



Dr. Ritamarie Loscalzo, MS, DC, CCN, DACBN
www.DrRitamarie.com



Day 1: Evaluate and Facilitate

Medical Disclaimer: The information in this presentation is not intended to replace a one-on-one relationship with a qualified health care professional and is not intended as medical advice. It is intended as a sharing of knowledge and information from the research and experience of Dr. Ritamarie Loscalzo, drritamarie.com, and the experts who have contributed. We encourage you to make your own health care decisions based upon your research and in partnership with a qualified health care professional.

Getting Clear on Outcomes

What are your top 3 areas of concern regarding your health?

1.

2.

3.

**How committed are you (on a scale of 1-10)
to addressing these challenged areas?**

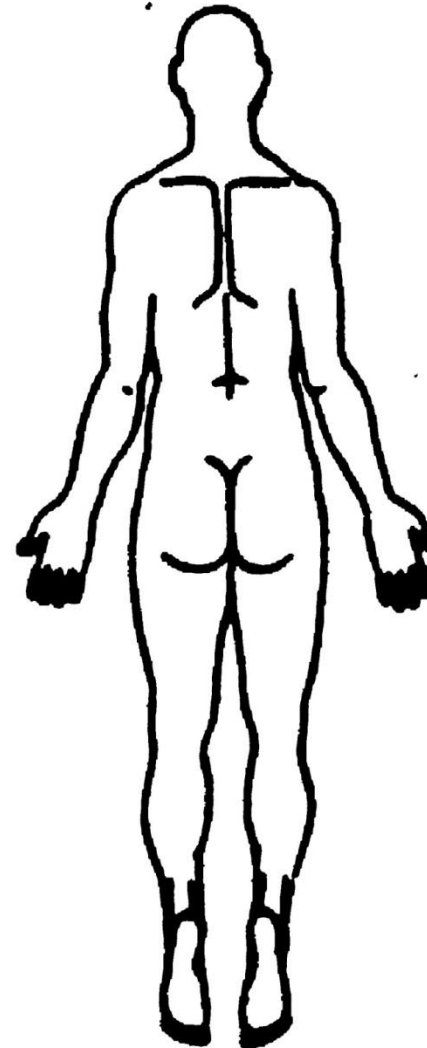
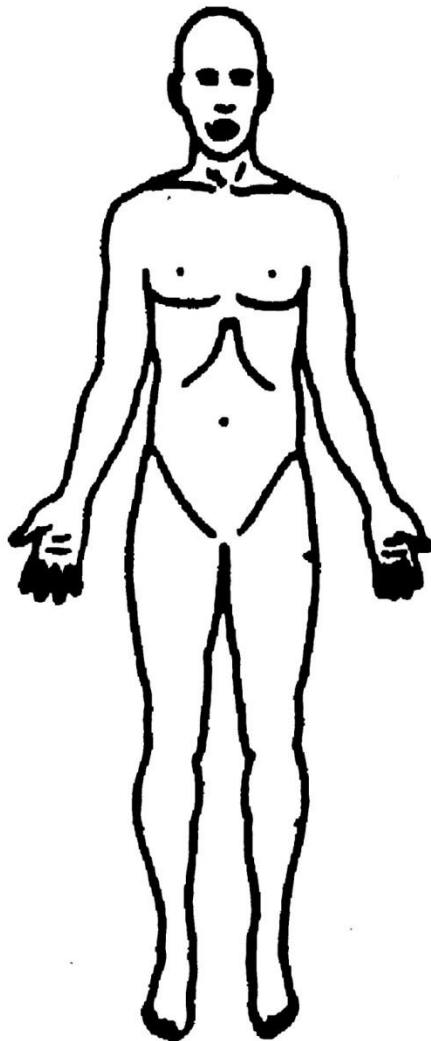
**What would you like to change by the end
of this weekend?**

Your Big WHY

If there were no limitations, what would you aspire to?

What will change in your life when you take charge of your health and become energetic, focused, and clear?

Body Scan



What Is Your Lack Of Energy, Poor Health, Or Physical Challenges Costing You In Terms Of Your Quality Of Life?

- ☐ Your relationships
- ☐ Your job
- ☐ Your social life
- ☐ Your recreational activities



Magic Wand

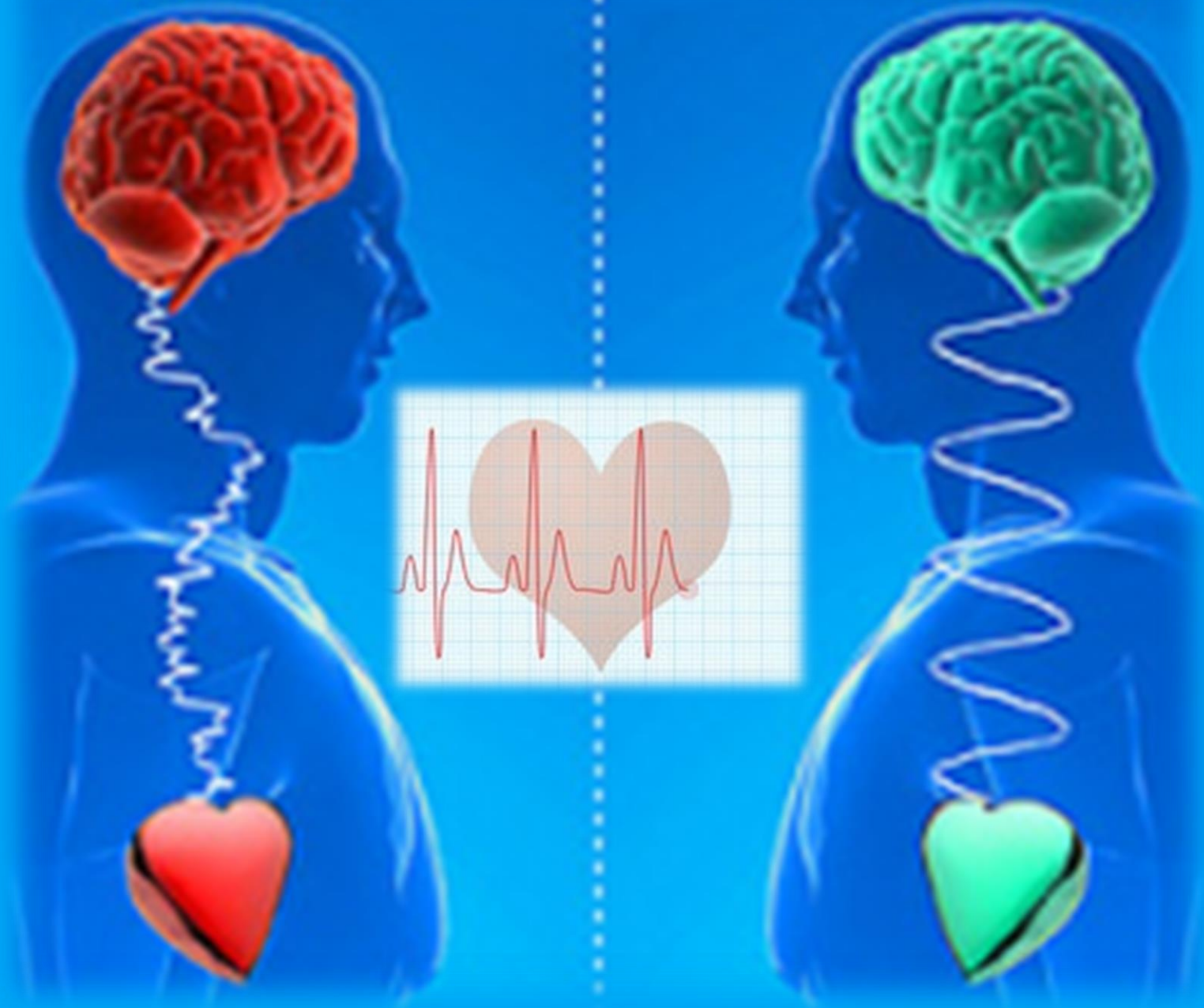


If I could wave a magic wand and all your troubles would disappear, what would you be doing with your life?

I am...

Incoherence

Coherence



www.SpringIntoVitality.com



Day 1: Evaluate and Facilitate

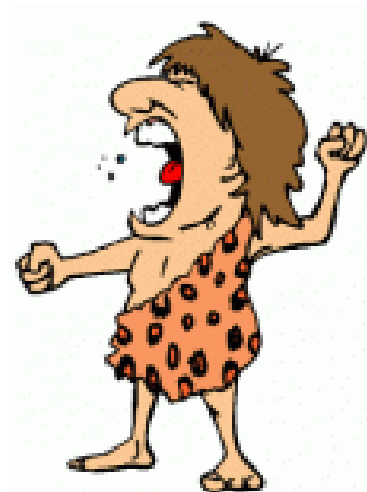
- Discover your **Irresistible Personal Vision** that you absolutely fall in love with and excitedly take steps each day to create.
- Understand the impact of toxicity on your body, the methods your body has of eliminating toxins, and calculate your **Personal Toxicity Score**.
- Master simple systems to **Evaluate Your Health** in the comfort of your own home so you can customize your habits to your specific needs.
- Learn the formula for a **Stress Busting Ritual** that opens up your detoxification channels and invigorates your body.
- Use a simple system of exercise to **Move Toxins Out**, nourish your hormones, and re-engage your brain.
- Learn to craft the **Most Delicious Cleansing Meals and Beverages** you can imagine that detoxify your body, support your liver, enhance elimination, focus your mind, and comfort your emotions.



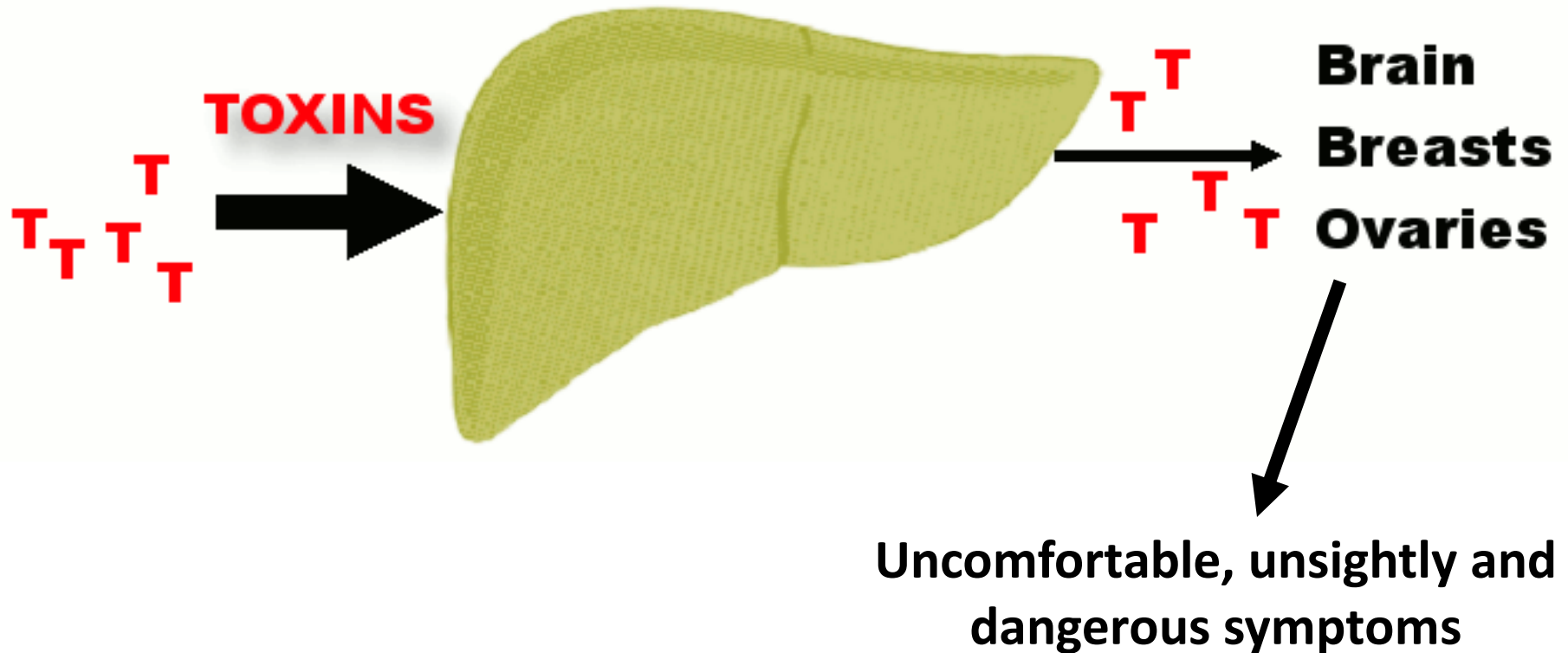
Sick or Toxic?

