

DETOX THE BODY



GOALS:

- ✓ Identify main sources of toxicity so that we can minimize exposure to them.
- ✓ Understand how they affect our health.
- ✓ Learn what we can do to help the body function optimally so it can naturally eliminate and process toxins by following.

Defining the Problem...

What is a toxin?

1. A biological poisonous substance, (Like mold, anthrax, or a virus) capable of causing disease when introduced into the body tissue.
2. A harmful, non biological substance such as a pollutant.



Source: American Heritage Dictionary of the English language

Toxins are **EVERYWHERE!**



1. Outside the body

- Agricultural, Food
- Medications
- Environmental
- Consumer products

2. Inside the body

- Metabolic by-products
- Things above breathed & swallowed

Diseases of the New Millennium

The result of this chemical culture is a myriad of epidemic levels of New Millennium Diseases:

Heart Disease

Cancer

Rheumatoid

Arthritis

Chron's Disease

Ulcerative Colitis

Lupus

Alzheimer's

Autism

A.D.D

Depression

Chronic Fatigue

Fibromyalgia

Asthma

Allergies

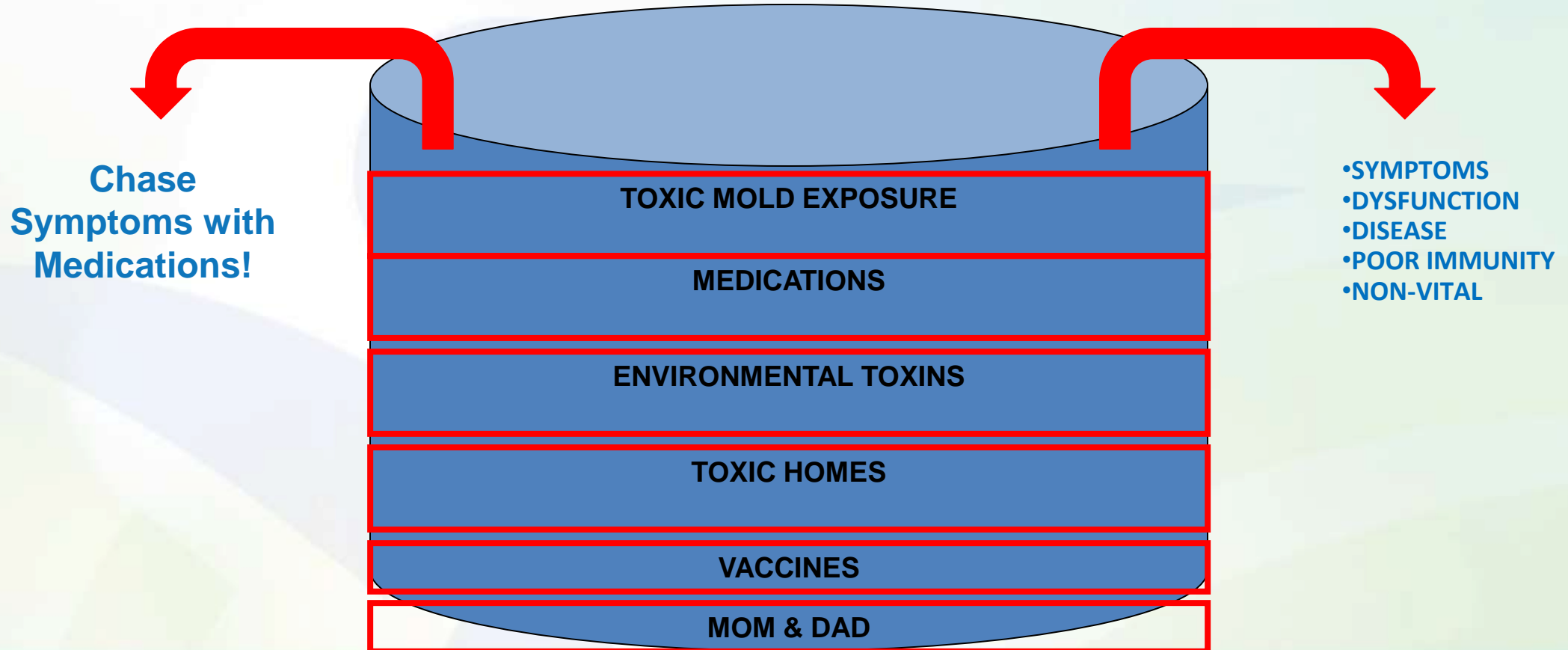
Obesity

Multiple Sclerosis

Diabetes

Etc...

