

# DETOX

Restore your Immune System  
and optimize your body's  
natural defenses.



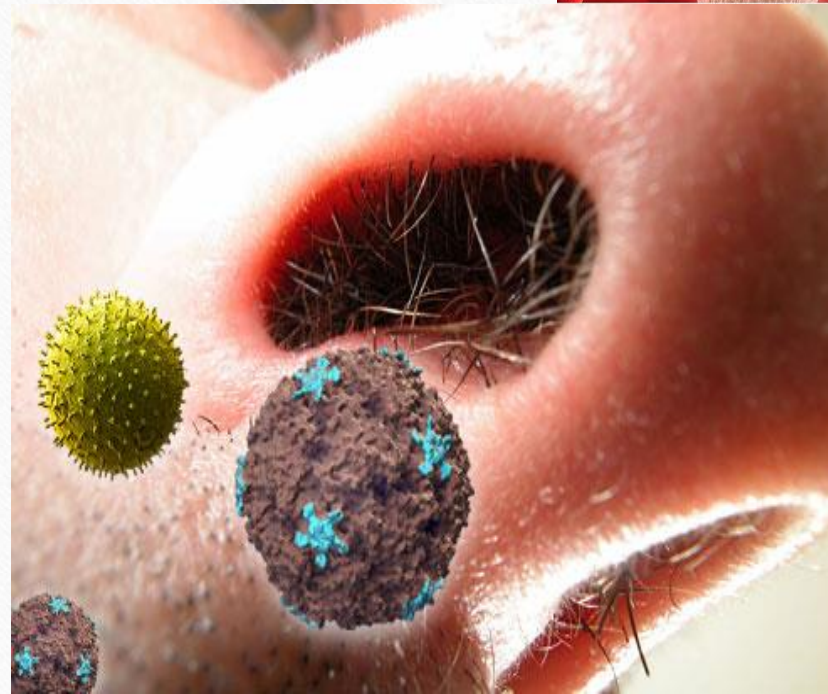
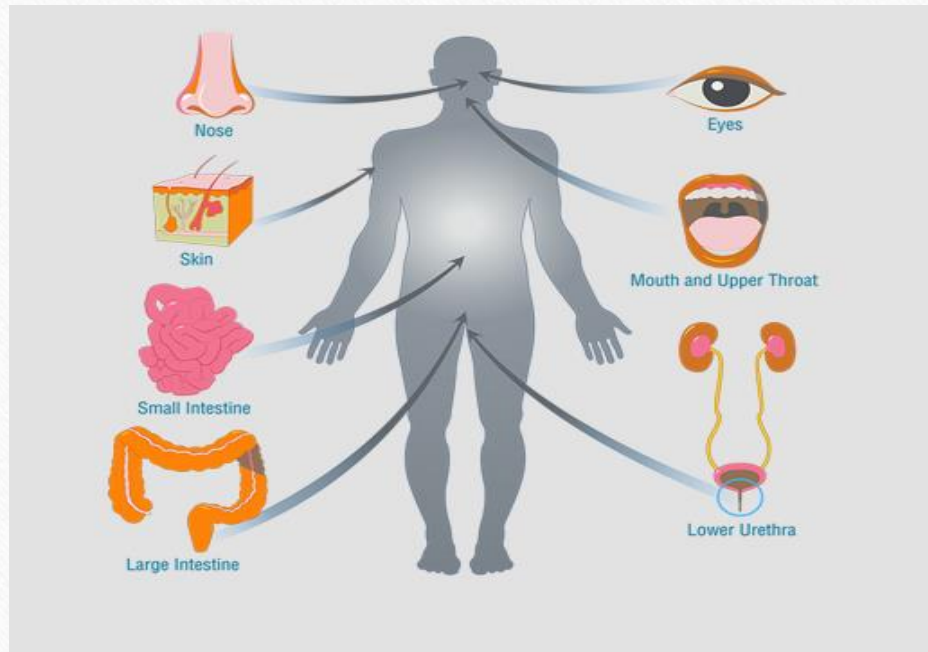
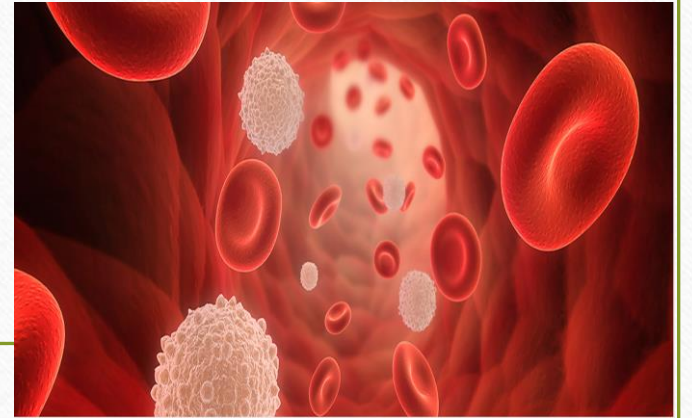


