your metabolic rate to burn away unnecessary fat and weight.

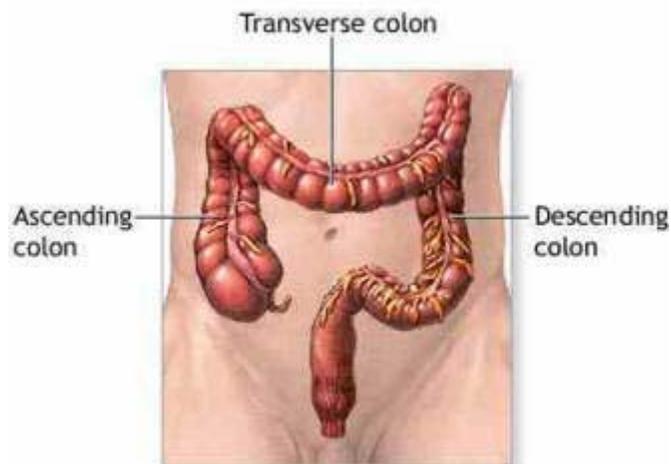
However, *never, ever*, starve yourself. Your body will automatically decrease its' metabolism rate, protecting the body from death. To burn more calories to lose weight, simply exercise and eat the foods that I will discuss later in this book. This is why diets “don't work”.

Generally, or for a lot of people, fasting gives your body time it needs to adjust to stabilize your metabolism. For people who may be looking to lose weight, most plans warn about fasting and missing meals. However, new evidence suggests that skipping a meal, usually breakfast, about every third or fourth day actually is beneficial. But instead of actually skipping breakfast, you would substitute with a protein drink. For people who are detoxing their body to lose weight, I will explain why this little 'trick' of fasting works, and how to use it correctly, in the Chapter on Detoxing to Lose Weight.

**Pimples, Sore throats, colds, hay fever, sinus, eye and ear problems frequently result from mucus and toxic waste buildup in your colon.**

“In addition to physical ailments, it is almost impossible to maintain a clear mind and proper mental and spiritual equilibrium when we allow the colon to go unattended for too long a time.”

- Michael Dye,  
Author of God's Way to Ultimate Health



## Chapter Ten

### How Clean is Your Colon?

Take this quiz and see how clean your colon is.

Before you flush – take a look at your ‘masterpiece’ – it can reveal surprising facts about your health. Examining your poop is one of the best ways to find out what’s really going on in your body.

1. How long does it take you to have a bowel movement?
  - Less than 60 seconds?
  - More than two minutes?

Healthy bowel movements happen within seconds of sitting on the toilet. Stool should easily come out without straining, grunting, or any discomfort. It should have the consistency of toothpaste. If you have time to read a newspaper while sitting on the toilet – you probably have a problem with constipation or poor bowel health.

2. Does your stool sink immediately?
  - Yes
  - No

A fast-sinking stool is a sign of a fiber deficiency in your diet. Healthy stools should slowly descend to the bottom of the toilet bowl. If you have a “fast-sinker” – add more fiber-rich foods to your diet. These include fruits, vegetables, nuts and whole grains.

If your stool sticks to the sides of the toilet or leaves “streak marks” – that is a sign of excess fat in your stool. This can be caused by a poor diet or a sluggish Liver.

3. What is the shape of your stool?
  - Long like a banana?
  - Round, hard pellets?
  - Thin, pencil-shaped?

Healthy stool averages about four to six inches long and shaped like a banana or a torpedo.

Very narrow, pencil-shaped stool is a sign your colon walls are impacted or you have polyps or growths on the inside of your colon or rectum. This causes the stool to squeeze to get through. Stress can also create narrow stools.

Hard, round or pellet-shaped stool is a possible sign of poor Liver function, lack of exercise, dehydration or constipation.

4. Is your stool accompanied by a foul odor?
- Yes
  - No

Gas or odor is a sign of a bacterial imbalance in your intestinal flora. The “bad” bacteria release foul-smelling gases and toxins that can cramp your colon and create embarrassing odors.

You can eliminate this odor by removing debris and encrusted feces from the walls of your intestines and restoring the balance of your intestinal flora.

5. What color is your stool?
- Yellow
  - Gray
  - Green
  - Black
  - Brown
  - Bright red

According to the Mayo Clinic research, all shades of brown and even green are considered normal stool colors. The foods you eat can affect the color of your stool. For example, beets, tomato juice, blueberries, popsicles and green leafy vegetables can affect your stool color. However, a distinct change in stool color can be a warning sign of health problems.

Yellow-colored stool indicates your food is moving too quickly through your digestive tract – as in the case of diarrhea. If stool is greasy or foul-smelling, it may indicate excess fat caused by malabsorption of nutrients.

Green-colored stool indicates that your food isn't being processed properly through your intestines. As a result, bile isn't broken down – and gives your stool that green color. Green stool can also mean you're eating too much sugar and not enough grains or salt.

Gray or ash-colored stools indicate undigested fats or heavy use of prescription or over-the-counter drugs that contain aluminum hydroxide. It can also indicate a lack of bile in stool that may be caused by a bile duct obstruction or even a Liver problem.

Bright-red stool indicates bleeding in the lower intestinal tract – possibly the large intestine or rectum. Hemorrhoids are usually the source of the bleeding.

6. Do you pass gas while you're having a bowel movement or have you noticed air or bubbles in your stool?

- Yes
- No

Air or bubbles in stool can indicate an intestinal imbalance. Gas-producing bacteria may be overgrowing and competing with the healthier flora in your gut.

**Please know this:** A normal bowel movement happens within 60 seconds of sitting on the toilet. There should be no straining, pain, bleeding or foul odor accompanied with your bowel movements. And wiping afterwards should be easy and simple – using just one or two pieces of toilet paper.

If that is not your experience in the bathroom – then you need to give your intestines and colon a detox cleaning!

*In a small kingdom high in the Himalayas, west of Pakistan, in the valley of Hunza... Men can live to be 120 years and older... plus experience little or no illness their whole life... even father children well into their 90's.*

*The women of 80 years old look no older than 40 years old.*

#### ***Their Secret?***

*A diet solely consisting of living, whole foods rich in fiber and micronutrients! This leads to optimal colon health.*

*You too can experience healthier living when you eliminate the debris and impacted fecal matter living in your colon, just by changing your diet. When you do – your body can properly absorb nutrients to fuel every cell in your body. No more bloating, overweight, fatigue, high blood pressure, heart disease, diabetes – all gone!*

World renowned British Physician Dr. Denis Burkitt taught the world the importance of having regular, clockwork bowels when he studied the bowel habits of indigenous Africans. Here is what he uncovered:

The African tribesman experienced a rapid bowel transit time of four to six hours compared to 60 to 90 hours for people eating a traditional “Western” diet. What’s more, tribesman consistently experienced:

- Healthier bowels
- Stronger hearts
- Powerful digestive systems
- Regular elimination

### **What’s their secret for regular and healthy bowel movements? Fiber!**

According to the American dietetic Association, most Americans consume only 12 to 17 grams of fiber daily but the recommended dose is 75 grams! The African tribesman studied by Dr. Burkitt consumed 75 to 100 grams of fiber daily! No wonder they had clockwork bowel movements.

Dr. Burkitt also showed that ten of our most serious health problems may be caused by the lack of sufficient fiber in our diets. Soluble fiber can help you maintain healthy cholesterol levels and promote cardiovascular health – if you can boost your fiber intake in your diet. Eat more fiber-rich foods like fruits, vegetables, seeds, nuts, beans and whole grains.

## Chapter Eleven

### One-Week Detox with Natural Whole Foods

Starting to detox your body with a One-Week detox diet is easy, pain-free and highly recommended because it is safe and natural. I have listed what foods to eat *before* starting a detox diet, what foods to eat *during* your detox, the foods to *avoid* and even a sample menu.

There are almost as many good nutritious foods to eat on this detox diet, as there are bad foods to avoid. There may be some foods you wouldn't have thought of as a detox food and probably some foods you may have never heard of. But to insure your detox a success you have to have a plan, and follow the plan.

I am confident that after you start this One-Week detoxing diet that you will feel better, be healthier, and even more important than anything else, avoid diseases and illnesses that would cause your demise.

- **What to eat before the diet** – There are certain foods and drinks, such as sugar and soft drinks that should be avoided to get the maximum benefit of this detox diet. See what to do to Prepare for a Detox. (Chapter Twelve)
- **Foods to eat** – I have a list of foods to include in your detox diet plan. See what they are in Foods to Eat. (Chapter Thirteen)
- **Foods to avoid** – I have included a list of Foods to Avoid in this One-Week detox diet and why. (Chapter Fourteen)
- **Sample Menu Plan** - Eating foods from the list of foods is ideal but you may need some new ideas to keep from getting tired of the same meals. Read the Sample Menu Plan. (Chapter Fifteen)

I would highly recommend for you to start detoxifying your body by **cleaning out your colon and intestinal tract first**. Why? Because as I stated earlier this is the area that contains all the “sludge” build-up from all the bad foods that you have been ingesting over the years. This is also the area where the most contaminates and parasites in your body reside. After you have a clean colon and intestinal tract, then follow up by beginning to eat the foods I recommend below.

Did you know that loose stools and diarrhea are actually signs of constipation?

Researchers have discovered when your colon walls are heavily lined with fecal matter, your colon can't properly absorb moisture and nutrients from the foods that make their way through your intestines. The result: new foods run right through you. This means that you are getting minimal nutrient absorption and you experience a bad case of diarrhea.

This condition is what toxins do to your digestive tract – toxins prevent proper absorption of nutrients from your food; toxins cause an imbalance of “good” and “bad” bacteria flora; Parasites multiply and can get into the bloodstream; toxins flourish as elimination is decreased and “sludge” builds up, adding pounds to your weight and bloating of your abdomen. (And you just thought that was a “beer belly”).

Have you ever had a colonoscopy? The first thing the doctor prescribes you is a solution that cleans ALL debris from your colon. This solution makes your colon squeaky clean, so that when the doctor scopes your colon, he sees the tissue and not the debris. Any store that has a pharmacy will sell this solution.

When I went to receive my colonoscopy the doctor prescribed me the solution Nulytely that kept me on the toilet seat for quiet a spell. It is only by prescription for this solution, though. I drank this, with plenty of water and also did this at night, and my colonoscopy was done the next morning.

My colonoscopy went smoothly and without any problems. However, on my follow-up exam the doctor told me I have a common condition called - Diverticulitis, which are pouches (pockets) formed in the colon walls.

Many people are warned against eating any form of peanuts, corn, seeds, etc, that may fall into these pockets and start to decay. These substances can start to get infected, which could lead to many other complications.

My doctor insisted upon me to start using a supplement like Metamucil, in capsule form, to make my stools soft so they could be excreted easily without straining. I did, in fact, do just as my doctor prescribed, for almost a year. My stools were softer, passed without any straining, and my bowel movements were more regular.

The doctor never suggested a prevention of creating this condition, I guess since I already had the condition. So, let me tell you, if you want to avoid having this condition, then you may be able to prevent diverticulitis if you drink plenty of water, get regular exercise, and eat a high-fiber diet. A high-fiber diet includes whole grains, fresh fruits, and vegetables.

After your colon has been cleaned your body will want to start healing itself by beginning to digest food in a better capacity. You will notice all kinds of foreign, smelly or black-looking residue exit and you may even lose a couple of pounds because of it. Just an enema will not suffice. An enema only reaches the last seven or so inches of the colon. Remember, we are talking about an adult organ that may be four to five feet long.

**Very Important!** Once you have a clean colon DO NOT start putting trash back into your body! Now that you have a clean slate to start with, start eating the right foods, or else all will be lost. The Detox with Whole Foods chapter earlier gives you a very good starting point for which foods you should be concentrating eating more of. Later in this book I will give you a recommended regiment of different supplements and foods to enhance your detoxification. Some people will need different vitamins and minerals supplements for a specific deficiency their bodies have other than just an average one-a-day vitamin

Your digestive tract is one of the most important systems in your body. This is where your overall health is established. To remain healthy and avoid sickness, the toxins you ingest daily must be removed. I recommend getting a good colon cleaner in pill form from Botanic Choice. They have two excellent products that are not too harsh but actually work for just about everyone. To learn more about this colon cleaner, click on the link, <http://www.detoxmysystem.com/241/colon-cleanser/>. Some of the benefits you need to focus on are:

- Speedy and healthy elimination process
- Encourages proper digestion and cleanses the intestinal tract
- Relieves occasional constipation while easing bloating and gas
- Dependable, gentle and non-habit forming

**Important:** Something to think about; A groundbreaking study was conducted by the Mount Sinai School of Medicine in New York, in collaboration with the Environmental Working Group (EWG) and Commonwealth. Researchers at two major laboratories found an average of 91 industrial compounds, pollutants, and other chemicals in the blood and urine of only nine volunteers from five different cities, with a total of 167 chemicals found in the group. Of the 167 chemicals found in those nine tested individuals:

76 are known to cause cancer in humans or animals  
94 are toxic to the brain and nervous system  
79 cause birth defects or abnormal development



<http://www.detoxmysystem.com/241/colon-cleanser/>

<http://detoxmysystem.com/want/curebackpainforgood>

By far one of the best inexpensive colon cleansers on the market. It aids in proper digestion of foods by detoxing (cleaning) of your body's most important organs, the colon.

- Step 1 – Prepare your body for the One-Week detox diet
- Step 2 – Clean your colon
- Step 3 – Start eating foods from the list that are nutritious to insure proper digestion for maximum benefits.
- Step 4 – Avoid the foods on this list to not sabotage your detox diet
- Step 5 - Start taking the supplements that are listed below to speed up your metabolism, build up your immune system, and lose the belly fat that is so dangerous.

### **Benefits of Herbal Detox & Cleansing:**

- Thoroughly, gently cleanses gastro-intestinal tract
- Eases gas and bloating
- Enhances energy and supports proper absorption of nutrients

Years of sludge, gunk and toxins could be slowing you down, inhibiting the proper absorption of vitamins, minerals and nutrients. Now you can feel fresh and cleansed with this exclusive formula.

**Six powerful ingredients for detoxifying, colon cleansing, and superior health:**

1. Ginger — Soothes digestion, eases gas and bloating.
2. Prickly Ash — Cleanses and encourages comfort.
3. Psyllium husk - The natural choice for intestinal cleansing.
4. Yellow Dock — This traditional "bitter" supports healthy blood and liver.
5. Uva Ursi — A soothing nutrient for the intestines and urinary tract.
6. Cascara sagrada — Provides gentle support to encourage regularity.



<http://www.detoxmysystem.com/241/colon-cleanser/>

<http://detoxmysystem.com/want/totalwellnesscleanse>

The best colon and detoxification medications are made to be gentle, thorough and made from all natural herbal ingredients. These products mainly use a premium-grade herbal fiber blend that contains both soluble and insoluble fiber. This dietary fiber bulks up as it travels through the digestive tract, sweeping the intestines clean along its way. Also another benefit is that this fiber also feeds the friendly bacteria in the colon, promoting overall immune function and digestive wellness.

So finding a detoxification program that works best for you is what your main concern should be about. A natural cleansing program that utilizes the power of herbs to support liver and a healthy colon, for example, can go a long way in giving your body the assistance it needs to thrive. The two products I mention earlier should definitely be considered in your detoxing program.

## A Colon Cleanse That Might Just Save Your Life

[http://www.losethebackpain.com/aff/index.php?p=kmer723&w=toxic\\_colon](http://www.losethebackpain.com/aff/index.php?p=kmer723&w=toxic_colon)

Starting a cleansing program as soon as possible is that much more important. From the research above shows that we are living in a polluted, toxic environment. The more you can help your body detoxify itself, the sooner you will reap the benefits

To maximize your detoxification experience, I would recommend that you use only an all-natural program. After all, you can't expect to lighten your body's toxic burden by adding more chemical pollutants to it! Herbal detoxification programs are available today to meet this growing need and are a sound investment in improved health and wellness.

**M**ore Detox cleansers that are all natural, very safe, and home-made will be listed in the recipe section of this book. Store bought cleansers, the ones that are not all-natural, may be too harsh. The recipes for home-made cleansers are highly recommended for you if you are sensitive to retail detox cleansers. Some of these "detox cleansers" listed are Kidney Cleanse, and Liver Cleanse. In this section I have provided you with some home-made cleaning solutions and detox diet foods and drinks.

### Heavy Metal Detoxification

One of the keys to the treatment is careful detoxification of heavy metals after repletion of cellular nutrients, repair of gut dysfunction, and enhancement of liver detoxification chemistry. Supplements and treatments may include multivitamins and minerals, essential fatty acids, magnesium, digestive enzymes, Coenzyme Q10, and antioxidants like selenium, zinc, and vitamins C, E, and A.