ZIGGY





Buildup of Toxins in Your Body Affects Your Vital Organs and Your Hormones — The “Messengers of Life”





WWW.STILEPROJECT.COM

Toxin Overload Can Cause:

- Fibromyalgia
- Chronic fatigue syndrome
- Chemical sensitivity syndrome
- Attention and focusing problems
- Depression
- Headaches
- Irritable bowel
- Allergies
- Joint pain
- Heart Disease
- Cancer
- Allergies
- ...more

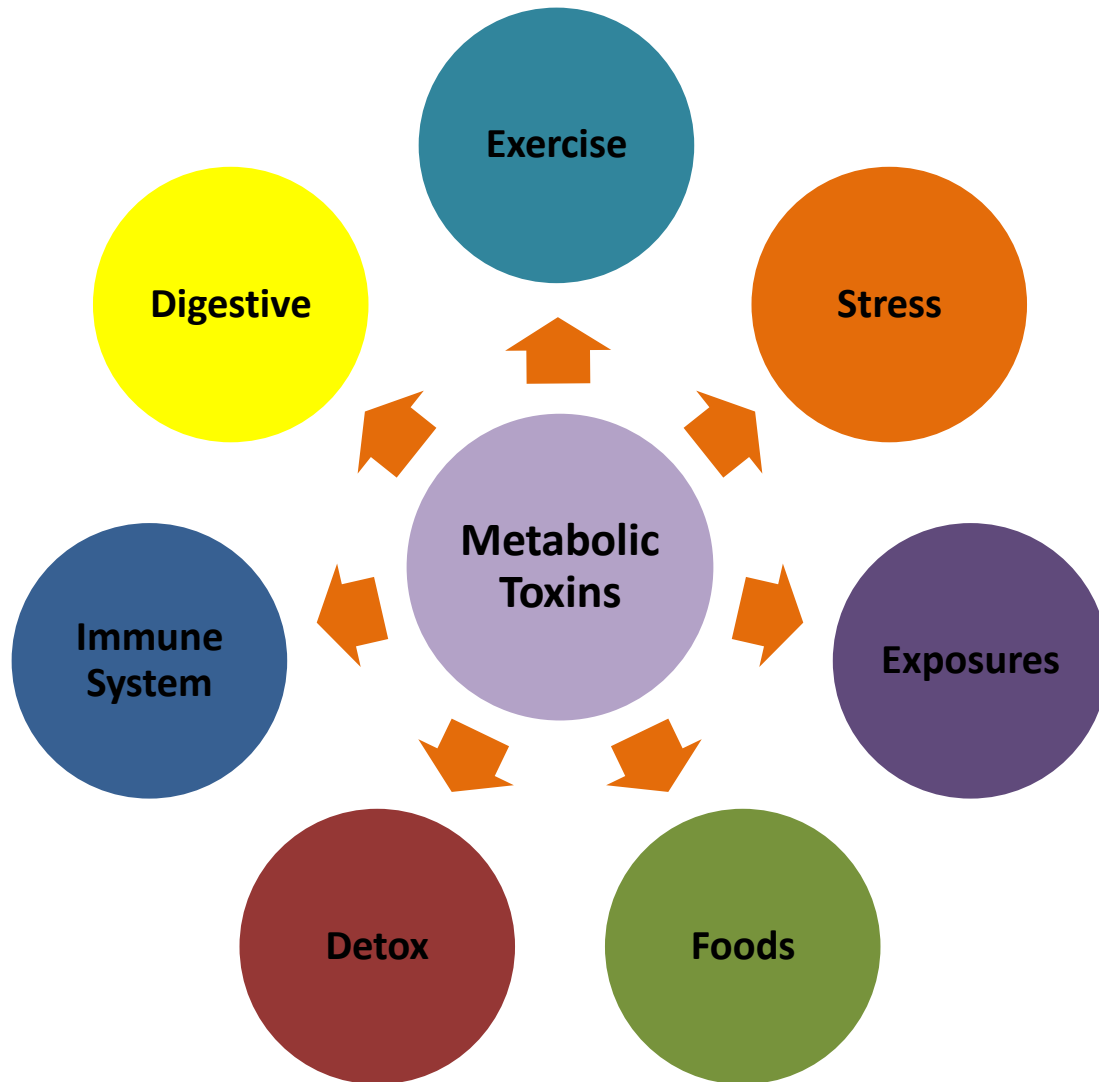


Internal Toxins

- ✓ Day to day metabolism
- ✓ Exercise
- ✓ Stress
- ✓ Anger
- ✓ Digestion
- ✓ Chronic infections
- ✓ Liver enzyme imbalance
- ✓ Allergic reactions
- ✓ Medication reactions –
i.e. long term Tylenol use stresses liver detoxification



Toxins Made Inside Your Body



Toxins At Home

- ✓ Cleaning supplies
- ✓ Carpets
- ✓ Paint
- ✓ Air fresheners
- ✓ Cooking utensils
- ✓ Plastics
- ✓ Toys
- ✓ Shower curtains
- ✓ Old paints, blinds



- ✓ Deodorant and antiperspirants
- ✓ Soaps
- ✓ Shampoo
- ✓ Skin lotions
- ✓ Hairspray
- ✓ Makeup
- ✓ Body care products
- ✓ Food and water

Toxins in Environment

- ✓ Automobile emissions
- ✓ Occupational wastes
- ✓ Pesticides, herbicides
- ✓ Mold
- ✓ Cigarette smoke
- ✓ Building materials in stores and malls
- ✓ Sick building syndrome
- ✓ Occupational exposure: miners, pottery artist, mechanics, farm workers
- ✓ Coatings, plasticizers - Phthalates
- ✓ UV radiation



Toxins (fat-soluble)

- Metabolic End Products
- Micro-Organisms
- Contaminants / Pollutants
- Insecticides
- Pesticides
- Food Additives
- Drugs
- Alcohol

Phase 1

Phase 2

- Methylation
- Sulfation
- Acetylation
- Glucuronidation
- Glycination
- Glutathione conjugation
- Amino acid conjugation

Waste Products (water-soluble)

**Eliminated from
the body via:**

Gall Bladder

Kidneys

Bile

Urine

Stool

Liver Backup

- ✓ Build up of toxic intermediates
- ✓ Stored as fat
- ✓ Storage in brain (fat) and myelin
- ✓ Creates **symptoms**
 - Headaches
 - Sluggishness
 - Brain fog
 - Focus problems



Like the Famous
“I Love Lucy” Scene

<http://www.drritamarie.com/go/ILoveLucy>

Signs That You Need To Detox

- ✓ Headaches
- ✓ Skin rashes
- ✓ Fatigue
- ✓ Irritability
- ✓ Constipation
- ✓ Brain fog
- ✓ Inability to lose weight

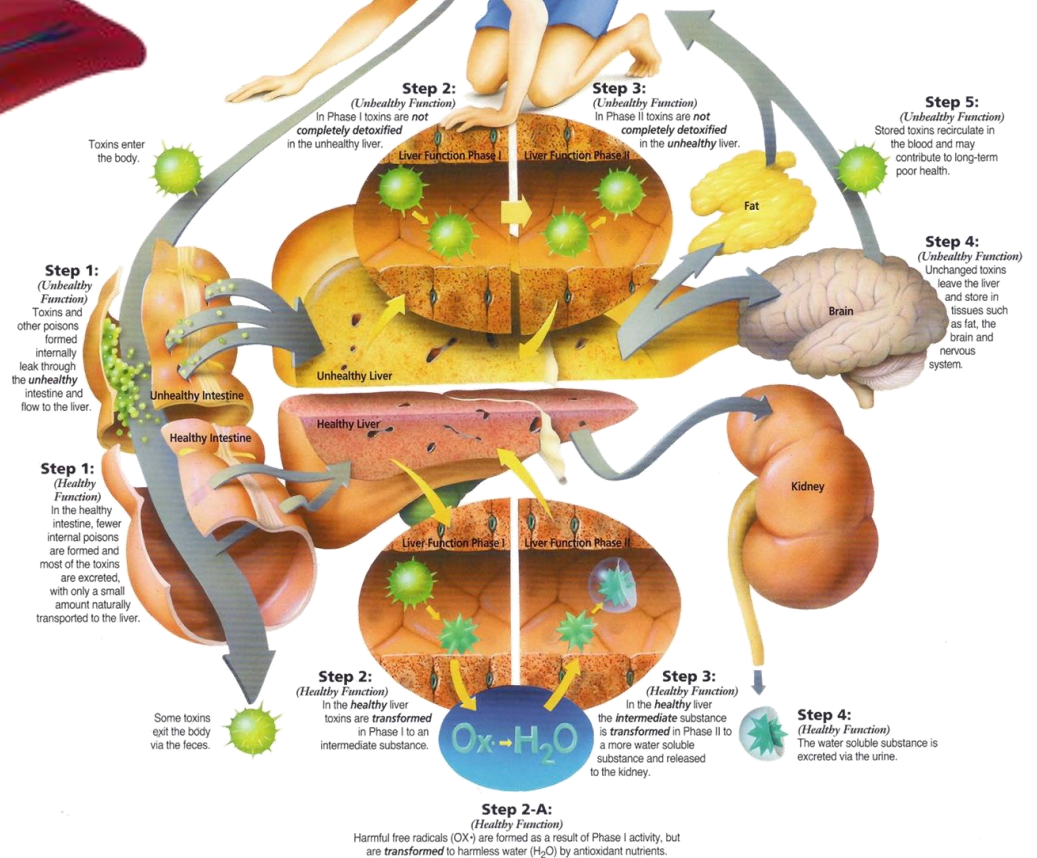
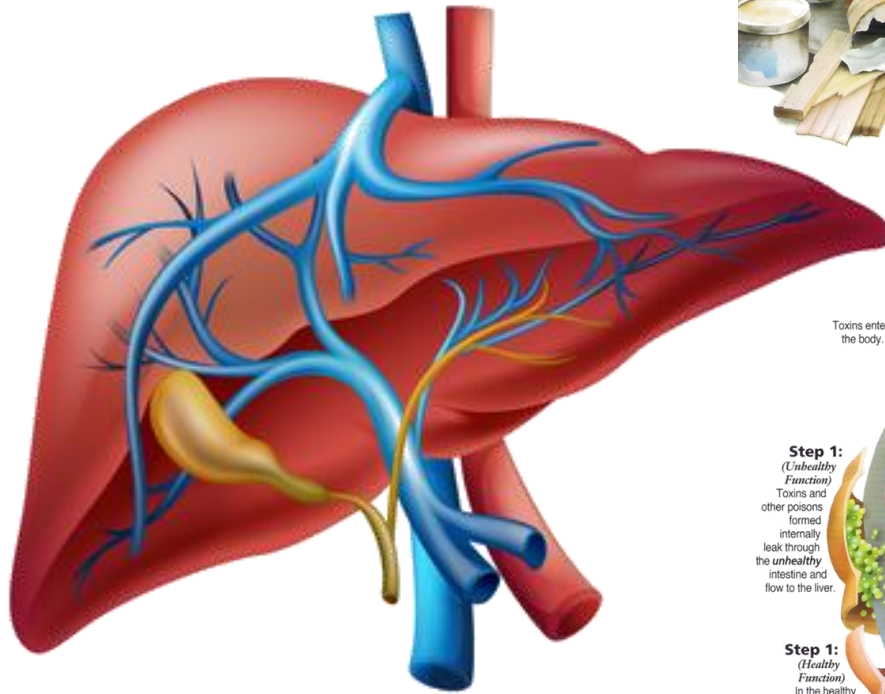


When these symptoms PERSIST in spite of improved diet and lifestyle, think DETOX

How Toxic Are You?



