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# Detoxification







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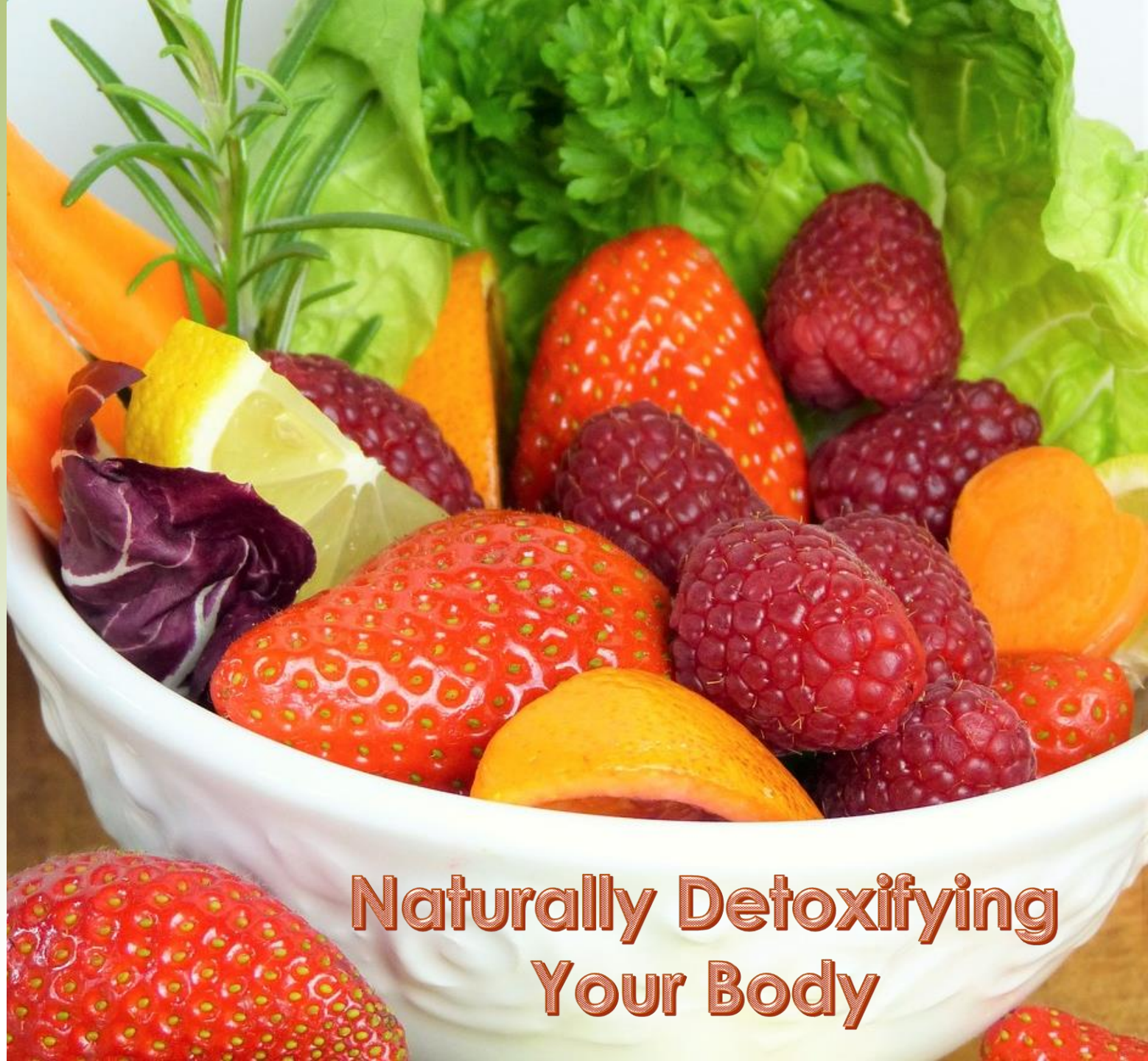


It's great to know that our body is set up to naturally detoxify itself every day.

We are faced with so many toxins on a daily basis, that without this automatic process going on within us, we would be in a very bad place indeed.

But... this isn't to say that we aren't better off giving our body a helping hand. This can be done by trying our 'darn-dest' not to eat anything containing toxins – not always a very easy job to do! They are everywhere in our food line... especially commercially prepared foods and around about us.