If The Toxic Cell Bucket Overflows...



Personal Care Products

- Phthalates (soaps, shampoos, hair sprays, and nail polishes)
- Oxybenzone (sunscreen)
- Formaldehyde releasers (cosmetic preservatives)



Soaps

- Triclosan & Triclocarban (in bars of soap and liquid soap)
- DEA (foaming agent in bath and shower products)
- Phthalates (fragrance)



Source: The Environmental Working Group

Household Products: The Main Culprits

- Cleaning products
- Air fresheners
- Candles
- Laundry products
- Teflon cookware
- Plastics



Phthalates		Benzene	Toluene	Parabens	Styrene
<ul style="list-style-type: none"> • Wall Coverings • Tablecloths • Floor Tiles • Furniture Upholstery • Shower Curtains • Garden Hoses • Swimming Pool Liners • Rainwear • Baby Pants • Dolls • Shoes • Automobile Upholstery and Tops • Food Packaging • Sheathing for Wire & Cable • Medical Tubing 	<ul style="list-style-type: none"> • Blood Storage Bags • Carpets • Paints • Glue • Insect Repellants • Hair Spray • Nail Polish • Rocket Fuel • Carpet Back Coating • Adhesives • Cosmetics • Pesticides • Toothbrushes • Automobile Parts • Tools • Toys • Aspirin 	<ul style="list-style-type: none"> • Pesticides • Wildfire Smoke • Plastics • Resins • Synthetic Fibers • Rubber Lubricants • Dyes • Detergents • Drugs • Vehicle Exhaust • Groundwater 	<ul style="list-style-type: none"> • Paint Thinners • Paintbrush Cleaners • Nail Polish • Glues • Inks • Stain Removers • Vehicle Exhaust • Cigarette Smoke • Groundwater 	Personal Care Products: <ul style="list-style-type: none"> • Soap • Shampoo • Cosmetics • Perfume 	<ul style="list-style-type: none"> • Cigarette Smoke • Packaging • Household & Building Products • Vehicle Exhaust • Emissions from Copy Machines

C R Biol. 2017 Sep - Oct;340(9-10):403-5

Circulation: Arrhythmia and Electrophysiology 2019 July (7):12

Cleaning Products

- PEGs/Ceteareth/Polyethylene compounds: a probable human carcinogen and which readily penetrates the skin.
- Parabens (specifically Propyl-, Isopropyl-, Butyl-, and Isobutyl-parabens): Parabens are estrogen-mimicking preservatives.



Teflon Cookware

Contains **PFOAs** which can cause:

- ✓ Childhood development problems
- ✓ Liver, pancreas, testicular, and mammary gland tumors
- ✓ Damages thyroid hormone and function



Plastics



- Avoid plastics with the # 3, or 7
- Plastics with a #1, 2, 4, or 5 may be better choices if glass/ceramic are not available.
- Glass and ceramic options are always a better choice than plastic.

Products Containing Fragrance

- Fragrances are in everything. Products like air fresheners, candles, shampoo, deodorant, lotion, laundry detergent, fabric softener, dryer sheets.
- They can contain hormone disruptors and are among the top five allergens in the world.

Source: Safer Suds: Eliminating a Cancer-Causing Chemical in Shampoos and Soaps.
Center for Environmental Health, May 2014. CEH.org

Sick Home Syndrome

- According to the EPA, our **indoor environment is two to five times more toxic than our outdoor environment**, and in some cases, the air measurements indoors have been found to be 100 times more polluted.
- The International Agency for Research on Cancer and the World Health Organization have concluded that **80% of all cancers are attributed to environmental rather than genetic factors**

Toxins and Allergies

- **Studies are illuminating the correlation between environmental pollutant exposure and allergies.**
- **Parabens, which are ubiquitous toxins, are found in many personal care products such as lotions, shampoos, makeup, and in processed food.** Data from the National Health and Nutrition Examination Survey (NHANES) 2005-2006 found that urinary methyl-paraben was detected in 99.1% of individuals and propyl-paraben in 92.7% of individuals.

