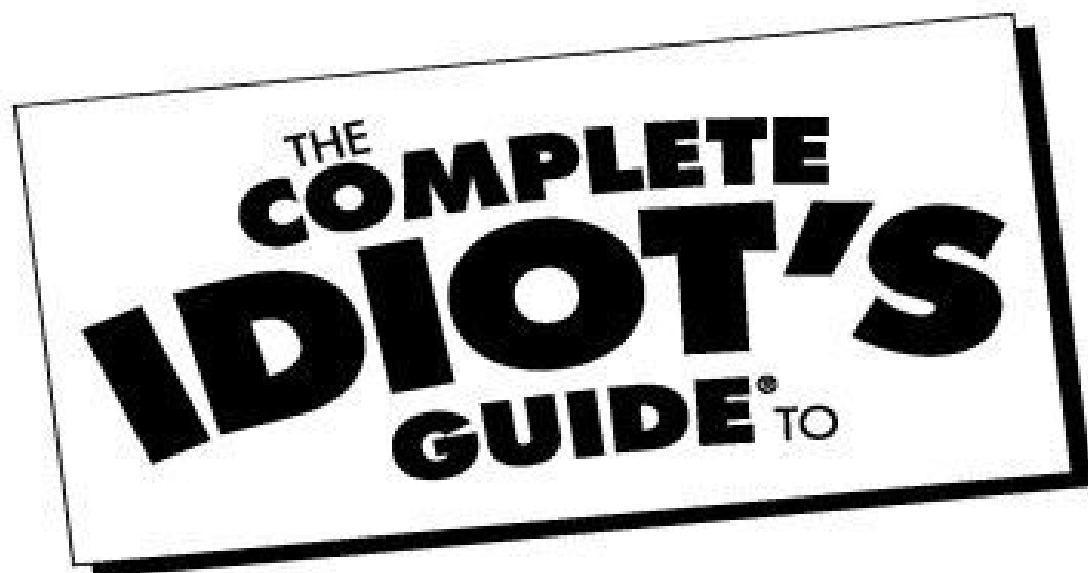


Detoxing Your Body

by Delia Quigley



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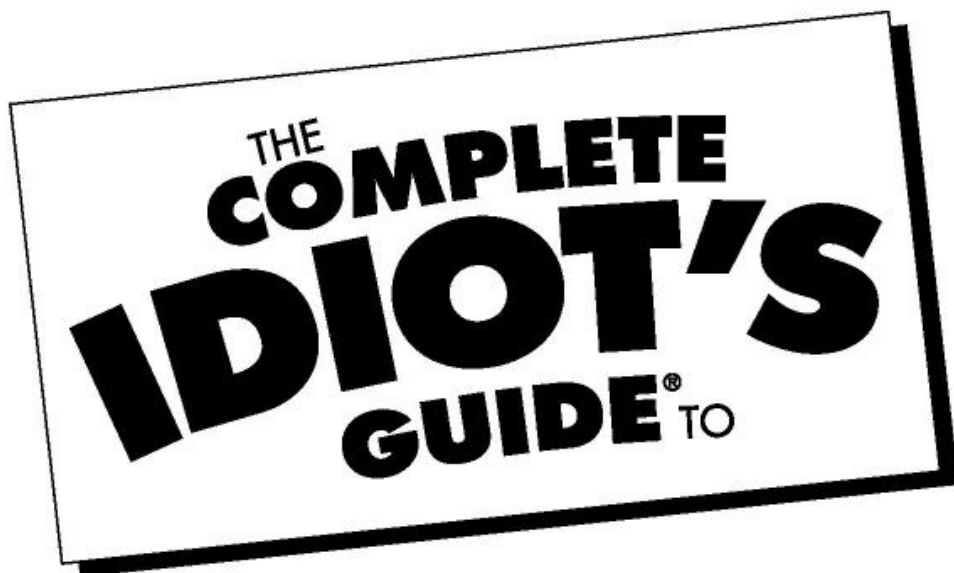


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In memory of Dr. Wally Burnstein. He spoke for those who could not speak; he spoke for those who would not speak.