But the more we refuse them and the more we eat good healthy foods, the more we will end up aiding the detoxifying process.



## Naturally Detoxifying Your Body



# Why we should Aid our Body to Detox

It's virtually impossible to avoid everyday chemicals that threaten our health. They are hiding:

- In our clothing
- In the furniture
- Our beds and bed linens
- Soaps and Shampoos etc. etc. etc.

We are also exposed to environmental pollutants and dangerous chemicals in our food:

- Pesticides
- Preservatives
- Heavy metals etc. etc. etc.

Our liver becomes overloaded and then we feel bloated, fatigued, moody and aching all over.

**So, let's look at some great ways to help your body detox just by the yummy food you eat...**

# to-ferme SPICED TOM KETO



Image: Culturesforhealth.com

## 1. Lacto-Fermented Foods

We will go into these foods more in another lesson. Suffice to say here that these foods really aid in detoxification:

- ▶ **Sauerkraut** – binds to heavy metals like cadmium and lead so they can be easily eliminated (as little as  $\frac{1}{4}$  cup every day)
- ▶ **Kefir**
- ▶ **Kimchi**
- ▶ **Yoghurt** can be made from milk, coconut milk, almond milk



## 2. Dandelions



Dandelions, although considered a nuisance weed in our lawns, are in fact extremely good for us.

They help your gallbladder, kidneys and liver to detoxify the body.

It's a diuretic, which means it increases urine production and therefore helps to remove toxins.

Having a rich Vitamin C content which is an antioxidant, stops free radicals from damaging our cells.





As you know, eggs contain Sulphur which explains the 'rotten egg smell'. Not a nice thought, but that Sulphur is great when it comes to making an antioxidant called Glutathione.

What it does is strengthen our liver and supports detoxification.

You need to buy organic eggs wherever possible, or at least, free-range, so that the eggs themselves are free from toxins.

## 3. Eggs

## 4. Fruits - Lemons

Fruits containing Vitamin C all aid with detoxification, but in particular lemons are well known for their detoxing ability.

Lemons contain citric acid which encourages the stomach to produce more acid. This makes it easier to digest food and at the same time destroy toxins.





# 5. Vegetables - Land

Every member of the Brassica genus of plants are excellent choices for detoxification. Garlic is another good choice.

Examples are Kale, Cabbage, Cauliflower, Brussels sprouts, Broccoli etc. Being lightly steamed is the best way for cooking. They contain a lot of fibre, and the steaming makes them easier to digest.

Once again, they contain Sulphur, together with other compounds that improve the detoxification phases of the liver:

- **In the First Phase the liver removes:**
  - Alcohol
  - Caffeine
  - Pesticides
  - Other noxious substances
- **In the Second Phase the liver removes:**
  - Chemicals
  - Drugs
  - Pharmaceuticals





## 7. Vegetables – Sea

# Chlorella

Chlorella is a green algae which enables natural chelation. This means it can remove heavy metals from the gut.

Chlorella binds to the toxin and carries it out of the body.





## 8. Spices such as Turmeric

- ▶ Turmeric has been identified as a superfood and has been used for a very long time in Ayurvedic medicine as it lessens inflammation and detoxifies the liver.
- ▶ The active ingredient in Turmeric is called Curcumin which is a strong antioxidant.
- ▶ A very popular hot coconut milk drink is made from Turmeric, Ginger, Black Pepper, Cinnamon. I love it and drink it often.





# 9. Nuts and Seeds

Nuts contain Vitamin E which has the ability to shield cells from any oxidative stress. This is caused by free radicals coming from all kinds of pollutants we are faced with on a daily basis.

They contain Omega-3 Essential Fatty Acids, which I'm sure you've heard of before. Most people are lacking in how much Omega-3 they consume daily.

The word 'essential' means that your body doesn't make it and it's essential that you are receiving it in your diet on a regular basis.

Omega-3 is contained within nuts and seeds, so make sure you're getting some every day:

**Raw nuts are far superior for health!**



## Seeds:

- Chia seeds
- Flax seeds (ground)
- Hemp seeds

## Nuts:

- Almonds
- Brazil nuts
- Pecans
- Pine nuts
- Pistachios
- Walnuts



# 10. Salmon

Salmon contains a lot more Omega-3 essential fatty acids than nuts and seeds, so it is a particularly good source.

