

**Detoxify/Rejuvenate: Learn How You Can Improve
Your Health by Detoxifying Your Body**



*Learn how to prepare, detox your body improving your
health, life, well-being and future*

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Lulu Edition
Published By:
Stacey Chillemi on Lulu

**Detoxify/Rejuvenate: Learn How You Can Improve
Your Health by Detoxifying Your Body**

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AUTHOR STACEY CHILLEMI

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DISCLAIMER

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Dedication:

This book is dedicated to everyone who suffers daily from his or her disorder, illness or disease. I struggled many years trying to learn how to live a happy, fulfilling, and productive life living with epilepsy. I hope my book helps you and gives you knowledge and new insight on how to cope with your medical problems and how detoxification can help heal your body and make you feel like a new person. My support and love go out to all of you.

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Forward

Managing the Stress of illness can be devastating for the people and their families affected with the medical conditions, lifelong illness and disease. Many people diagnosed with medical conditions feel distressed, frustrated, and very scared.

Did you know there are approximately 100,000 synthetic chemicals in industrial production today? While many of these are harmless to human health, a significant number are highly toxic even in minute amounts. These chemicals link to serious diseases like diabetes, cancer, autism, and a host of autoimmune disorders. These hazardous chemicals are found in many common household items like cleansers, cosmetics, paints, carpeting, floors, drywall, and even bedding! How many do you think are in your body destroying your insides?

Inside this book, you will discover...

- Valuable information about detoxifying your body
- Understanding the basic components to cleansing and detoxifying the body to obtain better health
- Ways to detoxify
- Learning how to flush the toxins out of your body
- How Detoxifying Your Body Can Improve Your Health
- The Different Types of Detoxifying Methods
- How to Use Herbs to Detox Your Body

- Which Detox Program Is Best For You?
- And much more...

This guide will teach you how you can improve your health, so you can be healthy and avoid any unnecessary illnesses. This book is designed to be easily incorporated into your busy schedule while providing all the practical tools necessary to support and rejuvenate your body. The effect is transformative: irritating health problems will suddenly disappear, and you will experience what it truly means to feel healthy.

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Preface

Living life with any medical problem can be a colossal struggle. It is a challenge and an opportunity to help others. I am a mother of three, a wife and writer. My journey and reason for being is defined each day by the happiness in my children's eyes and the people I have helped through my writings.

"Through this experience with epilepsy I have learned to accept my limitations and to change the way I look at life. Through my writing I am able to help others and just knowing I've helped is enough of a reward. At five years of age, I contracted encephalitis from what doctors' surmise began as an ear infection. For four days, I laid in a coma and doctors were unsure of whether I would suffer from paralysis as well as the extent of the brain damage.

Fortunately, I recovered from my bout with encephalitis with no paralysis. However, I was left with epilepsy. Since my diagnosis, 35 years ago, I had seizures ranging in

severity from mild seizures in my sleep to tonic-clonic seizures. Living with Limitations As a mother of three and a woman with epilepsy, I am realistic about my limitations, "Having epilepsy and being a mom is difficult at times because I worry that if I have a seizure and I am unable to recover fast enough, that my kids will suffer. Even though my seizures are controlled and I haven't had a seizure in a very long time I still need to make sure I care for myself because the disorder does not go away. My seizures are controlled, however there is always a chance a seizure can occur.

In fact, the entire time I have been a mother I had only one tonic-clonic seizure resulting in serious injury. I was walking the dog with my children when I felt a seizure coming on. I immediately instructed the children to go inside and wait downstairs. Following the seizure, I realized I had suffered a head injury and reached out to a neighbor for help. After the tonic-clonic seizure, I decided to write a children's book, called "My Mommy Has Epilepsy". My goal was to help children understand epilepsy in an age appropriate way as well as to help dispel some of the fear she had witnessed my own children experience. "I don't want my children to get nervous or to worry about my seizures and the tonic - clonic seizure really motivated me to write a children's book to help them and other kids cope and understand epilepsy." I admit it was hard being limited by not being able to drive, but attributes her ability to ask for help when I needed it has made me grow as a person and appreciate the acts of kindness by people who reached out to me.

I believe that in order to live with epilepsy and maintain a positive attitude it is important to focus on one's self. " Don't look at what other people can do, only focus on yourself and your abilities because if you constantly

compare, then you are adding to your stress level, which leads to being more physically drained and ultimately leaves you open to experience more seizures."

People with illnesses or diseases need to educate themselves about their condition and try to alleviate the stress in their life. I found meditation and yoga to be very beneficial. People need to consult with their doctor, but not rely on their doctor for all of their information. In order to really feel empowered it is essential to take the initiative to learn all you can about your medical problem or the illness you suffer from."

I strongly believe in detoxification. When I began to detoxify my body it was not in good condition, Once I began to detoxify my seizures went from nine seizures a month to six then to two then to none. My energy level increased. My metabolism increased, I began became more focused and the list goes on. I strongly believe that detoxifying my body changed my whole life. It truly can transform your life too.

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Introduction

At one time, the need for a natural body detox seemed to apply only to those who suffered from some form of drug or alcohol dependency. However, today with the increase of heavy metals, synthetic chemicals, and toxic materials in our everyday environment, everyone could benefit from a body cleanse on a regular basis.

There are approximately 100,000 synthetic chemicals in industrial production today. While many of these are harmless to human health, a significant number are highly

toxic even in minute amounts. These chemicals have been linked to serious diseases like diabetes, cancer, autism, and a host of autoimmune disorders. These hazardous chemicals have been found in many common household items like cleansers, cosmetics, paints, carpeting, floors, drywall, and even bedding!

Mentioning just the few things above is reason to have a good body-cleansing regimen. By now, you are probably wondering just how to detox your body. Detoxifying the body is easy. *It can be done in many ways:* foods that cleanse the body, detox baths, detox foot pads, the whole body cleanse, detox herbal teas, herbals, alternative medicine, botanical medicine, and many other ways that we will explore in this book.

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Section 1: Understanding How Cleansing and Detoxifying the Body Leads To Obtain Better Health

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Did You Know...?

According to an article from the "Scientific American", on average the levels of harmful chemical indoors are on average 3 to 5 times, but as much as 1000 times higher than levels outdoors, even in the most polluted areas of the country".

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HEALTHY LIVING

**The Most Important Secrets
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In Order To Look And Feel Your Best**

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Chapter 1: What are the toxins in our body?

Toxicity is of much greater concern in the twentieth century than ever before. There are many new and stronger chemicals, air and water pollution, radiation and nuclear power. We ingest new chemicals, use more drugs of all kinds, eat more sugar and refined foods, and daily abuse ourselves with various stimulants and sedatives. The incidence of many toxicity diseases has increased as well. A toxin is any substance that creates irritating and/or harmful effects in the body, undermining our health or stressing our biochemical or organ functions. This may result from drugs, which have side effects.

Recreational drugs also usually have some harmful effects. The free radicals irritate, inflame, age, and cause degeneration of body tissues. Negative "ethers," psychic and spiritual influences, thought patterns, and negative emotions all can be toxins as well--both as stressors and by changing the normal physiology of the body and possibly producing specific symptoms. Toxins can damage the nervous system, immune system, and enzyme systems.

Toxicity occurs in our body when we take in more than we can utilize and eliminate. Homeostasis means that our body functions are in balance.

This balance is disturbed when we feed ourselves more than we can utilize or consume of specific substances that are toxic. Toxicity may depend on the dosage, frequency, or potency of the toxin. A toxin may produce an immediate or rapid onset of symptoms, as many pesticides and some drugs do; possibly, even more commonly, it may cause some long-term negative effect, such as asbestos exposure leading to lung cancer.

Cancer and cardiovascular disease are two of the main ones. Arthritis, allergies, obesity, and many skin problems are others. In addition, a wide range of symptoms, such as headaches, fatigue, pains, coughs, gastrointestinal problems, and problems from immune weakness that can be related to toxicity.

Toxicity occurs on two basic levels--external and internal. We can obtain toxins from our environment by breathing them, by ingesting them, or through physical contact with them.

Toxins are agents that are able to cause body harm. There are two kinds of toxins, the internal and external toxins.

The most common things that cause our body's to fill up with toxins are cause by:

- Inhalation of smoking
- Air pollution
- Dental amalgam fillings
- Sick buildings
- Chemical residues on food
- Chemicals in water,
- Drugs
- Vaccinations
- Flu shots
- Tattoos
- Chemicals from synthetic fabrics
- Paints
- Plastics
- Pesticides
- Chemical fertilizers sprayed on lawns
- Medical x-rays
- Nuclear power plants
- Bomb testing
- Uranium mine tailings
- Cell phones and towers
- Computer monitors
- Televisions
- Microwave ovens
- Power grid and radio and satellite transmissions

Internal toxins come from viral or bacterial infection. Due to metabolism, the body creates its own toxin called Autogenous toxins.

The internal sources of toxicity are caused by:

- Fermentation
- Purification
- Rancidity from undigested foods consumed
- Dehydration
- Malnutrition and toxic thoughts and emotions

For example:

The number of people using cellular telephones has risen dramatically during the past decade. Experts say that it is expected to continue increasing. According to the Cellular Telecommunications Industry Association (CTIA), there are currently over 1.26 billion wireless telephone users worldwide. A study by scientists in Finland has found that mobile phone radiation can cause changes in human cells that might affect the brain.

There was a study at Finland's Radiation and Nuclear Safety Authority found that exposure to radiation from mobile phones can cause increased activity in hundreds of proteins in human cells grown in a laboratory. The Radiation and Nuclear Safety Authority published their results in the scientific journal. Many new questions about whether mobile phone radiation can weaken the brain's protective shield against harmful substances. The study focused on changes in cells that line blood vessels and on whether such changes could weaken the functioning of the blood-brain barrier, which prevents potentially harmful substances from entering the brain from the bloodstream.

These harmful substances are eliminated in the body in a process called detoxification. Detoxification is the removal of stored toxic products from the bowel, the blood, liver, and kidneys including the great amount of toxic substances stored in body fat to cure chronic diseases such as cancer. The easiest way to detoxify the body is the body detox

through a natural diet. To detoxify the body naturally is a change in the diet from a poor to a healthy one. A healthy diet includes raw food diet, specifically, fruits and vegetables.

Naturally, the body detoxifies itself all day. The peak of detoxification occurs when the body is rested during sleep until noon. This is a way for the body to eliminate the toxins acquired from pollution, stimulants and nutrients.

If you are one of those people who are always on the go, you can substitute your stimulants with natural diet to acquire a healthy and active body. Most common stimulants taken by people are refined white sugar, coffee, diet pills, cigarettes and red meat.

Sugar has a stimulating effect. Hence, we feel invigorated when we drink soda. What we do not know, refined white sugar has detrimental effects on the body. Examples of products containing refined white sugar are cola and ketchup. You should consider cutting down on sugar by using brown sugars like cane sugar, which is natural. Fruit juices also give the same kick as to refined white sugar.

Late night workers resort to drinking coffee to keep them awake. As natural substitute to coffee with a detoxifying effect is Japanese or Chinese green tea. The Japanese or Chinese green tea gives the same kick because it also contains caffeine but it does not contain substances that are irritating to the stomach.

Diet pills are also stimulants for the body to be kept alive. Athletes sometimes use diet pills during their competitions because they give more energy. They are being taken even though they are toxic to the body. Because of this, athletes must take fruits instead due to their natural detoxifying effects.

For cigarette smokers who think smoking stimulates their mind to think, they must think twice for smoking causes cancer. If they take carrots, they will experience the same effect in a more natural way.

The use of household cleaners that are chemical-based and personal healthcare products such as shampoos, toothpaste, deodorants, and cleansers should be reduced as well. These chemicals are inside us; we never really fully eliminate them unless going to a process of detoxification. These toxins and harmful chemicals are present all the time. The products we use, air we breathe, water we drink have toxins.

There are popular manufacturing compounds, chemicals and additives that are in our environment, foods, water, commodities, products, domiciles, living and working spaces. They are hard to deny or escape. There are many published sources of these toxins, known carcinogens, poisons and contaminants. Tons of items and products have and send toxins out into the environment that you properly would not even consider toxic that you encounter daily.

For red meat lovers who really feel good and strong after feasting on meat, they had better think about cutting on it. Fish is a better substitute. Now, we understand why our parents keep on reminding us to eat fruits and vegetables. They give us energy naturally and they keep us fit and healthy.

Detoxifying your body should be a top priority because the toxins in your body can have a negative effect on your body, health, and future. Educate and empower yourself to identify and avoid toxins around you if possible.

Ensure that you are aware of how to rid the toxins despite the fact that they are present constantly in your environment. These toxins can be dealt with in a productive, pro-active fashion. You need to be aware of how to avoid them and get rid of them for good.

That is the goal; target, purpose and direction you need to take with detoxifying the body. Get your priorities, attitude and expectations real and ready and then go for it! The processes themselves are simplistic and the results immediate. You just need to recognize the importance, significance, and extent that these aspects can affect the quality of life, health and even you future and longevity and luxury quickly becomes necessity!

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Chapter 2: The Three Essential Types of Detoxification

Your body wants to live forever; it wants to be free from all pain and illness; it actively desires complete healing to take place within it at all times. Your body is your friend and partner and this is why you need to take care of your body in your effort to regain optimum health. One way of doing this is by detoxifying the body.

The different types of detoxification

Detoxification occurs on many other levels. You can detoxify the body mentally, spiritually, and physically.

Mental detoxification

Cleansing our minds of negative thought patterns is essential to health; the physical detoxification also helps this mental process. Emotionally, detoxification helps us uncover and express feelings, especially hidden frustrations, anger, resentments, or fear, and replace them with forgiveness, love, joy, and hope.

Spiritual detoxification

On a spiritual level, many people experience new clarity and/or an enhancement of their purpose of life during cleansing processes. A light detox over a couple of days can help us feel better, while a longer process and deeper commitment to a new way of life, such as eliminating certain abusive habits and eating a better diet, will help us really change our whole life.

