



# TOXIC BURDEN OPTIMAL BODY BALANCE

## What are Processed Foods?

We talk a lot about processed foods, mostly telling you not to eat them! We've been examining many of our client's diets and are finding that several are still eating these 'processed foods'! Upon questioning, we found that most of the clients simply didn't think of the foods they were eating as 'processed foods'. Therefore, we put together this simple handout to better explain what we mean by the term 'processed foods' and why they are detrimental to your long-term health.

'Processed foods' include any food products that have more processing than shipping, handling, washing, drying, simple mixing or dehydrating. Through processing, these foods lose many vital nutrients, especially minerals. Some companies try and 'fortify' their processed foods with added vitamins and minerals, often times trying to replace some of what has been lost. However, most often, two to three times more nutrients are lost than are replaced, and they are usually replaced with synthetic variants of the nutrients that are far inferior to the original product. It would be like taking your home from you and replacing it with a large cardboard box – you may be able to live in it, but not nearly as well or as comfortably as before. So it is with processed, fortified foods – your body may be able to use some of the nutrients, but the original product would be far superior. Therefore, we encourage all our clients to eat whole foods in as close to the natural state as possible. This means eating foods that are grown, shipped to you and eaten in a relatively short period of time and with little else done to them.



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So what foods are considered processed foods? A quick look at the label will tell you if the food you are looking at is processed. If it is fortified, contains flour or sugar, or has any additives, preservatives, colorings or any ingredient with a number in it (!) it is processed. Here is a partial listing:

ALL breads	Candy
Bagels	Ice Cream
Donuts	TV dinners
All fast foods	Pizza
Chips	Hot dogs / bologna
Anything in a box	Cured meats
Pasta	Brats / Sausage
Canned juices	Any products containing flour or sugar
Pop/soda	Most 'energy' drinks/bars
Catsup/mustard	Coffee / cappuccino
Most baked goods	Cheese and most dairy products
Dips and sauces	
Microwave popcorn	

A special note on bread: ALL breads are processed foods. Those containing whole grains are slightly less processed than plain white or wheat bread. Only breads claiming '100% whole wheat/grain' and are sprouted are the least processed.

So what do you eat? Raw fruits and vegetables, whole grains, beans, nuts, seeds, and organically raised fish, fowl, wild game and lots of water and herbal tea. You can obviously eat whatever you desire, but the fewer processed foods in your diet, the healthier you will be and the more you will be able to enjoy a vibrant and disease-free life.





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### Foods for Detoxification

Incorporate these foods into your diet to support the organs listed. If a food appears on this list but is prohibited on your General Dietary Guidelines, do NOT eat it – there are plenty others in the same category that will support and speed repair of the specific body part.

Specific Body Part	Vegetables	Nuts, Grains, Seeds and Protein	Fruits
Intestines	Beans, Beets, Cabbage, Carrots, Celery, Chard Cucumbers, Dandelion, Kohlrabi, Leafy vegetables Lentils, Lettuce, Okra, Olives Onions, Parsley, Parsnips, Peas, Spinach, Turnips	Almonds Brown rice Flaxseed Millet Oat bran Rice Rice bran Soybeans	Cantaloupe Figs Gooseberries Papaya Peaches Pineapple Prunes Strawberries
Kidneys	Beans, Beets, Cabbage, Carrots, Celery, Cucumbers Dandelion, Kale , Lentils, Lettuce , Olives, Onions Parsley, Parsnips, Peas Shiitake mushrooms, Spinach, Turnips	Alfalfa Almonds Brown rice Pumpkin seeds Rice bran Soybeans	Bananas Blueberries Coconut Cranberries, Figs Gooseberries Lemons Peaches, Prunes Strawberries Watermelon
Liver	All green leafy vegetables*, Artichoke leaf, Asparagus, Beets, Brussels sprouts, Cabbage, Carrots Celery, Cucumbers, Dandelion, Endive, Green beans, Okra, Onions , Potato skin, Reishi mushrooms, Radishes, Spinach, String beans Turnips, Watercress	Almonds Barley Brown rice Lentils Oat bran Peanuts Rice Soybeans Sunflower seeds	Apples Blackberries Black cherries Figs Gooseberries Grapes Papaya Peaches Prunes Strawberries
Foods to help in Detoxification  (High in methionine: activates enzymes and energy metabolism & aids in detoxification)	Broccoli, Brussels sprouts Cauliflower, Garlic Horseradish Kale, Kelp Leek , Parsnip Radish, Red Cabbage Snap pea, Spinach Turnip, Watercress	Bass, Cod, Flounder Mackerel Perch Pumpkin Seeds Swordfish Trout, Tuna Turkey	Raspberry Pineapple



