

MODULE 12 OBJECTIVES

- 1 State the Big Ideas for Detoxification
- 2 Describe how each of the Foundations support Detoxification
- 3 Identify the four-step approach Nutritional Therapists can use for detoxification
- 4 Describe and perform the Balance Test and the Point Test

THE BIG IDEAS



1. Detoxification is a parasympathetic process
2. Detoxification frees vital cellular and organ activities to function productively and efficiently
3. **NEVER** detoxify without addressing The Foundations...all elimination pathways must be open

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The Systems of Detoxification

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DETOXIFICATION

Detoxification is the way the body heals and repairs itself. It always has an internal cleansing process that takes place continuously and naturally.

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THE DETOXIFICATION SYSTEMS

The systems involved in detoxification include:



Cardiovascular System



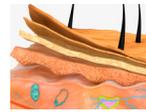
Lymph System



Digestive System



Urinary System



Skin



Respiratory System

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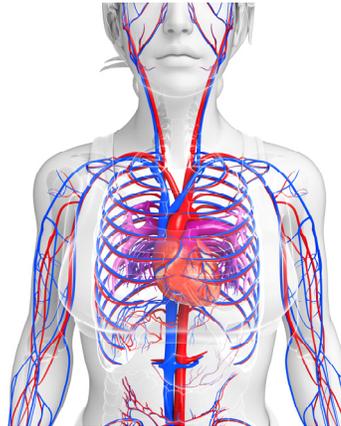
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CARDIOVASCULAR SYSTEM

The blood links every organ in the body. It flows through all tissues delivering oxygen and critical nutrients to each cell while carrying away metabolic debris.

Blood also shuttles communication molecules around the body, cleanses detoxification sites such as the liver, and provides a freeway for the immune system.

Good health depends on the ability of the blood to perform its functions.



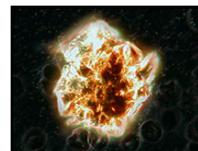
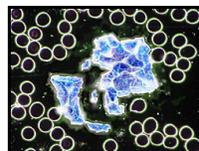
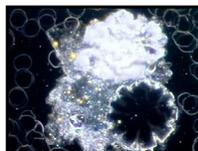
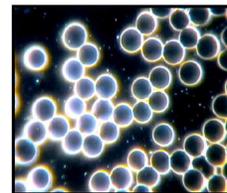
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CARDIOVASCULAR SYSTEM *(CONTINUED)*

The blood is extremely sensitive to toxins...it is the first of the body's fundamental building blocks to be affected.

Once poisoned, the blood becomes a shuttle and depository for the toxins as well as the materials essential to health.



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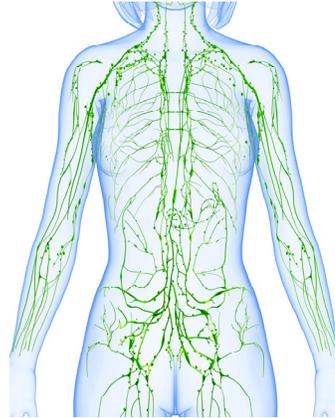
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LYMPHATIC SYSTEM

Lymph is another vital fluid in terms of its role in detoxification. Lymph, which is essentially interstitial fluid, flows through the lymph nodes where bacteria, viruses, and organic material are filtered out.

In this way, the lymph system acts as a pre-filter for the liver to prevent clogging and liver overload.

After the lymph is filtered, it returns to the bloodstream through the thoracic duct in the chest.



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LYMPHATIC SYSTEM (CONTINUED)

Lymph flows through its system at the slow rate of 3 liters/**day**. Comparatively, blood flows at a rate of 5 liters/**minute**. This is because there are no lymphatic pumps to drive circulation.

The movement of lymph is propelled by the action of nearby skeletal muscles, the movement of the lungs, and the contraction of smooth muscle fibers. Therefore, movement/exercise is critical to the health of the lymphatic system.



Dry brush massage, jumping rope, and bouncing activities are good activities for stimulating the lymphatic system.

