

Healthy Choices Herald

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DETOXIFICATION

By Judith A. DeCava, CNC, LNC

The word "detoxification" stirs up all sorts of reactions. It's considered to be everything from a "myth" or "mass delusion" to a spiritual ritual or vital physical therapy. Medically, detoxification is viewed as only a withdrawal method for people with drug or alcohol dependency. But detoxification as a healing strategy for the rest of us – particularly if we suffer with chronic pain, fatigue, allergies, intolerances, immune disorders, musculoskeletal problems, digestive distress, cancer, or any other disorder – is often not considered. And many detoxification methods are considered useless or possibly injurious. What's the story?

Our bodies naturally go through regular cycles of detoxification (mostly during the night). The primary systems involved are lymphatic, liver digestive tract, urinary, respiratory, and skin. They work together to neutralize and eliminate wastes and potentially harmful substances that come from both outside and inside. The **lymphatic** system collects garbage from cells and shuttles fluids, fats, and waste to the liver which constantly filters and purifies the blood. The **liver** essentially decides which substances the body needs and which to break down and remove. The **digestive** tract possesses various tools, from hydrochloric acid in the stomach to the colon which readies wastes for expulsion, to disarm, sequester, and get rid of foreign and harmful materials. The **respiratory** tract not only exchanges oxygen and carbon dioxide, but traps and ousts toxins from the air we breathe. The **kidneys** continually filter the blood and produce urine to excrete wastes and toxins. **Skin** secretes toxins via sweat. Problems arise when there are **too many** toxic agents that accumulate or if any of the normal detoxification systems are interfered with or **not** working properly.

Sadly, each one of us now carries a **toxic soup**-our individual body burden-due to the ubiquitous presence of noxious chemical substances. Studies show that 100% of adults have synthetic and industrial chemicals, like dioxins and PCBs, stored in their bodies. There are also heavy metals (such as lead, cadmium, mercury,

arsenic), pesticides, pollutants, TCDD, drugs chemicals from plastics, sodium fluoride, food additives, and too many others to list. The body stores what it can't get rid of and eventually has symptoms. Our food, water, and air are contaminated, disrupting Nature's fabric and our connection to its healing properties.

Studies show that diet and environment cause up to 95% of cancers and most other modern degenerative diseases. Once environmental toxins are locked in human bodies, no one can guess what diseases they'll trigger in which person. We each have our **own** blends of toxic soup and unique combinations of depleted or imbalanced nutrients. That's why, for example, 10 people living in a toxic building will have 10 totally different symptoms or illness. Documented ill effect of toxins include "autoimmune" diseases, cardiovascular disorders, diabetes, obesity, gland and hormonal disturbances, gastrointestinal disturbances, kidney damage, neurological diseases including Parkinson's, depression, anxiety, sick building syndrome cancers of all types, infertility, low birth weight, spontaneous abortion, multiple chemical sensitivities, chronic fatigue syndrome, asthma, and many more.

Overburdening our bodies overworks our detoxification pathways and depletes nutrients. When we consume things like refined sugars, over-processed foods altered or fake fats, items cooked at very high temperatures, and other non-foods, we stimulate the production of more toxins in the body and add to our body burden. This drops nutrient levels even further. Our bodies end up with a steady decline of **nutrients** which are crucial for detoxifying environmental chemicals and a steady accumulation of environmental foreign chemicals. To counteract this, we need to get more nutrients **in** and get toxic chemicals **out**.

Patients/clients seldom present with a history of toxic exposure. Their symptoms rarely point to a single problem; usually there are multiple complaints, multiple systems involved, and vague indicators of underlying troubles. Various toxins interact and accumulations of tiny amounts of toxins over time have different effects. Degree of susceptibility varies. Differences among individuals' detox systems are both fixed (gender, genetics, ethnicity) and variable (diet, age, health history, illnesses, circadian rhythm, hormones, stress, etc.). The **goal** of a detoxification program is to improve the capacity of detox systems, relieve toxic load to reduce cellular damage, and support cellular repair. Protocols include lessening exposure to toxins, incorporating foods and supplements that may benefit the process,

and altering lifestyle behaviors (exercise, adequate sleep, stress management, etc.). For a specified time, the suggested diet may be: (a) only vegetables and fruits, (b) one day a week of fasting, juices, or only fruits and vegetables, (c) eating only raw foods, (d) adding foods that help detoxification while subtracting nonfoods or foods that stress. Massage, sauna, exercise, or other therapies may also be included in the protocols.

