
21 Day Detox Challenge



Back In The Day...

- Sugar cane only until the 19th century
- Raw, grass-fed milk and beef
- Real bread/grains
- Limited refined foods
- Lots of clean protein
- More eggs
- Less Sugar
- Seasonal Fruits and veggies only



Follow The 1950's and Before...

“If you want to eat (and be) healthy, I suggest you follow the 1950s (and before) model and spend quality time in the kitchen preparing high-quality meals for yourself and your family. If you rely on processed inexpensive foods, you exchange convenience for long-term health problems and mounting medical bills. I recommend that you wean yourself off processed foods and start eating freshly prepared foods.”

Today...

Our bodies are being bombarded by toxins

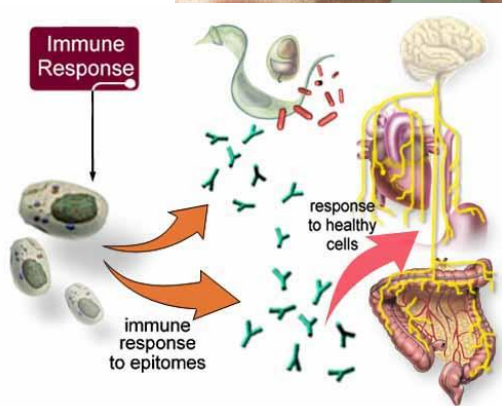
- GMO's,
- Hydrogenated oils
- Refined sugars
- Pesticides
- Antibiotics
- Clothing tags, clothing receipts, jewelry, cosmetics, deodorants, furniture, pollution
- Wi-Fi
- Lotions
- Water contamination (fluoride, meds, metals)
- Medications



Detoxing Is...

- Removal of harmful substances from the body that affect your mind, body and spirit
 - Toxins are stored in the fat tissue and glands when not removed properly
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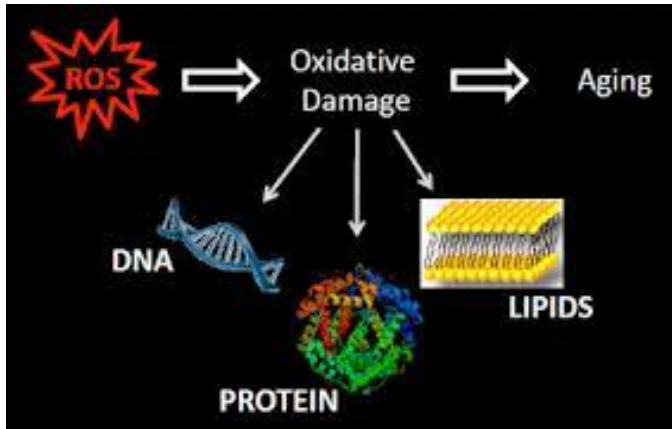
If We Don't Detox Properly



- Gain Weight
 - Mental Fog
 - Autoimmune reactions
 - Lower immune function
 - Increased allergies
 - Fatigue faster etc.
 - Disease and age faster
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Why Do We Age?

Theories:



- Our genes determine how long we live
 - Cells can only divide a certain number of times
- Our cells and DNA gets damaged over time until the body cannot function
 - IT SHUTS DOWN

Aging Body

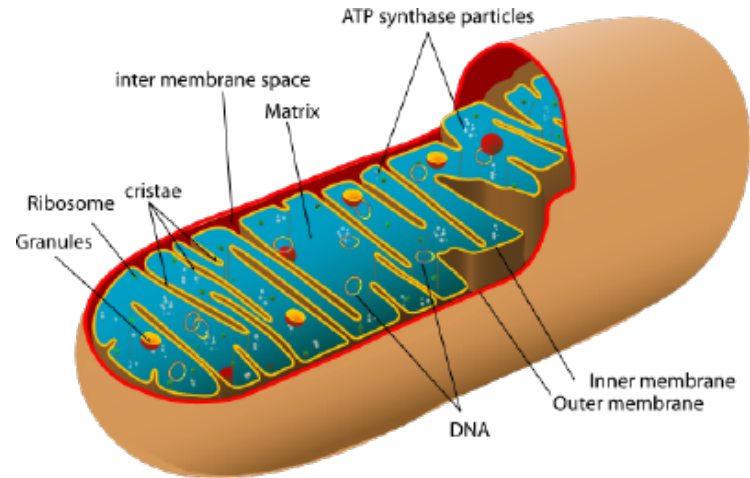
Red Blood Cells Age:

- If we don't feed them with proper nutrients
- If we overload them with toxins

All of which are happening even to some of the healthiest of people today because of our toxic environment

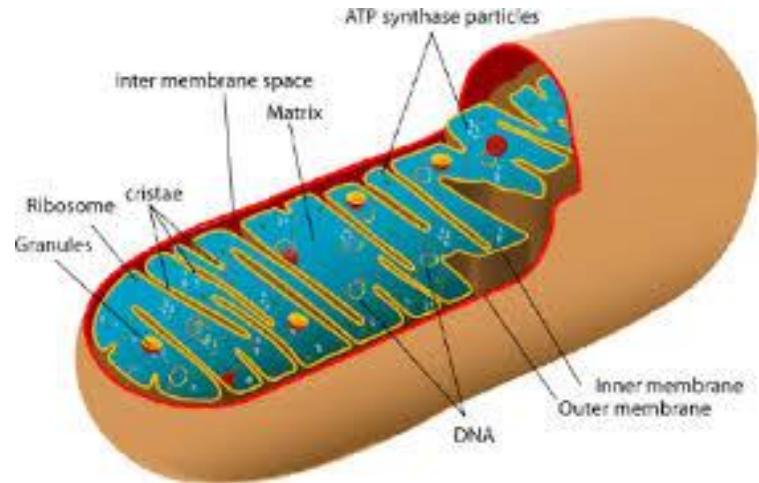
Inside the Cell: Mitochondria

- Main organelle inside the cell
 - Bean shape
- Has to function to produce energy
 - Energy fabric
- Has mtDNA in it



Mitochondrial DNA

- Main function is to produce energy
- It has valuable DNA at the nucleus
 - That DNA is linked to aging
 - If we damage that DNA we age faster

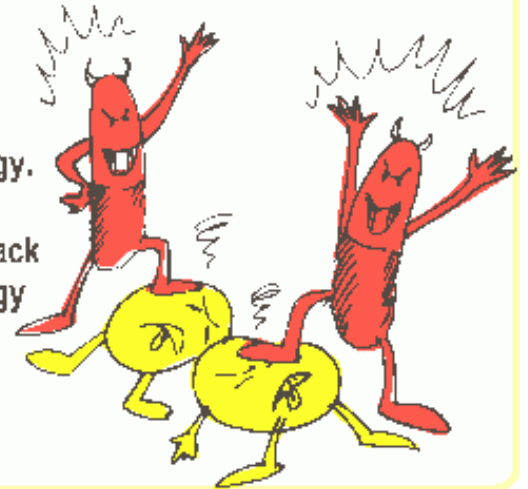


How? Reactive Oxygen Species

- AKA Free Radicals damage the DNA
- When Mitochondria make energy for us they create free radicals
 - These free radicals can also damage nearby mtDNA

What are Free radicals ?

- Free radicals are like robbers which are deficient in energy.
- Free radicals attack and snatch energy from the other cells to satisfy themselves.



Damaged DNA

- When we damage DNA it will not send the proper signaling to our bodies
 - And DNA does not get regenerated... then...
 - The more energy we lose... then...
 - The faster we age
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How Else Can DNA Get Damaged?