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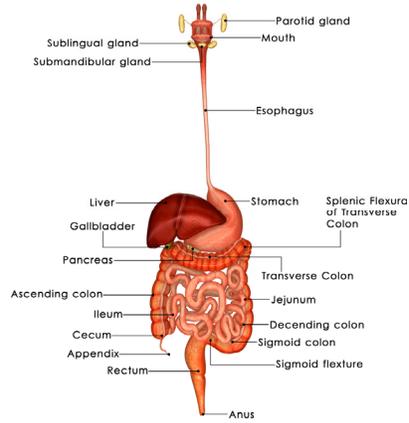
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DIGESTIVE SYSTEM

The activities that take place during the digestive process include more than the physical breakdown of food.

The gastrointestinal tract also:

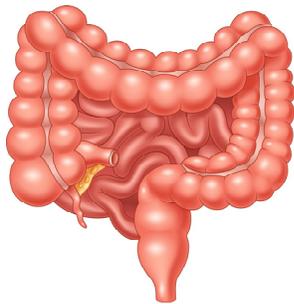
- Scans the food for invaders
- Detoxifies poorly digested, fermented toxins
- Filters food and intestinal bacteria
- Eliminates toxins and other unusable substances from the body



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INTESTINES AND DETOXIFICATION



The organs that are particularly important to the detoxification process include the intestines, liver, and gallbladder.

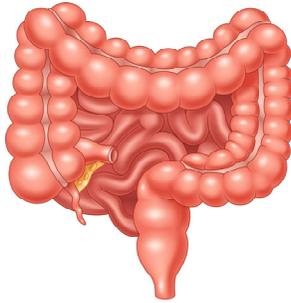
The intestines provide a physical barrier to stop foreign molecules and chemicals from entering the body.

The intestines also contain “good” bacteria that assist in the detoxification of many substances.

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INTESTINES AND DETOX *(CONTINUED)*



The normal detoxification processes that take place during digestion depend on two things:

- The integrity of the GI membrane
- The maintenance of the precise bacterial and chemical environment

Alterations in either of these can affect the entire body

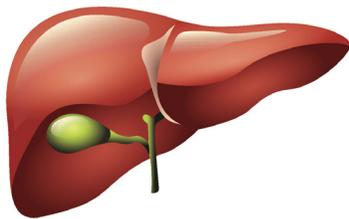
For example:

An imbalance in the intestinal flora can injure the intestinal walls, allowing undigested food and other contaminants to leak into the bloodstream.

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LIVER AND GALLBLADDER



The liver is the body's master "*transformation*" site responsible for cleaning and purifying the blood that nourishes the entire body.

One of its more than 500 functions is to filter toxins from the blood and neutralize the toxins in preparation for elimination. This includes the breakdown and disposal of pharmaceutical drugs.

The neutralized toxins pass to the gallbladder in bile and are eventually excreted out of the body in feces.

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PHASE I AND PHASE II DETOX

The body does not keep any molecules around for a long time. Even the good molecules, such as hormones, are constantly broken down and reconstructed in preparation for recycling or elimination.

Detoxification enzymes in the liver break down most molecules using Phase I and Phase II detoxification pathways.

