

A composite image. The left side shows a woman with red hair wearing a white gas mask with a clear eyepiece, standing in a kitchen. She is wearing a red polka-dot dress. In the background, there are two red cylindrical smokestacks emitting thick, grey smoke against a blue sky. The right side of the image is a white background with text.

Every-Day

Detox

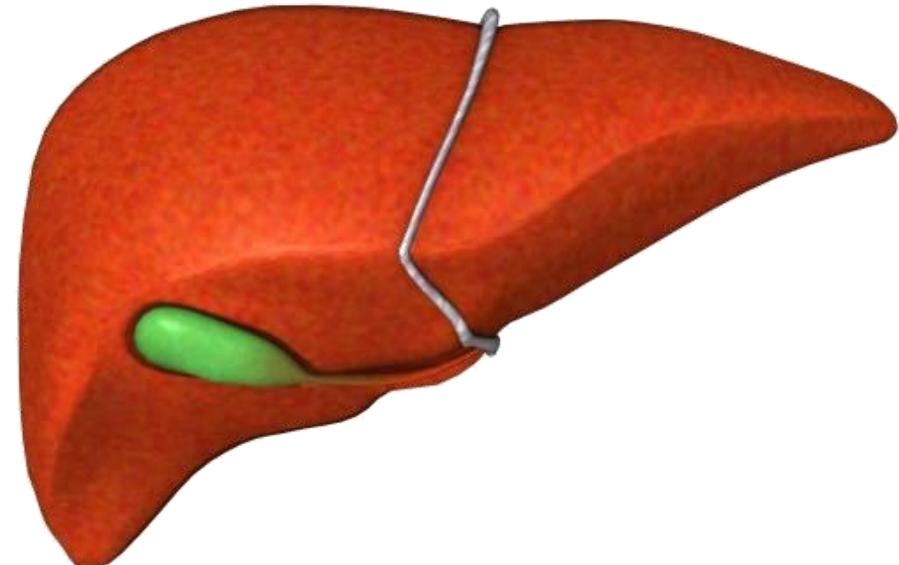
*with*

*Dr. Ritamarie  
Loscalzo*

**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](http://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.

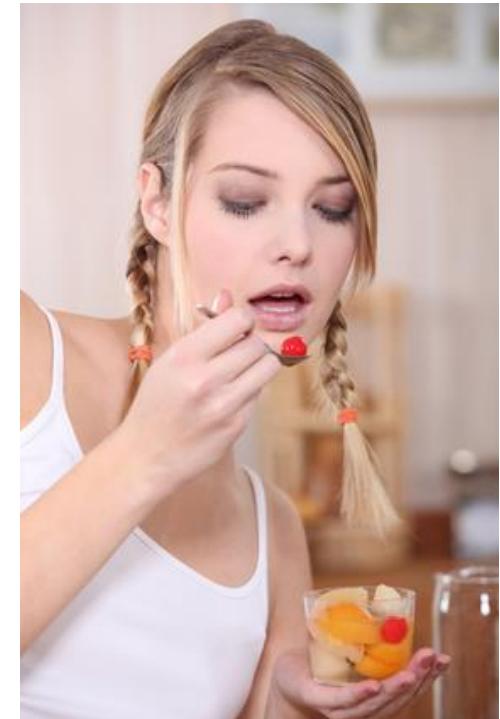
# Every-Day Detox

- ★ An introduction to detoxification
- ★ Identifying toxic exposures
- ★ Reduce your toxic load
- ★ Foods that enhance detoxification
- ★ Everyday activities to decrease toxic load and improve detox



# What is Every-Day Detox?

- ✿ Things you can do in your day to day life
- ✿ Activities to facilitate the removal of toxins
- ✿ Foods that enhance detox
- ✿ Avoidance of chemical exposures at home
- ✿ Avoidance of foods that slow down detox
- ✿ Practices that help your body eliminate toxins



