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Dr. Saunders' Easy Life **DETOX** Program

You Can't Avoid It
But You Can Purge It

Detox - Fact, Fiction
or Fad?

8 Tips for Cleansing and
Weight Loss

Life After Detox



GRANDMA'S CURE CORNER
CRAZY CABBAGE: CURES TO CUISINE

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Dr. Saunders' Easy DETOX Program – For Life!

By Dr. Scott Saunders

Strolling through a vitamin aisle or searching on the internet will bring a very wide array of products and services for detoxification.

- Some are potions of multiple herbs and foods.
- Some are simple such as vinegar.
- Diets of all kinds are advocated.
- Other detox modalities include enemas, saunas, foot pads and so much more!

How do we make sense of all this?

Chemicals are everywhere. Our air and water are filled with thousands of toxins, even prescription drugs have been found in the water supply. In some cases, these toxins can build up in our bodies and cause us to feel bad, sick, or just plain yuck. It turns out we don't always have control over what's in our air, food and water.

Product Of Our Environment

At age 69, Larry's neurologist told him he had Alzheimer's disease. He was given a drug that was supposed to help him think more clearly, but it didn't help at all and was told there was nothing else that could be done. His wife then brought him into my office to see if there was something better than the drugs. After evaluation, we found the lead in his body was more than 50 times the acceptable level. We have him a series of chelation therapy treatments to remove the lead and he became normal again, able to think clearly.

The truth is those things that are part of our environment become part of us. We need to be able to use the normal mechanisms of our body to excrete those things that are harmful back into the environment. The process of detoxification has two components: 1) avoiding toxins and 2) getting rid of toxins, which we cannot avoid.

Avoiding Toxins

Larry was a welder, but never wore a mask to filter the metals. The torch he used vaporized the metals and, as a result, he was breathing them over many years. Since lead isn't easily excreted from the body, it built up and became toxic to his brain.



When we are aware of a potential toxin that could be absorbed by our body one way or another, it is important for us to consider the many ways to avoid exposure to that toxin. Safety officers on every job should try to make the workplace free of toxins.

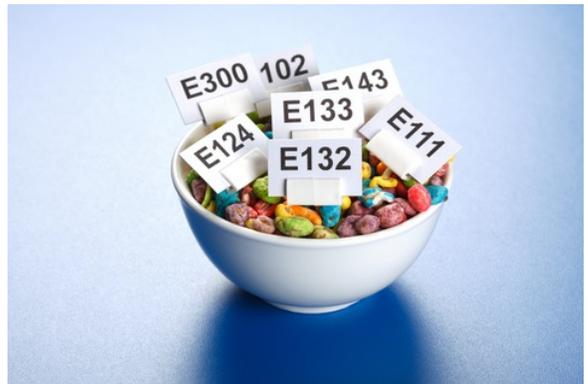
Anne was a very active interior decorator in her early 50s. She started getting illnesses frequently. “I catch everything that goes around,” she complained. Moreover, she was getting more and more fatigued. She felt achy all over. The usual tests failed to find a cause of her problems, so she was referred to an environmental medicine specialist. The doctor found she was reacting to a toxin made by a mold, which was apparently growing in the older house she was renovating.

Avoiding mold is very difficult because it is so prevalent in our environment. You can't avoid all toxins, but you can significantly diminish them in your own body.

Those who eat organically-grown foods, for example, have much lower levels of heavy metals, pesticides and chemical fertilizers detectable in their bodies.

There are many chemicals that can be part of our everyday diet. Avoiding these is essential to maintaining a healthy metabolism.

- Both artificial and natural flavorings often contain ketones and aldehydes.
- Artificial colorings can poison cellular systems.
- Even common additives such as MSG can be dangerous to some people. MSG is an excitotoxin on the nervous system. Those who have adequate supplies of inhibitory neurotransmitters may be spared, but the rest will lose brain cells.
- One toxin to avoid at all times is artificial sweeteners. These have multiple toxic effects on the body from neurotoxicity to causing dysbiosis (killing the normal bacteria in the bowels).



Detox Program

Because we are constantly exposed to toxins, both internally and externally, it is important that we maintain a lifetime detox program. Most detox programs only deal with the liver because it is the primary organ in our body which neutralizes and excretes toxins. However, just as important in detoxification are the minor players: the intestines, kidneys, lungs, and skin. We will discuss how to maximize the benefits from each of these systems.

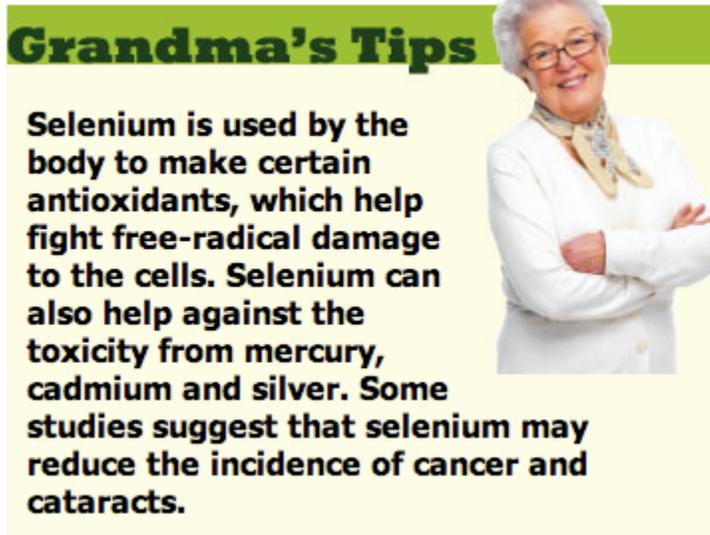
Liver Detox

The liver rids us of toxins through chemistry. It has proteins, enzymes and antioxidants to change the chemical structure of toxins, making them either useful to the body or allowing them to be excreted in the kidney or stool. Everything absorbed through the intestines must pass through the liver before it can get to the rest of the body.

This is a beautiful mechanism for preventing damage from poisons. Alcohol, for example, is very toxic, but a dehydrogenase enzyme in the liver renders it harmless. Also, acetaminophen is extremely toxic, but is rendered almost harmless by glutathione in the liver, before it can get to the rest of the body.

There are several ways to allow the liver to serve its function well:

1. Eating lots of fiber prevents sludging of bile by secondary bile acids.
2. Taking selenium and N-acetylcysteine (NAC) allows adequate glutathione production.
3. [Selenium](#) and [NAC](#) is available for you in our Home Cures That Work Amazon store, [HERE](#).
4. One herbal supplement that has been shown to prevent damage to the liver by toxins such as acetaminophen or poison mushrooms is [milk thistle](#). This can be obtained as an extract or a purified form called sylimarin, [HERE](#).



Grandma's Tips

Selenium is used by the body to make certain antioxidants, which help fight free-radical damage to the cells. Selenium can also help against the toxicity from mercury, cadmium and silver. Some studies suggest that selenium may reduce the incidence of cancer and cataracts.

The graphic features a photograph of an elderly woman with short grey hair, wearing glasses, a white jacket, and a colorful scarf. She has her arms crossed and is smiling. The background is a light yellow color.

Skin Detox

When we sweat, we can excrete both organic toxins and heavy metals. The best way to sweat is with exercise, but steam rooms, saunas and other methods work, as well.

Kidney Detox

Most of the water-soluble toxins are excreted through the kidneys by both active and passive mechanisms. There are two things to help the kidneys perform at their best:

1. Drink enough water. It has been recommended to drink 8 cups (2 liters) per day, but that isn't true for everyone. Some can even get toxic on water by diluting their sodium too much. The best way is to drink room-temperature (coldness tricks the thirst mechanism) water between meals when you are thirsty and not to drink anything with meals.
2. Keep your body alkaline. Too much acid prevents excretion of certain organic acids. The best way to maintain alkalinity is to eat vegetables and avoid simple sugars and meat. One study of people with kidney disease showed that those who took 2 grams of baking soda in water stopped them from progressing to kidney failure and dialysis.



Intestines Detox

“Amazing” is the best word to describe the digestive system. When we eat a meal, we will excrete gallons of fluid into the intestines.

This starts with saliva in the mouth, continues with the stomach “juices” and then bile in the duodenum from the liver and pancreas, but is even greater in the small intestine. These fluids have specific enzymes and binders to digest and absorb our nutrients, allowing our bodies to function normally. Toxins are excreted with these fluids so we can remove many toxins by binding them in the intestines before they can be absorbed, or re-absorbed into the body. They then go out with the waste.

Moreover, there are some toxins produced within the intestines themselves by bacteria, yeast, and parasites that normally live there. We can help keep the entire body free of toxins by doing the following:

1. Take a probiotic. This is the good bacteria that help us digest our foods and prevent the growth of bad bacteria, candida, yeast and parasites. An excellent probiotic is [Renew Life Ultimate Adult Flora Formula](#).
2. Fast periodically. One to three days of fasting once per month is a great way to improve the digestion and prevent the overgrowth of harmful organisms.
3. [Glutamine](#) is an amino acid that helps repair the lining of the intestines, preventing “leaky gut syndrome,” where toxins from the bowel can “leak” into the blood. Read the 5-star reviews and order your own glutamine [HERE](#).
4. Eat lots of fiber. Don’t get drawn into taking fiber pills. The best fiber is a mix of fruit, vegetables, whole grains, legumes and nuts. Fiber is not digested and it holds on to organic toxins so they can be taken out in the stool.
5. Use a “chelator” periodically. Diatomaceous earth, bentonite clay, EDTA and other chelation agents can be used to take heavy metals out of the intestines by holding on to them. Try this natural and powerful detox derived from bentonite, [HERE](#).
6. Eat lots of greens. The chlorophyll in green vegetables help to rid the body of heavy metals. In fact, in several studies cilantro (coriander) has been shown to take mercury out of the body more effectively than even intravenous EDTA chelation therapy.