Enhancement of liver detoxification is facilitated by Epsom salt baths, magnesium sulfate creams, and oral, intravenous, or topical glutathione. Also consider bowel ecology restoration which may include anti-fungal drugs, antibiotics, herbs, probiotics, and glutamine.

To find out just how much heavy metal poisoning you may have is through a provocation challenge test. Mercury and other heavy metal detoxification is achieved after a DMSA provocation challenge of 20mg/kg with a 10-hour urine collection. DMSA is given at a dose of 10mg/kg every eight hours for three days, with 11 days off. The cycle is repeated four times, followed by another provocation challenge test. This is done with a doctor's prescription and under a doctor's supervision.

## **Detoxification process of Mercury**

### **Step 1: Getting Ready for Detoxification**

This process can take a few months, and I can't stress enough how important this preparation step is. It is accomplished by optimizing your nutritional status and detoxifying ability. Once this is done you will begin mobilizing and binding the metals in your body and excreting them through your urine, bile, stool, and sweat.

- Optimize your gut function. Eliminate the common food allergens (dairy, gluten, corn, eggs, etc.), taking probiotics and enzymes for one to two months before detoxifying.

Optimize your nutritional status for detoxification. Use healthy fats (omega-3 fats, olive oil, and flax oil), amino acids (which boost all your liver's detoxification capacity), and minerals, particularly zinc and selenium (which help your body detoxify metals).

- Enhance your liver's detoxification pathways. Take folate and vitamins B12 and B6 and eating sulfur-containing foods such as broccoli, collards, kale, daikon radish, garlic, onions, and omega-3 eggs.
- Start sauna therapy. Make sure you take adequate electrolyte and mineral replacements to prevent dehydration and mineral loss from the sweat.
- Optimize elimination routes for metals including your urine, stool, and sweat. Use fluids, fiber, and saunas.

### **Step 2: Integrate Additional Steps to Support Detoxification**

- Alginate from seaweed (this binds to metal in the gut)
- Selenium, zinc, n-acetylcysteine, lipoic acid, milk thistle, and garlic.

### Step 3: The Metal Detoxification Period

- Find a biological dentist to evaluate the extent of your mercury fillings and options for replacing them.
- Get a test to assess your total body load of mercury.
- Use binding agents to pull the mercury out of your body. One 100 to 250 mg capsule of DMSA orally three times a day before meals. Take it for three days. Then take 11 days off. Do this for six months. Then recheck your level of mercury through the challenge test.
- Do saunas daily — especially on those days when doing DMSA.
- Drink enough filtered water and fluids to make urine clear.
- Make sure you have bowel movements twice a day. This is very important or you will reabsorb mercury from the gut. You can add ground flax seeds to shakes or foods, or take one to two 150-mg magnesium citrate capsules twice a day if you are not going regularly.
- Consider whey protein to boost glutathione if you are not allergic to dairy.

Cilantro is also commonly used in many heavy metal detoxification programs. Many home-based heavy metal detoxification programs recommend consuming several tablespoons of a cilantro-based pesto each day, or taking cilantro-based supplements over the course of several months, to help remove the metals. Both will help, and they're best done with colon cleansing to ensure the metals you're loosening for removal actually make it outside your body.

## Chapter Twelve

### Prepare for a Detox

Depending on what kind of foods your body is accustomed to, it may be necessary to slowly start weaning yourself away from these non-nutritional foods and beverages to make your One-Week detox less stressful. Some foods interfere with your liver's ability to detoxify your body, which in turn would derail any kind of detoxing.

First of all there is absolutely nothing that you should fear about a body detox. You should actually be looking forward to it. This is like spring-cleaning, except you are doing for your body and not for your household. This is when you start cleansing your body of all the toxins that have been accumulating for months, even years! So instead of being afraid, just go for it! You, your body, and your family will be glad you did!

Now the detox to lose weight (in Chapter 17) may incorporate some different foods, both detox plans are very similar in design: giving your body the nutrients it needs to stay healthy.

1. From about three days before you detox your digestive tract with a good colon cleaner – like Botanic Choice's #739 Colon Cleanse Formula, eliminate consuming alcohol, sugar, dairy (except Eggs and Yogurt), wheat, any artificial sweeteners, trans-fats, hydrogenised oils, boxed and packaged foods, and fast foods.

2. Earlier I stated the importance of *fiber* in your diet. Fiber, the more the better, helps remove the “sludge”, toxins and parasites from your intestines and colon. It acts like grit that actually scrubs the inner walls of your digestive tract. So definitely add more fiber to your diet than you normally eat. Eat plenty of raw vegetable salads and lightly steamed vegetables.

3. Now would be a good time to remove any foods and beverages that might tempt you from de-railing your detox efforts.

4. Another important tip about preparing for your One-Week detox is to make time to do your grocery shopping so everything is in hand in your kitchen. Plan your meals in advance. It is best to eat more organic produce foods that you can find. Your local farmers' market, health food stores and even your grocery store should have a good selection of these foods. If these foods are not available, then get a good fruit and vegetable wash to remove pesticide residue and waxes. Environee makes a good wash.

5. Cut down on your caffeine intake to prevent caffeine withdrawal. Try substituting more de-caffeinated coffee or switch to tea, to prevent headaches, fatigue, and tiredness. If it's the bitter taste of coffee you miss, try a caffeine-free herbal coffee substitute such as Roastaroma tea.

The by far most important step to achieve a body detox is to increase your liquid consumption. Your body needs liquid to flush the toxins from the body. Green tea and water are the two best choices. Green tea for many people acts like a very mild laxative. You will need at least 8 glasses of filtered water throughout the day. If you must flavor your water try lemon. **Stay away from sugar and artificial sweeteners!**

# Chapter Thirteen

## Foods to Eat

Now that you have a clean digestive tract and your body is ready to accept good nutritious foods, your recovery is about to begin. Below is my list of foods that are what you will include in your daily menu. The more you vary your daily diet the better so that you will get more varieties of vitamins, minerals, antioxidants, phytonutrients, and fiber. Also, the more variety you choose, the easier it will be to stick to your detox diet. You have enough temptations to deal with from old habits, TV commercials, and other people that will divert your attention from your goal.

1. **Fruits** – The more fruits you can include in your diet the better.

- Fresh or frozen fruits - strawberries, blueberries, other berries, plums, oranges, melons, kiwifruit, apples, cherries, pineapple, peaches, pears, grapes, and bananas.
- Unsweetened, natural juice – orange, apple, raspberry, kiwi, coconut, grapefruit, and pineapple.
- Dried fruits, unsweetened – raisins, prunes, cherries, cranberries, dates, just to name a few.

2. **Vegetables** – Dark-leaf vegetables are the best. They are full of nutrients and fiber that your body needs.

- Kale, mustard greens, collard greens, Swiss chard, watercress, spinach, and arugula.
- Romaine, bok choy, cabbage, brussel sprouts, asparagus, broccoli, string beans, snow peas, and green peas.
- Non-green vegetables - beets, eggplant, mushrooms, onions, radishes, bean sprouts, red and yellow bell peppers, radicchio, cauliflower, tomatoes, artichokes, and raw carrots.
- Sea vegetables, including kelp, nori sheets, wakame.

3. **Grains and starches** – Try to avoid the instant variety in boxes since these products won't have any nutritional value.

- Oats, Quinoa, rice, especially brown rice, buckwheat, amaranth, millet, whole grain breads, butternut and other squash, and red potatoes.

4. **Beans and Legumes** – a very important food group because of the vitamins, minerals, and fiber that they have.

- Lentils, kidney, great northern, adzuki, black, pinto, split peas, edamame, and chickpeas.

5. **Nuts and seeds** – Full of nutrient-rich oils and fatty acids your body needs to manufacture amino acids. Try to avoid salted nuts and seeds. If salt is needed, don't use regular table salt, use sea salt instead.

- Sunflower, pumpkin, sesame, flaxseeds, almonds, cashews, pistachios, walnuts, pecans, coconut, hemp seeds and nuts, chia seeds, and hazelnuts.

6. **Oils** – Oils are necessary, not only for cooking with, but for the fatty acids and omega-3 nutrients they contain.

- Cold-pressed, extra-virgin olive oil, hemp oil, flax oil, almond oil, coconut oil, avocado oil, and chia oil.

7. **Beverages** – The allowable liquids to best detox with and also to include in your normal, everyday consumption are:

- Water, Green tea, "milks" made from allowed foods, such as rice milk, almond milk, hemp milk, herbal teas, unsweetened juice made from allowed fruits and vegetables, lemon water, and mineral and seltzer water.

8. **Sweeteners** – If you can't make your foods and liquids taste good, you simply will not consume them. Allowable sweeteners are:

- Stevia, brown rice syrup, honey, real maple syrup, black strap molasses, and erythritol.

9. **Condiments** –

- Sea salt, mustard, cinnamon, apple cider vinegar, lemons and limes, Bragg's Liquid Aminos, black olives, fresh and dried herbs and spices, cacao powder and cacao nibs, garlic, and carob powder.

10. **Animal protein** – You don't have to become a vegetarian solely to detox your body from toxins and animal hormones. The leaner the meat is the better.

- Wild game and fowl, chicken, almost all cold-water fish, such as Alaskan salmon, mackerel, herring, lamb, and turkey. If you must eat beef the leaner the better, the best is grass feed, free-range beef (no growth hormones added).

## Chapter Fourteen

### Foods to Avoid

Most detox plans call for avoiding dairy products, such as eggs, yogurt, and milk. I do not agree entirely with this philosophy. Not all yogurts and milks are created equal. I do agree to avoid, at all cost, any yogurts that have artificial sweeteners and ingredients. I also agree with avoiding regular cow's milk because of growth hormones cows are injected with.

But I wouldn't include eggs in the "Foods to Avoid" category because of the beneficial protein your body needs to help 'burn-away' fat that the cells in your body are loaded with. No more than 4 eggs a week will be enough protein, without sufficient damage to your body detox

But for detoxing your body, especially with a cleaner intestinal tract and colon, the more "good" flora (bacteria) that you can get into your digestive tract quickly the better your continued good health will be.

Greek yogurt and some fermented milk products, miso and tempeh can be included in your meals. The good bugs (bacteria) I am referring to are named *Acidophilus*. These bacteria, along with *Lactobacilli* are very important to keeping a good, strong immune system. These bacteria keep the "bad" bacteria in check to promote good health.

Later in this book I will explain why these "good" bugs are so beneficial to your body. But for now, the other foods I want you to avoid are:

- Dairy products - Milk, cheese, ice cream, cottage cheese, butter, and sour cream.
- Meats – Limit your usage of hamburger as much as possible, and make it as lean as you can find.
- Wheat – White bread, pasta, and any product that is mostly gluten, (wheat, barley, rye, spelt, triticale, kamut, couscous, bran, and farina).
- Sweeteners – Processed (refined) sugars, any white sugar, any brown sugar, high fructose corn syrup, evaporated cane syrup, all artificial sweeteners.
- Soy – Tofu, soy milk, soy yogurt, soy sauce, and soy protein powder.
- Coffee and caffeinated drinks – Limit your coffee and tea consumption to no more than two, maybe three cups or glasses per day, absolutely no soft drinks!
- Any fried foods in hydrogenised oils, vegetable oils and shortening, sunflower oil, corn oil, and soy oil.

- Yeast, alcohol, and any food additives and preservatives, high fat foods, corn, and canned coconut milk.

## Chapter Fifteen

### Sample Menu Plan

**Breakfast** – This is one of the most important meals of your day. Upon rising, first drink a glass of lukewarm water with lemon. This will aid your digestive tract in hydration and digestion of foods that you are about to consume. A typical breakfast consists of at least 50 percent fruit or vegetables. You will also want some protein added to your meal because protein takes longer to digest, giving your stomach a sense that it is full, and curb any hunger pains. Ideas for breakfast include:

- Two eggs for protein, cooked anyway except scrambled.
- Smoothie (see <http://www.detoxmysystem.com/detoxing-the-body-for-health/recipes-for-body-detox/> ) for recipe.
- Fresh berries or other fresh fruit
- Oatmeal
- Nut milk
- Gluten-free bread with avocado or raw nut butter
- Toast (whole bran) with almond butter and cinnamon
- Gluten-free cooked cereals
- Herbal tea, spice tea, or green or white tea

**SNACK** – A mid-day snack will curb any temptation to consuming avoidable foods or liquids by providing your body with support of detoxing by removing hunger pains you may be experiencing.

- 10 to 15 raw almonds or walnuts.
- Apple or pear, sliced, with 1 tablespoon raw almond butter
- Fruit
- Carrots, celery and/or cucumber sticks with hummus
- Rice crackers with guacamole or hummus
- Kale chips
- Smoothie made with allowed foods
- Green vegetable juice

**Lunch** - A typical lunch on a detox diet consists of approximately 60 to 80 percent vegetables, preferably raw, such as greens, bell peppers, tomatoes, cucumbers, red onions, and hemp seeds. You can then fill the other 20 to 40 percent in with other plant foods, such as cooked chickpeas, steamed broccoli, gluten-free grains such as rice or quinoa, baked sweet potato, or steamed fish.

A salad is an easy, packable, detox lunch. Assemble a bowl or plate based on the ratios above. Make a simple dressing using 2 teaspoons of extra virgin olive oil, 2 teaspoons of fresh lemon juice, and an optional 1 teaspoon of fresh-chopped herbs. Other lunch ideas include:

- Chickpeas and vegetables seasoned with turmeric, cumin or ginger
- Salad with choice of vegetables, such as cucumbers, arugula, onions and steamed beets
- Lentil soup
- Broccoli soup with almond nuts
- Kale salad with pine nuts and cranberries

**Afternoon snack** – Avoid the typical candy bar, chips or soft drink.

- 10 to 15 raw almonds or walnuts
- Apple or another kind of fruit, 1 tablespoon of raw almond butter
- Carrots, celery and/or cucumber sticks with hummus
- Smoothie with allowed foods
- Miso Soup with Watercress
- Kale chips
- Green vegetable juice
- Rice crackers with guacamole or hummus

## **Dinner**

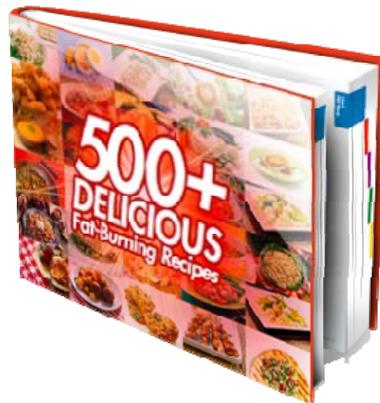
Try for a dinner that is 60 to 80 percent vegetables.

- Broccoli and Arugula soup
- Pea and Basil Soup
- Steamed Salmon and Greens
- Cucumber and Avocado Soup
- Brown rice or quinoa
- Steamed kale sprinkled with pine nuts and tossed in lemon juice and olive oil
- Black bean salad with quinoa
- Teriyaki Chicken, brown rice, steamed zucchini
- Steamed fish, quinoa, roasted squash
- Thai cashew vegetables with quinoa

**R**ecipes for your detox diet can be found in these links below:

**The Ultimate cookbook** to detox your body & Lose Belly Fat! (The 7 – Day Belly Blast)! For the best recipes to eat right and lose weight, without depriving you of delicious meals, a must-have cookbook, just see for yourself! I cannot stress how powerfully these recipes will transform your life. There is no other cookbook like this anywhere! Eating healthy has never tasted this good!

**Click on the link below to get your very own copy of the premier detox and weight lose cookbook ever written!**



<http://detoxmysystem.com/want/recipecookbook>

**For the best of the best ice cream to aid you in detoxifying your body while losing weight too! Who says you can't enjoy ice cream while on a diet?**



<http://detoxmysystem.com/want/fitfreezeicecream>

Another idea or plan to eat the correct foods you need to detox yourself, is to let someone else supply you with the foods you must have. What am I talking about here? Forget about what and how much food to buy at the grocery store. You are already going through a life-changing experience. Why not just order it “already to eat” meals? Go check out the links below.



<http://detoxmysystem.com/want/diettogo>

If you are interested in a proven diet system that is approved by many doctors, then you will love the great selection at:



<http://detoxmysystem.com/want/bistromd>

## Chapter Sixteen

### Supplements to Aid in Detox

There are a number of extremely good supplements in the market these days to aid you in detoxifying of your body. Only a very few will be mentioned here, with a link to find it on the Internet.