The body deals with toxins either by eliminating the offending substance or by transforming it into a less-harmful substance. Most toxins and drugs are fat-soluble, so to be efficiently and safely removed, they must be converted to non-toxic, water-soluble molecules. This process occurs in several phases. About 50 years ago, RT Williams, PhD, first classified detoxification enzymes into phase I (degradation) and phase II (conjugation) reactions. Phase I is the breakdown (oxidation) of toxins by certain enzyme systems. Phase II binds a bulking molecule to make the toxic compound water-soluble, able to be washed out by proteins that sit in outside membranes of cells. Since then, knowledge has increased so the classification has been expanded to include phase III (elimination) and sometimes phase IV (microflora). Some enzymes of detoxification appear in most all tissues of the body. Very young children and very old adults have lower detoxification enzyme levels. And elderly folks have less ability to respond to the environment by increasing production of these enzymes.

Certain foods help the body increase detoxification enzymes. Many are vegetables, fruits, herbs, and spices. Separating specific ingredients from foods or herbs to use as supplements doesn't work nearly as well as the whole food/herbs which contain synergistic networks of valuable components. Cooking methods can also affect the production and availability of certain food ingredients. For example, lightly steamed broccoli produces sulforaphane, a beneficial sulfur compound, whereas microwaved or boiled broccoli doesn't. Raw (or lightly cooked) vegetables and fruits retain enzymes that are used in detoxification processes.

DETOXIFICATION METHODS

There are various methods and levels of detoxification. The simplest may be to avoid foods and beverages containing pesticides, additives, preservatives, and other industrial chemicals; eat plenty of fiber; and drink clean water. Then there are numerous cleansing diets, fasts, and supplements for getting rid of accumulated toxins. Yet a lifetime

building up of toxins requires more than a quick fix. We must consistently consume plenty of nutrients (from wholesome, natural foods) that enhance detoxification pathways that are often limited by deficiencies or imbalances. Eliminating or greatly decreasing the amount of food we eat may not get the desired results since it means reducing nutrient intake as well.

FASTING

Fasting refers to abstinence from food for a set amount of time. It's thought that this gives the body a chance to rest and heal itself by eliminating toxins. A short fast-1 to 3 days-won't be harmful to most people and can produce benefits without stressing the body's resources. But even a couple of days can make some folks feel awful. Using freshly-made vegetable and fruit juices, water, broths, and herb teas instead of just water for a few days may be better, easier and safer. You can juice vegetables such as carrots, celery, beet roots, romaine lettuce, cucumber, kale, cabbage, spinach, parsley, beet greens, dandelion greens, other mild greens, zucchini, and the like. Most people can include some fruit in the juice such as apple, pineapple, or cranberry. Juices should always be freshly made, not bottled or frozen.

Long term fasting, though, can be highly stressful and counterproductive. Fasting for one or more weeks invites fatigue, headache, dizziness, nausea, constipation, irritability, low blood pressure, heart rhythm irregularities, dizziness, and other problems including some degree of malnutrition. During a fast, the body breaks down protein from muscle to provide blood sugar (glucose) for the brain and other essential systems, and then it tackles fat cells. The rapid breakdown of fat cells releases toxins stored in them. The breakdown of muscle and fat cells can overload the kidneys and liver with toxic byproducts and upset the balance of electrolytes. So your organs don't rest during a fast-they actually work overtime. Plus the released chemicals can migrate to other parts of the body and cause all sorts of trouble. Long term fasting can thwart detoxification and allow toxins and irritants to accumulate.

Toxins quickly released from fat cells during a fast can overwhelm the body's capacity for dealing with them. And the body has insufficient nutrient support to get rid of them. A water-only fast can bring on rapid weight loss, loss of total body protein and cell mass, and severe negative nitrogen balance. It may be difficult for some bodily processes to revert to normal when food is reintroduced, particularly in older people. The enhanced energy that people report when fasting

can be the result of surging stress hormones (which is short-lived). With prolonged fasting, the body powers down to conserve energy, eventually slowing the metabolism. For a fast to work properly, the eliminative mechanisms of the body have to be working well to begin with. This is not the case for most people nowadays. People with chronic illnesses are usually saturated with toxins and waste materials- fasting is not a good idea. No one in poor health should try fasting. Neither should pregnant women or children.