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### Shopping list:

- vinegar (white)
- baking soda
- corn starch
- salt
- borax
- lemon juice
- olive oil
- liquid soap (not detergent) – vegetable oil-based (ask for it at health food store)
- reusable steel wool (not commercial cleaning pads that contain toxic cleaners)
- plastic spray bottle(s)

### Commercial products:

- Non-chlorine (no sodium hypochlorite) scouring powder (e.g. Bon Ami)
- Citrus-based cleaning concentrate (e.g. Citra-Solv, Seventh Generation, etc.)

### EcoFriendly Alternatives to Commercial Cleaners and Other Household Products

Eco-friendly alternatives to commercial cleaning products...

- are less toxic for you to use;
- are less polluting to manufacture;
- are less likely, in some cases, to cause injury if accidentally ingested;
- don't cause indoor air pollution in your home;
- are generally less expensive than commercial products;
- can reduce waste from packaging;
- are simple and effective and have been used for generations;
- can help you save space in your cupboards and closets.





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### Household Cleaner Recipes

#### All-purpose cleaner

Mix 2 Tbsp baking soda with 1 pint warm water in a spray bottle. Add a squeeze of lemon juice or a splash of vinegar to cut grease.

#### Surface cleaner

Find a combination that works for you, and always keep some ready in a spray bottle. You'll find that weak acids like vinegar & lemon juice are good at cutting grease. Mix: 1 quart hot water, 1 tsp veg. oil-based soap or veg. oil-based detergent, 1 tsp borax, & 2 Tbsp vinegar. Note: Vinegar is used here as mild acid to cut grease; borax is used as a water softener, especially good in areas with hard water, to prevent soapy deposits. Or, mix 1/2-cup vinegar in 1 quart of warm water. Or, dissolve baking soda in hot water for a general cleaner. (Source: EPA)

#### No-streak glass/window cleaner

Mix 1/4 cup white vinegar and 1 quart warm water. Or, 1/4 cup white vinegar, 1 Tbsp cornstarch and 1 quart warm water. Apply with a spray bottle or sponge. Wipe with crumpled newspaper instead of paper towels for lint-free results. (Source: NaturalLand.com and EPA)

#### Oven cleaner

Use one of the following methods: (Source: EPA) Mix 1 part vinegar to about 4 parts water. Put into a spray bottle. Spray onto cool oven surface. Scrub the oven clean. Use baking soda or a citrus-based cleaner on stubborn spots. Mix together in a spray bottle 2 Tbsp liquid soap (not detergent), 2 tsp borax, and warm water to fill the bottle. Make sure the salts are completely dissolved to avoid clogging the squirting mechanism. Spray on mixture, holding the bottle very close to the oven surface. Leave the solution on for 20 minutes, then scrub with steel wool and a non-

chlorine scouring powder. Or, use a non-chlorinated scouring powder, like Bon Ami®. Or, use a baking soda, salt, and water paste. Clean glass oven door with Bon Ami®. Use razor blade or spatula for tough spots. Notes: Avoid aerosol oven cleaners and cleaners containing lye (sodium hydroxide). Avoid chlorinated scouring powders such as Comet® and Ajax®. Don't use abrasive cleaning materials on self-cleaning ovens. For preventative cleaning, use baking soda dissolved in water.

#### Non-toxic toilet bowl cleaner

Pour in 1 cup borax, 1/2 cup white vinegar and leave overnight. Flush to wet the sides of the bowl. Sprinkle the borax around the toilet bowl, then drizzle with vinegar. Leave for several hours before scrubbing with a toilet brush. (Source: NaturalLand.com) For stains in toilet bowl, try a paste of lemon juice and borax. Let sit about 20 min. and scrub with bowl brush. Notes: Avoid solid toilet bowl deodorizers that contain paradichlorobenzene -- there is evidence that it causes cancer in laboratory animals. Some toilet bowl-cleaning products contain acids (read labels). If acids are mixed with a cleaner containing chlorine, toxic chlorine gas is released. (Source: EPA)

