

[DETOX 101]

ALL YOU NEED TO KNOW ABOUT DETOX

You know my story by now, its no different than yours. Not too long ago, I was a super busy entrepreneur, working 18 hours a day, managing home, attending events, socializing, travelling extensively, filming and managing my various TV shows, and doing everything else that comes with having your own business. My health was free falling...and I began to experience countless health issues. Pigmentation and melasma, weak and falling hair, acidity, mood swings, intense PMS, frequent sluggishness and lethargy and stress had become a part of my daily life. With busy work schedules and no time at hand, I was feeling vulnerable, both on the physical as well as the mental level. For my hair and skin, I tried various chemical treatments, but all of them, instead of improving the condition, only deteriorated it further. Whenever I felt drowsy, I felt as if I had no option but to grab that cup of tea! For almost five years, I struggled with these multiple health disorders, by visiting the best doctors, and spending huge amounts of money on medicines, laser and chemical treatments. I tried almost everything and anything that people suggested to me, but nothing worked. All those solutions were short term and the issues kept coming back. Eventually, I realised that I was actually gluten intolerant. That's when I decided to go off gluten and in just a period of six months and regularly detox my system, I saw a phenomenal difference in my hair, skin, energy levels and mood. My overall health improved and I was feeling healthier like before. I had that ah-ha moment where I realized that my health problems were the byproduct of a shoddy digestive system. My guts health was affecting my energy level, my mood, my hair and skin. Since that moment, I've worked to turn my health around. I went on a pursuit of ultimate health and immersed myself in all of the tools that could heal my body from the inside out. To improve my gut health, I began to make small lifestyle changes like drinking more water, eat more greens, cut out processed foods, be aware of where my food is coming from, being more conscious about my food choices, meditating, maintaining a gratitude journal etc. I realised that beauty is a journey inward. And for that, you don't need to spend huge amounts of money, but only make small lifestyle changes that are long-lasting. This was just the beginning of my wellness journey!

Now, as a certified holistic health and wellness coach, my mission is to make people healthier and happier and share the knowledge that I have mastered after immense research and experience. A lot of you ask me about detox, how to start, what to do etc. so I decided to decode detox in this document. Hope this helps you understand detox better.

Introduction

Detox has been a hot topic in recent years. There are “detox” supplements, guides and books in all the health food stores, and every other person you know has done some kind of “cleanse” – some with great results, but others with “horror” stories to tell.

Since every body is different – not just the physiological makeup but also how high a toxic load we are experiencing when we start a detox program – we can encounter very different effects and results even from the same protocol. The key is to work with your current toxic load, your detox history, and your unique physical condition (bio-individuality) so that you can benefit most from a program without dramatic side effects, which can be detrimental to your effort and even your health.

In this special report, I will share with you some detox basics and easy to follow tips so that whether you are a novice or a veteran, you will be equipped with accurate information and a “sane” approach to start your next detox program, or simply to live a “cleaner” life so that your body does not have to deal with increased toxin exposure.

Detox – Why Should I Care?

Toxins affect all of us and just by changing a few things to clean up your life, you can see dramatic difference in your health and wellbeing.

With all the chemicals and pollutants we are exposed to through the food we eat, the water we drink, the products we use and the air we breathe, the question is no longer IF we are toxic. The real question is HOW toxic we are.

Everybody in this world has detectable level of toxins in the body.

- Study has shown that every organism on the planet has detectable level of Teflon in the body.
- 287 chemicals were detected in umbilical cord blood of newborns. They include pesticides, consumer product ingredients, waste materials from burning coal, gasoline, or garbage.
 - 180 of the 287 chemicals found are known to cause cancer in human or animals.
 - 217 are toxic to the brain and nervous system.
 - 208 of those are shown to cause birth defects or abnormal development in animal tests.
- Our babies are born with toxic substances in their bodies, even before being exposed to the toxins. A benchmark investigation of industrial chemicals, pollutants and pesticides in umbilical cord blood by the Environmental Working Group (an American watch dog group) back in 2005 showed that 287 chemicals were detected in umbilical cord blood of newborns. They include pesticides, consumer product ingredients, waste materials from burning coal, gasoline, or garbage.

Sources of Environmental Toxins – how harmful they are and how to avoid them

Among the 212 chemicals tested and found in the blood and urine of most Americans, six of them, in particular, are found in virtually every person, and they were identified by the CDC as probable health hazards!

Here are the six chemicals, and where you may find them in our day-to-day lives:

- Polybrominated diphenyl ethers (PBDEs) – used as flame retardant and found in virtually every building. It can cause damage to the nervous system, liver, and kidney. It's hard to avoid this chemical altogether, but make sure you get a lot of fresh air, and keep your indoor environment well ventilated.
- Bisphenol A (BPA) – found in plastic products, as well as can linings. It is a reproduction, developmental and systemic toxicant in animal studies and is weakly estrogenic – which can impact our reproductive system. Avoid this chemical by not using plastic containers that are marked “7” for recycling, and by reducing the use of canned food.
- Perfluoro octanoic acid (PFOA) – also known as Teflon, it affects liver, immune system, and reproductive system. Avoid this chemical by switching out any non-stick cookware – good alternatives are cast iron, enamel and stainless steel.
- Acrylamide – chemical carcinogen formed when carbohydrates foods are cooked at high temperatures. Exposure can lead to cancer and neurological dysfunction. Reduce exposure by lowering the amount of charred foods in your diet.
- Mercury – most common route of exposure is seafood. It is associated with neurological dysfunction. Reduce intake of this heavy metal by avoiding fish high in the food chain. If you need to have dental work done, request filling materials that do not contain mercury.