Environ Health Perspect. 2010 May;118(5):679-85
J Allergy Clin Immunol. 2012 Aug;130(2):453-60

The Pollution in Newborns

A BENCHMARK INVESTIGATION OF INDUSTRIAL CHEMICALS, POLLUTANTS AND PESTICIDES IN UMBILICAL CORD BLOOD

287 chemicals we detected in umbilical cord blood, we know that 180 cause cancer in humans or animals, 217 are toxic to the brain and nervous system, and 208 cause birth defects or abnormal development

Environmental Working Group, July 14, 2005

Toxins and the Gut

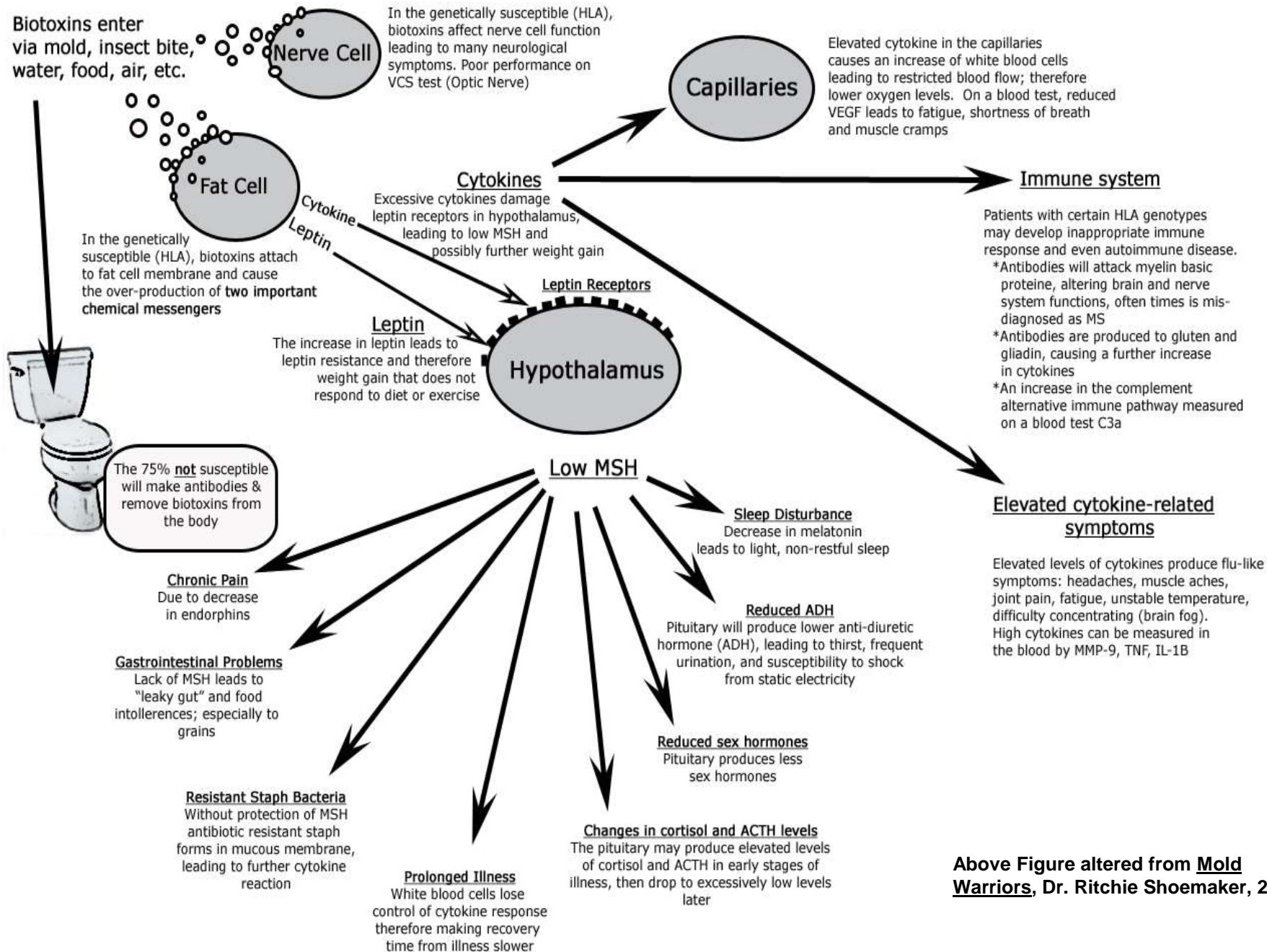
- A number of studies have indicated a correlation between environmental pollutant exposure and gut dysbiosis (an imbalance in the gut microbiota).
- A study of children from eleven urban daycare centers in Finland, researchers measured polycyclic aromatic hydrocarbons (PAH) from soil and air around the facilities.

Environ Int. **2019 Sep**;130:104894

Where are Environmental Toxins Hiding?

