

The Pure Body Detox



Hi, this is Becky and welcome to the fourth module in the Pure Body Detox Course. There are lots of ways to detoxify the body, but there are only a few of them that work well. And that's what we are going to cover today. But I'm also going to cover those that don't work so well so you'll know why they don't work. Maybe they only detoxify one area of the body. We are going to break each one of these down step by step and show you a cleanse comparison chart so you will see what is doing what for your body.

Some cleanses are only focused on certain areas of the body. For example, colon cleanses are single organ cleanses and are great if you have had chronic constipation, and most people who have eaten any processed food in their lifetime could use a colon cleanse. But because they are really only working on the colon, they will not address toxins in your fatty tissues directly. Cleansing the colon will have an indirect affect on improving the ability of the body to detoxify as the toxins can now leave the body more rapidly, and that's a very good thing!

In the same way, a liver flush will only cleanse the liver. A kidney cleanse will only cleanse the kidneys. As you are learning, single organ cleanses are meant to be a part of a bigger program of detoxification of the entire body.

The first cleanse I want to talk about is called the Master Cleanse. Many people have heard of it because it's very popular and it's easy. Also known as the Lemonade Diet, the Master Cleanse was created by Stanley Burroughs. What you do is mix fresh lemon juice with water, add maple syrup and cayenne, and drink at least six to 12 glasses per day. No food is allowed. In addition, you take laxatives to "flush out" your system. The Diet lasts from three to 10 days. Although the Master Cleanse Diet originally was intended to be a detox rather than a weight loss diet, it is now being used for both purposes. However, it doesn't work for either purpose, since weight-loss mostly consists of water weight, which you will gain back when you return to your normal diet. Drinking only this concoction for

many days will certainly work like a juice fast, but because it does not provide enough nutrients to give the body the support it needs to detox, and can actually cause more harm than good.

Your body breaks down maple syrup in this concoction to glucose and fructose. Without fat or protein to buffer out this incoming sugar, so the maple syrup creates a high glycemic index, which significantly raises your blood sugar that eventually crashes and creates the lethargy, brain fog, and other uncomfortable symptoms many people experience during a cleanse. Due to the high amount of sugars from the maple syrup, this can cause blood sugar imbalances. It has caused people to get lightheaded, nauseous, and have to go to the ER! So the Master Cleanse is not a good cleanse. It gets a thumbs down from me.

On the other hand, there is a liquid fast that does work much better. For instance, juice fasting. A vegetable juice fast is much better because it provides more nutrients to support the body, without a high sugar content— Ideally you would not juice fruits. Fruit has a high sugar content, but you won't get that if you juice mostly vegetables.

This allows the body to start to release toxins. In order to be successful, you must drink a half gallon to a gallon of juice each day of the juice fast. Every few hours you should drink a full glass of juice. What this does is keep your body supported nutritionally while giving your digestive system a rest so it can focus on "cleaning house". The benefits of juice fasting are that it will oversupply your body with more nutrients than you could possibly get by eating all those vegetables. You are buying pounds and pounds of veggies when you do a juice fast. And there is no way you could eat all those vegetables. But if you put that through the juicer, you end up with a few glasses that you could easily drink and you get all the nutrients from that amount of produce without having to eat it all. Because the fiber is removed, it is not digested like food is digested. It is literally just absorbed by your body. The body doesn't have to work hard to break it down to get the nutrients. It's like an IV of pure organic nutrition. This means that anyone with compromised digestion which is typical for anyone with chronic disease, they can get around that by juicing.

Another benefit is that it gives the body extra alkaline minerals so that it can become more alkaline, and less acidic, which makes the body resistant to disease. The standard American diet is mostly acidic foods. Things like protein, sugars, starches, carbohydrates, processed foods, all of these are acidic. The body is not meant to be acidic, it needs to be alkaline or neutral. If the body gets too acidic, disease will happen much more readily. Juicing supplies alkaline minerals— calcium, magnesium, potassium, all these things we need in abundance— the green nutrients from chlorophyll that the body uses to create healing in the body.

Juicing supplies alive enzymes so that the body can work more efficiently. It will certainly detoxify the body in a significant way, and I believe it detoxifies the body to a certain extent. The only thing it's not as good at is pulling all the chemical toxins out of our fat cells in the body.