Lungs Detox

Most detox programs don’t even consider the lungs as part of a detox program. But, breathing is essential to maintaining homeostasis for several reasons. Mostly, the lungs keep the oxygen and carbon dioxide ratio in equilibrium. This is important in creating oxygen free-radicals, organic acids and keeping the acid-base balanced. When we breathe deeply and slowly, we hold on to carbon dioxide and get more oxygen. When we breathe fast and shallow, we get rid of carbon dioxide.

If we are exercising a lot, we need to get rid of all the excess CO₂ so we breathe fast. However, when we are relaxed, we should breathe slowly to hold on to CO₂. This keeps our blood vessels and airways opened. One study showed that people with hypertension could bring their blood pressure to normal in 10 minutes just by doing this exercise:

- Take a deep breath
- Hold it for ten seconds
- Let it out slowly -- all of it
- Repeat three times

Lifetime Daily Detox Program

As you can see, detox doesn't come in a box, bag or pill. Nor is it something you do once a year, but rather must be part of our regular health routine in your environment. The best detoxification program includes daily, weekly and monthly actions.

Daily Detox

- High-fiber diet
- Three servings of green vegetables
- Take a probiotic every day for one month each year
- Drink enough water
- Take ½ teaspoon of sodium bicarbonate (baking soda) in your water
- Meditation with deep breathing exercises

Weekly Detox

- Exercise to sweat three times per week (or at least just sweat)
- Take selenium, 1mg (that's 5 pills of 200mcg each)
- Take NAC, 3 grams
- (Both Selenium and NAC are available for safe purchase from our Home Cures That Work Amazon store, [HERE](#).)



Monthly Detox

- Fast 1-3 days of water only with 1 teaspoon of glutamine
- Chelation therapy ([bentonite clay](#), diatomaceous earth or blue-green algae)

This detox program is easy to do at home and will foster good health for every part of your body. It would prevent Alzheimer's disease, Parkinsons disease and dementia in the brain. It would also prevent most cancers. Moreover, people who follow it will maintain energy, stamina and look and feel younger longer. You couldn't expect a "3-day detox" program to do all that!

Dare to detox! What has worked for you? Each person handles a detox differently and results may vary. Have you found them to be helpful or dangerous? Start sharing [HERE](#)!



Dr. Scott D. Saunders, M.D. (Ask-an-MD) is a practicing physician, specializing in preventative healthcare, who utilizes eclectic health care for the whole family, including conventional, orthomolecular and natural medicine. He is also the medical director of The Integrative Medical Center of Santa Barbara in Lompoc, CA. He went to UCLA medical school and is board certified in family medicine. View natural remedies with Dr. Saunders at: <http://www.youtube.com/user/naturalEdoctor01>



You Can't Avoid It – But You Can Purge It

by Jeff Saunders

They're in the air we breathe...the water we drink...and the food we eat.

They are toxins. Sadly, there's really no way to avoid exposure to these silent, deadly health threats. Even the Clean Air Act is just an act...

On a clear, sunny day with beautiful puffy white clouds, the mild breeze out of the northeast gently brushing against your skin carries dangerous inhalants from vehicle exhaust (particularly diesel), factories, and plenty of other toxic gases – which can kill if enough is inhaled for extended periods of time.



This silent health threat serves to damage us two-fold:

- For one, we're breathing in airborne toxins that were never meant to inhale.
- Secondly, they deplete the oxygen in the air that we need to breathe.

Ironically, our bodies use oxygen to *get rid* of toxins by...you guessed it...oxygenating them.

These airborne poisons bring on restlessness, dizziness, lethargy and nausea. They shred our skin, shed our hair and affect our ability to focus, which is no surprise considering they suck the oxygen out of our blood.

Is staying inside better?

Home Sweet Work

Most of us spend the majority of our time at home, work, school or some other in-door facility. Whew! So, we're safe from the deceptive "Fresh Air Scare" outside, right?

You guessed it! Wrong! Here is what you may find *inside*...

- Molds
- Mildew (scrubbing it from your shower wall is like freeing a violent prisoner, which becomes airborne and assaults you)
- Lead paint fumes (this admittedly archaic threat has been sponged from most of our dwellings, but it is, unfortunately, still a gross reality in some places)
- Pet dander (eww)
- Smoke

So what?

This possibly means billions of microorganisms are flowing in and out of your body at any given time, in any given place. Many of them stick around because they like you and would like nothing better than to see you die so that they may live and move on to the next sucker. As your body decomposes, they mercilessly head back into the air. Ah...the cruel circle of life!

There's nothing you can do to stop it, though you may have been fooled into thinking there is.

“Health products” – Keep Your Armpits Dry and Hydrate Your Thirsty Skin

The toxic chemicals in health and beauty products have been known to contain engine degreasers. So, you have to watch the labels carefully.

What's that, you say? You use antioxidant scrubs, lotions, even eye and face creams. So you are okay?

Sorry.

Many of the products we use everyday ring the dinner bell for toxin carrying free radicals – and you find them in the darndest places.



See, the FDA doesn't have the high standards you do regarding you or your family. So, a product can claim antioxidant goodness no matter what other garbage they pack into it. It boils down to whatever the manufacturers can get away with to satisfy the government and turn a big profit in the process.

You really should thank the FDA. If not for them, these companies would produce even more toxic junk because it is cheap to use and they can charge a lot at the market. Why do you think organic products are so much more expensive? Because the ingredients they use are not so easy to cultivate.

That's why.

So, if you use typical, store-bought anti-aging face cream, body/hand lotions, shampoos and conditioners, then you are hosting a classic toxin party. Hors d'oeuvre?

Even deodorant is a culprit. Some of the chemicals in that stuff have been linked to early onset Alzheimer's.

You already have to worry about sickness and disease from herbicides, pesticides and antibiotic residue, which is just a fancy-shmancy phrase for antibodies found in the meat, eggs and the milk we consume. Antibiotic residue has been called a "global health hazard" and a "threat to direct toxicity in humans." Why exacerbate the threat by using toxic chemical sweeteners and slathering yourself with a list of chemicals that takes up half the label of your lotion?

Nasty, huh?

Need A Drink?

A nice bottle of cool refreshing Evian® will flush the toxic creepiness away. Maybe not.

See, the bottled water that's supposed to be purified, filtered and osmosis-ized sits on shelves for who knows how long. That water can turn bad yet remain sparkling clear. Drinking tap water would be better for you, perish the thought...

Most of the plastic bottles the water comes in are made with BPA (Bisphenol A). If you know all about BPA, then you might want to skip ahead.

This stuff is an endocrine disrupter, which is another fancy term that basically means BPA can mimic your hormones and cause cancerous tumors, deformities, learning disabilities (for developing fetuses), birth defects, abnormal cell growth, abnormal brain development, sexual develop-what? Sounds like a science fiction horror flick. Had enough? Well, just know there's a few more.

Don't drink bottled water? Good for you! However, BPA is also used to line cans to protect us from botchullism and rears its ugly head in the many plastic containers we use to store leftovers to transport food from place to place.

Author's note: never heat food in the microwave without removing it from the plastic container. It stirs that stuff up like gangbusters. It's like taking a vial of toxic chemicals and mixing it with your lunch. Bad, BAD!

Where Else Is It Found?

"Just one word: plastics." (2 points if you got the movie reference there!) Here's a short list of other everyday-products where BPA lives (2.8 million tons of this garbage is produced annually around the globe):

- Food processor bowls
- Baby bottles – yes, baby bottles
- Plastic food ware
- Dental sealants (resins) and appliances
- Teflon coating – yes, some manufacturers are still carelessly using it
- Small kitchen appliances



Save yourself and your family! Store food and fresh water in glass containers or check for BPA-free plastics.

Now, in just a moment, you'll discover how to purge this stuff and get healthy pronto!

Just Eat It

Sadly, even our foods can trick us. Pesticides on fruits and veggies, mercury in fishes, toxic chemicals and foreign hormones in our meats plus a laundry list of additives and preservatives are in our meals.

Please don't say you never eat processed foods. Always check for pesticide-free, organically grown produce and only buy meat from cage-free, grass fed, day-spa treated and pampered animals.

Really?

You know you're fibbing!

But, the good news is there are certain foods and combinations of foods that provide fast, safe, and best of all natural opportunities to flush these toxins out of your body. When they creep back in, you just flush 'em out again. This is your chance (and the only real way) to fight back and reclaim your body and your good health.

The Only Way To Remain Poison-Free In A Toxic World

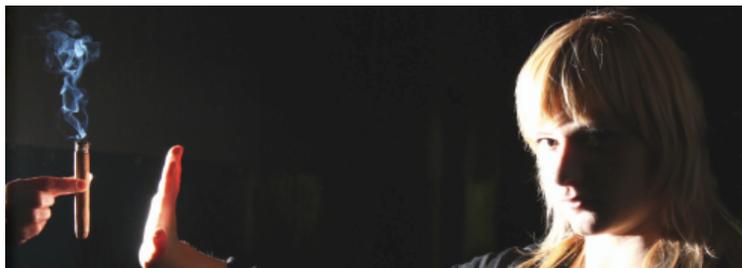
We have seen that toxins are all around us and they love to infest your body, carrying health-threatening free radicals with them.

But, don't fret just yet!

Here are a few things you can do to immediately begin flushing toxins from your precious body.

Smoke 'em If You Got 'em?

