

BodyWisdom

Guide to Detoxification

**Is it time for you to begin cleansing your
body from the inside out?**



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How Toxic Are You?

Toxicity Indicators

Check all that apply (5 or more may indicate an excessive level of toxicity)

- Digestive problems (bloating, gas, indigestion, acid reflux)
- Fatigue or low energy
- Constipation (less than 1 bowel movement per day)
- Food cravings
- Overweight ≥ 30 lbs
- Skin conditions (acne, psoriasis, eczema, rosacea)
- Dark circles or puffiness under eyes
- High cholesterol/triglycerides
- Low Thyroid function
- Elevated AST/ALT/GGT/Alk Phos
- Insomnia
- Frequent headaches
- Dizziness
- Mental fog, Apathy or Lack of Concentration
- Hormonal problems
- Joint pain
- Low or High Blood Sugar
- Food sensitivity
- Fluid retention
- Frequent illness
- Cellulite
- Labored breathing
- Hoarseness
- Anxiety, Depression or excessive Stress
- High Blood Pressure
- Backaches
- Muscle Pain and cramping
- Diarrhea
- Excessive Coughing
- Itchiness
- Low exercise tolerance
- Bad breath
- Sinus congestion
- Diabetes or Insulin Resistance
- Cysts
- Allergies/asthma
- Toxic metal residue (from hair, blood or urine testing)

Total Indicators checked:



Hydrate for Health and Cleanse Your System

Did you know the human brain is made up of 85 percent water, and our blood consists of nearly 80 percent water?

It's no wonder that water is so critical to health. What's more, water is also a natural cleansing agent. Drinking water is a great way to support the body's internal, natural detoxification system, as well as enhance effective elimination.

Unfortunately, a study released in 2013 by the Centers for Disease Control and Prevention found that nearly half of all Americans don't drink enough water. As a result, they can become partially or fully dehydrated.

Partial dehydration can cause problems like fatigue, fuzzy thinking, dry mouth, and even weight gain. And chronic dehydration can increase the risk of many illnesses. When the body doesn't have enough water, for example, the blood becomes thicker, which can increase the risk of heart problems. Not drinking enough water can also worsen digestive issues such as constipation, and increase the risk of bladder and colon cancer.

Cellular energy production, detoxification, and other metabolic processes are dependent upon water. This all makes sense because, on average, our bodies are made up of 75 percent water. Our skin, bones, muscles, blood, and immune system require water to function properly. Even our teeth are made up of about 10 percent water. That, plus all of the water contained in saliva, is why dehydration can increase risk of cavities and tooth decay. The key is to stay hydrated long before you get thirsty—because by the time you feel parched, you're already dehydrated.

How much water and how often?

To ensure you can keep dehydration at bay and support proper ongoing detoxification, drink water throughout your day rather than just a couple of times a day. This keeps your cells, tissues, and organs consistently hydrated. Keep in mind, though, that you may want to limit your water intake during the last few hours of your day so you don't have to wake up to urinate during the night.

Here is how to calculate how much water you should be drinking each day: Your weight divided in half = total ounces per a day

So, a 128-pound person needs to drink 64 ounces, or eight 8-ounces glasses of water each day. If you weigh 170 pounds, you'll need 10 and a half glasses a day. And if you're highly active, you should drink extra water during and after exercise.

How do you know if you're hydrated? Check for the following symptoms:

- Fatigue
- Foggy Memory
- Irritability
- Joint Pain
- Mood Swings
- Weakened Immunity

Even mild dehydration can be problematic, so it's important to continually replenish those water stores.

Does the container matter?

Almost as important as the quantity of water is the quality of the water you choose. Whenever possible, drink pure, filtered water. The container you drink from is also important. We recommend these containers because they're free of toxic chemicals:

- Glass
- Waxed paper cup
- Ceramic
- Stainless Steel

Whenever possible, avoid drinking out of:

Plastic containers unless they are BPA-free (keep in mind that all plastic water bottles can contain other harmful chemicals and be environmentally unfriendly) and Styrofoam cups.

No matter which nontoxic container you choose, it's a good idea to keep it filled throughout the day. That way, you'll always remember it's time to drink more water!

How does exercise help get rid of toxins?



We all know the importance of regular exercise and how being overweight can put unnecessary stress on our bodies, but there are other medical benefits to staying active. Exercise removes harmful toxins from the body – and not just the kind produced during a wicked hangover.