# 5 Sure Signs That You Need To Detox Your Body

- \* Headaches
- \* Skin rashes
- \* Fatigue
- \* Irritability
- \* Inability to lose weight



# 84 Toxins Entering Your Body

Acesulfame K	Disodium EDTA	PEG-80 Sorbitan Laurate
Acetone	Elastin	Petroleum
Acetaldehyde	Fluoride	Phenoxyethanol
Alcohol	Formaldehyde	Phthalates
Alkyl-phenol Ethoxylades	Fragrances (Synthetic)	Polyethylene Glycol /PEG
Alpha Hydroxy Acid	Glycolic Acid	Polypropylene
Aluminum	GMO/Genetically Modified	Polyquaternium-7
Ammonium Glycolate	Organism	Potassium Bromate
Ammonium Persulfate	High Fructose Corn Syrup/HFCS	Propylene Glycol
Aspartame	Hydrogenated/Partially	Propylparaben
Bentonite (Clay)	Hydrogenated Oils	Quaternium-7, 15, 31, 60
Benzene	Hydroquinone	etc.
Benzoic Acid	Hydroxymethylcellulose	Sodium Chloride
Benzoic / Benzyl / Benzene	IsobutylparabenIsopropyl	Sodium
BHA – BHT	Alcohol	Hydroxymethylglycinate
Bronopol	Kajoic Acid	Sodium Nitrite
Butylparaben	Kaolin (Clay)	Soy
Carboxymethylcellulose	Lacquer	SLS (Sodium Lauryl
Coal Tar Dyes	Lanolin	Sulphate)
Cocamidopropyl Betaine	Lye	SLES (Sodium Laureth
Coumarin	Magnesium Stearate	Sulfate)
D&C Yellow 11	Methylisothiazoline, or MIT	Stearalkonium Chloride
DEA: Diethanolamine	Mineral Oil	Sulfites
Ethylacrylate	Monosodium Glutamate/MSG	Talc
Hydroabietyl Alcohol	Neotame	Toluene
TEA: Triethanolamine	Nitrate – Nitrite	Triclosan
NDEA	Nitrosamines	Zinc Stearate
Diacetyl	Olestra	
	Paraffin	
	PEG Stearates	
	PEG	
	PEG-12 Distearate	
	Dibutyl phthalate (DBP)	
	Dimethicone	

# Where Do Toxins Come From?



- ✓ Your world
- ✓ Your home
- ✓ Your food
- ✓ Your body



# External Toxins

- ★ Environmental pollutants
- ★ Dental amalgams
- ★ Old paints, blinds, and canned goods
- ★ Aluminum in antiperspirant, deodorant, antacids
- ★ Mold
- ★ Occupational exposure: miners, pottery artist, mechanics, farm workers



- ★ Poor air quality and sick building syndrome
- ★ Contaminated water, food
- ★ Inhalant smoke
- ★ Chemicals: personal care and household products
- ★ Soft plastics
- ★ Coatings, plasticizers - Phthalates
- ★ UV radiation
- ★ Trans fat, HFCS, processed foods, refined flours

# Toxins From Your World - 1

- ✿ **Plastics:** Bottles, toys, shower curtains - Dioxins, which represent a family of 75 toxic chemicals
- ✿ **Cleaning fluids:** Pthalates, Triclosan
- ✿ **Fabric Softeners:** Chloroform, A-Terpineol, Benzyl Acetate, Ethyl Acetate
- ✿ **Chlorine:** Thyroid disruptor
- ✿ **Ammonia:** Irritant to skin, lungs, respiratory tract
- ✿ **Antibacterial soaps:** Contains triclosan and is harmful to the immune system and endocrine system dysfunction
- ✿ **Deodorants and Antiperspirants:** aluminum and other chemicals
- ✿ **Volatile chemical compounds:** Found in most bathroom and kitchen sanitizers, fly and mosquito-spays killers, air fresheners, and hair sprays -- are linked to cancer, respiratory, reproductive, neurological and developmental problems