NO! If you smoke, then STOP! I know, easier said than done right? Not necessarily. Try a patch or the gum if you crave that dose of nicotine. If you continue to smoke, you are willfully inviting 69 carcinogens and 4800 chemicals into your body, not to mention, pesticides sprayed on the tobacco plants, arsenic, lead and oxygen-destroying carbon monoxide.



Author's note: smoking was the last vice I had before finally cleaning up. Did I use the patch? Nicotine gum? No. Didn't work for me. I bought a rechargeable E-Cigarette. You inhale harmless water vapor with trace amounts of nicotine and propylene glycol. Not great, but it trumps death by toxins all day long. You can get one for less than 2 packs of cigarettes and one charge lasts for about 300 puffs.

No Excessive Alcohol

Alcohol kills brain cells, damages the liver, kidneys, heart and stomach. If you must drink, limit your intake to 1 alcoholic beverage per day. If you need more than that, please get help. Your life is not worth a buzz.

Have A Caffeine-Free Day

Coffee causes jitters, an eventual crash (for which you drink more, right?) and is hard on your nervous system. Studies have shown that an apple with a tall glass of clean, pure drinking water gives the same effect – naturally. In fact, hydration is key here. You've been depriving your body of water for (hopefully) about 8 hours while you slept. The best thing for you in the morning is to replenish the fluid you missed while dreaming about firing your boss the next day!

Grandma's Tips

Green tea's antibacterial properties have been shown to inhibit many types of bacteria beneficial to the digestive and respiratory systems. Recent studies have been promising with regard to its effect on cold and flu viruses, helping to neutralize infections by 10%!



Tea-Total

Drinking unsweetened tea is an excellent way to flush away harmful toxins. Try lemon and ginger, rosehip, green or lemongrass teas for a tasty, antibacterial tonic.

Warm Lemon Water

Squeeze some fresh lemon in a glass of warm water. It may take some getting used to, but lemon water has been proven to purge and wash away dangerous poisons and keep you in tip-top shape. Start your day with it and feel refreshed.

Gingerly

Use fresh garlic and ginger as a spice for lunches and dinners. Both ginger and garlic have proven to be reliable antidotes in the battle to remove toxic impurities from your body.

But wait, there's more! Here's a 7-day regimen that will blast toxins out of you just as easily as they came in.



Now, this will take a commitment on your part. You have to *want* to remove these threats...and here's why:

Let's quickly recap...

The free radicals from toxin infestation are selfish little thieves. They attack and steal energy from your healthy cells because they're too lazy to produce their own. (Typical criminal – too lazy to do their own work!) Eventually, free radicals will cause the death of the cells they attack. At best, you'll notice signs of premature aging: wrinkles, dry, damaged skin and lethargy. If not properly and thoroughly flushed, you are wide open to life threatening sickness and diseases. Bottom line.

Lunch:

- 1 large mango
- 6 oz mixed salad including watercress, fresh mint, spring onions, tomato, red and yellow peppers, chicory, baby spinach and bean sprouts drizzled with a lemon juice and olive oil dressing
- 1 large jacket potato with 2 oz low-fat cheese spread whipped with chopped chives and a clove of garlic
- Vegetable juice (low salt)

Dinner:

- 1 cup of low-fat live yogurt mixed with blackberries, blueberries and 1tsp of honey
- 1 crusty wholegrain roll with a matchbox size piece of soft cheese (brie, camembert, or similar)
- Herb or weak Indian tea

Day 4: 800 calories

This is a very special day where your main food will be rice. Start by preparing the rice for the whole day. You'll need 9 oz dry brown rice, prepared according to the packet's instructions. If you prefer, you can cook half the rice in water and the other half in vegetable stock for a more savory flavor. Drink only water today.

Breakfast:

- 3 oz cooked rice with 5 oz stewed apple, flavored with honey, cinnamon and grated lemon rind

Lunch:

- 3 oz cooked rice with 7 oz steamed vegetables, such as celery, leek, carrot, tomato, spinach, broccoli and shredded cabbage

Dinner:

- 3 oz cooked rice mixed with soaked dried apricots, raisins, sultanas with the flesh of a pink grapefruit

Day 5: 1100 calories

Breakfast: (As on day 2)

Lunch:

- 1 apple
- 1 pear
- 6 oz raw vegetable salad (cauliflower and broccoli florets, carrot, onion, grated red cabbage, snap peas) tossed in olive oil and apple cider vinegar dressing, sprinkled with a teaspoon of raisins and 3 chopped brazil nuts
- Large jacket potato filled with 3 oz steamed spinach chopped with 2 teaspoons of olive oil, clove of garlic and a generous grating of nutmeg
- Herb or weak Indian tea

Dinner:

- 3 oz cheese spread mixed with 1 cup of low-fat live yogurt, poured over a generous bowl of mixed fruit salad, including kiwi, pineapple, orange, grapes, blueberries, apple
- Cup of herb tea



Day 6: 1300 calories

Breakfast: (As on day 2)

Lunch:

- 1 banana
- 6 oz mixed salad (shredded iceberg or romaine lettuce, tomato, olives, red pepper, carrot, onions, cucumber, a clove of garlic, fennel and watercress) with a dressing of lemon juice, walnut oil and tarragon
- 1 large jacket potato with 3 oz steamed French or runner beans with a teaspoon of sunflower oil sprinkled with finely chopped onions
- Herb or weak Indian tea

Dinner:

- 3 oz muesli mixed with lemon juice, 1tsp honey, grated apple and 1 carton of low-fat live yogurt
- 1 slice wholegrain bread with a matchbox sized piece of brie, camembert or similar soft cheese
- 1 slice wholegrain bread with honey
- Cup of tea

Day 7: 1200 calories

Breakfast: (As on day 2)

Lunch:

- 6 oz mixed salad (watercress, baby spinach, mixed lettuce leaves, parsley, celery, garlic, chives, basil and tomato with a dressing of 1/3 walnut oil, 1/3 olive oil, 1/3 apple cider vinegar and a teaspoon of Dijon mustard, sprinkled with sunflower seeds)
- 3 oz boiled potatoes and trout stuffed with finely chopped parsley, onion, tomato and pine nuts, covered in thinly sliced lemon, baked in foil with a little olive oil
- • (If you're vegetarian or don't like fish, stir-fry tofu with shredded carrot, bean sprouts, snap peas and soy sauce or have a grilled veggie burger.)

Dinner:

- 1 pink grapefruit
- 2 poached, free-range eggs on 2 slices of wholegrain toast with a pat of butter
- Herb or weak Indian tea

Top tip:

Whatever the weather, it's important to exercise during this week. Adding a brisk 20-minute walk three times a week will make all the difference to this plan.

If you don't have the time or the patience for a commitment this extensive, there is some good news! Here are some foods that seem designed to help you blow the poison and free radicals right out of your body.

1. Eat fruits. Fruits have a lot of liquid and are perfect for flushing toxins. On top of that, they assist in digestion and are rich in antioxidants and fiber. You cannot go wrong with fruit!
2. Go green. Green vegetables are packed with chlorophyll, which can rid your body of the environmental toxins you're exposed to each day: smog, exhaust pollutants and herbicides. They also help detox your liver – bonus!



3. Choppin' broccoli...(2 bonus points if you got the SNL reference!) – Broccoli sprouts (baby broccoli) are the underdogs of detox programs. Why? Because it's not widely known they actually stimulate the detox enzymes in your digestive tract. Accept no substitutes; the fully grown guys aren't nearly as effective.
4. Mung's the word. Mung beans are super-easy to digest and are famous for one thing: they absorb toxins from your intestinal wall.
5. What's that? Omega-3s...AGAIN?!? But, not necessarily from fish oil. Use avocado, flaxseed oil, or raw olive oil while detoxing. These will help provide necessary lubrication – ahem – down there and absorb toxins so they scoot on out during elimination.

Clearly, we can't avoid the silent health threats all around us every day. Environmental toxins, plastic poisoning and harmful food processing will eventually get in – if they haven't already. But, luckily there are plenty of options to flush the toxic chemicals out, fight back and reclaim our bodies in the name of food health.

So, don't sit back and let the toxins merge.

Take control of your body and purge!

In today's fast food culture, you are exposed to a variety of toxins and chemicals in the nutritionally unbalanced foods we eat. How do you detox from pollutants and toxic chemicals? Share [HERE](#).



Jeff Saunders is a writer and food fanatic who's been cooking since he could identify a spatula as more than a blunt instrument of destruction. He majored in English Literature at Florida Atlantic University, and has been in marketing and advertising for 6 years. He continues to write ad copy for various clients in the U.S. and Canada but is currently working on his novel tentatively titled: The Following Pages Left Blank Intentionally. He feels that it would mean more to the reader if they wrote it themselves. Jeff's currently nuzzled in a suburb of Pittsburgh Pennsylvania with his family...and in laws.

***Courtesy <http://www.goodtoknow.co.uk/diet/139946/7-Day-Detox-Plan>**



Life After Detox

by Rob Leighton

So, you have just been through detoxification program. The first few days were tough. Maybe you even had headaches and stomach pangs, but you stuck it out. Then your body began to adjust and you found yourself feeling more alert, more energetic and you probably lost some weight.

You felt really good about your ability to stay the course. As you moved toward the end of the program, you not only recommended a detox to your friends and family, but you also grew confident that you could change what you eat, how you eat and how much you eat.



Then, life's daily pressures and responsibilities began to interfere and you found yourself returning to the same old ways. You started consuming lots of the foods that harm - the processed simple carbohydrates and added sugars, the bad fats and excessive amounts of protein - without enjoying enough of the vegetables, fruits and whole grains that deliver the thousands of micronutrients that support human health.

Why Detox?