Vitamin D is extremely important in providing good health. Generally, younger people absorb enough Vitamin D from the sun in summer to last them all year. However as we grow older, our skin absorbs less and less of this crucial vitamin. That's why taking Vitamin D supplements is so vital in keeping your body healthy and younger.



DR. CANNELL'S  
**Advanced D**<sup>™</sup>  
VITAMIN D SUPER FORMULA  
from Purity Products

**TRY FREE!**

**FREE BOTTLE  
CLICK HERE!**

**Supports:**

- Energy & Mood\*
- Muscle & Bone Health\*
- Healthy Brain Function\*

**PURITY PRODUCTS**  
EVIDENCE-BASED NUTRITIONAL SUPPLEMENTS<sup>™</sup>

See site for details.

<http://detoxmysystem.com/want/advanceddformula>



<http://www.detoxmysystem.com/want/kleanprobiotic/>

**Co-Q Daily**  
with Resveratrol  
from Purity Products

**TRY FREE!**

**FREE BOTTLE!**

**Supports:**

- Cardiovascular Health\*
- Healthy Energy Levels\*
- Healthy Aging\*

**PURITY PRODUCTS**  
EVIDENCE-BASED NUTRITIONAL SUPPLEMENTS™

See site for details.



<http://www.detoxmysystem.com/want/coqdaily/>

**Perfect Multi Super Greens**<sup>®</sup>  
from Purity Products

**TRY FREE!**

**FREE BOTTLE!**

**Powerful Support for:**

- Cardiovascular Health\*
- Immune Health\*
- Energy and Focus\*

**PURITY PRODUCTS**  
EVIDENCE-BASED NUTRITIONAL SUPPLEMENTS™

See site for details.



<http://www.detoxmysystem.com/want/perfectmultigreens/>

Great Products.  
Great Service.  
Great Prices.

**SUPPLEMENTS TO GO**.com

**SHOP NOW!**



<http://www.detoxmysystem.com/want/supplementstogo/>

★★★★★ (384 Reviews)

**Fast & Easy > Proven Results!**

Discover how YOU can have your cake and eat it too...

and still

**LOSE WEIGHT!** Get Started TODAY!



<http://www.detoxmysystem.com/want/cheatmeals/>

**100**  
Diabetes-Friendly  
**FREE** Recipes



Get It Now!

QualityHealth™  
\*With Program Requirements

**The US Pharma Card Saves Up to 75% off Prescriptions**



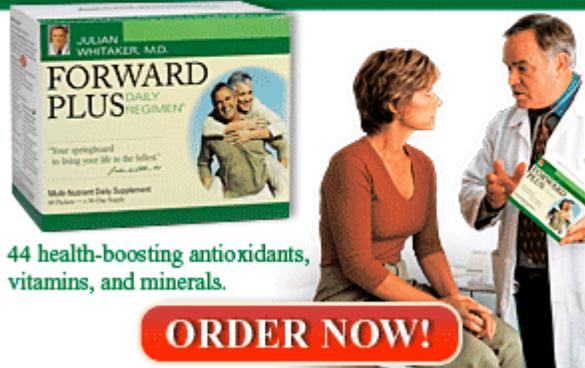
Get Your Card Now →

QualityHealth™

<http://www.detoxmysystem.com/want/diabeticrecipes/>

<http://www.detoxmysystem.com/want/qualityhealth/>

**Get Dr. Whitaker's exclusive multi-nutrient formula!**



**44 health-boosting antioxidants, vitamins, and minerals.**

**ORDER NOW!**

<http://www.detoxmysystem.com/want/forwardplus/>



<http://www.detoxmysystem.com/want/omegaplus/>



<http://www.detoxmysystem.com/want/botanicchoice/>

**CoQ10** – Which is the short form of the substance Coenzyme Q<sub>10</sub>, where Q refers to the quinone chemical group, and 10 refers to the number of isoprenyl chemical subunits in its tail. It is this substance that generates energy for every cell in your body, and also acts as an anti-oxidant. Organs with the highest energy requirements—such as the heart, liver and kidney—have the highest CoQ<sub>10</sub> concentrations. By loosely holding its electrons in its long tail, it gives off electrons easily to free radicals, which makes it an excellent anti-oxidant. ***But beware!***

There are ‘good’ supplements and there are ‘bad’ supplements. Behind the supplement industry dirty little secrets is that not all CoQ<sub>10</sub> supplements are the same. In every clinical trial of testing CoQ<sub>10</sub> was in the form of ‘natural’ CoQ<sub>10</sub>. Most supplements are made with synthesized CoQ<sub>10</sub>. To make it worse, guess where this synthesized form of CoQ<sub>10</sub> is derived from? Tobacco leaves are the primary source!

Discount brands, such as those found in drugstores or big box retailers, do a great job hiding the source of their CoQ<sub>10</sub>. But there is a way to determine whether your supplement is all natural or synthesized CoQ<sub>10</sub>. Look for the words “trans-form” on the label. Trans-form CoQ<sub>10</sub> is identical to the CoQ<sub>10</sub> produced naturally within the body. Also check to

see if the CoQ10 is made using yeast fermentation, which yields the most effective form. Then lastly, be sure it is “Made in the USA”

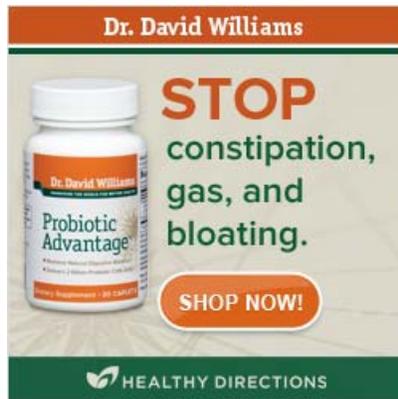
Joshua Corn, the editor-in-chief of the Live in the Now newsletter, is the co-founder of the company, “Stop Aging Now”. His company produces an extremely good CoQ10 supplement, MAX-Q10, which you may find it at

<http://www.stopagingnow.com/max483/>.

**Probiotic nutritional supplements** – Probiotics are the ‘good bacteria’ that are present in your intestinal tract which digest foods, to nourish your body. There are literally trillions of bacteria found in your digestive tract. There are ‘good bacteria’ and then there are ‘bad bacteria’. In order to stay healthy, the good bacteria should outnumber the bad bacteria 9 to 1.

The problem is maintaining the proper balance of this bacterium within your body. Antibiotics that a doctor prescribes you kill off the good bacteria, which in turn develops into an imbalanced proportion of good verses the bad. Alcohol is another big killer to your good bacteria. Probiotic supplements are made with good bacteria that replenish your digestive tract, insuring a well balanced proportion of good to bad bacteria.

Foods that promote good bacteria include: probiotics, such as cultured buttermilk, that actually contain active microorganisms; prebiotics, such as bananas, which feed the microorganisms and encourage their growth; and synbiotics, such as yogurt, that are both probiotic and prebiotic. Other foods that contain natural or added probiotic bacteria include yogurt, cultured buttermilk, cultured cheeses, fresh (unpasteurized) sauerkraut and pickles, Korean kimchee or kimchi (fermented cabbage), fermented soy products such as miso and tempeh, soy beverages, the fermented milk beverage kefir, kombucha drinks and some juice and smoothie products.



<http://www.detoxmysystem.com/want/probioticadvantage/>

In the next Book, **Natural Healing Miracles**, my research has uncovered many miraculous healing powers of specific foods and supplements and why you should include them in your daily diet.

Many of these natural, alternative medicines have been around for years, but due to our corrupt medical establishments, the news has been silenced to protect the Pharmaceutical Drug company monopoly on medication. These all natural nutrients are found in nature and can not be patented.

It will list the nutrient your body needs to avoid a disease and then list the supplement, or food, or both that best fulfills these criteria. As you read this guide, you will discover many myths that you have been told about your health. I will also try to provide a reference to each item I list so you know my research is legitimate and not just my opinion.

## **Good Bugs for Your Body**

I want to discuss for a moment what “good bugs” are all about. In your digestive tract, stomach, intestines and your colon, what aids your body in digestion is bacteria. Yes, there are “good” and “bad” bacteria living in your digestive system. It is when the balance of this bacterium gets out of whack that your body begins to develop multiple systematic breakdowns.

You see, inside your gut there are something like 100 trillion living bacteria that help your body digest food. That's more than 10 times the number of cells in your whole body! Maintaining the ideal ratio of "good bacteria" (known as probiotics) to "bad bacteria" is one of the leading problems most people have in remaining healthy.

In fact, there are more than 200 studies linking inadequate probiotic levels to more than 170 different diseases and health issues. Just to name a few are:

- Celiac disease, leaky gut and irritable bowel syndrome
- Mood, psychological health, and behavioral disorders
- Insulin resistance, metabolic syndrome and diabetes
- Common cold, Influenza, and pneumonia
- Liver disease, such as cirrhosis and cancer
- Skin disorders, such as eczema, atopic dermatitis, and acne
- Chronic fatigue syndrome
- Food and wheat allergies
- Weight gain and obesity

And many, many more.

The ideal ratio of "good to bad" bacteria is 85% to 15%, or a 9 to 1 ratio. Unfortunately due to lifestyle and environmental factors, the vast majority of people are severely lacking in maintaining a good balance of these bacterium, which are causing problematic health issues to soar.

What some of the lifestyle and environmental factors I am talking about that influence a negative balance in your body's flora (bacteria) are:

- Sugar
- Artificial sweeteners of any kind - found in "diet beverages and food items, chewing gum, even tooth paste
- Processed foods
- Chlorinated water

- Pollution
- Antacids
- Laxatives
- Alcoholic beverages (beer, liquor, wine)
- Agricultural chemicals and pesticides
- Antibiotics (medications or even antibiotics found in meat and dairy products we ingest)

These are just some of the things that most people are exposed to regularly, if not daily, that contribute to the body's flora to stay imbalanced. I will discuss what you can do to counteract these conditions below.

After any detox of your body, all bacteria, the good, as well as the bad, are flushed from your system. It is vital that you begin to replace the good bacterium with proper foods and/or supplements right away. This will aid your body in maintaining optimum health. It will also prevent the buildup of bad bacteria to keep your body running smoothly and healthy.

Two of the many bacteria that you will want to replace as soon as possible are *Acidophilus* and *Lactobacilli*. It is amazing that these two flora, are part of the ten trillion bacteria living in your digestive tract. *Acidophilus* also produces substances called bacteriocins, which act as natural antibiotics to destroy harmful microorganisms.

Friendly bacteria also help produce what are known as short-chain fatty acids, which are extremely important as they regenerate your colon cells, which also have anti-cancer effects. These friendly bacteria help break down foods in the colon, particularly undigested fiber from fruits and vegetables. They help to digest milk sugar and promote regular bowel movements. *Acidophilus* also works to prevent the growth of *H. Pylori*, bacteria implicated in many cases of stomach ulcers.

While most doctors know about the benefits of good bacteria, they are unaware of the other benefits these good bugs provide, such as they help to manufacture vitamins in the body. These include vitamins B(2), B(3), B(5), B(12), biotin, and vitamin K. They are also important for proper absorption of minerals in the small intestine.

## **Foods on the Side of Good**

### ***How to Optimize Your Gut Flora***

#### **The Top 10 gut cleansing foods that will help in proactively correcting this imbalance are:**

**Lassi** - (an Indian yogurt drink, traditionally enjoyed before dinner). It is a popular and traditional [yogurt](#)-based drink. Depending on what degree of sweetness you prefer, it can have many various flavors.

**Cabbage Sauerkraut** is one food that is very high in Acidophilus and other good bacteria. This traditional German side dish is also taken for ulcers and a variety of digestive problems. Also, Cottage cheese, kefir, and miso are other good potential sources.

**Plain, Unsweetened Yogurt** is probably the most convenient source of friendly bacteria. Just make sure to buy organic brands that list live cultures on the label. Flavored yogurt often has a lot of artificial sweeteners, which are detrimental to your health.

**Kimchee**. Kimchee is a Korean traditional vegetable dish, which has been a very important part of Korean diet for many centuries. Kimchee is made only with the freshest cabbage, radish, garlic, ginger, red pepper, and scallion. Its unique sour taste comes from lactobacilli, which is created through natural fermentation process. Kimchee has more lactic acid bacteria than cheese or yogurt. Lactobacilli are Probiotic Microflora, naturally implanted by mother's milk, normally presented in a healthy human digestive tract.

**Tempeh** - Tempeh is made from cooked and slightly fermented soybeans and formed into a patty, similar to a very firm veggie burger.

**Fermented Turnips** - A member of the radish family which is an alternative to potatoes. To ferment turnips, see recipes section.

**Kefir** - A [fermented milk drink](#) made with kefir grains. See recipe section.

**Fermented Eggplant** - Similar to pickled cucumbers, see recipe section.

**Fermented Cucumbers** - Or pickled cucumbers, see recipes section.

**Fermented Squash** - Just like pickled cucumbers, see recipe section.

Staying clear of any pasteurized versions of these fermented foods is a necessity. These fermented foods are very high in good probiotic bacteria and their consumption will definitely help rebalance your overall gut bacteria ratio. However, the biggest downfall is that most people don't enjoy the taste, plus the amount of these foods that have to be consumed.

For example, to get enough good probiotics into your intestines from yogurt, you would have to eat 10 to 30 servings of plain, unsweetened yogurt every single day of your life. What's worse, yogurt lacks several key strains of bacteria that are necessary for overall flora balance.

So what can you do to rebalance your gut flora if you can't possibly ingest enough fermented foods from your diet? Take a supplement! One of the best supplements in the market today is produced by BioTrust Nutrition. They even have a 100% money-back guarantee! Follow the link below to get more information and/or buy from my favorite supplement company:

## Chapter Seventeen

### Detox to Lose weight

Do you have any idea how many pounds you gain from consumption of things that are riddled with chemicals, every year? Have you ever wondered what these toxic elements are doing to the body? I am not talking about just in the food you eat or in the liquids you drink. These toxins are in the air you breathe in public as well as in your home. They are even in the shampoo you use to wash your hair. Believe it or not, the average American consumes over 14 pounds of toxins a year!

These toxins get stored away inside your body. Most of these toxins get stored away in your body's *fat cells*. When this happens, the energy center of these cells, called the mitochondria, are unable to function properly. If this control center of these cells can not operate at full capacity, then fat burning doesn't happen....Period!

Detoxing to lose weight for most Americans is just simply changing their diet of what foods they consume, as well as when they consume them. Our bodies are very complex in their genetic makeup, as well as hormonal and chemical balances.

It is common knowledge that the Standard American Diet (SAD) is mainly comprised of an omega-6 diet. This diet is very high in calories, and extremely low in nutritional value. As stated in Chapter 4, Detoxing with Natural Whole Foods, altering this diet to an omega-3 diet, you lose weight and avoid sickness and diseases. This is a win-win proposition for everyone!

To give you an idea of how fast calories add up, I am giving you a list of foods, or a food, and the number of pieces of that food that adds up to 100 calories.

- Large shrimp – 13 ; boiled or steamed
- Raw Brussels sprouts – 12
- Red kidney beans (canned) – 82
- Broccoli spears – 9 (5" long)
- Dried figs – 5
- Sardines (canned in oil) – 4
- Low-fat cheddar cheese (1 oz. cubes) – 2
- Baked potato (small 1 ¾ to 2 ½ inch dia) – 1
- Radishes – 100
- Dry roasted cashew halves – 15
- Celery ribs – 16
- Sun dried tomatoes – 20
- Pretzels unsalted minis – 21
- Raspberries – 100

- Garlic – 21 cloves
- Baby carrots – 28
- Asparagus spears – 31
- Seedless grapes – 33
- Whole grain penne (dry) – 34
- Okra pods (steamed or boiled) – 43
- Seedless raisins – 50
- Radicchio leaves – 54
- Green beans (raw) - 60

## **Lose Weight Fast**

To lose weight fast and get control of your eating habits, I am providing you with a 12 step plan that will ultimately lead to a healthier, happier lifestyle. But don't stop with just these twelve steps! Please continue to read the rest of this guide so you will understand why these twelve steps will conquer your weight problem.

**Step One** – Reduce your sugar intake! Of all the obesity additives, this one additive is public enemy number one! **The average American consumes about 173 grams of sugar per day!** That's one big bag of sugar! One can of any soft drink contains about 40 grams of sugar. This is why diabetes ranks third in the most chronic diseases of modern time, not to mention obesity, cancer and heart disease!

It's vital to know that sugar induces hunger and cravings because it wreaks havoc on your blood sugar levels, causing them to spike, then fall. Your body produces insulin to balance the sugar in your blood. The insulin grabs hold of this sugar to store it as energy – but the excess is stuffed into your fat cells all over your body. Especially in your trouble areas, like your belly. When this sugar level plummets, your hunger and cravings return to start this vicious cycle all over again.