Physical detoxification

Physically, this process can help clear congestions, illnesses, and disease potential. It can improve energy. When you physically detoxify (toxins) from the body this

is a natural process that aids in the function of cleaning, clearing and cleansing, getting rid of waste and toxins from the body, are normally typically handled by organs like the liver, lower gastrointestinal tract and kidneys. Doctors and advocates suggested that these processes are beneficial for health, well-being and even longevity. Doctors realize that balanced living, intervention-type practices and techniques can achieve riding toxins. Some of these might include processes like dialysis and (in a very limited number of cases) even chelation therapy.

Detoxification, falls within the spectrum or realm of alternative medicines that typically has to do with methods used in place of, or in addition to, conventional medical treatments. It has many benefits to offer. It has to be planned and managed well, so you can achieve optimal success and results.

This book will take you from start to finish, in an introductory manner, through what to expect, how to prepare, how to detox, and most important how to improve your health, life, well-being and future.

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Chapter 3: How Physical Detoxification Works?

There are many definitions of detoxification as well as many opinions on the topic of detoxification. In this chapter of the eBook, we are going to focus on the physical aspect of detoxification. *Our focus on this chapter is how getting rid of the physical toxins in your body can improve your health dramatically.*

Diet modifications, eating and nutritional lifestyle altering plans, supplements, herbals, rites and rituals, even processes like colon hydrotherapy, body cleansing juice fasting and sweat lodges fall under this umbrella terminology. Most of these practices assist with the natural detoxification processes you need for optimal functioning and peak performance.

Here are just some of these conceptual clarifications, descriptions and definitions of detoxification.

Detoxification

- Detoxification is referred to as a cleansing of the body for healing purposes, getting equilibrium and balance back, and to get harmful substances out of the body naturally
- Abstinence
- Clearing things from the body and human system
- Support provided on all levels for all the demands and realities of the physiological and psychological changes. This includes shock and withdrawal. These real processes, effects and outcomes can be risky or even fatal if not done correctly. This is why you must educate yourself on the topic before you detoxify for body. If done properly you will see a huge improvement in all areas of your body and mind.

The Liver

The liver is one of the most important organs in the body when it comes to detoxifying or getting rid of foreign substances or toxins. It is one of our most important detox organs because of its many metabolic functions.

Certain authorities suggest liver-supportive nutrients and even a liver glandular during general detoxification. The liver needs water and glycogen (glucose storage) as glucuronic acid for many of its detoxification functions.

A higher starch or carbohydrate diet with lower levels of protein and fats is helpful. The natural substances listed below can help flush the toxins out of your liver.

- Brown rice
- Vegetables

- The B vitamins (especially B3 and B6)
- Vitamins A
- Vitamin C
- Zinc
- Calcium
- Vitamin E
- Selenium
- L-cysteine
- Several amino acids are helpful in detoxification, particularly the sulfur-containing ones

Cysteine and methionine: L-cysteine supplies sulfhydryl groups, which help to prevent oxidation and to bind heavy metals, especially mercury (vitamin C and selenium can help you with this).

Cysteine is the precursor of glutathione, our most important detoxifier, and thus helps to counter many chemicals and carcinogens.

Glutathione is part of detoxification enzymes, specifically glutathione peroxidase and reductase, which work to prevent peroxidation of lipids and to decrease many toxins, such as smoke, radiation, auto exhaust, chemicals and drugs, and many other carcinogens.

Herbals that can help cleanse out your liver:

- Milk thistle
- Psyllium seed husks
- Pectin
- Aloe Vera
- Alginates
- Colon herbs such as the Whole Body Cleanse and ColonClenz

These help cleanse mucus along the small intestine, create bulk in the colon, and pull toxins from the gastrointestinal tract. When fiber is combined with one or two tablespoons of olive oil, it helps bind toxins and reduce absorption of fats as well as some basic minerals.

Remember, you should drink plenty of water during any type of detox program to help dilute and eliminate toxin accumulations. It is likely the most important detoxifier. It helps clean us through our skin and kidneys, and it improves our sweating with exercise. Eight to ten glasses a day (depending on our size and activity level) of clean, filtered water is suggested by practitioners.

[The Colon](#)

The colon is the sewer of your body. If it is not cleansed, the waste in your body cannot get out. According to some estimates, about over 140 million people suffer from bowel problems. These statistics cover only those people whose problems are severe enough to cause them to consult a medical doctor. The body's tissues will not eliminate wastes unless the colon is working. The bodily systems are connected. When the colon is cleaned out, the body will start pulling poisons out from everywhere, because it can. Wastes from the colon can leak out and pollute other organs. Other organs can be treated with natural methods--with only partial results--because these organs keep being re-infected or re-irritated by poisons from the colon.

If the toxins stay in your colon long enough, it will leak into your body and cause what is called autointoxication. These diverticula cannot usually be detected inside the colon with colonoscopy, but on the outside of the colon

where you cannot see. The bowel pockets leak pus, blood, and fecal matter back into the bloodstream.

When the body is toxic, the cells cannot receive nutrients from the blood because the interstitial fluid surrounding the cells is plugged-up with wastes from sluggish lymphatics. This internal poisoning also causes mental depression and morbid thoughts. It is a vicious cycle--one condition feeding the other like a dog chasing its tail. Most people, instead of cleaning out their colons use incense, air wicks, underarm deodorants, foot powder, mouthwash, toothpaste, breath fresheners, perfumed sprays and colognes to cover up their stink because they are filled with impacted fecal matter. If the colon is not cleansed, the other organs cannot cleanse their waste. If a person cannot get the bowels cleaned out, even if they clean the plaque out of the arteries--it is going to go back into the body. They will just re-absorb it. Unless they clean out the colon, they will never regain their optimum health.

The Kidneys

The main job of the kidney is to preserve the volume and composition of the extracellular fluid constant. This it must do despite a varying outside environment, and varying input. A part of this job, but only a part is to remove from the body some of the waste by-products of metabolism which the cells cannot break down further.

The principal function of the kidney is not excretion, but regulation. We can move and live on dry land, even though we are three-quarters water, and survive; our cells tucked away in a carefully preserved ocean of extracellular fluid, whose composition is guarded with exquisite accuracy by the kidneys, a major part of our life-support system in this hostile environment.

The kidney is less in control of the intracellular water, since if the kidneys do their job adequately, each cell is largely autonomous, and will extract and eject what it needs or does not need from the extracellular fluid. The kidney conserves what we need, but even more, it permits us the freedom of excess.

It allows us to take in more than we need of many necessities--water and salt for example--and excretes exactly what is not required. This is essential, since neither our ancestors nor we, animal or human know the composition of the foods we eat, and the only way to ensure a sufficiency of everything is to eat an excess of at least some.

In conclusion, the kidneys preserve the volume of our body fluids as well as their composition. Given that we are almost $\frac{3}{4}$ water, quite simply weighing one each day can assess the precision with which the kidney achieves this.

Despite changes in diet, exercise or fluid intake, the figures remain constant. The kidney performs its jobs, amazingly as good as 1% and never worse than 5%, under extremely varying circumstances.

If the kidneys fail suddenly, death occurs after a few days, partly because some of the accumulated metabolic waste products are toxic to the heart, which stops the heart from working. The kidney can adapt to slow destruction. Amazingly, one can survive on as little as 5% of overall kidney function. The kidney has the ability to fight illnesses and toxins than the heart or the lungs.

Lymphatic System

Nearly 80% of your total body weight is water. One-third of your body fluid is extracellular, meaning that it is

outside the cells. Only 12% of your body fluid is blood and 62% of your bodily fluid is inside the cells. What that means is that 36% of your fluid is lymph. Lymph is the fluid that surrounds all the cells. It is the cell's environment.

There is 3 times more lymph fluid in the body than blood. Not all cells are surrounded by water. Bone minerals surround the bone cells. However, all cells depend directly on extracellular water for food. The lymph fluid through minute channels feeds even bone cells.

When waste material leaves the body cells, the two circulating body fluids, the blood and the lymph carry it away. The lymph is formed out of the blood but contains no red blood cells. Each cell in the body is bathed by the interstitial fluid, which consists of material from the bloodstream together with substances passed out of the cells.

Local blood vessels reabsorb about 90% of the water and small molecules entering the interstitial fluid from the bloodstream. The remaining 10% of the water and small molecules plus the protein, other large molecules, and particles in the interstitial fluid collect in a network of tiny vessels.

The lymph vessels combine into larger ducts that eventually empty back into the blood stream. The lymph vessels contain one-way valves and are lined with muscle tissue that pumps the lymph through these valves. Because the lymphatic system carries away toxins from all body cells, its proper functioning is important to the health of the entire body. Lymph is filled with nutrients on their way to the cells, waste products thrown off by the cells hormones, and enzymes. Leukocytes, lymphocytes, monocytes,

antibodies and other white blood cells are able to travel wherever water exists.

Just as the air around your body is in motion constantly, the lymph fluid that surrounds the cells is also in constant motion. Cells are able to function better with fresh lymph fluid filled with the proper concentrations of hydrogen, oxygen, glucose and all other nutrients.

Valves exist in all lymph channels. In the large lymphatic's, valves exist every few millimeters, and in the smaller lymphatics, the valves are much closer than this. Motion pictures of exposed lymph vessels show that when a lymph vessel becomes stretched with fluid, the smooth muscles in the wall of the vessel automatically contract.

Each part of the lymph vessel between successive valves functions as a separate automatic pump. That is, the filling of a segment causes it to contract and the fluid is pumped through the valve to the next lymph segment. This fills the subsequent segment and a few seconds later, it too contracts. The process continues all along the lymphatic system until the fluid is finally emptied back into the blood stream from the thoracic duct into the vena cava right underneath the collarbones. When fresh supplies replace the waste products of cells the toxins, bacteria viruses, poisons, trash and debris--cells are healthier, and so are you. The removal of proteins from the interstitial spaces is an essential function, without which we would die with 24 hours. The colon is the principal organ through which mucoid matter from the lymph is eliminated.

When the lymphatic system becomes extremely full of mucoid material, a pressure is created that is felt all over the body. It starts as a tension in the muscles that becomes an aching of the muscles as the pressure increases. One function of a fever is to thin the lymph mucoid, improving its ability to flow and to pass through the walls of the

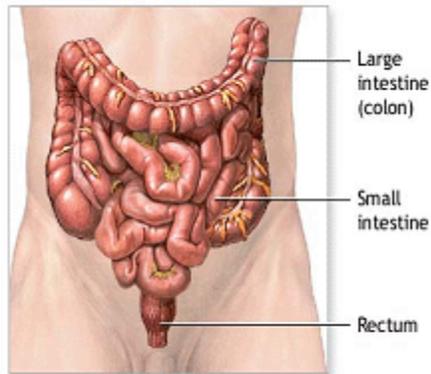
colon. All lymph-purifying influences reduce fever by lessening the necessity for using fever to thin the lymph. If the colon cannot perform the necessary rate of purification of the lymph, then the body uses the liver to do the work instead. The toxins taken up by the liver are excreted as part of the bile. When the flow of bile becomes excessive, bile backs up into the stomach, and the result is nausea. Most grasses are lymph purifiers, which is why animals eat grass when sick.

Now we can see how problems can begin when the colon becomes clogged. When this happens, waste material is backed up into the lymphatic system. As this process continues, waste material backs up into the body tissues and disease can result. This process can affect any body part because the lymphatic system serves all body cells.

If one part of your body does not work well the rest of your body is affected. This is why it is important to rid your body of all toxins.

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Chapter 4: Is Detoxifying the Body Good for Everyone?



Almost everyone needs to detox, cleanse and rest his or her body functions at times. Cleansing or detoxification is way to stay healthy and improve your health, but do not forget you need to eat a well-balanced diet and exercise. With a regular, balanced diet, you will not have to detox as much.

Your body has a daily elimination cycle, mostly carried out at night and in the early morning, up until breakfast. However, when you eat a congesting diet higher in fats, meats, dairy products, refined foods, and chemicals, detoxification becomes more necessary. Who needs to detoxify and when is based in part on individual lifestyle and needs.

More common toxicity symptoms include headache, fatigue, mucus problems, aches and pains, digestive problems, "allergy" symptoms, and sensitivity to environmental agents such as chemicals, perfumes, and synthetics. People who experience these and others on the list may benefit from diet changes or avoidance of the drug or agent that may be influencing the symptom. It may be important to differentiate allergic symptoms from those of

toxicity to determine the appropriate medical care. The diet and detox program here is similar to the Allergy plan discussed earlier and is often helpful in reducing allergic symptoms. Fasting can be extremely beneficial for people with allergies. Of course, there may be subtle characteristics of toxicity that differentiate it from other health concerns.



Signs that you have toxins in your body

- Headaches
- Joint pains
- Wheezing
- Sore throat
- Tight or stiff neck
- Angina pectoris
- Circulatory deficits
- High blood fats
- Backaches
- Itchy nose

- Frequent colds
- Irritated eyes
- Immune weakness
- Environmental sensitivity
- Runny nose
- Nervousness
- Sleepiness
- Sinus congestion
- Fever
- Insomnia
- Dizziness
- Mood changes
- Anxiety
- Depression
- Fatigue
- Skin rashes
- Hives
- Nausea
- Indigestion
- Anorexia
- Bad breath
- Constipation

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Chapter 5: The Benefits of Detoxifying

Unbelievably, you can get rid of or decrease the severity of many common acute and chronic illnesses by detoxification/cleansing. People with addictions to any substance may benefit from a detox program, even if it is only the temporary avoidance of the addictive agent or agents. Withdrawal symptoms that commonly occur with many drugs, including sugar, caffeine, and over-the-counter medications, are precipitated by detoxification.

Many of the poisons (toxins) that we ingest or make are stored in the fatty tissues. Obesity is usually associated with toxicity. When we lose weight, we reduce our fat and thereby our toxic load. However, during weight loss we release more toxins, and thus need protection through greater intake of water, fiber, and the antioxidant nutrients, such as vitamins C, E, and beta-carotene, selenium, and zinc. With exercise, we can also turn fat into muscle (not literally) and help further detoxification.