Fasting has a complicated impact on various aspects of the immune system. Although some studies suggest that fasting may provide relief for people with a variety of "autoimmune" diseases- from rheumatoid arthritis to some types of high blood pressure- symptoms often return as soon as participants start eating again. Nothing is "fixed." Many people experience changes in tongue surface, digestion, or skin that suggest a fast is helping the body eliminate toxins, but scientific studies have not proved this one way or another. It's better to begin with less drastic detoxification methods with emphasis on restoring and rebuilding. **Build up** and **clean up**. The more you build up your body, the better able it is to clean out. To do this, you must consume non-toxic, nutrient-dense real whole foods and consistently practice other healthy behaviors including changes that reduce exposure to toxins. Fasting has limits. Some ways are better than others, and some people shouldn't even consider it.

DETOX DIETS

A detox diet can be gentler and more beneficial than fasting. It means limiting yourself to certain foods for a period of time, at least a week and up to six weeks. Again, people with a chronic disease, women who are pregnant or nursing, and children shouldn't follow even this type of plan unless it's done under the supervision of a knowledgeable health professional.

There are many versions of detox diets. Most emphasize fresh fruits and vegetables, raw and properly cooked. Many also suggest freshly-made juices and plenty of clean (non-fluoridated, non-chlorinated) water. Foods should all be organically-raised if possible. To lower stress on the liver and kidneys, alcohol, fatty foods, some animal foods, and all refined, over-processed nonfoods are avoided. Stimulants such as caffeine and some spices may be restricted. Food allergies and intolerances should be considered, so items that commonly cause reactions may be excluded- wheat, corn, soy, pasteurized dairy products, and the like.

Here are some foods and herbs that support your body's natural detoxifying abilities: **Beets** are rich in betaine, glucosinolates, and glutamine which support detoxification in the liver, intestines, and blood. **Lemons**, oranges, caraway seeds, and dill contain small amounts of limonene which aids the liver in neutralizing carcinogens. **Chicory**, radicchio, endive, frisee, and escarole are greens that promote the release of bile into the intestines to help carry away toxins. **Cruciferous** vegetables (cabbage, cauliflower, broccoli, watercress, etc.) have glucosinolates that help the liver detoxify drugs, chemicals and pollutants. **Raisins** and Jerusalem artichokes supply inulin, a fiber that lessens the burden on the liver by stimulating the kidneys and clearing out toxins in the intestines. **Apples**, pears, strawberries, oats, peas, and beans contain soluble fiber to pick up toxins in the intestines and escort them out. **Potatoes**, asparagus, avocados, raw spinach, walnuts, okra, and cruciferous veggies supply glutathione, a compound that aids in the removal of fat-soluble toxins. **Spinach**, broccoli, peas, tomatoes, potatoes, and brussels sprouts contain alpha-lipoic acid which helps break down byproducts of detoxification, protect the liver from toxic insult, and aid nutrients like vitamins C and E, co-enzyme Q10, and glutathione to "recharge." **Dandelion** gives you carotenes as well as choline, which enhances liver function and protects cellular DNA from damage; its roots and leaves enhance liver health and encourage normal digestion. **Kale** is rich in vitamin E and C complexes, carotenes, minerals and other components that benefit liver function and overall cellular detoxification. **Radish** supports liver detox pathways (including Phases I and II enzymes) and supplies vitamin C complex. **Egg** yolks, onions, beans, garlic, red peppers, broccoli and brussels sprouts contain sulfur compounds that help clear the body of drugs and hormones. **Grapes**, pomegranates, and many berries contain compounds that protect from toxin damage. Fibers in **rice** bran bind toxins that cause genetic mutations, removing toxins before they can interact with the body and cause damage. Garlic and cilantro help protect against heavy metal accumulation, probably by inhibiting their absorption and helping rid the body of them. **Herbs** like yarrow, chamomile, and peppermint promote detox processes. Milk thistle protects the liver from pollutants, radiation damage, and other toxins insults; it helps the liver to heal. Artichoke is related botanically to milk thistle; its leaves offer similar, though a bit less, protection. Siberian ginseng tempers the effects of a number of toxins. Burdock and yucca roots have a long traditional use in detoxification.

