

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, inflammation 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, pear or pomegranate)
- Vegetables (especially broccoli, cauliflower, artichokes, sprouts, spinach)
- Organic lean meat (fish, turkey, chicken, seafood, Venison) 1 servings/day
- Sea Salt or other seasonings
- Organic eggs(1x day)
- Organic raw nuts
- Olive oil, coconut, grapeseed

What else should I be doing?

- Drink ½ your body weight in ounces of filtered or purified water
- Take a liver or colon supplement (Advaclear 2 capsules 2x/day)
- Medical Food(2 scoops 2x/day) UltraClear Plus, Estrium, UltraMeal, UltraInflamX, UltraGlycemx (Make it a smoothie)
- Do not do strenuous exercise!
- Prior to the detox weigh yourself, measure waist and hips. Calculate BMI at www.nhlbisupport.com/bmi this number should be below 25

Sample meal suggestions:

Breakfast:

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

Lunch:

- Broiled Chicken, Turkey, or fish
- Salad with a vinaigrette dressing (oil, lemon juice, fresh or dry herbs)
- Steamed vegetables(season with herbs or balsamic vinegar)
- Raw vegetables

Dinner:

- Same as lunch
- Vegetable/Meat stir fry (No cornstarch to thicken)
- Homemade Vegetable soup made with organic broths

Beverages should be water, green tea, or no sugar added juice (sparingly as it does have calories)

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, but you can try dark chocolate, red wine, berries with organic cream, or nuts.

Prices and Products:

One of the following:

UltraClear (\$50)-used for patients with toxic symptoms, low energy, exposure to chemicals

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

UltraInflamX(\$55)-used for patients with inflammation, IBS, Arthritis, skin conditions

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

AND

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