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- Methyl tert-butyl ether (MTBE) – gasoline additive linked to neurological and reproductive problems. This chemical is no longer used in our gasoline today, but can be found in second hand smoke.

Symptoms of Toxicity

Sometimes symptoms of toxicity can be quite non-specific and therefore hard to pin down. We are all different genetically, so we react to toxins differently and different threshold for symptoms to show up. Toxic exposure can manifest itself very differently in different people. If you have systemic or atopic health issues that have been lingering for a while, it's worth considering toxicity being the root cause.

Common symptoms of excessive toxic burden can include:

- Fatigue
- Depression
- Headaches
- Cognitive problems: brain fog, memory problems
- Neurological issues: balance problems, tremors

Although toxins don't cause the following conditions, they do affect the expression of the symptoms, so lowering toxic load may help alleviate symptoms:

- Allergy and asthma
- Diabetes
- Obesity
- Chemical sensitivity (any adverse physical, mental, or emotional reaction to the presence of a chemical smell)
- Fibromyalgia
- Fertility problems and birth defects
- Parkinsonism
- Bone marrow cancers – lymphomas, leukemia, multiple myeloma
- Auto-immune diseases such as lupus, rheumatoid arthritis, Hashimoto's thyroiditis, etc.

Benefits of Lowering Your Toxic Load

Reducing your toxic load can be achieved through reducing your exposure to toxic substances and/or increasing the amount and rate that your detox organs process and eliminate toxins.

Reducing your toxic exposure can lead to a lot of health benefits, including:

- weight loss
- clear skin
- mental acuity
- reduced stress
- more energy
- improved immune function
- better digestion
- reduced cravings

8 Easy Ways To Reduce Your Toxic Load

An aggressive detox program is not the only way to help you lower your toxic load. In fact, if you have not been paying much attention to your toxin exposure nor done a detox program before, it may be more beneficial for you to start small by implementing some gradual but impactful dietary and lifestyle changes first. This can help your body start processing some of the stored toxins, and boost the function of your detox organs (liver, kidney, colon and skin). Your body will be better prepared for a more structured protocol – if your body is not equipped to process and eliminate the toxins released, some of them will get reabsorbed into your tissues so you “suffer” through all the detox side effects but make very little difference in the amount toxins are actually stored in your body!

Follow these 8 tips to reduce your toxic load – no fancy equipment or expensive supplements needed!

1. Eat cleansing foods such as leafy green vegetables and berries. Increasing fiber intake through whole foods (fruit, vegetables and whole grains) is generally beneficial because adequate fiber intake supports elimination through colon.
2. Support liver function by drinking a glass of warm water with juice of half a lemon (about 2 Tbsp) first thing in the morning on an empty stomach.
3. Stay hydrated to support kidney function and colon elimination. Make sure you are drinking mostly clean, filtered water and non-caffeinated herbal tea. Coffee, caffeinated tea, other caffeinated beverages and alcohol actually draw water out of the body, and leaving you more dehydrated.
4. Use herbs that support our detox organs – liver, kidney and colon. E.g. milk thistle and dandelion.
5. Encourage elimination through skin, our largest organ for elimination, through sweating (e.g. exercise, sauna) and dry brushing.

6. Buy and eat organic food as much as possible – learn about the “Dirty Dozen” list and try to shop organic for these produce. Get the most up-to-date list from the Environmental Working Group: <http://www.ewg.org/foodnews/summary/>
7. Reduce processed and packaged foods, which are loaded with chemicals that our bodies recognize as “toxins”.
8. Replace household and personal products with a lot of chemicals with those made with natural ingredients.

Detox Safely – how to select a detox program

Detoxification is a process during which you normalize the body's natural ability to process and excrete toxins stored in our fatty tissue, while you temporarily reduce the amount of incoming toxins.

There are a lot of detox protocols, facts and myths out there. If you jump into detox without proper supervision or prior experience (meaning that you probably have a high toxic load and will release a high level of toxins), it can backfire:

- Severe detox symptoms including headache, lethargy, and skin issues.
- If the body cannot process the large amount of toxins that are suddenly released into the bloodstream, the toxins will get re-absorbed into the fat cells – so your body will not be able to release the fat (weight) as a result.

When looking for a safe detox protocol and program, you should pay special attention to:

- A gradual approach that can minimize withdrawal and sudden toxin release, thereby increasing success rate
- Enough calorie intake to support the body's detoxification and elimination processes – which are energy-intensive
- Addressing issues of addiction (e.g. sugar, alcohol) prior to start of the program

If you are looking to start a weight loss program, it's best to go through a supervised detox protocol first so fewer problems will arise when toxins are released as fat cells are burned off.

love and health



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