Your Detox Capacity



Assessing Your Detox Capacity at Home

✓ pH

✓ Minerals

✓ Blood Sugar

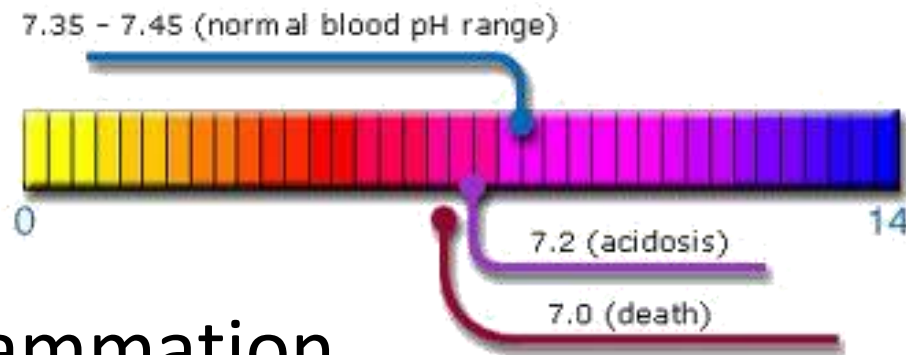


Alkalinity and Detox



Importance of pH Balance

- ✓ Optimum immune function
- ✓ Strong bones and teeth
- ✓ Efficient digestion
- ✓ Joint health
- ✓ Decreased pain and inflammation
- ✓ Protection from disease
- ✓ Increased energy



Measuring Your pH

pHyrion paper – range 5.5 to 8

✓ Saliva: 6.8 – 7.2

- First morning
- During day
- Acid challenge

✓ Urine: 6.5 – 6.8

- First morning
- Second morning
- Later in day



<http://www.drritamarie.com/go/pHpaper>

Mineral Test Kit



The test kits allow you to test for the following minerals:

- | | |
|--------------|---------------|
| 1. Potassium | 5. Chromium |
| 2. Zinc | 6. Manganese |
| 3. Magnesium | 7. Molybdenum |
| 4. Copper | 8. Selenium |

<http://www.drritamarie.com/go/EmersonEcologics>

Use code **fresh1** to access

Interpretation of Mineral Tests

	Taste Test Score	Clinical implication
1	Sweet	Definitely need the mineral
2	Pleasant	Need the mineral
3	No Taste	Need the mineral
4	Hmmmm...taste something	Sufficient
5	So-So, there is some taste	Do not need mineral
6	Don't like	Do not need mineral
7	Gross taste	Do not need mineral

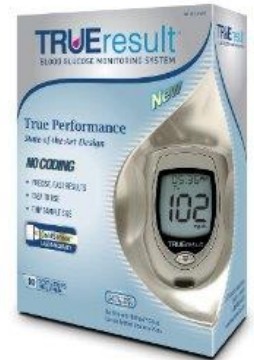
- Write down the appropriate response on the score card
- Repeat this process for each of the remaining minerals

Blood Sugar Tracking

Glucometer

✓ **TrueResults** – model

<http://www.drritamarie.com/go/TrueResultStarterKit>

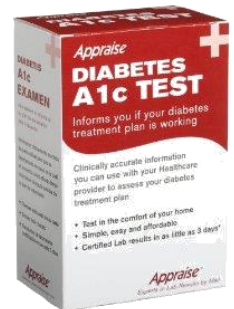


✓ **True2Go** – portable

<http://www.drritamarie.com/go/True2GoPortableKit>

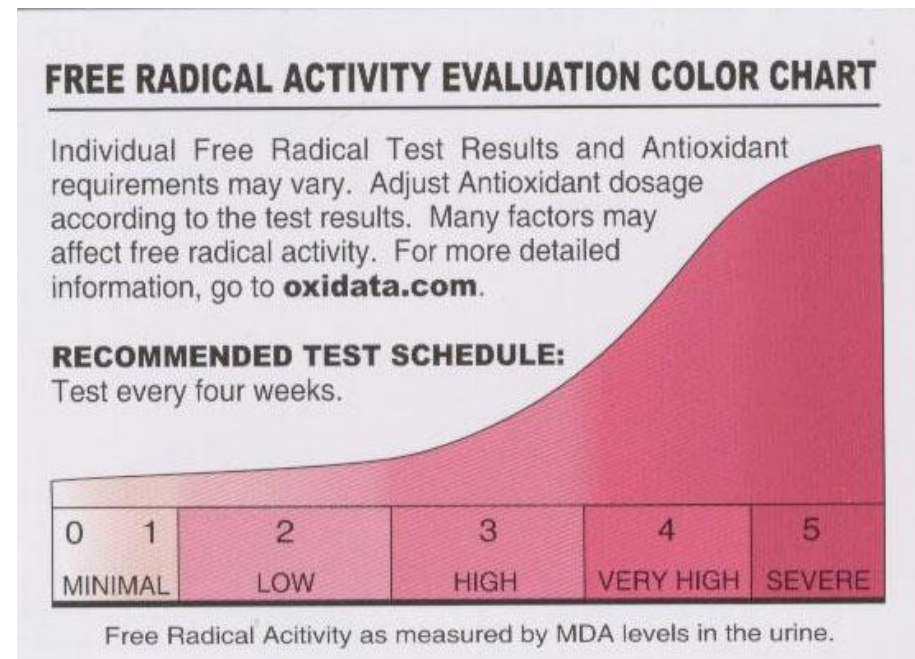
Hemoglobin A1C

✓ <http://www.drritamarie.com/go/HemoglobinA1C>



Free Radical Testing at Home

- ✓ Measures amount of free radicals in minutes
- ✓ Free radicals have been implicated in countless disease processes
- ✓ Any molecule can become a free radical by either losing or gaining an electron



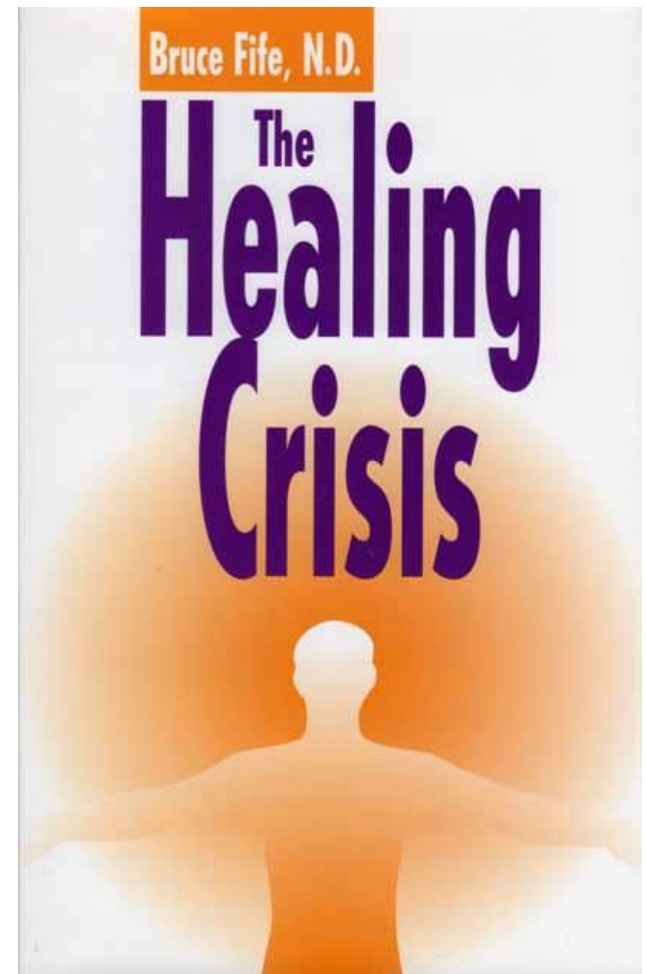
<http://www.drritamarie.com/go/OxidataTest>

Cleansing Meal Break



How to Tell the Difference Between “Detox” and “Crisis”

- ✓ Healing crisis vs. true crisis
- ✓ Intense but shorter
- ✓ Comes on and leaves quickly
- ✓ Leaves you feeling better afterwards



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Your Roadmap to Recharge

My Current Health Concerns

Top Stressed Body Systems

Top Nutrient Deficiencies

Present/Past Health (Surgery, Trauma, etc.)

My Positive Habits



My Vibrant Health Roadmap

Name _____ Date _____

Obstacles: Keeping Me From Goals

Limiting Beliefs	Stressors	Diet	Environment	Physical Limitations

Plan: Actions to Take Me to My Goals

1 Week	30 Days	90 Days	1 Year

My Core Values

My Big Vision

Lab Findings

Physical Exam Findings

My Goals

“The Vitamin Game, Micro Nutrients – Macro Impact”



Dr. Craig Sommers

www.SpringIntoVitality.com







“Why Oh Why Is It So Hard To Get and Stay In Shape?”



Michelle Melendez

www.SpringIntoVitality.com





Choosing the Best Type of Cleanse

- ✓ Water fasting
- ✓ Juice cleansing
- ✓ Master Cleanse
- ✓ Potions and powders
- ✓ Colon cleanses
- ✓ Blended foods
- ✓ Raw foods
- ✓ Wheat grass and sprouts
- ✓ Vegetables



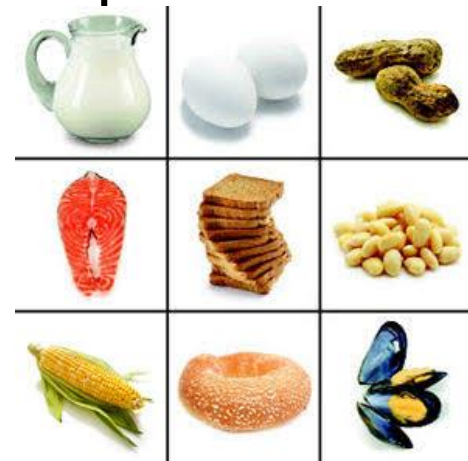
“How to Avoid the Biggest Juicing Mistakes and Juice Like a PRO!”



Arttemis & Krystalle Keszainn

Eliminate Foods That Disrupt Detox

- ✓ Alcohol
- ✓ Artificial colorings and flavorings
- ✓ Caffeine
- ✓ Processed meats and non-organic meats
- ✓ Trans fats
- ✓ Refined foods
- ✓ Allergy producing foods (The top 6 plus all known)
 - Gluten
 - Dairy products
 - Corn
 - Soy
 - Eggs
 - Peanuts



Foods That Enhance Detox

- ✓ Brassicas – indole 3 carbinol
 - **Especially broccoli sprouts and seeds**
- ✓ Citrus peel
- ✓ Avocado
- ✓ Beets
- ✓ Leafy, bitter greens
- ✓ Cardamom
- ✓ Sea vegetables
- ✓ Wheat grass
- ✓ Chlorella
- ✓ Dandelion
- ✓ Grapefruit
- ✓ Green Juices
- ✓ Jerusalem artichoke
- ✓ Onion
- ✓ Burdock



Herbs and Spices That Enhance Detox

- ✓ Turmeric
- ✓ Cayenne
- ✓ Dill
- ✓ Caraway
- ✓ Basil
- ✓ Cilantro
- ✓ Cinnamon
- ✓ Fennel
- ✓ Garlic
- ✓ Ginger
- ✓ Peppermint
- ✓ Rosemary
- ✓ Thyme



“Delicious Detox Dishes”



Chef Karen Osborne

Daily AM Gut Rejuvenator



- ✓ 32 ounces pure water
- ✓ 1 lemon, juice of
- ✓ 2 drops peppermint oil
- ✓ 2 drops lemon oil



Limonene for Detox

- ✓ Increases liver enzymes involved in detoxifying carcinogens
- ✓ Promotes the glutathione, a potent antioxidant
- ✓ Enhances both Phase 1 and Phase 2 liver detox
- ✓ Floats on the surface of stomach lining protecting it from the gastric juices
- ✓ Found in oil of citrus peel and caraway seed

[Source: Willette RC, et al. Purified d-limonene: An effective agent for the relief of occasional symptoms of heartburn. Data unpublished. 2003.]