#### Tub and sink cleaner

Use non-chlorinated cleanser (e.g. Bon Ami). For toughest stains, try a citrus-based cleaner at full strength (undiluted). Try fine grain wet/dry sandpaper (400 grit) to remove pot marks in porcelain sinks (gentler than common scouring cleansers). To remove mineral deposits around faucets, cover deposits with strips of paper towels, soaked in vinegar. Let set for 1 hour and clean. Note: Hard water means the water has a high mineral content (e.g. calcium, magnesium, iron, etc.). This often results in whitish mineral deposits left on faucets, shower doors, drains, and windows. Vinegar, a weak acid, can dissolve many of these deposits. (Source: EPA)

#### Bleach

Use hydrogen peroxide-based bleaches. Hydrogen peroxide breaks down to water and oxygen in wastewater. Source: EPA)

#### Dishes Handwashing

Use vegetable oil-based soaps/detergents. Automatic dishwasher: Automatic dishwashing detergents have a very high level of phosphates. One exception is Seventh Generation brand dishwashing powder.

#### Unclogging drains

Use one of the following methods: Pour one or two handfuls of baking soda followed by 1/2 cup white vinegar down the drainpipe and cover tightly for one minute. The chemical reaction between the two substances will create pressure in the drain and dislodge the obstruction. Rinse with hot water. Pour 1/2 cup salt and 1/2 cup baking soda followed by lots of hot water. Plunge the sink. Find out how from Better Homes & Gardens. Use a drain snake -- also called a sink auger -- to unclog stubborn drains. Drain snakes can be purchased at hardware stores or ordered online, sometimes for less than the cost of a bottle of chemical drain cleaner. More expensive heavy-duty drain snakes can be rented for less than the cost of a chemical drain cleaner. Find out how from Better Homes & Gardens.

#### Moth balls

Use cedar chips instead (available at pet stores and tree nurseries).

Floor or furniture polish Use one of the following methods: Use 1 part lemon to 2 parts olive oil; whisk until the mixture is emulsified (meaning the oil and juice no longer separate). Pour into a reusable oil spray bottle (available at gourmet food stores; it uses air to create a fine mist), spray the furniture surface and wipe clean with a soft cloth. Mix three parts olive oil and one part vinegar.

#### Carpet deodorizer

Sprinkle carpet liberally with baking



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soda. Wait 15 minutes longer, then vacuum. For musty rugs that have been sitting in the attic, leave the baking soda overnight.

### Metal polishing (Source: EPA)

**Brass:** Mix 1/2-tsp salt and 1/2 cup white vinegar with enough flour to make a paste. Apply thickly. Let sit for 15 min-1/2 hr. Rinse thoroughly with water to avoid corrosion.

**Copper:** Polish with a paste of lemon juice and salt.

**Silver:** Boil silver 3 minutes in a quart of water containing: 1 teaspoon baking soda, 1 teaspoon salt, and a piece of aluminum foil. Or, rub silver with a baking soda/water paste and a soft cloth; rinse and polish dry. Or, rub with toothpaste. Use a toothbrush to clean raised surfaces. Be careful not to scratch surfaces. Be gentle and use a light hand.

**Chrome:** Wipe with vinegar, rinse with water, then dry. (Good for removing hard water deposits.) Or, shine chrome

fixtures with baby oil and a soft cloth. (Good for removing soap scum off faucets.)

**Stainless steel:** Clean and polish with a baking soda/water paste or a cleanser like Bon Ami.

### Paper towels and rags

Crumpled newspaper is a great substitute for paper towels for cleaning windows. If you do use paper towels for cleaning, choose unbleached paper towels with high post-consumer recycled content. Reusable cloth rags are also a good choice. Disposal of commercial cleaning products Get rid of toxic household products stored under your kitchen sink and in your basement -- but don't pour them down the drain or throw them in the trash. Remember that many household products are considered hazardous waste. Contact your local environmental agency or public works department to find out about hazardous waste disposal in your area. (Source: Friends of the Earth)

### Commercial citrus-based cleaners

Citrus-based cleaners are extremely effective and versatile, as well as environmentally friendly, and are available in most grocery stores. Made from orange peels, these cleaners are nontoxic, petroleum-free, and biodegrade rapidly. They also smell great and don't contribute to indoor air pollution. It's best to buy these cleaners in a concentrate, as it saves money and packaging, and reduces environmental impact associated with shipping the product -- since there's no water to add to weight and bulk. The price for the concentrate will seem high -- about \$8 for a 16-ounce bottle -- but each bottle makes eight gallons of cleaner, and the product is ultimately much cheaper than other cleaners.

