

DETOXIFICATION TIPS #2



Detox Class with Tim James and Blake Bars

This flyer is meant to be an adjunct to our other flyer and our previous VYHS episode on the subject of detox.

The below outline summarizes the detoxification topics discussed in episode 39 of the Vibrant You Health Show. In this episode, Blake talks with Tim about why detoxing our bodies is so important and how they personally go about it. To watch the episode or listen to the podcast, visit www.naturespantry.life. Tim James is a health coach, the founder of Chemical Free Body supplement line and the host of the Health Hero Show. Learn more about Tim here: <https://www.chemicalfreebody.com/>.

At Nature's Pantry we believe there are two fundamentals to health that should not be overlooked: #1 Nourish and #2 Detoxify. In other words, we need to put the right things in the body and get the wrong things out of the body. Today, learning to detox is so important. There are also some mental and spiritual components of detox worth mentioning.

Mental, spiritual and emotional detox

You are loved and you are valuable (Jn 3:16, Mt 6:26). Cultivate love for God, love for self and love for others (Mt 12:30-31). Actively seek help in coming to terms with present pain or with old issues. Forgive and ask forgiveness (Mt 6:14). Get outside your own head and help others. How have your trials prepared you to help others? Live in the present, not in regret of the past or worry of the future (Mt 6:14). Nine out of ten illnesses originate in the mind. Fear, anxiety, anger, unforgiveness, negative thinking and stress wreak havoc on the immune system and your overall health. Conversely, faith, trust, love, forgiveness, positive thinking and a relaxed mindset are life giving and health preserving (Pr 17:22). If you fill your heart with good things, good things will overflow from it (Lk 6:45). Turn off the news and social media. Start a thankfulness and/or prayer journal. Read and watch uplifting and/or educational material. Spend time with people who focus on the positive and build you up.

How many types of TOXINS are we exposed to?

A few hundred years ago, most of the toxins in the world were fairly natural substances, but over the last hundred years or so, chemicals and our exposure to them have exploded. These are chemicals that the human race has never had to deal with before, but with each passing year, numerous more chemicals are being introduced into our lives. Things like crop chemicals and GMOs, chemicals in our food like artificial flavoring and preservatives, nitrites and other chemicals in processed meats, fluoride and chlorine in our water, parabens and other chemicals in our soaps and body care products, environmental toxins like aflatoxins and asbestos and mold, vaccines and pharmaceutical drugs, cleaning chemicals, heavy metals like aluminum, EMFs from our many devices, BPAs and other chemicals from plastics, chemicals in the air from exhaust and likely chemtrails, chemicals in our clothing and our kid's toys, chemicals in our building materials and household goods just to name a few ;) LOL

Keeping the pathways of detoxification and elimination open

In today's world, we can't completely avoid toxins, but we can minimize our exposure the best we can and learn strategies for assisting our bodies natural detoxification and elimination processes. Drink lots of water. Eat lots of fibrous fruits and vegetables. Get plenty of sleep. Breathe plenty of fresh air and practice breathing exercises. Keep the body moving with regular exercise and keep the bowel moving with regular pooping. Pooping is your bodies main detox pathway. If you think of your detox pathways as a funnel, the bottom of the funnel is your colon, then liver and bile ducts, then your lymphatic system, then your organs and tissues, and then the cellular level. Your kidneys, lungs and skin are your backflow drainage pathways.

Order of Detox

In his book *The Truth about Cancer*, Ty M. Bollinger says that it's important to detox in the proper order. Start with a colon cleanse, then deal with parasites, then kidney cleanse, then liver and gallbladder cleanse, then blood cleanse. For more on this read the book: *The Truth about Cancer: What you need to know about cancer's history, treatment and prevention* by Ty M. Bollinger.

The Importance of Nutrition

Remember, you are what you eat. Your cells are constantly being remade from what you eat. Skin regenerates every two to four weeks Hair regenerates every three to six years. Your liver as often as every 150 days. Your stomach and intestines every five days. Bones are regenerating completely every 10 years. If you eat high quality foods, your body is being rebuilt with high quality material. If you are eating toxic food, toxins will be part of your body. If you want to detox your body, you cannot overlook nutrition.

Cleansing Colon, Kidneys, Blood, Tissue, Organs & Cells

Cleaning up your diet and adding in large quantities of organic plant foods will help bulk your stool, sweep your intestinal track, and keep your colon moving. It's good to poop at least once per day. If you're not, you're constipated and if you are constipated, you are not properly removing toxins, and if you are not properly removing toxins through the colon, the whole funnel is jammed up. So, while you might be doing things to detoxify other parts of the body, if those toxins can't escape from the body, they will just be moved around.

One of our favorite colon cleanses is Chemical Free Body's Gut Detox. Gut Detox formula micro cleanses the intestinal villi removing on average 6-12 pounds of impacted fecal material and keeps the pathway of elimination clear for maximum absorption of nutrients. We also love Chemical Free Body's Toxin Detox Formula which detoxes the blood, fat and muscle tissue of heavy metals, radiation and chemical pollution thus removing a huge body burden on the micro level to create a massive boost in immunity. Turmeric 100 Formula reduces cellular inflammation so that the cells can

absorb nutrients and detox toxins much faster. It's also great for pain and total body inflammation. Put the three together, ***Gut Detox, Toxin Detox, and Turmeric 100***, and you have a gentle daily detox powerhouse to detox your body without all the typical symptoms. You can find all three products at Nature's Pantry.

Coffee Enemas

Enemas have been used for centuries to aid healthy elimination. Coffee enemas are a method popularized by Dr. Max Gerson who used them to treat his cancer patients. Caffeine taken rectally stimulates the liver's action, increases bile flow, and opens bile ducts so that one's liver can excrete toxins more easily. For more on this read the book: *The Gerson Therapy: The Natural Nutritional Program to Fight Cancer and Other Illnesses* by Charlotte Gerson.

Colon Hydrotherapy

As Tim mentioned in the show colon hydrotherapy is an effective way to clean out, in many cases, several pounds of impacted fecal material and allow for the healing and opening up of this important pathway. There are a few colon hydrotherapy clinics near us in Tri-Cities, WA.

Parasite Cleanse

Traditionally there are three herbs used for parasite cleansing: Wormwood, Clove and Black Walnut. At Nature's Pantry, we have several parasite cleanse combinations, and we will have Chemical Free Body's new parasite product that Tim mentions in the show at the store as soon as it launches. For more on parasites visit www.naturespantry.life and watch episode 30 of the Health Show with Parasitologist Dr. Omar Amin.

Liver and Gallbladder Cleanse

When the liver and gallbladder get bogged down with toxins or the bile duct pathways get clogged, many health issues can arise. Here's the simple version of the cleanse we talked about on the show: drink one quart of organic, unprocessed apple juice every day for three days. Apple juice is rich in malic acid, which breaks up stones in the liver and gallbladder. On the evening of the third day, drink eight ounces of organic, cold-pressed, extra virgin olive oil. Stir with the juice of one lemon and drink it down quickly. Lie down on your right side in the fetal position for 30 minutes. The next morning when you have your first bowel movement, you should see small black and green pebble-like pieces in your stool; these are gallstones. For more on this read the book: *The Amazing Liver and Gallbladder Flush* by Andreas Moritz.

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