# Toxins From Your World - 2



- ★ **Formaldehyde** off gasses (evaporates) from cushions, particleboard and the adhesives used to manufacture most inexpensive wood-based products. Carpets and carpet cushions may also off gas formaldehyde causing eye and upper respiratory irritation. According to the EPA, formaldehyde may even cause cancer.
- ★ **Radon** is the second-leading cause of lung cancer in the United States, warns the Surgeon General. Radon is a natural radioactive gas that can seep into homes through cracks in the basement, the surrounding foundation and in well water. It enters the body quietly through the airways.
- ★ **Lead** is found in paint in older houses, old plumbing and soil near highways and busy roads. It causes learning disabilities and behavioral problems, neurological and kidney damage, high blood pressure, disrupted blood cell production, and reproductive problems.

# Toxins From Your World - 3

- ★ **Carbon monoxide:** unserviced furnace burning propane, butane or oil
- ★ **Arsenic:** still lacing many household pesticides and is increasingly used as a wood preservative. Low levels of inorganic arsenic "may cause lung cancer risk," according to the CDC & Department of Health and Human Services
- ★ **Vinyl chloride:** the source of "new car smell", water sitting in PVC pipes overnight may also be steeping into a toxic tea. Very large exposures can cause severe liver damage and ballooning of the fingertips.
- ★ **Hydrofluoric acid:** "can cause intense pain and damage to tissues and bone if the recommended gloves happen to have holes in them." This highly corrosive substance is the active ingredient in many household rust removers.



# Toxins From Your World - 4

- ✿ **VOCs:** Comprise hundreds of natural and man-made carbon-based agents. They react quickly with other carbon-based compounds and evaporate easily, making them ideal solvents. VOCs can be found in disinfectants and pesticides, paints and varnish.
- ✿ **Solvents:** Benzene and methyl ethyl ketone traverse cell walls unchecked by normal cell defense. Both are known carcinogens. Cousins toluene, xylene, 1,1,1-trichloroethane and trichloroethylene make up the lion's share of the solvent market.
- ✿ **Disinfectants:** Phenols (which include biphenyl, phenolics and the preservative pentachlorophenol) are found in disinfectants, antiseptics, perfumes, mouthwashes, glues and air fresheners.
- ✿ **Pesticides:** Chlordane, aldrin, dieldrin, though all banned for nearly two decades, continue to show up airborne in older houses.



# Toxins From Your Home

- ★ Cleaning supplies
- ★ Carpets
- ★ Paint
- ★ Air fresheners
- ★ Cooking utensils
- ★ Plastics
- ★ Toys
- ★ Shower curtains
- ★ Deodorant and antiperspirants
- ★ Soaps
- ★ Shampoo
- ★ Skin lotions
- ★ Hairspray
- ★ Makeup
- ★ Body care products



# Toxins From Your Food - 1

- ★ Mercury: fish
- ★ Lead: fish
- ★ Pesticides
- ★ Sugar
- ★ Food additives
- ★ Acrylimides
- ★ Sodium nitrate  
processed meats
- ★ Polychlorinated biphenyl, dioxin: farmed fish,  
meat, dairy



# Toxins From Your Food - 2

- ★ Bisphenol-A: Canned food, plastics
- ★ Polybrominated diphenyl: Meat and dairy products
- ★ Dioxins: Meat and dairy – byproducts of heat
- ★ Recombinant bovine growth hormone: Dairy
- ★ Aspartame: Diet soda and artificially sweetened foods



# Toxins From Your Food - 3

- ★ Arsenic: Non-organic chickens
- ★ Hydrogenated oils: Crackers and cookies, etc.
- ★ Artificial colors
- ★ Artificial flavors
- ★ Teflon and other  
coated cookware  
– noxious gases
- ★ MSG