To realize how bad excess sugar is for your body, recent studies have proved that sugar creates inflammation in your body that is the cause to most chronic diseases! It weakens your immune system which will accelerate aging and wrinkles. In fact, most studies claim that sugar is as addicting as nicotine and cocaine!

I highly recommend your daily sugar intake to be limited to just 30 grams per day. This also includes the natural sugars that are found in dairy products, fruits and vegetables. It is not necessary to be counting grams. Just follow my plan and you will naturally reduce your sugar.

**Step Two** – Eat more fiber! This alone will accomplish several key elements in your fat reduction as well as your health. For starters, this fights belly fat bulge by slowing down the absorption of sugar into your body. Secondly, fiber actually cleanses your digestive tract of toxins by scrubbing your intestines and colon walls. Toxins bind to the fiber that will eventually be excreted. Thirdly, fiber along with plenty of water helps you stay fuller, longer, thereby reducing your food cravings that cause you to gain weight.

The list below contains my favorite choices of fiber-rich foods:

- Barley contains 12 grams of fiber per ½ cup
- Beans contain 6 grams of fiber or more per ½ cup
- Bran cereal has 13 grams per ½ cup
- Peas have more than 9 grams per ½ cup
- Corn on the cob has 5 grams per ear
- Strawberries have 4 grams per cup
- Raspberries have more than 5 grams per cup
- Blackberries have more than 7 grams per cup
- Potatoes with skin has 5 grams per medium size spud
- Broccoli has 7 grams per ¾ cup
- Apples have 4 grams of fiber
- Oatmeal has 7 grams per ¾ cup
- Dried fruits like figs and pears have more than 10 grams per ½ cup

**Step Three** – Replenish your good bacteria (body flora)! Your body has trillions of tiny bacteria living in your digestive tract. This bacterium accomplish many good things for your body; they ferment foods that we cannot digest (like fiber), help with elimination, support the immune system, prevent overgrowth of harmful bacteria, and help the body absorb vitamins and minerals.

A problem arises when an imbalance occurs between the good to bad bacterium. Taking antibiotics kills the good bacteria that keep the bad bacteria in check. Studies have also shown that artificial sweeteners also contribute to this imbalance.

I recommend adding probiotics and prebiotics to your daily diet to maintain the optimal environment for balance in your gut flora. This will reduce your belly bulge quickly. “Probiotics” are foods that either naturally, or because they are added, contain quantities of ‘beneficial bacteria. “Prebiotics” are foods that contain fiber, which provides nourishment for all the good bacteria.

Some foods that provide probiotics are:

- Stonyfield Farms Oikos Greek Yogurt (plain). Add a high-fiber fruit like raspberries for flavor. Remember that not all yogurts are good for you. Many of these contain excess sugar, HFCS, or artificial sweeteners. Avoid these at all cost!
- Lifeway Organic Kefir (plain). This is a drinkable yogurt. You can add some vanilla or cinnamon from your spice rack, plus a handful of your favorite high-fiber berries for a sweetener, if needed.
- Sauerkraut is fermented cabbage. Cabbage contains natural isothiocyanate compounds (such as sulforaphane), which have cancer-fighting properties. And as long as you choose the unpasteurised sort, sauerkraut is teeming with beneficial lactobacillus bacteria – more than is in live yoghurt – which increase the healthy flora in the intestinal tract.

**Step Four** – Eat tasty foods every three hours! Feed your body healthy foods every three hours throughout the day to boost your metabolism naturally!

The most common mistake dieters make is skipping meals. Their thinking is that by reducing calories, their metabolism will naturally make them lose weight. However, starving your body has the opposite effect on losing weight. Your body will automatically conserve fat by burning muscle tissue. This dramatically slows your metabolic rate, which *prevents fat loss*. This muscle tissue loss leads to losing muscle tone, which affects your body shape. By the way, this is why your body will look flabby and not firm.

Not to mention that starvation also affects your mood. You become more irritable, less focused, and weak. Your health will ultimately suffer because your immune system is compromised and impaired. Only after a brief time, fierce food cravings take over. This will lead to binge-eating – which promotes weight gain again – losing any reduction in weight.

By eating nutrient-dense foods every three hours you will automatically lose weight for several reasons. These nutrient-dense foods tend to be more complex, like proteins from lean meats, low-fat cottage cheese and eggs. It takes more energy to digest and use proteins. The thermic effect of protein is the highest of all foods. After eating proteins your metabolic rate will increase by approximately 17 to 20 percent. What this means is that for every 100 calories you eat, 17 to 20 of those calories will be burned up just to digest and use the protein. So by comparison, the thermic effect of carbohydrates is 10 percent, and fat is only 5 percent.

Also the added benefit of eating every three hours is that your body will utilize the nutrients in the food better. Because you consume the nutrients in smaller quantity, your body becomes much more efficient in absorbing these nutrients. When you overload your digestive tract with so much food at one time, much of it goes to waste by being stored as fat, instead of being converted to energy. By eating healthier in this fashion, you also maintain a more balanced blood sugar level – which zaps hunger and cravings.

**By eating five, small, tasty, additive-free meals every three hours throughout the day, you are using the quickest, most painless way to get slim, fast – for life! This is the number one nutrition tip for losing weight without depriving yourself of great tasting food.**

**Step Five** – Balancing meals will be the key to your success! What I mean by this is to balance your protein, carbohydrate and fat consumption every meal. The extremes of a balanced approach are the low-carb or no-carb diet, and the super high-carb diets.

First of all, neither one can be maintained for life, which makes them both only temporary. Some people do very well with these diets, but again, it is only temporary. The low-carb diet has some flaws that you need to be aware.

- Low-carb diets decrease a thyroid hormone (T3) that helps regulate your metabolism. So when you start eating carbohydrates again, and you will eventually, you will likely to gain back any and all weight you lost...fast!
- The only significant quick weight-loss you will experience from a no-carb diet is usually attributed to the loss of body water – and not body fat – which, of course is only temporary.
- This will lead to sudden breaking down muscle tissue for energy, which not only reduces your muscle tone, but your metabolism as well.
- By decreasing or eliminating carbohydrates like fruits, vegetables and grains, you are robbing your body of essential vitamins, minerals, fiber and other nutrients that enhance and promote good health.

What I recommend is try to maintain a balanced diet of proteins, carbohydrates and healthy fats. My formula is a 30, 50, 20 percent diet. That means 30 percent of protein, 50 percent of carbohydrates, and 20 percent of healthy fats. This will generally work for any body type regardless of size, shape, or blood type. This diet can easily be followed throughout life. Again there is no need to count calories, portions, or grams. Continue reading for an easily followed plan.

**Step Six** – Count cups instead! Forget the labor of counting calories, or portions, to achieve the right amount of proteins, carbohydrates and fats. Everyone has a measuring cup. Why not use it to enhance your weight loss goals? The biggest reason is because a measuring cup is accurate. It does not distinguish between portions, plus math skills are not needed. There is no need to know what one cup of food is. This plan takes body weight into consideration, which is crucial because the amount of food you eat at each meal is all dependent upon that.

**Step Seven** – Exercise! To be honest with you, losing fat without exercise is achievable. It is simply a matter of eating a few hundred calories less than your body normally burns each day. However, this process will take forever, plus it does nothing in terms of firming up muscle that will keep you maintaining this ideal body weight and size. What's bad about this approach is that most of your weight loss will be from losing muscle tissue. Losing muscle tissue slows your metabolism, which burns less calories, which in turn makes keeping your weight under control harder.

One of the benefits to having more muscle is that you can eat more without gaining more!

By exercising, you can burn 200 to 300 percent more body fat while maintaining or even increasing muscle tone, all at the same time! The best exercise in losing weight is resistance training. Lifting weights does several things; it increases muscle tone, which in turn increases your metabolism. This increase of metabolism burns more calories, not just when exercising, but 24 hours a day, every day.

Another advantage to this kind of exercise is it can actually change your body shape. It helps tighten and tone your body, even those trouble areas. You can even change your body's proportions to make your waist or hips appear smaller compared to your shoulders. Women's bodies and chemical genetics are different from men, so women doing resistance training will not become the masculine, bulky muscle protruding body like a man can become.

Another reason is that one square inch of muscle tissue weighs more than the same amount of fat. So as you tone your muscle tissue you start exchanging the not-so-appealing fat tissue for attractive muscle tone. The weight scale may not paint a true picture of the progress you're making at first. But the mirror will.... And so will those loose fitting clothes. One pound of fat takes up three times as much space as muscle – so when you lose fat and gain muscle you will lose inches! Guaranteed!

<http://www.detoxmysystem.com/want/p90x/>



<http://www.detoxmysystem.com/want/turbojam/>



<http://www.detoxmysystem.com/want/insanity/>

**Step Eight** – Only use scientifically backed weight-loss supplements! Remember, we are all what we eat – whether it is food or supplements – or both. Taking a diet pill is not the way to lose weight. In fact, it is down right dangerous. But also there are many supplements on the market today that “claim” their ingredients are 100% safe and backed by research. However, this is only an advertisement to sell these products. Look for the “Made in the USA”, because if made anywhere else in the world chances are more prone to not contain what the label states.

**Step Nine** – Drink Lots of Water! Not only is this the best detox for your body, but it is key to losing weight fast. This would be number two as importance in achieving a flat belly. Why? Before having each of your five mini meals per day drink 12 ounces of pure, fresh water. Then during your meal drink another 12 ounces of water. This will help your body, you losing fat quickly, in two ways. First, it fills your stomach up, which minimizes the chances of overeating. Secondly, it greatly enhances your body’s ability to digest the foods you eat.

Most people think drinking water will make them look bloated. But I assure you the exact opposite is true! Most people are actually in a constant state of mild dehydration. This causes your body to hoard water, like squirrels hoard acorns before the winter. It is a fact of nature, that if you begin drinking 10 glasses of water a day, your body will naturally release excess water weight, and you will become less bloated and lighter.

This water flushes toxins away when they get released by your fat tissue, which is getting burned away because of your metabolic processes in your body.

Another thing to keep in mind is that water makes up 75 percent of muscle tissue. Not to mention it plays a key role in burning stored fat as fuel. So keep in mind you may not lose fat as easily if you are not properly hydrated. It should be noted that when your body is dehydrated by as little as 1%, you impair your mental as well as physical functions. Fatigue and weakness can also result from inadequate water consumption. The key is to drink water even when you are not thirsty. By the time your body clues you in that you need water, you are already too low. If you get into the habit of sipping water throughout the day, you avoid the temptation of drinking those diet soft drinks and sugar filled juices.

**Step Ten** – Without a doubt, build upon your daily confidence! Since nobody will ever live up to their self-images, it is vital that you continue to build up your self esteem. This is a major contributing factor in giving you the power to moving forward. This allows you to silence the little voice inside your head. Rome was not built in one day, but your transformation from being overweight to your desired weight can be achieved.

**Step Eleven** – Develop coping skills! You will need to overcome adversity. It is inevitable. After all, no one promised you a rose garden, so you must adapt. Prepare for those certain events ahead of time. Here are some suggestions:

- Make large amounts of great-tasting healthy food meals and freeze them. This way you will not be tempted with junk food when you are too busy to make good meals.
- Take these pre-pared meals with you to work.
- Carry a meal replacement drink mix or nutritional bar with you for emergencies. (See recipes for a great smoothie).
- Empty your house of the go-to junk foods and replace them with healthful foods.
- When you can't control that craving, opt for alternative choices. Instead of a candy bar enjoy a piece of a chocolate bar that has 70% to 80% cocoa content. Instead of indulging in a super-sized soft drink, make some green tea, or naturally flavored warm teas

- (without sugar or artificial sweeteners), which still may contain caffeine, but in lower quantities.
- Get an exercise bench, a few dumbbells, and a used exercise bike for your home or office so you don't miss your needed workouts.
- If you belong to a fitness club, take an extra set of workout cloths with you, so you don't skip the gym because you forgot to bring them.

For those cravings that get out of control, drink a large glass of water and do some mild exercise or stress-relieving meditation or breathing. Even brushing your teeth will help settle these cravings.

**Step Twelve** – Find a role model! When you want to become a millionaire, you hang around millionaires. When you want to lose weight, you hang around successful weight losers to model their success. If you want to achieve something, no matter what it is, you can learn a lot from their experience. This person can shorten the learning curve so you avoid some pitfalls of potential mistakes.

## **Go Organic!**

There have been countless studies in this area about whether organic food was any different or even better for you than regular grocery store bought vegetables. It is true that totally organic food is more expensive. Some of which is quite a bit more expensive, up to 50% more.

Many advocates claim that organic foods have more nutritional value than ordinary vegetables that are grown in fertilized fields. They also claim it taste better. The reason: In the absence of pesticides and fertilizers, plants boost their production of the phytochemicals (vitamins and antioxidants) that strengthen their resistance to bugs and weeds.

Researchers at Stanford University recently released a study that questions the nutritional benefits of buying organic foods. The study found very little nutritional difference between organic and conventional produce and meat. There is something to remember about this study though. Who do you think funded this study? The USDA Department. Their main focus in the study was to protect the big crop producers, the ones that spend millions for lobbying congress. However they do agree with organic advocates that some organic foods should be the only ones that you consume for your health. These foods are on a list below:

**Root Vegetable: Potatoes**

**Produce: Peppers and Celery**

**Leafy Greens: Lettuce, Spinach and Collard Greens**

### **Dairy Products: Yogurt, Butter, Cheese and Ice-Cream**

However, you don't have to be a scholar to admit that eating organic food *IS* the way to go if you want to minimize absorbing any toxins from your food. It makes perfect sense! Beef or chicken that are raised eating grass or grain will be healthier and leaner meat. They will not be injected with hormones that make them get fatter. Consequently, they will not have man-made toxins in their meat, which will be much healthier for you.

You can get most of your local organic produce at your neighborhood farmer's market, when in season. Some local grocery stores also carry organic produce, but you have to look closely at the PLC code to know whether it is actually organically grown, or just advertised as such. Many labels on foods are deceptive and fictitious about how, where and when the produce was grown. **Know what you are buying!**

### **Unlock the Produce Code**

One of the best ways to know whether a food was really organically grown is the PLU code. You'll find a PLU label on each piece of produce, attached as a sticker. The International Federation for Produce Coding standardizes PLU codes for every grocery store in the country. Conventionally grown fruits and vegetables have 4-digit numbers and generally begin with a 3 or a 4. Organically grown fruits and vegetables have 5 digits and begin with a 9. Genetically modified fruits and vegetables also have 5 digits and begin with an 8. For example, the PLU for a conventionally grown banana is 4011; for an organic banana it's 94011; and for a genetically modified banana it's 84011.

Adapted from [www.plucodes.com](http://www.plucodes.com)

A great online store to get ALL your organically grown produce, foods and drinks is at Mountain Rose Herbs! You can click on the link below to go to their website to see what all they have to offer: I highly recommend any and all products that they offer. The guarantee is above-board and their products are the *best* you can find anywhere!

<http://www.detoxmysystem.com/want/mountainroseherbs/>

They have *everything!* I mean from any fruits, vegetables, aroma-type scents and bath oils, to many types of grains. A one-stop shop to get anything you need! Just about year round too!

## Eat To Be Skinny

I know this sounds deceiving but at least hear me out! The actual key to your weight loss is actually in your regular grocery store! These fifteen super foods can rev-up your metabolism which will decrease that middle and leave you feeling better than you have in years! Many of these foods are mentioned earlier in the Nutrient Density Line of this book.

**Beans** – Kick-start your body’s fat-blasting furnace with beans. They’ll keep you full, and are high in resistant starch, meaning that half the calories consumed cannot be absorbed. They burn fat faster because of the fatty acid butyrate they create which also reduces blood sugar. The more beans you eat, the more your body will build up the good bacteria you need to digest them. This in itself will help detoxify your digestive tract to insure a better balance of good to bad bacteria ratio.