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Foreword

Often, when new clients come to me with stories of their attempts at a detoxification program, I cringe inwardly, knowing that I most likely will be asked to help them undo some negative effects that resulted from that effort. Many have learned, the hard way, that detoxifying before the body has been properly prepared can lead to a very unsatisfactory outcome.

But help is at hand. Delia Quigley explains why and how one should build up nutritionally before attempting to detoxify. She directs us to the healthy foods necessary for the build-up while pointing out the toxic foods and chemicals that should be avoided. This is key for the success of a detoxification program. Encouraging the body to release its store of toxins while continuing to add more toxins can sabotage any cleansing effort. By the same token, detoxifying a body with a blocked colon or cleansing faster than the body's ability to manage can impair detoxification efforts and leave one feeling worse than before. These potential pitfalls can be avoided by following the detoxification program outlined by Delia.

She shows you how to intelligently prepare the body for a detox by identifying the "correct" foods while pinpointing damaging foods and toxins. Next, Delia leads you to the crux of detoxing: a short controlled fast followed by the gradual resumption of eating foods that will serve to maintain new found health.

Eyes will brighten, brains will clear, skin will glow, weight will balance, and moods will soar after Delia Quigley's detoxifying program. She offers us a life-altering experience that empowers us with the knowledge to manage health and extend longevity. Thank you, Delia.

I wish you luck and good health.

Dian Freeman

Certified in Clinical Nutrition and Holistic Health

www.dianshealthandherbs.com

Introduction

If we were to make a movie of the day in the life of an average American, the opening shot might show you reluctant to get up out of bed. The day looms ahead and you are feeling heavy and bloated, your skin has a gray tinge, and your back is killing you again. You manage to swing your legs over the side of the bed, but when you stand up pain suddenly shoots across the soles of your feet and up your legs. You quickly sit back down, place your head into your hands, and wonder how it all came to this.

You've been to your doctor numerous times, and he or she has you taking medication for high blood pressure and elevated levels of cholesterol, antidepressants, and pain killers. All these pills, all the money out of pocket, and still you feel like you've been run over by a truck. There has got to be another way, you think, yet you have no idea what to do.

"If I could just clean everything out and start fresh," you say to yourself, "like when I was a kid with all that energy and spontaneity. I feel old and sick and my life is passing me by."

The camera pans back as you stand once again and we see you as you are: distended belly, slumped shoulders, bags under your eyes, and 40 pounds overweight. You catch sight of yourself in the mirror and realize for the first time, "I need to clean my body from the inside out."

You are now ready to detoxify your body.

It has only been in the past 50 years that human beings have trashed the earth so badly that detoxification of our vital body systems is necessary for healthy survival. Our food supply has undergone rigorous transformations from the organic, farm-fresh ingredients of four generations ago to processed foods lacking nutrients and vitality. This refined, chemical-laden diet has resulted in a multitude of diseases known only to our present-day Western civilization.

According to physician and activist Dr. Wally Burnstein, D.O., "If everybody has cancer, if children are developing cancer at the age of 5 and 10 years old, then we're destroying our future generation, our gonadal tissue, our DNA, so all future generations will have birth defects, everybody's born with birth defects, so what's the sense, nothing else is more important, nothing takes precedence over detoxifying our bodies, preserving our food supply and protecting our Mother Earth."

The human species is presently the most frail, fragile species the earth has ever seen. The horizontally ill are in bed; you know they're sick because they are lying in bed unable to get up. The vertically ill are up walking around. Americans are walking around with digestive problems, autoimmune diseases, cancer, diabetes, and other chronic illnesses. Americans are the vertically ill, but it doesn't have to be this way. Eating an organic whole-foods diet with consistent periods of detoxification will go a long way toward healing you and the planet. This is what these times are calling for. Reading this book is the first step toward protecting your health and the health of your family.

How to Use This Book

The Complete Idiot's Guide to Detoxing Your Body is divided into five parts:

Part 1, “You Need to Detox!” tells you why detoxing is the future of all dietary programs. In order to continue to stay healthy in our chemical-driven culture, everyone will need to detoxify. Fill out the questionnaires in Chapter 1 and you will learn how toxic you are and where in your environment the toxins are coming from. Then find out how detoxing cleanses your filtering organs, glands, and bloodstream, which results in more energy, vitality, clarity of mind, and a positive outlook on life.