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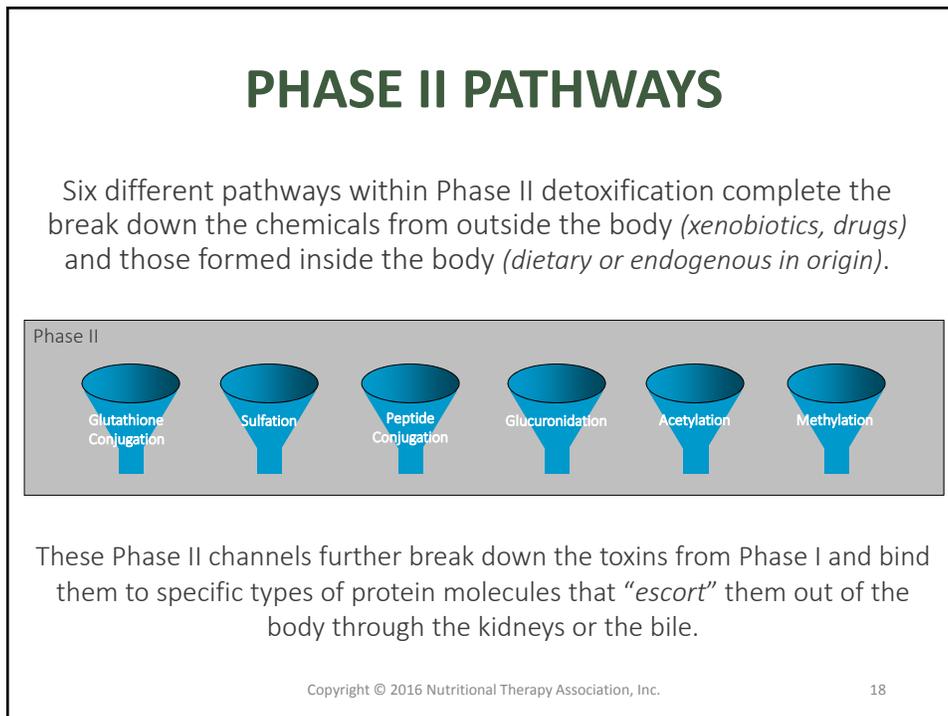
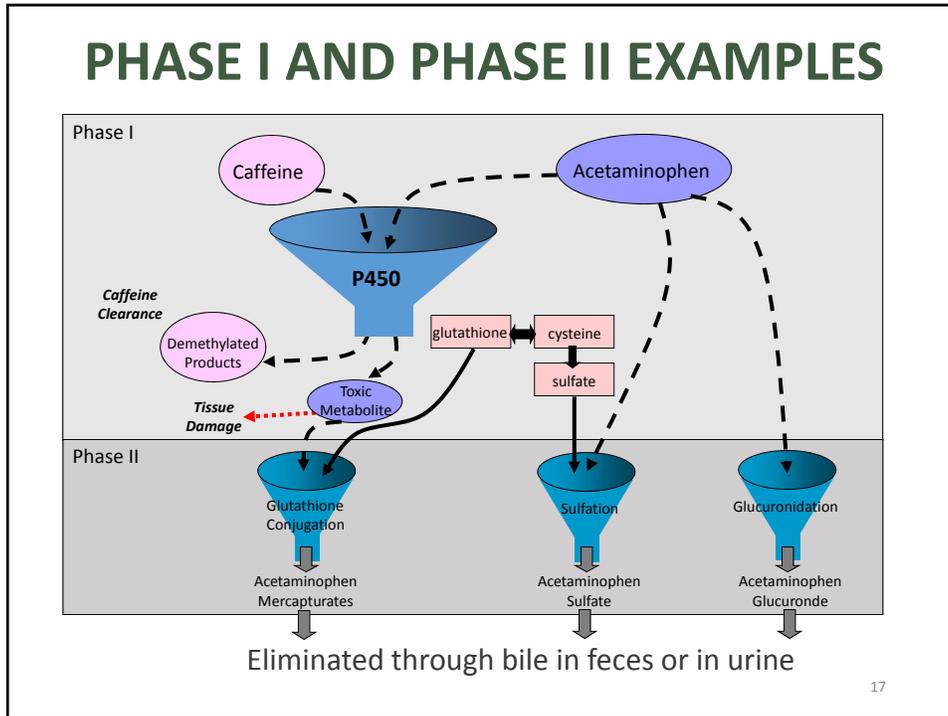
PHASE I DETOXIFICATION

Phase I detoxification uses enzymes (*such as cytochrome P450*) to break down toxins into intermediate, and often more toxic, metabolites.

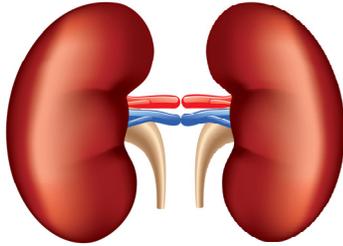
At this point, some toxins are ready for elimination (*such as caffeine*), but most require a second (*Phase II*) cycle before they are neutralized enough for elimination.

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THE KIDNEYS



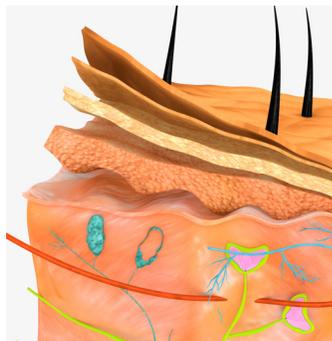
Toxins that are properly bound and ready for elimination, exit the body through the feces or through the kidneys as urine.