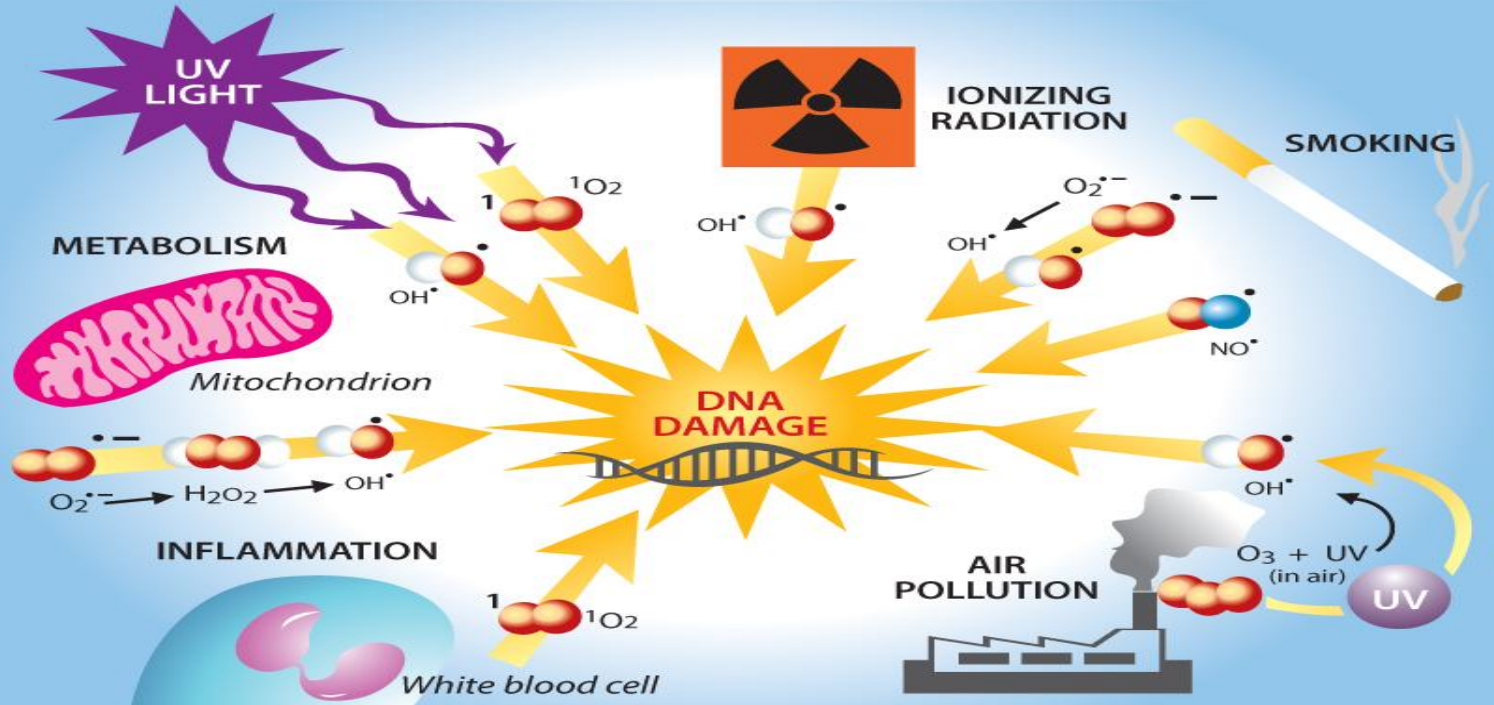
- Scientists have found that free radicals Damage the DNA
 - Tested with mice, researchers oxidized DNA faster through genetic mutation and it cut the animals' lifespan by more than half
 - The More DNA damage, Mitochondria cannot produce as much energy as it should and you live less
 - Essentially you shorten your genetic lifespan
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3 Things We Know

1. Genetically you are predisposed to live a certain length of time
 2. If your DNA gets damaged you are going live less than you are supposed to and have less energy during your life
 3. Damaging the DNA is done through free radicals
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How?

FORMATION OF FREE RADICALS



Also...

- Poor Nutrition and harmful foods
 - Additives
 - Preservatives
 - Antibiotics
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The Gut...

SUPER IMPORTANT!