Detoxification proponents assert that a short-term, very restricted, very low calorie diet eliminates the toxins that build up in your system over time. Clear out the toxins, so the theory goes, and you will find that all your biologic systems function better. Unfortunately, the science supporting any long terms benefits of a detoxification is mixed, at best.

Other programs, however, view the detoxification as the bridge to a healthier lifestyle. People moving through a detoxification program may break their cravings for sugar and fats. Others find their taste for salt is altered and use significantly less salt for the same taste satisfaction. A detox may also build a liking for high nutrient vegetables and fruits — raw, juiced or cooked.

Here is where the science is absolutely clear. Maintaining an eating style built on a whole, natural, plant-based nutrition foundation does improve long-term health and dramatically reduces your risk for most disease including type II diabetes, heart disease and even cancers.

The good news is that you and your health care providers can measure the improvements. Get the right nutrition and your LDL (bad) cholesterol can drop by 30% or even more. You can significantly

lower your blood pressure and better regulate your blood sugars. Measures of inflammation, like C-reactive protein, also drop as you move to whole, natural plant-based nutrition eating. Moreover, it is far easier to maintain a healthier weight when you adopt this eating style.

All these factors are measured during routine physicals that include standard blood tests, and this one dietary “prescription” affects all these variables. Only with a cocktail of potentially harmful medication could you hope to achieve improvements in all these areas.

Does this mean eating *only* raw vegetables and fruits? Hardly! Enjoying the foods we eat will forever be a natural part of the daily celebration of life. At Kardea, we start with this basic mantra:

Eat lots of a wide variety of vegetables, fruits and grains, as close to nature as possible; enjoy whatever others foods you like, just not too much (and if it is highly processed, eat even less).

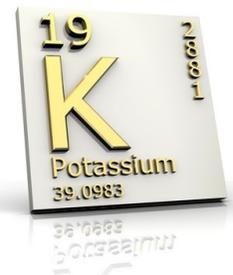
Use this mantra to navigate your journey, whether you start as a meat-and-potatoes omnivore, macaroni-and – cheese vegetarian or a processed food-craving vegan.



Just remember, the closer you get to a whole, natural plant-based nutrition diet, the better the results. Even Medicare recognizes the power of eating within a healthier lifestyle. Last year, this Federal health insurance program approved a physician- supervised, whole, natural plant-based nutrition eating for intensive cardiac rehabilitation.

Along your journey from your current food habits, keep these eating goals in mind:

- Keep your sodium low and potassium high: restrict your sodium intake to 1500mg (most Americans consume twice as much and if you are eating prepared and processed foods, it is very difficult to hit this goal).
- Consume 4700mg of potassium each day (most Americans consume about 1/2 of this recommended level).
- Enjoy the good fats like those found in olive, canola, nuts and avocados regularly, but remember that even the good fats are high in calories. Enjoy a high omega-3 fish 2-3 times per week. This recommended supplement can be found in our Home Cures That Work Amazon store [HERE](#). Target levels omega-3s with DHA and EPA can be summarized as follows:
 - a. Adults who have not been diagnosed with coronary artery disease: 0.5-2 grams/day of omega-3s from fish oil
 - b. Adults who have been shown to have coronary artery disease: 1-2 grams/day
 - c. Adults with highly elevated triglycerides: 3-4 grams/day
 - d. Steer clear of all trans fats (found in processed foods and, to more limited extent, in beef and lamb) and limit your saturated fats found in meats and whole milk dairy.
 - e. Eat fruit at every meal, multiple servings of vegetables at lunch and dinner and whole grains like brown rice, oats, barley and quinoa to fill you up and add fiber.
 - f. And beware of white – white bread, white rice, white pastas and added sugars.



Choosing a Detox Program

There are countless detoxification programs now being marketed. Choose one that anticipates a healthier lifestyle after detox. These programs will offer you guidelines for clearing out and restocking your pantry and refrigerator. They will provide recipes and meal plans for daily living.

Some even provide ongoing coaching.

But remember, eating is highly personal and few people will sustain an eating style that has been dictated to them. Use the detoxification period to define the steps you will take to secure lasting changes, even small ones, into your healthier eating lifestyle.

Take a step forward to a better life. It's important that you kick-start life after the detox with healthy and conscious eating. Choose your food wisely and try to adapt new simple habits. Share your sobering thoughts with others [HERE!](#)



*Rob is known as a food passionisto and life's magic moments occur over meals with family and friends. He happily wanders the aisles of gourmet food stores, farmers' markets and ethnic delicatessens, preferring to end the day with a good cookbook. Rob brings a career as an executive in food and nutrition to sharply reduce his cholesterol levels to the point where no medications are necessary. He wrote *The Kardea Gourmet, Smart & Delicious Eating for a Healthy Heart*, with Mayo Clinic-trained cardiologist, Dr. Richard Collins, also known as the Cooking Cardiologist. Rob is the founder of Kardea Nutrition. Kardea, which means heart in Greek, combines a love food with a deep knowledge on how to use the best natural solutions to support heart health. Kardea Nutrition offers a scrumptious offer on their raved snack bars packed full of nutrition: [Kardea Gourmet Book & 4 Bar Sampler: Read the Kardea Gourmet, a taste-inspired journey to heart health, while sampling Kardea's heart-healthy gourmet snack bars in four delicious flavors.](#)*



Crazy Cabbage: Cures to Cuisine

by Grandma Barton

I forget how wonderful cabbage is, but when I use it: WOW! Here are just a few of the many uses for cabbage known for its healing properties:

- Bloating
- Constipation
- Weight loss
- Detox
- GERD
- Joint pain
- Hematoma
- Engorged breasts
- Headache and hangovers



Personally, I've just recently used it for congestion by placing cabbage leaves on my chest overnight, wrapped in ace bandages. I also had painful lumps behind my knees after working in the garden and did the same thing with incredible results!

As a child, cabbage was the last vegetable on earth I would even consider eating. But, as an adult, cabbage is one of my go-to cures. Who knew that such a cheap, humble looking and so widely used cabbage could work miracles?

Some apply it warm, some cold, some crush it, and some don't. Some wrap it ace bandages, others in plastic. Some apply it externally; some ingest it – a food, juice or whatever. Either which way, it works wonders!

Cabbage Fun Facts

- Cabbage has more vitamin c than oranges, great for strengthening the immune system and being one of the best anti oxidant, reducing free radicals in your body which are the basic causes of ageing.
- Cabbage is very rich in fiber. This helps retain water and forms the bulk of the food and the bowels. Thus, it is a good cure for constipation and related problems.
- Cabbage is rich in sulphur, which helps to fight infections in wounds and ulcers.
- Cabbage, being rich in iodine, helps in proper functioning of the brain and the nervous system.

Cabbage Medicinal Qualities

Uncooked cabbage is high in glutamine, an amino acid that is useful for the excellent functioning of our digestive system and immune system. Cabbage has also been known to have therapeutic and antibacterial properties, destroying a wide variety of bacteria in the intestines.



Liberal intake of the fresh juice of this vegetable has thus been found very valuable for treating ulcers, bladder infections and other infectious disease. Try $\frac{3}{4}$ - 1 cup of cabbage juice with 1 teaspoon of honey, twice a day.

Skinny on the Cabbage

Cabbage is considered to be an excellent home remedy for obesity. Research has shown cabbage contains a chemical called tartaric acid, which inhibits the conversion of sugar and other carbohydrates into fat. Substituting a meal with cabbage salad once a day is an excellent way to reduce weight.

Powerfood for Skin

Others swear by eating raw cabbage first thing in the morning it not only helps for weight management, but a cold, raw cabbage salad after exercise can also treat dry, flay skin and fatigue. Your skin will start to glow and feel smooth, plus you'll have energy the entire day! Ever wondered why Russians have great skin? Cabbage!

If your skin has pimples and other irritations, cabbage is the cure for all. Take the upper most leaves of cabbage and steam them. Then remove all the veins. Compress them between a linen cloth and cotton. The leaves by then should be smooth and soft. Keep the compress on the affected area over night. Next morning enjoy the look of a spotless skin.

Detoxification by Cabbage

Cabbage soup as a detoxification plan has gained popularity because it offers a chance to fasten your metabolism and eliminate the accumulated toxins in the body that have built up in your tissues, organs and cells over the years.

Cabbage pulls out toxins. It purifies the blood and removes toxins, primarily free radicals and uric acid. If it helps your gut stay healthy, then surely you would think that once the gut is healed the rest of the body would be healed. God gave our bodies the amazing ability to heal itself! Take heed to take care of your body diligently!

Try eating cabbage soup with every meal for 7 days, adding fruits and even meat, rice, or potatoes occasionally for a superb detoxification plan.

Here is a cooked cabbage soup recipe that I've used as part of my monthly detoxification efforts to

ensure I keep a clean body against breast cancer. It is very good for you and will help greatly as part of a cabbage soup diet (a temporary jump start to good eating) for detoxification.

- 1 head of cabbage
- 1 bunch of celery
- 3 large fresh tomatoes/10-15oz. can tomatoes
- 1 bunch green onions
- 1 large onion
- 1 bell pepper
- 1 pkg. dried french onion soup
- 1 or 2 cloves of garlic
- Approximately 6 cups water



In large kettle, combine French onion soup (can substitute beef broth), chopped cabbage, chopped onions, peppers, celery and water. Add can of tomatoes (chopped) and include the juice. Set on medium-high heat until boiling. Reduce heat and add 1 clove garlic and a dash or two of hot sauce, if desired. Continue cooking until ingredients are tender, about 1 1/2 hours.

In order to achieve best results with cabbage soup detoxification, follow this cure plan, which includes eating as much cabbage soup as you want.

