

## Every-Day Detox

### Transcript

Hello and welcome to *Every-Day Detox*. This is Dr. Ritamarie Loscalzo and I'm excited to be here to bring you all sorts of information that you need to create an environment in your home and in your life and in your body where you are every day enhancing your detoxification mechanisms.

We are completely surrounded by toxins in our world today and it's really important that you become aware of not only how to reduce your toxic load but how to support your system on a regular basis in its naturally occurring detox mechanisms because it's really easy for those to get overwhelmed.

Before we begin I just want to make sure that you are aware that this information is not intended to replace a one on one relationship with a qualified healthcare practitioner. It's not intended as medical advice. It's just intended as a sharing from me to you, my experience, my research into you.

And I would expect that and encourage you to make your own healthcare decisions based on your own research and in partnership with a qualified healthcare professional if you are under the care of one, you are on medication or you've been diagnosed with any sort of serious disease.

Everyday detox is all about how to enhance your body's ability to clear itself of the toxins that you are either breathing in, taking in via food or generating internally. We are going to talk about the ways that toxins come in and what those are. We are going to identify where those toxic exposures that you might have so that you can reduce and eliminate them.

We'll talk about how to reduce your toxic load, what foods you can eat to enhance detoxification and what activities you can do to decrease the toxic load in your diet and in everyday life. So what really is everyday detox? Everyday detox are things that you can do in your day to day life.

It's not about you taking a week off to go do a cleanse somewhere; it's not about taking special potions and powders, it's about what you can do in your day to day. Don't worry, we'll get into some of the more detailed detoxes later down the road.

We are going to give you activities to help you remove toxins more efficiently and more effectively. I'm going to teach you about the foods that enhance your detoxification.

I'm going to talk to you about how to avoid chemical exposures at home and in the workplace. How do you avoid foods that slow down your detox and then what practices that you can use to help your body to eliminate toxins? So how do you know if you need to detox your body? Well let me just start with this, we all need to detox our bodies.

You are exposed constantly and our detoxification mechanisms are constantly begin overwhelmed so we constantly need to. But some signs that your body is over toxic that it's reached its maximum capacity for detoxification and now symptoms and signs are happening are headaches, rashes, fatigues and irritability and the inability to lose weight even though you might be practically starving yourself.

But the reason you have trouble losing weight is because all those toxins need to be stored to protect you from them and your liver in its infinite wisdom chose fat to store that in. so you may not be eating too much, but you may be storing fat because there are toxins in what you are eating and in your environment and wherever.

So I have this list, you can barely read it I'm sure but these are 84 toxins that are entering your body. You are welcome to go out and read about these and determine for yourself how important they are to avoid but these are 84 toxins that are entering your body. No wonder your liver is exhausted, no wonder it can't keep up.

Many of these weren't even known 100 years ago. They certainly weren't in the environment especially in the quantities they are now. So you are constantly being bombarded with toxins and it's really easy to surpass your body's ability to handle it. So where the heck do all these toxins come from?

Well, there are four main places where you get toxins from. Your world, the fumes from factories, the chemicals that are put into the air, the water, all around you, the ones that you breathe in. Your home, which is loaded with toxins in your air fresheners and your cleaning supplies and the rags and the paints and the plastics that are all over the place.

There are toxins in your food, like pesticides, hydrogenated oils, high fructose corn syrup, which really taxes your liver big time and all the other additives and preservatives that are put in your food. And finally from your body generates loads of toxins everyday just by your typical day to day metabolic waste products and we'll talk about where those all come from.

So let's start with the external toxins. These are just some of the areas where you are exposed to toxins on a regular basis. And I'm not going to belabor this or go into all the details but you can read this, there is environmental pollution, there is dental amalgams, the fillings that are put in your teeth, there is old paints and blinds and canned goods that are loaded with toxins.

There is aluminum in antiperspirants and deodorants and antacids, there are molds, which put out toxins, mycotoxins. There are occupational exposures for people who are miners or if you are into pottery or you are an artist or a mechanic or a farm worker, there are toxins involved. There are also toxins from poor air quality and what's called sick building syndrome, where the air is so poor and the quality is so poor that they actually call the building sick.

You get toxicity from contaminated water and food, inhaling smoke even if you don't smoke yourself but inhaling other people's smoke, chemicals, both from your personal and homecare products, soft plastics, Coatings, plasticizers, phthalates, radiation, trans fats, high fructose corn syrups, processed foods and refined flowers.