Chlorophyll in plants supports liver detox pathways and binds to toxins (including heavy metals). **Sea** plants (like kelp, dulse,

wakame) aid detoxification by transforming toxic metals into salts the body can eliminate. **Calcium-d-glucarate**, found in a variety of vegetables and fruits, strongly support phase II detoxification pathways in the liver and throughout the body. **Glutamine**, the main metabolic fuel for several types of white blood cells and cells lining the small intestine, plays a major role in the first line of immune defense. It's abundant in high-protein, foods such as meat, fish, legumes, and dairy, though raw cabbage and beets are among especially high vegetable sources. **Glutathione**, a protein composed of the amino acids cysteine, glutamic acid, and glycine, protects against and helps get rid of toxins. It converts fat-soluble toxins such as pesticides, heavy metals, and solvents into water-soluble forms that can be eliminated by the kidneys. Glutathione is especially concentrated in the liver. If it's depleted-by toxic overload, illness, or nutritional deficits-detox processes can become overwhelmed and the liver can be damaged. A sick liver can't produce enough glutathione, upping damage and disease. **Raw** vegetables and fruits are rich in glutathione; levels plummet when these foods are cooked. Whey protein boosts glutathione levels too.

COLON CLEANSING

Harsh cleanses can damage intestinal tissues, destroy healthful micro-creatures, and drive toxins and wastes into-rather than out of-your body. Potent laxatives, for example, can cause irritation. Besides, evacuating the colon doesn't mean you've achieved detoxification. The colon has co-workers, like the liver, that **all** need support for good detoxification. A detox diet, fresh juices, and other methods help the liver mobilize toxins which are transported to the intestines. If needed, gentle **fibers** such as apple pectin, oat bran, or psyllium-which become gels-can then be used to escort toxins and wastes out of the colon. (Drink lots of water; if you don't, the gel can become thick and cause an obstruction.) Getting plenty of fiber in the diet is often all that's needed-vegetables, fruits, beans, and whole grains (unless grains aren't tolerated). Sometimes **enemas** are used to quickly evacuate toxins and wastes. Programs, such as that used at the Gerson Institute, recommend coffee enemas which stimulate the liver to mobilize toxins. Many ill people report that the enemas bring immediate and considerable relief. **Probiotics** are extremely helpful for healthy micro-creatures in the gut, maintaining the integrity of the intestinal lining, strengthening the intestines' ability to keep toxins and foreign substances from being absorbed, and preventing a multitude of problems. Fiber-containing foods also provide **prebiotics** -food for healthy micro-creatures.

Colonic irrigation involves running large amounts of warm water through the colon to flush out wastes. It's proposed that regular colonics will purge your colon of toxic-waste buildup. Since your colon constantly sheds its lining, toxins usually don't build up on it. However, tuberculosis of the colon, diverticulosis (pockets in the colon's lining), and other disorders may result in toxic buildup. A goofed up gut-too many sick micro-creatures and increased intestinal permeability-will contribute to toxins being inappropriately released throughout the body. But colonics may not be the answer and, in some cases, can make the situation worse. If done improperly, colonic can seriously injure the large intestine. The procedure may cause inflammation or colon perforation. Still, a colonic clears out the colon more effectively than laxatives, so may be better, for example, in preparing people for colonoscopy. Generally the colon needs healing more than flushing out. Whole food nutrition and probiotics are essential.

LIVER FLUSH

Drinking lots of apple juice and consuming lots of garlic, ginger or cayenne and/or drinking water with Epsom salts dissolved in it, followed by large quantities of olive oil and lemon/citrus juice, is supposed to cleanse your liver and gallbladder as well as flush out gallstones you may not even know you had. But the many green "stones" you pass the day after a liver flush are usually coagulated remains of the olive oil-lemon juice mixture you drank. This procedure may be unsafe for people who actually have gallstones; it can trigger painful gallbladder contractions and lead to gallstones obstructing the bile duct. Diluted lemon was found to accelerate liver/gallbladder excretion in a 2006 Taiwanese study. But a full liver flush may be too harsh for many and may not even accomplish real detoxification.

MASSAGE and SWEAT BATHING

Hands-on kneading or manipulation of muscles and soft tissues promotes relaxation and eases pain. Regular massage may help rid the body of toxins. Certainly **massage** increases the flow of blood and lymphatic fluid, both of which carry wastes away from the cells. So it can be a useful adjunct to other detox measures. **Sweat** bathing involves spending up to 20 minutes in a hot environment, like a steam room, hot tub, or sauna, to promote sweating. It may support removal of toxins and provide relief of symptoms. Circulation of blood is increased (make sure pulse rate doesn't exceed 130 or 140) which improves toxin transfer from tissues to the blood-stream then finally to the liver and kidneys for breakdown and elimination. Toxins, including drug residues, can come out in sweat (sometimes in color). On

average, you put out up to a quart of sweat a day. Sweat bathing makes you pump out that much in 15 minutes. Drink plenty of water during and afterward. Sauna programs need to be carefully tailored to the individual and closely supervised. Pregnant women and people with high blood pressure should consult their physician before sweat bathing. Even though trace amounts of physiological wastes and environmental toxins can exit with your sweat, the kidneys, liver, and intestines shunt out far more. But the skin definitely plays a part.