Sample Menu

Day 1: Cabbage soup, plus any fruit except bananas

Day 2: Cabbage soup, plus vegetables, and a baked potato (you are allowed to have butter on it) for dinner. Note that potatoes are prohibited on other days.

Day 3: Cabbage soup, plus other veggies and fruits

Day 4: Cabbage soup, fat-free milk, and bananas up to a maximum of 6 pieces

Day 5: Cabbage soup, up to 450 grams of fish or meat, and 6 tomatoes

Day 6: Cabbage soup, plus vegetables and beef

Day 7: Cabbage soup, plus vegetables, brown rice, and fresh fruit juice

Add more and more cabbage in your daily diet, be it your soup or be it your salad, this is going to help you live a healthier and longer life.

Eat the cabbage. Drink the cabbage. Wear the cabbage. Just use the cabbage, for crying out loud!

Is there a best cabbage soup diet? There are many variations to the cabbage soup diet but the all have the same principles. Is there a best recipe for the cabbage soup? What are your favorites? Tell us [HERE](#).



Grandma Barton is mother to Joe Barton (founder of Barton Publishing), grandmother to 6 grandkids and 28 step-grandkids, and over 3000 Home Cures That Work members. She is a two-time breast cancer survivor with the help of Dr. Saunders and natural remedies. Grandma loves finding cures within the home to treat all sorts of ailments. With tips she's learned on the farm and along the way, Grandma Barton brings a time-tested and trusted voice when it comes to home remedies. She really is an inspiration to us all.

DETOX – FACT, FICTION OR FAD?

by Dr. Richard A. DiCenso

IT'S NOT A FAD

“Detoxification” has become a nice buzzword lately. It sounds good, rolls off the tongue easily. But do you know what detoxification really is and why is it so important? I get asked this question a lot. Many people think, “I eat healthy. I don’t smoke or drink much. Why should I worry?” Why? Because our bodies aren’t made to handle the amount of toxins we’re constantly exposed to. Toxin overload can lead to a whole host of illnesses and side-effects.



Detoxification is critical to health. In fact, a compromise in the ability of the body to detox is one of the roots of illness. The gut is one of the core systems in the body that must be working well for you to be healthy. If you feel lousy, then it’s likely you’re toxic.

Feeling sluggish or out of sync? Having skin problems, aches and pains or digestive problems?

Straying from your healthier habits lately? Having trouble kicking off your weight loss? It might be time for a body detox.

Detoxification is the body’s natural process of eliminating toxins or neutralizing toxins. This happens via the liver, kidneys and lungs, as well as in urine, feces and through sweat. Yet, your body can become so overloaded that its natural detoxification system can’t keep up. When this happens, the toxins build up and can affect virtually all of the systems of the body.

The Body Burden

Scientists refer to the level of a person’s chemical and toxin exposure as an individual’s “body burden” – the consequence of lifelong exposure to industrial chemicals that are used in thousands of consumer products and found in the air we breathe, the food we eat, the soil we walk upon and the water we drink.

Unfortunately, people today carry within their bodies a veritable chemical cocktail of modern-day industrial chemicals, pesticides, food additives, heavy metals, anesthetics and not to mention the residues of modern pharmaceuticals.

What's more, they accumulate in fat, blood and organs, or are passed through the body in breast milk, urine, feces, sweat, semen, hair and nails.

Carrying a high body burden translates into all sorts of maladies: headaches, insomnia, constipation, fatigue, weakness, blurred vision, greater susceptibility to infection, allergic reactions, joint pain, recurrent respiratory problems, back pain, mood changes, stomach pain, digestive problems... the list goes on and on.



The sad but undeniable truth is that we have created a living environment that is toxic to our bodies.

The Detox Bad News

In today's world, the body's natural detoxification system becomes quickly overburdened and is unable to function like it is meant to and like it has in past generations. Since we are unable to process or eliminate these "modern" toxins, they become stored in our glands, tissues and cells, slowly breaking down all body systems on a cellular level, altering our body's metabolism causing enzyme dysfunction, nutritional deficiencies and hormonal imbalances. This process takes place gradually and undetectably, until the onset of obesity and disease finally signals their presence.

The Detox Good News

Fortunately, the human body is quite resilient. When we take the steps necessary to alleviate our body burden, we assist it with its natural process of detoxification. We literally give our body the extra nutrients, natural substances and energy it needs in order to set the balance straight and get the process of detoxification back in high gear.

Now – more than ever before – it is imperative that we assist our body's detoxification processes. Detoxification is a natural, health-preserving therapy, which helps remove harmful toxins from the cells and tissues, restoring their immune-protecting functions.

So What Is Detox?

Practiced for centuries by many cultures around the world, detoxification is about resting, cleaning and nourishing the body from the inside out. By removing and eliminating toxins, then feeding your body with healthy nutrients, detoxifying can help protect you from disease and renew your ability to maintain optimum health.

Grandma's Tips

I liken a toxin-overloaded organ to a stagnant pool of water that soon begin to breed bacteria and mosquitoes, causing other live organisms like fish and frogs to die. Stench and toxic fumes begin to be emitted, causing the surrounding area to stink and affecting people living in the neighborhood. This is how it is with our toxin-overloaded organs: blood cannot flow properly, cells start to die, bacteria starts to breed, and soon there is a toxicity of blood, inflammation and pain. All kinds of diseases start to set in and if neglected further ... cancer. A good detox program flushes out these toxins and makes the environment good again.

Start With A Colon Cleanse

Clearing out the colon first just makes good sense because dumping liver toxins, blood toxins, heavy metals and other toxins into a congested colon just makes the detoxing process harder on the body than it has to be.

The best colon cleanse programs I've personally used all seem to employ a two-part approach. These programs will include bulk forming fiber as well as herbs and other ingredients designed to move out waste.



Is Detoxing Really All That Important?

Doesn't our body know how to detox and keep us cleaned out? Even if you choose to undergo a detoxification regimen, how do you know what the best detox program to use is?

Completing a detoxification program that cleans all systems of the body is an essential step to achieving maximum health and wellness. Where do you start?

When beginning your search for the right detox program, a good question to ask is whether or not a detoxification program addresses all systems of the body and whether the program is designed to address each system effectively.

I recommend finding a detoxification program that comes pre-assembled and ready-to-use so that you do not have to spend hours and hours searching for all the right components.

This basic routine will help to correct problems caused by toxicity, maximize your body's own detoxification capacity and help you safely eliminate stored toxins.

Remember, getting rid of toxins and learning how to optimize your detoxification system is essential for creating optimal wellness and this is just the start.

How Does Detoxification Work?

Basically, detoxification means cleaning the blood. It does this mainly by removing impurities from the blood in the liver, where toxins are processed for elimination. The body also eliminates toxins through the kidneys, intestines, lungs, lymph and skin. However, when this system is compromised, impurities aren't properly filtered and every cell in the body is adversely affected.

A detox program can help the body's natural cleaning process by:

1. Resting the organs through fasting.
2. Stimulating the liver to drive toxins from the body.
3. Promoting toxic elimination through the intestines, kidneys and skin.
4. Improving circulation of the blood.
5. Refueling the body with healthy nutrients.

How Do You Know If You Need To Detoxify?

I suggest that everyone should detox at least once a year. A short detoxifying program or whole body cleanse is generally safe. In fact, scientific studies show that a detox is beneficial for health. However, I do caution against detoxifying for nursing mothers, children, and patients with chronic degenerative diseases, cancer or tuberculosis. Consult your health care practitioner if you have questions about whether detoxing is right for you.

Today, with more toxins in the environment than ever, it's critical to detox. Detoxification works because it addresses the needs of individual cells, the smallest units of human life. I recommend detoxing for symptoms, such as:

- Unexplained fatigue
- Sluggish elimination
- Irritated skin
- Allergies
- Low-grade infections
- Bags under the eyes
- A distended stomach, even if the rest of your body is thin
- Menstrual difficulties
- Mental confusion

Where Do You Begin?

First, lighten up your toxin load. Eliminate alcohol, coffee, cigarettes, refined sugars and saturated fats, all of which act as toxins in the body and are obstacles to your healing process. Also, minimize use of chemical-based household cleaners and personal health care products (cleansers, shampoos, deodorants and toothpastes) and substitute natural alternatives.



Another deterrent to good health is stress, which triggers your body to release stress hormones into your system. While these hormones can provide the "adrenaline rush" to win a race or meet a deadline, in large amounts they create toxins and slow

down detoxification enzymes in the liver. So it's a good idea to detox stressful life situations along with detoxifying your body. Yoga and meditation are simple and effective ways to relieve stress by resetting your physical and mental reactions to the inevitable stress life will bring.

Which Detox Program Is Best For You?

There are many detoxification programs and detox recipes, depending on your individual needs. Many programs follow a 7-day schedule because it takes the body some time to clean the blood. My program involves fasting on liquids for two days, followed by a carefully-planned five-day detox diet to allow the digestive system to rest. I also advise supplements, herbs, exercise, and practices such as dry-skin brushing and hydrotherapy to enhance circulation.

I also recommend a 3-7 day juice fast drinking only fresh fruit and vegetable juices and water, as an effective way to release toxins.

Other popular detoxing programs and natural body cleanses include:

- Cleansing supplement packages, which generally contain fiber, vitamins, herbs and minerals. There are several safe products on the market, with easy-to-follow instructions.
- A routine of drinking only water one day each week — an ancient practice of many cultures.

10 Ways To Help Your Body Detoxify

After a detoxification program, you can cleanse your body daily through diet, supplements and lifestyle practices.