- **Pine Nuts** – A shot glass full of pine nuts will suppress your hunger pains and keep you from over eating. They contain pinolenic acid, which is a naturally occurring fat that stimulates cholecystokinin (CCK) and glucagon-like peptide (GLP-1), both powerful hormones that alert the brain that the stomach is full. These small nuts also contain the highest protein content of any nut, which will help your body get the protein percentage without having to eat a whole bowl full of nuts!
- **Fennel Tea** – a super cleaning liquid you drink before bedtime. This tea helps your body to reset your taste buds which will reduce food cravings. It also helps in boosting digestion by absorption of nutrients, and reducing fat storage in the body.
- **Crimini Mushrooms** – a mini Portobello mushroom that has a delicious meaty flavor. They are great to blend with meat-based dishes, like turkey, tacos, meat sauce, hamburgers, etc. This high-fiber mushroom helps you to reduce the fat that is associated with eating any form of meat.
- **Apples** – Should be a requirement for everyone that wants to lose fat and live healthier. An ‘apple a day’ will ‘keep the doctor away’. Perfect for pre-dinner snacks, afternoon snacks, and gives a boost to your immune system. Soluble fiber in apples, called pectin, reduces the amount of sugar and calories that’s absorbed into the bloodstream after a meal. That’s good news for folks who want to prevent type 2 diabetes. Pectin prevents spikes in blood sugar that lead to increased fat storage.

- **Avocados** – One of the best fruits available. They are high in mono-unsaturated fats and calories. However, they are very rich in dietary fiber, vitamins, and minerals. They contain health promoting flavonoid poly-phenolic antioxidants such as *cryptoxanthin*, *lutein*, *zea-xanthin*, *beta and alpha carotenes* in small amounts. Together, these compounds act as protective scavengers against oxygen-derived free radicals and reactive oxygen species (ROS) that play a role in aging and various disease processes. Not only will you reap the benefit of all the antioxidants, but it will leave you feeling full longer, which will aid you in losing weight substantially.
- **Raspberry Ketone Supplement** – The main aroma compound in raspberries. This compound regulates adiponectin, a protein used by the body to regulate metabolism. Raspberry ketone causes the fat within your cells to get broken up more effectively, helping your body burn fat faster. By comparison, two capsules a day is equivalent to eating 90 pounds of raspberries!
- **Chili Peppers** - Capsaicin, the compound that gives these spicy peppers their zing, also curbs your appetite while you eat. Not only that, it raises your body temperature, which may boost your metabolism.
- **Cinnamon** – A great spice that slows the passage of food through your stomach. It stimulates your glucose metabolism. It is known for a super detoxifying spice, because it can lower your bad cholesterol, has shown to reduce the proliferation of leukemia and lymphoma cancer cells, and also helps stabilize blood sugar (which is great for weight loss). Cinnamon has antifungal properties, and it's been said that candida cannot live in a cinnamon environment. It is great added to not only toast, but also to your morning tea or cereal.
- **Vinegar** – Vinegar is great for slowing the passage of foods through the stomach and making you feel fuller longer. Not only is it great on salads, but it will retard the absorption of carbohydrates and prevents sudden surges in your blood sugar. That's why pickles are good for you, times to eat are before meals.

**Chia Seeds** – Considered by many as a super food, it is very high in soluble fiber which has cholesterol-lowering properties and prevents the absorption of fat. It is a very good metabolism stimulator.

- **Green Tea** – A perfect body detoxifier because of a phytonutrient called EGCG (epigallocatechin gallate), green tea increases the hormone responsible for making you feel satiated. It can help stop storage of excess fat, improve your appetite-regulating hormones and change how your body handles cravings and metabolizes food.
- **Pumpkin seeds** – Pumpkin and squash seeds are very high in omega-3 fatty acids. They're also high in protein and magnesium which helps curb cravings and strengthen muscles.
- **Red Lentils** - These legumes are very high in protein and loaded with fiber. One cup provides about three-quarters of your daily recommendation of fiber. They can be eaten plain or as a substitute for meat.
- **Watermelon** – Watermelon is very high in vitamins A and C, as well as the best known antioxidant, glutathione, which is known to help strengthen the immune system. Studies have shown that the majority of women who ate water-rich foods lost 33% more weight than other women on a low-fat diet.

Losing weight is not rocket science, nor is it meant only for those who follow a rigid weight loss program. It is for everyone. You can lose weight too! As I said before, we are all individuals and we all have a unique, individualistic set of bodies. This uniqueness may not conform to any particular set of dietary programs that were designed for one particular body type. One mans meat is another mans poison? Have you ever heard that cliché before?

Weight loss follows these same lines in that one program works fine for your friend, sister, or co-worker, but is totally wrong for you. Why? Because we are all different individuals. One plan doesn't work for everyone. That is why there are so many plans and programs available today. I will mention just a few now, showing their pros and cons.

Bear in mind that every specific diet plan revolves around the science of nutrition. I will only be touching the surface. These plans go much deeper than I will talk about. I will say this though, that by detoxifying the sugar and processed foods from your body; you will, guaranteed, lose weight, and be healthier than you ever have been before!

Any number of factors can contribute to weight problems, according to Dr. Mark Strengler, N.D. There are basically seven main causes to having a weight problem. They are:

- Genetics - Some people have family genetics that program their bodies to store more fat. However, with the right plan this can be overcome.
- Diet – You must have a diet that is high in nutrition and compatible to your metabolism.
- Exercise – It is very important to burn that fat and speed up your metabolism. The trick is finding an exercise program that you enjoy so you get the maximum benefit without killing yourself.
- Hormonal balance – Over 50% of all women have hormonal imbalances. In addition, blood-sugar balance is connected to the hormone insulin, which is very important. Blood-sugar that goes up and down stimulates the release of insulin, which causes fat storage. If your hormones are out of whack, your metabolism is all messed up too.
- Toxicity – If your body is full of toxins, your enzyme systems can't work properly. As a result, your body stores fat and retains water. Detoxification is often important for people having a weight problem.
- Nutritional deficiencies – This can interfere with your metabolism. (See chapter 4).
- Emotional and Spiritual components – Suppressed or unresolved issues in this area are often a major contributor to weight problems. For example, overeating of junk food because of trying to fill a void for their loneliness, depression, or some other emotion.

Since eating healthy and losing weight goes hand in hand, it is ultimately your decision to break the ties that bind you. Think of being overweight as a symptom of an underlying imbalance. When you can identify why you have a weight problem, the easier it will be to shed those extra pounds more quickly.

Trying a “fad diet” is just a “shot in the dark”, as is also the latest “breakthrough” weight-loss supplement in the market. The simple fact is that most of these diets and weight-loss programs are not sustainable in the long term, and some are down right dangerous.

If you do an honest evaluation of the cause of your weight issue, you will be able to make your own analysis of why you are having difficulty losing weight. Whether you are young or old, male or female, your weight problem will relate to one or more of the seven causes. It is up to you to decide which of these are more pertinent to you.

## **1. Genetics**

Most people think that if a number of people in the same family are overweight, it must be in the genes that cause this overweight problem. But if you think that they are “doomed” genetically for having a weight problem, you would be absolutely wrong. Only in very rare cases is this true. What we are really referring to is that they have genetic tendencies to accumulate weight, this is their genetic predisposition.

Everyone is born into the world with some distinct, unique genetic predispositions. It is also true that people can have a genetic makeup that will make them more prone to having weight problems. If a family is already predisposition toward being overweight, and this family consumes a diet high in calorie foods – well, between genetics and lifestyle, they are definitely in a situation that makes weight gain a near certainty. However, they can overcome, or at least reduce their fat-storage tendency by focusing more on the other six causes. It will just take a little more work.

## **2. Diet**

Most “diet plans” don’t work and ARE destined to fail. Most of these plans tend to lump all people onto the same regiment of specific foods. These diet plans won’t work for a majority percentage of people. As I have said earlier, everyone is biochemically unique and respond differently to different foods. What one diet plan may work wonders for some people doesn’t work for everyone. I have found some successful diet guidelines that will “turn on” your body’s fat burners.

### ***Watch Your Sugar Intake***

The average American consumes over 125 pounds of sugar a year. Consumption of refined carbohydrates, which are basically simple sugars, leads to a condition known as insulin resistance. Your body responds to simple sugars by releasing insulin, which transport blood sugar (glucose) into the cells. The rapid release of sugar into the bloodstream results in insulin “spikes” – so called because as food gets digested, simple sugars are digested much more quickly than other foods. These sugar molecules are dumped into your bloodstream, which causes the sugar level in your blood to skyrocket. The body’s response is to release insulin into the bloodstream to help get this glucose (sugar) into the cells, for energy. But when you have these sudden spikes of insulin, this has an effect of causing fat storage instead.

Over time, over consumption of these refined sugars causes your body's cells to become sluggish, leading to a condition known as insulin resistance. When this glucose isn't transported into the cells efficiently, the body stores it as fat. Refined carbohydrates that you should try to avoid or at least minimize include pastas, white rice, non-whole-wheat grain products such as white bread and most bakery items. Also included in this list are white and brown sugars, corn syrup dextrose, fruit juices, and maple syrup. Candies and chocolate bars should also be avoided.

These are probably foods that you eat nearly every meal, so you may be wondering, what else is there? If you follow what nature has provided us, you will be eating whole foods such as fresh vegetables. Based on this same principle, whole-grain pastas and breads are better to eat because the grain is unrefined, and of course brown rice is better than white rice. These foods have fiber – plus many other nutrients – and this fiber helps slow down the release of sugar into the bloodstream. Fiber also helps detoxifying your digestive system by carrying toxins away for elimination.

But there are other facts to remember about refined carbohydrates. They can actually be consumed in moderation if you also eat high-fiber foods like vegetables, whole grains and legumes. The reason for this is the “glycemic index”. Every food has a certain glycemic index rating of how high glucose levels rise after the food is consumed. The higher the glycemic rating, the faster the glucose enters the bloodstream and the greater the insulin response.

Glucose has a rating of 100. Lentils have a rating of 30, while a bagel has a rating of 72. So, if you were to consume a bagel along with a salad, your blood-sugar elevation would not be nearly so high.

Fruit juices can be consumed in moderation as long as not on an empty stomach, plus you have it with foods that will slow the sugar absorption. By example, drinking fruit juice along with fish and salad would have much less effect of fat-storage than drinking fruit juice all by itself.

The best way to avoid refined sugars is to prepare meals yourself. You can determine what your level of sugar intake will be by which foods you choose to include in your meal. Another ray of hope: The herb stevia is an excellent source to substitute refined sugar as a sweetener in your meals. It is actually sweeter than sugar and doesn't adversely affect blood-sugar levels, even for people with diabetes. It also has no calories. It can be purchased as a liquid or powder at health food stores and some grocery stores.

### ***Watch Which Fats You Eat***

The wrong types of fats worsen insulin resistance and contribute to fat deposits. Avoid saturated fats – those found in red meat and dairy products. They not only worsen your weight problem, but also increase your risk for heart disease and certain cancers.

Also avoid “fake” fats too. These synthetic fats include trans fatty acids as found in fried foods, margarine, and products containing partially hydrogenated oils (such as cookies and crackers). Instead focus on healthy omega-3 fats that are highly concentrated in cold water fish such as salmon, mackerel, and herring. Omega-3 fats are also found in flaxseeds, flaxseed oil, and walnuts.

Stay away from oils that are rich in omega-6, such as sunflower, corn, soy, and most other cooking oils. Use heart-healthy and fat-friendly extra-virgin olive oil instead.

### ***Balance Your Carbohydrates, Proteins, and Fats***

The ratio of carbohydrates, proteins, and fats is important for a successful detox and weight reduction program. Most plans advocate different ratios of these three components. In general, I recommend a little more protein than carbohydrates and fats. The trick is to consume *high quality proteins*, such as fresh fish, nuts, seeds, and relatively high protein plant foods like soy, and corn. Other good animal sources include organic eggs and poultry. The reason for this, is that protein does not cause blood-sugar spikes which in turn reduce fat deposition. The body burns more calories digesting protein than any other food group.

A good ratio of components is 30 to 40 percent protein, 20 percent fat (mainly “good fats” such as omega-3) and 40 to 50 percent carbohydrates. Don’t stress on trying to calculate percentages of calories that fall into each category for each meal. Just make sure to include a good protein, a complex carbohydrate, and a good fiber source in each meal.

As mentioned earlier, you must find what proportions of these three components work best for you. For you, it may be 40 percent carbohydrates, 30 percent fat, and 30 percent protein. Generally speaking, my recommendation will turn on the fat burning hormones while shutting down the fat storage hormones.

### ***Counting Calories Isn’t Necessary***

As long as you stay focused on quality foods and the right ratio of the different types of foods, the calorie count will stay at a level that will provide you with weight loss.

### ***Eat Smaller Meals More Frequently***

If you eat smaller meals more frequently during the day, you will be able to curb hunger pains and keep your level of blood sugar from spiking. This is a long-term strategy for fat reduction.

### ***Do Not Skip Meals***

Never, ever skip a meal. Many people think that skipping breakfast will aid them into losing weight. However, your body will automatically slow your metabolic rate down to conserve energy, which will induce fat storage. If time is an issue, make a breakfast the night before or make you a protein shake: combine 1 scoop of soy or whey protein powder with soy or rice milk and 1 to 2 tablespoons of ground-up flaxseeds. Add some blueberries or another fruit that you like.

This takes all but two minutes and supplies you with protein, carbohydrates, good essential fatty acids, and fiber. This will level out your blood sugar and prevent fat storage. It will also aid you with increased energy and mental sharpness.

### ***Harness the Power of Plant Foods***

Remember the power of plant foods on a weight reduction diet. Vegetables and some fruits are excellent sources of fiber, which helps in the scrubbing of your digestive tract, removing toxins, and binding fat from foods and expel it in the stool. Fiber also helps to slow the release of sugar from foods into the bloodstream. Especially true of soluble fiber – found in oat bran, dried beans, peas, rice bran, barley, and apple skin.

Plant foods are also plentiful in phytonutrients that aid the body in many ways, including the process of “burning fat” – that is, fat metabolism. You also get the full spectrum of beneficial amino acids that are very important for detoxification. That’s significant, since proper detoxification removes toxins that cause fat storage and water retention.

### ***Water Intake***

Drinking an adequate amount of water is critical for detoxification as well as weight loss. Dehydration, even at a marginal level, actually causes the body to store water, and water retention is a large factor in weight gain. Plus, water is essential for removing toxins from the body.

You should drink at least six to eight 8-ounce glasses of water daily (48 to 64 ounces). Also avoid those substances that cause dehydration such as caffeine (coffee) salt, and alcohol.

### **3. Exercise**

Without a doubt, exercise is the cornerstone of any fat-reduction and weight loss program, but it may be a challenge to find the right fit that you will stick with for the long term. Fat reduction will also be the fastest if you do aerobic exercise such as walking, jogging, swimming, biking, or even dancing, because you burn fat more efficiently. Weightlifting isn't much of a fat burner, but it does increase your metabolism – and a combination of the aerobic activities along with some weightlifting (called anaerobic) is ideal. Racquetball and tennis are excellent too.

How much exercise is right? That of course depends on your current level of health. Your doctor can give you the best suggestions on where to start.

Generally, moderately healthy people should start with 10 to 15 minutes of aerobic exercise three times a week and work up from there. Ideally, the time of exercise should be 30 to 45 minutes (or longer) and the frequency should be four to six times a week. If you want to start weightlifting though, be sure to work with a personal trainer first, so that you avoid injury. You can always work up to more weights or repetitions over time.

### **4. Hormone Balance**

Hormones are powerful chemicals that control your body's metabolism, along with almost everything else. One of the most important keys to fat reduction is the thyroid gland. It is well known that if thyroid hormone is low, cell metabolism slows down and weight gain is assured to happen.

The best way of finding out if you have a low thyroid hormone, otherwise known as hypothyroid, is to have a thyroid panel test done by your doctor. (Be sure to include the test called "free T3" and "TSH") A recent new test now available is a saliva thyroid hormone test.

Another test is one you can perform from home. Take your temperature each morning at the same time for five days in a row. Temperature is an indication of thyroid function, and if your temperature reading is consistently below 98.2 degrees Fahrenheit, then you have a sluggish thyroid.

If your temperature has an indication that you may suffer from a sluggish thyroid, I would suggest finding a holistic doctor for natural thyroid treatment. Taking conventional thyroid hormone replacement (Synthroid) weakens your thyroid. Over time, you will suffer from continual increases in your medication. This is another example of the side effects treating the symptom, without curing the problem.

Estrogen and progesterone balance is also a very important key to weight loss. Many women have too much estrogen compared to progesterone, a condition known as “estrogen dominance.” Yet, using the synthetic version of estrogen and progesterone leads to water retention and hinder thyroid function in women.

Testosterone and growth-hormone deficiency can lead to fat deposition in men. Women given synthetic hormone replacement for menopause almost always start gaining weight with water retention. Birth control pills have similar effects.

Something else to consider is a condition known as “Syndrome X.” This refers to a cluster of conditions, such as insulin resistance, high cholesterol, high triglycerides, or high blood pressure, or obesity. (An apple shaped body is a general sign of syndrome X – that is excess fat around the belly, hips, and thighs). Research has shown any person affected by syndrome X is only one step away from developing diabetes.