The only problem is that our Australian Salmon is really a Perch! Apparently, Captain Cook named it, but it is not the same fish as Atlantic or Alaskan Salmon.

The biggest problem I see with Salmon is that what is available here in Australia is farmed. I will not eat farmed fish, at least as best I can ascertain. I do purchase tinned wild-caught Alaskan Salmon although I know it's a far stretch from eating a fresh fish.

All fresh Salmon bought at any fishery outlet within Australia is all farmed fish according to what I've been told. They feed them food that is unnatural to the fish and apparently must add a dye to give the characteristic red colour of the flesh.

No thank you! So sad!



Image: collective-evolution.com



# 10. Salmon

As you can see by looking at the chart supplied by collective-evolution.com, the amount of Omega-6 is vastly different between wild caught and farm Salmon.

By eating this kind of fish (farmed) you are giving yourself some Omega-3 (which is good) but at the same time, you are receiving a huge dose of Omega-6 – almost 6 times the amount of the wild-caught fish.

This is bad because in the diet of most people, Omega-6 is already way 'out of whack' with the amount of Omega-3 we should have.

Although Omega-6 is important to our body if it's received through natural sources, there is a distinct balance that should be maintained... 1,944mg is way too much!

1/2 Fillet Wild Salmon	Nutrient	1/2 Fillet Farmed Salmon
281	Calories	412
39 g	Protein	40 g
13 g	Fats	27 g
1.9 g	Saturated Fats	6 g
3.4 g	Omega-3	4.2 g
341 mg	Omega-6	1944 mg
109 mg	Cholesterol	109 mg
2.4%	Calcium	1.8%
9%	Iron	4%
14%	Magnesium	13%
40%	Phosphorus	48%
28%	Potassium	21%
3.6%	Sodium	4.9%
9%	Zinc	5%
0	Vitamin C	13%

Image: collective-evolution.com



# Apple Cider Vinegar Drink

Mother Natures Medicine Bottle



Age Old Remedies With A Miracle In A Bottle

The first thing you need to know about buying ACV is that you need to get one that still contains the 'mother'.

If it still contains the mother, then you can be assured it is a good vinegar and has all the health properties well known to ACV. It will say on the bottle.



# Apple Cider Vinegar Drink

But there is another ACV that contains not only all the benefits of normal cider vinegar but has been enhanced with an extra 75 plus phyto colloidal minerals. This makes it a far superior product from the norm. Some of the benefits are:

- **Detox your body**
- Lowers blood pressure
- Lowers cholesterol
- Reduces inflammation from arthritis
- Soothes bites and minor skin irritations
- Promotes growth of healthy gut flora

- **Aids weight loss**
- Use on sore muscles and bruises
- Anti inflammatory properties
- Boosts immunity
- Increases energy
- Boosts metabolism

So, either pick up a bottle or order this particular concentrated one. You just need a teaspoon of the concentrate in a glass of water daily.

You will find the link on my website: <http://mouthfulmatters.com>



# Secret Detox Drink Recipe

By [Dr Axe](#)

Dr Axe has produced a beautiful detox drink. It's so easy to make, taking only a couple of minutes:

## Ingredients for 1 serve:

- 1 glass of warm or hot water
- 2 T Apple Cider Vinegar
- 2 T lemon juice
- ½ - 1 t ground ginger
- ¼ t cinnamon
- 1 dash cayenne pepper
- 1 T raw, local honey

## Directions:

1. Warm the water
2. Mix all ingredients together
3. The temperature for honey should be just so you can hold your finger in the drink
4. Best served warm, but drink at desired temperature