Part 2, “Preparing to Detoxify,” shows you all the essentials you will need, from supplements to cleansing products, food, teas, and encouragement for making your detox program a complete success. You will also learn about the side effects that can occur when eliminating toxins and chemicals from your body.

Part 3, “Ladies and Gentlemen, Start Your Organs,” is the ultimate detox program laid out over a five-week period—two weeks to prepare, one week to fast, and two weeks to complete the detoxification. Perfect for everyone who needs to change their diet, improve their health, and achieve overall feelings of lightness and well-being.

Part 4, “Alternative Detox Choices,” details short, effective detoxification programs that target specific health problems you may be experiencing. A spring fling, gastrointestinal problems, and gallbladder flush are all addressed in these inspiring chapters. Then there is the weekend getaway that will transform you in just a matter of days.

Part 5, “Mind, Body, and Spirit,” shows how there is more to detoxifying than just flushing your organs. When you pamper yourself with relaxing baths and facials, open your pores and let the toxins pour out, and calm your mind with yoga and meditation, you are seeing to the whole being and not just a small part. This is the part that will help ease your way through the dietary changes and speed the process, making your detoxification more effective.

Detoxifying Knowledge in a Box

You'll also find four different types of sidebars throughout the chapters that supplement the text:

Healthy Tidbits

These boxes provide you with interesting tips, information, comments, and stories about detoxifying that will make your detox program go more smoothly.

Detox Alert

Here you'll find warning signs, tips for when to use caution, and things to look out for.

Pure Insights

These quotes from medical, nutritional, environmental, and spiritual experts put an interesting spin on the subject of detoxification.

def·i·ni·tion

Check out these boxes for definitions of words and terms that you may not be familiar with.

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Special Thanks to the Technical Reviewers

The Complete Idiot's Guide to Detoxing Your Body was reviewed by Dr. Dana Cohen, M.D., and Dr. Rashmi Gulati, M.D. Their expert review of the manuscript ensures that the information provided

this book is accurate and effective for you to practice. You can view their website at www.patientsmedical.com.

Dr. Cohen is board certified by the American Board of Internal Medicine. She received her medical degree from St. George's University School of Medicine in Grenada, West Indies, and completed her residency at Albany Medical Center in Albany, New York.

Dr. Cohen has recently joined Patients Medical in New York City, a comprehensive medical center specializing in integrating holistic and alternative therapies with western medicine. Dr. Cohen focuses on nutrition and preventative medicine while incorporating the best of allopathic and integrative medicine modalities. She also has expertise in male and female hormone replacement therapy.

Dr. Gulati, graduated among the top of her class from Rohtak Medical College with a Master's degree in pathology. She then studied and graduated with a Master's in internal medicine, and has trained as a holistic physician with the American College for Advancement in Medicine. Dr. Gulati took over as medical director of Patients Medical Integrative and Internal Medicine in New York City in 2004. Dr. Gulati has specialized in both internal and integrative medicine and with her allopathic clinical experience enhanced by her naturopathic expertise is able to truly integrate both disciplines.

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Part 1

You Need to Detox!

Detoxing your body is the latest diet phenomenon to hit America. It is being touted as the most important and beneficial health treatment you can do for yourself. Not just a diet for weight loss, “detoxing” cleanses your filtering organs, glands, and bloodstream, which results in more energy, vitality, clarity of mind, and a positive outlook on life. It is also a wonderful rejuvenator for tired and aging skin.

In this part, you will find out just how toxic you are, what is causing the problem, and what you will need to start feeling better. Even with a healthy diet and lifestyle, you’ll be surprised with just how hard it is to stay clean in today’s world.



Chapter 1

I Need to *What?*

In This Chapter

- What is detoxing?
- Why you should detox
- How “toxic” are you?
- Understanding food intolerance, allergies, and sensitivities
- The benefits of detoxing

The catch phrase for the twenty-first century should be, “You need to detox!” It should be spoken with just the right amount of vocal concern and just a bit of needling. And no wonder. Scientists have been finding toxic levels of pollutants in our food, air, and the water we drink. They have also found them in our blood, fat, organs, urine, and even breast milk. You have no idea how many poisons you are absorbing into your system on a daily basis. The good news is you can rid your body of these toxins with a good detox program.