- Mold, mildew or water stains at home or work.
- Leaky sinks, pipes, water damaged basements, ceilings or carpets.
- A sick building will commonly have poor heating, ventilation, and air conditioning (HVAC) systems.





Above Figure altered from **Mold Warriors**, Dr. Ritchie Shoemaker, 2002.

Heavy Metals

- **LEAD:** Found in old buildings, foreign products, and passes through the placenta
- **ALUMINUM:**

Aluminum is used as an adjuvant in many vaccines today.

Aluminum is known to affect the brain, nervous system, and multiple organ systems negatively.

When it's HEATED, it LEACHES. So cooking with aluminum pots, pans, and foil will continually expose you to aluminum.
- **MERCURY:**

Mercury is the second most toxic substance on earth next to radioactive plutonium (used in making nuclear weapons).

A known neurotoxin with an affinity for binding to organ tissues.

Found in amalgam fillings and vaccines

What are Agricultural Toxins?



Chemicals that kill living organisms like insects, bacteria, and fungi.

These chemicals include:

- Pesticides
- Herbicides
- Fungicides
- Antibiotics

Source: The Environmental Working Group

The Problem...



Humans are living organisms!

These chemicals may not be lethal when consumed in small doses, but they can damage our internal systems making us sick over time.

Source: The Environmental Working Group

Does this mean I have to eat all organic foods?



No! We know it's hard on your wallet to eat all organic produce, and the good news is, you don't have to. Some fruits and vegetables are more heavily treated than others.

Every choice counts! Do the best you can.

Choose Organic

1. Apples
2. Peaches
3. Nectarines
4. Strawberries
5. Grapes
6. Celery
7. Spinach
8. Sweet bell peppers
9. Cucumbers
10. Cherry tomatoes
11. Snap peas
12. Potatoes
13. Hot peppers
14. Kale/collard greens

Choose Conventional

1. Avocados
2. Sweet corn (non GMO)
3. Pineapples
4. Cabbage
5. Sweet peas frozen
6. Onions
7. Asparagus
8. Mangos
9. Papayas
10. Kiwi
11. Eggplant
12. Grapefruit
13. Sweet Potatoes



Source: Environmental Working Group's Clean and Dirty lists for 2015.

Meat

Why is everyone making such a big deal about grass-fed or free-range beef and organic dairy, and poultry?

There are three main issues with conventional animal products:

1. Corn diet
2. Antibiotics
3. Hormones
4. Glyphosates



Antibiotics



“Up to half of antibiotic use in humans and much of antibiotic use in animals is unnecessary and inappropriate and makes everyone less safe.”

-Center for Disease Control 2013 “Antibiotic Resistance Threats” report

<http://www.cdc.gov/drugresistance/threat-report-2013/pdf>

Hormones

Recombinant bovine growth hormone (rBGH or rBST), is injected into cows to increase milk production.

Canada, Japan, Australia, and the European Union (25 countries) have banned it's use.

<http://www.fda.gov/AnimalVeterinary/SafetyHealth/ProductSafetyInformation/ucm055436.htm>

rBGH or rBST

Can cause:

- **Breast cancer**
- **Ovarian cancer**
- **Premature onset of puberty in young women.**
 - **Reproductive abnormalities**

(Jobling et al., 1998; Mills and Chichester, 2005)

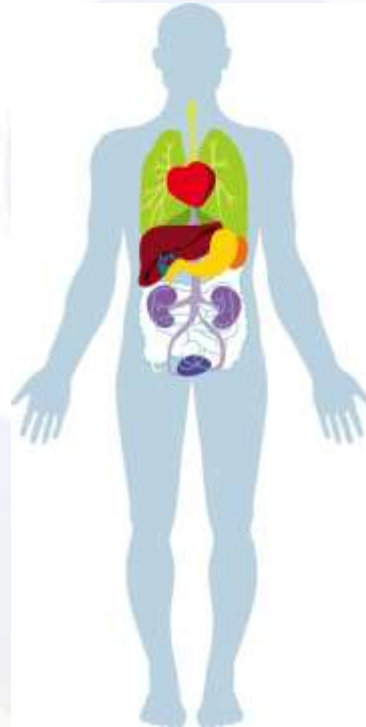
Medication Side-Effects



- We now rely on them as a solution for everything from the common cold to managing our stress.
- Example: The rate of antidepressant use in the United States among all ages increased nearly 400 percent.
 - **SIDE EFFECTS = TOXICITY**