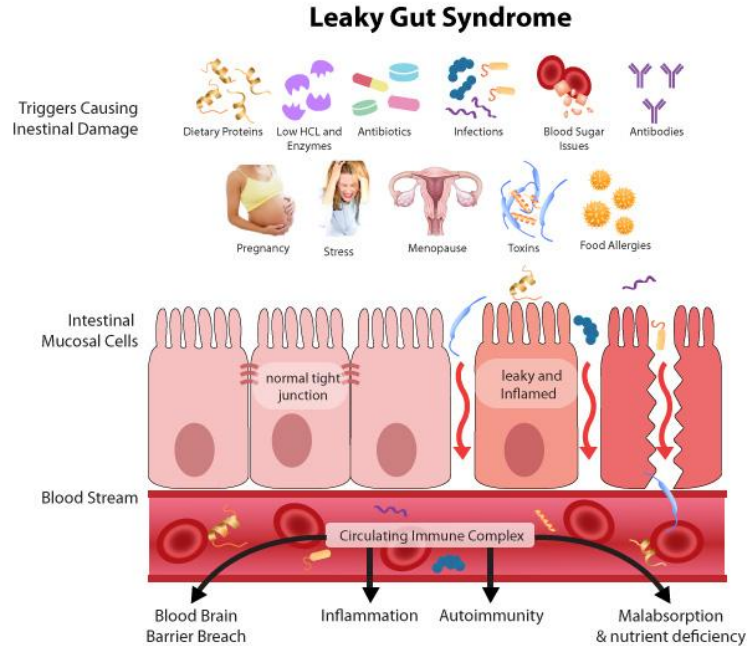
- 70-75% of the immune system lies in the mucosal lining of the GI tract
 - Leaky Gut, indigestion, bloating, gas
 - There is inflammation and the immune function will be lowered
 - Viral, bacterial, absorption of metals
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The Gut... continued

- The Enteric Nervous system is also known as the “second brain”
 - 95% of Serotonin is produced in the gut
 - Reduced aggression
 - More happiness
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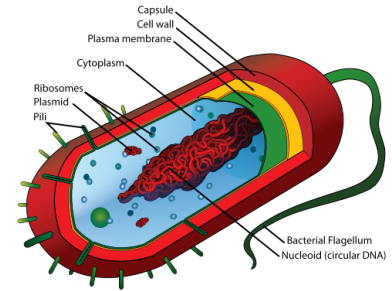
Leaky Gut

- Inflammation
- Less Nutrients
- Allergies
- Infections



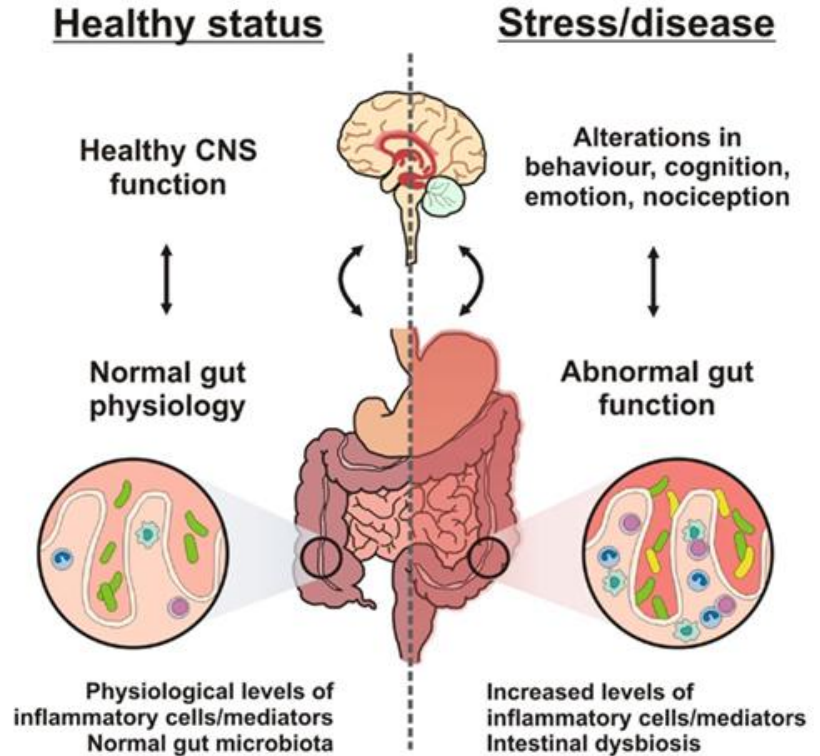
Leaky Gut Causes/ Aggravation

- STRESS
- Gluten
- Alcohol
- Caffeine
- Bacteria
- Parasites
- Junk food, not enough chewing, refined carbs
- Excessive fluids with meals, additives, heavy metals/dental toxins,
- NSAids/medication