Problems and medical illnesses that can be caused by toxins in your body

- Acne
- Abscess
- Boils
- Eczema
- Allergies
- Arthritis
- Asthma
- Constipation
- Colitis
- Hemorrhoids
- Divertic Cirrhosis ulitis
- Hepatitis
- Fibrocystic breast disease
- Atherosclerosis
- Obesity
- Bacteria
- Virus
- Fungus
- Parasites
- Worms
- Uterine fibroid tumors
- Cataracts
- Colds
- Prostrate disease
- Menstrual problems
- Vaginitis
- Varicose veins
- Diabetes
- Peptic ulcers
- Gastritis
- Pancreatitis
- Mental illness

- Multiple sclerosis
- Alzheimer's disease
- Senility
- Parkinson's disease
- Drug addiction
- Tension headaches
- Migraine headaches
- Gallstones
- Gout
- Bronchitis
- Pneumonia
- Sinusitis
- Emphysema
- Kidney stones
- Kidney disease
- Stroke

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Chapter 6: The Different Ways to Detoxify Your Body

There are numerous ways to detoxify your body, with or without medication and medical intervention. (Detox and withdrawal again would require medical supervision as you wean your system off these levels and toxins to be safe and prudent)

One such method is **acupuncture detoxification**, for example, that used your body's biofeedback to restore balance to your system, parts and whole.

A class of diets whose underlying assumption is that the body accumulates toxins that be flushed out of your body in order to main good health.

Toxic, harmful toxins, substances/waste from foods, the environment, and the body's own wastes can build up over time in your body, causing symptoms, illness, disease, discomfort even death.

Most modern detoxification processes utilize herbal, electrical or electromagnetic treatments and solutions to clean clear and cleanse the body and system. The liver and kidneys for the most part take care of what the body needs, but there are ways to make these processes more effective.

For a real lay-definition of what these processes and dynamics bring to the table and can offer describes it as a process by which a substance is made less toxic or rendered harmless and excreted without any dire, lingering or side effects.

Some of the more recognized therapies and detox treatments in and from this field are:

- Contrast shower
- Master Cleanse
- Oil pulling
- Waismann Method
- Chelation Therapy

There are many ways to cleanse and detoxify the body. The ones I mentioned above are described below, in no particular order of effectiveness.

Contrast Shower

Here is one description of what a detox-process, from the outside in can do for your body and wellbeing. Contrast showers are showers that alternate between hot and cold water. This is believed to boost both your immunity and

circulatory systems, recovering and restoring the body to its balanced and optimal state, reducing muscles strain and soreness, less lactic acid in muscles and refreshing the skin, the biggest organ of the body, carrying away the toxins excreted while sweating and perspiring.

Alternating the cycles of heat/cold is highly effective and the varying of temperature critical for its impact and results. A couple of minutes of hot water, followed by an intense blast of around 1 minutes of cold water, then more hot water for around two minutes and again the wake-up blast of cold. This is often also referred to as water-therapy.

Exfoliating (getting rid of dead skin cells, stimulating of the circulatory system can also be combined for this mainly external type of cleansing. However, there is more to detoxifying your body that dealing with the outer skin, organs and leaning routine enhancements.

Master Cleanse

Many times detox is used as part of a recovery strategy to restore their body back to optimal health. Our second example the ‘master cleanse’ is not new. It dates back to the early 1940’s. It is a simple drink. It is a liquid-mixture of fresh lemon juice, cayenne pepper, and grade B maple syrup. It is suggested to help the body and systems get rid of any toxin build up in tissue, blood, organs, flushing it through the system, getting rid of waste and harmful elements left behind so to speak, after nutritional elements have been absorbed and the body got all it needed from food and fuel sources. It also holds claims to getting rid of residue and unwanted, poisonous elements, too much of a good substance (that is never good to have in the body as it throws things out of balance and can easily cause illnesses

and disease, discomfort or long-term problems, damage or even breakdown or failure).

While this is often called the liquid or lemonade diet, there is no solid food eaten for the couple of hours or days that you opt to rid your body of all that is 'bad'. Most take up to ten days on this type of process, with limited intake to get rid of toxins and give the body time to get back to its baseline, optimal, balanced state, with no toxins or harmful chemicals, deposits, residue, build up and more. Advocates of these types of processes lay claim to the fact that it has helped them in many ways.

For example:

- Losing, controlling and maintaining weight
- Increased vitality
- Feeling energetic
- Curing chronic diseases

This could be unhealthy or dangerous if not done and approached with care, under supervision, informed, empowered and realistically focused. There are numerous claims to fame and success by celebrities and many swear by its results. This method is not recommended for weight loss. The real purpose and reward lies in being healthier all-round, not shedding pounds.

Oil pulling

A third type of detox process is the so-called 'oil pulling' or 'oil swishing'. The process consists of rinsing, gargling and swishing around ONE tablespoon of cooking oil (olive oil, canola oil) and then spitting it out. This is a daily routine and rids your mouth of bacteria and harmful elements. If you take to heart how many harmful

components, bacteria, viruses and more live and thrive in the human mouth, as disgusting as it may seem. It is recommended that you do three to twenty minutes of this detoxifying method.

Here is a list of ailments and problems that might be alleviated, treated effectively with these types of detox processes and actions:

- Healthy blood
- Good blood circulation
- Bronchitis
- Diseases of nerves
- Paralysis
- Encephalitis
- Eczema
- Fights adhesion to surfaces like teeth, gums, tongue, throat
- Headaches
- Heals cuts
- Heart Problems
- Insomnia
- Intestines
- Kidney
- Liver
- Lungs
- Less formation of dental plaque
- Malignant tumor growth stifled
- Reducing bacterial growth
- Thrombosis
- Toothaches
- Ulcers
- Diseases of stomach
- Women's diseases

The Waismann Method

The Waismann Method, rapid detox processes and medical procedures, acceleration for opiate addiction weaning is a hospital, medically-supervised treatment, where medications are used to rid the body in a safe environment of these 'pollutants', toxic build up and drugs in the system. It will involve a physical exam and hospital admittance up to 24-48 hours prior to the treatment. The body is stabilized and brought to the ready for this 'shock' treatment of sorts that expedites the withdrawal, without suffering for the patient or even medical memories of the past.

There are risks involved in this process and every case and individual is and will experience it differently. A light anesthetic in an Intensive Care Unit is administered and medications pumped through the system of the patient to get rid of opiates. It deals with the dependence issue in an effective and safe way and environment, in a shorter period of traditional detox processes. These conventional detoxification procedures are not pretty once the withdrawal kicks in and can be dangerous, even deadly if not done or overseen properly.

Most advocate that this Wiasmann detox is more effective, dignified, safe and a humane alternative therapy to break the evil cycle of addiction.

Chelation therapy

The final introductory detoxification process, we can mention here to spark interest is the so-called chelation therapy. This is a specialist DETOX focusing in on the elimination of toxins, harmful chemicals and heavy metals from the body. If you think of lead, arsenic or mercury, you are on the right track.

Procedures, measures and components used in and through these processes of cleaning, clearing and cleansing are:

- Zinc salt
- The calcium salt of diethylene thiamine pentaacetic acid (DTPA)
- D-penicillamine
- Dimercaptosuccinic acid (DMSA)
- Dimercapto-propane sulfonate (DMPS)
- Dimercaprol (BAL)
- Deferoxamine
- Defarasirox
- Calcium disodium versante (CaNa₂-EDTA)
- Alpha lipoic acid (ALA)

Here is how the detox process for metals and heavy metal residue deposits and toxins work:

1. These DETOX elements isolate and bind with the metallic ions
2. Then they form several strong chemical bonds
3. It makes it reactive and bound tight
4. It becomes water-soluble
5. Then it enters the bloodstream
6. Is excreted harmlessly by the natural processes and organs of the body responsible for waste management as it were.

It is also a great way of getting rid of excess iron in the blood and system. There are three ways these elements can be given to a patient suffering from heavy metals, depending on the agent and the type of poisoning:

1. Orally

2. Intravenously
3. Intramuscularly

When these different elements are used in the body to deal with heavy metals, they eventually get cleared, cleaned and cleansed, flushed from the system, excreted via the gastrointestinal tract or kidneys. These processes are also effective for effects from electromagnetic input. Think about all the electric appliances and vibrations we are submitting our bodies to every day.

When it comes to natural products and foods, like onions, garlic, green foods and seaweeds, sulfur supplements like MSM or NAC the detox-type characteristics and efficiencies are definitely effective.

The following herbs:

- Cilantro
- Coriander Fructus
- Etheric Oil
- Coriandrolean

These herbs are identified as enabling agents in these processes as well. *These processes and elements combine to detoxify the body effectively of any harmful elements and toxins, by effectively stimulating and increasing the renal flux and the G.I. tract, even killing bacteria such as Salmonella typhi.*

Extreme care needs to be taken with these processes and detox elements, as they have the potential of permanently harming the kidneys, forcing them to shut down, fail and even cause death.

Always be careful when you detoxify your body. If you have any medical conditions then you should discuss detoxifying and the method you want to do with your doctor first before you cleanse and rid the toxins from your body.

Where, what and how you are exposed to harmful toxins

So what about the world we live in and the things we are exposed to in the air, homes, workplace, cars, restaurants, malls, hotels, airplanes and other spaces that we frequent, find ourselves in and live, move, breathe and do in?

Some research and studies done claim that there are increasing amounts and traces of these heavy metals to be found in our bloodstreams, tissue, urine. The experts and scientists attribute these numbers and increased incidence to what they call extensive environmental exposure.

Some source examples of this might include things like:

- Treated Lumber
- Fillings (mercury) in teeth
- Preservatives in vaccines
- Unspecified sources
- The foods we eat
- Pesticides
- The polluted air we breathe in
- And many others

Numerous identifiable side effects can occur with the processes and dynamics of detoxification. Below are some of the possible side effects:

- Stomach upset

- Skin irritation
- Safety concerns
- Nausea
- Kidney toxicity
- Joint pain
- Headaches
- Fever
- Feeling faint
- Extreme fatigue
- Diarrhea
- Cramps

We all want to avoid the harmful elements and toxins in our bodies, want to get them out, not suffer side effects of have lasting damage, impact we did not bargain on. Therefore, you need to weigh your own risk/reward, rationale and decision to detox, prior to engaging in any of these processes to clean, clear and cleanse the body.

Whether we want to unbelievably, eventually we all have to face the music and reality! WE regularly as part of our days and lives, take, make, get, breathe, eat, absorb and more, harmful chemicals and other toxins, even heavy metals, into our bodies, whether we want to, like to or not. Some of us even being oblivious to the harmful nature of them, that they exist and that we are surrounded by them in the foods we eat, products we use, places we find ourselves in, our homes etc.

To thrive and survive in this world, you need to be prepared, plan and have the “know how”, to get rid of toxic build-up within your own body.

There are processes, as we have clearly seen, that we can easily tap into, to improve your health and feel like brand new.

Toxic build-up within your body can cause myriads of problems, manifesting it in areas and systems like:

- Intestinal
- Respiratory
- Colon
- Neuro-chemical
- Key functioning organs

Eliminating any harmful toxins and expelling them out of your body, is the answer and solution here for healthy, balanced living.

The environment we live in can fill our bodies with contaminants we ingest, deliberately and without knowing.

Over time toxins can severely destroy our bodies this is why you should detoxify your body on a regular basis. Detoxifying your body is both the answer and the strategy to improve your health and reaching optimum health.

So, where does your daily exposure come from, is it at its worst and how can you avoid and deal effectively with it?

You may wonder sometimes why your body seems to be heavy and you feel lazy to move, yet you are not sick. You are more than willing to be energetic but your body is not up to it. To address the problem, you resort to eating a lot, gulp up cups of coffee and smoke, thinking that you will be lively after. For a while, you feel good and going. Unknowingly though, you are accumulating toxins in your

body. With this situation happening more and more, you might need to detoxify.

Since we live in a society that demands a lot from everybody, we want our bodies to be constantly active so we can move along with the fast-paced lifestyles. We tend to resort to body stimulants such as coffee, cigarettes, diet pills, drugs, and a lot more thinking that they will help the body to stay up all the time, but they do otherwise. These stimulants cause immediate loss of energy and emotional symptoms such as headaches, sickness, and depression. The body considers them toxins and long-term usage can severely hurt your overall health.

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Section 2: Learning How to Flush the Toxins Out Of Your Body

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Chapter 7: How Detoxifying Your Body Can Improve Your Health

Detox diets are another way to clean, clear and cleanse your body. It is a popularize way commonplace, mainstream and more and more acceptable, toted and advocated as the thing to do for and with your body to ensure health. Detoxifying is not about losing weight, yet people do tend to lose weight while getting rid of the toxin build up. You are encouraged to partake of natural and healthy foods on a daily basis. Rather than unhealthy, empty calorie consumption of unhealthy foods and snacks. Try to cut down on the following: cigarettes, alcohol, coffee, eating foods with saturated fats and refined sugars (cola and ketchup contains a lot) - these acts as toxins in your body and as a hindrance to your healing development.

Typically detoxification procedures involve liquid type diets and pretty much nothing else, initially and generally systematically introduces back into the diet, the other foods and chemicals again, to ensure that your body is back in

balance and healthy. You can have shock and withdrawal, even cravings while on the DETOX.

Here are some positive ways detoxifying your body can improve your health, life and body:

- A detoxification process and cleansing can do a lot for you – there are many benefits and rewards, including added energy, generally feeling healthier with more vitality and spunk.
- It is used to cure, prevent diseases, keep you focused and energized.
- These positive effects some attribute to the effective and total elimination of toxins and harmful build-up of certain substances in your body that is broken down and gotten rid of.
- Mostly these types of interventions are supposedly short to medium term and not stuck to for an extended period.

Remember, detoxifying the body should not be used as a tool to lose weight. Yes, it has been highly effective in losing weight while detoxifying their bodies, but this should not be the only reason why you want to detoxify. The main reason to detoxify is to flush the impurities out of your body, so your overall health will improve.

Reasons not to detoxify

- Fasting, restrictive diets
- It's should not be used on growing children or athletic or highly active teens

- Diabetics and/or less than optimal healthy individuals should proceed with caution PRIOR to detoxifying for any extent of time.
- The euphoria and rewards you experience while and after detoxifying could very easily have you wanting more and doing it repeatedly.
- Extreme caution is advised, as it could be detrimental to your health and well-being if this became your lifestyle.