1. Eat plenty of fiber, including brown rice and organically-grown fresh fruits and vegetables. Beets, radishes, artichokes, cabbage, broccoli, spirulina, chlorella and seaweed are excellent detoxifying foods.
2. Cleanse and protect the liver by taking herbs such as dandelion root, burdock and milk thistle and drinking green tea.
3. Take vitamin C, which helps the body produce glutathione, a liver compound that drives away toxins.
4. Drink at least two quarts of water daily.
5. Breathe deeply to allow oxygen to circulate more completely through your system.
6. Transform stress by emphasizing positive emotions.
7. Practice hydrotherapy by taking a very hot shower for five minutes, allowing the water to run on your back. Follow with cold water for 30 seconds. Do this three times, and then get into bed for 30 minutes.
8. Sweat in a sauna so your body can eliminate toxic wastes through perspiration.
9. Dry-brush your skin or try detoxifying patches or detox foot spas/foot baths to remove toxins through your pores. Special brushes are available at natural products stores.
10. What is the most important way to detoxify? "Exercise," says Bennett. "Yoga or jump-roping are good. One hour every day." Also try qigong, a martial-arts based exercise system that includes exercises specifically for detoxifying or cleansing, as well as many other exercises with specific health benefits.

Chemical Cocktail Reversed

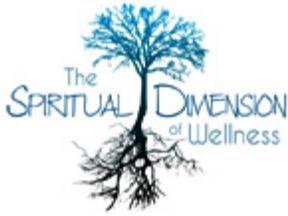
The simple truth is that toxic chemicals enter our bodies every day in the form of unhealthy and refined foods, additives, drinking water, household air, pesticides and environmental pollutants. As a result, our systems have a lower threshold of resistance to disease, obesity and host of other illnesses and side-effects.

But it doesn't have to be that way. Remove and reverse the current level of chemical cocktail that burdens your body with the details of detoxification you have read here today for optimal health wellness and repair your body for the proper immune-protecting functions.

Have you found an effective detox? Before you start your next detox, please read comments from other readers to see positive and healthy results [HERE](#).



Dr. Richard A. DiCenso is the CEO of Matrix Transformation and author of *Beyond Medicine, Exploring A New Way Of Thinking*. He is an international speaker and complementary care expert with over 30 years experience in treating chronic symptoms. With his extensive practice in “Whole Person Therapy,” human biochemistry and orthomolecular nutrition, Dr. DiCenso is a leading authority in biological fluid analysis with his Matrix Assessment Profile (MAP). Dr. DiCenso provides unique insights into the world of unresolved symptoms and has helped thousands of individuals around the world with undiagnosable symptoms to dramatically improve their health without drugs or surgery.



Detox: Quietening the Cluttered Life

by Pastor Steve Hickey

Silent Fast

As I write this article, the youth and young adults in our church are doing a *media fast*. Some of their leaders noticed how distracted teenagers are today and so they felt led to call a seven-day fast from all forms of electronic and social media. Having teenagers myself I have overheard comments that fasting from food would be easier than fasting from Facebook.

If you are still wondering, a media fast is a period of voluntary abstinence from media for the purpose of hearing God's voice more clearly by silencing all the others. Media includes television, radio, cell phones (except emergency calls or calls from parents), texting, movies, video and computer games (*Angry Birds*, too!!), internet and all music except worship music.



When I was in seminary we would spend time exercising the "Spiritual Discipline of Silence." This was back in the days of typewriters, long before texting. But even back then, at first, silence can be deafening. We are so used to so much commotion that when it is silenced, it is a bit disconcerting. However, getting quiet is a pre-requisite to getting to God know more personally and intimately. Psalm 46:10 says, "*Be still and know that I am God.*"

It takes a few days in quietness for my mind and heart to settle down. Few realize just how much goes on in our mind and spirit and, as a result, what that commotion and noise does to us physically and emotionally. Unprecedented numbers of people are popping pills to quell the panic and anxiety. Many more crank down the caffeine to better cope and keep up.

Ironically, all of the above merely add when what is needed is subtraction.

Quiet is the key to recharging the batteries that run and power things like our creativity and ingenuity.

Toxic Fast

One of the hats I wear, besides being a pastor, is that I'm a state legislator. Many have written me to decry the distracted driving so prevalent today as youth and young adults text while driving. When

you get behind the wheel of a car your focus should be on one thing: the road before you. What is true with regard to driving is true for any who seek to navigate life successfully. The less distraction the better.

Grandma's Tips

“Pornography is inherently violent, inherently unloving. It is a perversion of sexuality, not a true form of it, and one that teaches violence and degradation at the expense of mutual pleasure and intimacy. It is about conquests, about conquering. It is the very opposite of God’s intention for sex. It tears love from sex, leaving sex as the immediate gratification of one’s most base desires. It lives beyond rules and ethics and morality. It exists far beyond love.” ~ Tim Challies



This issue of Home Cures That Work is focused on detox has other contributors addressing natural ways and the health benefits to detoxifying our bodies. Somewhere in all this, is my hope that you will come away with the understanding that so much is toxic to our bodies. Even more, so much is toxic to us physically and emotionally. Toxic means poisonous. Graphically, it is symbolized by the skull and crossbones.

Seeing the skull and crossbones on things like rat poison and drain cleaner is common and necessary. What if we put the skull and crossbones on things like pornography or internet chat rooms? No study is needed to know that far more lives have been devastated by pornography than by people eating

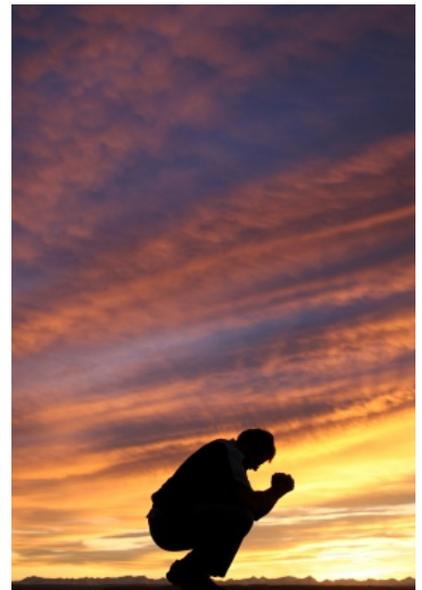
rat poison.

Natural health experts have made great strides in recent years bringing forth data showing how the build up of a variety of toxins in food preparation and pharmaceuticals results in a slow poisoning. Those of us who deal daily with people’s emotional and spiritual lives can make a case that there is a slow poisoning of sorts that happens when people are living lives inundated by internet and media, advertisements, endless activities and entertainment addictions. We weren’t made for any of that, we were made to interact with God.

If entertainment is a diversion of the mind, then what are you being diverted from? Or rather, what are you being diverted *toward*? The problem with being entertained by too many things of earthly origin is that our hearts succumb to the endless din of monotony and forget the essence of the Divine God. Fasting media forces us to stop aligning our inner-man to earthen influences and forces us to attenuate our spirit to the sounds of the divine.

The reason every religion in the world teaches and encourages fasting is because it works. Fasting from food is a natural detoxification of the body. Long before modern science noticed the benefits of it, the Bible called for it. No wonder, considering the author of that book is the creator of our bodies.

But, fasting is more than a physical detoxification. Fasting creates a physical void in us that God delights to fill spiritually. When we fast from food, we do so in conjunction with prayer. When hunger pangs come, we can turn them into prayers... *“God, I want you more than I want to eat.”* Those are prayers God can’t resist.



In Mark 9, Jesus healed a boy who was being tormented by evil spirits exploiting what was probably the condition epilepsy. Jesus' disciples tried to drive the evil spirit away and heal him but they were unsuccessful.

Later Jesus explained that breakthrough in these tough situations is only possible through "*prayer and fasting*." In other words, fasting results in a concentration of power to prevail over adversity. Those who don't detox and dial in to the Lord via fasting and prayer only know defeat.

There are a variety of kinds of fasts and a variety of ways to fast. As mentioned earlier in this article, a person can fast from specific things like media, desserts, shopping, sports or just about anything a person identifies they are too dependant upon and clouds them from the Divine God. In the Bible, there are a variety of different fasts that can be grouped into several categories.

An Esther Fast is no food and water for three days.

Esther 4:16 says, "*Do not eat or drink for three days, night or day.*"

This is the most intense form of fasting because it is the only one that includes fasting from water. It should not be done as your first fast or without medical oversight. The purpose of an *Esther Fast* is to get God to move on behalf of a nation.

A Daniel Fast is just vegetables and water.

Daniel 1:16 says, "*So the guard took away their choice food and the wine they were to drink and gave them vegetables instead.*"

A *Daniel Fast* can last a period of months or even years. This too is an intense form of fasting for spiritual breakthrough in nations.

A Forty Day Fast in it's pure form is a water only fast, although many do these today with juice or even some vegetables.

It really doesn't matter and there is no need to be legalistic about a fast. It could be any period of time, as you feel led or able, even a 24 hour fast, or a three day or twenty-one day fast. Most who desire to fast should start with a simple fast for a set period of time and press in praying for specific things.

A few years ago I fasted for eighty-four days eating only a small evening meal. Let me offer you one word of caution I learned during that fast.

The benefits of a fast usually come after the fast not during it.

During the fast is a difficult time. It was during his forty day fast that the devil kept harassing and tempting Jesus. We need to be careful what "voices" we listen to during a fast. Those who fast regularly will tell you the benefit and the breakthrough a subsequent to the fast.

The spiritual life is not a cluttered life and clutter happens naturally over time. Because of this, every so often we need to get quiet before God and get away from the distractions. Recognize there tremendous power behind what we allow through the eyes - and the stomach. Take deliberate action, such as a media fast or a fasting from food, to limit the commotion and get to know the Divine God with renews intimacy and connection.