Healthy Gut: 2 Main Functions

1. Digestion and Absorption
2. Elimination of waste

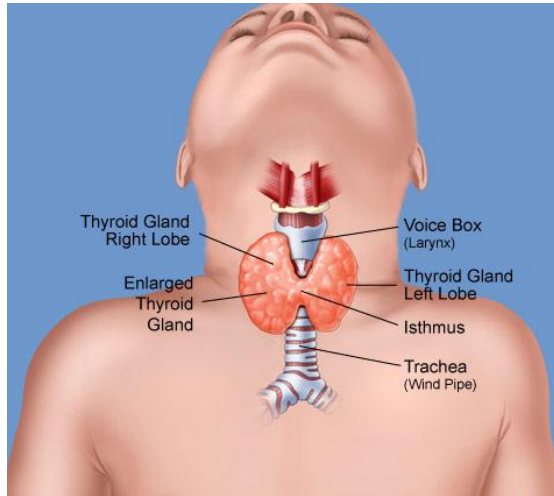


Digestion

- Starts in the mouth with saliva and hydrochloric acid
- Proper chewing is one of the easiest ways to improve digestion
 - Chew 30-50 times per bite
 - Mindful eating
- Drink water 30 minutes before meals; not too much while eating



Hashimoto's Disease/ Thyroid Issues



- Gluten looks like the thyroid cells
- Your body starts attacking your thyroid cells since you are allergic to gluten
- Antibodies fight against your thyroid
- Thyroid becomes imbalanced, going up and down => Hypothyroidism
- Same story for Rheumatoid Arthritis and numerous other health issues

Physiological Stress Causes



- Permeability in the gut
 - Undigested food particles
 - Immune response
 - Sympathetic dominance
 - Suppression of parasympathetic
 - Impaired digestion/ poor healing
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Nutrition?

Healthy
Diet



Proper
Digestion



Absorption of
vital nutrients



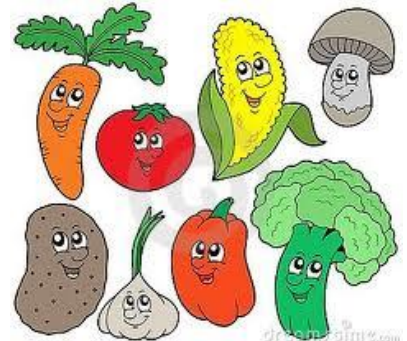
Circulation/
Exercise



Elimination of
waste



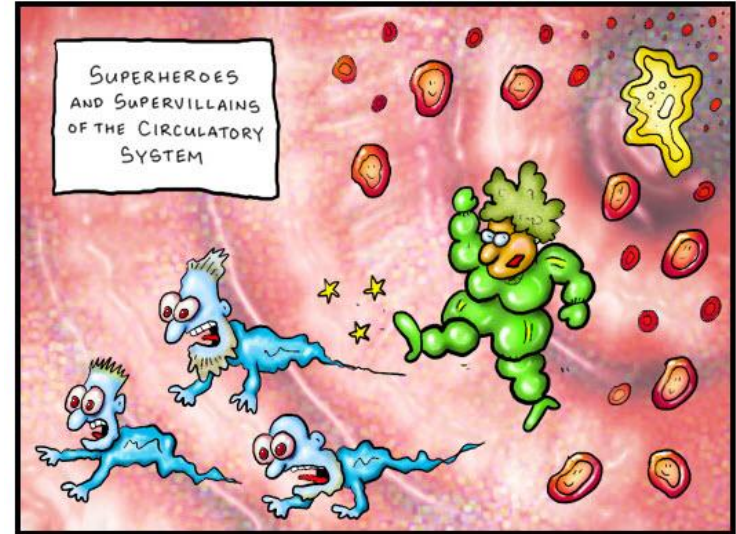
GOOD HEALTH



I Didn't Want Free Radicals!!!

- How did ROS get into my body?
 - Many reactions produce free radicals and our body can manage them and detox them
 - But when exposure is higher than the body can manage, there is **DAMAGE!**

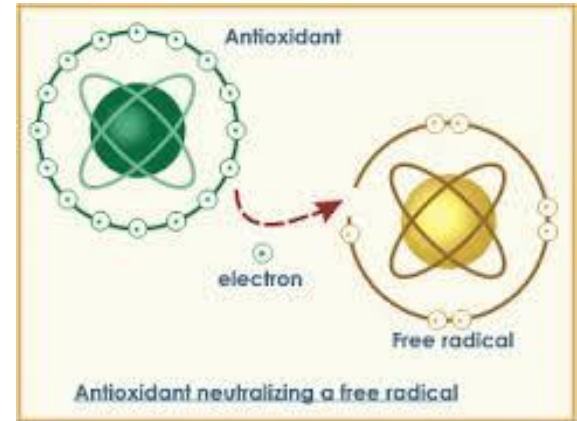
DOCTOR FUN



Auntie Oxidant kicks out the Free Radicals.