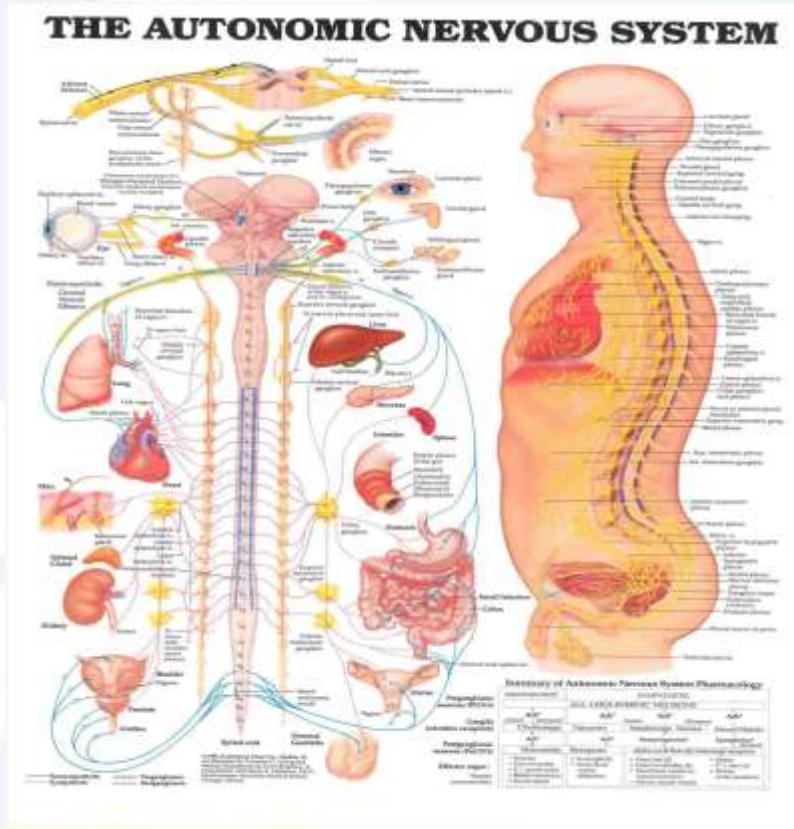
(National Center for Health Statistics. Health, United States, 2010: With special feature on death and dying. Table 95. Hyattsville, MD. 2011.)

Support Your Body's Detox Channels



- Skin
- Lungs
- Colon
- Kidneys
- Liver
- Lymphatic system
- Fat cells

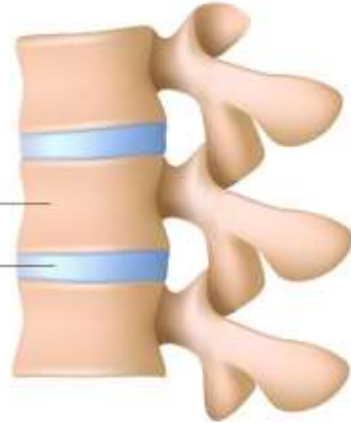
#1- CARE OF THE NERVOUS SYSTEM



CHIROPRACTIC!

Healthy spine

Body of vertebra
Intervertebral disk



Osteoarthritic spine

Bone spurring
Narrowed disk



Water

Water is ESSENTIAL to all bodily functions and internal organs (and protects your spinal cord!) Water assists detox through:

- Urination
- Sweat
- Bowel Movements



Sources: Center for Disease Control and Prevention; American Council on Exercise

Exercise isn't just for your waistline



- Exercise is a powerful detox system in its own right.
- It increases glutathione levels, strengthens the immune system and improves detoxification.

CRITICAL NEEDS FOR DETOX



- Glutathione
- Pathway support
- Activated charcoal
- Magnesium
- Omega 3s
- Fiber

Detox Pack – Enhanced Formula Heavy Metals

- Lipoic Acid → Supports Detox, Glutathione, **Neuro-toxin removal**
- Humic Acid → GI Health, **Heavy Metal** & Environmental Toxin Binding, Immunity
- Cilantro → **Heavy Metal** and Detox Support
- Modified Citrus Pectin → Binding of **Metals & Other Toxins**

Detox Pack – Enhanced Formula Gut & Hormones

- DIM → **Estrogen** and **Xeno-Toxin** Detox
- Calcium D-Glucurate → **Hormone Detox and Xeno-Estrogens,**
GI Health: Support for elevated Beta-Glucuronidase
(Unfriendly gut bacteria)
- Chia Seed Powder → Fiber for **Microbiota**, Toxin Binding
- Glycine → Critical amino acid for detox

Solution! Glutathione: the body's natural antioxidant

- Glutathione is the main antioxidant of the body.
- Our bodies naturally produce glutathione, but toxins, stress, trauma, and sickness cause deficiency. This also causes a burden on the liver, which is your body's detox super organ.