Taking laxatives, (sometimes part of the processes suggested) might lead to some, any or all of the following:

- Mineral imbalances
- Digestive system issues
- Dehydration
- Addictive type behaviors and bad habits
- Water and muscles loss over time
- Slowing down your metabolism
- Losing , maintaining and controlling weight could become difficult

When you detoxify your body, you need to eat a well-balanced diet and make sure you eat healthy all the time. When you detox your body, you need to eat healthy foods such as:

- Lean meats
- Eggs
- Beans
- Peas
- Calcium
- Low-fat or fat-free milk

- Yogurt
- Drinking water daily
- Fiber
- Fruits
- Vegetables

You will experience the MOST success initially and in the beginning of your detoxification process, as your body re-establishes its original and preferred balance – its optimal, ultimate state and functioning! However, it does depend on each unique individual, as no two people will have the same experience with DETOX. This is another important aspect to remember as you venture out on your own journey. There are many ways to detox the body. It is up to you to choose which suits your lifestyle and preference.

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Chapter 8: The Different Types of Detoxifying Methods

Here are some detox plans you can consider:

Juice fasting

Drinking only fresh fruits and vegetables juices such as carrot, spinach, celery, cabbage, apple, and cranberry (avoid citrus fruits). An effective way of discharging toxins, it also provides plenty of nutrients as well as enzymes to lessen the intensity of the cleansing process to an easy stage. Duration of juice fasting is usually 1-3 days. Medical administration and careful assessment is required for longer fasting.

Water fasting

Only water is consumed during water fasting. Water lets the digestive tract and organs to rest completely, allowing all of your energy to self-repair and strengthen damaged organs. It also eliminates toxin build-ups.

Water fasting not only eliminates obstruction and aids in self-healing, it is also revitalizing and motivating to make a fresh start.

Sample Detox Recipe

Dr. Kiki Sidhwa recommends going on a monotrophic diet after a three-day fast. By monotrophic, we mean eating only one type of fruit for every meal. Example, for breakfast, you can eat apple. For lunch, try out oranges or pineapples. Eat until your hunger is satisfied. You can squeeze in a grapefruit juice at around 4 pm for your snack. In the evening, eat only apples, pears, grapes or bananas.

This is just one of the do-it-yourself diet plans that you can take on when you are on a detox program. For most people, however, detox recipes are the best way to go. These detox recipes provide you with the necessary nutrient in the body and at the same time, providing you with the necessary antioxidants and substances that will cleanse your body from toxins.

For more fluid intake, you can try Ginger Healing Tea with Turmeric. What you need are the following:

- 2 cups of water
- ½ teaspoon of powdered ginger
- ½ teaspoon of turmeric
- tablespoon of maple syrup and lemon extract

To make your special healing tea, add powdered herbs to boiling water and let it simmer for 10 minutes. Strain the tea into a mug and add maple syrup and lemon extract. Stir and start drinking!

For breakfast, you can try the Vegetable Super Juice. This juice gives you the needed energy boost for your senses, wakens your digestive system and can keep you going until lunchtime. *You need:*

- 1 whole cucumber
- 4 celery sticks
- 2-4 handfuls of spinach
- 8 lettuce leaves

You can also add other green vegetables like parsley and fresh alfalfa sprouts. The processes are easy and simple, juice all ingredients and add distilled water. You can also add lemon juice for better taste.

Now for lunch, try the Alkalizing RAW Soup.

All you need is:

- 1 avocado
- 2 spring onions
- ½ red or green pepper
- 1 cucumber
- 2 handfuls of spinach
- ½ clove of garlic
- 100 ml of light vegetable Bouillon
- Lemon or lime juice and Bragg Liquid Aminos for added taste

Just like our vegetable juice, the recipe is simple and easy to do. Blend the avocado and stock to form a light paste. Add other ingredients and blend. Then you can start your detox soup for lunch!

Our dinner treat is Warm Broccoli Soup.

All you need is:

- ½ Avocado
- 6-8 broccoli heads
- 1/3 red onion
- 1 celery stick
- A big handful of spinach
- Inch of root ginger
- Cumin and bragg liquid amino for added taste

Lightly steam the broccoli for 5-6 minutes. After steaming, blend all the ingredients together, add garlic, and pepper to taste. This is perfect for a cold winter night.

These recipes are just few of the hundred other detox recipes available. You can find many more detox recipes at the cookbook section of your local bookstores. The Detox Cookbook and Health Plan by Maggie Pannell is a good book with many more delicious recipes designed for detox diet. The key of detox recipes is to pack yourself with enough water and nutrients to keep you going without ingesting a plateful of additives, sugars, and food preservatives.

Here are gentler ways to detox your body that you can try out or incorporate different methods as part your routine.

1. **Change in diet** - Eat whole grains, fresh fruits, and vegetables instead of packaged and fast foods that are high on fats and sugar can become part of your daily lifestyle in maintaining good health.
2. **Sauna** - The sauna is widely used by many cultures as a regular part of detox. It is a great method of removing chemicals buildups in fat cells. Saunas are

usually combined with diet, exercise, and nutritional supplements.

3. **Skin brushing** - Again, with the combination of diet, exercise, and nutritional supplements, skin brushing is also a gentle way of detoxifying. It removes old skin cells, stimulates the lymph system and draws out toxins through the skin. A dry skin brush made of soft vegetable bristles should be used. Before taking a shower, lightly brush your feet in circular motion towards the chest area for a minute or two.
4. **Yoga** - Through breathing exercise, the bloodstream thoroughly oxygenates thus giving energy and improves the body's physical process. Different positions lightly massage the internal organs and stimulate them to slowly get rid of the toxins.
5. **Massage therapy** - It is very useful in supporting detox programs. It stimulates body functions and elimination promoting a more relaxed feeling clearing you from worries, tensions, and mental stresses.
6. **Recharging, relaxing, and resting** - This is important in the rejuvenation process. It helps your body in rebalancing your attitude and mind, which sometimes interferes in natural homeostasis. Practicing yoga is a powerful exercise related to breathing regulation and awareness helping you to obtain a more balanced and active aura.

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Chapter 9: Which Are the Best Herbs to Detox Your Body



The following herbs that have known to be effective for many years can be used as a home remedy. These herbs below can be used as a natural way to detoxify and cleanse the body from toxins.

- **Psyllium seeds** and **husks** contain high fiber, which can gently act as a natural laxative. You can utilize it by soaking the seeds in water. Psyllium is usually considered as adaptogenic, which supports the healthy function of your bowel. It is also useful in treating diarrhea and other irritable bowel diseases. It is a very good choice for

body detoxification since its gelatinous substance after soaking absorbs toxins.

- **Hydrangea root** and the **Joe pye weed (gravel root)** helps in preventing, dissolving, and expelling stones and crystals in the bladder and kidneys. It is good to keep your kidneys free from any obstructions to stay in good working condition essential in effective elimination of toxins.
- **Cascara Sagrada** is used also as natural laxatives. It could be safe even for longer duration of usage where it strengthens your colon muscles.
- The **barks of Alder buckthorn** are also used, but it must first be dried and be stored for at least one year since its fresh barks are so strong which can be considered toxic.
- **Juniper berries** also promote the urinary system's overall health. It detoxifies and strengthens your urinary tract, bladder, and kidneys. It is excellent for cleaning purposes but prolonged usage is not recommended because it can cause some overtaxing in your kidneys.
- **Nettles** also have detoxifying properties, which can be extended not just in your urinary system. Nevertheless overusing it can display similar effects as the juniper berries.
- **Burdock seeds** and **roots** are similar to nettles. It has mild and cleansing diuretic

action but has stronger effects. Heavy metals inside your body can be removed by using burdock.

- **Basil, cypress, celery, grapefruit, lemon, fennel, rosemary, thyme, and patchouli** contains essential oils effective for flushing out toxins underneath your skin and stimulating circulation of your lymph.
- **Dandelion root** and **milk thistle** help in cleansing and strengthening your liver. Milk thistle has silymarin, which does not only protect your liver but helps in regenerating itself. Dandelion root helps in removing waste products from your gallbladder and kidneys.

Many herbs can support or even create detoxification. In fact, this area is really the strength, I believe, of herbal medicine. There are hundreds of possible herbs to be used for blood cleansing and cleaning the tissues or strengthening the function of specific organs. The old term for blood cleansers is "alteratives," which is the word used in many standard herbal articles. *The following are some of the more important ones.*

Herbs that are highly recommended to help cleanse and detoxify the body are the following:

- **Garlic** - blood cleanser, lowers blood fats, natural antibiotic
- **Red clover blossoms** - blood cleanser, good during convalescence and healing
- **Echinacea**-lymph cleanser, improves lymphocyte and phagocyte actions

- **Dandelion root**-liver and blood cleanser, diuretic, filters toxins, a tonic
- **Chaparral**-strong blood cleanser, with possibilities for use in cancer therapy
- **Cayenne pepper**-blood purifier, increases fluid elimination and sweat
- **Ginger root**-stimulates circulation and sweating
- **Licorice root**-"great detoxifier," biochemical balancer, mild laxative
- **Yellow dock root**-skin, blood, and liver cleanser, contains vitamin C and iron
- **Burdock root**-skin and blood cleanser, diuretic and diaphoretic, improves liver function, antibacterial and antifungal properties
- **Sarsaparilla root**-blood and lymph cleanser, contains saponins, which reduce microbes and toxins
- **Prickly ash bark**-good for nerves and joints, anti-infectious
- **Oregon grape root**-skin and colon cleanser, blood purifier, liver stimulant
- **Parsley leaf**-diuretic, flushes kidneys
- **Goldenseal root**-blood, liver, kidney, and skin cleanser, stimulates detoxification

Herbs Used to detoxify the body

Blood Cleansers

- Echinacea
- Red clover
- Dandelion
- Burdock
- Yellow Dock
- Oregon grape root

Laxatives

- Cascara sagrada
- Buckthorn
- Dandelion
- Yellow Dock
- Rhubarb root
- Senna leaf
- Licorice

Antibiotics

- Garlic
- Myrrh
- Prickly ash
- Echinacea
- Propolis
- Clove
- Diuretics
- Parsley
- Yarrow
- Cleaver's
- Horsetail

- Corn silk
- Uva ursi
- Juniper berries

Skin Cleansers Diaphoretics

- Burdock
- Oregon grape
- Yellow Dock
- Goldenseal
- Boneset
- Elder flowers
- Peppermint
- Cayenne pepper
- Ginger root

Anticatarrhals

- Echinacea
- Goldenseal
- Sage
- Hyssop
- Garlic
- Yarrow

I have had great success using the ColonClenz and the Whole Body Cleanse. The ColonClenz has had great reviews. The purpose of the ColonClenz is to clean out the toxins from the colon.

The Whole Body Cleanse contains three bottles. One is a fiber, one is a laxative and the third bottle is milk thistle (liver cleanser).

Remember, everybody reacts differently to different herbs. What may be good for me may not necessarily be good for

you. I experienced increase in energy, weight loss, and my overall health improved.

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Chapter 10: How Body Wraps, Herbal Treatments, Therapeutic and Cosmetic Procedures can help Your Body Detoxify

These are the most popular outside-in type processes to assist the body in getting rid of toxins and build up. You can literally take off inches off your body, improve tone, tighten skin, improving look and texture, appearance and appeal!

Homemade or professionally done, they will have great benefits and help you relax. Many detox body wrap or herbal treatment use formulas including mineral clays and

some natural sea salts. Professional salons and spas often use MORE complex ingredients and additions of essential oils.

Choose from a wide array of available essential oils and herbs including:

- Alfalfa leaf powder
- Chamomile flower powder
- Grapefruit
- Ground basil
- Lavender
- Lemon
- Lemongrass
- Olive oil
- Rose petal powder
- Rosehip powder
- Rosemary
- Sage
- Sandlewood

A homemade gel-wrap recipe

- 1 cup mineral clay
- 1/4 cup sea salt
- 2 tbsp. olive oil
- 2 cups water

Method/Procedure:

1. Boil water.
2. Dissolve the salts.
3. Mix and blend the other ingredients in.
4. Stir with rigor and make a paste.
5. Rub over the whole body and cover yourself with a sheet or thin towels.

6. Soak in a warm bath for 45-60 minutes
7. Rinse

Things to do to achieve a successful detoxification:

- In general to boost the effectiveness and results of this procedure and treatment, avoid caffeine, sugar, fried fatty foods, soda drinks, and alcohol directly following and a couple of days after. **YOU WILL SEE AND FEEL THE DIFFERENCE.**
- It can be messy and take long, so divert your attention and make it practical and comfortable.
- Stay hydrated and you can even take a shower before the procedure in order to prepare your skin for what is to come.
- Thermal blankets can enhance the experience and wrapping somewhat tight (**Not Too Tight**) can do the trick!
- Many would also advise that a great way to rejuvenate and detoxify is to take a steaming hot Epsom salt bath.

As part of this process, the harmful toxins or build up is excreted out of the body by natural processes and organs, like the skin to get rid of it for good. It helps with easing swelling and enriches your skin. This is not recommended for sufferers or patients with high blood pressure, heart, diabetic or kidney troubles.

Medications, supplements and other herbal, natural products to consider for Detoxification Apart from

naturally occurring nutrients and good detox-enablers, such as:

- Whole foods
- Natural products
- Natural substances
- Fresh fruits
- Fresh vegetables

Greens or phytochemical-rich foods and groups

Foods that protect you against cancer, heart disease, diabetes and high blood pressure Antioxidants, there are also supplements and pills to consider – also for detox processes and results.

In our pop the pill type culture and habits, it is so easy to think that there is a magic pill for everything. A tablet or capsule, gel-tab, mixture or potion for every ailment, sickness, disorder, or disease.

Sometimes we do not eat enough, eat the wrong things, too much, not a balanced diet, food on the run, and then take multivitamins and mineral supplements to ensure that we get our daily dose of what our bodies require. Others who may benefit include seniors and pregnant women.