These are all the ways that they come into us and they also can be generated inside of us so there are internal toxins and external toxins. We are going to first look at where all the external toxins come from. Some of them come from your world, this is the first of four slides. Again I'm not going to read through this, I'm going to ask you to read through them and see if any of these are an issue for you.

I've got a list of the various places where the toxins come from and then I've got descriptions for some and just a few words for others about how they affect your body. Many, if not most of the toxins, are neurotoxins meaning that they affect your brain.

They affect your neurotransmitters, they affect your nerves, they can affect things that compromise your walking, your balance, your ability to think clearly. They are all around us.

Toxins from your world two we have formaldehyde, radon and lead and a whole lot of information you can read about there. Toxins from your world three, carbon mine oxides, arsenic, vinyl chloride, hydrofluoric acid, all details you can read about. And toxins from your world four VOCs which are volatile organic compounds which are found in paints and varnishes.

Solvents, disinfectants, pesticides, these are all the ways that these toxins can come into your world. There are toxins from your home.

We think that our homes are safer and we don't want to go outside with all the pollution, it's actually less safe inside of your homes in terms of air quality and the things that are most toxic are the things that you are using on a regular day to day basis.

There is the cleaning supplies, carpets, paints, air fresheners, cooking utensils, plastics, toys, shower curtains, deodorants and antiperspirants, soaps, shampoos, skin lotion, hair spray makeup, body care products. All of these, unless you are buying organic versions of them that are made with non-toxic or you are making them yourself, they all have toxins in them. And the stuff that you use on your body and on your hair it's right there, it's right on you and it's on there for long periods of time.

The makeup, the eye make-up, oh man there is so much toxic in that stuff. There is also toxins in your foods. So these are some of the worst foods you can find but it's all over the place, it's in preservatives, there is mercury in fish, there is also lead in fish, there is pesticides on just about everything unless it's certified organically grown.

There is sugar in almost every food, in fact there is even sugar in things like tomato sauce, and tamari. You really have to learn to read labels or not eat things that have labels, just eat whole fresh foods. There are the food additives, there are so many neurotoxins in food additives, acrylamides which are formed when you heat grains up to a very high temperatures like in chips, things like that.

There is sodium nitrate in processed meats, there is polychlorinated biphenyl, a dioxin which in farmed fish, meat and dairy. So your food is not safe unless you are choosing it really carefully. The ultimate is in food that is toxic spam, they just throw all these byproducts of various parts of various meats together and add the whole bunch of preservatives and nitrates and that put in a can and people actually eat it.

There is Bisphenol A in the canned foods and they are actually in the cans themselves and in plastic. These are all neurotoxins and they are also endocrine distracters. For more details about this you can listen to the presentation called Cleanse Your Way to Happy Hormones and Delightful Digestion which we'll include in this module for you.

The meat and dairy products, dioxins, meat and dairy products especially when they are heated, they are byproducts of heat, recombinant bovine growth hormone in dairy, aspartame, diet soda and artificially sweetened foods. Aspartame is as potent neurotoxin, it can actually cause MS or MS life symptoms.

We are surrounded by this stuff and we are ingesting this stuff and my goal is to teach you to be aware of this and then as we do our work together you are going to be getting rid of these things one by one by one. So toxins in your food; there are arsenic in non-organic chicken, more toxins in foods, hydrogenated oils, crackers and cookies.

They damage cell membranes, they cause you to be more prone to cancer and serious diseases, there are artificial coloring flavors, there is even the teflon in other coated cookware which puts off noxious gases, not safe and then monosodium glutamate which is an excitatory chemical that affects your brain.

So in addition to everything that's coming into our body as if that's not enough, there are toxins that are generated inside your body every day. And really, all your detox mechanisms were created, I believe to heal you from the toxins inside your body that you generate as a part of just your normal metabolism.

But we've created such a toxic world that we so easily overtax those detox mechanisms with all the stuff in the outside. These toxins from inside your body are produced by your mitochondria which are your energy producing organelles in every cell, by your adrenal gland when they are responding to stress, by your muscles when you are moving, especially when you are doing heavy duty exercise.

By your digestive system when it's trying to pull apart your food and assimilate that into you because there's so much in there. The brain, your brain when it's functioning it's producing metabolic waste products, whenever you get stressed or angry you are increasing the amount of toxins produced in your body.

And when you have allergic reactions especially those that damage your body and damage tissue that break down products of that and that's harmful as well.

Then you've got microbial toxins, if you've got overgrowth of candida, parasites, viruses, bacteria that live in your gut mostly but also can live in your skin and in your respiratory tract, these produce their own toxins.