Juicing also accelerates weight loss, which is wonderful for people that have weight that is stubborn and hard to get off. If you do a juice fast, it is amazing at how effective it is. If you need a little bit more inspiration and want to take on a juice fast, you can rent the movie, *Fat, Sick, and Nearly Dead*. It is an awesome story of someone who does a 2 month juice fast and you watch how much weight he loses over that period of time—it's phenomenal.

Juice fasting also helps reverse chronic disease. Whether it's cancer, heart disease, diabetes, juicing is an amazing tool that can allow the body to heal on a deep level.

Juicing as a way to detoxify the body is recommended. There's a lot of great juicing recipes in the *Vibrant Health* cookbook that don't focus on fruit — they may use fruit to make it more palatable, like adding apple, carrots, or lemon, or ginger, things to make the green juice less "earthy" tasting. Because a lot of people have a harder time when just starting out drinking juices because they can be different when you are used to eating a standard American diet— they don't taste as tasty as fruit juice. So, we use recipes that are for beginners, and then once your palate changes, once your taste buds detoxify from the artificial flavors and flavorings, and processed

Food, you will actually crave the juices. And you can adjust it so you can have more parsley and kale and the stronger tasting vegetables in your juices.

So, juicing is an excellent way to detoxify the body and gets a thumbs up from us. Just remember, it's not going to be a complete detox, but it's gonna get you a long way in the right direction.

The next kind of detox is a popular way to detox now and it's called the Ionic Footbath. A lot health centers and spas have these and they promote them as detox. The way it works is you put your feet into a tub of water with a metal array and as it's turned on you can watch the water turn from clear water into different colors: black, brown, green, frothy mess. Depending on the colors, it would supposedly indicate what toxins were being released from your body.

The theory behind the ionic foot bath is founded on the basis that ions, either positively or negatively charged, move in and out of a cell, based on an electrical current. This, in turn, can help to move toxins out of the cell, to aid in detoxification pathways and reduce cell burden, enhancing cell function. The ionic footbath uses a metal array in the water made of stainless steel or carbon. The theory is that positively charged cations, such as lead, aluminum, mercury, for example, can be moved out of the body through the thinnest skin found in the bottom of the feet.

But is this really true? A recent clinical study conducted by the Canadian College of Naturopathic Medicine (CCNM) and the Faculty of Pharmacy at the University of Toronto actually tested the detox ability of these footbaths and has found a lack of evidence of ionic footbaths to remove potentially toxic elements such as arsenic, lead, etc. from the body.

This study was to measure the release of toxic chemicals from footbaths into distilled and tap water with and without feet.

Baseline performance of the footbaths was done using both with distilled water and tap water. Six volunteers participated in weekly 30-minute ionic footbath sessions over a four week period. Samples of the water were taken before and after treatment sessions, with and without feet, and were analyzed by a laboratory blind to the study. The study explored other possible routes of elimination by also testing urine and hair samples for increased toxic chemicals. In all three routes, no significant amounts of toxic chemicals were released.

Deborah Kennedy, ND, states that:

“What we did find was that the highest concentrations of metals in the water after a footbath were those metals that, we believe, are associated with the metal array that is in the footbath and used to conduct the current in the water. It would seem that what was happening is that the metals in the array were corroding into the water during each footbath session, giving the water its color”,

So, based on this research, and based on the research that I’ve done personally– I’ve bought one of these footbaths. I tried it and used it for a period of about 3 months. I found that I would feel better initially after using it but after a period of time, I feel like my body was getting worse than before I even started. I believe it was probably from the exposure to the toxic metals in the water. So, I am concerned that you get some of the elements from the metal breaking down in the water and absorb that potentially.

I believe that Ionic footbaths are a new fad in alternative health and only offer a limited detox, if any, to the body. And exposure to corrosive metal ions could be absorbed during the footbath could be potentially dangerous. I personally do not recommend them and they get a thumbs down from me on their ability to detoxify the body.

What about raw foods? This is an extremely popular way to detoxify the body and it’s a raw food vegan diet. A diet of 100% uncooked foods is very healing to the body and it does cleanse the body of toxins.