EXERCISE and SLEEP

One benefit of **exercise** is its ability to increase detoxification. Physical activities increase your body's need for oxygen, encouraging deep breathing which increases elimination of carbon dioxide. Your cells receive extra oxygen and dump toxic wastes. When you exercise, the contraction of muscles and increase in rate and depth of breathing stimulates the flow of lymph. Lymph circulates throughout the body, transporting wastes and toxins away from cells and bringing immune-system cells to support repair and maintenance. Brisk walking, dancing, gardening, bicycling, swimming and other rhythmical movements involving as much of your body as possible are the best activities. Much of the body's healing work-inflammation, repair, major house cleaning-takes place during **sleep**. Cellular damage is repaired and wastes that have accumulated during the day are detoxified. Getting enough sleep-getting the most restful and restorative sleep possible-is essential. Cultivate good sleep habits.

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We can't avoid all exposures to toxins. We can: (1) reduce exposure, (2) remove as many as possible from our bodies, and (3) support our built-in systems that help protect us from toxic effects. Individualized programs may include supplements that support detox pathways such as:

Just Before Each(of 3) Meal:

4 SP Cleanse capsules

After Each (3) Meal:

1 Betafood-chew or break in mouth
1 Organically-Bound Minerals-chew
1 Cruciferous Complete

Midway Through Each (3) Meal:

1 or 2 Zymex II
1 or 2 Cholacol II

After Evening Meal:

1 Whole Food Fiber

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Class Details

- **Saturday, January 23, 2010**
- 9:30 AM – 5:30 PM
- \$115 adult (includes manual) **Course # 107175**
- \$45 ages 12 – 18 (additional manual may be purchased for \$15 if parent already is enrolled and receiving manual.) **Course # 107154**
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To sign up for course number #106925 offered through Plano Parks and Recreation at Liberty Recreation Center. You may register at www.PlanoParks.org or call 972-941-7250.

Power Food Habits*

Section IV. Dairy Products Milk, Eggs, Cheese, Butter, Yogurt

Use dairy products from only healthy animals that have been naturally raised. Avoid commercially-produced dairy products (including milk, eggs, cheese, yogurt), which are typically saturated with high levels of pesticide, antibiotic and hormone residues.

1. Milk

Commercial Milk: Hazardous To Your Health

Commercial cow's milk contains 400% more pesticides than an equivalent sample of grains or vegetables. Commercial milk is usually pasteurized (flash-heated at high temperatures), homogenized (processed so the cream won't rise to the top), adulterated with synthetic vitamins, and may contain residues of antibiotics, growth hormones or other chemicals. Avoid commercial

milk, a “chemical soup” of antibiotic, sulfa drug, pesticide and dioxin residues. The harmful practices of homogenization and “flash-pasteurization” also degrade the milk and make it difficult to absorb.

Commercial milk is usually “standardized,” a process used by the major producers where milk is separated into its constituent solid and fat, partially dehydrated, then mixed back together to form a product that conforms to the minimum legal limits for milk.

Since 1994, BST, bovine somatotropin, a new synthetic hormone, is being injected into cows to increase milk production. Commercial dairy products may contain synthetically derived BST. Studies show that synthetic BST causes an increase in IGF-1 (insulin growth factor-1) in milk, which can cause glucose intolerance and hypertension in humans.

Poor Quality Organic Milk

We cannot recommend even most organic milk because of poor quality that may have resulted from several factors: “winter stress” (cold weather that stressed the immune systems of the cows), cows fed poor quality or contaminated feed (resulting in poor quality milk), cows fed city water (which contains chlorine, fluoride and other toxic chemicals), no free grazing, no fresh grass, living in polluted air, and other milk degrading factors.

Search for sources of fresh whole milk from cows that are allowed to free-graze and are given good quality feeds, pure water and breathe clean, fresh air. Cows should be treated with kindness and respect. The best milk goes from the cow to the bottle to you, without any intermediate processing of any nature. Check with our office for availability of top quality, fresh organic milk.

The Best Milk

Search for sources of fresh whole milk from cows that are allowed to free-graze and are given good quality feeds, pure water and breathe clean, fresh air. Cows should be treated with kindness and respect. The best milk goes from the cow to the bottle to you, without any intermediate processing of any nature. Check with our office for availability of top quality, fresh organic milk.