Healing Elixir Base Recipe

Ingredients:

- ✓ **Liquid base:** herbal tea, nut or seed milk, fresh juice or water – 2 cups
- ✓ **Fat source:** nut butter, avocado, *Chia Gel*, soaked nuts, seeds, coconut
- ✓ **Herbs:** several teaspoons to several tablespoons
- ✓ **Flavorings:** essential oils, extracts, carob, vanilla, raw cacao
- Sweetener:** stevia, *Lakanto*, erythritol, xylitol, or honey if your blood sugars tolerate
- ✓ **Salt:** sea salt or kelp

Directions:

- ✓ If you're using a tea base, boil water and allow herbs to steep 10 minutes or longer to get to full flavor and strength.
- ✓ Put water, fat, herbs, flavorings, sweetener and salt in blender.
- ✓ Blend until smooth, then adjust flavorings and sweeteners to taste.

Easy Energizing and Cleansing Elixir

- ✓ 1 tea bag plus 16 ounces purified water
- ✓ 4 large Brazil nuts
- ✓ 1 tablespoon raw organic walnuts
- ✓ 1 tablespoon hemp seeds
- ✓ 1 tablespoon coconut butter (*Artisana*) **OR**
2 tablespoons dried coconut
- ✓ 1/2 teaspoon reishi powder (*Mountain Rose Herbs*)
- ✓ 1/2 teaspoon cordyceps mushroom powder
- ✓ 1/4 teaspoon astragalus powder (*Mountain Rose Herbs*)
- ✓ 1/2 teaspoon ashwaganda powder (*Mountain Rose Herbs*)
- ✓ 2 tablespoons raw carob powder or raw cacao powder
- ✓ 1 tablespoon maca powder (*Health Force Nutritionals*)
- ✓ 1/4 teaspoon stevia, green leaf powder, or 3-4 drops your choice
flavored *Sweet Leaf Stevia* (or 1 teaspoon *Zero/Lakanto*)

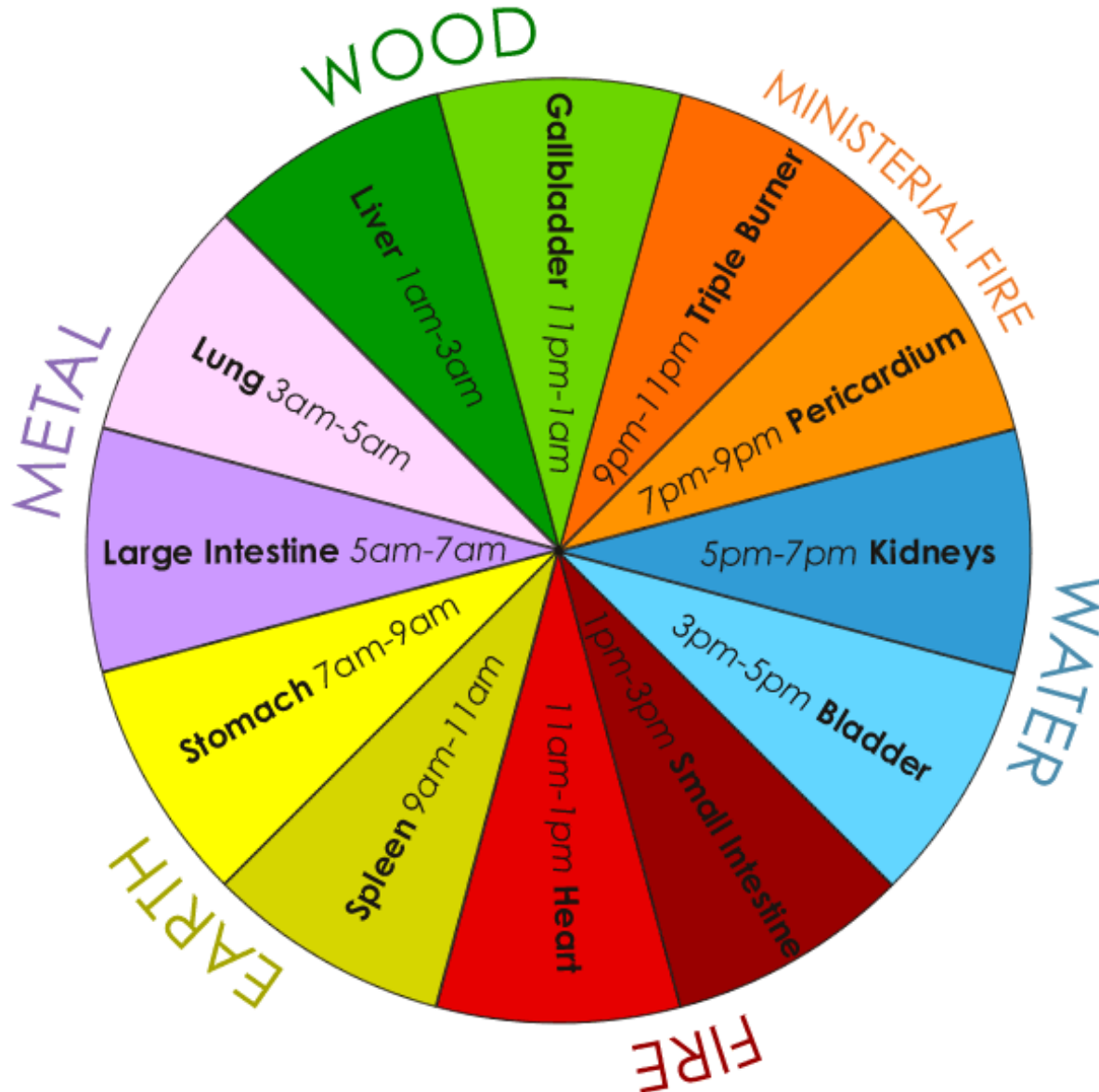


A Few Organ Balancing Ingredients

Adrenal	Thyroid	Digestion	Immune	Liver/Detox	Bones
Maca	Ashwaganda	Pau D'arco	Reishi	Milk Thistle	Horsetail
Gymnostema	Rosemary	Cinnamon	Cordyceps	Burdock	Nettle
Mucuna Pruriens	Sage	Cayenne	Shitake	Dandelion	Yellow Dock
Schizandra	Coleus	Peppermint	Astragalus	Turmeric	Alfalfa
Reishi	Forskohlii	Aloe	Gymnostema	Ginger	
Cordyceps	Guduchi	Slippery Elm	Turmeric	Yellow Dock	
Shitake	Guggulu	Marshmallow	Ginger	Broccoli seeds	
Astragalus	He Shou Wu	Licorice		Garlic	
Siberian Ginseng	Black Cohosh				
Licorice	Eleuthero				
Rhodiola	Gotu Kola				
Tulsi	Licorice ***				
Ashwaganda	Mushrooms				
Licorice ***	Prickly Ash				
	Rhodiola				
	White willow				

***** Caution with High Blood Pressure**

Detox While You Sleep





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Day 2: Educate and Eliminate

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Day 2: Educate and Eliminate

- Understand the variety of cleansing methods that are available, how genetics may impact your ability to cleanse, and how to choose the **Best Cleanse Method For You**.
- **Silence Your Toxic Self-Talk** and discover how your own self-image and thoughts may be impacting your health and ability to achieve your ideal weight and body structure.
- **Uncover Hidden Toxins** in your home, cleaning products, cosmetics, foods, and beverages.
- Learn to **Make Your Own Safe Supplies** of non-toxic alternatives to toxic products.
- Create a strategy to **Recharge Your Adrenals** so you can begin right away to create the energy you need to say YES to life and engage in joyful, meaningful, and fun activities.



Choosing the Best Type of Cleanse

- ✓ Water fasting
- ✓ Juice cleansing
- ✓ Master Cleanse
- ✓ Potions and powders
- ✓ Colon cleanses
- ✓ Blended foods
- ✓ Raw foods
- ✓ Wheat grass and sprouts
- ✓ Vegetables



Who Can Cleanse?

Who Benefits From a Cleanse

- ✓ Tired people
- ✓ Busy people
- ✓ Stressed people
- ✓ Overweight people
- ✓ People with serious conditions
- ✓ People with hormone imbalance
- ✓ People with poor digestion
- ✓ Athletes
- ✓ Diabetics



Who Needs to Use Caution

- ✓ Pregnant women
- ✓ Nursing women
- ✓ Underweight people
- ✓ Very sensitive people
- ✓ People with serious diseases
- ✓ People who show high impairment on the *“Detoxification Capacity”* Quiz

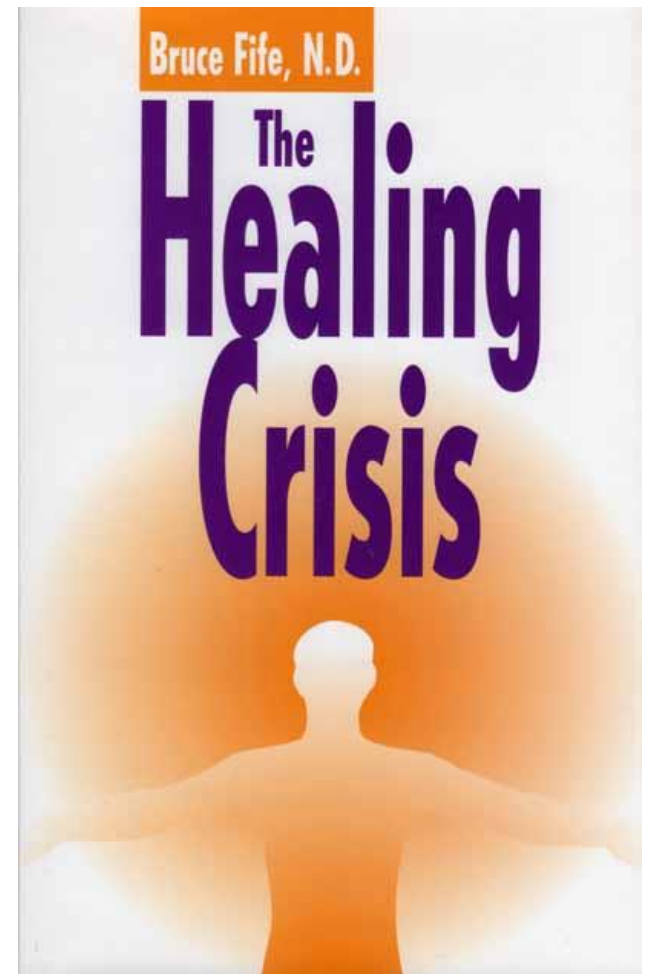
How to Minimize the Effects of Withdrawal During Detox

- ✓ Go slow
- ✓ Minimize stress
- ✓ Don't work too hard
- ✓ Keep moving
- ✓ Keep your colon clean
- ✓ Give liver extra help
- ✓ Adjunctive detox support...