# Know your defenses

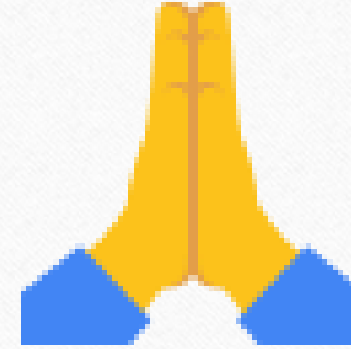




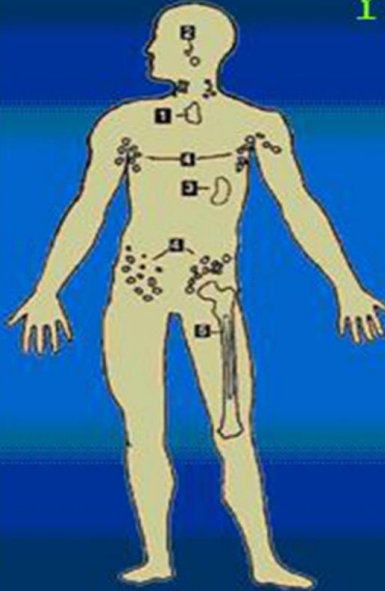
# Know your defenses



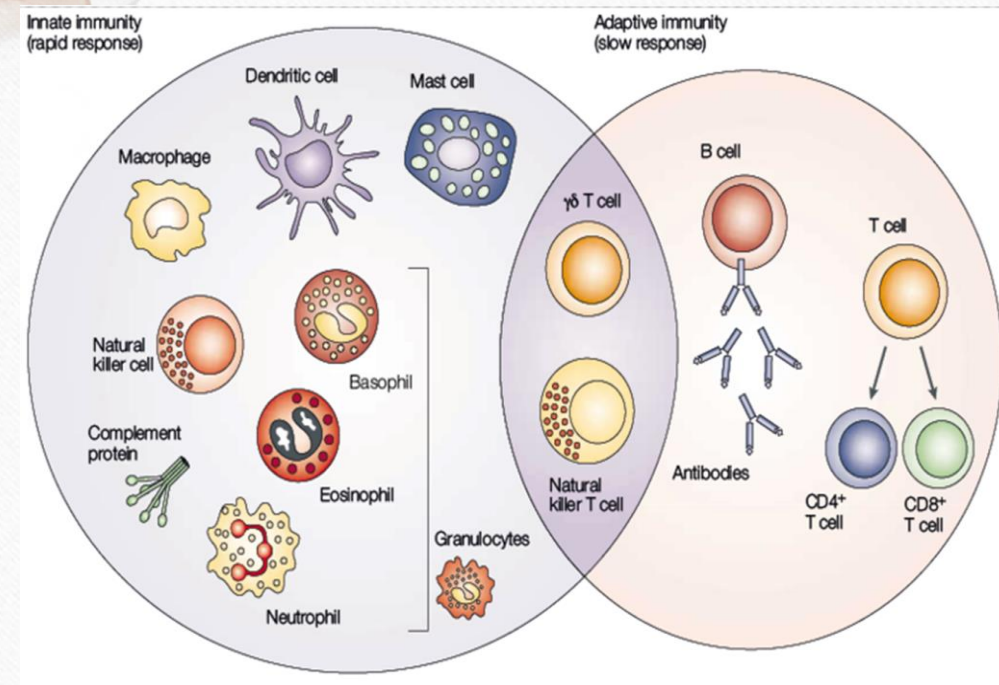




## YOUR IMMUNE SYSTEM



IMMUNE ORGANS		
<b>1</b>	<b>Thymus</b>	<b>Formation of T-cells</b>
<b>2</b>	<b>Tonsils/ Adenoids</b>	<b>Distinguish invaders for destruction</b>
<b>3</b>	<b>Spleen</b>	<b>Filters blood and distributes T and B cells</b>
<b>4</b>	<b>Lymph Glands</b>	<b>Storage and white blood cell formation</b>
<b>5</b>	<b>Bone Marrow</b>	<b>B cells are produced in bone marrow</b>





# The COMPLETE Defense Model



2 components:

1. Decreasing exposure (may or may not be in complete control)
2. Strengthening your internal defenses (complete control)