*What a great idea!*



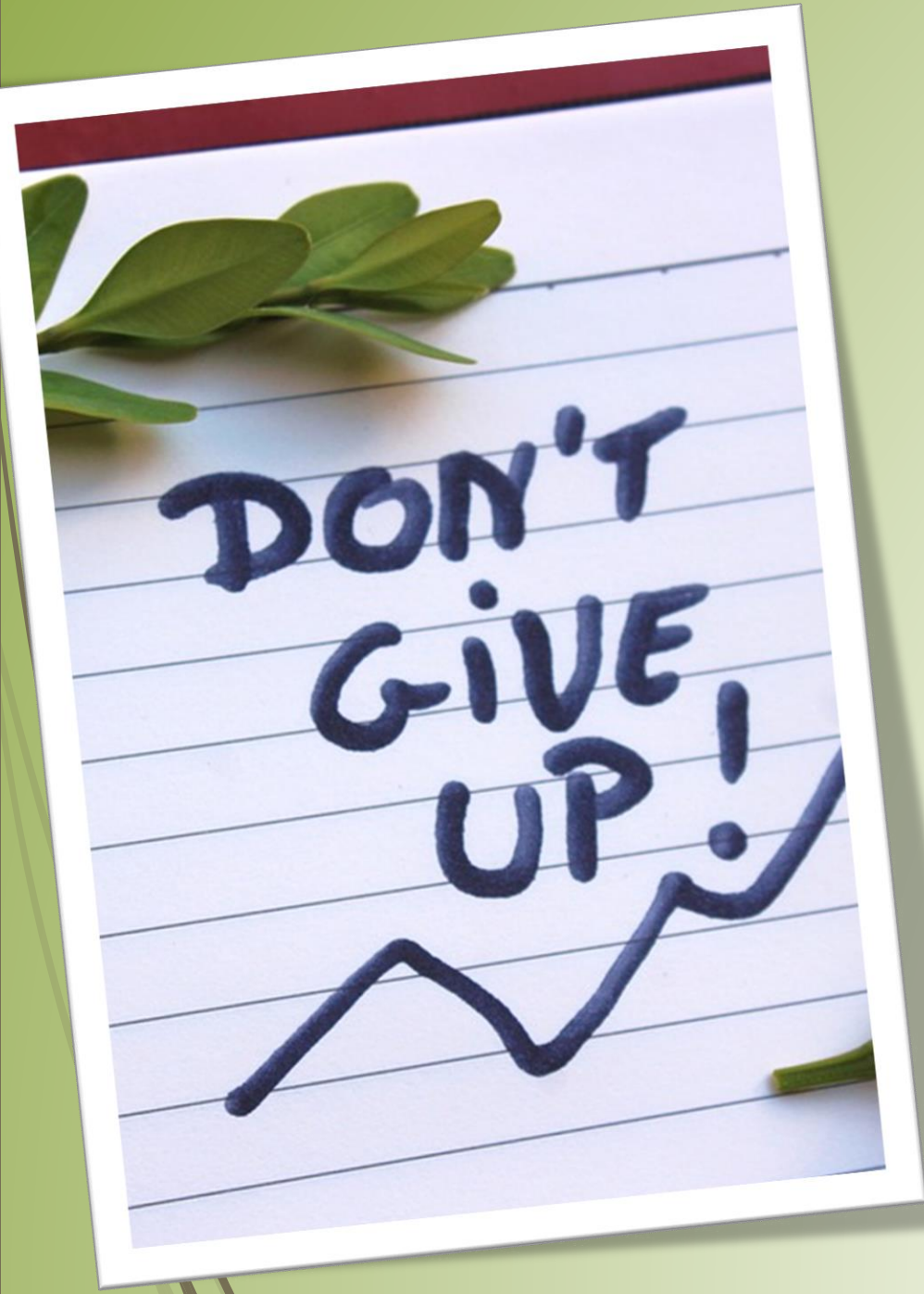
# Don't Give Up!

► It's important to understand a little about how healing works.

► **As your liver is the main detoxification organ, when it receives the goodies it needs it will become very busy working on itself. Liver first!**

► This may mean when you begin to eat the right kind of food, and/or take supplements that aid in detoxification and building your health... you might not notice anything different for some time.

► This can be discouraging and cause people to think that it doesn't make any difference to them... and then give up.



DON'T  
GIVE  
UP!



# Inside out... head to feet!

It's recommended you give the new regime six months minimum before making up your mind.

For example, there was a woman who was wanting to improve her health and lose weight. No weight came off her for 5 ½ months! But she persevered. Then suddenly she lost over 11 kilos... and almost 14 kilo the next month!

Please remember that good food and high-quality supplements will always work on a "*where most needed*" basis.

## **Healing first takes place:**

- from the inside out... and
- from the head to the feet.

This is very well known in natural medicine.