In this chapter, you will learn what it means to detox, find out why detoxing is beneficial for your health, and take a look at just how toxic you really are.

The Detox Lowdown

Detoxification is what happens when you improve the quality of the food you eat, change your lifestyle for the better, and/or give up some bad habits. The reason you do this is to feel better in your physical body, and ultimately to feel better about yourself. Detoxing is something everyone can and should do at least once a year— especially if you are experiencing any of these often-debilitating symptoms:

- Low-grade or migraine headaches
- Digestive problems
- Gas and bloating
- Irritable bowel syndrome
- Muscular aches and pains
- Gastrointestinal problems
- Depression
- Immune weakness
- Persistent fatigue
- Inability to lose weight

def·i·ni·tion

Detoxification is the metabolic process by which toxins are changed into less toxic or more readily excretable substances.

If you suffer from any of these symptoms, I suggest you take the Lifestyle questionnaire later in this chapter to find out how toxic you really are.

Why Should You Detox?

Whether you are in good health, feeling run down, or exhibiting symptoms of illness, it's always a good idea to take time to detoxify your internal system. For starters, you will end up looking and feeling fabulous. If that's not motivation enough, consider the scientific research showing how important it is to detoxify the many chemicals and toxins we encounter each day. Your body is detoxifying all the time, but if you cannot do this naturally (and some people cannot), it can lead to debilitating illnesses. Drugs, hormones, and heavy metals can build up in your system when it's not detoxifying properly. Chronic fatigue syndrome, fibromyalgia, and multiple chemical sensitivities are related to this. There is also a link between chronic neurological diseases (Parkinson's) and certain types of cancer that stem from a person's inability to naturally detoxify.

Besides toxins and chemicals, what is there left to detox? According to the supplement comparison by Nature's Sunshine, Inc., in one year the average American will consume:

- 150 slices of pizza
- 566 cans of soda
- 150 pounds of sugar
- 45 large bags of potato chips
- 120 orders of French fries
- 190 large candy bars
- 120 pastries or desserts

This is a tremendous amount of refined sugar, hydrogenated fats, food additives, and nutrient-lacking foods. This way of eating can be the cause of many of the symptoms you have been experiencing.

Your digestive and intestinal system can detoxify a portion of your daily food intake, but after years or even decades of eating a high-fat, refined-flour diet, your body cannot keep up with the onslaught. Your precision body systems were not designed to function on refined flour and sugar for an entire lifetime. They will need *your* attention along the way. Think "detox" and then take action!

Healthy Tidbits

You probably take better care of your car than you do your body. Every 3,000 to 6,000 miles, you take your car to the shop to get its oil and filter changed, tires checked and rotated, fluids topped, inside vacuumed, and chrome polished. Your body also needs its

filtering organs changed, fluids cleaned, and joints oiled to keep it running like a smooth machine. Periodically detoxing can take care of this for you.

Your Amazing Body

Unbeknownst to you, your body is detoxifying all the time. This makes sense given that your body is geared to do one thing and one thing only—and that is to survive.

Despite the many harrowing adventures you put it through—all the junk food, sugar, caffeine, and alcohol you will consume in a lifetime—your body will do its best to survive. Detoxification is one of the most important ways in which your body will attempt to pull this off.

The natural intelligence of your body has its hands full dealing with the unlimited number of bizarre and exotic chemicals you ingest daily. This is all happening while your body makes sure your lungs take in oxygen; your digestive system breaks down and eliminates food; your pancreas has enough insulin to counter the candy bar, soda, and cheese doodles you just consumed; and your insatiably hungry brain is fed enough nutrients.

Your body knows that your cells are in danger of being damaged by the toxins and chemicals we explore in Chapter 2. Damaged cells weaken the immune system, opening the way for disease to enter. Detoxification can help prevent this from happening.

