



WEEK 5: DETOXING THE BODY

Becoming healthy is about more than just getting the good nutrition into the body. It's also about getting the toxins out of the body. Removing toxins from the body is a process called detoxification.

Doesn't our body have a way to detoxify itself? Yes, it's true that the body has a detoxification system built right in: The liver filters out environmental toxins that circulate in the blood, the kidneys flush out digestive byproducts like uric acid and mineral buildup, and the lungs filter the air we breathe. The skin eliminates toxins through sweat, while the intestines remove those neutralized toxins out of the body.

It's also true that our bodies aren't always up to handling the sheer amount of toxic chemicals that we modern humans are exposed to on a daily basis. Unlike any other time in human history, we are now living in a world that is more toxic than it ever has been in the past. Our exposure to toxic substances has increased due to environmental pollution, chemicals in our foods, and pharmaceutical and recreational drug use. 100,000 new chemicals have been created since WWII. Of these, only a fraction have been tested for their safety.

Sadly, even in the most pristine places on earth, scientists have found disturbing levels of man-made chemicals in the wildlife, plants, and water. This is because they are released from smokestacks, dumped into oceans, lakes, and rivers, sprayed on food crops, and used in manufacturing.

Each year chemical companies in the US make over 6 trillion pounds of 9000 different chemicals and releases over 7 billion pounds into the atmosphere and environment. Because these toxins permeate our air, water, and food, they make their way into our bodies. These chemicals have been linked to cancer, brain and nervous system disorders, birth defects, and all sorts of health problems.

Chemicals are called endocrine disruptors, meaning they damage the hormone receptors on our cells. These receptors are meant to receive the hormones produced by the body, then send the appropriate signal to the cell- telling it what to do. Because chemicals have a similar structure to hormones, they can fit exactly in the hormone receptors just like the hormone does. What happens is the hormone cannot get to the cell receptor site because the chemical is in its place. That is why we have so many hormonal issues nowadays.

Some people remember a toxic exposure that was significant, but for most of us, it's the minute amounts of thousands of everyday chemicals that are adding up and compromising our health. It's the small amounts of chemicals from perfume, deodorant, hair spray, new carpeting, paint fumes, automobile exhaust, pesticides, dry cleaning chemicals on our clothes, air fresheners, cleaning products, vaccines, pharmaceutical drugs, and the list goes on.

It's the cumulative effect of thousands of chemicals in our everyday life that add up. The problem is that the body cannot detoxify all of them. The liver is working overtime to do it all, but what it cannot manage, gets tucked away in our fat cells for another day, and the result is that we slowly build up a toxic burden of chemicals in our fat cells and tissues. This is what is happening right now and most people are unaware of it.

SYMPTOMS ASSOCIATED WITH TOXICITY

Symptoms of toxic overload can include pretty much anything, but here are the common signs:

- Fatigue
- Brain fog
- Compromised digestion
- Skin rashes or burning
- Respiratory problems such as asthma
- Low thyroid function
- Adrenal fatigue
- Insomnia
- Irritability and Mood Swings
- Joint Pain
- Depression
- Anxiety
- Sensitivity to chemicals or fragrances
- Memory loss
- Elevated liver enzymes
- ADHD or ADD

IS YOUR HOME HEALTHY?



Your home should be a healthy place to live, but sometimes it is a source of toxic chemical exposure. Use this checklist to check your house for possible sources of toxins and switch to safer, natural alternatives. Put a checkmark next to the ones that you need to work on.

KITCHEN



Do you cook with non-stick cookware?

The Teflon-coating on non-stick cookware releases toxic compounds when heated.

Solution: Replace it with stainless steel, enameled cast iron, or glass.

Do you use aluminum foil or aluminum pans?

Aluminum is a heavy metal that is toxic and can cause many health problems.

Solution: Use parchment paper or wax paper instead.

Do you use plastic containers to store food or water?

Food stored or heated in plastic contains toxic compounds that cause health problems. **Solution:** Store food and water in glass containers instead.

Do you drink tap water at home or in restaurants?

Tap water contains trace levels of heavy metals, environmental chemicals, drug residues, etc.

Solution: Use a water filter and replace the filter as necessary.

Do you eat tuna fish regularly?

Tuna is very high in mercury, one of the most toxic compounds known to man.

Solution: Eat salmon and other small wild-caught fish instead.

Do you use a microwave?

Microwaves produce radiation and cause molecular changes in the food that is harmful.

Solution: Use a toaster oven, stovetop, or oven to reheat or cook foods.

LAUNDRY & CLEANING SUPPLIES



Are your cleaners safe?

Most cleaners contain all sorts of chemicals. **Solution:** Use non-toxic things like vinegar, baking soda, and microfiber cloths. Seventh Generation is a good alternative.

Do you use static-free dryer sheets?

Dryer sheets are loaded with chemicals and fragrances that are very toxic.

Solution: Use a non-toxic dryer ball instead.

Do you dry clean your clothes?

Many dry cleaners use chemicals that are very toxic. **Solution:** Use a non-toxic dry cleaner.