TIPS to help you choose natural or herbal supplements for detoxifying and healthy living

- Be smart about which ones you take
- Be sure to check the expiration dates to ensure potency and results
- Do not overdose or take more than the recommended amount

- Do not use expired products.
- Ensure you know the source, manufacturer, contents, label
- High doses of certain elements can have negative effects on the body
- Interference and interactions with other things that you might be taking
- List the active ingredients and all other fillers, additions or other ingredients nutrients and dosage
- Look at the details on the label regarding its strength, purity, disintegration and dissolution.
- Marketing ploys, promises and packaging is not what you end up putting in your body – treat with skepticism, care and caution.
- Serving, size and storage
- Store and keep out of reach of children, non-humid and high up is best.
- Supplements may not be suitable for all individuals, those suffering from certain illnesses.
- They are best taken in addition to diet and nutrients, not just as substitutes.
- They are not good replacements for real food.
- You need to know what and why you are taking supplements

In our society, we live and function in, there are many contaminants present that we need to cope and deal with effectively to avoid their build up interfering with our health, well-being, longevity and balance. We need to rid our systems and bodies of it and this is called detoxification as we have seen. Anyone and everyone can do it, if you proceed with caution. Polluted air, additives in our foods, pesticides on our fruits and veggies, genetically altered food and more need to be clean, cleared and cleansed from our systems, tissue and body.

You do not have to believe that your intestines, colon, and blood stream are at risk or somehow plugged up with toxins, but there seems to be evidence that there is MORE of it in our systems than before. Fasting, laxatives and flushes are quite common BUT they are not necessarily good for you and could put you at risk if you do not understand the processes, goals and functioning of this "cleaning out of the system."

People follow the routes and rewards of detox for different reasons:

- Health
- Rejuvenation
- Healing
- Weight loss

Many people detox for the right reasons. However, there is a small percentage of the population that detoxes their bodies for the wrong reasons. If you focus on what detox does primarily is get rid of waste and build up – that is the real reason to detox your body.

There are numerous products and services are offered in the stores and internets that advertise and promote success through:

GROUP 1: Fasting and liquid diets - Mixtures of liquids are taken with combinations of different kinds of herbal capsules. Typically water, lemon, honey mix is used. According to this method, detox in this way helps you .

- Cleanse the digestive tract of accumulated waste and putrefied bacteria
- Cleans out the major organs and blood
- Helps you think clearly
- Lessens chemicals and food additives in your body
- This is followed by a regimen of diet pills taken in combination for a prolonged period of time body wraps and some exercise
- Teas with elderberries and birch-juniper, combined with diet pills
- Tea and tablets combinations containing ginger, prickly ash, yellow dock, cascara sagrada, psyllium and uva ursi for rejuvenation
- Colon-cleansing pills and related diet products
- Appetite suppressants

- Drinks, mixes, product lines and pills (natural herb blends, teas and other), to fight off the build—up and negative effects of tobacco, alcohol and pollution on and in our bodies.
- Claims of pills to cleanse and heal and have you lose weight

GROUP 2: curing disease and gaining your health back. Toxins can be dealt with, detoxification can make you healthy again Fear, irrational, and unscientific claims sometimes make these processes less effective. The Clean, Clear and Cleansing Plan for Tissues and cells, body and system (parts and whole) If you take your health and well-being seriously, detoxification offers great ways for you to eliminate toxins and unhealthy substances in your body, prevent new ones from making its way in there and keep/stay on top of your optimal shape, functioning and peak performance.

There are plans designed specifically to assist you with this undertaking. It can be spread over several days (typically seven or so, full days) where you eat nothing at all. When you feel hunger, you drink tea and peel-potato or vegetable broth, even diluted fresh fruit juice while you are on these types of flush-liquid diet.

Here is one example of a typical daily routine for detoxification:

1. Upon waking – Use the Cleansing Drink once
2. Within 30 minutes, take supplements with flaxseed drink and two tblsp. Liquid calcium or powder
3. Around 10 AM – Use the Cleansing Drink once

4. Take supplements with herbal tea (no sugar added)
5. Around 2 PM Use the Cleansing Drink once
6. Afternoon herbal tea with supplements
7. 4 & 7 PM Use the Cleansing Drink once
8. Bedtime calcium, cod liver oil OR supplements

As you go through this detoxification process, there are several things to watch out for:

- Diarrhea
- Dizziness
- Gas
- Headaches
- Muscle pain
- Nausea
- Skin breakouts

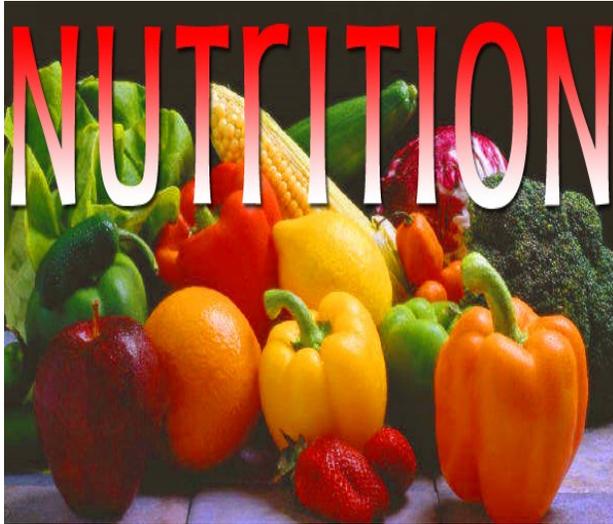
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Section 3: [The Pro's and Con's of Detoxifying](#)

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HEALTHY LIVING

**The Most Important Secrets
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Chapter 11: Things to Do To Make Your Detox Experience a Success

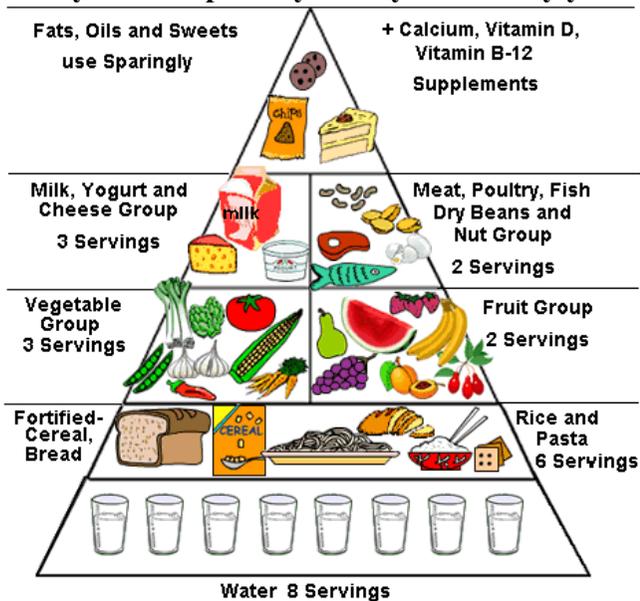
Detox Tips: to ensure results and success:

- Maintain proper nutrition
- Follow a balanced dietary program
- Eat MORE whole foods from all food groups
- Consider all the elements of a healthy diet and stick to them
- Understand and support, following the basics of healthy and nutritional eating
- Get all of your vitamins from food and supplements to address your needs
- Ensure balance, variety and moderation in your diet, exercise and lifestyle

- Variety in your diet is important in all stages of detox. Pick from natural bread and other whole-grain products; such as fruits; vegetables; dairy products; and meat, poultry, fish and other protein foods. Fiber-intake and hydration is still extremely important.
- Weight maintenance, control, and even loss if required also needs attention
- More, smaller, healthier meals, more often, smaller portions, taken regularly to keep your blood sugar stable and your metabolism ticking!
- Do not skip meals, get hungry, thirsty or suppress/deny your appetite
- Cut salt, sugar, starch, and refined foods from your diet
- Cut out fats and fried foods
- Low-fat products and lean proteins are good. Enable yourself, setting up for success in all your dieting, nutritional, lifestyle changes and even detox. Know what to expect and prepare for it.
- Make better choices for your vitality, balance, well-being and even longevity.
- Engage in activities and habits that promote good health and reduce risk for major chronic diseases.
- Weight maintenance

- Exercise
- ZERO trans-fats, less saturated fats
- Less salt, sugar, refined flours and processed foods
- Eat lean, low-fat, or fat-free
- Drink three glasses of low-fat milk and hydrate with lots of water

While you are following a detox program, it is important that you eat healthy. Pay close attention to what you eat especially after you detoxify your body:



Whole Grain Foods

- Energy

- Oatmeal
- Whole-wheat bread, brown rice, multi-grain pasta
- Easier to digest
- Manage hunger, keep blood sugar in check

Plant, vegetable and healthier fats/oils

- Olive, canola, soy, corn, sunflower, peanut, and other vegetable oils
- Fatty fish, salmon
- healthy fats good for your heart and fights build up and clogs in your arterial walls, plaque and calcification of the heart/arteries

Vegetables and Fruits

- Protective qualities and contributions against heart attack or stroke, cancer;
- Lowers blood pressure; fights intestinal problems
- Natural sources of sugar and fiber

Fish, Poultry, and Eggs

- Protein sources, fish
- Heart-healthy
- Protect you against disease
- Lean meats are better like chicken and turkey
- Preferred meats are low in saturated fat
- Eggs make for a great breakfast – still the most nutritious and important

- Meal of the day

Nuts and Legumes

- Protein, fiber, vitamins, and minerals
- Choose from black beans, navy beans, garbanzos, and other beans
- Nuts
- Source of healthy fats and oils
- Dairy or Calcium Supplement

Building and keeping strong bones are a top priority

- Vitamin D
- Exercise
- Calcium source
- Cheese in moderation (as it is higher on the fats scale)

Red Meat and real Butter

- Too much fats and meats are not healthy
- Source of cholesterol
- Vegetable oils are better

Refined foods, flours, starches and candy/sugars

- **AVOID** White Rice, Bread, Potatoes, Pasta, and Sweets
- Surges in blood sugar
- Weight, diabetes and heart disease

Multiple Vitamins

- Daily supplement, full-spectrum, slow release

- Fill nutritional shortfalls and holes in your diet and intake that you are not getting naturally or from the foods you eat, not eating enough, diet or detox etc.

Many things in our society are toxic. It is impossible to avoid them all, but you can try your best by avoiding the toxics that you know you have control over.

- Very few of us are aware or conscious of some of the things that surround us, we use, wear, are in our home and in the places we frequent, that can put us at risk – this includes the foods we eat, the supplements we take, what we drink etc.
- There are different methods, levels and intensity, durations and processes for/of detoxifying
- Supplements, the right foods, exercise can all help you optimize DETOX

Many diet and nutritional plans may actually help you with your detox, before or after. They help you stick to whatever your action plan is and make the lifestyle changes that are necessary to optimize and maximize the benefits that you get from detoxification.

Mediterranean diet

- Enjoy all and everything in moderation, including butter and pasta
- Base principle is keep it simple using basic ingredients, like tomatoes and olive oil
- Easy to plan menus and prepare the dishes – fitting even the busiest of lifestyles

- Eating more of some foods, less of others
- Low carb
- Low-fat
- Moderate consumption of alcohol and even cooking with wine is allowed and encouraged for optimal health and longevity
- Recipes and culinary delights abound
- Reduces high cholesterol levels effectively
- Some people call it the heart-healthy diet

The South Beach Diet

- Gaining fast in popularity combined with detox plans or following right after
- It also includes lots of daily servings of fruit, vegetables and whole grains, nuts and healthy oils
- It builds a lifestyle that you can sustain and keep healthy throughout your life
- It is about making better choices about food
- It is different from the Atkins diet
- Not really low-carb or low-fat
- Rapid weight loss in the first two weeks is quite commonplace

- Starving yourself will actually have you gaining weight
- When losing weight and staying heart healthy matters, this is the plan for you
- You are not necessarily depriving yourself of foods you love, just eating differently and less, reintroducing the right foods back into your diet as you go along and getting rid of your bad eating habit

Here are some general tips for diet, weight loss and eating healthier, detox- follow-up and nutritional advice:

- Healthy (not fast), safe weight loss that you can sustain is best.
- Try to work for a holistic approach advocating an all-round healthy balanced diet.
- Include all food-groups
- Drinks lot of water
- Keep the portions small and more meals more frequently to get and keep your metabolism engine revving!
- Pick foods that you already like to eat will increase your chance of sticking with the plan and staying motivated.

When you decide to use these detoxification techniques and processes, you can be well on your way to a holistic healing and well-being solution and action plan for yourself that can make all the difference. You will feel better, refreshed and in-balance. If done right, it can be extremely effective.

If for whatever reason medications, diet, exercise, yoga, and everything else you have tried your hand at was disappointing, yielding no results, even failed, then clean, clear and cleansing techniques and processes like these discussed here might work for you.

You can even strengthen your immunity in the process. You can keep your arteries and heart healthy.

You can keep unnatural chemicals, additives and irritants out of your body by choice organic toxins and inorganic chemicals can be banned from your skin, tissues, bloodstream and organs through purging the system of them, trace elements, build-up and toxicity that might actually be making you really ill, causing diseases that you are not even aware of yet. Rid your body of potential and lingering problems

Exposure happens quickly and combined over time to affect your whole body and its parts.

When your natural processes and organs cannot or no longer deal effectively with dispelling waste, harmful toxins from your system, it might need a boost or help from you, both from outside in and inside out – the onus is on you to cleanse your system of these toxins and build up. There are various ways in which and how you can do this. Make it a top priority to regularly, or at least once, remove, expel and get rid of these toxic chemicals as well as other toxins in your body.

It can occur anywhere in and on the body. Your intestines, organs, arteries, senses, even brain and heart can all absorb harmful elements, poisonous compounds, toxins (by choice or by accident, once off or prolonged exposure), small to moderate to severe exposure and concentrations with adverse effects, now, tomorrow and even in the future, affecting your longer-term health and well-being.

Here are some other negative effects DETOX can spare you and protect you from:

- Granulomas
- Hyper secretion of mucus
- Imbalance in bacteria and fungus
- Microscopic ulcerations
- PH imbalances
- Liver and kidney difficulty, malfunction, breakdown or failure and many other health related issues and problems, even disease, putting you at increased risk over time.