When the food is unheated or raw just as it's found in nature, it can restore health more quickly and detoxify the body more rapidly than anything else—it's similar to juice fasting in that regard. In 1930, research was conducted to demonstrate the effect of food (cooked/processed vs. raw/natural) on the immune system. It was tested and documented at the Institute of Clinical Chemistry in Lausanne, Switzerland, under the direction of Dr. Paul Kouchakoff.

Dr. Kouchakoff's discovery concerned leukocytes, which are the white blood cells. It was found that after a person eats cooked food, their blood responds immediately by increasing the number of these cells. A rise in the number of leukocytes after eating was a well-known phenomenon called "digestive leukocytosis." Since digestive leukocytosis was always seen after eating, it was considered a normal physiological response. No one knew why the number of white cells would rise. It appeared to be a stress response—as if the body was reacting to something harmful, such as exposure to toxic chemicals, or an infection, or some sort of trauma.

While studying the influence of food on human blood, they made a remarkable discovery. They found that eating raw food, or food heated at low temperatures, did not cause any reaction in the blood. In addition, if a food had been heated beyond a certain temperature (unique to each food), or if the food was processed or refined, this always caused a rise in the number of white blood cells in the blood.

The researchers renamed this reaction "pathological leukocytosis," since the body was reacting to highly altered food. They tested many different kinds of foods and again found that if the foods were not overheated or refined, they caused no such reaction. The body merely saw them as "friendly foods." However, if these same foods were heated at too high a temperature, they caused a negative reaction in the blood—a reaction that is only found when the body is invaded by a dangerous pathogen or experiences some sort of trauma. The worst offenders of all were foods that had been highly refined and processed, such as much of what people eat nowadays.

Raw foods don't cause this reaction in the body. What they do is they heal

the body, and rebuild the body, and detoxify the body.

Raw food diets can help the body to heal and rebuild itself and do detoxify the body in a significant way. They help normalize the digestive and elimination systems of the body, they supply so many more nutrients that help restore health, and allow the toxins to be eliminated. They do not remove all the toxins stored in fat cells however. In my case, it was not enough to just eat raw foods. Raw food diets are similar to juice fasting– they detoxify the body in a significant way, I would say 75% but it's not quite 100%, because it really doesn't get toxins out of the fat cells. So raw foods and juicing are a medium level detox and they definitely get the thumbs up from us.

Now one mistake people make when eating a raw food diet, is that they eat too many nuts or sweet desserts. And if you've ever had a raw food meal, the raw desserts are amazing! They are so delicious, you won't even feel deprived, like if you typically eat a standard American diet and you go on a raw food diet, people will have a hard time eating a lot of salads and greens, things like that, but the raw food desserts are incredible and you don't even miss the junk food anymore. So, it's easy for people to jump into this and eat a lot of raw food desserts, thinking they are eating all raw and helping their body detoxify, But eating too many dates, raw honey, or other natural sweeteners are not good for someone who is really sick and needing to regain their health. The bulk of the diet should be vegetables and lots and lots of greens! So keep that in mind– I don't want you to make the same mistake a lot of raw foodists do by overeating the sweets.

Chelation is probably another way you have heard of to detoxify the body. Chelation therapy is used to get rid of one main toxin: and that is heavy metals. It will help remove things like lead, cadmium, mercury, and copper. The word "chelation" is used because it refers to a way of binding these toxic metals so they can be removed from the body. Chelation is really good at that, but the problem is that it will only remove metals, not pesticides or other environmental chemicals from the body. It also needs to be done properly or else you can lose other important minerals from your

body. It is typically done using EDTA intravenously or sometimes orally. So, for overall detoxification, it's not recommended unless heavy metals are your main issue.

Saunas are another form of detoxification that have been used by many cultures around the world for centuries. But are all saunas effective for detoxification? How much do you detoxify when you use a sauna? Is it just the sweating that releases toxins or is there more to it? Your skin is a major organ of elimination, but many people do not sweat on a regular basis. Use of a sauna can help you sweat and allow your body to eliminate toxins through your skin, taking the burden off of your liver and kidneys.

Let's take a minute and talk about saunas. Today, there are three basic types of saunas:

1. The steam sauna, where steam is created by throwing water on hot rocks (the heat can be generated by either wood burning or electricity)
2. The dry sauna that uses an electrical heater
3. And far infrared saunas that use far infrared heaters.