BATHROOM



Do you use air fresheners or scented candles?

Don't!! Air fresheners contain many toxic chemicals that contaminate the air you breathe with man-made chemicals.

Solution: Natural essential oils can be diffused for both a pleasant aroma as well as health benefits. DoTERRA is a very clean brand of essential oils that can be diffused.

Do you use lotions, cosmetics, deodorants, shampoos, or soaps containing synthetic chemicals or fragrances?

What goes on your skin will get in your body! So if you wouldn't eat it, you shouldn't use it on your skin. Go to <https://www.ewg.org/skindeep/> to find non-toxic products.

Solution: Use fragrance-free products that contain natural ingredients only.

Do you use toothpaste with fluoride?

Flouride is toxic if swallowed. It can interfere with thyroid hormones.

Solution: Buy fluoride-free toothpaste, especially for kids.

ALL AROUND THE HOUSE



Do you use pesticides or insecticides?

Pesticides are highly toxic and should not be used inside a home. They damage the nervous system and can last for years in the body.

Solution: non-toxic pest control companies use essential oils, boric acid, and herbs.

Do you have wireless devices or a wireless router or a Smart meter?

Continual exposure can cause health problems, such as insomnia, adrenal fatigue, etc.

Solution: Switch to a wired router and use corded phones for the safest alternative. Or you can also turn off wireless devices at night for better sleep.

Do you use compact fluorescent light bulbs?

They contain mercury and should be handled and disposed of safely. Broken bulbs can be a health hazard because they can release mercury so be sure to clean up properly.

Solution: Use incandescent or halogen bulbs instead.

Do any areas of your house have visible mold or a musty smell?

Mold is a serious hazard. Have a mold inspector test your house if you suspect any mold problems. **Solution:** We have mold remediation protocol recommendations.

Do you change the filter on your HVAC system regularly?

Indoor air can be toxic and can trigger allergies and health problems.

Solution: Change your filter every 4-6 months to maintain good air quality.



NEUROPLASTICITY & NEGATIVITY

Negativity is a downward spiral, meaning that the more you focus on problems instead of solutions, you eventually start to see the negative side of everything in your life.

While bouts of negative thinking happen on and off, it's important to let yourself vent, but quickly move on to solutions.

And it's really worth doing : for one, negativity physically destroys your brain. " ...people who routinely experience chronic stress—particularly acute, even traumatic stress—release the hormone cortisol, which literally eats away, almost like an acid bath, at the hippocampus, which is a part of the brain that's very engaged in visual-spatial memory as well as memory for context and setting," explains Rick Hanson, Ph.D., a psychologist and Senior Fellow of the Greater Good Science Center at UC Berkeley.

Plus, negative thinking reinforces neuropathways associated with that emotion, eventually making it an automatic reaction . The same can be said of any repetitive thought or action.

WHAT IS NEUROPLASTICITY

Just in case you've managed to miss all the hype, neuroplasticity is an umbrella term referring to the ability of your brain to reorganize itself, both physically and functionally, throughout your life due to your environment, behavior, thinking, and emotions. The concept of neuroplasticity is not new and mentions of a malleable brain go all of the way back to the 1800s, but with the relatively recent capability to visually "see" into the brain allowed by functional magnetic resonance imaging (fMRI), science has confirmed this incredible morphing ability of the brain beyond a doubt.

The concept of a changing brain has replaced the formerly held belief that the adult brain was pretty much a physiologically static organ or hard-wired after critical developmental periods in childhood. While it's true that your brain is much more plastic during the early years and capacity declines with age, plasticity happens all throughout your life.

This week, you will go on a negativity fast. You can train your brain to do anything, even when it comes to your outlook. The more you work hard to find the positivity in every situation, the more it becomes automatic.

NEGATIVITY FAST

- **Be grateful:** Find something to be grateful for everyday. In your journal, write down 3 things you are grateful for every morning and every night.
- If you start to feel anxious or pessimistic, pause a minute and write them down again. If it's too hard, write down 5 or even 10 new things you're grateful for. By the end of the exercise, you'll feel much happier and fulfilled.
- **Catch yourself:** Don't wait for your friends or family to tell you you're complaining, pay attention to your thoughts and words. If you're complaining, quickly shift your energy to find solutions and lessons to be learned.
- **Change your mood:** If you feel overwhelmed and negative, remove yourself from whatever you're doing and shift your state of mind. If you're home, take time to pray. If you're at work, go to the washroom or break room for a few minutes and listen your favorite song. Breathe deeply and close your eyes, paying attention to every word. Hold onto that relaxing feeling and carry it with you throughout the day.

THINGS I AM GRATEFUL FOR:

NOTES



DETOXING THE SPIRIT: WOUNDS & TRIGGERS

A trigger is something that sets off a memory or flashback, transporting the person back to the event of her/his original trauma or wound. This trauma reminder can cause a person to feel overwhelming sadness, anxiety, anger, fear, or panic. It is a negative memory that may appear without warning. It can cause someone to lose track of their surroundings and “relive” the traumatic event.

