



Every-Day Detox

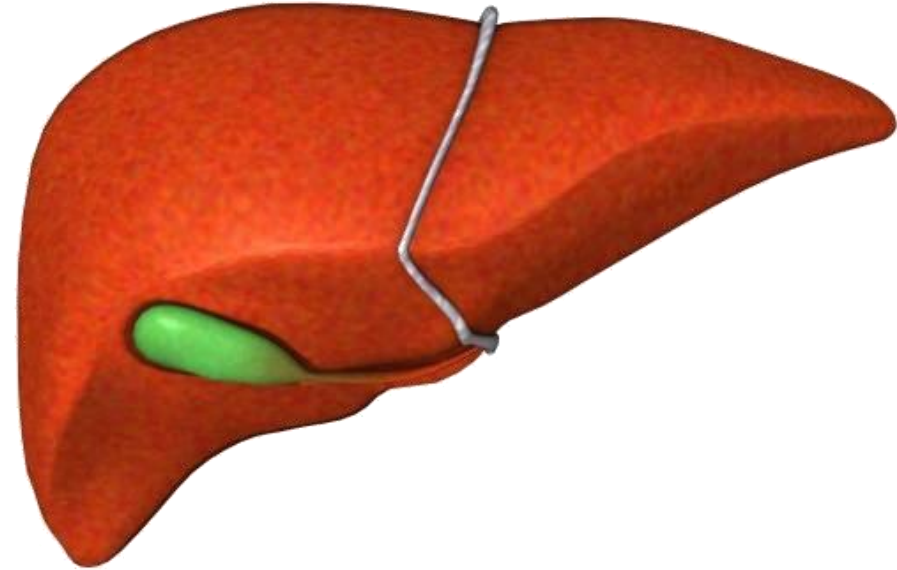
with

***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, 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.

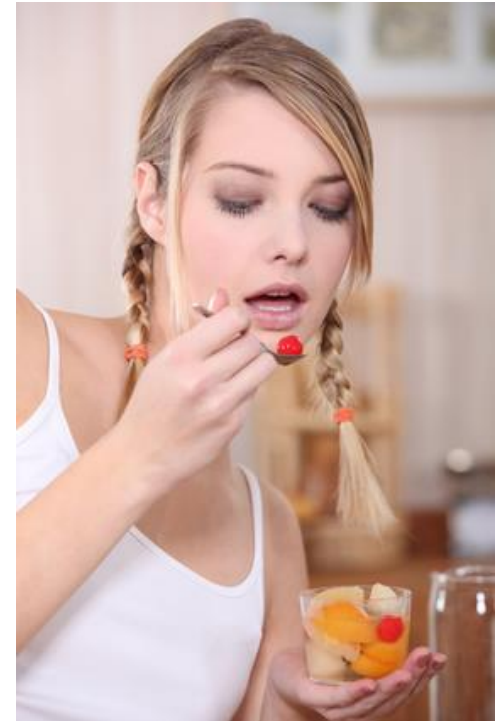
Every-Day Detox

- ★ 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
Acetone
Acetaldehyde
Alcohol
Alkyl-phenol Ethoxylades
Alpha Hydroxy Acid
Aluminum
Ammonium Glycolate
Ammonium Persulfate
Aspartame
Bentonite (Clay)
Benzene
Benzoic Acid
Benzoic / Benzyl / Benzene
BHA – BHT
Bronopol
Butylparaben
Carboxymethylcellulose
Coal Tar Dyes
Cocamidopropyl Betaine
Coumarin
D&C Yellow 11
DEA: Diethanolamine
Ethylacrylate
Hydroabietyl Alcohol
TEA: Triethanolamine
NDEA
Diacetyl

Disodium EDTA
Elastin
Fluoride
Formaldehyde
Fragrances (Synthetic)
Glycolic Acid
GMO/Genetically Modified Organism
High Fructose Corn Syrup/HFCS
Hydrogenated/Partially Hydrogenated Oils
Hydroquinone
Hydroxymethylcellulose
Isobutylparaben/Isopropyl Alcohol
Kajonic Acid
Kaolin (Clay)
Lacquer
Lanolin
Lye
Magnesium Stearate
Methylisothiazoline, or MIT
Mineral Oil
Monosodium Glutamate/MSG
Neotame
Nitrate – Nitrite
Nitrosamines
Olestra
Paraffin
PEG Stearates
PEG
PEG-12 Distearate
Dibutyl phthalate (DBP)
Dimethicone

PEG-80 Sorbitan Laurate
Petroleum
Phenoxyethanol
Phthalates
Polyethylene Glycol /PEG
Polypropylene
Polyquaternium-7
Potassium Bromate
Propylene Glycol
Propylparaben
Quaternium-7, 15, 31, 60 etc.
Sodium Chloride
Sodium
Hydroxymethylglycinate
Sodium Nitrite
Soy
SLS (Sodium Lauryl Sulphate)
SLES (Sodium Laureth Sulfate)
Stearalkonium Chloride
Sulfites
Talc
Toluene
Triclosan
Zinc Stearate

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 causes 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

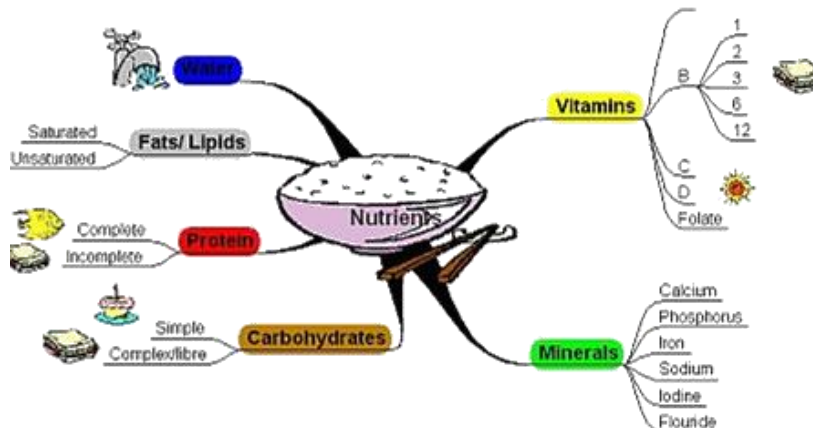


Nutrients Needed for Detox

- ★ 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