# A lesson learned...?







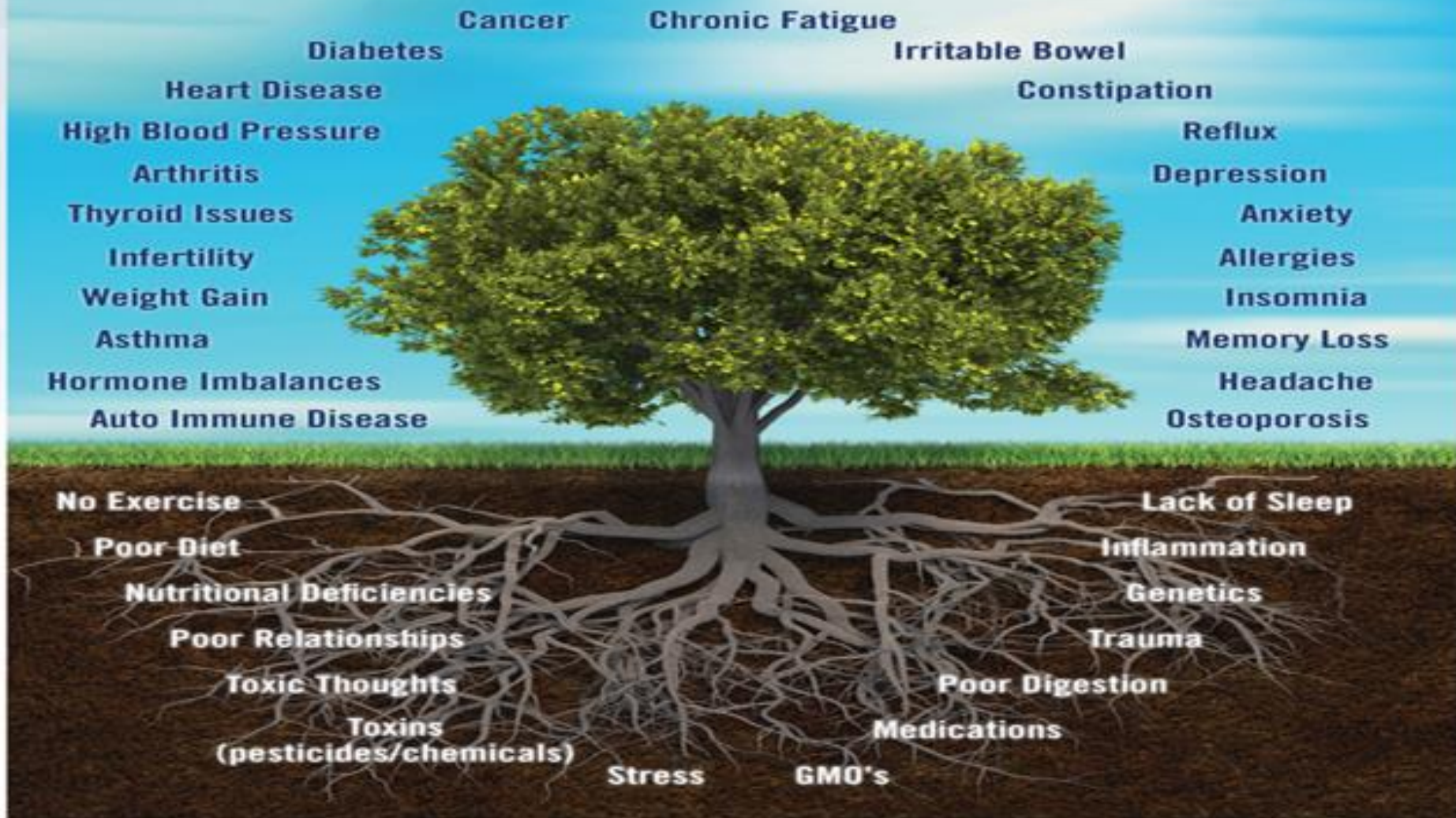
- Pro inflammatory diet
- Lack of sleep/poor sleep patterns
- Poor stress management
- No exercise
- Alcohol use
- Poor oral health

# Our Habits create Disease or Health





*Find the ROOT CAUSE of your health concerns*





# Data from CDC in 2018

## Chronic = Preventable

**One in two adults** in the US has a chronic disease and **one in four adults** has two or more.



HEART  
DISEASE



CANCER



CHRONIC LUNG  
DISEASE



STROKE



ALZHEIMER'S  
DISEASE



DIABETES

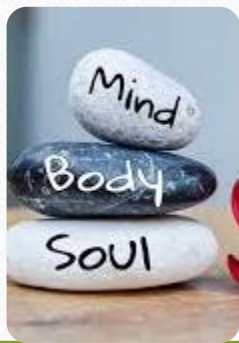


CHRONIC  
KIDNEY DISEASE



- <http://www.cdc.gov/chronicdisease/about/index.htm>





# Health as a birthright

- Etymology is connected with “whole” and “holly”
  - Beyond the physical alone true health integrates the psychospiritual and emotional dimensions as well
  - A growing sense of resilience to your core
1. Eliminating degenerative patterns of The Standard American Diet (SAD), support cellular regeneration and prevent disease
  2. Establishing good sleep habits
  3. Reducing toxic exposure for your body and home
  4. Following a movement routine to support your physiology
  5. Engaging in stress reduction and emotional healing



# Detoxification



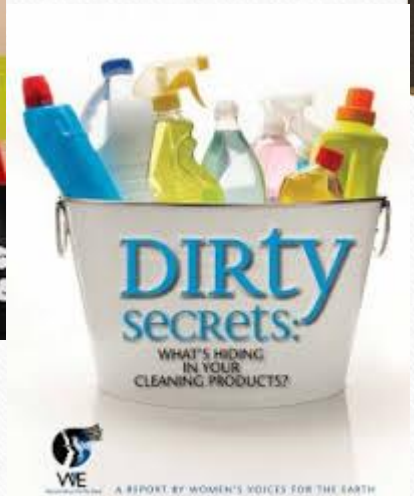


# Toxic?

You might think this...



But I mean this...

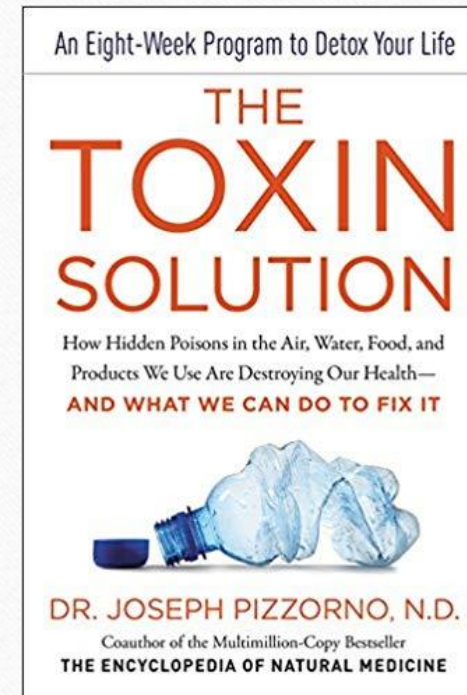




# Root Cause Sources of toxicity

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- Home
- Body care products
- Food
- Water
- Cleaning products