Detoxing also cleanses the body's internal organs of environmental pollutants, food waste, poison, bacteria, and other harmful toxins. This includes the things we put into our bodies like alcohol, drugs, and tattoo ink. Although the body is constantly working to cleanse itself of these things, exercise encourages the process.

How Exercise Helps Flush Toxins

A detox doesn't necessarily mean juicing and going on a rigorous diet. Exercising quickens breathing, promotes blood circulation, and increases sweat production—all factors that promote the release of toxins. The more blood that is circulated through the body, the easier it is for the liver and the lymph nodes to do their job. People also tend to increase their fluid intake when they exercise, and drinking fluids, especially water, will increase sweat production and release toxins. Drinking more water during a workout will also help your kidneys work more effectively, ultimately flushing out unwanted toxins, fats, and waste.

Types of Exercise to Promote the Flushing of Toxins

Aerobic Exercise

Generally, any low-intensity aerobic exercise that increases the heart rate and causes heavier breathing is a recommended detox method as long as your breathing falls within the fat-burning zone. Appropriate exercises can be anything from dancing and bike riding to jogging and swimming. It's recommended to workout steadily at a conversational pace.

Rebounding

Rebounding, or bouncing on a mini trampoline, is another form of exercise that encourages toxin release. The low-impact motion stimulates the lymph system, which is an important function of the body's immune system. Lymph nodes work as filters for harmful substances and fight off infections by attacking germs that make their way into the lymph fluid. It only takes 20

minutes on the trampoline two or three times per week for this form of toxin flushing to work.

Yoga

There are specific yoga poses that are beneficial to detoxifying certain organs, and these can be found in certain types of Pilates and martial arts as well. Doing yoga can help you feel cleaner on the inside and more energetic on the outside. These few simple yoga poses will help you rid your body of toxins without any messy fruit or vegetable concoctions flushing your insides and destroying your blender.

How Sweating Plays a Major Role in Detoxing

Sweat is one of the body's main natural solutions to help get rid of toxins, but more sweat doesn't necessarily mean more toxins are being flushed from the body. Excess sweating might be caused by overheating or eating spicy food and can lead to dehydration. This is why it's so important to drink water regularly, especially while working out. While other fluids like juice and sports drinks will keep you hydrated, they contain sugar and other ingredients that aren't good for the body, so if detoxing is your goal, it's best to avoid them.

Often, those who exercise regularly find that they don't particularly care for the sweaty part of the process. Whether it's because of skin irritation or itching, excess sweat can distract you from getting in a good workout. Many people look into ways to reduce sweat production but don't realize that body hair can be a contributing factor to irritation. Laser hair removal is a great solution because the lasers target the hair follicles, which prevents the hair from growing back. Serious athletes have discovered that completely removing hair from the arms, legs, and other areas of the body reduces sweat and irritation and resistance, which is a boon for runners, cyclists, and swimmers.

Gluten: What You Don't Know Might Be Causing Your Health Problems



SOMETHING YOU'RE EATING MAY BE CAUSING YOUR HEALTH PROBLEMS and you probably don't even know it! If you eat cheeseburgers or French fries all the time or drink six sodas a day, you likely know you are shortening your life. But eating a nice dark, crunchy slice of whole wheat bread—how could that be bad for you? Well, bread contains gluten, a protein found in wheat, barley, rye, spelt, kamut, and oats. It is hidden in pizza, pasta, bread, wraps, rolls, and most processed foods. Clearly, gluten is a staple of the American diet. What most people don't know is that gluten can cause serious health complications for many. You may be at risk even if you don't have full blown celiac disease.

The Dangers of Gluten

A recent large study in the Journal of the American Medical Association found that people with diagnosed, undiagnosed, and “latent” celiac disease or gluten sensitivity had a higher risk of death, mostly from heart disease and cancer. (i)

This study looked at almost 30,000 patients from 1969 to 2008 and examined deaths in three groups: Those with full-blown celiac disease, those with inflammation of their intestine but not full-blown celiac disease, and those with latent celiac disease or gluten sensitivity (elevated gluten antibodies but negative intestinal biopsy).

The findings were dramatic. There was a 39 percent increased risk of death in those with celiac disease, 72 percent increased risk in those with gut inflammation related to gluten, and 35 percent increased risk in those with gluten sensitivity but no celiac disease.