And these are excitotoxins and there are various kinds of endotoxins, mycotoxins and they are oxidants that damage your cells. Some of the health challenges that can result from toxic overload are fibromyalgia, joint pains, chronic fatigue, chemical sensitivity, attention and focusing problems.

It can even in depression and anxiety, an inability to focus. Headaches can be caused by toxic exposures, I remember working with a woman who had been through everything through the headaches, we adjusted her and she had acupuncture and she had gone and had MRIs and everything checked out okay and I said I think that it's toxic, it's a toxic overload. I put her on a detox program and her headaches went away.

Irritable bowel can be a result from a toxin overload. It just aggravates and irritates the tissues to have all these toxins that are not being fully cleansed and allergies, joint pains. There are so many things, this is just a tip of the iceberg, there are so many others. I didn't mention autoimmune disease as well.

So you have as I said built-in mechanisms to allow your body to heal and get rid of toxins and those include the organs like the liver, the kidney, the skin, your digestive tract, your sweat and your lungs. This picture is a picture of the liver because a lot of it happens in the liver and basically the toxins come in to the liver and they go through they call it step one and step two, here it's usually called phase one and phase two.

Phase one requires several nutrients and it's a pretty simple phase and it usually works pretty well in most people. But phase two gets backed up because you need so many nutrients to make it through phase two that oftentimes we get a buildup of toxins that come out of step one don't make it through step two and then start circulating and cause damage in your body.

But from step two there is the waste that can be eliminated either by putting it through the gallbladder and then out into the bile which goes down your bowels and your intestines and out the other end. It also goes through in the bloodstream, makes some of those toxins water soluble and puts them in the bloodstream and then they go filtered in the kidneys and out in your urine.

And then there is sweat which isn't put on this picture but sweat is when these toxins are floating around in your bloodstream and you sweat naturally, the sweat will contain toxins.

But if you are backed up in the bowel where your liver isn't functioning fully, your kidneys aren't functioning fully then those toxins can start to make their way out through the skin in a more rapid way and can cause skin rashes.

So let's talk about what you can do on a day to day basis.



Well, there are a lot of nutrients needed for detox, there's amino acids, there's vitamin C there is a potent antioxidant called glutathione, there is sulfur containing substances, all your B vitamins, your essential fats, a whole bunch of minerals including magnesium, molybdenum, manganese, iron, selenium, zinc and MSM which is an sulfur containing product.

All of these are needed for detox so you need to be eating a very nutrient dense diet that's loaded with these nutrients. It doesn't make it if you are eating Twinkies and biscuits and croissants and variety of foods that are depleted of the nutrients. You need to be eating a lot of these green foods and sea vegetables and whole fresh foods that have all the nutrients intact and they have a high ratio of nutrients to calories.

Here is a list of foods that are helpful. Doesn't mean you have to include every single one of these foods but I'd highly recommend that you focus on the brassicas. They have something called indo3carbinol which is especially helpful for liver detoxification and balancing hormones, estrogen in particular.

This is especially high in broccoli sprouts and broccoli seeds so you can sprout the broccoli seeds. You'll buy them already sprouted or you can also purchase the sprouting seeds and grind them up and put them into smoothies or salad dressings or sprinkle them on salads. So let me talk about a few of these other herbs that you can just pick every day to pick a few and make sure that you are getting some helpful detoxification nutrients and foods every day.

And they are not that hard. Dill an awesome spice you can add with garlic to your dips and your dressings. Caraway is awesome; I especially love it in sauerkraut and mixed in with cabbage. Turmeric is an awesome orange spice, it's from India and it is loaded with antioxidants and it just really regulates your liver detoxification, easy to incorporate into food, into curries, it's part of the Indian and Thai regime.

Avocado, really easy to incorporate that. I love avocados they're yummy, you can put in salads, you can make guacamole, you can do all sorts of wonderful things with avocado. And then there is basil which you can make into pesto and beets which you can shred and put on your salads and then there is leafy greens and there should be an extra line with that cardamom.

But leafy and bitter greens, your arugula and dandelion is especially good and kale and collard greens and all those bitter greens are really, really good for supporting detox. As is cardamom, a spice that's really great combined with cinnamon in making things like chai and ginger bread and things like that or ginger bread tasting things, things that taste like ginger bread.

You can use pumpkin pie spice which has both of these and add it to smoothies or desserts. Cayenne is another one, you can't use very much cayenne because it's so hot but a little bit of cayenne, I sprinkle cayenne in just about everything. Greens like chlorella and cilantro are really good for helping you with heavy metal detoxification.