# Toxin accumulation in our body

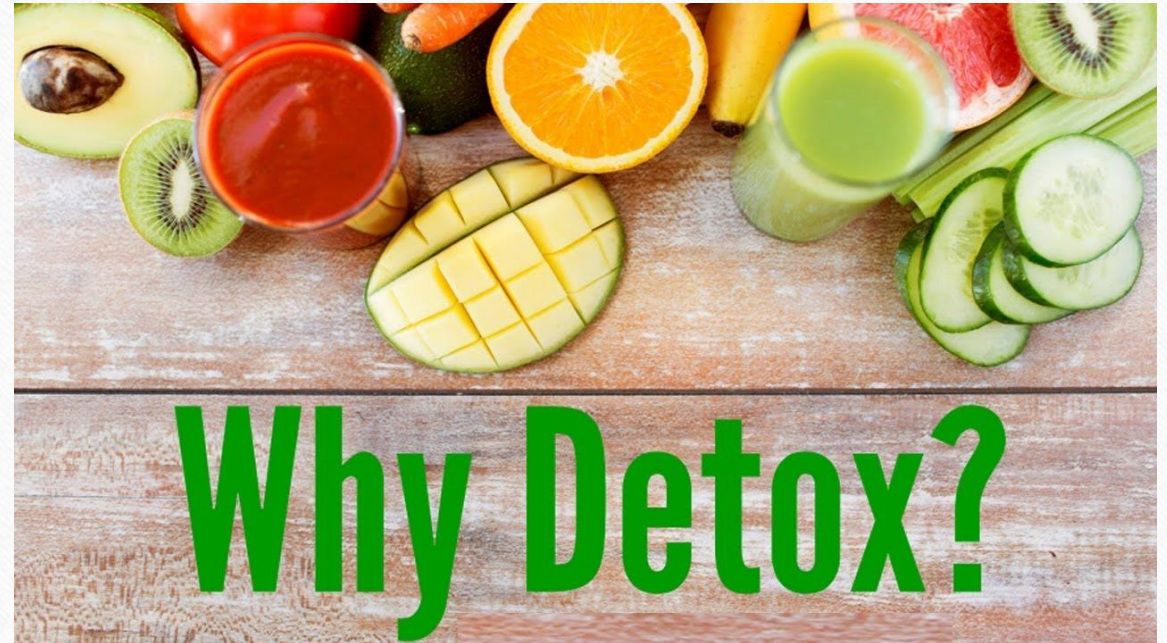
- **Inhalation:** fumes, air
- **Absorption:** skin, gut
- **Ingestion:** foods





# Detoxification is a natural process

- In the body, detoxification occurs naturally in several steps
- Each of these steps depends on specific nutrient for support
- Nutrient deficiency = inability to detoxify
- Our detoxification organs : liver, lungs, intestine, kidneys, skin





# Ingestion

## *Food and Water*

- Processed foods
- Pesticides and herbicides: glyphosate (linked to autism, allergies, chronic disease; banned in Europe)
- The actual process of ‘processing’ requires heavy metals: i.e.: cheese processed with aluminum
- Packaging materials (plastic, BPA, BSA); bottled water is not a better option
- Factory farmed meats, dairy, eggs
- Hormones, bacteria, medications, chlorine, fluoride, heavy metals in tap water
- Nonfoods and additives put into processed foods to increase shelf life





# DRINK WATER!





# Water contaminants

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- Tips: ensure that your filter can remove a particular contaminant
- You can find common contaminants in your water at [EWG.ORG](http://EWG.ORG)
- Check that it has been certified by The Water Quality Association or NSF International
- Read the fine print
- Carbon/activated carbon
- Ceramic
- Deionization
- Distillation
- Ion exchange
- Mechanical filters
- Reverse osmosis
- Ultraviolet



# Standard American Diet (*SAD*)



- Common dietary chemicals act on the human genome directly or indirectly to alter gene expression
- Diet can be a serious risk factor for a variety of diseases
- Some diet regulated genes are likely to play a role in the onset, incidence, progression and severity of chronic disease
- Food can be **poison** or the **most powerful medicine**





# Foods that support detoxification and immune function

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Flavonoid family (found in fruit and vegetable)

- Cruciferous vegetables in the Brassica family such as cabbage, bok choy, broccoli and Brussel sprouts
- Grapes, garlic, onions, rosemary
- Citrus, curcumin
- Parsley, cilantro
- All fruits and vegetable preferably in raw organic form

Manson, M. M., Ball, H. W., Barrett, M. C., Clark, H. L., Judah, D. J., Williamson, G., & Neal, G. E. (1997). Mechanism of action of dietary chemoprotective agents in rat liver: induction of phase I and II drug metabolizing enzymes and aflatoxin B1 metabolism. *Carcinogenesis*, 18(9), 1729–1738. Retrieved from





# *“Let Food be Thy Medicine”*

Hippocrates

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## When does food become medicine?