2. Eggs

Commercial Eggs

Commercial eggs commonly test positive for salmonella (a harmful bacteria causing digestive distress and infection). Eating store-bought eggs is a common cause of food poisoning in the U.S., which may present many varied symptoms such as feeling run-down or frequent colds and flus. Eating infected commercial eggs can keep your immune system over-working and lead to chronic disease. Avoid commercial eggs as typically found in grocery stores.

Organic Eggs

We recommend organic eggs from free range chickens fed natural feeds without chemicals or antibiotics, such as Vegefed, Mother's and New Zealand (Frenz) eggs. Many naturally produced eggs have tested poorly due to poor quality feed and living conditions of the chickens.

3. Cheese

Commercial Cheese

We do not recommend eating most commercial cheese. Commercial cheeses are highly contaminated with concentrated pesticides, hormones and antibiotic residues. For example, the FDA long-range study reported 100 pesticide/chemical residues (per 16 samples) of cheddar cheese. This unbelievable amount of pesticide contamination in cheese can bio-accumulate in your own fat tissues, stress your liver and help to set the stage for further chronic disease. Stay away from commercial cheeses; they're in the dangerous category.

Natural Cheese

Natural cheeses which test very well are Bulgarian Feta cheese, German Tilsit, Bulgarian hard cheese, Stella Kasserli and several blue cheeses such as Flora Danica, Soci  t  , and St. Agur from France.

We occasionally find goat milk cheeses that test well, depending on the care of the goats. Because goats are much more finicky eaters than cows, they will often refuse to eat chemical-tainted feeds. Because of the high pesticide saturation in dairy products, it is difficult to find cheeses that are acceptable.

4. Butter

Commercial Butter

We do not recommend eating commercial butter, which typically contains a stunning 101 different pesticide/industrial pollutants according to the FDA study. In addition, butter is a saturated fat. Eating high amounts of saturated fat in the diet is associated with higher rates of degenerative disease such as cancer, arthritis and diabetes.

Natural Butter

Use natural butter sources from animals that have been naturally raised, without antibiotics, hormones or feeds saturated with pesticide residues. An excellence source is Steuve's raw unsalted butter. Limit your butter use to several times a week, if at all.

Moroccan Olive Oil

A great alternative to butter is to use olive oil instead. Add olive oil to any main dish (do not heat the oil) or use it on flatbread to satisfy your taste buds (which love fatty tastes).

Premier Moroccan Olive Oil is a delicious, first rate, extra-virgin, chemical-free olive oil from Morocco. It is bottled only in PET #1 plastic, so there is no risk of Migration of toxic plastic particles. Oils stored in other types of toxic plastic can shed toxic plastic particles as well as give "off" tastes. Premier Moroccan Olive Oil is the best we've found.

5. Margarine

Avoid margarine (all types). It's often called "plastic fat," because it's a totally unnatural, toxic product. Margarine, which is made with hydrogenated oil, drastically weakens cell membranes, and is directly associated with increased incidence of cancer and degenerative chronic diseases such as arthritis and diabetes. Switch to healthy Premier Moroccan Olive Oil for a delicious new taste on your flatbread or for use in other dishes.

6. Yogurt

Commercial Yogurt

Avoid commercial yogurt typically available at grocery stores. Also avoid most so-called "natural" brands of yogurt. Commercial yogurt companies do not use organically certified milk, nor do most "natural" brands. That means the yogurt is made from commercial milk which contains high levels of pesticides and chemical residues.

Secondly, most commercial yogurt manufacturers pasteurize their product after the culturing process, which kills all the friendly bacteria, if any have even been used in the first place. Pasteurization allows the product to have a longer shelf life—but has little therapeutic value since it kills all the good bacteria.

Some international yogurt producers use pima, an organism which produces slime, to make their yogurt. Pima has no known health benefits but is very cheap to use. After the slime is produced, other milk powders may be added and mixed to make it look creamy. This slimy mixture is allowed to be sold as yogurt.

Eating commercial yogurt to help replace your intestinal flora (such as after taking an antibiotic) simply won't work.

Real Yogurt

Enjoy eating a robust, super healthy homemade yogurt every day using whole, non-homogenized milk. Request our article on "Homemade Yogurt". It's amazingly easy to make.

Courtesy of Healthline – www.Healthline.cc

Food For Thought...

When things don't feel right, gravitate to where they do feel right. – Lynn Fabia