This is ground-breaking research that proves you don't have to have full-blown celiac disease with a positive intestinal biopsy (which is what conventional thinking tells us) to have serious health problems and complications—even death—from eating gluten.

Yet an estimated 99 percent of people who have a problem with eating gluten don't even know it. They ascribe their ill health or symptoms to something else—not gluten sensitivity, which is 100 percent curable.

And here's some more shocking news ...

Another study comparing the blood of 10,000 people from 50 years ago to 10,000 people today found that the incidences of full-blown celiac disease increased by 400 percent (elevated TTG antibodies) during that time period. (ii) If we saw a 400 percent increase in heart disease or cancer, this would be headline news. But we hear almost nothing about this. I will explain why I think that increase has occurred in a moment. First, let's explore the economic cost of this hidden epidemic.

The most serious form of allergy to gluten, celiac disease, affects one in 100 people, or three million Americans, most of who don't know they have it.

Undiagnosed gluten problems cost the American healthcare system oodles of money. Dr. Peter Green, Professor of Clinical Medicine for the College of Physicians and Surgeons at Columbia University studied all 10 million subscribers to CIGNA and found those who were correctly diagnosed with celiac disease used fewer medical services and reduced their healthcare costs by more than 30 percent. (iii) The problem is that only one percent of those with the problem were actually diagnosed. That means 99 percent are walking around suffering without knowing it, costing the healthcare system millions of dollars.

And it's not just a few who suffer, but millions. Far more people have gluten sensitivity than you think—especially those who are chronically ill. The most serious form of allergy to gluten, celiac disease, affects one in 100 people, or three million Americans, most of who don't know they have it. But milder forms of gluten sensitivity are even more common and may affect up to one-third of the American population.

Why haven't you heard much about this?

Well, actually you have, but you just don't realize it. Celiac disease and gluten sensitivity masquerade as dozens and dozens of other diseases with different names.

Gluten Sensitivity: One Cause, Many Diseases

A review paper in The New England Journal of Medicine listed 55 “diseases” that can be caused by eating gluten. (iv) These include osteoporosis, irritable bowel disease, inflammatory bowel disease, anemia, cancer, fatigue, canker sores, (v) and rheumatoid arthritis, lupus, multiple sclerosis, and almost all other autoimmune diseases. Gluten is also linked to many psychiatric (vi) and neurological diseases, including anxiety, depression ^[2], (vii) schizophrenia, (viii) dementia, (ix) migraines ^[3], epilepsy, and neuropathy (nerve damage). (x) It has also been linked to autism ^[4].(ix)

We used to think that gluten problems or celiac disease were confined to children who had diarrhea, weight loss, and failure to thrive. Now we know you can be old, fat, and constipated and still have celiac disease or gluten sensitivity.

Gluten sensitivity is actually an autoimmune disease that creates inflammation throughout the body, with wide-ranging effects across all organ systems including your brain, heart, joints, digestive tract, and more. It can be the single cause behind many different “diseases.” To correct these diseases, you need to treat the cause—which is often gluten sensitivity—not just the symptoms.

Of course, that doesn't mean that ALL cases of depression or autoimmune disease or any of these other problems are caused by gluten in everyone—but it is important to look for it if you have any chronic illness.

By failing to identify gluten sensitivity and celiac disease, we create needless suffering and death for millions of Americans. Health problems caused by gluten sensitivity cannot be treated with better medication. They can only be resolved by eliminating 100 percent of the gluten from your diet.

The question that remains is: Why are we so sensitive to this “staff of life,” the staple of our diet?

There are many reasons ...

They include our lack of genetic adaptation to grasses, and particularly gluten, in our diet. Wheat was introduced into Europe during the Middle Ages, and 30 percent of people of European descent carry the gene for celiac disease (HLA DQ2 or HLA DQ8), (xii) which increases susceptibility to health problems from eating gluten.

American strains of wheat have a much higher gluten content (which is needed to make light, fluffy Wonder Bread and giant bagels) than those traditionally found in Europe. This super-gluten was recently introduced into our agricultural food supply and now has “infected” nearly all wheat strains in America.

To find out if you are one of the millions of people suffering from an unidentified gluten sensitivity, just follow this simple procedure.