- When optimal amount of nutrient dense foods are consistently introduced
- Nutrient dense foods are usually fruits and vegetables and clean sources of plant or animal protein

## Detoxification through juicing





# Juicing 101

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- A juicer is an appliance that extracts juice from vegetables and fruits
- Removing the fiber through juicing allows for better nutrient absorption
- When using juicing to detox it is recommended to juice only vegetables and minimal amount of fruit (green apples)
- Masticating juicers with cold press are best

# Toxin inhalation

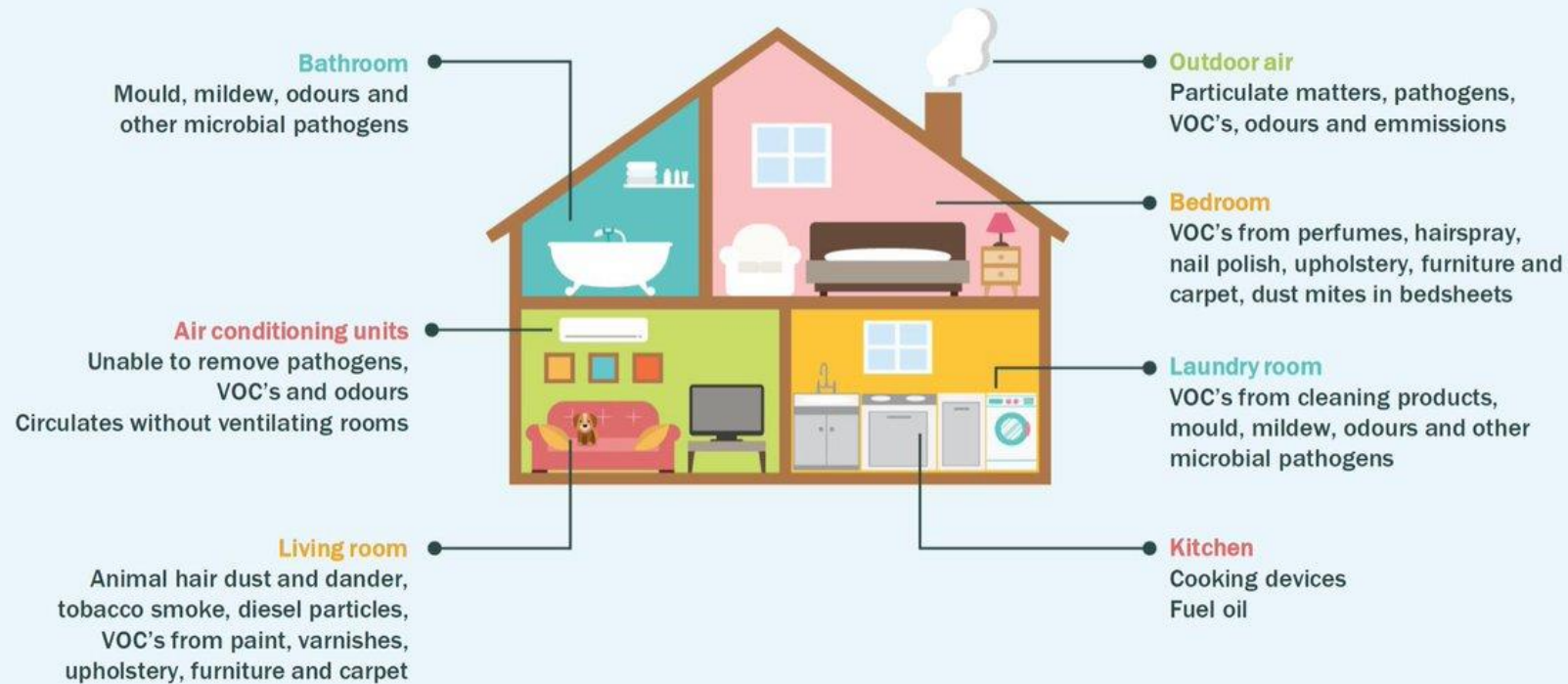
## Indoor pollutants





# Indoor pollutants

## Sources of Indoor Pollutants



- EWG.com for information on cleaning products, water and air filters to decrease toxic burden in your home

# Toxin inhalation

## Think those chemicals have been tested?



Number of industrial chemicals used in household items:

**84,000**

Number that have been tested by the FDA:

**200**

Number regulated by the FDA:

**5**

Last time federal chemical safety law was updated:

**1976**



## Household chemicals

- Linked to increased incidence of asthma and allergies in children and adults
- Linked to cancer and autoimmune disease