# Toxins From Inside Your Body

## ★ Produced By Your Body's Functions

- ✓ Mitochondria
- ✓ Adrenal glands
- ✓ Muscles
- ✓ Digestive system
- ✓ Brain
- ✓ Stress, anger
- ✓ Allergies

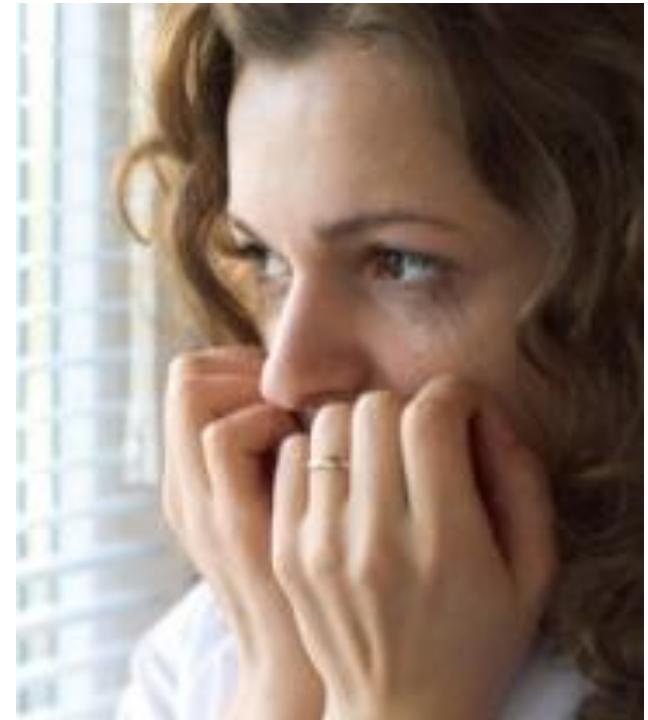
## ★ Microbial Toxins From Overgrowth

- ✓ Yeasts (mycotoxins)
- ✓ Bacteria (endotoxins and exotoxins)
- ✓ Viruses (oxidants produced by damaged cells)
- ✓ Parasites (oxidants produced by parasites as well as by cells and tissues)