We live in a very polluted environment these days, and much of our food is mass produced and altered in such a way that we end up consuming toxins that our body needs to process and eliminate in order for us to enjoy good physical health. There are a variety of cleansing and detoxification protocols and products used today for these physical cleansings of the body. But your spirit also is subject to spiritual toxins, and we are all in need of spiritual cleansing on a regular basis to keep our spiritual life healthy. Do you need spiritual cleansing and detox? Reach out [HERE](#).



Steve Hickey, is the founding pastor of a life-giving church with over 700 members, a church planter, a trainer of leaders with John Maxwell's organization, a police chaplain, and is very active in politics as a national voice for the unborn. He's written several books, including his latest, Momentum: God's Ever Increasing Kingdom www.MomentumHandbook.com. Steve and his wife would like to pray for your specific needs and have a prayer team at the church waiting to hear from you. For more information or to submit a prayer request visit: www.ChurchAtTheGate.com/prayer.php

Beyonce and the Master Cleanse

What Is Your Body Telling You?

Hollywood stars use detox programs to prepare themselves for the red carpet. In anticipation for tight dresses, cameras that add on the pounds and fashion icons, who wouldn't want to reduce bloating and fatigue? After all, celebrity or not, everyone is exposed to a variety of toxins, from air pollution to alcohol.

Some of us experience the effects of toxic poisoning sooner than others; but it is abundantly clear that toxins in the food, air, water and the environment trigger most illness and disease in people. Detox practices claim to remove these toxins, promise health benefits and weight loss, which make them so popular among the rich and famous.

While there might be risk of diarrhea, deprivation and laxatives, detox programs have a star-power following, particularly for the detox program called the Master Cleanse.

Caution: this detox is not for the weak!

A Grade

The Master Cleanse has practically become a household name. Singer Beyonce was one of the first popular stars to admit she used the "Maple Syrup Diet." Also known as the "Lemonade Diet," the Master Cleanse consists of water, lemon juice, maple syrup and cayenne pepper.

The lemon juice must be fresh and is used for its alkalizing properties, as well benefit from its natural cleansing ability to break down calcification. The maple syrup in the Master Cleanse serves to provide energy with its first-grade (Grade A) natural source of "tree blood." Furthermore, flavor has to be satisfied somehow! Lastly, cayenne pepper serves to boost metabolism, assist circulation, blood thinner and purifier, as well as break up mucous in the body. It is the most crucial element and ingredient in the Master Cleanse.

Beyonce lost around 20 pound in 10 days, sipping on an easy to prepare diet drink made mostly of maple syrup. Devotees of the diet eat no solid food but drink up to 10 daily glasses of the lemon juice cocktail and round it off with saltwater in the morning and laxative tea at night. They are supposed to stay on the cleanse for at least 10 days, then ease back into normal eating with orange juice and



vegetable soup. When all the toxins are removed, the added benefits include renewed energy and quick weight loss.

The main drawback: you never want to be too far from a toilet. The cleanse produces very liquid and plentiful bowel movements. As for other side effects: hunger!

Popularity Cleanse

According to one website that promotes the cleanse, the purpose is "to dissolve and eliminate toxins and congestion; to cleanse the kidneys and digestive system; to purify glands; to eliminate waste and hardened materials in the joints and muscles; to build a healthy bloodstream; to maintain optimal blood pressure; and to what you all are waiting to hear ... to lose weight."

It's no secret that practically all celebrities watch their weight. They are in the type of business that requires them to look a certain way and they are constantly watched by the entire world. Many of them diet or detox throughout their acting careers. It's no secret that anything popular in Hollywood, becomes extremely mainstream throughout the world, including the Master Cleanse detox program.

Have you tried the Master Cleanse? Was it successful? How difficult or easy was the fast? Please share your results with other readers, [HERE](#).

8 Tips For Cleansing and Weight Loss

by Roger Asmus

Most people think of bowel cleansing when they hear the term cleansing, but it means a lot more than that. Below are eight little-known facts about cleansing and weight loss.

1. According to some natural health experts, most people carry excess undigested fecal matter in their colon.

The sooner they begin to eliminate it, the better they feel. When it comes to weight loss, the weight lost through the elimination of fecal matter is weight permanently lost. (See #8 for more information on the colon.)

2. A healthy body is clean and lean.

Each organ that eliminates waste in the body can be cleansed. The primary organs that detoxify the body are the:

- Skin
- Colon
- Liver
- Kidneys
- Blood and lymphatics

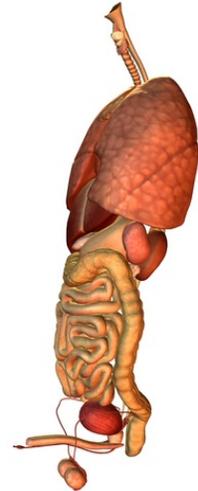
Body wrap experts report that when cleansing formulas for the liver are started a few days before the body wrap, the inches lost increases at least 20%.

3. Our body accumulates chemicals, pesticides, heavy metals or other poisons in fat cells throughout the body.

It's believed that the greater the accumulation of these toxins in the body, the harder it is for the fat cell to break down. That's one reason why it's difficult to lose weight.

A herb that supports the liver and kidneys is always beneficial when a person is trying to lose weight because these internal organs perform many roles related to digestion and metabolism.

The liver is the body's major internal detoxification organ, successfully binding up any chemicals, pesticides or metabolic intermediates that need to be removed from the body because they will cause harm. Binding them takes them out of direct circulation and eliminates them through the kidneys and the colon. Using the herb couchgrass helps speed up this process.



Couchgrass supports the liver and kidneys and has been used historically for liver complaints, to treat jaundice. It protects the urinary tubules against infection and increases the volume of urine, flushing out irritants and chemicals along the way.

4. Filtered water and detoxification through cleansing can make a big impact on your overall health.

If you're trying to flush waste out of your body, it only makes sense that you drink water that doesn't have waste in it!

If you haven't heard, a whole slew of pharmaceuticals — including antibiotics, anticonvulsant meds, mood stabilizers and sex hormones — can be found in the drinking water supplies of at least 41 million Americans.

If you don't think you can afford a *water filtration system*, then check out the costs of kidney dialysis... over \$1 Billion per year in the U.S. It may cost patients as much as \$30K per month... do the math for the co-pay.

The kidneys are pretty small internal organs by weight, but they receive a huge amount — about 20% — of the blood pumped by the heart each minute. Every day, your kidneys process and cleanse about 200 quarts of blood to sift out about 2 quarts of waste products. Be mindful of your 'machine.' Love and nurture it and it will, by nature, take care of you.

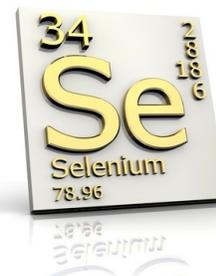
5. Cleansing always requires drinking more water than what is usually drank during the day.

Experts recommend as little as 1 ounce for every 2 pounds of body weight and as much as 1 ounce for every 1 pound body weight.

6. Cleansing formulas often contain herbs and supplements that support the organ that are being cleansed.

Some formulas add herbs, minerals or supplements that may contribute to weight loss. Minerals help buffer toxins and provide vital nutrients to cells. In fact, your overall health is tied closely to the minerals consumed in the diet. When it comes to herbs that contain a lot of minerals, hydrangea is quite interesting because it contains:

- Calcium
- Magnesium
- Silicon
- Chromium
- Manganese
- Sodium
- Cobalt
- Phosphorus
- Tin
- [Selenium](#)
- Zinc



In research studies, calcium, chromium and zinc have been found to have a link to weight loss. Calcium supplements may improve weight loss. Chromium deficiency is tied to blood sugar irregularities that can create the “munchies” and drive people to the refrigerator, vending machines

and fast food restaurants as if they are mindless zombies. Zinc deficiency can cause appetite loss that interferes with eating regular meals and results in the person eating only one meal per day, thus gaining more weight.

The mineral content of hydrangea, historically used as a kidney cleansing herb, can potentially assist in the creation of a lot of benefits and there are other active ingredients in the herb. Hydrangea also has appreciable amounts of rutin and quercetin, two components of the vitamin C complex. One research study found greater antioxidant power and liver cleansing properties than the combination of milk thistle and turmeric. (Bioscience, Biotechnology, and Biochemistry, 2003)

7. Cleansing formulas may also contain herbal blends to improve the function of the kidneys, GI tract, gall bladder and liver.

This can indirectly assist in weight loss by creating a more healthy system overall.

Little is known about the impact chickweed can have on those who want to lose weight with detox, but it is especially valuable in purifying and cleansing the system. Chickweed assists the body in releasing fat while supplying missing nutrients. Chickweed is high in calcium, magnesium, manganese, cobalt, zinc, iron, phosphorus, potassium, sodium and vitamin A.

Susan Weed, well-known herbalist, reports that chickweed may have a regulating effect on the thyroid, which can definitely assist with weight loss. She thinks of it as a metabolic balancer. The saponins in chickweed emulsify the fat cells, assisting in their breakdown.

8. When cleansing, it's important to start detoxifying the skin or colon before any other organ, even though liver cleanses may facilitate greater weight loss.

This is because toxins released from the liver will have no open route to leave the body. They end up getting re-circulated throughout the body, causing headaches, joint aches and pains, fatigue and skin breakouts. Always cleanse the skin or colon first!

Many people worry about colon cleansing because they have heard that diarrhea can cause loss of water and electrolytes, which of course can lead to dehydration and death. This is understandable but not true because colon cleansing is not meant to cause diarrhea.