# EWG.ORG

	Home	Personal Care/ Beauty	Dietary/ Medicinal
<b>Lemon Juice</b>	<ul style="list-style-type: none"> <li>• Clean glass &amp; mirrors</li> <li>• Brighten your whites</li> <li>• Disinfect your cutting board</li> <li>• Brighten your toilet bowl</li> </ul>	<ul style="list-style-type: none"> <li>• Remove sun spots</li> <li>• High-light your hair</li> <li>• Reduce wrinkles</li> <li>• Shrink your pores</li> </ul>	<ul style="list-style-type: none"> <li>• Detox</li> <li>• Improve digestion</li> <li>• Sooth a sore throat</li> <li>• Strengthen immunity</li> </ul>
<b>Coconut Oil</b>	<ul style="list-style-type: none"> <li>• Polish wood furniture</li> <li>• Replace WD-40</li> <li>• Remove shower scum</li> </ul>	<ul style="list-style-type: none"> <li>• Hair serum</li> <li>• Lip gloss</li> <li>• Deodorant</li> <li>• Prevent wrinkles</li> </ul>	<ul style="list-style-type: none"> <li>• Improve thyroid function</li> <li>• Reduce migraines</li> </ul>
<b>Apple Cider Vinegar</b>	<ul style="list-style-type: none"> <li>• Repel fleas</li> <li>• Clean your microwave</li> <li>• Deodorize laundry</li> </ul>	<ul style="list-style-type: none"> <li>• Sooth Sunburns</li> <li>• Wash your hair</li> <li>• Treat acne</li> <li>• Aftershave</li> </ul>	<ul style="list-style-type: none"> <li>• Weight-loss/Detox</li> <li>• Control high-blood pressure</li> <li>• Cure yeast infections</li> <li>• Prevent a cold</li> </ul>
<b>White Vinegar</b>	<ul style="list-style-type: none"> <li>• Polish Silver</li> <li>• Clean windows</li> <li>• Neutralize odors</li> <li>• Unclog your drain</li> </ul>	<ul style="list-style-type: none"> <li>• Cure an upset stomach</li> <li>• Sooth a bee sting</li> <li>• Condition your hair</li> </ul>	<ul style="list-style-type: none"> <li>• Tenderize meat</li> <li>• Boil better eggs</li> <li>• Eliminate garlic odor</li> <li>• Keep veggies fresh</li> </ul>
<b>Baking Soda</b>	<ul style="list-style-type: none"> <li>• Put out fires</li> <li>• Scrub toilets and tubs</li> <li>• Clean your oven or grill</li> </ul>	<ul style="list-style-type: none"> <li>• Deodorant</li> <li>• Toothpaste</li> <li>• Relieve diaper rash</li> <li>• Treat heartburn</li> </ul>	<ul style="list-style-type: none"> <li>• Leavening agent</li> <li>• Make fluffier omelets</li> <li>• Crispier chicken</li> </ul>
<b>Castile Soap</b>	<ul style="list-style-type: none"> <li>• All-purpose cleaner</li> <li>• Dish soap</li> <li>• Mop floors with it</li> </ul>	<ul style="list-style-type: none"> <li>• Body wash</li> <li>• Pet shampoo</li> <li>• Toothpaste</li> <li>• Prevent eczema</li> </ul>	<ul style="list-style-type: none"> <li>• Treat eczema and psoriasis</li> <li>• Cure acne</li> </ul>
<b>Castor Oil</b>	<ul style="list-style-type: none"> <li>• Discourage rodents</li> <li>• Lubricate kitchen scissors</li> <li>• Restore health of your plants</li> </ul>	<ul style="list-style-type: none"> <li>• Strengthen eyelashes</li> <li>• Relieve cracked heels</li> <li>• Soften cuticles</li> </ul>	<ul style="list-style-type: none"> <li>• Treat dry/itchy skin</li> <li>• Laxative</li> <li>• Induce labor</li> <li>• Relieve menstrual cramping</li> </ul>

## -Top- TOXINS to AVOID Especially if Pregnant

**LEAD**

**AFFECTED ORGAN SYSTEMS:**  
Cardiovascular (Heart and Blood Vessels), Developmental (effects during periods when organs are developing), Gastrointestinal (Digestive), Hematological (Blood Forming), Musculoskeletal (Muscles and Skeleton), Neurological (Nervous System), Ocular (Eyes), Renal (Urinary System or Kidneys), Reproductive (Producing Children)




**MERCURY**



**AFFECTED ORGAN SYSTEMS:**  
Developmental (effects during periods when organs are developing), Gastrointestinal (Digestive), Neurological (Nervous System), Ocular (Eyes), Renal (Urinary System or Kidneys)

**PCBs**  
(Polychlorinated biphenyls)



**AFFECTED ORGAN SYSTEMS:**  
Dermal (Skin), Developmental (effects during periods when organs are developing), Endocrine (Glands and Hormones), Hepatic (Liver), Immunological (Immune System), Neurological (Nervous System)

**FLUORIDE**



**AFFECTED ORGAN SYSTEMS:**  
Dermal (Skin), Musculoskeletal (Muscles and Skeleton), Ocular (Eyes), Respiratory (From the Nose to the Lungs)

**TOLUENE**




**AFFECTED ORGAN SYSTEMS:**  
Cardiovascular (Heart and Blood Vessels), Neurological (Nervous System)

**ARSENIC**




**AFFECTED ORGAN SYSTEMS:**  
Dermal (Skin), Gastrointestinal (Digestive), Hepatic (Liver), Neurological (Nervous System), Respiratory (From the Nose to the Lungs) (Reproductive (Producing Children)

**TETRACHLOROETHYLENE (PERC)**



**AFFECTED ORGAN SYSTEMS:**  
Developmental (effects during periods when organs are developing), Neurological (Nervous System), Respiratory (From the Nose to the Lungs)


**DDT DICHLORODIPHENYLTRICHLOROETHANE**



**AFFECTED ORGAN SYSTEMS:**  
Dermal (Skin), Musculoskeletal (Muscles and Skeleton), Ocular (Eyes), Respiratory (From the Nose to the Lungs)

**PESTICIDE BANNED IN 1972**

**CHLORPYRIFOS**



**AFFECTED ORGAN SYSTEMS:**  
Neurological (Nervous System)

**BISPHENOL A (BPA)**




**AFFECTED ORGAN SYSTEMS:**  
Cardiovascular (Heart and Blood Vessels), Developmental (effects during periods when organs are developing), Neurological (Nervous System), Reproductive (Producing Children)

**FLAME RETARDANTS**



**AFFECTED ORGAN SYSTEMS:**  
Developmental (effects during periods when organs are developing), Hepatic (Liver)








**PHTHALATES**



**AFFECTED ORGAN SYSTEMS:**  
Developmental (effects during periods when organs are developing), Reproductive (Producing Children)