Remember that a primary role of the kidneys is to filter the blood to remove cellular wastes, such as some water and bile pigments.

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THE SKIN



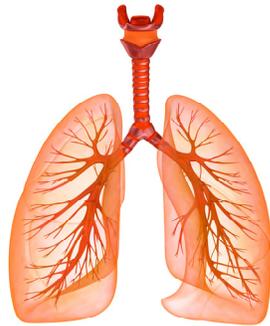
The sweat glands of the skin act like a second kidney and are one of the body's avenues for elimination.

The surface area of the skin of an average adult female/male covers 16-21 sq. feet, making sweat therapy a very effective way to remove toxins from the body.

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RESPIRATORY SYSTEM



The lungs eliminate a variety of waste products, particularly carbon dioxide.

Respiratory rate is a major mechanism of pH control.

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Nutritional Detoxification

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DETOXIFICATION

Our bodies do it, and always have.

Our ancestors knew how to support these processes, we have forgotten.

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TRADITIONS OF DETOXIFICATION

- Purification/cleansing processes have been around for thousands of years
- Techniques include fasting, saunas and sweat lodges, herbs, water, rest and meditation, enemas, exercise, and a variety of bodywork techniques
- Detoxification occurs on many levels
 - **Physically:** Assists the body in clearing congestions, illnesses, and disease potential. It can also improve energy
 - **Emotionally:** Helps uncover and express feelings, especially hidden frustrations, anger, resentments, or fear, and replace them with forgiveness, love, joy, and hope
 - **Spiritually:** Many people experience new clarity and/or an enhancement of their purpose in life

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TRADITIONS OF DETOXIFICATION

(CONT.)

Ayurveda (India)

Teaches that the fundamental cause of disease is toxins in the system

Has two types of treatment for eliminating toxins:

- **Pancha Karma:** Physical elimination processes such as purgatives and medicated enemas
- **Palliation:** Therapies that neutralize toxins such as fasting, herbs, exercise, or sunbathing

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TRADITIONS OF DETOXIFICATION

(CONT.)

Hippocratic Medicine

The ancient Greeks formulated the first principles of scientific medicine. They believed health depended on an equilibrium between the four humors: **blood, phlegm, yellow bile** and **black bile**.

Early treatments (*such as bloodletting, massage, and fasting*) focused on cleansing and balancing techniques to re-establish humoral equilibrium.

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TOXINS

- A toxin is basically any substance that creates irritating and/or harmful effects in the body
- Toxins come from external sources (*like air pollution*) and internal sources (*like cellular wastes*)
 - Toxicity can occur from the side effects of drugs or from patterns of physiology that are different from our usual functioning
- Most drugs, food additives, and allergens can create toxic elements in the body
- **Any** substance if in excess can create toxic elements in the body: water, sodium, and almost all nutrients in certain circumstances

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PESTICIDES CONTENT OF COMMON FOODS

- From highest to lowest:*
1. Strawberries
 2. Bell Peppers / Spinach
 3. Cherries
 4. Peaches
 5. Cantaloupe
 6. Celery
 7. Apples
 8. Apricots
 9. Green Beans
 10. Grapes
 11. Cucumbers

Source: Sustainable Cuisine White Papers (Earth Pledge Foundation)

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PESTICIDES CONTENT OF COMMON FOODS

Strawberries:

Soil is covered with plastic sheets and repeatedly saturated with methyl bromide, which kills all weeds, insects, and soil microbes

1999, over 5 million pounds of methyl bromide were applied to strawberry fields in California

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PESTICIDES CONTENT OF COMMON FOODS

Methyl bromide is a Category 1 acute toxin (*Most toxic*)

Side effects include headaches, myalgia (*muscle pain*), blurred vision, nausea, disequilibrium (*dizziness*), damage to lungs, kidneys, reproductive organs, and CNS (*Central Nervous System*); can lead to fatality. Strawberry pickers with these symptoms are often told they have "*the flu*" (*every June and July*).

A U.N. panel estimated that methyl bromide use has caused a 5-10 percent depletion in the ozone layer.