Glutathione: The Master Detoxifier

- Potent antioxidant
- Major part in many bodily, chemical reactions
- Master detoxifier of chemicals, pollutants, and drugs
- Used up in processing outside and inside toxicants
- Decreases with poorer health and age
- Critical in weight loss and antiaging

3 Precursors

Glutathione is made up of 3 amino acids

- Cysteine
- Glutamate
- Glycine
- Boosted with Milk Thistle (Sylimarin) and Key Precursors
- *MARGINALLY BENEFICIAL BY MOUTH*

Glutathione Boosting: Amino Acid - Sulfur Rich Foods

- Garlic*
- Broccoli*
- Brussels Sprouts
- Kale

*Found in Vitalleo Health formula

Other foods: Asparagus, Avocado Spinach, Onions, Collard Greens, Cauliflower, and Watercress

Fiber: think beyond whole grains!

Fiber isn't digestible by your body, which is why it plays an important part in detox and digestion by helping things move through your system efficiently.

Not all fibers are created equally! You may be tempted to load up on whole grains, but sources of whole food fiber are the healthiest source available.

- Almonds
- Cauliflower
- Broccoli
- Brussels sprouts
- Flax
- Beans
- Chia seeds
- Green beans
- Peas
- Berries
- Root vegetables including onions and sweet potatoes



Found in “The Master Detoxifier” Detox Pack Part 1

- N-Acetyl-L-Cysteine (NAC)*
 - L-Glutamine*
 - L-Glycine*
 - Milk Thistle Seed Extract*
 - Apple Cider Vinegar (Powder)
 - Aloe Vera Leaf Powder
 - Broccoli Seed Extract Powder*
 - Chlorella
 - Cinnamon Extract
 - Dandelion Greens
 - Garlic Powder*
 - Green Tea Extract (Polyphenols, Catechins, and EGCG)
 - L-Glutathione*
- *Increase and enhance Glutathione in the blood

Chlorella

- Clean and detoxify cells
- Effective in detoxifying heavy metals (9)
- Lower the impact of heavy metals on the liver, brain and kidneys (10).
- Lessen the effect of harmful chemicals found in foods such as dioxin, a hormone disruptor (11)
- Helpful in supporting detoxification in the liver, gallbladder and colon (12)
- Boosts healthy flora in the intestines
- Superfood-antioxidant

Dandelion Greens

- Liver cleanser
- Helps with mineral absorption
- Reduces inflammation and prevents the development of disease. (13)
- High in Antioxidants
- High antioxidant properties (14)
- Cancer killing effect (15)
- Preventing urinary tract infections (16)
- Rich in Fiber; helping in IBS and diverticulosis

Detox Pack Part 2 “Capture & Release”

- Psyllium Husk
- Activated Carbon (Charcoal)
- Flaxseed
- Glucomannan (Konjac Root)
- Magnesium (as Magnesium Citrate 16%)
- Acai Berry Powder
- Alfalfa (Whole Plant)
- Blueberry (*Vaccinium corymbosum*; fruit powder)
- Brussels Sprout (Whole Plant)
- Kale (Organic)

Activated Charcoal - Capture

- Used as first aid in poisoning emergencies to stop toxins from circulating throughout the body
- Absorb toxins
- Bind to avoid “Re-toxification”
- Activated: Contains pores created through oxidation
- De-activates the mold

Psyllium is a Prebiotic and Fiber “Release”

- Substances necessary for probiotic colonies of healthy, good bacteria to grow.
- Healthy flora is needed for proper digestion, immune function, to fight infection, manage inflammation, and to maintain and establish well-being in cells and tissues.

DNA DAMAGE

- Oxidative DNA damage is part of everyday life.
- It is said to occur tens of thousands of times per day, in every single cell in the body (20).
- DNA damage is part of the reason we grow older, and it also plays an important role in the development of diseases like cancer.
- Berries, veggies contain powerful antioxidants and fiber

Key Co-Factors (Edison Pack)

- Vitamin C
- Vitamin E
- B Vitamins
- Selenium
- Magnesium
- Zinc
- Alpha Lipoic Acid
- Milk Thistle