# KNOW YOUR PLASTICS

SYMBOL	NAME	USES	RECYCLES?	NOTES
	<b>PET</b> <i>Polyethylene Terephthalate</i>	Beverage Bottles, Biscuit Trays, Salad Dressing Containers, and Polyester Fibers	YES	USE ONCE WITH CAUTION Releases endocrine disruptors like acetaldehyde over time, as well as toxic antimony.
	<b>HDPE</b> <i>High Density Polyethylene</i>	Milk Jugs, Shopping Bags, Juice Bottles, Food Storage Containers, Bottle Caps and Shampoo Bottles	YES	SAFETY UNTESTED Easy to recycle - used to make plastic lumber.
	<b>PVC</b> <i>Vinyl or Polyvinyl Chloride</i>	Plastic Wrap, Toys, Spray Bottles, Shower Curtains, Garden Hose, Water Pipes, Siding, Insulation, Adhesive Panels, Signs, Clothing, Pleather, and Furniture.	NO	<b>AVOID!</b> The most toxic plastic, leaches phthalates and dioxins, linked to reproductive problems, diabetes, organ toxicity, and abnormal cell growth.
	<b>LDPE</b> <i>Low Density Polyethylene</i>	Plastic Wrap, Shopping Bags, Baby Bottles, Reuseable Plastics, Snap On Lids, Six Pack Rings, Laminates, Disk Drives.	NOT USUALLY	<b>SAFE TO USE</b> - Relatively chemically non-reactive, <b>BUT</b> degrades very slowly, burdens the environment for centuries!
	<b>PP</b> <i>Polypropylene</i>	Baby Bottles, Deli and Yoghurt Containers, Diapers, Reuseable Plastics, Textiles, Carpets, Moulded Shapes	YES	SAFETY UNTESTED Avoid if possible, but better than #3, #6 and #7.
	<b>PS</b> <i>Polystyrene</i>	Egg Containers, Insulation, Plastic Cutlery, Foam Drink Cups, Styrofoam Packaging, Packing Peanuts, Insulation.	NO	<b>AVOID!</b> Leaches toxic HBCD and styrene, a neurotoxin and suspected carcinogen over entire lifespan of the plastic.
	<b>BISPHENOL A &amp; OTHERS</b> <i>All Other Plastics</i>	Water Bottles, Food Packaging, CDs, DVDs, Sports Equipment, Automotive, Electronics and Appliance Components.	NO	<b>AVOID!</b> Catch-all category, hard to know which items have BPA. Bisphenol A mimics estrogen and is linked to developmental damage.

## Kitchen

- Pots and pans
- Replace nonstick with stainless steel, plastics with glass and ceramics





# House pollutants



- Reduce the amount of indoor contaminants by:
- 1. Remove fragranced items: air fresheners, candles, conventional care products and conventional cleaning products

- 2. Open the windows
- 3. Bring in houseplants





# Air filters

Dust, pollen, animal dander, mold and smoke can have significant effect on your health ranging from respiratory irritation to cancer

## What filter is best?

- ***For central Air systems The American Lung Association recommends using filters rated MERV 10 or higher.***
- Your filter should be correctly installed into its holder
- ***Maintenance: Clean out dust build up at least monthly and replace filters routinely to maintain proper airflow.***
- Replace filters every 3 months or more often if you are engaging in activities that increase dust./pollutants



- ***Operate central air systems in your home with the fan on to ensure constant movement of air through***
- ***If you are building a new home, you can design a heating and ventilation system for optimal air quality.***
- For remodels, ventilation systems can be installed separately from a forced air heating system. These systems can provide filtered fresh air and help you save on energy costs.

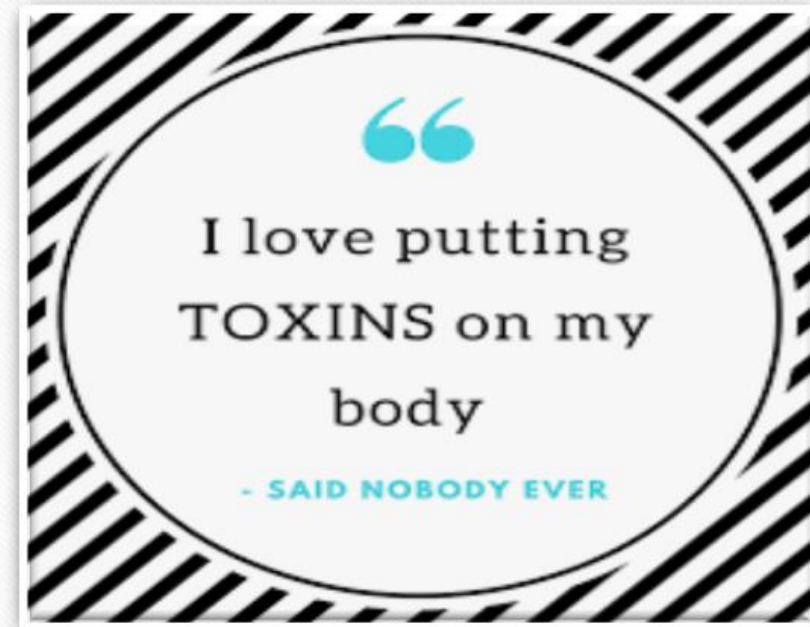


# Toxin absorption

## *Body care products:*

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- Women on average use 12 body care products per day which average to 168 different chemical ingredients
- Men use about 6 products with an average of 85 different chemicals on a daily basis





## Not so sexy!



Get your **FREE** copy of  
**EWG's Quick Tips for  
Choosing Safer Personal  
Care Products!**



- The long list of chemicals in your product might not be as safe as you think
- Most cosmetic marketing claims are unregulated, and companies are rarely, if ever, required to back them up, even for children's products.
- The FDA says descriptions such as “hypoallergenic” or “natural” can “mean anything or nothing at all,” and while most of these terms “have considerable market value in promoting cosmetic products to consumers... dermatologists say they have very little medical meaning” (FDA.ORG).