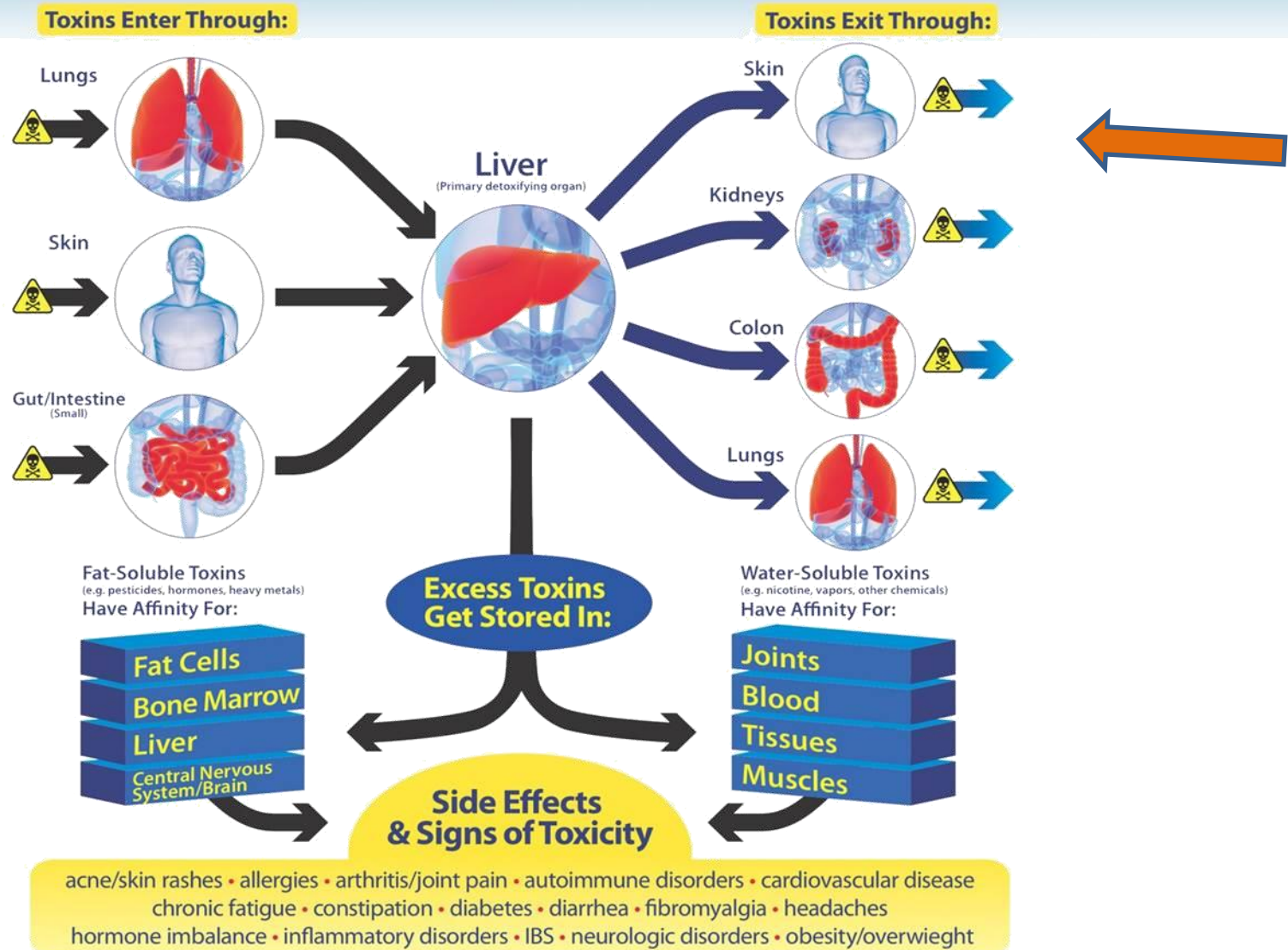
How to Tell the Difference Between “Detox” and “Crisis”

- ✓ Healing crisis vs. true crisis
- ✓ Intense but shorter
- ✓ Comes on and leaves quickly
- ✓ Leaves you feeling better afterwards



THE POWER OF CLEANSING

THE PROCESS OF DETOXIFICATION AND ELIMINATION



Detox and Genetics

✓ Liver Processing

➤ Phase 1 – Cytochrome P450

➤ Phase 2

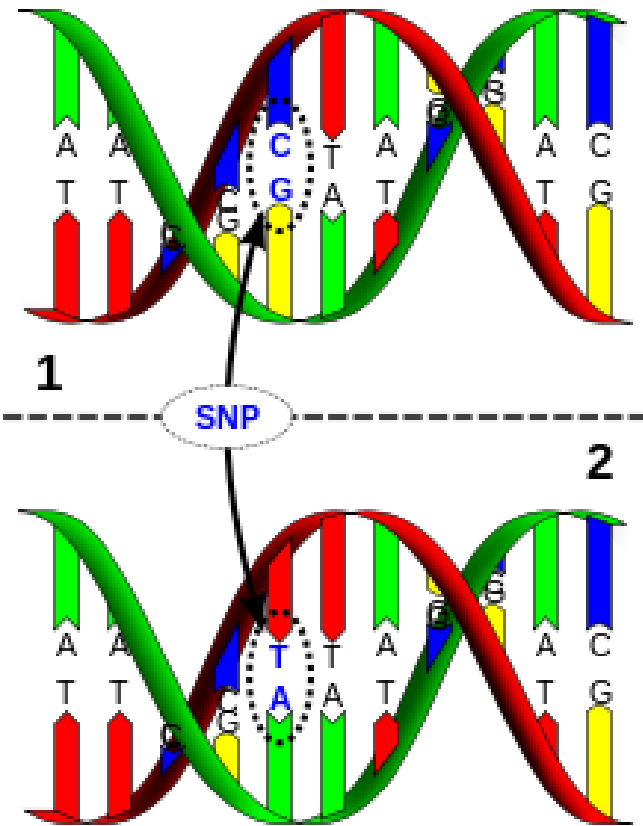
- Methylation
- Sulfation
- Acetylation
- Glucuronidation
- Glycination
- Glutathione conjugation
- Amino acid conjugation

✓ Immune System

✓ Mitochondria



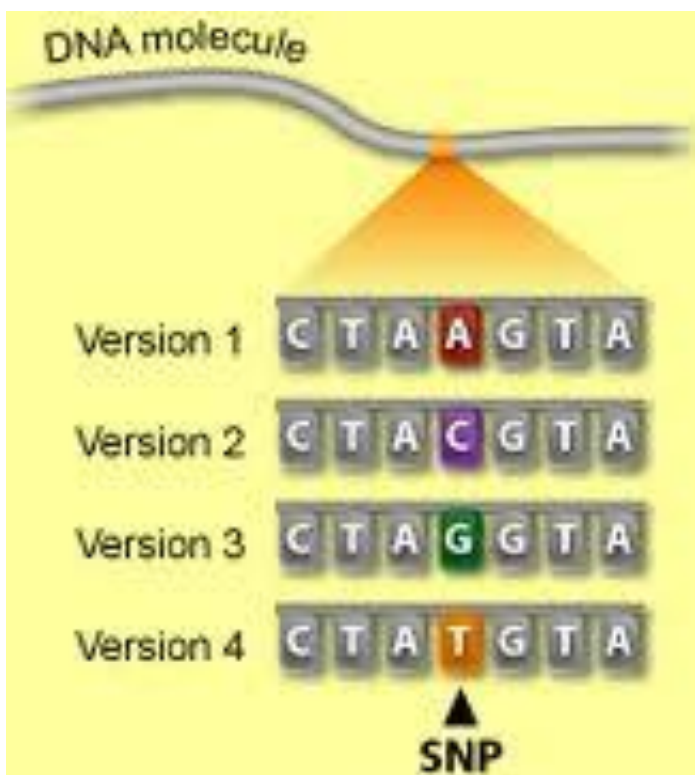
Genetics in a Nutshell



- ✓ Gene can be turned on and off
- ✓ Human chromosomes:
2 sets of 23
- ✓ Entire set of 23 is genome
- ✓ We share:
93% with rhesus monkey,
98.5% with chimpanzee,
99.5% with other humans
- ✓ SNPs make us different from one another

SNPs

Single Nucleotide Polymorphisms



- ✓ 3 billion base pairs
- ✓ **Single base pair** can get added, deleted, or substituted
- ✓ 10 million **SNPs** in human genome
- ✓ Most lead to no observable differences
- ✓ Many lead to normal variations
- ✓ Others contribute to **disease or nutrient imbalances**

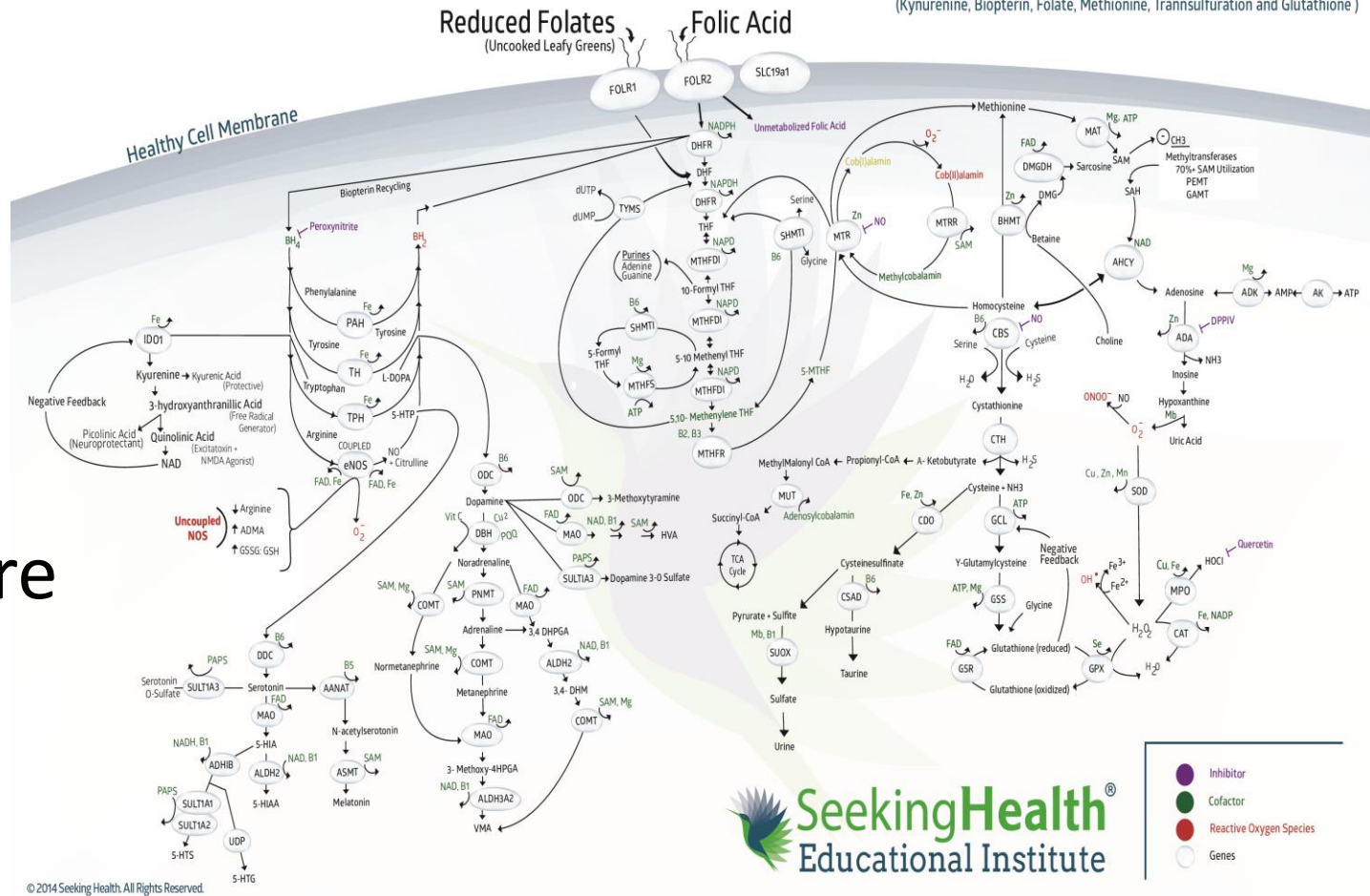
Methylation SNPs

SeekingHealth.org

Pathway Planner

(Kynurenine, Biopterin, Folate, Methionine, Transsulfuration and Glutathione)