Source: Kimbrel, A., Fatal Harvest 2002

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SO, WHAT IS OUR STRATEGY?



We start by addressing The Foundations

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The Foundations and Detoxification

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DIET

- Processed, lifeless food is seen by the body as a toxin
- Too much food (*volume*) uses too much energy, and doesn't leave enough for "*house cleaning*"
- Ingestion of the proper Macro and Micro nutrients all play an important role in the body's ability to detoxify

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DIGESTION



- If a person isn't digesting, even the most perfect diet can clog the body's detoxification pathways.
- Specific amino acids play imperative roles in the proper functioning of the specific detoxification pathways in the liver.
(*Methionine is necessary to run the Sulfation pathway*)
- Poor fat digestion clogs the lymph, and therefore the liver.

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BLOOD SUGAR BALANCE REGULATION

BLOOD SUGAR

- Elevated Cortisol and general blood sugar imbalance stress the Liver.
- Blood sugar imbalances deplete the B vitamins. B6 is needed for all liver enzyme functions and neurotransmitter synthesis (*epinephrine, serotonin*). B2 is needed for phase I detox enzymes (*cytochrome P450*).
- Chronically high blood sugars create a buildup of free radicals and a general catabolic state, which robs the nutrients needed by the body to detoxify properly.

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FATS

FATTY ACIDS

- Fat tissue helps the body to store difficult to remove toxic waste (*metals, petroleum, other chemicals*).
- The liver metabolizes fats into their usable forms. Proper ingestion and digestion of fats causes less liver stress.
- The bile is built of healthy fat. The bile is the “*river*” by which toxins are removed from the body via the intestinal tract.
- The proper balance of dietary fat helps to create a properly permeable membrane, allowing wastes to be removed from the inside of the cell in a timely manner.

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MINERALS



- Detoxification processes can create acidic blood. Minerals help to buffer this condition.
- Toxins deplete minerals like *magnesium*, which can lead to *deficiencies of enzymes (cytochrome P450 and NADPH)* which are necessary in healthy Phase I liver detoxification.
- Certain minerals help keep heavy metals from collecting in the tissue (*heavy metals are minerals and therefore are kept in balance by other minerals*).
- Molybdenum and manganese activate metabolic and detox enzymes.
- Chelation agents deplete minerals, requiring replacement.

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HYDRATION



- We must keep properly hydrated to keep the body flushing appropriately, moving bowels and urine regularly.
- Perspiring requires proper hydration.
- Proper hydration helps to keep our lung tissue moist so that we can respire healthfully.
- Proper hydration keeps the blood fluid so that toxic material may be delivered to the lymph and liver.

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Functional Evaluation of Detoxification

LIVER POINT
On the 3rd rib, 3rd to the right to the sternum, at the costochondral junction press anterior to posterior
- HERBS THAT CLEANSE THE LIVER
- NUTRIENTS TO SUPPORT PHASE II DETOXIFICATION
- LIVER TISSUE (BOVINE NEONATAL)
- DETOXIFICATION DRINK FORMULA
- BEET JUICE, TAURINE, VITAMIN C, AND PANCRELIPASE
- BEET JUICE AND BILE SALTS
- GLUTATHIONE, CYSTEINE, AND GLYCINE
- MULTIPLE NUTRIENTS FOR SUGAR HANDLING PROBLEMS
- MSM
- LIPIC ACID

CHAPMAN REFLEX/LIVER GALLBLADDER
3rd intercostal space right side only
*This reflex is shared with liver
- BEET JUICE, TAURINE, VITAMIN C, AND PANCRELIPASE
- BEET JUICE AND BILE SALTS
- HERBS THAT CLEANSE THE LIVER
- NUTRIENTS TO SUPPORT PHASE II DETOXIFICATION
- LIVER TISSUE (BOVINE NEONATAL)
- RIBOFLAVINOIDS AND THE ASSOCIATED B VITAMINS
- PHOSPHATIDYLCHOLINE
- INOSITOL

GALLBLADDER (Chronic)
Tenderness and nodulation on web of the right hand

GALLBLADDER (Acute)
Palpate gallbladder (Murphy's sign)
- BEET JUICE, TAURINE, VITAMIN C, AND PANCRELIPASE
- BEET JUICE AND BILE SALTS
- PHOSPHATIDYLCHOLINE
- INOSITOL
- NUTRITIONAL PHOSPHORUS
- RIBOFLAVINOIDS AND THE ASSOCIATED B VITAMINS