The Elimination/Reintegration Diet

While testing can help identify gluten sensitivity, the only way you will know if this is really a problem for you is to eliminate all gluten for a short period of time (2 to 4 weeks) and see how you feel. Get rid of the following foods:

- Gluten (barley, rye, oats, spelt, kamut, wheat, triticale—see www.celiac.com for a complete list of foods that contain gluten, as well as often surprising and hidden sources of gluten.)
- Hidden sources (soup mixes, salad dressings, sauces, as well as lipstick, certain vitamins, medications, stamps and envelopes you have to lick, and even Play-Doh.)

For this test to work you **MUST** eliminate 100 percent of the gluten from your diet—no exceptions, no hidden gluten, and not a single crumb of bread.

Then eat it again and see what happens. If you feel bad at all, you need to stay off gluten permanently. This will teach you better than any test about the impact gluten has on your body.

But if you are still interested in testing, here are some things to keep in mind.

Testing for Gluten Sensitivity or Celiac Disease

There are gluten allergy/ceciac disease tests that are available through Labcorp or Quest Diagnostics. All these tests help identify various forms of allergy or sensitivity to gluten or wheat. They will look for:

- IgA anti-gliadin antibodies
- IgG anti-gliadin antibodies
- IgA anti-endomysial antibodies
- Tissue transglutaminase antibody (IgA and IgG in questionable cases)
- Total IgA antibodies
- HLA DQ2 and DQ8 genotyping for celiac disease (used occasionally to detect genetic susceptibility).

- Intestinal biopsy (rarely needed if gluten antibodies are positive—based on my interpretation of the recent study)

When you get these tests, there are a few things to keep in mind.

In light of the new research on the dangers of gluten sensitivity without full blown celiac disease, I consider any elevation of antibodies significant and worthy of a trial of gluten elimination. Many doctors consider elevated anti-gliadin antibodies in the absence of a positive intestinal biopsy showing damage to be “false positives.” That means the test looks positive but really isn’t significant.

We can no longer say that. Positive is positive and, as with all illness, there is a continuum of disease, from mild gluten sensitivity to full-blown celiac disease. If your antibodies are elevated, you should go off gluten and test to see if it is leading to your health problems.

So now you see—that piece of bread may not be so wholesome after all! Follow the advice I’ve shared with you today to find out if gluten may be the hidden cause of your health problems. Simply eliminating this insidious substance from your diet, may help you achieve lifelong vibrant health.

14 – Day Detox

Breakfast:

Shake: See Recipe below

Plus Supplements: SP Cleanse 3 capsules

Lunch:

Regular Meal: Choose food options from list of suggested food choices

Plus Supplements: SP Cleanse 3 capsules

Dinner:

Shake: See Recipe below

Plus Supplements: SP Cleanse 3 capsules

Snacks:

This is not a calorie restrictive program. If you are hungry between meals use the food option guide to snack on if you are truly hungry, not just bored or stressed.

The Detox Shake Recipe

Add to Health Master, Vita Mix, Blendtec or other commercial-grade blender

8-12 ounces almond, coconut, cashew, soy or dairy milk

8-12 ounces water

1 scoop Fruits and Greens

1 scoop Detox Protein powder

Choose two or more ½ oz serving of the following: emphasize berries, leafy greens and cruciferous

Carrots, celery, apple, blueberry, banana, strawberry, cauliflower, broccoli, pineapple, watermelon, kale, spinach, avocado, orange, tangerine, papaya, mango, grapes, cucumber, parsley, dandelion, romaine, peppers, zucchini, arugula, ginger, etc.

Berries – use frozen or farm fresh.

Bananas – freeze when yellow, peel, break in half; -store in ziplock bag.

You may also add freshly ground flaxseed or chia seeds.

Great tasting pomegranate or acai smoothie

4 oz juice; 4 oz almond or cashew milk; 8 oz water

Add: 1 scoop Berry, Green Tea Melon, Strawberry/Kiwi

Blackberry/Tangerine or Grape Fruits and Greens

1 scoop Detox protein powder

Add frozen berries and frozen banana

1 tablespoon of chia or flaxseed if desired

A Sample Detox Maintenance Diet

Breakfast

Healthy Shake (see recipe)

Greek yogurt, chopped almonds, ½ cup blueberries

3 eggs any style, ½ cantaloupe

Oatmeal, cinnamon, soymilk, 2-3 Tbsp. Fresh ground flaxmeal

Almond or cashew butter on whole grain toast

8 ounce yogurt, almonds and ½ cup raspberries

Lunch and Dinner

Large Fresh Salad of Organic Greens, Sliced Beets, and Assorted
Vegetables with 6 oz. broiled Catfish (farm-raised)