- ✓ MTHFR
- ✓ MTR
- ✓ MTRR
- ✓ BHMT
- ✓ SHMT
- ✓ Many more



Cytochrome P450 SNPs

- **CYP1A1:** Detoxifies polycyclic aromatic hydrocarbons (PAHS) produced from the combustion of organic materials (exhaust fumes, charbroiled meats, etc.)
- **CYP1A2, CYP164A:** Issues handling caffeine metabolism, estrogen metabolism, breast cancer, ovarian cancer, prostate cancer
- **CYP1B1 L432V, CYP1B1:** Issues handling caffeine metabolism, estrogen metabolism, breast cancer, ovarian cancer, and prostate cancer; up-regulator
- **CYP2C9:** Detoxifies Coumadin
- **CYP2D6:** Drug metabolism, see list drugs-SNPedia.com, detoxifies ~20% of all prescription drugs including tricyclic's, MAOIs, SSRIs, opiates, antiarrhythmics, beta-blockers, Cimetidine, etc.
- **CYP2E1:** Drug metabolism, see list drugs - SNPedia.com, detoxifies nitrosamines & ethanol (acetaldehyde - alcohol, candida)
- **CYP3A4:** Detoxifies over 50% of all prescription medications and most steroid hormones (cortisol, estrogen, testosterone, etc.) and organophosphate insecticides (e.g. parathion)

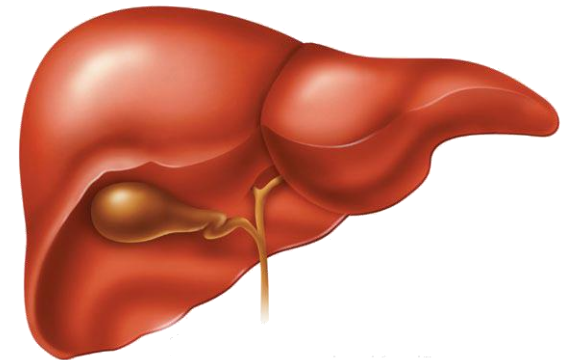
Additional Detox SNPs

❑ **GSTM1:** Glutathione S Transferase

- Affects liver/kidney
- Detoxifies many water-soluble environmental toxins
 - solvents, herbicides, fungicides, lipid peroxides, and heavy metals (e.g. mercury, cadmium, and lead)
- Insufficiency can increase toxic burden and oxidative stress

❑ **SOD2:** Superoxide Dismutase 2

- Primary anti-oxidant enzyme within the mitochondria
- Converts reactive oxygen species into less reactive hydrogen peroxide
- Polymorphisms in SOD2 associated with reduced SOD activity



Testing Your Genetics

- ✓ www.23andme.com/DrLoscalzo for a 20% discount (costs about \$80)
- ✓ Spectra Cell: just MTHFR – costs close to \$200
- ✓ “Regular” Labs: expensive
- ✓ Dr. Amy Yasko: around \$400 for 30+ SNPS

After running 23 and Me test, go to www.GeneticGenie.org and run their methylation and detox reports





Toxic Emotions Can Lead To Self Sabotage

✓ Sadness

✓ **Hate**

✓ Shame

✓ **Jealousy**

✓ Hopelessness

✓ **Self-
Righteousness**

✓ Worry

✓ **Greed**

✓ Anger

✓ **Guilt**



Get Out of Your Lizard Brain

- ✓ *Positive Aspects Journal*
- ✓ *Portable Anchor System*
- ✓ Shifts you into relaxed mode
- ✓ **Relaxed brains make logical comparisons and informed choices**
- ✓ Lizards can't compare and contrast, but high level thinking humans can



“The Chemical-Free Road to Vitality”



Donna Kasuska

www.SpringIntoVitality.com





Helping Your Skin Remove Toxins

1. Diet and herbs
2. Skin brushing
3. Tongue cleaning
4. Saunas and steam baths
5. Exercise
6. Yoga and cleansing breath
7. Detox baths



Steps to Optimizing Detoxification

1. Avoid exposures to toxins
2. High-nutrient content diet
3. High-fiber diet
4. Optimize digestion
5. Exercise
6. Pure water
7. Pure air
8. Reduce stress



Following the body's natural pathways to rid itself of disease

Supplies Recommended

- ✓ Epsom salts
- ✓ Lavender essential oil or flowers
- ✓ An eye pillow
- ✓ Dry skin brush
- ✓ Yoga mat
- ✓ Good walking shoes
- ✓ Lots of great produce
- ✓ Supplements and herbs



Herbs That Support Skin Detox

- ✓ Milk Thistle
- ✓ Dandelion
- ✓ Burdock
- ✓ Yellow Dock
- ✓ Echinacea
- ✓ Artichoke Leaf
- ✓ Turmeric



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Day 3: Empower and Elevate

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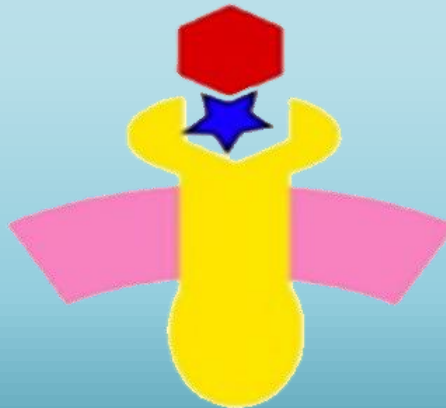
Day 3: Empower and Elevate

- Understand how cleansing and detoxification can **Harmonize Your Hormones** and refuel your immune system.
- **Re-invent Toxic Relationships** and toxic communication methods to enhance your energy and vitality.
- **Master the Art of Everyday Detox** to reduce your toxic load on a day to day basis and take the load off your organs of elimination.
- Identify where toxic emotions are getting stuck in your body and **Learn to Let Go** so you can revive your energy, vitality, and hormone balance.
- **Create Your Personalized Cleansing Calendar**, so you can incorporate both light and deep cleansing practices into your busy life
- **Create Lasting Relationships** and perhaps secure a **Cleansing Buddy** you can connect with on a regular basis to reinforce your new found healthy habits.





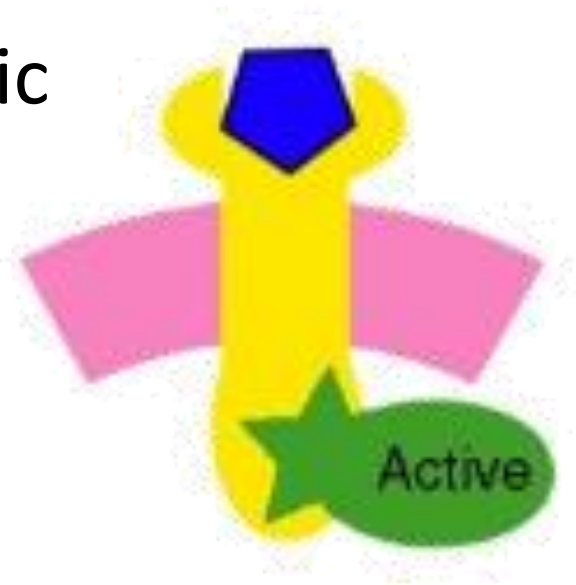
Detox, Digestion, and Hormones



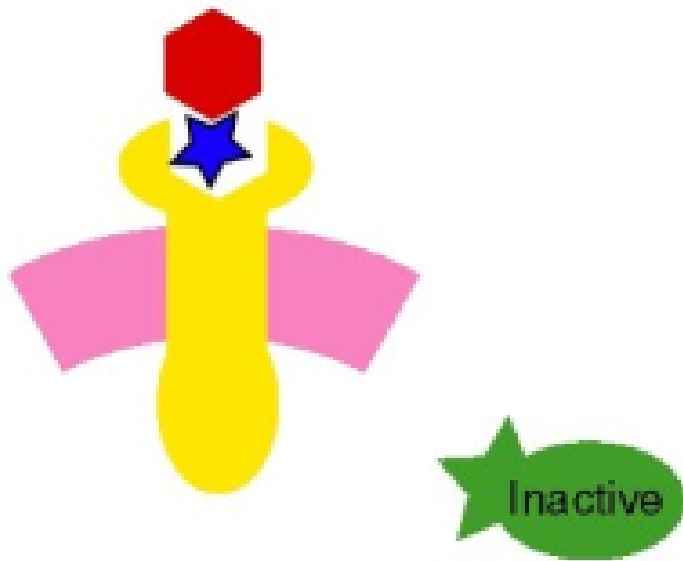
Toxins as Hormone Disruptors (Xenoestrogens)

- ✓ BPA
- ✓ Triclosan
- ✓ 4-Nonylphenol
- ✓ Phthalates – testosterone mimic
- ✓ Parabens