Our intestinal tract should be used as a processing plant for the food we eat, not as a storage bin. "Some food in ... some food out" is the motto of someone with healthy colon function. However, think about it. If you ate three meals yesterday, were three meals eliminated? If not, what happened to the fecal matter? Most likely, it's still sitting in the processing plant, but the problem is that the longer it sits there, the more toxic the matter becomes.

If you add in the factor of not drinking enough water, now that toxic matter gets hard in the colon and sometimes "stuck." The purpose of a colon cleanser is to gently stimulate the colon to release its contents, thereby decreasing your body's overall toxicity level. When you think about it, colon cleansing is safe; living with a toxic colon is unsafe!

In fact, it is possible to die from a toxic colon. The medical condition is called auto intoxication and the person literally dies because their body accumulated too much waste matter.



Colon cleansers are generally safe. In the initial days of using them, it's possible to have a little diarrhea as the body is clearing itself of the toxic fecal matter. This should stop within a few days. You'll be amazed at how great you feel when all that old matter is gone, and surprised about how easy it is to eat healthy foods afterward. It's as if all the toxins in the old fecal matter prevented you from eating junk food.

Try a good colon cleanse and evaluate its health benefits today!

“Health is wealth”—though this is an age-old saying, it holds good even today. Undeniably, health is one of the most indispensable assets in life! You might possess all other forms of wealth, but to enjoy them you need to be healthy and lead a disease-free life. The best medicine is no medicine. You could prevent the many diseases by performing a body cleanse. What type of body cleanse have you tried with success? Enter your discoveries [HERE](#).



Roger Asmus entered a fitness competition and won the Mr. Teenage Colorado in 1991. He was later named Mr. Mile High in 1996 and achieved his dream when he was proudly awarded the title of Mr. Natural Colorado in 1998. Roger has been highly sought after as a model and authority in the fitness world, appearing in national news and magazines sources. Roger is currently one of the top personal trainers in the country and is president of Core Health Innovations™.

*Anti-Aging
Care*



Take the Rest of the Month Off

by David Kekich

How many times have you been advised to bear down, work harder and focus more when things get tough?

You might consider another option. Quit!

That's right. Fold the tent. Hang it up. Not for good, but long enough to recharge, rest and to reassess.

If you're like me, you're guilty of not recharging long enough and often enough. You might fool yourself into thinking you are going the extra mile and making sacrifices that will pay off in the long run, but you may in fact be doing two bad things. You are being counter productive, and you are shortening your life.

Knowing the latter, I sometimes joke about killing myself in the name of longevity. The ultimate irony, huh?

Let's look at what happens to you when you work too hard and too long.

Re-create Before The Grave

Your battery runs down, and you deplete reserves to keep yourself going. That stresses your entire system, which in turn can cause every disease from Alzheimer's to cancer and heart disease.

If that's not bad enough, you get stale. That leads to counter productivity, which means you are digging an early grave in order to be less efficient.

Time off and vacations are not luxuries. They are an integral part of your wellness and longevity program, and they enable you to get more done in the long run.

Recreation simply means to re-create. Resting lets you grow, makes you stronger, energizes you, frees your mind for generating breakthrough ideas and lengthens your life. It also improves your love life and strengthens your relationships.

Dan Sullivan, founder of "Strategic Coach" and arguably the most innovative and successful personal coach anywhere, made an interesting observation by studying thousands of entrepreneurs over decades.



He discovered that for every ten days a person takes off, completely disconnected from anything work related, he or she will come up with one game-changing insight on average that will turbo charge their business. Their minds become uncluttered, and ideas manifest themselves. Those who did that five times a year, got an average of five breakthrough ideas, many of which completely changed their lives for the better.

Divorce – Yourself

The secret is "disconnection." When you take time off, whether it's a day, a week or a month, completely divorce yourself from your business or your job. That means no business calls, emails or meetings. That means no trade journals, business-related writing or problem solving. It also means not thinking about business. That's the tough one. But you'll find the longer and more often you take time off to rest from work, the more natural it becomes.

While you are gone, make sure someone covers for you. Otherwise, you won't be able to clear your mind, and you'll be swamped with catching up when you return.

Do it right, and you will feel like a new person. You'll dive into your work with renewed enthusiasm and energy, and at the end of the year, you will find you have accomplished twice or more as much as you used to. You will also duck a lot of chronic suffering and disease that eventually seem to plague almost everyone else.

This all largely assumes you do what you love and love what you do. If not, take some of your time off to reassess what vocation would make you happier than anything else. It's never too late to change careers. If you love what you do, that's another life extender towards longevity.

***What other changes or benefits have you experienced from taking time of work!
Be bold and be the first to share, [HERE!](#)***



David Kekich (Living Healthy to 120: Anti-Aging Breakthroughs) is President/CEO of Maximum Life Foundation that focuses on aging research, a 501(c)(3) corporation dedicated to curing aging-related diseases. For more information, visit: www.MaxLife.org. David contributes to our column Living Healthy to 120: Anti-Aging Breakthroughs. MaxLife is helping to make the anti-aging dream a reality with cutting edge Bio-Engineering research and products.



Product Recommendation: Detox Drops

Detoxification for any time of the year: swimsuit weather, after Christmas, healthy eating impulse or urge to cleanse. Get that overall feeling of inner cleanness!

Native Remedies presents Detox Drops™ to naturally eliminate toxins and to restore your body's healthy metabolism. You will experience:

- Increased energy levels and stamina
- Restored liver functions
- Purified skin complexion
- Mobilized healthy joints
- A boost in your overall immune system
- Healthy weight loss, including breakdown of dietary fats



Detox Drops™ will renew your health by safely eliminating environmental toxins that have built up in your body and blood stream through food and water – without harmful side effects. The carefully blended selection of herbs in Detox Drops™ help support liver health function and well-being to gently flush out toxins, keeping all systems healthy and working at their best.

By cleansing and refreshing all body systems, Detox Drops™ can also present a naturally wonderful start to any new program to stop smoking or begin a healthy weight loss program.

Read this hopeful testimonial and realize you can stop the harmful effects of toxins and pharmaceutical poisoning you are exposed to every day.

“I have been struggling with general listlessness for many years. Every day I woke up feeling like I couldn't face the demands of the day - you know that feeling of ‘Oh no!’ you get when you wake up? After taking Detox Drops™ for only three days, I started to feel more alive and my energy levels increased every day. Detox Drops™ are great!” ~ Carla

Detox Drops™ is your natural remedy for gently and safely assisting the detoxification process and cleansing the body of toxins. Order your bottle of energy today!

www.homecuresthatwork.com/detoxdrops



Product Review: Acai Berry

Acai berries are believed to be one of the elite superfoods with anti-aging and weight loss properties. Traditionally grown and harvested in Brazil, the “cabbage palm” – otherwise known as the acai berry - is eaten raw or the acai berry juiced for its antioxidant properties, whose insoluble fiber is greater than cranberries, raspberries, blackberries, strawberries and blueberries.

Acai Berry Benefits

The pulp of the acai berries contains about 4% protein and 12% lipids, as well as minerals and vitamins found in other fruits: calcium, vitamin A, phosphorus, iron and thiamine.

Products with acai berries are used to enhance skin appearance, prevent cancer and enhance the immune-digestive system. Developers, and some experts, also suggest that the antioxidants found in the acai berry can also assist the body with expelling toxins, in a similar fashion as they assist the body with repelling and combating free radicals. If you are thinking of using any acai berry laxative or “cleansing” product for weight loss, it is important to know that laxatives are not effective for sustained weight loss. Laxatives lead to dehydration, kidney failure and possibly even death.

Because food and calories are absorbed by the small intestines, laxatives acting on the large intestines cause loss of water, minerals and electrolytes.

Acai Berry Dangers

While acai berries offer many nutritional benefits, there are also dangers associated with acai berry supplements. Acai berry detox products are marketed as being able to induce and support weight loss through a variety of methods, ranging from reducing water weight gain and removing unwanted toxins to increasing metabolic function and boosting energy levels.

If you choose to embark on the acai berry journey of weight loss or detox, it is important to keep in mind that many acai-containing products are offered for free or with a small shipping charge, but are often found to be fraudulent – and now with your credit card number. Please exercise caution when purchasing acai berry products and be sure to read the fine print.

The greatest risk associated with acai-berry based supplements does not come from the acai berry's juice ingredients, but rather other added ingredients. One of the most common ingredients added to acai supplements is caffeine, which can cause headaches, stomach aches and other side effects.

The following acai berry products were found to contain significant amounts of caffeine by an independent testing lab:

- Acai Berry Detox
- Garden Greens Acai Blast

In addition, acai berry products claim to be successful for flushing fat, the following product had recorded amounts of laxative without the required warning:

- Acai Berry Edge

“In August of 2009 Oprah Winfrey and the physician Dr. Mehmet Oz filed suits against several companies selling acai supplements, as well as other supplements, alleging false endorsement and other violations. Among those named in the suit are those selling *Acai Berry Detox* and *MonaVie*-- two of the products in this report. “

Acai Berry Power

On the other hand, 100% pure organic acai berry has no known side effects! If tribes in South America have been eating acai berries for hundreds of years, known for its great antioxidant properties, then it not likely to be dangerous in its organic form.

But, if you choose an acai berry supplement containing less than 100% pure acai berry you may experience side effects, such as weight loss. Why? Because the fillers, additives and chemicals added to the capsule or acai berry juice may be something you are allergic to. Always read the acai berry product packaging to make sure you know what you are putting into your body before you start. Natural acai berry never hurt anyone, and for the best effect it should be taken pure, unmixed with other fruit juices and ingredients.

Have you been scammed by acai berry products or are you a loyal believer in the its power? Please share your acai berry product own review with others [HERE!](#)