CHAPMAN REFLEX/STOMACH
5th intercostal space left side only. This reflex is Stomach & upper digestion in general.
- BETANE HCL, PEP SIN AND PANCREATIN, BETANE HCL AND PEP SIN
- HIGH POTENCY HCL AND PEP SIN
- GUT HEALING NUTRIENTS AND VITAMIN U
- GAMMA OXYZANO, (PORTIFEE)
- PANCREATIC ENZYMS
- BROCHELAIN, CELLULOSE, LIPASE AND AMYLASE
- L-GLUTAMINE
- NUTRIENTS THAT HEAL THE INTESTINES
- CHLOROPHYLLINS

CHAPMAN REFLEX LUNGS
3rd and 4th intercostal space near sternum
- LUNG TISSUE (BOVINE NEONATAL) AND OTHER NUTRIENTS TO SUPPORT LUNG HEALTH
- MULTIPLE HERBAL ANTI-HISTAMINES
- MICRO EMULSIFIED OREGANO OIL
- GLUTATHIONE, CYSTEINE, AND GLYCINE
- BROAD SPECTRUM ANTI-OXIDANTS

HCL POINT
1st below the xiphoid and over to the left edge of the 10th cage.
- BETANE HCL, PEP SIN AND PANCREATIN
- BETANE HCL AND PEP SIN
- HIGH POTENCY HCL AND PEP SIN

CHAPMAN REFLEX KIDNEY
1st 8th and 1st superior from umbilicus on the medial margin of rectus abdominus (have patient tighten stomach muscle to palpate)
- MULTIPLE NUTRIENTS FOR SUPPORTING KIDNEY FUNCTION
- KIDNEY TISSUE (BOVINE NEONATAL)
- CULTURE OF BEET JUICE CONTAINING ARGININE
- ALKALINE ASH MINERALS (CALCIUM, MAGNESIUM, AND POTASSIUM) (to alkalize)
- BETANE HCL AND PEP SIN (to alkali)

COLON
Palpate colon (from a to c) for tenderness and tension
- WATER SOLUBLE FIBER AND COLON HEALTH NUTRIENTS
- GARLIC AND CHLOROPHYLLINS
- MICRO EMULSIFIED OREGANO OIL
- NUTRIENTS THAT HEAL THE INTESTINES
- CHLOROPHYLLINS
- BEET JUICE AND BILE SALTS
- LACTOBACILLUS ACIDOPHILUS AND BIFIDOBACTERIUM BIFIDUS
- BUTYRIC ACID
- LARCH ARABINOGLACTANS
- L-GLUTAMINE

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NUTRITIONAL THERAPY APPROACH

1. Address The Foundations (*especially diet*) and keep the client on the initial protocol for 2 – 3 months
2. Recommend supportive therapies to help with circulation/elimination
 - Dry Brush Massage
 - Bouncing Exercises
 - Enemas/Colonics/Purgatives
 - Sweating Therapies (*including exercising to the point of perspiration*)
 - Etc.
3. On a follow-up visit, conduct the Balance and Point Tests
4. If the client performs poorly on these tests, consider a more in-depth detoxification protocol

Note:
Depending on the presentation of the client, this may require a referral to a licensed practitioner or detoxification specialist

DETOXIFICATION SPECIALTIES

- Heavy metal detoxification programs
- Chemical detoxification programs
- Parasite and colon cleanses
- Bowel flora issues, such as yeast overgrowth
- Dental rework
- Emotional and psychological work
- Etc.

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POSSIBLE REACTIONS

Again, let your client know they may experience a reaction when beginning any new protocol:

1. **Digestive reaction:** such as diarrhea
2. **Allergy-type reactions:** such as swelling or rashes
3. **Healing crisis:** which looks like the symptoms you are trying to fix

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Functional Evaluation of Detoxification

LIVER POINT
On the 3rd rib, 3" to the right to tentum; at the costochondral junction press anterior to posterior

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HCL POINT
1" below the Zyrhoid and over to the left edge of the rib cage.