Triggers are very personal; different things trigger different people. The person may begin to avoid situations, people, and stimuli that they think triggered the flashback. People will often respond to the flashback/trigger with the same emotional intensity that they experienced with the original trauma or wound. It’s like a landmine that even the person may not be aware of, until it “goes off”.

A person’s triggers are activated through one or more of the five senses: sight, sound, touch, smell and taste. The senses identified as being the most common to trigger someone are sight and sound, followed by touch and smell, and taste close behind.

These wounds need to be healed so they no longer continue to trigger you. Watch the video lesson on Wounds to learn more about how to heal wounds.

Here are some common triggers that you may find yourself continually struggling with:

SIGHT TRIGGERS

- Often someone who resembles the abuser or who has similar traits or objects (ie. clothing, hair color, distinctive walk).
- Any situation where someone else is being abused (ie. anything from a raised eyebrow and verbal comment to actual physical abuse).
- The object that was used to abuse
- The objects that are associated with or were common in the household where the abuse took place (ie. alcohol, piece of furniture, time of year).
- Any place or situation where the abuse took place (ie. specific locations in a house, holidays, family events, social settings)

SOUND TRIGGERS

- Anything that sounds like anger (ie. raised voices, arguments, bangs, something breaking).
- Anything that sounds like pain or fear (ie. crying, whispering, screaming).
- Anything that might have been in the place or situation prior to, during, or after the abuse or reminds her/him of the abuse
- Anything that resembles sounds that the abuser made (ie. whistling, footsteps).
- Words of abuse (ie. cursing, labels, put-downs, specific words used).

SMELL TRIGGERS:

- Anything that resembles the smell of the abuser (ie. tobacco, alcohol, drugs, perfume).
- Any smells that resemble the place or situation where the abuse occurred

TOUCH TRIGGERS

- Anything that resembles the abuse or things that occurred prior to or after the abuse (ie. certain physical touch, someone standing too close, the way someone approaches you).

TASTE TRIGGERS

- Anything that is related to the abuse, prior to the abuse or after the abuse (ie. certain foods, alcohol, tobacco).

TRIGGERS OR WOUNDS YOU ARE BECOMING AWARE OF:

WHO DO YOU NEED TO FORGIVE?

FORGIVENESS



ONE OF THE MOST FREEING THINGS IS FORGIVENESS

WHY WE FORGIVE

- Because God forgives us (Psalm 103:3)
- Jesus tells us to forgive (Matthew 6:12)
- It releases us from bondage and others (John 20:23)

WHAT FORGIVENESS IS NOT:

- Not minimizing the offense
- Not excusing the offense
- Not denying the hurt it caused
- Not subjecting yourself to continual abuse
- Not merely an emotional response

WHAT FORGIVENESS IS:

- Giving up my right to get even
- Saying, "I will not hurt you for hurting me."
- A decision of the will.
- And act that makes us like Christ.
- Voluntarily putting down my weapons of anger, vengeance, and retaliation.



FORGIVENESS EXERCISE

- **STEP 1:** The first step is to really understand what Jesus did for you. To recognize how much YOU have been forgiven. Jesus wants you to know to the depths of your soul what His death on the cross did for you. And so thanking Him for what He did for you is the first step.
- **STEP 2:** Then ask the Holy Spirit to bring to your mind any wounds in your soul. And as He does, ask Him to bring to your memory every situation that needs to be forgiven—every wound to be healed.

Say this: “Lord, I confess my sin of devaluing
the blood of Jesus and what He did on the cross
by not forgiving _____ for these wounds.

“I choose to forgive _____ for _____, _____, and _____
from my heart.

“I declare that this person is no longer in my debt for these
things, and I transfer that debt to the cross right now.”

If you want to visualize the wound in your mind’s eye as a place on your body, and then visualize the wound being filled up by Jesus’ blood. To heal the wound completely, you can visualize a beam of light, like the beam of light on a copy machine, which is the Light of Jesus, going over the wounds and healing it completely.

Sometimes deeper wounds or suppressed pain may not be as easy for you to deal with on your own, and you may want to work with your coach who can help you uncover these things so you can be healed. Don’t beat yourself up if you feel like you can’t do it on your own.

- **STEP 3:** Bless the person who hurt you. You know that you’ve really forgiven someone when you can bless them, so the final step in this process is to pray a blessing over that person. You know you’ve done it when you can bless them from your heart and mean it.

WEEK #5 SUMMARY

Here's a summary of the things you learned this week along with a checklist of what you should be focusing on.

BODY:

- Using the Healthy Home Checklist, go through your house and start to replace toxic chemicals with non-toxic alternatives
- Do the same with your personal care products such as makeup, deodorant, etc.

MIND:

- Be aware of your thoughts: are they mostly positive or mostly negative?
- Go on a negativity fast: every time you catch yourself thinking or speaking negatively, write down 3 things you are grateful for.

SPIRIT:

- Do the forgiveness exercise. Bring any wounds before God to be healed.



I CHOOSE TO FORGIVE BECAUSE JESUS FORGAVE ME.