Bind to estrogen receptors



Xeno Estrogen Effect on Hormone Function



Inhibition by blocking receptor site



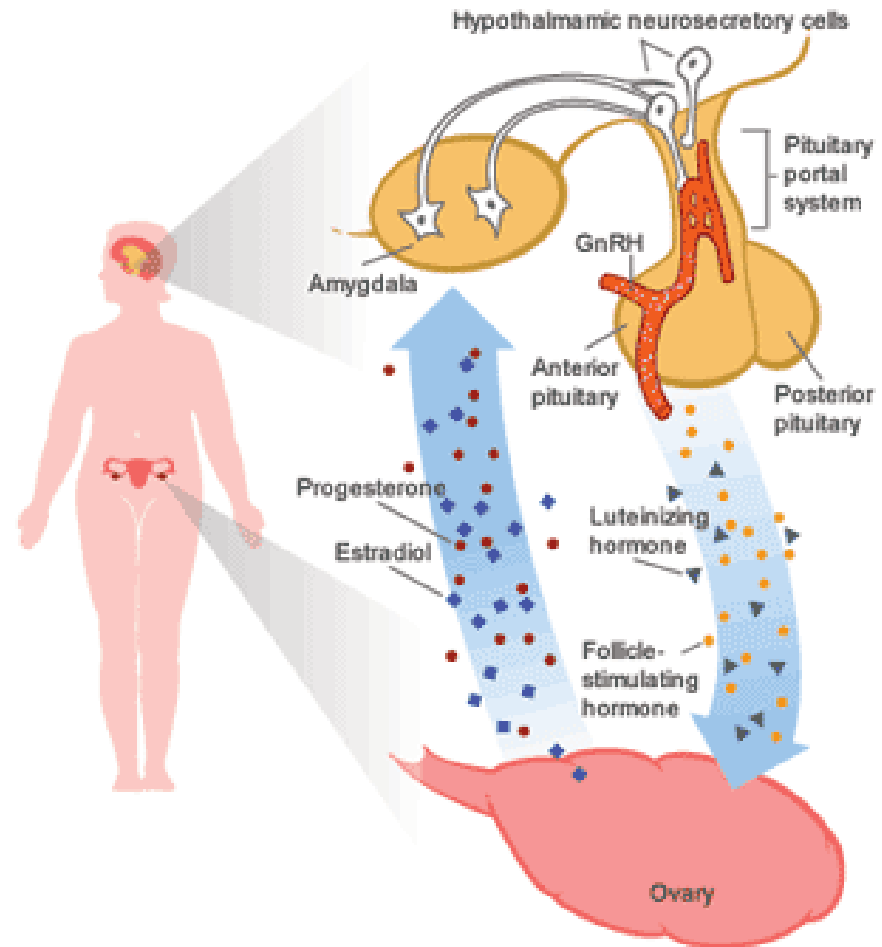
False activation of receptor site

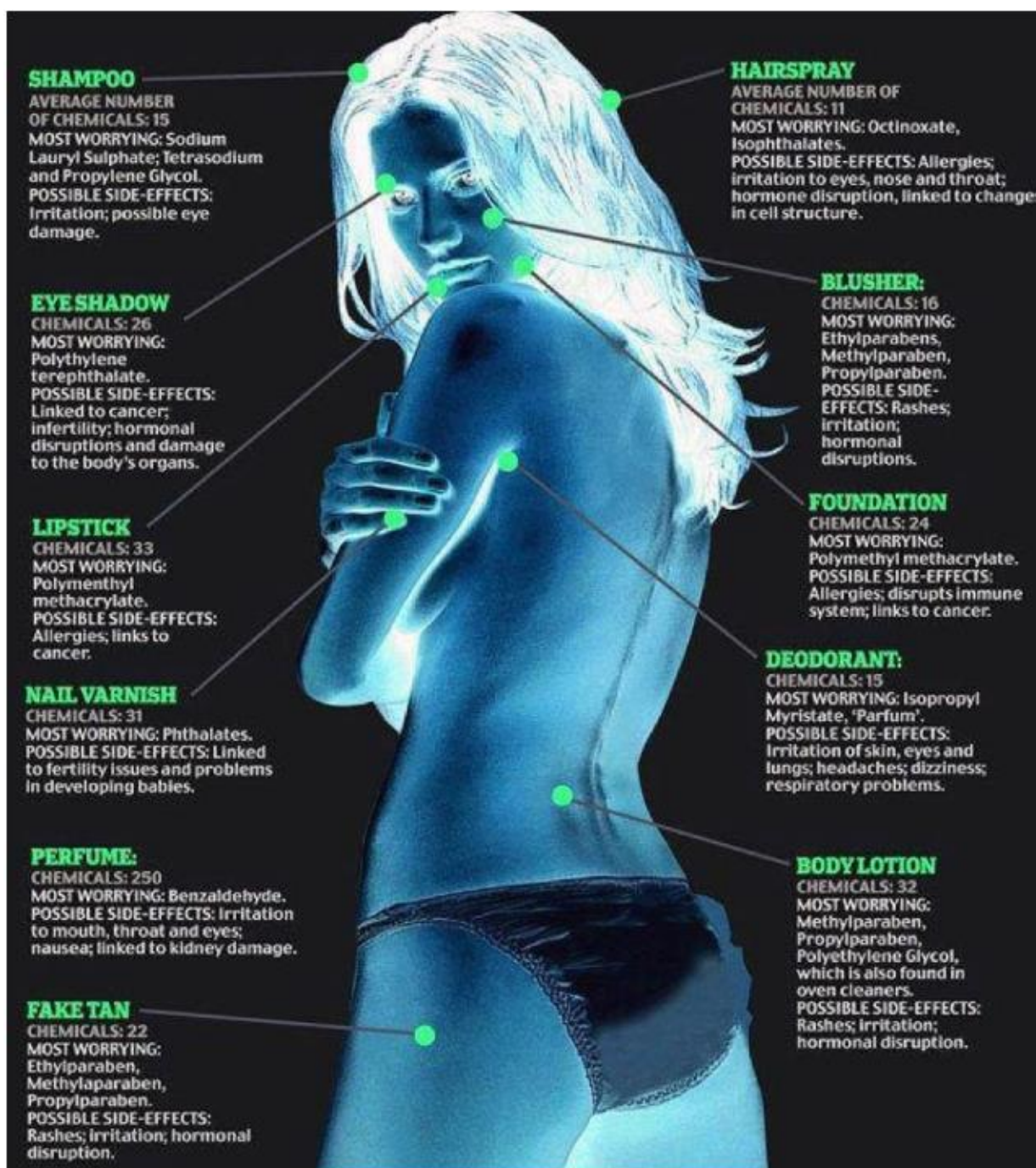
<http://www.functionalfitmag.com/blog/2012/02/05/toxins-disrupt-hormones-fat/>

Toxins and Hormones

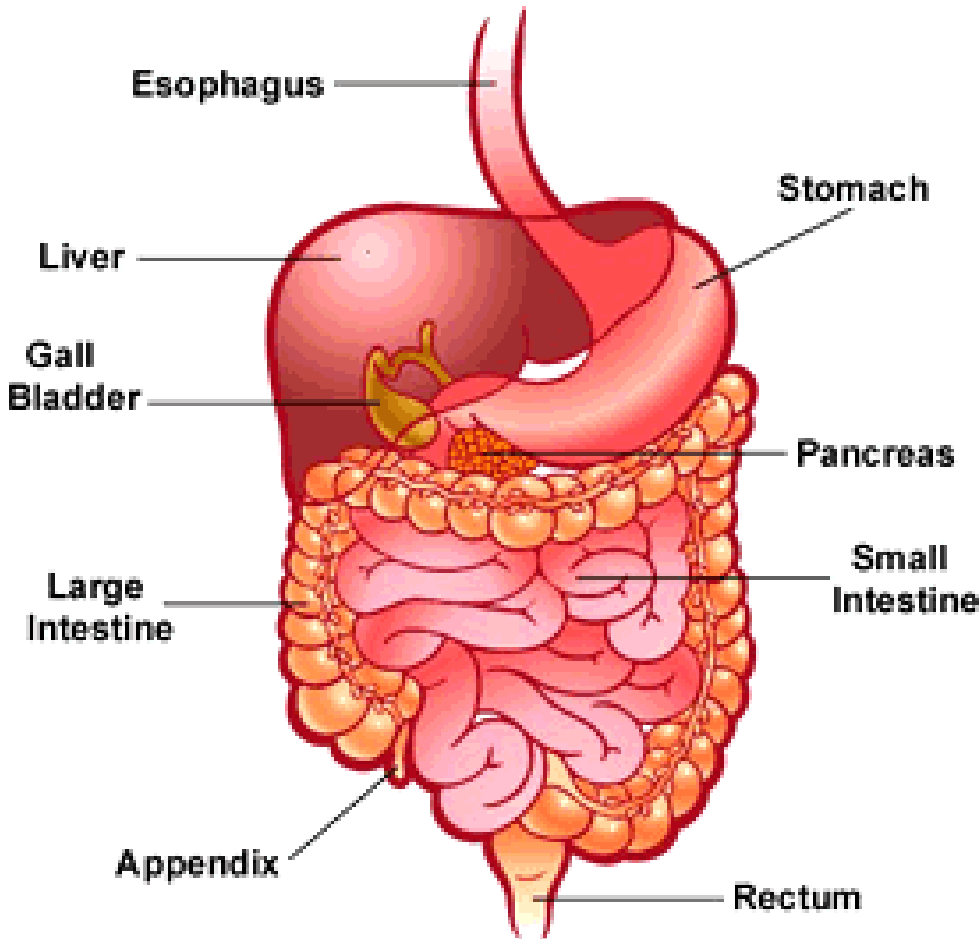
Endocrine disruptors are associated with diseases such as:

- ✓ Endometriosis
- ✓ Infertility
- ✓ Breast cancer
- ✓ Ovarian cancer
- ✓ Prostate cancer
- ✓ Testicular cancer
- ✓ Decreased sperm count





How Toxins Affect Your Digestion



- ✓ Low HCl
- ✓ Low enzymes
- ✓ Sluggish gall bladder and liver
- ✓ Slow transit time -> constipation
- ✓ Leaky gut
- ✓ Microorganism toxins

Pre-Meal Ritual to Optimize Digestion and Absorption

- Stop
- Look
- Tune into your heart
- Breathe fully and deeply
- Feel sincere appreciation



You Need to DO this **EVERY** Time You Put Food
into Your Body

Foods That Can Hurt Your Gut

- ✓ Gluten
- ✓ Dairy
- ✓ Sugar and sugar alcohol
- ✓ Refined carbohydrates
- ✓ All allergens
- ✓ Caffeine
- ✓ Alcohol
- ✓ Lectins: grains, beans, dairy
- ✓ Trans fats
- ✓ Nightshades
- ✓ Processed meats



Gut Friendly Foods to Include Daily

- ✓ Green smoothie – at least 32 ounces
- ✓ Sea veggies
- ✓ Chlorella
- ✓ Probiotic containing foods
- ✓ Lots of greens
- ✓ Brassicas aka cruciferous vegetables
- ✓ Fruit should be eaten as part of green smoothie or along with a leafy green like lettuce or a veggie like celery to prevent sudden rises in blood sugar and the potential to feed yeast
- ✓ Enzymes 1-2 with all meals except juice only or shake



Which Herbs And Foods Heal Which Gut Parts

- ✓ **Licorice and slippery elm:** stomach and intestinal lining
- ✓ **Probiotics:** large and small intestine
- ✓ **Fiber:** the whole tract
- ✓ **Cabbage:** stomach
- ✓ **Chia and flax:** small and large intestines
- ✓ **Milk thistle seed:** gall bladder
- ✓ **Colon:** fiber, water, short chain fatty acids that come from having good amounts of friendly bacteria – (probiotics, cultured foods, fiber, leafy veggies)



Mucilagenous Herbs and Foods

What they do:

- ✓ Soothe the GI tract
- ✓ Rebuild the mucous layer
- ✓ Anti-inflammatory
- ✓ Lubricate the digestive tract
- ✓ Nourish body fluids and tissues



Who they are:

- ✓ Chia Seed
- ✓ Flax Seed
- ✓ Licorice
- ✓ Marshmallow
- ✓ Slippery Elm
- ✓ Comfrey
- ✓ Irish Moss
- ✓ Cinnamon
- ✓ Chamomile
- ✓ Fenugreek
- ✓ Jujube Dates
- ✓ Aloe Vera Gel
- ✓ Plantain
- ✓ Calendula
- ✓ Yarrow



Probiotics to Re-Inoculate Your Gut



- ✓ Kim Chee
- ✓ Sauerkraut
- ✓ Coconut Kefir
- ✓ Seed Yogurt
- ✓ Kombucha
- ✓ Rejuvalec
- ✓ Miso
- ✓ Supplements

Gut Healing Porridge

Ingredients:

- 2 tablespoons chia seed
- 1 teaspoon psyllium
- 1 tablespoon flax seed
- 16 ounces nut milk (i.e. sesame seed, coconut, almond or your choice) blended with 4 prunes and ½ cup blueberries



Directions:

1. Soak chia, psyllium, and flax seeds in ½ the nut milk for several hours, ideally overnight.
2. Add remainder of nut milk mixture and serve.

❖ *This porridge increases gut healing SCFAs (short chain fatty acids)*

www.SpringIntoVitality.com



“Healing Toxic Relationships and Communication”



Laura Fine

www.SpringIntoVitality.com





“How to Emotionally Detox Your Body Through Your Thoughts, Words, and Feelings”



Arttemis Keszainn

www.SpringIntoVitality.com



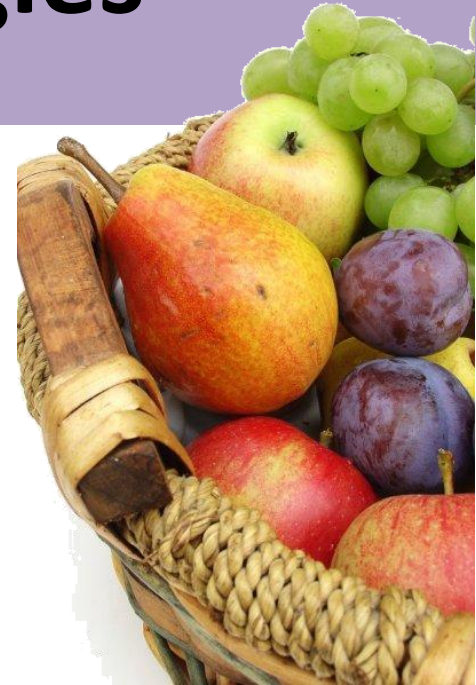


Everyday Detox, Deep Detox, and Detox Strategies



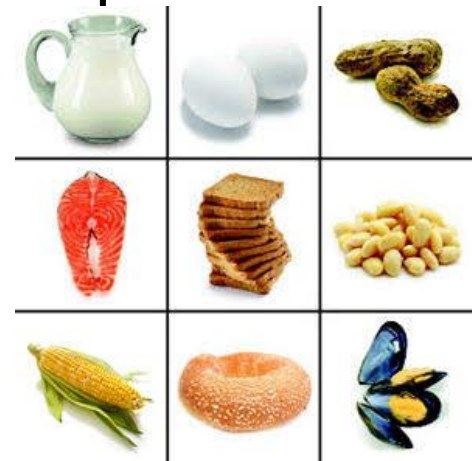
Everyday Detox Strategies

1. Avoid exposures to toxins
2. High-nutrient content diet
3. High-fiber diet
4. Optimize digestion
5. Exercise
6. Pure water
7. Pure air
8. Reduce stress
9. Increase sweating
10. Herbs