The traditional steam sauna typically uses a small stove with radiant heat elements, that heat up when current flows through them. These elements heat up the rocks piled on top. The temperature is regulated by a thermostat. Initially, the sauna will feel warm and dry, but once you toss some water on the rocks, hot steam is generated. The hot steam in the air can make it difficult for some people to breathe. Not everyone can tolerate this type of sauna.

The dry heat sauna is what you will find at most gyms and is heated by convection heat. There is an electric heater in the sauna that heats the air inside the sauna, and that hot air heats the surface of the skin, causing you to sweat. It's heating the surface of your skin, which causes you to sweat. Typically, saunas reach temperatures of 160—180 degrees, which can be way to hot for many people. Both steam and hot rock saunas deliver heat that utilizes the principles of convection heat. They heat the air, you get hot, and you sweat. Kind of like an oven.

The difference between a far infrared sauna and the traditional saunas is that the infrared saunas use a completely different type of heat source to make you sweat.

Infrared refers to electromagnetic waves whose wavelengths lie between visible light and microwave. Depending on the wavelength, infrared can be further classified as near-infrared, mid-infrared, and far-infrared. The far infrared section of the electromagnetic spectrum is just below the infrared section. This band of light is not visible to the human eye but we can feel it as heat. This is what we feel when we sit out in the sun. The sun produces most of its energy in the infrared part of the spectrum. Our atmosphere has a window that allows far infrared rays in the 7 to 14 micron ranges to safely reach the earth's surface. They are beneficial to the human body.

Our bodies also radiate far infrared energy through the skin at 3 to 50 microns, with the most output at 9.4 microns. Our palms emit infrared energy in the level of 8 to 14 microns. Our tissues normally produce infrared energy for warmth and tissue repair. Our tissues produce infrared energy that is associated with a variety of healing responses. You want the heat radiation from your far infrared sauna to match the far-infrared radiation that your body gives off. The ideal range for your healing experience is between 4 to 16 microns, this range is what's called pure far-infrared radiation. Other wavelengths, such as infrared are not as healing to the body.

Far infrared saunas increase the body's core temperature through direct light conversion. This sounds really complicated but what's going on is far infrared heat warms only the object in the sauna and does not raise the temperature of the surrounding air. This type of light energy travels 2-3" deep into the body and heats the body so we sweat. The temperature of the far infrared sauna is around 120-130 degrees, which is a much lower temperature than other types of saunas, which are around 180 degrees. This allows you to be able to breathe comfortably and enjoy the benefits for extended periods of time. Because the far infrared rays penetrate the skin up to 2" deep, even your organs and deep tissues are stimulated. This induces sweating 2-3 times as much as a conventional sauna.

The main difference between a far infrared sauna and the traditional saunas is that the latter heats you up from the outside in, like an oven. The far infrared sauna heats you from the inside out. So the air is much cooler.

So, which is best for detoxifying your body? Of course, in each type of sauna the goal is to sweat, but is all sweat helping your body to release toxins?

What is being eliminated in sweat? Lets get technical here. Sweat contains mainly water. It also contains minerals, lactate, and urea. Mineral composition varies with the individual, and the composition of minerals in the body. The main minerals that are lost in sweat are sodium and potassium, calcium and magnesium, and other trace elements such as selenium, zinc, copper, iron, etc...

While the far infrared sauna causes you to sweat, the composition of chemicals found in sweat from this type of sauna is quite different from that produced by a steam sauna, traditional sauna, or even exercise. The sweat of people using a far infrared sauna will not only contain water, but will also contain cholesterol, fat-soluble toxins, heavy metals (such as mercury, aluminum, and arsenic), nicotine, sulfuric acid, ammonia, and other dangerous environmental toxins. So the sweat of someone in a far infrared sauna is actually about 85% water and 15% toxins. So, the body is releasing MORE of the fat soluble toxins from the far infrared sauna. It's more of an oily based sweat. So you defiantly don't get the same kind of detoxification effect from exercise as you do from a far infrared sauna. That is really important for you to remember! And this is why a far infrared sauna is absolutely the best way to detoxify the body.

In the next module, we will break all of this down and talk about the different components, so you can take all these things we have talked about so far and put them together to create a successful detox program.