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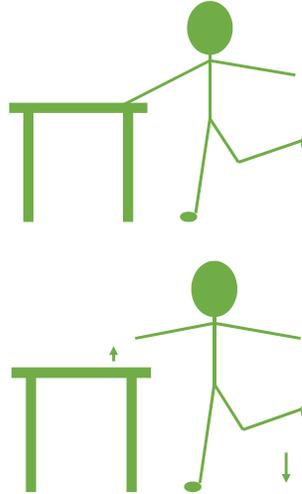
- MULTIPLE NUTRIENTS FOR SUPPORTING RENAL FUNCTION
- KIDNEY TISSUE (BOVINE, NEONATAL)
- CULTURE OF BEET JUICE CONTAINING ARGEMONE
- ALKALINE ASH MINERALS (CALCIUM, MAGNESIUM, AND POTASSIUM) (to alkalize)
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- CHLOROPHYLLINS
- BEET JUICE AND BILE SALTS
- LACTOBACILLUS ACIDOPHILUS AND BIFIDOBACTERIUM BIFIDUS
- BUTYRIC ACID
- LACTIC ACID BACTERIOGALACTANS
- L-GLUTAMINE

THE BALANCE TEST

1. Have client stand next to a table
2. Lift one leg off the ground
3. Let go of the table
4. Count number of seconds client can keep from putting their foot down and observe their stability
5. If they pass the test with their eyes open, repeat the test with their eyes closed
6. LNT if the client fails either test



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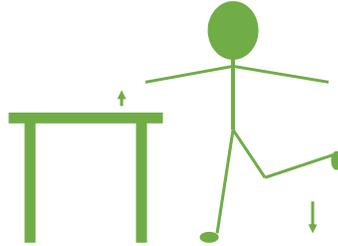
THE BALANCE TEST: SCORING

- **Excellent**
The client maintains balance for **20 seconds or more** (15 seconds if this test is done with the eyes closed)
- **Satisfactory**
The client maintains balance for **11 - 19 seconds**
- **Poor**
The client maintains balance for **5 - 10 seconds**
- **Failure**
The client maintains balance for **less than 5 seconds**

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LNT: THE BALANCE TEST



- RNA/DNA
- BRAIN TISSUE (NEONATAL BOVINE)
- POA FROM CATS CLAW AND POWERFUL ANTIOXIDANTS FROM VEGETABLE CULTURE
- VEGETABLE PROPHYRIN CONCENTRATE

The client needs to taste the supplement for at least 1 minute

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THE POINT TEST

- Have the client close their eyes
- Touch a spot on the clients arm
- Instruct the client to touch the same spot with their opposite arm
- Measure how close the client comes to touching the same spot

This test is not reliable for LNT. Consider this test as a long term measurement for improvement of function.

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THE POINT TEST: SCORING

- **Excellent**
The client is within an inch of the location you touched on the client's arm

- **Satisfactory**
The client is within one to two inches of the location you touched on the client's arm

- **Poor**
The client is more than two inches of the location you touched on the client's arm

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Detoxification: General Programs

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APPROACH TO DETOXIFICATION



Before recommending or beginning any type of detoxification program, **ALWAYS** support The Foundations first!

Also, ensure all routes of elimination are open:

- Kidneys
- Intestines
- Sweat glands in the skin

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DETOXIFICATION OPTIONS

There are many types of general cleansing choices that are simple and safe:

Nutritional Therapies:

- Juice Fasting
- Raw Food Diets
- Green Drinks
- Detoxification Diets
- Detoxification Shakes

Supportive Therapies:

- Hydrotherapy
- Enemas/Purgatives
- Colonics
- Dry Brush Massage
- Dry Saunas
- Hot and Cold Showers

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JUICE FASTING

- Juice fasting is a 3 – 10 day program that consists of fresh fruit and vegetable juices, herbal teas, vegetable broths, and water.
- This type of fasting gives the digestive organs a rest, enabling the body to focus on expelling wastes and toxins that have accumulated in the tissue.
- Helpful supportive therapies include dry brush massage, light exercise, hot/cold showers, and enemas/colonics.