Cinnamon is awesome for promoting liver detox as is dandelion; they help promote the phase two. Fennel and anise it tastes kind of like licorice and if you like the flavor, you'll love it, if you don't; you don't. So if you like that flavor of licorice and fennel awesome for detox. Use garlic if you can tolerate, tons of garlic as long as you are not overly hot in your constitution in which case it might make you hotter, as is ginger anti-inflammatory.

We have a list on your page that lists all of these foods and gives you reasons why they are so good. I'm going through this rather quickly but know that there is a handout right on the page where you got the video link from and you'll have the description of why all these things are so good.

So the grapefruit, green juices, artichoke, onion peppermint, rosemary, sea vegetables, thyme and wheatgrass, they are all part of foods that you can just incorporate. You can add them to your salads, your smoothies, your soups and just consciously think about adding them. There are also herbs and I separated these herbs because a lot of these herbs are used more therapeutically than they are as food.

But milk thistle actually can be used as a food. Milk thistle can be purchased as seeds and blended up and it's a really potent antioxidant for the liver. Dandelion, you can use the leaves as a bitter green and that has definite detox effects. You can also get the roots and make it into a tea.

You can use burdock, again either as a food or as an herb. You can get burdock tea or you can get burdock and chop it up and put it salads and smoothies and soups. Echinacea, most people don't use it as a food, it's usually used as a herb and you can purchase it in tea form or tincture form or capsule form.



And then the leaf of the artichoke, not the part we typically eat which is the inside part but the leaf part here is actually very, very potent. You can buy it as a herb and you can buy it as a tincture. You can make a tea out of it, lots of ways that you can use it. You can actually drink the water, if you steam in artichoke and eat.

You can drink the water which will have a lot of the helpful constituents that have come out into the water. And then I put turmeric again here because some people can't take enough turmeric. They don't like the taste or just doesn't tolerate it, but turmeric can be taken also as a supplement, you can get capsules of turmeric. You can also get turmeric fresh and a lot of gourmet type stores will have the fresh little turmeric roots.

The foods that disrupt the detox, these are the things you want to stay away from, this is what you can do on a daily basis. Alcohol, except very, very occasionally if you have it at all, I prefer not to have alcohol in 27 years except for a little bit in my tincture, artificial flavors and colorings, caffeine, except for green tea.

The little bit of caffeine in green tea is balanced out by the plethora of the antioxidants that actually support and I should have had that on the list. The green tea is actually very supported, any of the processed meats and non-organic meats because of all the chemicals that are in there that just slow down the liver, trans fats and then refined foods and again should be a separate line and allergy producing foods.

So the top six allergies that are very common are gluten, dairy, corn, soy, eggs and peanuts but you may have other allergies. So when you eat foods that you are allergic to it creates inflammation in your body. It creates a distraction from detoxifying you from the chemicals in your environment, makes you sicker.

So these are the things that you can do is to avoid the foods that disrupt, incorporate more of the foods that support. For certain things and when we- talk about phase one and how phase one can, actually the toxins that come out of phase one are sometimes more toxic than what went in because they are supposed to immediately go through phase two.

But a lot of times our phase one gets faster than phase two and mainly because a lot of the toxins will do what's called inducing phase one, makes phase one go faster, which means that it's going to have a phase two that can't keep up with it which means you are going to feel terrible.

So alcohol, caffeine, aspirin, Tylenol, nicotine and certain other drugs like Phenobarbital steroids and sulfur drugs will all cause your phase one to speed up but your phase two to slow down. So let's talk about the steps to optimizing everyday detox. Number one is reducing your toxic load. Avoid the toxins as much as possible.

We went through very quickly lists of supplies, the home supplies, the cosmetics. Do your best at reading labels and start to go away from those, we are having a couple more lessons and specifics about those and how you can clean up your world from that. You need to have a high nutrient content diet; Twinkies and Cheetos are not going to do it.

You need to have lots of fresh whole fruits and vegetables, nuts and seeds and legumes and sprouted grains, non-gluten. Those will be the things that are full of nutrients, okay very, very much important to have whole foods in your diet. If you eat meat or animal products they need to be in small quantities and it needs to be just organically grown so you don't have all the pesticides and hormones in there.

You need a high fiber diet. Well a high fiber diet is also the high nutrient content diet so you can get the two for one and the fruits and the veggies and the greens. You want to optimize your digestion and in the next three or four lessons we'll talk about how to optimize your digestion. You want to get daily exercise to keep those toxins moving to sweat them out.