## **5. Toxicity**

Toxins – such as pesticides, herbicides, and other chemicals – that get into the body from the environment wreak havoc on the enzyme systems. Poisons from heavy metals, like mercury and lead are particularly dangerous, which can suppress thyroid function and also impair the detoxification process by accumulation of water and fat storage.

Toxins that accumulate as the result of poor digestion are another problem. The best, ideal plan is to work with a holistic doctor that can diagnose the exact toxins and the area of the body in order to create the best form of elimination so detoxification can be safely achieved. But if you are like most people, this is not an option. So if you follow a good diet, exercise, and take nutritional supplements, you are already enhancing the detoxification process!

## **6. Nutritional Deficiencies**

It is mind boggling to think how widespread nutritional deficiencies in our society really are, considering how rich and vast our country is. We consume monumental quantities of refined and synthetic foods. Most of the vitamins and minerals have been removed, which without them, leads us to obesity, diabetes, heart disease and many, many other diseases. Nutritional deficiencies lead to food cravings for sweets and fatty foods, which translate into fat gain.

Some ideas on supplements in this area are: Chromium, vanadium, and alpha lipoic acid are particular helpful in regulating blood-sugar levels and preventing fat storage.

Zinc and magnesium are required for proper insulin function, as well as just a high potency multivitamin for added insurance. An essential fatty acid source such as ground flaxseeds, or flaxseed oil or fish oil is recommended to help metabolize fats for proper insulin function also.

## 7. Emotional and Spiritual Factors

Self-esteem plays a vital role in your fat-reduction plan. If you are affected by any number of emotional traumas, such as divorce, bullies at school or in the workplace, death of a loved one, etc, you may be using food to help dampen, reduce or control your emotional pain. People that have suffered physical or sexual abuse often have eating disorders.

If this is an issue for you, seeking a counselor or religious leader is a start to overcoming the emotional and spiritual traumas that are the underlying cause for your weight control problem and unhappiness.

Seeking a “magic bullet” in a pill for weight loss – **without changing your diet or engaging in exercise – is futile.** No such product exists. Some diet pills claim that use of stimulants will suppress appetite while allowing you to lose weight. Again this is dangerous as well as having detrimental consequences with any long term use. Any starvation trauma your body endures for any length of time shuts off your metabolism.

Also what happens when you start consuming more nutritious foods, your calorie intake is automatically reduced. The reaction to this is your body senses less calorie intake, thus automatically slowing down your metabolism, up to 50% after the third day. To trick your body to elevate your metabolism can be accomplished in two ways:

- First way is periodic fasting. For example, eat appropriately for three days, then on the fourth day skip a meal, usually breakfast. Instead of eating a meal, drink a protein shake or smoothie. Then start back eating appropriately again.
- Second way is having a “cheat day”. Eat your high-protein, high vegetable meals for three days. On the fourth day, known as a “cheat day”, is to eat any of your favorite “bad foods”, like ice cream, donuts, cake, etc. that you have been avoiding. This will cause your body to increase your metabolism again. Start back eating healthy foods again.

I have also included some of my own routines and recipes that I used for myself, as well as for my wife. This simple, make-at-home, “daily food” will not only keep your body from acquiring more toxins, but these foods are very nutritious, easy, and make your body flush weight away!

To continue getting the calcium your body needs I still recommend a milk of some kind and drink daily. Not cows milk, but drink Silk Soy, Almond, or Coconut milk instead. It is much better for you!

Of all the BAD carbs available to you (white bread, sugar, desserts, etc) you don't have to stop eating carbs completely to burn away fat. If you choose wisely, these four belly-fat blasting carbs will melt away your fat and still keep you feeling full and satisfied, plus keeping you on track to lose weight!

### **#1 - Beans, Lentils, and other Legumes**

Beans and Lentils, part of the “legume” family, just may be my #1 choice for a healthy carb. Packed with loads of fiber and protein, these guys come in so many different varieties that you'll never get bored: lentils, chickpeas, black eyed peas, black beans, red beans, kidney beans, navy beans, butter beans, lima beans, pinto beans...and the list goes on.

Because of their fiber & protein content, along with their versatility, I eat something from the legume family in at least one of my meals daily. I'd highly recommend you'd do the same!

### **#2 - Quinoa**

While brown rice is thought to be the healthy grain, there's one even better, and that's quinoa. Quinoa is a gluten-free grain that contains double the protein of brown rice along with greater fiber content and a lower glycemic load.

Not only that, but quinoa is the ONLY grain to contain complete protein and the full spectrum of amino acids. It comes in several varieties, including “oatmeal-like” flakes and wholegrain rice-like form.

Enjoy it as an oatmeal substitute for breakfast, in salads or casseroles, or as a wholesome whole-grain, high protein side item to any lunch or dinner meal.

### **#3 - Sprouted Grain Bread**

Sprouted grain breads, like Ezekiel 4:9 bread (one of the most popular brands of sprouted grain bread) is a great way to include bread in your diet without all the issues associated with white breads and even 100% whole wheat breads.

Instead, Ezekiel bread is organic, sprouted, 100% whole grain flourless bread. A 2-slice serving even contains 8 grams of complete protein, and 6 grams of fiber, so don't give up the bread, just choose the right kind!

#### #4 - Berries & Cherries

Berries like blueberries, blackberries, raspberries and cherries (although not technically a berry) are some of the BEST carbs you can eat. They are high in fiber, packed with antioxidants, and score extremely low on the glycemic index, especially cherries which come with a GI of just 22.

I enjoy fresh berries for dessert several times a week and it's an awesome, nutritious way to finish off any meal. Great as a snack, too! Try them on top of Greek yogurt... Also great blended into your morning smoothie, which is what I do.

Now another report that just came out – hot off the presses – is this report that I thought I would pass along to you. It is a FREE report from Doctor Saunders giving you 3 Rules for Permanent Weight Loss!

<http://www.detoxmysystem.com/want/fatlossremedy/>

Or you can watch a video by clicking on the link below:

<http://www.detoxmysystem.com/want/fatlosssolution/>

**B**ack in chapter eight I gave you just a little information about a hormone most everyone has never heard of. I want to explain a little more about it to you, since this hormone is extremely critical to losing weight, and keeping it off. The hormone I am talking about? **Leptin!** You see, leptin is an extremely dominant hormone responsible for regulating your blood sugar. There are several other factors in this regulation of blood sugars, but for right now, I will just focus on leptin.

Leptin literally controls every other weight loss hormones in your body! In order for you to lose weight your body depends on these two things:

High levels of leptin  
Highly sensitive leptin “receptors”

If you decide to go onto a diet to lose weight, for example, you normally stop eating as much food as you have been accustomed to eating. This drastically reduces your calorie intake. When this happens, your levels of leptin in your body are significantly reduced. Your body's ability to lose weight is also drastically reduced because leptin's main function is to prevent starvation.

In this controlling mechanism of your body, known as metabolism, your body slows down your metabolism and considers your fat-storage as a huge asset to keep and guard at all cost.

So reducing your calorie intake signals the leptin hormone to decrease levels to protect your body for survival. After all, your body fat provides a vast supply of stored energy and warmth, both in which are highly valued resources when food supplies are in short supply.

Your body is unaware of your desire to lose weight, so when you decrease eating to lose weight, all your body knows is that your calorie intake is “below normal”, which signals your brain to send out the “red flag”.

### **The Result? Reduction of Leptin Levels Drastically Reduces Fat Burning!**

Another very common problem to most Americans is a condition known as “Leptin Resistance”. This condition is sometimes called “insulin resistance”. Basically what this all means is that the vast majority of Americans are suffering from this condition, mainly due to years of high body fat levels because of a diet full of “junk” ingredients in processed foods.

Leptin Resistance simply means that your body no longer responds to the Leptin signals to burn fat, so properly burning away fat is not achieved. This diminishes all efforts to losing fat and weight from your body. I realize that this fact is very disheartening for the weight-loss enthusiast; however, there is a silver lining in this very dark cloud!

What if I told you there was a very simple way to support healthy leptin levels and keep them high as you lose weight, *while also* supporting increased sensitivity to the hormone? Does that sound like something you might be interested in?

If you can keep your body producing high levels of leptin and increase your Leptin sensitivity, you can actually keep your body in a fat-burning state, all the time! High leptin levels equal high levels of fat burning... 24 hours a day, 7 days a week.

To learn about this deliciously tasting supplement, click on the link below. It will cure you of your Leptin sensitivity, allowing you to lose weight, and keep it off – Safely!

<http://www.detoxmysystem.com/want/leptiburn/>

I have several other supplements that I want you to consider in your losing weight program. These are made in the USA, using the best ingredients that are available, plus, they are backed by a 100 percent money-back guarantee!

You know, you have to think about it for moment. Wouldn't it be grand if we never had to worry about whether the food we decided to eat was going to be good for us or not? If all the food manufactures were honest and required by law to make all foods with no additives like artificial flavoring, color, etc?

Unfortunately we do not live in this ideal world. We are still left to the task in searching for and deciding which foods to buy, and then cook for our families.

The sad truth to all of these decisions is that there is a better way. You can make the cake and have some too! My good friend Joel, the co-founder of BioTrust Nutrition, has another supplement to tell you about: It helps your body to become more sensitive to insulin there by letting you burn more fat!

Ideally, when you eat carbohydrates, your body will

- Release the minimum amount of insulin your body needs to use the sugar as energy and not store it as fat.
- Quickly utilize the blood sugar for optimum usage without any storage of sugar as fat. (This will occur only when your body is highly sensitive to insulin).
- Maximum glycogen uptake. Glycogen is the term used for stored carbohydrate in muscle. When muscle tissue is highly sensitive to insulin, the vast majority of blood glucose will be stored in muscle, not fat.
- Minimum fat storage of carbohydrates. When you increase insulin sensitivity, especially in skeletal muscle, your body will choose to store your carbohydrate intake as energy in muscle tissue instead of body fat.

The good news is that you *CAN* repair your insulin receptors without going on a painful low-carb diet. In fact, many times you can enjoy even MORE carbohydrates than you currently are while losing even more fat when you utilize this one simple solution:

***SUPERCHARGE your insulin sensitivity before each carbohydrate-containing meal in just a few seconds with 5 unique, research-backed ingredients...***

<http://detoxmysystem.biotrust.com/Shop.asp?p=IC-5>

## Chapter Eighteen

### The Science Behind Losing Weight

The only science my body knows is what works for me. The few different approaches that my friend, Joshua Rosenthal describes in his book “Integrative Nutrition” are as follows.

We all have different bodies, metabolisms, and chemistries that make us all unique and individuals. What worked for me may have the opposite effect on you. That is why I have also included several other options, programs, ideas, and plans to help you in your weight-loss program.

#### Bio-Individuality

Roger Williams published a book in 1956, *Biochemical Individuality*, in which he explained how personal differences in anatomy, metabolism, composition of the body and cell structure, influence your overall health. Each person, Williams wrote, has highly individualistic nutrition requirements because of the way their genetic code is written. This theory is still largely ignored by mainstream medicine.

One of the major factors determining bio-individuality is ancestry. If your ancestors were Japanese, for example, you will most likely thrive on a Japanese-type diet, high in rice, sea vegetables and fish. If your ancestors were from India, your digestive system will probably love basmati rice, cooked beans and curry. He asserts that it is in your genes that make certain foods metabolize well, and also makes certain foods detrimental to your health.

This theory also applies to foods that you have difficulty digesting. For example, many traditional African communities had an abundance of beans, grains, animal protein, sweet potatoes and green vegetables. Dairy was not easily accessible or easy to store in hot regions, and therefore, not a part of the traditional diet. So, it makes sense that a lot of people of African descent are lactose intolerant.

Your blood type also influences your bio-individuality. There are four blood types, A, B, AB, and O. Each type can be traced to a certain period of human history with distinct differences in diet, culture, and social conditions. Each blood type has developed particular strengths and limitations and knowing them can influence your health.

If you eat a food that is incompatible with your blood type, it could eventually lead to health problems, demonstrating how one person's food can be another person's poison. Many Type O's feel energized by eating meat, while Type B's are better able to digest dairy. These preferences are based on a chemical reaction that occurs between the foods you eat and your blood.

Another aspect of bio-individuality is metabolism, or the rate at which you convert food into energy. Depending on your metabolic rate, your body may quickly convert calories to energy, or it may store the extra calories as fat. You may recall that as a teenager you could wolf down a burger, fries, milkshake and ice cream all in one meal, without any indigestion or tightening of your jeans. That's because young people are still growing, have fast metabolic rates and burn calories more quickly than adults.

As in Chapter nine, people can be divided into three general types of metabolic activity. Fast Burners, or Protein types (Type A), which tend to be frequently hungry and crave fatty, salty foods and not do well on high carbohydrate or vegetarian-type diets. Their bodies burn through carbohydrates too quickly, and a higher protein intake helps slow down their metabolism.

Slow Burners, or Carbo types (Type B), generally have relatively weak appetites, a high tolerance for sweets and problems with weight control. They require a higher percentage of carbohydrates to give them energy to speed up their metabolism. Mixed types generally have average appetites and moderate cravings for sweets and starchy foods. For them, the ideal diet is a balanced combination of protein and carbohydrates. Keep in mind that even your metabolic rate and sensitivity can shift as you age, or as stress levels or nutrient deficiencies shift in your diet or lifestyle.

Just think for a moment... If this theory is correct, then maybe that's the reason why the diet plan you are following just isn't working? Perhaps its time for you to consider at least, for the moment, that it's not the right diet plan for you and your specific body type.

Just observe how your own body responds to the food you give it. People are different, and getting to know your own body is an essential first step in discovering how to stay healthy and lose weight.

Metabolic theory demonstrates that no one diet is right for all of us. You may know people who can eat processed carbohydrates, such as bread and pasta, and stay very thin while you gain weight on such a diet.

It's not because carbohydrates are "evil" or your body isn't as healthy; it just shows that all people metabolize these foods differently. You might do better on a high-protein diet with lots of fresh vegetables and some whole grains. Knowing what foods you metabolize best will help you to choose foods that make you feel good and support your individual body.

By learning to listen to your body and developing an understanding of what foods it needs and when it needs them, you will discover what is best for you. If you doubt this connection to your body, begin by first acknowledging that your body is highly intelligent.

Just as a tree will always lean toward light, animals know instinctively how and where to get food that is best for them. Animals don't read nutrition books. Their bodies tell them which plants to eat and which to avoid. Learn to listen to your body about what foods your body is wanting.

Do not ignore the message that your body is sending you. Dark circles under the eyes signal exhaustion—your body is telling you to slow down and get some rest. Constipation and bloating are signs that something you are eating, or the way you are eating it, is not appropriate. It is when you ignore these signals that lead to trouble - and that's when you go to the doctor for medications and operations.

## **The Mood for Food Connection**

Food undoubtedly influences your life. Of course the most extreme examples are coffee or alcohol, which change your state of mind within minutes. For this reason, I don't even classify them as foods but as drugs. But consider this; it's hard to feel inspired and happy when you're living on chemical, artificial junk food.

Julia Ross, author of *The Mood Cure* and a pioneer in the field of nutritional psychology, refers to this relationship as the law of malnutrition. The current epidemic of bad moods is definitely linked to an epidemic of deteriorating food quality and quantity: "junk moods come from junk foods", she writes. Soda, chocolates, ice cream, potato chips and fries are all easily accessible foods that people turn to when they want to be lifted out of a bad mood, but the irony is that these foods are a big part of the problem.

Salt can mess with your mood making you feel tense. Sugar can give you a zing and make you feel energized. When your blood sugar goes up, you get that energized feeling. But as soon as it goes down, you feel like the world is coming to an end. Don't travel from one extreme to the next; to lose weight, to detoxify your body, you must find that balance to keep your body in harmony.

To be an American, weight loss is a very big issue today. Our society idolizes people who are thin. But with an overabundance of snack foods, junk foods and fast foods, combined with a lack of daily exercise, many Americans struggle with their weight. One of the most popular New Year's resolutions is to lose a few pounds. Many people turn to modern nutrition's approach of counting calories and trying to get fit.

When they have trouble following their own diet regimen, they look for help in the more than \$30-billion diet and weight loss industry which includes everything from commercial chains like Weight Watchers and Jenny Craig to diet pills, artificial sweeteners, diet books and magazines, meal replacement shakes and belly-stapling surgeries.

Year after year, many Americans realize that these fad diets don't work. In fact, about 90 percent of all dieters regain some or all of the weight originally lost. Diet and exercise theories like the 40-day, 20-day or even 8-minutes-a-day to a thinner you are aimed at quick results and selling books.