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TYPICAL JUICE FAST DAY

- | | |
|--|--|
| <ul style="list-style-type: none"> ▪ UPON RISING <ul style="list-style-type: none"> – Enema – Dry brush massage followed by hot and cold shower ▪ BREAKFAST <ul style="list-style-type: none"> – Cup of herb tea – A glass of freshly-pressed fruit juice diluted with pure water ▪ LATE A.M. <ul style="list-style-type: none"> – A glass of freshly-pressed fruit juice diluted with pure water ▪ EARLY P.M. <ul style="list-style-type: none"> – A glass of fresh vegetable juice or a cup of vegetable broth | <ul style="list-style-type: none"> ▪ LATE P.M. <ul style="list-style-type: none"> – Cup of herbal tea ▪ DINNER <ul style="list-style-type: none"> – A glass of diluted vegetable or fruit juice ▪ BEFORE BED <ul style="list-style-type: none"> – Cup of vegetable broth |
|--|--|

Drink room-temperature water when thirsty. The total juice and broth volume should be between 1 ½ pints and 1 ½ quarts. Water intake should be 6 to 8 glasses, more if thirsty.

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BREAKING THE FAST

You will ruin the benefits of the juice fast if you break the fast too quickly.

Take 4 days to transition back to your normal diet:

- Do not overeat
- Eat slowly and chew the food well
- Start by introducing fresh or dried fruits and fresh, raw vegetables and soups
- On the third day, slowly add in yogurt and soaked grains
- By the fifth day, normal eating can resume

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IMPORTANT TIPS ON FASTING

- Because juice fasting slows digestion, normal bowel movements may cease to take place. Assist the body through the use of enemas, purgatives, or colonics
- Never mix fruit and green vegetable juices together
- Drink juice slowly. Salivate and chew each mouthful
- Maintain adequate, light exercise
- Rest and relaxation are important during this rejuvenation process
- **Drugs:** If possible, withdraw from all drug use during a fast (*Clients should consult their physicians first*)
- **Supplements:** All supplementation should be discontinued during the fast
- **Smoking and drinking:** No smoking, no alcohol, and no coffee allowed
- **Contraindications:** In advanced cases of diabetes, tuberculosis, active malignancies, weak hearts, and older, weakened persons, fasting is not recommended (*People with sugar handling issues should avoid fruit juices*)
- **Juices:** All juices must be made fresh and consumed immediately as oxidation and breaking down the enzymes in the juice begins immediately

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THE DETOX SHAKE

Other types of detoxification programs use a detox shake as a meal replacement

- 1 – 2 scoops of a high quality Pea, Hemp, Rice or grass fed Goat protein
- 1 tablespoon Gelatin from Vital Proteins or Great Lakes (*for people who need more protein*)
- 1 ½ - 2 cups Water
- 1 – 2 tablespoons Flax Fiber (*or ½ teaspoon of pure pectin*)
- 1 – 3 teaspoons fresh or frozen fruit (*berries, peaches, plums, etc.*)
- 1 – 3 teaspoons EPA AND DHA FROM FISH OIL or MIXED FATTY ACIDS OR FLAX OIL
- 1 – 2 teaspoons Liquid Lecithin (*or 2 tablespoons granular*)
- ¼ teaspoon LACTOBACILLUS ACIDOPHILUS AND BIFIDOBACTERIUM BIFIDUM
- **OPTIONAL:** Dash of Stevia or ½ - 1 teaspoon Raw Honey

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DETOXIFICATION PROTOCOLS

- Gastrointestinal Detoxification (*Upper GI*)
- Gastrointestinal Detoxification (*Lower GI*)
- Liver Detoxification
- Gallbladder Flush
- Chemical Detoxification

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SUPPLEMENTAL THERAPIES

Your Reference Material also includes instructions for the following supplemental therapies:

- A hot and cold towel treatment
- Wet sheet pack
- Massage and detoxification
- Enemas
- Purgatives
- Dry brush massage
- An oil therapy rinse that can be used during detoxification/cleansing programs

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MODULE 12 SUMMARY

- 1** State the Big Ideas for Detoxification
- 2** Describe how each of the Foundations support Detoxification
- 3** Identify the four-step approach Nutritional Therapists can use for detoxification
- 4** Describe and perform the Balance Test and the Point Test

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