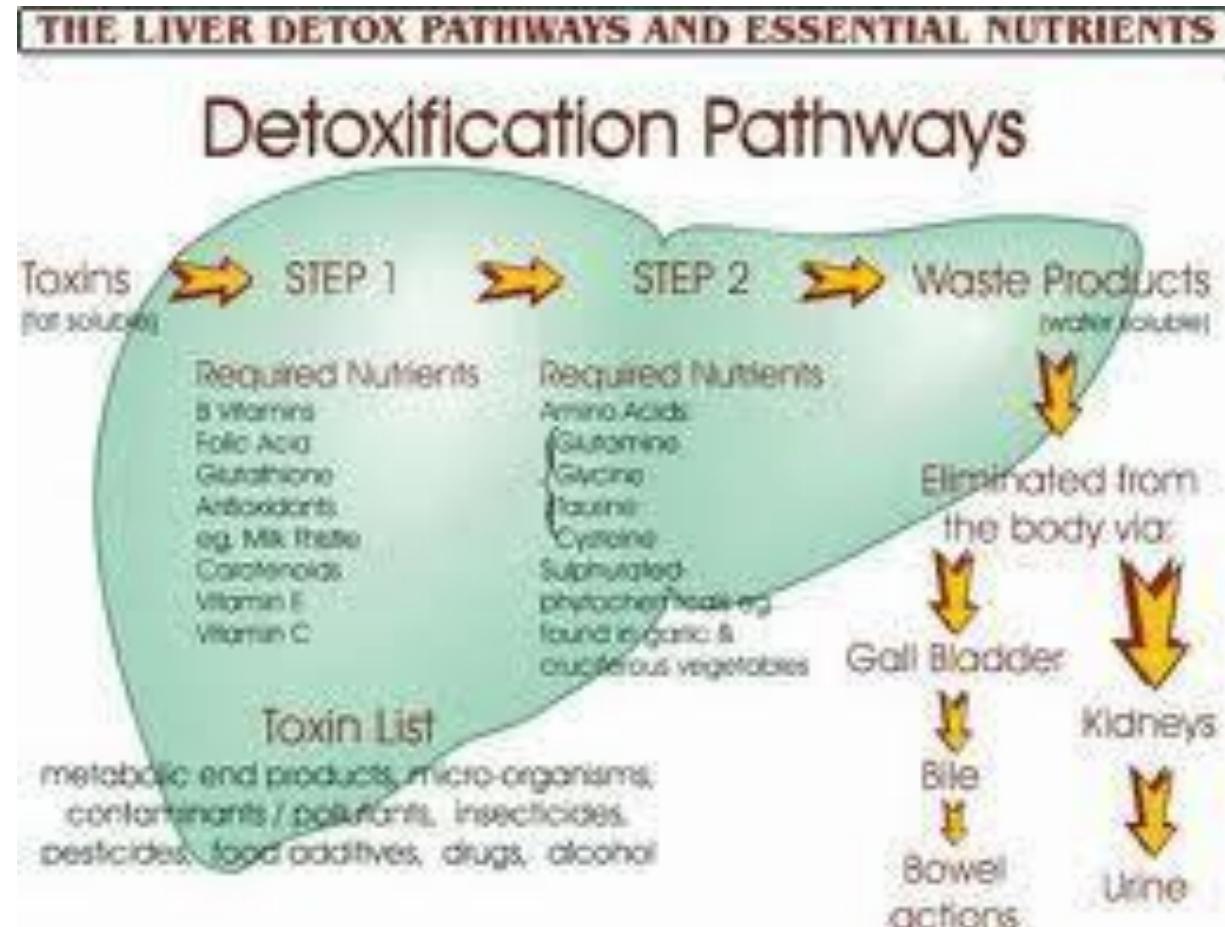
# Health Challenges That Result From Toxin Overload

- Fibromyalgia
- Chronic fatigue syndrome
- Chemical sensitivity syndrome
- Attention and focusing problems
- Depression
- Headaches
- Irritable bowel
- Allergies
- Joint pain