In recent years, the idea of eating more and weighing less has become popular. Why not? When given the choice, most of us would rather eat more. The trick is to understand caloric density or volumetric, which means you can eat as much as you want of foods that are nutrient-rich and low in calories.

Another way to think about caloric density is that your body only needs a certain volume of food each day. If you're having a bowl of soup, your body doesn't know if the bowl of soup has 100 calories or 1,000 calories. By choosing foods that have a low caloric density, you can feel full without packing on the pounds.

## **Weight Loss Suggestions**

**#1 Always eat breakfast!** Statistics prove that people that eat breakfast everyday are much more successful in losing weight and keeping it off. If you skip a meal, you become calorie deficient and usually end up bingeing later in the day. Eat throughout the day. You know the saying, "Don't go shopping when you're hungry?" Try it. Snacking can actually help some people eat less. By eating between meals, you can help reduce hunger pains and bingeing later in the day.

Let me use the example of a package of **Oreos** for example. One package of Oreo Cookies has 2,200 calories. See the table below to get a better picture of this example:

1 lb Oreo cookies	1 lb Peanut Butter	1 lb Lays Potato Chips	1lb 2% Cottage cheese; 2 lbs Cantaloupe 1lb apples; 1lb Tofu; 1 lb Kale; 2 lbs Celery; 1 lb Lettuce; 1lb Carrots; 1 lb Papayas; 1 lb onions; 2 lbs cucumbers;
2200	2650	2400	2225

From the table above you can see what each column represents in calories. So one pound of Oreo cookies is almost equal to one pound of Peanut Butter, which is almost equal to one pound of Potato Chips, which is also almost equal to the last column of all the good, high nutrient-based vegetables combined!

**#2 Drink more water!** As I have been saying all along, water is your friend. By replacing soda, alcohol or coffee with water, you can cut a very significant number of calories from your daily routine. You can easily lose 10 pounds just by replacing that daily soda with water. Plus by eliminating the 30 to 40 grams of sugar each soda contains, you detoxify your body immensely. Even alcohol, like a jumbo margarita for example, can have up to 700 calories. Also by drinking water before your meal, you will help your body digest your meal easier, getting more nutrients from digestion, plus helping you avoid over-eating. What I call a win-win scenario!

**#3 Make your own meals!** I can not stress this point enough. You see, when *you* prepare the meal, *you* control the salt, the oil, the fat, even the portion size. If you eat out everyday whether it is fast-food or a restaurant, you have absolutely no control in the quality or the quantity of your meal.

**#4 Reduce your stress levels!** Many people eat more when they feel stressed; the “stuffed belly” feeling helps them feel better and more relaxed. They are trying to balance the extra cortisol that is racing through their bodies with food. Meditation is much more sufficient and therapeutic in balancing or removing the cortisol. Since too much cortisol damages your brain and other body tissues, meditation helps relax and reduce these levels.

**#5 Get enough sleep each night!** Rest is extremely important in reducing stress and allowing your body to properly utilize the nutrients from the foods that you ate.

**#6 Keep moving!** Exercise, without a doubt, is the second most two-fold practice that anyone can do to lose weight. First, it changes the fat-to-muscle ratio of the body. Muscle tissue utilizes and burns more calories than fat tissue. Secondly, exercise also reduces stress.

**#7 Be a food detective!** Read and understand food labels of the foods you buy. Don't eat anything that you can't pronounce from the food label. Stick to simple whole foods or at least foods that have five or less ingredients.

**#8 Identify your temptation foods!** You know whether they are salty or sweet, fried or creamy, and you know that if they are within reach, you will want them. Do not keep these foods in your home or office.

**#9 Take multivitamins!** Everyone can benefit from well-rounded nutrients. Some evidence suggests that by adding specific high-quality nutrients to a well-balanced diet, you can improve your metabolism and many enzyme processes for greater vitality and health.

**By switching from simple to complex carbohydrates and eating lots of vegetables, you can lose weight fast. You'll lose weight and improve your health. Plant foods are so low in calories that they force the body to burn its own fat. Nobody gets fat on a diet that's made up largely of green vegetables, sweet vegetables, whole grains and small amounts of high-quality animal products. But throw in a bunch of cookies, white bread, French fries and a few quarter-pounders, and you've got yourself a serious weight problem.**

To give you another reason to (a) never believe everything that is advertised about a food and, (b) what will happen to your weight loss program if you do buy into the advertisement:

Dr. William Davis wrote a book called "Wheat Belly". In his own personal test on himself to see if the actual claim about lower calories (carbohydrates) was true, Dr Davis took a sugar test of his blood before and after eating the bread. He first ate from bread that was made from wheat that was grown over 500 years ago. This bread was made from Einkorn wheat, the original wheat that our "hybrid" wheat comes from today. His second test was from eating a slice of bread from our modern day wheat bread. The results will surprise you! His findings are as follows:

Whole wheat bread

Day 1:

Fasting blood sugar: 84 mg/dl

Blood sugar after consuming 4 oz. ancient einkorn wheat bread:  
110 mg/dl

That would be a fairly normal response to the amount of ingested carbs. However, look at the shocking blood sugar spike caused by modern day whole wheat...

Day 2:

Fasting blood sugar: 84 mg/dl

Blood sugar after consuming 4 oz. modern day wheat bread: 167 mg/dl

The point of this test proves that the bread that is made today is nowhere near the quality of years past. The flour to bake the modern bread is from GMO Wheat, which has much more carbohydrates (simple sugars) than the original wheat plant.

Just because the advertisement claims that “whole wheat” is all natural and very nutritious for you, think again! But even worse is the bread that is all white! Can you imagine the sugar spike you’ll get when you eat white bread instead? Whole wheat is by far the better choice of breads, but modern day bread is not near the quality that bread made from pre-GMO wheat. Just another reason to buy organic bread, or bake your own bread from unbrominated flour.

## Chapter Nineteen.

### Recipes for Detoxifying Your Body

#### **Bowel Program** (Courtesy of Dr. Clark)

(This recipe will kill the bacteria that is causing your bowel problems. Do it for one week. You will know you were successful when your tummy is flat, also should improve your mood)

Turmeric - 2 capsules, 3 times a day

Fennel - 1 capsule 3 times a day

Digestive Enzyme tablets - used as directed on label

Black Walnut Hull Tincture Extra Strength - 2 tsp

Cascara sagrada capsules - if constipated (start with 1 capsule a day)

Remember to drink 1 cup of hot water upon rising every morning to help regulate your elimination

---

#### **Kidney Cleanse** (Courtesy of Dr. Clark)

(Should be preformed at least twice a year)

1/2 cup dried Hydrangea root

1/2 cup Gravel root

1/2 cup Marshmallow root

4 bunches of fresh parsley

Goldenrod tincture (leave this out if you are allergic to it)

Ginger capsules - 1 capsule each meal

Uva Ursi capsules - 1 with breakfast and 2 with supper

Vegetable glycerin

Black Cherry Concentrate, 8 oz

Vitamin B6, 250mg - 1 a day

Magnesium oxide tablets, 300mg - 1 a day

Directions: measure 1/4 cup of each root and set them to soak in 10 cups of cold water in a non-metal container and non-metal lid. After 4 hours (or overnight) add 8oz black cherry concentrate, heat to boiling and simmer for 20 minutes. Drink 1/4 cup as soon as it is cool enough. Pour the remaining through a strainer into a sterile glass jar and several freezable containers. Refrigerate the glass jar.

Boil the fresh parsley, after rinsing, in 1 quart of water for 3 minutes. Drink 1/4 cup when cool enough. Refrigerate a pint and freeze the 1 pint. Throw parsley away after boiling.

Dose: each morning, pour together 3/4 cup of the root mixture and 1/2 cup parsley water, filling a large mug. Add 20 drops of goldenrod tincture and 1tbs of glycerin. Drink this mixture in divided doses throughout the day. Keep cold. Do not drink all at once! This will cause a stomach ache and put pressure on your bladder.

You can save the roots after first boiling in the freezer-safe containers. After 13 days when your supply runs low, you can boil the roots a second time, but only using 6 cups of water and simmer for 10 minutes. Your supply should last another 8 days, but potency of roots diminish after each use.

You need to do the kidney cleanse for six weeks for good results. This cleanse will dissolve any kidney stones or crystals.

---

### **Liver Cleanse** (courtesy of Dr. Clark, to remove gallstones)

4 tbsp. Epsom salt  
1/2 cup light Olive oil  
1 large or 2 small fresh pink grapefruit (enough to squeeze 2/3 to 3/4 cup juice)  
4 to 8 capsules Ornithine  
Plastic straw - large

Directions: Best to choose a weekend for this cleanse. Avoid any medicines or vitamins that you can do without. Eat a no-fat breakfast and lunch such as cook cereal with fruit, fruit juice, bread and preserves or honey (no butter or milk), baked potato or other vegetables with salt only.

**2:00 pm** - Do not eat or drink after 2 pm. If this rule is broken, you could feel quite ill later.

Get your Epsom salt ready. Mix 4 tbsp. in 3 cups water and pour into a jar. This makes 4 servings, 3/4 cup each. Set jar in refrigerator to get ice cold.

**6:00 pm** Drink 1 serving (3/4 cup) of the ice cold Epsom salts. You may add 1/8 tsp vitamin C to improve taste. You can also drink fresh water or rinse mouth afterwards. Get the grapefruit and olive oil out to warm.

**8:00 pm** Repeat by drinking another 3/4 cup serving of Epsom salts. Timing is critical. Do not be 10 minutes early or late.

**9:45 pm** pour 1/2 cup (measured) olive oil into pint jar. Squeeze grapefruit by hand into measuring cup. Remove pulp. You should have 1/2 cup, more (3/4 cup) is best. You may top this up with lemonade. Add this to the olive oil. Close jar tightly and shake vigorously until watery.

Now visit the bathroom one or more times, even if it makes you late for your ten o'clock drink. However, do not be more than 15 minutes late.

**10:00 pm** Drink the potion you have mixed (olive oil and grapefruit). Take 4 ornithine capsules with the first sips to make sure you will sleep through the night. Take 8 capsules if you suffer from insomnia. Drinking through a straw helps it go down easier. You may use ketchup, cinnamon, or brown sugar to chase down between sips. You must be standing up to drink this! Get it down within 5 minutes.

**Lie down immediately.** You may fail to get stones out if you don't. The sooner you can lie down the more stones that will be removed. Lie flat on your back with head high on pillow.

Try to keep perfectly still for at least 20 minutes. You may feel the stones traveling from your liver along the bile ducts like marbles. There is no pain because of the Epsom salts taken previously.

**Go to sleep.** You may fail to remove all stones out if you don't.

**Next Morning** Upon wakening take your third dose of Epsom salts. If you have indigestion or nausea wait until it passes before drinking salts. You may go back to bed. Don't take this potion before six am.

**2 hours later** Take your fourth dose of Epsom salts (the last). Drink 3/4 cup of the mixture. You may go back to bed.

**2 hours later** you may eat. Start with fruit juices. Half an hour later you may eat regular food but keep it light. By suppertime you should be fully recovered.

Expect to have diarrhea first thing in the morning. If you look in the toilet you should be able to see gallstones. Look for the green kind since this is proof that they are genuine gallstones. Only bile from the liver is pea green. The bowel movement will sink but gallstones float because of the cholesterol inside. **Count them all roughly**, whether tan or green. You will need a total of around 2000 stones before the liver is clean enough to rid you of allergies or bursitis or upper back pain permanently. You may repeat this cleanse at two week intervals. Never cleanse when you are ill.

---

### **Liver Herbs** (courtesy of Dr. Clark, to help the liver function)

- 6 parts comfrey root, *Symphytum officinale* (nipbone root)
- 6 parts tanner's oak bark, *Quercus alba* (white oak bark)
- 3 parts gravel root, *Eupatorium purpureum* (queen of the meadow)
- 3 parts Jacob's staff, *Verbascum thapsus* (mullein herb)
- 2 parts licorice root, *Glycyrrhiza glabra*
- 2 parts wild yam root, *Dioscorea villosa*
- 2 parts milk thistle herb, *Silybum marianum*
- 3 parts walnut bark, *Juglans nigra* (black walnut bark)
- 3 parts marshmallow root, *Althea officinalis* (white mallow)
- 1 part lobelia plant, *Lobelia inflata* (bladder pod)
- 1 part skullcap, *Scutellaria lateriflora* (helmet flower)

Directions: Mix all herbs, add 1/2 cup of the mixture to 2 quarts water. Bring to a boil. Put lid on pot. Let sit for six hours. Strain and drink 1 1/2 cups per day. Put the strained herbs in the freezer and use them one more time.

---

### **Heavy Metal Detox Recipe**

#### **Detox Juice**

- 2 cups pineapple
- 2 apples
- 1 lemon (peeled if not organic)

2 cucumbers  
6 stalks celery or 1 small head of celery  
1 head of romaine  
1 small bunch cilantro (start with less, taste and add more)  
1 small bunch mint  
3 stalks chard or kale

Directions: Run each ingredient through a juicer one at a time. Stir well and serve. It's best to drink on an empty stomach, ideally as your breakfast or before your breakfast.

### **Steps to detox heavy metals:**

**1.** Eat a clean, highly alkaline, organic diet including lots of fresh salads, healing juices, and raw soups and smoothies to reduce the amounts of toxins going into the body. This will also magnetize old acidic waste in the body for removal.

**2.** Cleanse the colon with regular colonics and enemas as part of your program to keep your major elimination organ clear. Any other protocols you use to detoxify heavy metals will work more effectively with regular colon cleansing.

**3.** Incorporate at least one fresh bunch of coriander (cilantro) in your smoothies, juices or meals daily for its function as a natural chelator of heavy metals from the body.

**4.** Take chlorella daily. Chlorella, a water-grown algae full of chlorophyll, is highly touted for its ability to detoxify and cleanse the body by binding to toxins and carrying them out of our systems. It also cleanses the blood and supports oxygenation of the blood.

**5.** Infrared saunas help remove heavy metal toxins stored in your fat and connective tissue. Unlike a regular sauna, it has the ability to penetrate deep into the subcutaneous tissue to help root out these poisons.

*Including as many of these practices into your daily and weekly regime will help you to detoxify heavy metals stored in your body that may otherwise contribute to health problems over time. You will also experience greater energy, health and happiness to boot!*

---

### **Cleansing Diet**

Water: drink plenty of good, clean water each day  
Vegetables: minimum of 5 servings daily  
Fruits: minimum of 2 servings daily  
Grains/Starches: 4-8 servings daily (choosing whole grains over refined)  
Legumes: 1-3 servings daily (i.e., beans, peas, lentils, peanuts, etc.)  
Healthy Fats: 3-9 servings daily (i.e., monounsaturated, polyunsaturated, omega-3s)

Herbs/Spices/Seasonings: Experiment daily to benefit from the natural health promoting qualities of herbs

---

## **Beverages**

### **Ultimate Alkaline Liver Cleanse Juice!**

Serves 2

Ingredients:

- 2 large grapefruit
- 4 lemons
- 300ml of filtered water
- 2 tbsp Udo's Choice pressed flax seed
- 1-2 cloves garlic
- 2 inches ginger root

Directions:

1. Squeeze juice from grapefruit and lemons by hand and add to blender
2. Grate the garlic and ginger root, using a garlic press, squeeze this into the blender juice.
3. Add water and Udo's flax seed and blend for 30 seconds to one minute.
4. Add more ginger/garlic to taste.

---

### **Lemonade**

- 1 cup fresh lemon juice
- 1 cup honey
- 1 ½ quarts water

Bring honey and water to a boil if you are going to keep it for a few days. Then add lemon juice and store it in the refrigerator.

---

### **Fresh Tomato Juice**

- 12 medium-sized raw, ripe tomatoes
- 1 slice onion
- 2 ribs celery with leaves

3 sprigs parsley  
½ cup water  
Season with: 1 tsp salt, ¼ tsp paprika, ½ tsp honey.

Add all ingredients in pan, simmer for ½ hour. Serve thoroughly chilled.  
Makes about 4 servings

---

### **Fresh Pineapple Juice**

Peel 1 pineapple. Discard all soft spots. Cut into cubes. Extract the juice through a grinder or blender. There will be very little pulp. Strain the juice and serve over ice with sprigs of mint. Makes about 1 ½ cups of juice. Mix the pulp with an equal amount of clover honey and use as a topping (kept in freezer) for homemade ice cream (see below), pancakes, or yogurt.

---

### **Maple Milk Shake**

For each milk shake, blend together: 1 glass of milk and 2 tablespoons maple syrup. Works very well to sooth sore throat – serve warm.