Drink plenty of pure water. Remember half your body weight in fluid ounces. Breathe pure air. What that means is, don't keep your windows closed all the time, allow the air to circulate and get an air purifier if need be especially if you've got carpeting in your house or new paint, you need to have an air freshener to clear that out and reduce your stress, it's so important.

We've talked about some techniques already for using breathing and appreciation to reduce stress and transform stress. It's not just good for you, it's not just a good idea, it enhances detoxification and digestion. And then some extra activities you can do in an everyday basis, you can get a skin brush which is pictured here and you basically dry brush your skin before you shower.

It gets away all the extra layer of dead skin and allows some of the toxins to be taken away before you shower and really helps your circulation as well. Tongue cleaning, this is somewhat similar. There are a lot of different tongue cleaners, this is the kind I like the best with funky handles. And you are basically just going from the back to front and scraping, it's not caustic or sharp.

It just is the metal against the tongue will help to pull off the gunk that gets built up especially overnight, I recommend doing it morning and night. You'll be surprised at how much better you feel just by keeping your tongue clear and when you see what comes off of your tongue, you'll be shocked.

Saunas and steam baths are awesome for sweating away toxins especially far-infrared saunas, there is been a lot of research on far-infrared saunas. You may not have access to one. If you belong to a gym, you might look and see if they have one or if you are looking for a gym membership, look for one that has a sauna that you could go to. A lot of spas have saunas.

You can now get a far infrared sauna with a portable outer shell on Amazon for like \$100 or \$200 so they are really not that expensive, they've come down a lot, yeah those big, beautiful wood ones would be awesome. I personally don't have room for it and they are expensive, they're two, three thousand dollars.

Yoga and cleansing breath so when you do yoga there is a specific kind of breathing that is cleansing and you can learn how to do that and it doesn't take very long. Detox baths, you could get into the bathtub and throw in some apple cider vinegar and some sea salts and Celtic sea salts and take detox baths.

You can get some special bath salts or special bath clays that help to detoxify you and finally you have listed colonics and enemas that even though they are not necessarily every day, but they're things that you can do relatively easily. But the main ones for everyday would be the skin brushing and the tongue cleaning and the cleansing breaths with yoga would be nice too.

There is a drink that I love to offer people and it's in your second week when we talked about beverages I gave you recipes for it. I call it the Daily AM gut rejuvenator and it's one that just really jump starts your digestion. I start with 32 ounces of pure water, the juice of one lemon, two drops peppermint, two drops lemon and the limonene and the lemon we'll see in the next slide is really, really valuable for detox as is the peppermint.

They help to break away some of the mucousy kind of linings that build up, the not so good mucousy linings that build up in your gut and the limonene is awesome for detox. The limonene increases liver enzymes involved in detoxifying carcinogens, it promotes glutathione, a potent antioxidant, it enhances both phase one and phase two of the detox, not just phase one.

It kind of floats on the surface of the stomach lining protecting it from the gastric juices so it really can be helpful for ulcers, gastritis and for reflux, heart burn.

It's found in the oil of citrus peel but also in caraway seed so you can chew on some caraway seeds to release the limonene, great for detox. So everyday detox daily schedule what will you do? So here are some suggestions.

Start your day with water with lemon, lemon oil and peppermint and optionally cayenne, that's the gut rejuvenator. Have a breakfast that's green with chia seeds, awesome way to start your day. Do Heart Math before each meal and Heart Math will help you to bring the down stress level and put your body in what's known as coherence which enhances all the enzymatic functions and immune functions in your body including liver detox.

I want you to chew, chew, chew and then chew some more or blend your food. Food that's not chewed completely generates toxic waste. Go for four cups of brassicas a day. You can get a cup of broccoli sprouts, you can get a couple of cups or three cups of broccoli or kale. You can easily throw a few cups into your smoothies. I've done a couple of pounds of vegetables, a couple of pounds of brassicas in your day on a lot of days.

You can easily incorporate two teaspoons of ground broccoli seeds and get the broccoli sprouts like we talked about. You can add a tablespoon of ground milk thistle seeds. Just go online on mountain rose herbs and you can look through our list of resources for more resources and buy milk thistle seeds and use a little coffee grinder to grind them down and you can add them in lots of places.

Make a goal to do greens at every meal. Of course finally you need to exercise. So this is a summary of what you can do daily. Not that hard, you just have to get into the habit of it. This is going to enhance your detoxification capacity and then later we'll talk about ways to do more intense cleansing. But for now enjoy your everyday detox daily schedule and I'll talk to you soon. This is Dr. Ritamarie Loscalzo.