You can choose for a systematic, gradual removal of toxic substances from the body and intervention will be necessary to effectively flush the toxins out of your body.

There are numerous studies on detox that proves that it gives your body and your health a fighting chance, boost and even enables the healing and recovery of your body.

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HEALTHY LIVING

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Chapter 12: Which Detox Program Is Best For You?

The answer is probably as unique as individuals and their case! Yet, here are some general guidelines that might put you on the right track finding a solution for you:

- Practically work out what you need and want to achieve
- Consult your doctor, detox-specialist, identify and discuss your need, plan and select a detox routine, process, technique and regimen that works and will make a difference for you
- Ensure that you are healthy, not nursing, pregnant, extremely tired and do not have to function full-tilt

and can afford to give your body some time to get back to its natural balanced state, get rid of the toxins as the processes involved might have some 'side-effects' considered natural and part of the normal process!

- Whom you are, where you are in your life, schedule, career, personal life and more might affect your preparation, detox process and follow-up. Choose some detox method that you know will bring about change and results
- Naturopaths and holistic healers, medical and well-being practitioners will all be able to assist you in this process
- Cleansing, cleaning and clearing, flushing and detox takes planning, timing, persistence and discipline.
- If at any time during, or even after your detox you experience difficulty or discomfort, stop and consult your physician immediately. Each area of your body will require special attention as well as your whole health, which is reflective of you being so much more dynamic than the mere sum of your difference parts. There are different cleanses and routines recommended for different parts of your body like skin, liver, lymph, nervous system, heart, lungs, kidneys, stomach, bladder and other.
- You can choose one general one or take them one at a time to ensure success and results that address the concerns and issues that you might have effectively, affordably and reliably.

- Resting and allowing your body, mind and soul to reload, replenish, restore is essential too! Also, have periods of non-cleansing, just enjoying life and not necessarily undoing all the good you did, but not obsessively purge, flush making your whole life center and surround it! It is unnatural, unhealthy and not necessary to maintain a healthy living balanced life.

Different people might have different sensitivities and responses to DETOX. Here are some of the symptoms, discomforts and/or things to be on the lookout for as you move through these detoxification and cleansing routines:

- Dry mouth
- Emotional irritability
- Fatigue
- Fever
- Gas
- Headaches
- Loss of appetite
- Low energy
- No interest in sexual relations or intimacy
- other aches and pains
- Skin eruptions
- Temporary constipation or diarrhea
- Temporary stopping of menstruation or missed periods
- Tight muscles
- Yawning

Some would recommend you start with something simple like a colonic cleanse or enema, getting the liver to work better and dump all the toxins in your body at once!

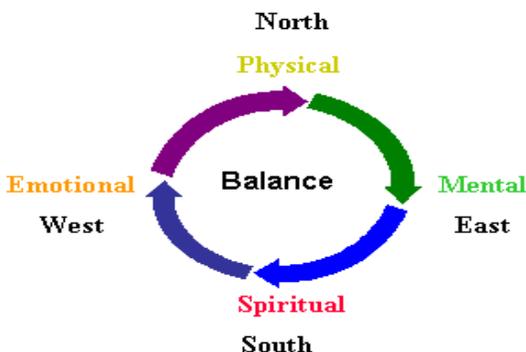
Activated charcoal can clear the GI tract with varying degrees of efficiency for individuals as it binds and absorbs the harmful elements and your body excretes and gets rid of it. Powder, capsules or tablets are available for this purpose. Bentonite clay, hydration and supplements, comprehensive foods additions to your diet are great ways to accomplish lots in a short period.

You will see short-term results, but rest assured the work continues from the inside out long after these initial detox days have passed. You will reap the benefit for days, weeks and years to come, if done right and effectively, for the right reasons!

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HEALTHY LIVING

**The Most Important Secrets
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Chapter 13: How to Detoxify Your Body the Right Way

- Plan and prepare well
- Spend some time, attention and effort on getting the Food and Nutrition aspect of your diet, habit and life ready, real and healthy!
- Focus on your overall well-being, doing the detox for the right reasons. Enhancing, enjoying and ensuring your quality of life, taking issues with nurturing yourself regularly as a top priority! (We normally take it for granted or do not pay any attention to it at all – find some middle ground!)
- Accept yourself and your body, loving what you see and making the most of what nature has given, has to offer and will continue to provide you, tapping into those reserves and bio-chemical strengths that you have, your body's natural ability to heal itself for example is under-rated and under-estimated!
- In your life, environment, products, purchases, personal and body care products, foods, home and work life and environments, pay some closer attention to and considering the presence and avoidance of toxic substances. Focus on your overall health and well-being as well, exercise, eating healthy, drinking lots of water, supplementing, natural foods, balanced diet, activity you enjoy, maybe even some yoga and/or breathing exercises to keep you on the fast and inside track to continued detox success!

Before You Begin:

- Educate and empower yourself with knowledge, skill, know how to detox successfully. Have a plan of action and prepare your body for what lies ahead.
- You can even try and select a holistic healing practitioner or wellness partner who is experienced with detoxification techniques
- Review and evaluate your reasons, rationale, need and timing for your detox and cleansing processes.
- Be realistic in your expectations about detox and do not expect instant miracle cures!
- Pick the technique of detox that works best for you and your situation. Just because it works for someone else, does not necessarily mean that it will work for you. There are no guarantees.
- Schedule time for your detox and be aware of the symptoms that you might develop and things to do during this time, what to do in case of discomfort or feeling lousy!
- Make sure you have support throughout the process
- Allow yourself some rest and relaxation in-between and after a detox or purge.
- Sustain your results over time, strengthen your body and live well! Those are the real outcomes and measures of success for detox with a difference.

There are also many other things you can change/alter adjust or avoid in your life and lifestyle, choices and habits:

- Chlorinated water – use less
- Eating too quickly, on the run, poor digestion of food from various causes and/or poor elimination of waste products, being irregular not advisable.
- Exposure to different forms of radiation (x-rays, electromagnetic and others) should be cut down to the minimum
- Over-stressed, taking too much steroids and NSAIDS can kills off healthy bacteria in the body
- Over-use of antibiotics lessening your natural responses and resilience
- Unhealthy diet, not enough fiber and liquid (water) in your diet, gas and indigestion, types of food you eat should be changed to be healthier, varied, and natural and balanced, from all food groups to ensure optimal health and well-being.

There are many places in and throughout the body where you can focus your detoxification efforts and attention. Here are just some of them:

- **Gastrointestinal** - liver, gallbladder, colon, and the entire GI tract
- **Lymphatic** - lymph channels and lymph nodes

- **Respiratory** - lungs, bronchial tubes, throat, sinuses, and nose
- **Skin and dermal**- sweat and sebaceous glands and tears
- **Urinary** - kidneys, bladder, and urethra

The following diets, nutritional and eating plans can be listed and described as potential detoxifying-friendly diets.

- **Diuretic Diet** - Using natural diuretics to alleviate fluid retention
- **Fat Flush Diet** - Popular 3 phase diet plan
- **Lemonade Diet** - The Master Cleanser Diet
- **Liquid Diets** - Liquid or Juice-only diets, short-term detox programs and initiatives
- **Liver Cleansing Diet** - focused in on liver function, health and disease
- **Raw Food Diet** - A generic diet using raw, uncooked food only

When you do decide to detox consider these things:

- Your age
- If you have any medical conditions
- Reasons for wanting to detox
- Method you need to follow
- Activity and fitness level
- Your weight

- If you have any diseases, illnesses or immune disorders
- Are you nursing or pregnant? You should not detox if you are pregnant or nursing.

Answers to these initial questions will help you decide the most appropriate level of detoxification that will work best for your body.

Taking control of your environment both inside and out and outside in, will help you better live, healthier, longer, more in-balance and toxin-free! You will improve your well-being, potentially your longevity and quality of life. Flushing out the toxins in your body can improve your health, mentally, physically and spiritually if it is done right.

There are many ways to detoxify; some of those ways are listed below:

Explore different ways of detoxification, finding the one or combination therapies and strategies that meet your needs:

- Allergy Extracts
- Herbs
- Chelation
- Baths
- Saunas
- Hydrotherapy
- Breathing
- Charcoal Therapy
- Compresses
- Poultices and Packs
- Diet and Nutrition
- Exercise

- Toning your muscles
- Physical detoxification - cleaning and cleansing organs such as the liver, colon, gall
- Cleaning the bladder
- Oxygen Therapy
- Yoga

If you have any medical procedures done take in consideration that this could affect and enable, necessitate delay or help detoxification process.

For example:

- Surgery
- Radiation Treatment
- Chemotherapy
- Medications
- Vaccinations
- Dental Work

You need to find the best detox program to suit your own needs so you will be able to improve your health, well-being. This will help you live a healthier, productive life with many more years to come!

Detoxifying your body can make a difference. Prepare and plan for its success, work for results (they will not just happen, by random chance or luck!), **it is not about weight loss** primarily; it can and should be practical and easy to do for anyone! The key is to strengthen your body, systems (immune system), using your human systems equilibrium and balance creating a healthier environment for yourself.

Ending this section with a piece of advice from a recognized expert in the field from detoxification seems appropriate:

"Dramatic cleansing reactions, although some people swear by them, are not necessarily desirable, for in the case of serious illness or exposure to toxic chemicals; the liver and other organs of detoxification and elimination are overworked. In extreme cases, sudden detoxification can be fatal. People who are young, healthy, active, health-conscious, well nourished and free from major toxins can embark on the most arduous cleansing programs with good results and few side effects, but for most of us, ambitious programs are approached with caution and common sense. Severe cleansing reactions can be incapacitating and truly painful. It isn't necessary for most people to suffer in order to rid their bodies of stored toxins, and the unpleasant side effects of detoxification can be minimized, even in those who have seriously toxic conditions."

Take issue then, which detox program is right, best and advisable for you. Accept that not all procedures, mixes, recipes, methods and interventions will necessarily work (as well necessarily) for you, under all circumstances

Things to remember:

1. Detox has to be approached with caution and serious consideration for your overall health and well-being.
2. Remember, detoxifying is not about losing weight.
3. Mixed results with detoxification are possible for a variety of different reasons and factors and not to be taken lightly.

4. It is not all just about the toxic build up in your body. It is about a philosophy, a new way of life!
5. Your health and your well-being come first.

You need to be aware if your body is not acting right during the detox process. Be aware of the following:

- Ant oxidation system
- Liver's detoxification processes
- Circulatory system
- Elimination systems
- Your heart
- Brain

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Chapter 14: How Would You Know If Something Is Wrong Or If Your Body Is In Need Of Detox?



According to experts in this field and discipline of healing and well-being, there are signs and symptoms to look out for these symptoms:

- Low energy
- Fatigue
- Muscle weakness
- Inability to concentrate
- Intestinal complaints

How about chronic illness, dirty colons and inefficient waste systems NOT effectively cleaning, clearing and cleansing your body – In result making you sick and ill? Think you have any of the following issues or problems with your body, sometimes, throughout your life, sporadically, constantly – for each of us it will be difference, the underlying reality and challenge being the same – detox and get healthy:

- Bad breath & foul-smelling stools
- Candida infection
- Chronic constipation
- Excess weight
- Flatulence, gas & bloating
- Food allergies
- Frequent colds
- Frequent fatigue and low energy
- Hemorrhoids
- Impaired digestion
- Irritability, mood swings
- Irritable Bowel Syndrome (IBS)
- Metallic taste in mouth
- Parasites in stool
- Powerful food cravings
- Protruding belly ("pooch")

- Recurring headaches
- Skin problems
- Rashes

There are those who question and critique, even oppose and caution against detox diets, some treatments and exploitation of a process intended for good, under supervision, with risk if not done properly that very few are actually prepared for! Some walk away from detox feeling less satisfied and/or even disillusioned. This does not need to be the case.

These detox diets are not intended mainly and foremost for dieting, rather cleaning and flushing out. The initial pounds lost are quite easily mostly water and fluids anyway. Starvation and restriction we all know do not result in weight loss, quite the contrary – you will start gaining weight again rather quickly as your body re-adjusts and stores food/fats to ‘survive’.

There are no guarantees with detox – it is not a magical cure that will put right all ills and wrongs. It does not happen of and by itself, automatically. You have to work at it like everything else. Your detox strategy needs to be part of a whole set of holistic health priorities and practices, overall strategy to have the most impact and be successful. Determination, persistence, discipline, positive attitude can all help you in this process – the lack thereof, will be a formidable enemy to overcome!

Balance is key for you to achieve the required results. Give new meaning to ...as per your expectations and specification, with a personalized, custom detox plan and strategy that works for you and your needs.

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HEALTHY LIVING
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**Chapter 15: Which Vitamins and Superfoods Will
Improve Your Life?**

Vitamins are carbon-containing substances that are required for normal metabolism but are not synthesized in the body. They are obtained from such outside sources as food and water or are administered orally or intravenously. Exceptions to this definition include vitamin D, which is synthesized in the body to a limited extent, and vitamins B (12) and K, which are synthesized by bacterial flora in the intestinal tract. Minerals also must be obtained from outside sources. Minerals such as calcium, iodine, and iron are an essential part of all cells and body fluids and have many functions.

Vitamins and minerals function as “cofactors” in the metabolism of products in the body. Most aspects of bodily metabolism precede with the aid of specific enzymes, but if additional catalysts were not present—for example, the cofactor vitamins and minerals—the reactions would proceed so slowly that they would be useless.

Vitamin A

Vitamin A is main source for good vision, a healthy immune system, and cell growth. There are two types of Vitamin A.

- **Retinoids** – This comes from animal products.
- **Beta-carotene** - This comes from plants.

Vitamin A is common prescription treatments for acne and other skin conditions, including wrinkles. Oral vitamin A is also used as a treatment for measles and dry eye in people with low levels of vitamin A. Vitamin A is used for a specific type of leukemia.

Vitamin A has also been studied as a treatment for many other conditions, including cancers, cataracts, and HIV. However, the results are inconclusive.