---

### **Yankee Drink**

3 gallons water  
3 cups honey  
½ cup fresh lemon juice or distilled white vinegar  
1 tsp ginger

Mix all ingredients together.

---

### **Ice Creams**

<p><b>NOTE:</b> Store bought ice creams are loaded with benzene and other solvents, regardless of brand. So advice is to make your own! Our recipe uses a blender</p>
---

### **5 Minute Ice Cream**

#### **Strawberry**

2 half pints of whipping cream  
1 pkg frozen strawberries (about 10 oz)  
½ cup clover honey

Pour frozen strawberries into blender. Pour whipping cream and honey over them. Blend briefly (about 10 seconds) not long enough to make butter! Pour all into large plastic bowl. Cover with a close fitting plastic bag and place into freezer. Prepare it a day ahead. This can be made with many various frozen fruits, like blueberries, cherries, etc. Add nuts if so desired.

---

### **Hot-Vanilla Milk**

8 oz milk  
1 tsp honey  
1-inch long vanilla bean

Add all ingredients in pan and heat to a near boil. You can also add a pinch of cinnamon or other pure spice. Or, you can substitute vanilla bean with vanilla extract.

---

### **Vitamin C milk**

1/2 tsp of vitamin C powder  
Glass of milk

Milk can absorb a surprisingly amount of vitamin c powder without curdling or changing its flavor. Try ½ tsp in a glass of cold milk. (Great for adding more vitamin C to your diet, especially in cold and flu season).

---

### **Soda Pop** (great for stomach distress)-

1 - Tsp citric acid  
2 - tbsp. vegetable glycerin  
2 – tbsp. honey  
1 – Lemon (juiced by hand)

Directions: Add all ingredients to a one quart jar and fill with water. Place jar into the refrigerator until ready to use. Add 1 tsp baking soda to jar and shake vigorously while holding the lid tightly. There are many options for flavors, such as fruit concentrates made in a blender along with lemon juice; 2 blended whole apples (peeled), blended pineapple, orange or grapefruit. Always add a bit of lemon juice to give it zip. You can even add a pinch of ginger or other pure spice.

**NOTE:** The amount of sodium in ½ tsp baking soda is .476 grams. If you suffer from heart disease, high blood pressure, or edema, use potassium bicarbonate instead. Ask your doctor what a safe acceptable amount of sodium or potassium bicarbonate is.

**PS:** The citric acid kills bacteria, while the carbonation brings relief.

---

### **Half and Half –**

Whipping cream  
Milk or water  
Directions:

Mix equal parts of whipping cream and either milk or water.

---

## FOOD

### **Metabolism-Boosting Ginger Beef Recipe**

(Compliments of Metabolic Cooking 2.0)

Makes 2 Servings

#### Ingredients

2 sirloin steaks (4oz each, grass-fed beef is healthiest), cut in strips  
1 tablespoon olive oil or coconut oil  
1 small onion, diced  
1 clove garlic, crushed  
2 diced tomatoes  
1 teaspoon ground ginger  
4 tablespoons apple cider vinegar  
Salt and pepper to taste

#### Directions:

1. Place the oil in a large skillet and brown the steaks in it over medium-high heat.
2. When both sides are well-seared, add the onion, garlic, and tomatoes.
3. In a bowl, stir the ginger, salt and pepper into the vinegar and add that mixture to the skillet, stirring to combine.
4. Cover the skillet, turn the heat to low, and let the whole thing simmer until liquids mostly evaporate and thicken.

#### Nutritional Facts

(Per Serving)

Calories: 208

Protein: 31g

Carbohydrates: 3g

Fat: 8g

---

### **The “Thermoccino” Metabolic Coffee Smoothie**

Compliments of [Metabolic Cooking 2.0](#)

#### Ingredients

2 scoops Vanilla [BT slow-release protein blend](#)  
1 shot of espresso  
¼ cup of Greek yogurt  
Pinch of stevia  
Pinch of cinnamon  
5 ice cubes

#### Directions:

Combine all ingredients in blender, blend and Enjoy! Add a little extra liquid (water or milk of choice) if mixture seems too thick as you blend.

### **Nutritional Facts**

(Per Serving)

Calories: 169

Protein: 35g

Carbohydrates: 3g

Fat: 1g

Get the BT-Slow Release Protein Blend here:

<http://detoxmysystem.biotrust.com/Shop.asp>

---

### **Metabolic Cooking 2.0: Over 250 fat-burning recipes**

**“Hot Paprika Shrimp”** – *Compliments of Metabolic Cooking 2.0*

Makes 2 Servings

#### **Ingredients**

8oz shrimps, shelled and deveined  
1/2 teaspoon paprika  
1 tbsp. macadamia oil  
Pinch cayenne pepper  
2 cloves garlic, crushed

#### **Directions**

1. In a skillet over medium-high heat. Sauté the shrimp and garlic in the oil for about 5 minutes until it's pink.
2. Sprinkle the paprika and cayenne over it.
3. Cook for about another minute and serve.

#### **Nutritional Facts**

(Per Serving)

Calories: 159

Protein: 23g

Carbohydrates: 1g

Fat: 7g

---

### **All-Natural, Time-Released, High-Protein Peanut Butter**

#### **Ingredients**

3 Tbsp All-Natural Peanut Butter or Almond Butter  
3 Tbsp Water  
1 Scoop Vanilla BioTrust Low Carb Time-Released Protein Powder  
Stevia (to taste)

#### **Directions**

Mix all ingredients with a spoon in a bowl until smooth. Voila! Makes 2 servings.

Nutrition Facts per serving:

173 calories  
18g protein  
12g fat  
8g carbs (5g fiber)

Eat it off the spoon (Mmmm), spread it on a piece of sprouted grain bread...use it like you would any other peanut butter...only now it's SUPER peanut butter :)

<http://detoxmysystem.biotrust.com/Shop.asp>

(The link above is to get the Bio Trust Low Carb supplement)

---

### **High-Protein Chocolate Peanut Butter**

In the mood for that Reese's taste but without all the calories and sugar? Just take the above recipe and swap out the vanilla protein for Chocolate BioTrust Low Carb protein. Talk about delicious! Peanut butter cup goodness!

<http://detoxmysystem.biotrust.com/Shop.asp>

---

### **Cinnamon Raisin High-Protein Peanut Butter**

Here's another fun (and delicious) twist to the original high-protein peanut butter recipe above. Just add a heaping tablespoon of raisins along with cinnamon (to taste) to the original ingredient list. Talk about delish!

Now if that doesn't get your taste buds craving some PB, I don't think anything will! Even better, these recipes are all-natural and packed with protein, so they're a great addition to any fat-burning meal plan to help you achieve your goals without feeling deprived.

<http://detoxmysystem.biotrust.com/Shop.asp>

---

### **Fermented turnips recipe**

Ingredients:

2 medium turnips, scrubbed well and sliced 1/8" thick  
2 teaspoons red pepper flakes  
6 cups water  
3 1/2 tablespoons sea salt

Directions:

1. Make a brine by combining the water and sea salt. Set aside.
  2. Put 1 teaspoon of red pepper flakes in each of two quart jars. Add the sliced turnips, packing until no higher than 1" from the top.
  3. Pour the brine over the turnips and red pepper flakes, pushing the turnips down to release any air bubbles. Make sure brine leaves at least 1" of headspace in jar. Weigh the turnips down so that they stay below the brine using one of these methods.
-

4. Place a lid on the jar and secure tightly. Allow to ferment at a cool room temperature (65-80 degrees) for 3-10 days, burping the jar to release gases for the first few days.

Move to cold storage.

---

## **Fermented cucumbers**

### **Ingredients:**

1500g (3 lb 3 oz) small 'gherkin' cucumbers, washed

1500ml (2 ½ pints) mineral/spring water

45g (1 ½ oz) pure sea salt (for a 3% solution)

6 tsp black peppercorns

3 tsp mustard seeds

1½ tsp fennel seeds

9 cloves garlic, peeled

6 sprigs dill, washed

75g (2 ½ oz) horseradish root, peeled and sliced

1 horseradish leaf, washed and cut into 3, or 3 vine or sour cherry leaves (optional).

3 one liter (1 ¾ pint) glass preserving jars – sterilized. You'll need Le Parfait style jars with rubber seals and metal clips that allow the gas to escape.

### **Directions:**

1. To sterilize jars: Run them through the dishwasher, or wash in hot soapy water and rinse well. Then place on a tray in oven and turn oven on to 150C. Once reached 150C leave it 10 mins, then turn off and leave jars to cool inside. Alternatively, place clean jars in a large stock pot lined with a rack or tea towel and cover with cold water. Slowly bring to a boil and boil 10 mins. Lift jars out carefully with tongs and let steam dry. Never wipe sterilized jars with a cloth.

2. Mix salt into water until it dissolves.

3. Sprinkle 1 tsp peppercorns, ½ tsp mustard seeds and ¼ tsp fennel seeds into the bottom of each jar. Pierce any particularly large cucumbers several times with a skewer or thin knife, so the brine will penetrate. Divide cucumbers between jars, inserting garlic cloves, dill and horseradish slices as you go. Sprinkle over another 1 tsp peppercorns, ½ tsp mustard seeds and ¼ tsp fennel seeds into each jar. Now tuck the leaves over cucumbers, if using

4. Pour brine into jars, ensuring contents are totally submerged. The brine should not come more than ¾ inch below the rim. Close jars.

5. Leave at room temperature for a month. During this time fermentation will produce carbon dioxide which will escape past the rubber seal. The air at the top of the jar will be replaced with carbon dioxide and the brine will turn acidic. If you want to check they're fermenting, open jars to hear gas fizz out.

---

6. Now move to a cool, dark spot and use within a year. Once opened, keep chilled.

---

### **Fermented squash**

Ingredients:

4 yellow crookneck squash, chopped  
1 onion, chopped  
6 jalapenos, chopped  
1 cup water  
1/2 tbsp. real salt  
4 tbsp. whey  
Pure water

Directions:

1. Chop all the vegetable into small chunks. Stuff down into a wide-mouth quart canning jar, leaving 1 inch head-space.
  2. In a bowl, mix together the 1 cup water, salt and whey. Pour over the vegetables in the jar. Add additional pure water if you need more liquid.
  3. Leave 1 inch head-space. Use a rubber spatula to release any air bubbles in the jar. Put the lid on and let sit out on the counter for 2 days. Refrigerate and enjoy!
- 

### **Fermented Eggplant**

Ingredients:

2 medium eggplants  
10 to 12 cloves garlic, cut into slivers  
1 tbsp chopped parsley  
1 to 2 tbsp chopped celery  
1/2 tsp chili powder  
3 to 4 tbsp liquid from a previous batch of raw fermented vegetables  
1 tbsp. sea salt

Directions:

1. Peel and cut eggplant into strips and prepare other vegetables.
  2. Place in bowl and sprinkle with liquid from a previous batch of fermented vegetables, chili powder, and sea salt.
  3. Mix it well with your hands, scrunching up eggplant slightly as you mix.
  4. Allow to sit for 5 to 10 minutes.
  5. Pack eggplant mixture into a quart sized jar, pressing down the vegetables so it is submerged in the brine.
-

6. Place in a corner of your kitchen that's not too cold and away from direct sunlight. The vegetables will rise as it ferments. Push down the vegetables once or twice a day so it is below the brine.

After 3 days, place in the fridge and allow to mature for another 2 to 4 weeks before tasting.

---

## **Household Recipes**

These recipes are from the “old-school” that our ancestors used years ago, before there were hundreds of cleaning products made commercially. Just using Borax dry soap (20 mule team Borax) and washing soda (Arm & Hammer Super Washing Soda). You can make all types of cleaning products for your body, laundry, dishes and your house!

Even if you have dry skin, difficult hair or some other unique requirement, just pure borax will satisfy these needs. A part of every skin problem is due in part to the toxic elements found in the soaps themselves. For instance aluminum is commonly added as a “skin moisturizer”. It does this by impregnating the skin and attracting water, giving the illusion of moist skin. But in fact you simply have moist aluminum stuck to your skin, which your immune system must remove. While borax will not directly heal your skin or complexion, it *does* replace the agents that are causing damage, so that healing will start to occur.

---

### **Homemade Laundry Soap**

Ingredients:

- 1 Box Borax Soap (usually about \$3.00 At Wal-Mart or Target)
- 1 Box Arm & Hammer Super Washing Soda (NOT Baking Soda - again around \$3.00)
- 1 Bar Fels-Naptha Soap bar (About \$1.56)
- 5-Gallon bucket with lid (About \$4.00 at Home Depot)

Directions:

1. Grate the entire bar of the Fels-Naptha soap.
2. Put into a pot with 4 cups hot water. Stir continuously over medium-low heat until all of the soap flakes have been dissolved. (About 10 minutes) It should be slightly foamy with no chunks or flakes to be found.
3. Fill 5-Gallon bucket half full of hot water.
4. Pour soap from pot into bucket. Add 1 cup of Arm & Hammer Washing Soda and 1/2 cup Borax. Stir all ingredients together. (Best to use drill with mixing tool attached, one that will reach the bottom of the bucket).
5. Fill the bucket to the top with plain water. Stir again.
6. Cover bucket with lid and store overnight.

7. When bucket is opened the next day, mixture should have gelled and thickened slightly. Stir again.

8. Using a funnel, pour mixture into used clean laundry detergent containers only HALF full. Fill the rest of the containers with plain water and shake.

Before every use, shake the bottle container.

- **5/8 cups for a regular top-loading washing machine.**
- **1/4 cup for a front loading washing machine.**

This recipe makes several 5-gallon batches so the \$12.00 investment will last you a very long time! This formula is also free of any toxins so it can be used anytime no matter how sensitive your skin may be. The only ingredient you will have to buy every time is the Fels-Naptha soap bar. The other ingredients will make several batches before you will need a new supply.

---

### **Carpet Cleaner**

Whether you rent a machine or use a carpet cleaning service - DO NOT USE the cleaning solutions they recommend. Even if they “guarantee” the cleaning solutions is safe and all natural. Instead, mix up these ingredients in a 4-gallon bucket of water and use it as the cleaning solution.

---

#### **Wash Water**

1/3 cup Borax

#### **Rinse Water**

1/4 cup grain alcohol

2 tsp boric acid

1/4 cup white distilled vinegar or

4 tsp citric acid

Borax does an excellent job of cleaning; the alcohol disinfects; boric acid leaves a pesticide residue, and the vinegar or citric acid gives luster. If you are only making one-pass on the carpet, use the borax, alcohol and the boric acid. TIP: test everything you use on an unnoticed piece of carpet first.

---

### **For Dishes**

It is absurd to believe your eyes when you see a commercial that someone pulls a shining dish out of greasy suds. Any dish soap that you use should be safe enough to eat - because nothing rinses off clean. WARNING! Regular dish detergents, including health brands, are now polluted with PCBs. They also contain harmful chemicals. Use Borax for your dishes, or convert to using disposable paper plates and plastic cups.

---

### **Dishwasher**

Use 2 tsp Borax powder pre-dissolved in water. If you use too much Borax, it will leave a film on your dishes. Use vinegar in the rinse cycle.

---

### **Shampoo**

Borax liquid is excellent to use as a shampoo. It will not lather, but it goes right to work cleaning your scalp of sweat and soil without stripping your color or natural oils. It also inhibits scalp bacteria and stops flaking and itching. TIP: Rinse very thoroughly because you should leave your scalp slightly acidic. Use 2tsp of Borax powder with water.

It is also recommended to use citric (not ascorbic) acid crystals to rinse your whole body to remove all the Borax soap. Use 1/4 tsp of citric acid crystals in one pint container. The citric acid is also anti-bacterial. Remember all shampoo penetrates the eyelids, even if you do not feel it. It is important to use this natural rinse to neutralize the shampoo in your eyes.

These are just some of the many “old school” recipes that I have to help you avoid the toxins and chemical pollutants that are found in commercial cleaning products. Write me if you are intersted in more of these recipes for homemade cleaning products for your safety and health. Along with these recipes, I also advise you to get yourself a food blender capable of turning solid foods into liquids so that you can make everything you blend into a superfood. Our bodies do not digest foods as good when we are old as well as when we were young.

I look forward to hearing from you. Your comments, opinions, and questions are most welcome. My sole purpose is to help you become a much healthier person, so that you can avoid sickness and illnesses, avoid developing a chronic or fatal disease, to lose weight in a natural, healthier way, and to enjoy life the way you were meant to live.

My contact information is write, [Ken@detoxmysystem.com](mailto:Ken@detoxmysystem.com)

To Your Health!