The difference between the medical *allopathic* approach and the *complementary* health approach is that the former favors addressing one symptom, giving one diagnosis, and offering one drug to “cure” or “suppress” the symptom. The complementary approach is to see the body as a whole entity and foster natural remedies that are less disruptive to the body’s ecology. Dr. Dana Cohen of Patients Medical, a holistic and integrative clinic in New York City, believes “It is my philosophy to do everything in my power to keep patients off of medications, and that using a medication is a last resort. Whereas, more often than not, an allopathic physician uses medication as a first line [of] therapy.”

The Process of Survival

No, it’s not time to discuss that form of elimination—not yet, anyway. (I introduce that most delicate of subjects, bowel elimination, in Chapter 7, so stay tuned.) For now let us return to that survival instinct I mentioned earlier. Your body deals with dangerous substances floating around the bloodstream by storing them in your fatty tissue. It is your body’s job to convert these fat-soluble toxins into water-soluble, nontoxic metabolites and discharge them through your organs for elimination. This prevents a buildup of toxins in your blood, which can lead to internal poisoning of the entire system. Pretty smart, eh?

Problems arise when the body cannot keep up with your toxic lifestyle. Overwhelmed and without outside help, your body will find other ways to get rid of the poisons. Colds are one way the body eliminates excess mucus and toxins. Now, if you are like most people, you won’t go to bed and rest. You will take an over-the-counter cold medication, go to work, and sit at your desk feeling awful.

Your co-workers will try to avoid you because they don't want to have to detoxify the germs you are sneezing into the air. The cold medication you took will only suppress the symptoms and drive the cause deeper into your body. You want all that runny, sweaty stuff to come out, not dive back into your overtaxed system.

With periodic detoxing, as outlined in this book, you will learn how to work with your body rather than against it. You will have fewer colds, and your immune system will strengthen. All your systems will be working as they should, clean and efficiently.

Toxins in Your Body

I will use the word *toxins* to describe any poisonous substance that accumulates in the body. These poisons can include the following:

- Bacterial organisms
- Environmental chemicals
- Trans fatty acids
- Parasites
- Herbicides and pesticides
- Viral organisms
- Candida albicans (an overgrowth of yeast organisms in the large intestine; discussed in Chapter 4)
- Heavy metals

def·i·nī·tī·ōn

Toxins are any poison substances in your body that cause harm and destroy your health. When your body is weak and overburdened with toxins, the organs of elimination cannot excrete properly, resulting in the accumulation of body waste. In other words, if you don't take out the garbage, your house is going to become a smelly mess.

Can I Work and Detox?

The five-week detox program I outline in this book can be done while you are working. Your major consideration will be to make sure you bring a lunch prepared according to the detox menu. (Chapter 4 will guide you in how to order meals in restaurants.) You'll still find plenty to eat, although you may have to put up with a few snide remarks from your co-workers about what you are eating.

During the fasting week, try to coordinate your fast with a weekend when you can stay close to home and just relax. I have known people who work at their desk all day, so drinking liquids was not

difficult to do. However, for the best results, fasting days should be done in a relaxing atmosphere without pressure or food temptations around you. Believe me when I say that while fasting, you can smell a pizza a mile away!

Getting a Checkup

As with any new dietary program, I suggest you consult your doctor and get a thorough checkup before starting the detox program. This way you can compare your cholesterol and high blood pressure levels before and after detoxing. Your doctor will be aware of what you are doing and help monitor any reactions you might experience. When you follow the detox instructions outlined in Part 3, you will be amazed at how your body will rebalance and regulate itself when given the proper nutrition.

Just How Toxic Are You?

Let's say after taking every medical test, you have no answer for those unexplained symptoms. You were told it is all in your head—except those aches and pains aren't going away. The brain fog and fatigue are ruining your life. No one can tell you what is wrong, and the medication only makes things worse. You need to detox!

Detox Alert

The results of these questionnaires should not be used to diagnose or treat a medical condition. Take them with you when consulting your doctor so he or she can better assess your condition.

Blood tests are very useful for diagnostic purposes. Given that your blood is the river that runs through every part of your body, it's going to give a pretty good indication of what's happening on the inside. However, the diagnostician will need some extra information to pinpoint the cause of your difficulties.