Most people get enough vitamin A from their diets. However, a doctor might suggest vitamin A supplements to people who have vitamin A deficiencies. People most likely to have vitamin A deficiency are those with diseases (such as digestive disorders) or very poor diets.

Vitamin A has also been studied as a treatment for many other conditions, including cancers, cataracts, and HIV.

Most people get enough vitamin A from their diets. However, a doctor might suggest vitamin A supplements to people who have vitamin A deficiencies. People most likely to have vitamin A deficiency are those with diseases (such as digestive disorders) or very poor diets.

Eating the foods listed below can supply your body with an abundance of vitamin A so you stay healthy.

Good foods that have the retinoid vitamin A include:

- Eggs
- Whole milk
- Liver
- Fortified skim milk
- Cereals

Good foods that have the beta-carotene vitamin A include:

- Carrots
- Spinach
- Apricots

Vitamin D

Vitamin D mainly regulates calcium metabolism by determining the movement of calcium from intestines to blood and from blood to bone. It interacts with parathyroid hormone and calcitonin in controlling calcium levels. Vitamin D is acceptably considered a hormone rather than a vitamin.

Vitamin D is quite important for people with osteoporosis. Studies show that calcium and vitamin D together can increase bone density in postmenopausal women. Vitamin

D also helps with other disorders associated with weak bones, like rickets.

Studies have also found prescription-strength vitamin D lotions helpful in treating psoriasis. Vitamin D has also been studied for other conditions ranging from cancer prevention to high blood pressure

The best source of natural vitamin D is sunlight. All you need is just 10 to 15 minutes of exposure without sunscreen a couple of times a week. This should give you enough vitamin D.

Vitamin D is naturally found in:

- Butter
- Eggs
- Fish liver oils
- Vitamin D is often added to fortified foods such as milk and cereal.

Vitamin E

Vitamin E is important for strong immunity and healthy skin and eyes. In recent years, vitamin E supplements have become popular as antioxidants. These substances protect cells from damage. Vitamin E is considered having possible value in decreasing the risk of cancer; it has shown little therapeutic value in other diseases.

Foods That Supply You with Vitamin E Naturally

Most people get enough vitamin E from food. Natural sources of vitamin E include:

- Vegetable oils
- Green leafy vegetables, like spinach
- Fortified cereals and other foods

- Eggs
- Nuts

Vitamin K

Vitamin K plays a big role in helping the blood clot, preventing excessive bleeding. Unlike many other vitamins, vitamin K is not typically used as a dietary supplement

Low levels of vitamin K can raise the risk of uncontrolled bleeding. While vitamin K deficiencies are rare in adults, they are very common in newborn infants. A single injection of vitamin K for newborns is standard. Vitamin K is also used to counteract an overdose of the blood thinner Coumadin. Vitamin K may help stop bone loss from osteoporosis. Vitamin K is well tolerated even at high doses. Researchers have not set a maximum safe dose.

Natural foods that have vitamin K include:

- Spinach
- Asparagus
- Broccoli
- Beans
- Soybeans
- Strawberries
- Meat
- Eggs
- Egg yolk
- Liver
- Fish oils

B vitamins

With the exception of vitamin C (ascorbic acid), water-soluble vitamins belong mainly to what has been termed

the B complex of vitamins. The better-known B vitamins are thiamine (B (1)), riboflavin (B (2)), niacin (B (3)), pyridoxine (B (6)), pantothenic acid, lecithin, choline, inositol, and paraaminobenzoic acid (PABA). Two other members are folic acid and cyanocobalamin (B (12)). Yeast and liver are natural sources of most of these vitamins.

Thiamine

Thiamine, the first B vitamin functions as a coenzyme in the form of thiamine pyrophosphate and is important in carbohydrate intermediary metabolism. Riboflavin (B (2)) serves as coenzymes for a wide variety of respiratory proteins (see metabolism).

Vitamin B

Vitamin B (6), functions in human metabolism in the conversion processes of amino acids, including decarboxylation, transamination, and racemization.

Folic Acid

Folic acid is a type of B vitamin that's key for cell growth and metabolism. Studies show that many people do not get enough folic acid.

Do not be confused by the different terms folate and folic acid. They have the same effects. Folate is the natural substance in whole foods. Folic acid is the synthetic version in supplements and fortified products.

Folic acid can be used to treat deficiencies, which can cause certain types of anemia and other problems. Folate deficiencies are more common in people who have digestive problems, kidney or liver disease, or who abuse alcohol. Folic acid is also used to reduce the toxicity of the drug methotrexate, at least when used for psoriasis and rheumatoid arthritis.

Foods that Contain Folic Acid are:

- Beans
- Peas
- Lentils
- Leafy green vegetables
- Spinach
- Broccoli
- Lettuce
- Lemons
- Bananas
- Melons
- Fortified and enriched products, like some breads, juices, and cereals

Vitamin B (12)

Vitamin B-12 has been researched and used in studies as a treatment for many diseases and conditions. *These include:*

- Fatigue
- Alzheimer's disease
- Heart disease
- Breast cancer
- High cholesterol
- Sickle cell disease

Vitamin B-12 supplements do help people who have an actual deficiency. Low levels of vitamin B-12 are more likely in people over 50. Vitamin B-12 is also more common in those with certain conditions, like digestive problems and some types of anemia. Low vitamin B-12 can cause fatigue, weakness, memory loss, and other problems with the nervous system.

Strict vegetarians are at risk for vitamin B-12 deficiency. Pregnant women and mothers who are vegetarian should talk to a doctor about vitamin B-12 supplements. If infants do not get enough vitamin B-12, they can suffer lasting neurological harm.

Some good food sources of vitamin B-12 are:

- Fish and shellfish
- Meats
- Poultry and eggs
- Dairy products
- Fortified cereals

Usually, it is best to get vitamins from whole foods. However, doctors often suggest fortified foods -- and supplements -- to people over 50. As we age, it is harder for our bodies to absorb vitamin B-12 from food.

Vitamin C

For vitamin C, a sufficient daily intake of fresh orange juice provides enough of the vitamin for most purposes. The body's requirements for calcium are generally met by eating or drinking dairy products, especially milk. Most calcium (90 percent) is stored in bone, with a constant exchange occurring among blood, tissue, and bone.

Iron

Iron is a mineral that is necessary for life. Iron plays a key role in the making of red blood cells, which carry oxygen through the body. Iron is a vital component of hemoglobin and of certain respiratory enzymes.

Iron supplements usually used for certain types of anemia. Anemia is a low level of red blood cells that can cause fatigue and other symptoms. Anemia can be a sign of another disease or health condition.

Iron can treat anemia caused by:

- Pregnancy
- heavy menstrual periods
- kidney disease
- chemotherapy

Iron supplements are usually for infants and toddlers, teenage girls, and women who are pregnant or of childbearing age.

It is for your stomach and digestion if you take iron supplements with a full glass of water or food. Strict vegetarians may need to take in higher levels of iron.

For most people, a good diet provides enough iron. Foods that naturally supply iron include:

- Meat
- Fish
- Poultry
- Vegetables
- Spinach
- Kale
- Broccoli
- Dried fruits
- Nuts
- Beans
- Lentils
- Peas
- Fortified foods, such as cereals and enriched breads
- Meat
- Egg yolk
- Wheat germ

The average diet contains 10 to 15 mg a day, adequate for most people.

Magnesium

Magnesium is an essential element in human metabolism and functions in the activities of muscles and nerves, protein synthesis, and many other reactions. Fluorine as fluoride is a requirement to bind calcium in bones.

Micro amounts of such elements as boron, chromium, chlorine, copper, manganese, Molybdenum, selenium, silicon, sulfur, and vanadium are necessary in order to maintain good health.

Normal diets appear to provide adequate amounts of trace minerals, but effects such as the linking of high levels of fructose in the diet with copper-deficiency problems are the subject of ongoing research. Vitamins and minerals are an important factor to keeping yourself healthy.

When I started incorporating vitamins into my daily schedule, I began noticing a change in the way I felt physically. When I started eating healthily, I started using a variety of vitamins and herbs that were supposed to be helpful for epilepsy disorders. The vitamins I used were L-Taurine, L-tyrosine (amino acids), vitamin B6 and B12, calcium and folic acid. They called herb that I also had tried a black cohosh. Black cohosh is an eastern North American perennial herb *Cimicifuga racemosa*. It has a powerful action as a relaxant and a normalizer of the female reproductive system. It may be used in cases of painful or delayed menstruation, ovarian cramps or cramping pain in the womb. It has a normalizing action on the balance of female sex hormones. They may be used safely to regain normal hormonal activity. It is used often

for the treatment of neurological pain. As a relaxing nerve, it may be used in many situations where such an agent is needed.

Medical research has stated that these vitamins and herbs have been used for decades and are said to be beneficial. I have noticed an increase in my energy I have recently incorporated an extra iron vitamin into my diet. Remember, if you decide to use vitamins as a part of your daily diet you should discuss it first with your doctor.

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HEALTHY LIVING

**The Most Important Secrets
You Must Learn
In Order To Look And Feel Your Best**



Chapter 16: Helpful Tips & Strategies

Any of these sound familiar to you? Then at times, it might not even always be quite that obvious even! We are not always on top of what poses a risk to us and what might require detox, when, where, how often. Things accumulate over time and there are things in our environment and that we are surrounded by, breathe, apply, use, add, eat, drink that might contain very harmful elements that can accumulate in our bodies over time. We can opt for organic, natural foods to avoid these as well as detox ever so often.

Who should definitely not detox on their own...

Although there are many a great benefit to be had from these processes and procedures of ridding your body of harmful toxins, caution is the name of the game all-round!

Those that should rather consult with a physician or treatment professional prior to starting a detox, include:

- Taking a prescription medicine
- Chronically ill
- Compromised immune system or blood disease
- Infants
- Young children
- Kidney or liver issue patients
- Pregnant and/or nursing women
- The elderly
- Those addicted to drugs or alcohol
- Those suffering from a serious disease

- Those who has been exposed to dangerous chemicals, heavy metals or radioactive material

Do not be avoid to the risks, see the potential, promise and take hold of the opportunity to detox. Ready yourself and plan, stacking the odds in your favor to succeed and stick to your plan, reach your goal.

Manage your detox symptoms and manifestations as your body reaches its optimal balanced state yet again, getting rid of and expelling the toxins. This could include minor discomforts, like headaches, fatigue, queasiness and discomfort. They will pass or in some cases, yours will not even be that profound or may become severe. If you feel at any point during your detox process that you are uncomfortable or at risk, seek out the help of a medical practitioner to see you through it and/or stop giving your body time to get, back to norm and change your detox program. Remember everyone reacts differently to things. A detox program that is good for me may not be good for you.

Educate and empower yourself as to what you and your family are using and putting into your bodies on a regular, daily basis and over time and choose to live healthy!

Every day use and products we are surrounded with pose dangers we are either unaware of or do not pay enough attention to – this proves you're your system will be in serious need of periodic, initial and regular detoxification to clean, clear, cleanse, flush and rid your system or these harmful elements.

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HEALTHY LIVING

**The Most Important Secrets
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Chapter17: Be Healthy, Be Safe

Information about vitamins and supplements can be very confusing. It's difficult to know which one offers genuine health benefits and which are unbeneficial to your body. Many Companies can promote a vitamin supplement, but how do you know what they are say is true?

The answer is research. By learning **all**, you can about vitamins and **supplements**; you can make better choices about those that are right for you.

What are dietary supplements?

- The Dietary Supplement Health and Education Act (DSHEA) defines a dietary supplement as a product that:
- Supplements the food you eat

- **Contains** one or more dietary ingredient (including vitamins; minerals; herbs or other botanicals; amino acids, and other substances)
- Comes in pill, capsule, tablet, or liquid form
- Is labeled as a dietary supplement.

There are different types of dietary, or nutritional, supplements. Vitamin and mineral supplements are types of dietary supplements containing micronutrients meant to help a healthy body function smoothly. Herbal (or botanical) supplements are dietary supplements that have a medicinal purpose. Herbal supplements generally support a specific area of the body's health, such as the liver, bones or skin.

Health benefits of vitamin and mineral supplements

Vitamins and minerals are micronutrients that serve a specific purpose and benefit the body in a unique way. For example, vitamin A supports vision and bone growth, whereas vitamin E strengthens the immune system and helps repair DNA. Vitamin and mineral deficiency can impair the body's ability to heal and protect it.

Taking vitamins does not make up for an unhealthy diet, and vitamins are an insufficient substitute for nutrients from fresh fruits, vegetables, and whole grains. However, a general multivitamin and mineral supplement can be a good safeguard against periodic vitamin shortfalls in your diet.

Herbal Supplements

Herbal supplements are different from vitamin and mineral supplements in that they are considered to have medicinal value. Herbs, also known as botanicals, are one of

humanity's oldest health care tools, and the basis of many modern medicines. Primitive and ancient civilizations relied on herbs for healing, as do many contemporary cultures throughout the world. In fact, the World Health Organization has estimated that 80% of the world's population continues to use traditional therapies, a major part of which is derived from plants.

If you are taking other medications, refrain from taking herbal supplements without first checking with your doctor. Herbal supplements and over-the-counter medications or prescription drugs can combine to cause adverse side effects. Just because an herbal supplement is extracted **from**, a “natural” source does not render it any less potent than any other chemicals you may ingest.

Who can benefit from vitamin and supplement?

In general, children and adults might benefit from taking one multivitamin per day. A multivitamin helps provide a consistent source of the necessary vitamins and micronutrients. According to the Harvard School of Public Health, "a daily multivitamin, and maybe an extra vitamin D supplement, is a great way to make sure you're getting all the nutrients you need to be healthy."

However, the very first consideration is to eat a healthy diet. Even the best supplement is no substitute for good nutrition. In many Western countries, people tend to consume foods that are high in calories, but lack nutrients that are vital for good health.

Some groups of people, because of distinct nutritional needs, benefit most from taking a vitamin and supplement.

