



## Cleansing and Juicing .... Detoxifying our Body

Universally, we are exposed to a variety of "toxic" substances. Some of these are from manufactured goods, air/water pollution and processed/non-processed foods. Luckily, unless the exposure is overwhelming, we are many times (even unknowingly) protected by the foods we eat. A judicious choice of food will counteract noxious agents. Diet is a major factor in determining who does and who does not show toxic symptoms following exposure. In part, some foods protect against metal toxicity and other work as anti-oxidants. Foods rich in magnesium such as broccoli, spinach, swiss chard, and pumpkin seeds and foods that increase your level of glutathione (GSH) such as asparagus, broccoli, and spinach assist us in reducing metal toxicity and work as an important antioxidant in the body. and a master detoxifier that helps rid the body of heavy metals. Likewise, a high-fiber diet can prevent heavy metals from being absorbed; adding ground flax meal to your diet promotes digestive regularity.

Next, through the foods you eat, work toward protecting yourself from the damage caused by reactive oxygen species (ROS). Antioxidants are the best protectors of the damage caused by ROS. The most effective antioxidants are found in carotenoids, highly colored fruits and vegetables, such as beets, carrots, tomatoes, and berries and legumes. Flavonoids (polyphenols), such as apples, blueberries, pears, black beans, cabbage, onions, tomatoes, are another class of effective antioxidants that negate ROS.

In addition to the natural detoxifying compounds found in plants, eating plants has been found to be a potent inhibitor of chemically induced cancer.<sup>1-4</sup> In addition, the energy required for the detoxifying processes is most effectively provided by clean-burning carbohydrates found in plants (meat, fish, poultry and vegetable oils have no carbohydrate and cheese has only miniscule amounts). Not surprisingly, malnutrition from under- and over-nutrition (such as when people eat SAD ... the Standard American diet) almost invariably leads to a reduced capacity to deactivate these pollutants and therefore increases their toxicity.<sup>4</sup>

To limit your exposure to toxins, eliminate foods high on the food chain (meats and dairy products) from your diet and replace them with foods low on the food chain (starches, vegetables, and fruits—preferably organically grown) in order to cleanse your body. Losing weight on any "diet" releases stored pollutants as the body fat is dissolved,<sup>5-7</sup> especially when the diet you are using to cause the weight loss is low in pollutants and full of detoxifying substances. In no time at all consuming a healthy diet will cleanse your body of body and brain-damaging chemicals. Begin restoring your health by eating an organic, whole-food, plant-strong diet. Create juices in the morning and drink one for breakfast and then throughout the day to aid this process. Focus on eating a whole food, plant-strong diet. Check my website out for a video on creating juices. Namaste, Lorraine

1) Hanausek M, Walaszek Z, Slaga TJ. Detoxifying cancer causing agents to prevent cancer. *Integr Cancer Ther.* 2003 Jun;2(2):139-44.

2) Smith TJ, Yang CS. Effect of organosulfur compounds from garlic and cruciferous vegetables on drug metabolism enzymes. *Drug Metabol Drug Interact.* 2000;17(1-4):23-49.

3) Smith TJ. Mechanisms of carcinogenesis inhibition by isothiocyanates. *Expert Opin Investig Drugs.* 2001 Dec;10(12):2167-74.

4) Furst A. Can nutrition affect chemical toxicity? *Int J Toxicol.* 2002 Sep-Oct;21(5):419-24.

5) Pelletier C, Imbeault P, Tremblay A Energy balance and pollution by organochlorines and polychlorinated biphenyls. *Obes Rev.* 2003 Feb;4(1):17-24.

6) Imbeault P, Chevrier J, Dewailly E, Ayotte P, Despres JP, Mauriege P, Tremblay A. Increase in plasma pollutant levels in response to weight loss is associated with the reduction of fasting insulin levels in men but not in women. *Metabolism.* 2002 Apr;51(4):482-6.

7) Hue O, Marcotte J, Berrigan F, Simoneau M, Doré J, Marceau P, Marceau S, Tremblay A, Teasdale N. Increased plasma levels of toxic pollutants accompanying weight loss induced by hypocaloric diet or by bariatric surgery. *Obes Surg.* 2006 Sep;16(9):1145-54.