In the questionnaires that follow, you will have the chance to identify all those odd aches and pains you've been feeling, take a look at your surrounding environment, and discover just what you've been living with.

Lifestyle Questionnaire

These questions are just for you to answer. No one else ever has to see the results, if you wish. The

questions cover a lot of ground and will probably have you thinking about your lifestyle in ways you never have before. They are designed to cover all areas of exposure to processed foods, refined sugars, soda pop, prescription and/or recreational drugs, and environmental chemicals.

Place a checkmark next to those choices that relate to your lifestyle. At the end of the list, add up your checkmarks and evaluate your score.

Do you eat or drink the following at least three or four times per week?

- Black tea or coffee
- Sodas or diet sodas
- Convenience or processed meals or foods
- White bread, pasta, rice, and pastries
- Snack foods: chips, pretzels, cookies, cakes
- Foods containing artificial sweeteners
- Smoked foods (bacon, fish, cheese, meats)
- Barbecued food
- Nonorganic fruit (without washing and peeling first)
- Nonorganic green vegetables (without removing outer leaves)
- Nonorganic root vegetables (without scrubbing and peeling)
- Processed meats (sausages, burgers, hot dogs, etc.)
- Fried foods
- Iodized salt
- More than two glasses of alcohol per day
- Ice cream and/or frozen yogurt

Do you:

- Live in a city?
- Live within a mile of a major road?
- Live under a busy flight path?
- Live near a power station or within half a mile of high-voltage overhead power cables?
- Often walk or run along busy roads?
- Live near fields that are regularly sprayed with pesticides?
- Often swim in a pool containing chlorinated water?
- Use a cell phone?
- Have central heating or air conditioning?
- Use synthetic air fresheners?
- Use pesticides in your house or garden?
- Use large amounts of bleach, detergent, household cleaners, or disinfectant?
- Work with a computer?
- Smoke cigarettes?
- Use recreational drugs on a regular basis?
- Use prescription or over-the-counter drugs on a regular basis?
- Cook or heat your house with gas-powered appliances?
- Have your clothes dry-cleaned regularly?
- Have much chipboard, fiberboard, or plywood in your house?
- Have plumbing in your home more than 20 years old?

Have you:

- Recently had your house treated for woodworm, termites, or rot, or put in new timber?
- Recently bought soft furnishings, especially those with “stain resistant” finishes?
- Recently laid new carpet or vinyl flooring?
- Recently repainted the interior of your house?

If you checked:

Less than 10: Although your lifestyle is pretty healthy, the five-week detox program will do you good and keep you healthy.

Between 11-20: You are exposed to toxic chemicals at an average level. The detox program can easily reduce your total toxic load.

More than 21: You are consistently exposed to toxic chemicals in your food and environment. You will need to take time to detox slowly, but following the detox program is necessary.

The questions you answered cover a broad spectrum of exposures to chemicals and other toxins. You may have been a real eye-opener to see how many things in your life are considered toxic in some form. It is the price we pay for living with the technology we have created.

Healthy Tidbits

Scientists speculate that 100 years from now we will have found a way to preserve nature and sustain a healthy population. Humans of the future will look back on our culture amazed at our willingness to pollute the air, food, and water meant to sustain our lives. By detoxing your body and changing your lifestyle, you can reduce the toxic load we all carry into the future.

Sensitivities Questionnaire

With all that exposure to chemicals, toxins, and a stress-filled life, you may have developed a few sensitivities to certain smells, tastes, and body products. This next set of questions is designed to get you thinking about how you react to many of the products you encounter. Check all that apply.

Do you have a negative reaction to any of the following:

- Chemicals, car fumes, odors, perfumes, or fragrances
- Caffeine, alcohol, or medications
- Monosodium glutamate (MSG)
- Foods containing sulfites, such as wine and dried fruit, or salad bar food
- Diet sodas containing artificial sweeteners

Do you suffer from any of these symptoms:

- Fibromyalgia, chronic fatigue syndrome, cancer, or an autoimmune disease
- Acne, eczema, hives, or general itching

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