Eliminate Foods That Disrupt Detox

- ✓ Alcohol
- ✓ Artificial colorings and flavorings
- ✓ Caffeine
- ✓ Processed meats and non-organic meats
- ✓ Trans fats
- ✓ Refined foods
- ✓ Allergy producing foods (The top 6 plus all known)
 - Gluten
 - Dairy products
 - Corn
 - Soy
 - Eggs
 - Peanuts



Foods That Enhance Detox

- ✓ Brassicas – indole 3 carbinol
 - **Especially broccoli sprouts and seeds**
- ✓ Citrus peel
- ✓ Avocado
- ✓ Beets
- ✓ Leafy, bitter greens
- ✓ Cardamom
- ✓ Sea vegetables
- ✓ Wheat grass
- ✓ Chlorella
- ✓ Dandelion
- ✓ Grapefruit
- ✓ Green Juices
- ✓ Jerusalem artichoke
- ✓ Onion
- ✓ Burdock



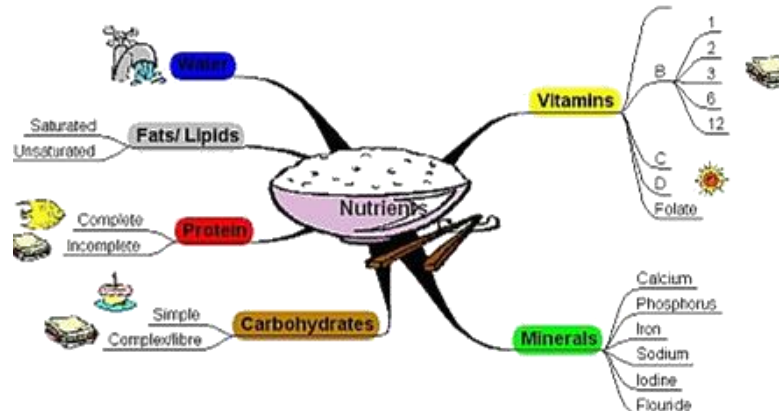
Herbs and Spices That Enhance Detox

- ✓ Turmeric
- ✓ Cayenne
- ✓ Dill
- ✓ Caraway
- ✓ Basil
- ✓ Cilantro
- ✓ Cinnamon
- ✓ Fennel
- ✓ Garlic
- ✓ Ginger
- ✓ Peppermint
- ✓ Rosemary
- ✓ Thyme



Nutrients Needed for Detox

- ✓ Amino Acids
- ✓ Vitamin C
- ✓ Glutathione
- ✓ Sulfur
containing
substances like
MSM
- ✓ Vitamin B1
- ✓ Vitamin B2
- ✓ Vitamin B3
- ✓ Vitamin B5
- ✓ Vitamin B6
- ✓ Vitamin B 12
- ✓ Folic Acid
- ✓ EFAs: black
current oil, flax
oil, EPA
- ✓ Magnesium
- ✓ Molybdenum
- ✓ Manganese
- ✓ Iron
- ✓ Selenium
- ✓ Zinc



Add Adjunctive Detox Rituals

1. Skin brushing
2. Tongue cleaning
3. Saunas and steam baths
4. Exercise
5. Yoga and cleansing breath
6. Detox baths



When to Cleanse and When to Go Deep

- ✓ Daily
- ✓ Weekly
- ✓ Monthly
- ✓ Seasonally
- ✓ Yearly



Sample Cleansing Calendar

- ✓ **Daily:** herbs and foods
- ✓ **Weekly:** every other week 24-hour cleanse
- ✓ **Monthly:** 18 to 24-hour water fast
- ✓ **Quarterly:** GREEN Cleanse
- ✓ **Annually:** Deep detox



**** Intermittent Fasting for Detoxification**

Cleansing Diet vs Maintenance



Food Selection Hierarchy

- ✓ Whole
- ✓ Fresh
- ✓ Plant Strong
- ✓ Nutrient Dense
- ✓ Organic



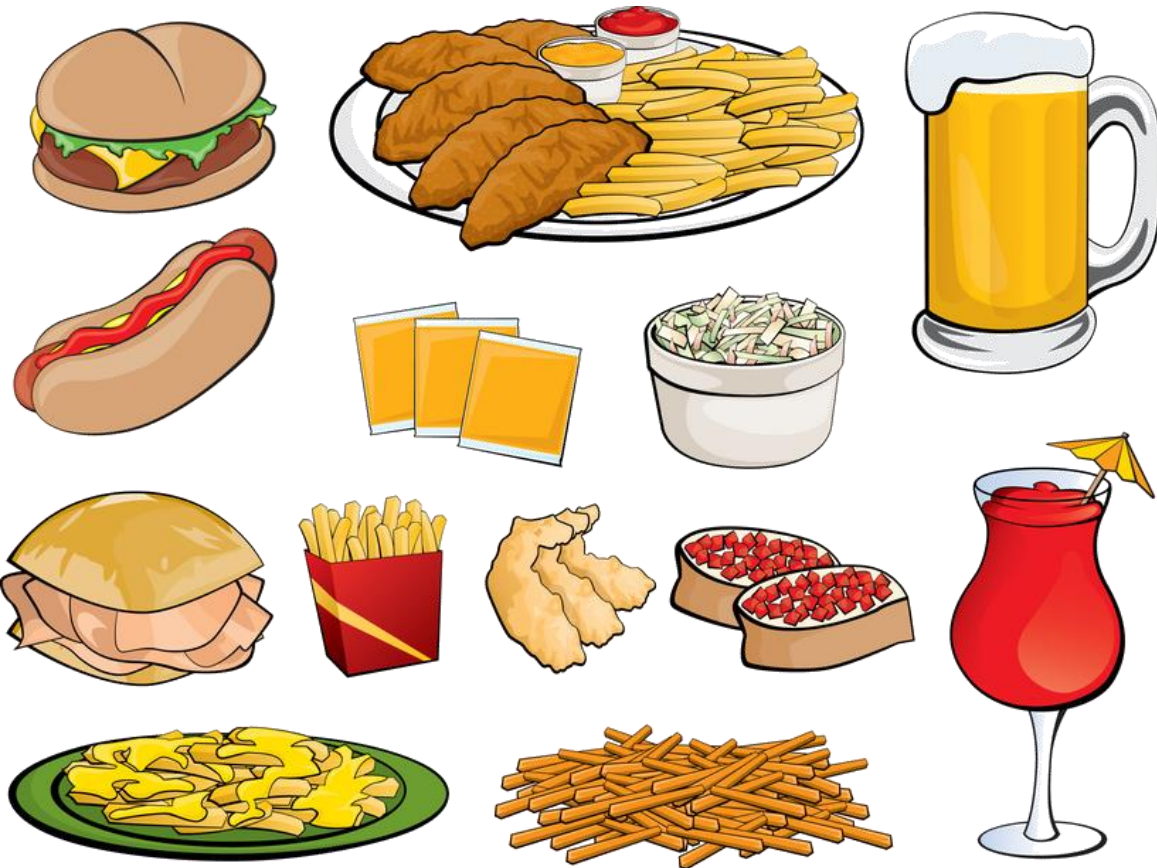
Common Diet Beliefs and Some Myths

- ✓ You are what you eat
- ✓ Fresh foods are better than processed foods
- ✓ Cooked food is “poison”
- ✓ Raw foods are hard to digest
- ✓ Blending foods destroys nutrients
- ✓ Blending foods releases nutrients
- ✓ You need meat for protein
- ✓ Dairy is mucus forming
- ✓ Gluten causes inflammation



Food Religions

- ✓ Macrobiotics
- ✓ Ayurveda
- ✓ Low Carb Diets
 - Atkins Diet
 - Zone Diet
 - South Beach Diet
- ✓ Raw Vegan
 - 80-10-10
 - Rainbow Green
- ✓ Raw Omnivorous



Dogma vs Science vs Personal Nutrition Plan

- ✓ Biochemical individuality
- ✓ Life phases
- ✓ Previous trauma
- ✓ Exposures
- ✓ Genetics
- ✓ Gender
- ✓ Preferences
- ✓ Activity level



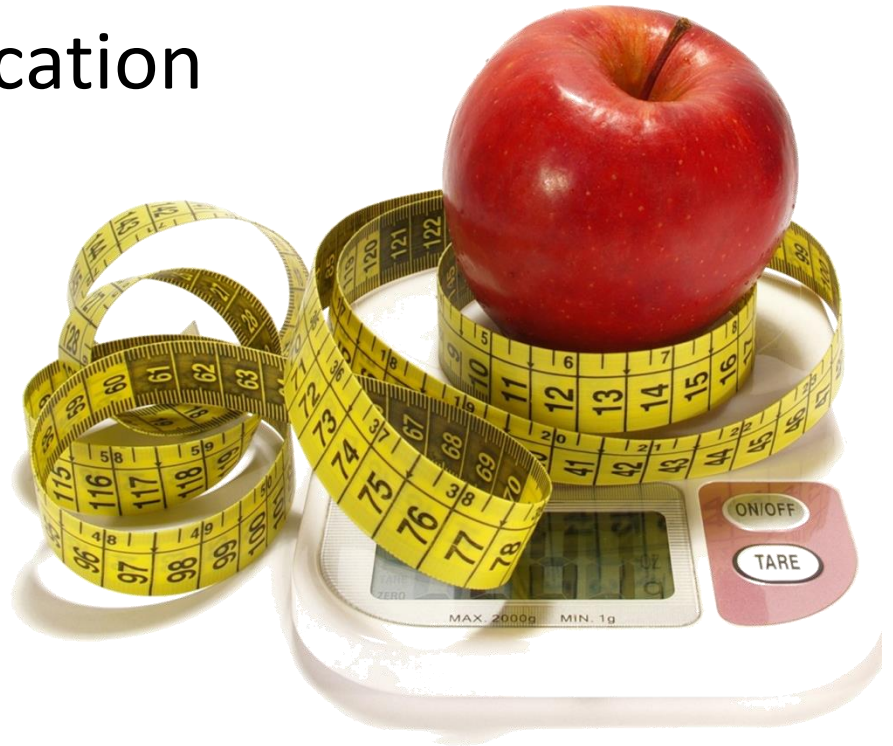
Widely Accepted



- ✓ Whole processed
- ✓ Lots of vegetables
- ✓ Green is queen
- ✓ Natural not artificial

Benefits of Raw Food

- ✓ Nutrients haven't been destroyed by cooking
- ✓ More antioxidants
- ✓ Fats haven't been oxidized
- ✓ Cleansing and detoxification
- ✓ Easier to digest
- ✓ Enzymes
- ✓ Energy
- ✓ Weight management



Frequently Asked Questions

- ✓ What % raw foods should I eat?
- ✓ Do I have to avoid gluten forever?
- ✓ What are the healthiest cooked foods to eat?
- ✓ What about dairy?
- ✓ How about meat and fish?
- ✓ If not 100%, what's the ideal percentage cooked?
- ✓ How about seasonal changes?



Blending Raw and Cooked

- ✓ **All or Most Fats** –
raw: nuts,
seeds oil (minimal)
- ✓ **Fruits** – raw
- ✓ **Salads** – raw with
possibly some
cooked items,
i.e. steamed
vegetables mixed with raw
- ✓ **Grains and Legumes** – sprouted (certain ones)
- ✓ **Vegetables** – cooked and raw



Fun With Nourishing and Cleansing Foods

- ✓ The “Big Bowl”
- ✓ Combination salads
- ✓ Soups
- ✓ Cooked vegetables with raw sauces and dips
- ✓ Non-gluten grains with raw sauces and vegetables



Fun With Nourishing Foods



Photos taken by **B4 Be Gone** program member Annette Nolan during the 30-day metabolic reset.

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