# Detoxification is a lifestyle not a diet

- “Detoxification, refers to a concert of physiological and psychological processes through which the body identifies, neutralizes, and eliminates toxic substances, metabolic byproducts, habits, and patterns.”
- Luke Fortney, MD

<https://www.sciencedirect.com/science/book/9780323358682>



# Supporting the detoxification system

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## Skin

- Avoid toxic body care products
- Dry brushing
- Saunas, Infrared saunas
- Sweat!!!! (exercise)
- Hot/Cold shower
- Massage



## Gut

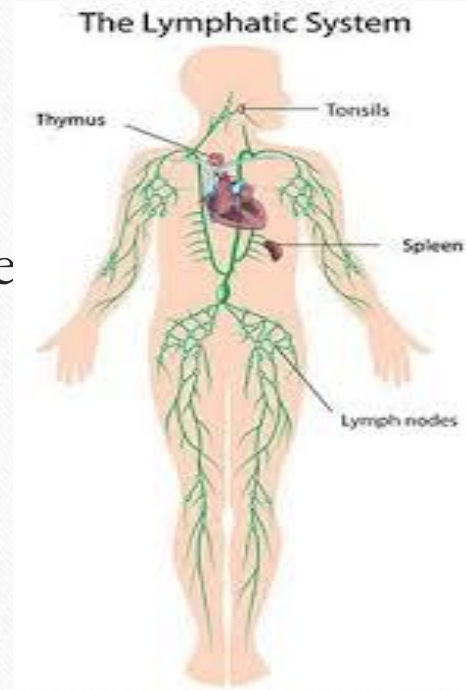
- Hydrate
- Eat nontoxic, nutrient dense, optimal fiber, gut healing foods
- Peppermint, Fennel, Ginger , Chamomille Tea
- Poop every day!



# Supporting the detoxification system

## Lymphatics

- Hydration
- Lymphatic massage
- Trampoline
- Exercise
- Breath



## Oral health

- Dental health
- Tongue brushing/scraping
- Oil pulling
- Heavy metal toxicity from amalgam fillings\* (mercury)



# Dry brushing

**WHY & HOW TO DRY BRUSH**

- Dead Skin Exfoliating
- Lymphatic System Stimulating
- Cellulite Reducing
- Pores Unclogging
- Stress Relief

**5 MIN**  
each day  
enough  
for good results



The infographic features a central illustration of a woman's body in a bikini, with arrows indicating the direction of dry brushing strokes: upwards on the arms, downwards on the legs, and in circular motions on the abdomen and thighs. Below the illustration is a wooden dry brush with a circular head covered in natural bristles. To the left of the brush is a small circular logo with a stylized figure. The background is light blue.





### Coconut Oil Pulling Protects Your Teeth

The infographic illustrates the progression of gum disease in four stages:

- 1. HEALTHY GUMS AND TOOTH:** Shows a cross-section of a tooth with healthy, pink gums.
- 2. GINGIVITIS:** The early stage of periodontal disease where plaque irritates the gums, causing them to swell and bleed easily.
- 3. PERIODONTITIS:** The disease has advanced, causing the gums to pull away from the teeth, forming pockets.
- 4. ADVANCED PERIODONTITIS:** The disease has progressed further, leading to the loss of bone and tissue that support the teeth, which may become loose.

A bottle of **Coco Pull** is shown to the right of the diagrams.

### TONGUE SCRAPING — HELPS PREVENT:

- BAD BREATH
- SINUS INFECTION
- SORE THROAT

[WWW.SCRAPETYOURTONGUE.COM](http://WWW.SCRAPETYOURTONGUE.COM)

# Supporting the detoxification system

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## Liver

- Juicing vegetables
- Supplements and Herbs
- Milk thistle
- Enemas\*



## Kidneys

- Hydration 80-100 oz H<sub>2</sub>O per day
- Herbal Teas
- Avoid/limit drugs that are toxic to the kidneys (the very common over the counter Ibuprophen can cause kidney failure!)





# Supporting the detoxification system

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## Stress

RULE YOUR  
MIND OR IT  
WILL RULE YOU  
BUDDHA

.....  
*Peace* I LEAVE WITH YOU;  
MY *peace* I GIVE YOU. I DO  
NOT GIVE TO YOU AS THE  
WORLD GIVES. DO NOT LET  
YOUR *hearts* BE TROUBLED  
AND DO NOT BE AFRAID.

*John 14:27*  
.....

## Toxic relationships

I'm making some  
*changes*  
in my life.  
if you don't hear  
anything from me  
You are one of them.









DO THE BEST YOU CAN UNTIL  
you know better  
AND WHEN YOU KNOW BETTER  
do better

# Thank you

*A complimentary consultation is available to privately address your specific health concerns.*



**Natural Medicine & Rehabilitation**

399 Campus Drive  
Somerset, NJ 08873  
908-252-0242

[www.NMRNJ.com](http://www.NMRNJ.com)

BetterHealthBetterLife@NMRNJ.com