Organic Chicken salad with olives, assorted raw vegetables, and
sauerkraut

Grilled salmon, snapper, or any seafood, roasted vegetables

4-6 oz. Steak/filet mignon, baked sweet potatoes, large green salad with
flax oil and olive oil dressing

4-6 oz. Roasted turkey, steamed broccoli, small pat butter

Sardines in water, 1 Tbsp. mayo, green salad

Flounder or Trout, steamed Brussels sprouts, green salad with flax oil dressing

Grilled scallops or shrimp, green beans with sliced almonds, green salad with flax/olive oil dressing

Beverages

Green drinks, Superfood shakes, fresh vegetable juices

Herbal Teas: Dandelion Root, Chamomile, Green Tea,

Snacks

Handful of raw almonds, hazelnuts, pumpkin seeds, almond butter or Tahini (sesame paste) on whole grain cracker, olives, grain-free flaxmeal muffins, guacamole and fat-free chips. Roasted garlic or almond butter on rice cake, protein shakes with freshly ground flaxseeds added, sugar-free yogurt, rice cakes with nut butter, 1 grainless muffin (see recipes), guacamole and fat-free chips, one fresh organic fruit, 2 oz. cheese, lean hormone free meat with mustard, hard boiled egg.

Avoid

All gluten-containing foods, dairy, foods grown with pesticides or herbicides, soft drinks, alcohol, sugar, foods with additives or coloring agents, processed meats, soups and other processed foods high in salt.

Suggestions And Goals

Detoxification is a life-long process. Don't look to accomplish it all at once. We are always detoxifying, and the goal is to be ahead of your diet, metabolism and environment.

Healthy Food Options During the Cleanse

Protein Selections

Grass-fed beef
Organic Poultry
Organic eggs
Wild caught fish (salmon, trout, sardines, flounder, sole)

Vegetables and Fruit unlimited
steamed, sautéed, fresh or frozen

Beverages

Herbal teas
Water
Fresh Vegetable juices
Coconut water
Bone broth
Black Coffee

Condiments and Spices can and should be used to enhance health benefits and flavors

Grains: Eliminate all grains except rice, buckwheat and quinoa:
(wheat, rye, barley, oats)

Dairy: Eliminate all dairy (milk, cheese, yogurt, ice cream, etc.)

Fat Choices

Coconut oil
Grass-fed butter
Avocado
Flaxseed oil
Walnut oil
Virgin Olive oil
Hemp seed oil
Raw nuts and seeds including flax and chia seeds

Dynamic

Fruits and Greens

One scoop contains anti-oxidants of 20 servings of fruit and vegetables

Strawberry/Kiwi; Berry; Mint; Chocolate;
Espresso; Grape; Pink Lemonade;
Green Tea/Melon; Blackberry/Tangerine
Chocolate/Coconut; Pro Oranges

You've finally found it — a simple and amazing source of fruits, vegetables, probiotics and many other superfoods designed to help you say hello to more energy and goodbye to excess fat!

Dynamic Fruits & Greens is easy to mix up and take with you when you're on the go. Just use one scoop a day in water or a smoothie and receive the benefit of more than 50 nutrients, fruits and veggies. Imagine — all the benefits of organic fruits and vegetables, without the hassle or cost of going to the organic food store!

I'M READY FOR MORE ENERGY

- The dynamic blend supplies your body with improved energy, metabolism, fat-burning, digestion, detoxification, immunity, repair, recovery, revitalization, and longevity!
- Tastes amazing
- Easy to mix
- Enhances immune function
- Alkalizes body and balances pH
- Improves digestion with enzymes, probiotics and fiber
- Detoxifies body systems
- Nutrient-rich superfood formula with whole food concentrates designed to provide synergistic phytonutrient nutrition Super Blend of 100% natural fruit and vegetable extracts, vitamins, flax lignans, ionic trace minerals, enzymes, antioxidants, phytonutrients, and symbiotic intestinal flora.
- Contains 15 Certified Organic foods and 70 trace minerals
- Includes almost 50 different freeze-dried super foods
- No sugar added, diabetic safe
- No wheat, dairy, preservatives, MSG, stimulants or caffeine