What Do We Do?

- Learn to prevent free radicals
- If they are being produced, we need to learn how to detox, to prevent cell damage
- Learn how to eliminate waste products



7 Channels for Elimination of Toxins

1. Digestive system
 2. Skin
 3. Liver
 4. Lungs
 5. Kidneys
 6. Blood Stream (Plumbing/circulation)
 7. Lymphatic system (Plumbing/circulation)
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Increase Antioxidants

- Fruits (Lemon Water, Cucumber Water)
- Veggies
- Nuts
- Herbs
- Spices
- Teas



The Goal Of The 21 Day Detox

- Reduce free radicals and increase antioxidants
 - Limit any and all chemicals
 - Digest properly
 - Get more circulation through exercise
 - Eliminate the waste
 - Flush out toxins
-

Avoid

Grains

Sugar

Alcohol

Caffeine

Dairy

Food Additives and preservatives



What To Eat

- Veggies 6-8 serving
- Fruits 2-3 servings
- Good Fats
- Quality Protein
- Water, Fruit infused water, High Quality Herbal teas without caffeine
- Seasonings



Supplements

When toxin overload is present, high quality supplements can work very well to balance the body and repair DNA:

- Magnesium
 - Chlorella
 - Digestive Enzymes (better absorption and digestion)
 - Krill Oil (reduces inflammation, increases fat burning, helps brain function)
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Supplements... continued

- RNA Drops
 - Vit. C, E, B's
 - 5-HTP
 - Zinc/ Selenium
 - Melatonin
 - Glutamine
 - Alpha Lipoic Acid
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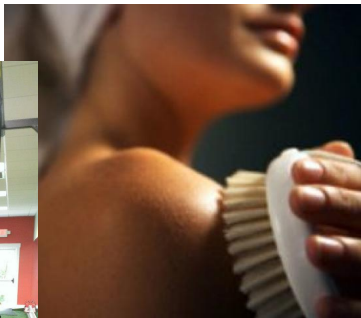
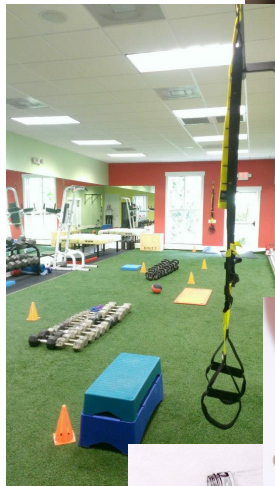
Reduce Stress To Detox

- Breath Deep into the belly and pelvis for 10 repetitions 3 times a day
- Exercise 3-5 times a week
- Chew 30-50 times per bite
- Eat 3 meals a day
- Eating healthy
- Meditation



Lymphatic System

- Exercise
- Plenty of Water
- Healthy Eating
- Dry Skin Brushing
- Massage
- Jumping and Bounding



What is detoxing

“Detoxification means restoring your body's balance by removing toxins out of your system. In an ideal world this would be done easily with a healthy diet. However, in our modern world full of stress, processed food, pesticides and pollution, it's difficult to detoxify naturally, which can impair your body's ability to remain disease-free”



“Detoxification is the removal of harmful substances from the body” (Includes all substances that affect mind body and spirit.)

Recap and review

- Poor Nutrition
 - Stress
 - Toxins from the environment
 - Create free radicals that can destroy our DNA
 - which reduces energy and puts us in the ground faster
-

ACTION STEPS

- Eliminate toxic foods
- Remove yourself from toxic environments
- Follow the grocery list
- Detox bath 2-3 times a week
- Limit exposure to harmful substances in makeup, lotion, shampoo (parabens, phthalates, etc.)
- Dry brushing
- Exercise
- Supplements



QUESTIONS

I will send you links to the supplements but that on you.