These are:

- Women of childbearing age (need extra calcium and iron)
- Pregnant or lactating women
- Children and teenagers with irregular eating habits
- Seniors
- Vegetarians or vegans (may be deficient in key nutrients)
- Dieters or people avoiding certain food groups (may be deficient in key nutrients)
- People with eating disorders or medical conditions (deficiency diseases, absorption problems, lactose intolerance, etc.)
- People who often eat processed and fast food

Ensuring smart supplementation

The word “supplement” means something added. In this case, you are “adding” to a basic healthy diet and lifestyle, or to a prescription medication or therapy to treat a medical condition. An herbal supplement or vitamin regimen on its own will not necessarily cure or treat your condition or health problem. **It is** also important to remember that not all supplements are beneficial, especially when taken in toxic doses or combined with other medications.

The media loves exciting headlines, so the moment an herb or vitamin is tentatively shown to be beneficial in some way, it is touted as the next miracle cure. Advertising can be misleading as well, promising us “totally safe”, “natural”, and “quick and effective” solutions to many health problems. You can keep yourself from falling prey to false promises by researching any product you are considering taking. Make sure there is good scientific research that supports the claims of the supplement’s marketers.

Before you decide to take a dietary supplement, ask yourself:

- Do I need this supplement?
- Do I know that this supplement is safe?
- Does this supplement interact with any drug or food I am consuming?
- Do I know that this supplement works?
- Can I afford this supplement?
- Do I know enough about this supplement?

CAUTION: Interactions with other medications

Some dietary supplements may interact with other supplements or prescription and over-the-counter medicines. Taking a combination of supplements or using the products with medications (whether prescription or OTC drugs) can cause dangerous interactions which could be life threatening.

Some common negative interactions:

- Calcium can interact with heart medicine, certain diuretics, and aluminum and magnesium-containing antacids.
- Magnesium can interact with certain diuretics, some cancer drugs, and magnesium-containing antacids.
- Vitamin K can interact with blood thinners like Coumadin.
- St. John's Wort is known to adversely affect selective serotonin reuptake inhibitor (SSRI) drugs (i.e., anti-depressant drugs), and birth control pills.

How to Research and buy vitamins, minerals and herbal supplements

The safest way to purchase supplements is from a reputable vitamin or health food store, or from a health practitioner. However, not all of us have access to these types of resources. As an Internet-savvy consumer, your computer can be your best friend when it comes to choosing the right supplement for you.

The amount of information available on the Web can be overwhelming, but by using the following simple steps, you can be sure you're getting reliable information about herbal or vitamin supplements.

How to research dietary supplements

Safety and Efficacy: Before you embark on a supplement regimen, be sure that what **you are** going to take is safe and effective. The National Institute of Health Office of Dietary Supplements offers fact sheets on most herbal dietary supplements, including safety aspects.

Dosage: The Mayo Clinic offers a searchable database of supplements, also in the Resources and References section below. It rates the efficacy of a supplement for various health conditions, explains safety concerns, and details recommended dosage information for adults and children.

Quality: Look for "standardized" products from manufacturers participating in the US Pharmacopeia's Dietary Supplement Verified Program or those carrying the NSF International mark of safety.

A seal from one of these organizations indicates a dietary supplement has met certain manufacturing standards, such

as uniformity, cleanliness, and freedom from environmental contaminants, including lead, mercury, and drugs. Each group has different standards and processes, but the goal of each is to certify that herbal supplements meet certain safety and purity criteria.

There are many different companies marketing supplemental products. Quality does matter, so **it is** good to read the ingredients and warnings on the bottle, and learn about the manufacturers. It's up to you as the consumer to protect your own health – so practice caveat emptor ("let the buyer beware"), and consult your health care professional before taking any type of dietary supplements.

* * * * *

Author Stacey Chillemi



Her books regularly appear on Amazon's best-seller lists and have sold more than 60,000 copies. Chillemi's most

recent original paperback, *The Complete Herbal Guide: Heal Your Body Naturally and Maintain Optimal Health Using Alternative Medicine, Herbals, Vitamins, Fruits and Vegetables* (December 2012) debuted at # 1 on Amazon's best-seller list and has been rated five stars from numerous readers who purchased the book.

Chillemi's first published book, *Epilepsy You're Not Alone* in 1998, helped millions of people understand and cope with their disorder enabling them to live a happy, healthy and productive life. Since that time, Chillemi has published numerous non-fiction and fiction books including *The Complete Herbal Guide: A Natural Approach to Healing the Body*, *Epilepsy and Pregnancy: What Every Woman Should Know*, Co-authored by Dr. Blanca Vasques, M.D., *Faith, Courage, Wisdom, Strength and Hope, Natural Cures for Common Conditions* and *The Secrets of Happiness and Success: The Power Of Positive Thinking*.

Her love affair with non-fiction and with health genre in general, began during her junior year of college when she was having faced by numerous obstacles due to her epilepsy disorder. Hoping and praying that she would be able to finish college and not let her epilepsy disorder get the best of her, she decided to research her disorder hoping to find out more about her disorder and ways to cope with it.

Sadly, there were not many books written about epilepsy during that era. The few books written were by doctors and the medical terminology flew right over your head. Determined to find the answers to my questions, "*How can I graduate college when I am constantly having seizures?*", "*How can I become a success in life and not let epilepsy destroy my hopes and dreams?*", "*How do people with epilepsy cope with their disorder?*"

I decided to write an article to epilepsy foundation and asked them to publish it. I wanted to learn how others coped with their disorder. I received hundreds of letters from all over the United States and Canada. I decided to use the knowledge I gained to help myself and others by writing a self-help book called, *Epilepsy You're Not Alone*. Writing that book changed my life. Letters poured out from readers thanking me for writing the book. I never realized how powerful words could be. My greatest gift was not figuring out how to help myself, it was being able to help others who struggled from the same problem. There is no greater gift in life than the gift of giving.

I graduated college, received an Associate's Degrees in Business, and then went on to receive a Bachelor Degree in Marketing and Advertising, but in the end, I changed my career choice to journalism. I graduated Richard Stockton College in 1996.

I began writing seriously in 1994, penning the manuscript that would become *Epilepsy You're Not Alone*. I held many jobs during those first years as a writer, finally settling in (much to our delight) to write full time in 2000.

Chillemi is an active member of her community and helps organizations in New Jersey. She has written features for journals and newspapers. Her articles have appeared in dozens of newspapers and magazines in North America and abroad. She won an award from the Epilepsy Foundation of America in 2002 for her help and dedication to people with epilepsy.

Born in 1972, Chillemi was born in New York and lives in New Jersey with her husband Michael, and their three children, Michael, Alexis and Anthony. The family pets

include two Shih Tzu's, Rocco and Princess, and two birds Elmo and Tweedy.

When she is not writing, Chillemi chases after her three Shih Tzu's, takes long walks, hits the gym, and goes to all her kids' football, soccer, wrestling, basketball and cheerleading practices and games.

Stacey's writing /background

Stacey Chillemi graduated from Richard Stockton College in Pomona, New Jersey, majoring in marketing and advertisement. In the mid-nineties while in college, she began her first book, *Epilepsy: You're Not Alone*. It was published six years later. Before and after graduation in 1996, she worked in New York City for NBC. Since the birth of her children, she has been a freelance journalist.

She has written features for journals and newspapers. Her articles have appeared in dozens of newspapers and magazines in North America and abroad. She won an award from the Epilepsy Foundation of America in 2002 for her help and dedication to people with epilepsy.

My Web Sites: <http://www.thecompleteherbalguide.com>

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BOOKS PUBLISHED BY STACEY CHILLEMI:

- The Complete Herbal Guide: A Natural Approach to Healing the Body
- The Complete Herbal Guide: Heal Your Body Naturally and Maintain Optimal

Health Using Alternative Medicine, Herbs, Vitamins, Fruits and Vegetables

- Asthma: Clear Answers and Smart Advice for Someone Diagnosed with Asthma
- Epilepsy You're Not Alone: A Personal Approach on How to Cope with Epilepsy
- Eternal Love: Romantic Poetry Straight from the Heart
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- My Daddy Has Epilepsy (Children's Book)
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- Live, Learn, and Be Happy with Epilepsy
- Epilepsy and Pregnancy: What Every Woman Should Know
- Co-authored by Dr. Blanca Vasques
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- The Ultimate Guide to Living Longer and Feeling Younger
- How to Buy a Home Using a VA Loan: What Every Home Buyer Should Know
- How to Purify Your Drinking Water: Understanding the Importance of Purifying Water and How Purified Water Can Keep You Healthy and Prevent Unwanted Illnesses and Diseases from Occurring

**STACEY CHILLEMI STORIES AND POETRY
HAVE BEEN PUBLISHED IN:**

- **Chicken Soup for the Recovering Soul**
- **Chicken Soup for the Shoppers Soul**
- **Whispers of Inspiration**

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DISCLAIMER

The ideas worded and presented here ARE NOT intended to be medical advice, endorsements or recommendations.

This is a reference tool with information to assist readers and practitioners to plan a detoxification (DETOX) plan and strategy, that you opt is the best for you and your situation, circumstance and condition.

Beware of any contra-indications for using detoxification processes, procedures and healthcare practitioner input and supervision is advisable, as there are risks and serious consequences if not done with caution or properly overseen.

The authors and affiliate parties are not responsible for individual choices and not to be held liable in any way, shape or form, based on any of the information gathered and/or followed by anyone.

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The information presented on in this book is not presented with the intention of diagnosing any disease or condition or

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In the event that any individual should use the information presented in this book without a licensed medical practitioner's approval, that individual will be diagnosing for him or herself.

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Herbal Safety Guidelines

Before using an herb, you are unfamiliar with, find out its medicinal properties. Research it thoroughly and/or consult with an appropriately qualified practitioner or expert. If you are taking prescription drugs, or have a medical condition check with an appropriately qualified practitioner before using herbs medicinally. Herbs have shown overwhelming evidence that they work. Just because a small amount works well does NOT mean that more is better. As individuals we all have different constitutions, sensitivities, allergic reactions and possible health conditions. The following are merely guidelines. They include herbs offered on our websites. This list does not help with administering information on possible interactions and contraindications with prescription medicine. This needs to be discussed with your physician.

NOT TO BE USED DURING PREGNANCY, OR IF YOU ARE NURSING: Alkanet, Aloe, Angelica, Anise, Anise Star, Arnica, Ashwaganda, Barley Grass, Barberry, Basil, Bitter Melon, Black Cohosh, Bladderwrack, Blessed Thistle, Blood Root, Blue Cohosh, Blue Flag, Blue Vervain, Borage, Buckthorn, California Poppy, Cascara Sagrada, Catnip, Celandine, Celery, Chervil, Cinnamon, Club Moss, Comfrey, Coltsfoot, Cubeb, Dong Quai, Elecampane, Ephedra, False Unicorn, Fenugreek, Feverfew, Ginger, Golden Seal, Gravel, Guarana, Gymnema, Horehound, Horsetail, Hyssop, Juniper, Lemongrass, Licorice, Lobelia, Lovage, Lungwort, Mace, Motherwort, Mugwort, Muira Puama, Myrrh, Neem, Oregon Grape, Osha, Parsley, Pennyroyal, Pleurisy, Prickly Ash, Red Clover, Rhodiola, Rosemary, Rue, Sage, Sassafras, Sarsaparilla, Senna, Shepherds Purse, Spikenard, Turkey Rhubarb, Turmeric, Uva Ursi, Vitex, Watercress, White Sage, Wormwood, Yarrow

NOT FOR PERSONS WITH HISTORY OF KIDNEY STONES, LIVER DISORDERS, RENAL DYSFUNCTION OR INFLAMMATION. Cubeb, Essiac, Horsetail, Hydrangea, Juniper Berries, Kava Kava, Parsley Root, Pennyroyal, Sheep Sorrel, Shepherds Purse, Suma, Sumac, Uva Ursi, Yellowdock, Yohimbe

NOT RECOMMENDED FOR PERSON CURRENTLY TAKING BLOOD THINNING MEDICATIONS: Alfalfa, Angelica, Cramp Bark, Cubeb, Dong Quai, Ginkgo, Meadowsweet, Red Clover, Sarsaparilla, Yohimbe

NOT FOR PERSONS WITH STOMACH INFLAMMATION/ULCERS SERIOUS DIGESTION AND/OR LIVER PROBLEMS. MAY CAUSE GASTROINTESTINAL UPSET: Black Haw, Blue Flag, Chaparral, Club Moss, Crampbark, Devils Claw,

Eucalyptus, Elecampane, Essiac, Gentian, Ginger, Licorice, Lobelia, Parsley Root, Pleurisy, Pygeum, Solomans Seal, Tribulus, Turmeric, Yohimbe

NOT FOR LONG-TERM USE: Bilberry Leaf, Black Walnut, Blessed thistle, Borage, Cascara Sagrada, Comfrey, Coltsfoot, Chaparral, Elecampane, Ephedra, Flax, Horsetail, Gentian, Goldenseal, Guarana, Juniper berries, Licorice, Lobelia, Lungwort, Mullein, Nettle Root, Rhubarb, Sage, Sassafras, Sarsaparilla, Senna, Sheep Sorrel, Wild Cherry, Wormwood, Uva Ursi, Yohimbe

TO BE USED ONLY UNDER THE SUPERVISION OF AN EXPERT QUALIFIED IN THE APPROPRIATE USE OF THIS SUBSTANCE: Calamus, Horse Chestnut, Lobelia, Licorice, Mandrake, Poke, Tonka

DO NOT USE IF YOU HAVE ABDOMINAL PAIN OR DIARRHEA, DISCONTINUE IF THESE OCCUR. CONSULT HEALTH PRACTITIONER PRIOR TO USE IF PREGNANT, NURSING, AND TAKING MEDICATION OR HAVE A MEDICAL CONDITION. DO NOT EXCEED RECOMMENDED DOSE. NOT FOR LONG TERM USE: Aloe, Buckthorn, Cascara Sagrada, Senna, Turkey Rhubarb, Yohimbe

MAY CAUSE PHOTO TOXICITY IN SOME INDIVIDUALS AT HIGH DOSAGE. AVOID LONG EXPOSURE TO SUN IF USING INTERNALLY: Angelica, Celery Seed, Orange Peel, Rue, St. Johns Wort

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