## Detox Options

### Core Restore Detox Kit

- 7 day Detox kit
- Starts with a 2 day modified fast; you only eat the Core Restore Smoothie twice a day for the first two days.
- Eliminates the most common food allergens as well as other toxins (artificial sweeteners, alcohol, caffeine, etc) for the entire 7 days.
- Contains supplements, shake mix and meal plan with recipes.
- \$99.90

### Clear Change Detox Kit

- 10 day Detox kit
- Does not include any fasting
- Eliminates foods gradually
- Contains supplements, shake mix and meal plan with recipes
- \$119.90

### Look Great in 8

- 7 day Detox (food based)
  - Follow the look great in 8 guidelines.
  - Use recipes from the 30 Day Plan.
  - Eat a variety of the detoxifying foods every day.
1. Cut out all carbonated beverages.
  2. Replace 2 meals a day with a balanced smoothie, and eat 4 balanced power meals per day.
  3. Eliminate the 7 most common food sensitivities: wheat, sugar, corn, soy, dairy, peanuts and eggs. Also eliminate processed foods, alcohol, artificial sweeteners and caffeine.
  4. Increase water intake to 10 cups per day. Sip ½ cup of water every ½ hour.
  5. Drink the Master Cleanse Tea each morning. Recipe: 10 oz hot, filtered water 2 tablespoons lemon juice 2 tablespoon organic pure maple syrup pinch cayenne pepper.
  6. Take care of your skin – do skin brushing, use body scrubs, take Epsom salt baths and moisturize.
  7. Work out every morning.
  8. Get 8 hours of sleep per night as a minimum.

If you have any questions about your detox options, contact us!



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## Testing for Toxic Burden

**Metabolic Profile:** This test requires a single urine specimen and provides valuable information about:

- Vitamin and mineral insufficiencies
- Amino acid insufficiencies
- Oxidative damage and antioxidant status
- Detoxification
- Neurotransmitter imbalances
- Energy production
- Methylation status
- Dysbiosis

This test is especially useful for those that suffer from any of the following:

- Fatigue
- Digestive problems
- Weight loss issues
- Depression/anxiety
- Muscle/nerve disorders
- Memory issues
- Mental, emotional or behavior problems
- Detoxification imbalances
- Chemical/environmental sensitivities
- Headaches/brain fog
- Gastrointestinal issues

**Metabolic Profile Plus Fatty Acid Bloodspot:** in addition to the markers included in the Metabolic Profile, this profile also includes a comprehensive assessment of key omega-3 and omega-6 fatty acids, as well as trans fatty acids. This test is indicated if inflammation is one of your Underlying Metabolic Imbalances, if you take statin medications or fish oil supplements, have decreased immune function, or if more comprehensive testing is desired.

**Toxic Element Clearance Profile:** This test measures urinary excretion of toxic metals, including 'classic' toxics such as lead, mercury, and arsenic. Evidence suggests that chronic toxic element exposure can adversely affect energy levels, reproductive function, cancer risk, degenerative conditions, neurological development and function, respiratory, cardiac, liver and immune function as well as cognitive and emotional health.

This is an ideal test for patients suspected of toxic element/heavy metal exposure. This test requires a 24 hour urine collection. Often, two Toxic Element Clearance Profiles are completed on back-to-back days. The first, called the Pre-test, involves collecting the urine for 24 hours. The second test, called the Post-test, involves collecting the urine after the administration of a "challenge" agent (such as DMSA). Combined these two tests provide an accurate measure of current and chronic toxin exposure.





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## Supplementation for Toxic Burden

Each person has specific detoxification needs; running one or more of the functional tests recommended in this section can help you pinpoint yours.

No matter your specific needs, most people will benefit from running a 7-10 day detoxification at least every 2 months while they are losing weight and once every 3 months while they are maintaining weight loss.

**Clear Change** is a comprehensive 10 day detoxification program that is simple, easy to do and provides everything you need. If you find that you feel fantastic while or immediately after this 10 day program, you may want to continue following the guidelines and supplementation for at least a month and repeat the cycle at least every other month.

Another option is the shorter, but more intense **Core Restore** program. It also provides everything you need, but it is a 7 day program that is more restrictive. For more information on the two detox options, refer to your handouts or contact us.