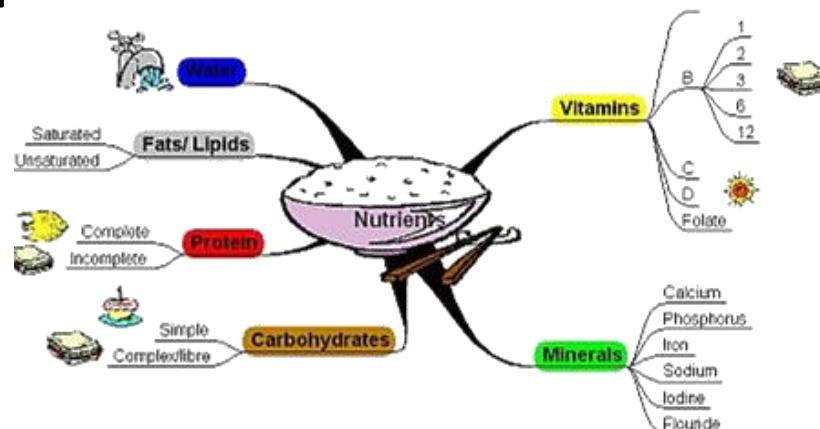
# Your Body's Clean-Up Crew

- ★ Liver
- ★ Kidney
- ★ Skin
- ★ Digestive Tract
- ★ Sweat
- ★ Lungs



# Nutrients Needed for Detox

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



# Foods Helpful for Detoxification

- ✿ Brassicas – Indole 3 carbinol
  - ✓ Especially broccoli sprouts and seeds
- ✿ Citrus peels: Limonene
- ✿ Dill
- ✿ Caraway: Limonene
- ✿ Turmeric
- ✿ Avocado
- ✿ Basil
- ✿ Beets
- ✿ Leafy bitter greens
- ✿ Cardamom
- ✿ Cayenne
- ✿ Chlorella
- ✿ Cilantro
- ✿ Cinnamon
- ✿ Dandelion
- ✿ Fennel
- ✿ Garlic
- ✿ Ginger
- ✿ Grapefruit
- ✿ Green juices
- ✿ Jerusalem artichoke
- ✿ Onion
- ✿ Peppermint
- ✿ Rosemary
- ✿ Sea vegetables
- ✿ Thyme
- ✿ Wheat grass



# Herbs That Support Detox

- ★ Milk Thistle
- ★ Dandelion
- ★ Burdock
- ★ Echinacea
- ★ Artichoke Leaf
- ★ Turmeric



# 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



# Inducers of Phase I

- ★ Alcohol
- ★ Caffeine
- ★ Aspirin and Tylenol
- ★ Nicotine
- ★ Phenobarbital, Steroids, and Sulfa



# Steps to Optimizing Every-Day Detox

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



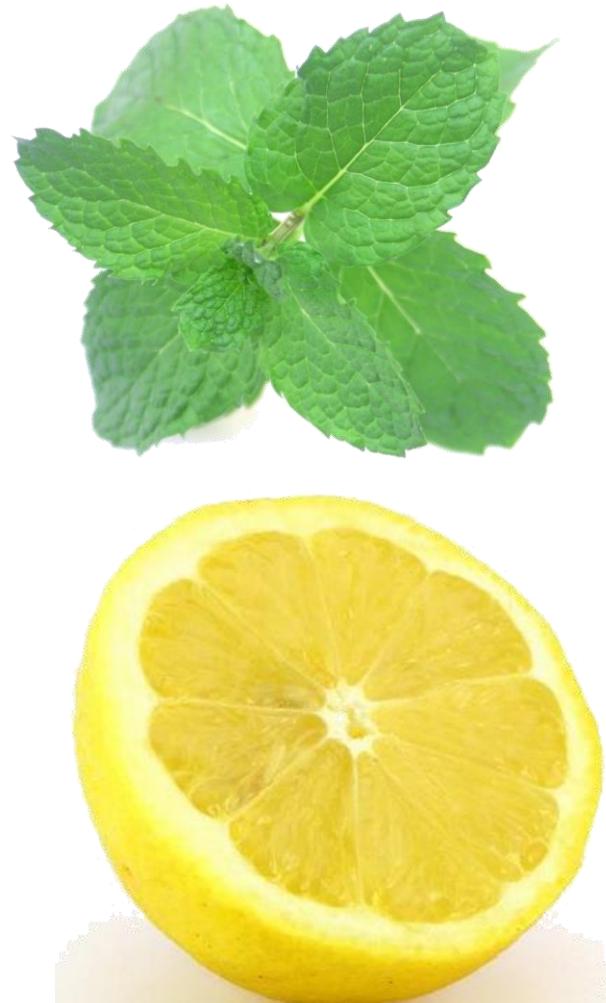
# Every-Day Detox Extra Activities

1. Skin Brushing
2. Tongue Cleaning
3. Saunas and Steam Baths
4. Yoga and Cleansing Breath
5. Detox Baths
6. Colonics and Enemas



# 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.]

# Every-Day Detox Daily Schedule

- ★ A.M. water with lemon, lemon oil, and peppermint -- optionally cayenne
- ★ Green breakfast with chia seeds
- ★ HeatMath™ before each meal
- ★ Chew, chew, chew (or blend)
- ★ 4 cups brassicas
- ★ 2 teaspoons ground broccoli seeds
- ★ Broccoli sprouts
- ★ 1 Tablespoon ground milk thistle seeds
- ★ Greens at each meal
- ★ Exercise

