

Why detox?

Most of the foods we eat contain pesticides, animal hormones, toxins, and antibiotics which decrease the liver and colons ability to naturally detoxify and digest these foods. When the liver and colon are not working properly the whole body becomes toxic! This toxicity produces a variety of symptoms: inability to lose weight, fatigue, skin changes, and allergies.

#1 Rule in detoxification=Eat Organic and Free Range

Eating fruits and vegetables sprayed with pesticides interfere with liver function. Most animals are injected with growth hormone and antibiotics which change our stomach bacteria and compete with our natural hormones.

How long should I detox? 5-10 days, this differs with each patient. Obviously if you are having a number to symptoms you would need a longer detoxification.

What can't I have on my detox diet?

- Caffeine
- Alcohol
- Sugar or Sugar substitutes
- Butter or margarine
- Refined carbohydrates, white rice or flour products
- Dairy products (milk, cheese, yogurt)
- Non-organic eggs or meat
- Over the counter drugs (Tylenol, ibuprofen)
- Table salt



What can I have on my detox diet?

- Fruits (especially apples, pears, berries)
- Non sweetened fruit juices (tart cherry or cranberry)
- Vegetables (especially broccoli, cauliflower, artichokes, sprouts)
- Organic lean meat (fish, turkey, chicken, seafood, Venison) 1 servings a day
- Sea Salt or other seasonings
- Organic eggs(1x day)
- Organic nuts
- Olive oil, flax, sesame

What else should I be doing?

- Drink ½ your body weight of filtered or purified water
- Take a good multivitamin
- Take a liver or colon supplement (Advaclear 2 capsules 2x/day)
- Medical Food(2 scoops 2x/day) UltraClear Plus, Estrium, UltraMeal, UltraInflamX, UltraGlycemx
- Do not do strenuous exercise!
- Prior to the detox weigh yourself, measure waist and hips.

Sample meal suggestions:

Breakfast:

- Fruit smoothie with berries and fruit juice, Medical Food
- Scrambled eggs with vegetables
- Fresh fruit
- Boiled eggs

Lunch:

- Broiled Chicken, Turkey, or fish
- Salad with a vinaigrette dressing
- Steamed vegetables
- Raw vegetables

Dinner:

- Same as lunch
- Vegetable/Meat stir fry
- Homemade soup made with organic broths



Websites with healthy recipes you can modify for this diet:

Allrecipes.com
Shape.com

What do I do when the detox is over?

Gradually add in organic dairy, especially yogurt for the natural bacteria. Start eating whole grain carbohydrates(pasta, breads, rice). Your cravings for sweets should be minimal!

Prices and Products:

UltraClear Plus(\$55)-used for patients with toxic symptoms, low energy, exposure to chemicals

Estrium(\$32)-used for patients with hormone related symptoms, PMS, Prostate conditions, Menopause

UltraMeal(\$37)-used for patients with metabolic syndrome, weight loss, elevated lipids

UltraInflamX(\$50)-used for patients with inflammation, IBS, Arthritis, skin conditions

UltraGlycemx(\$55)-used for patients with diabetes, high blood sugar

Advaclear(\$21)-helps the liver process the toxins your body is releasing from your adipose(fat)cells

**CABLE CHIROPRACTIC CLINIC**

Brenda Brueske, D.C.
715-798-4700