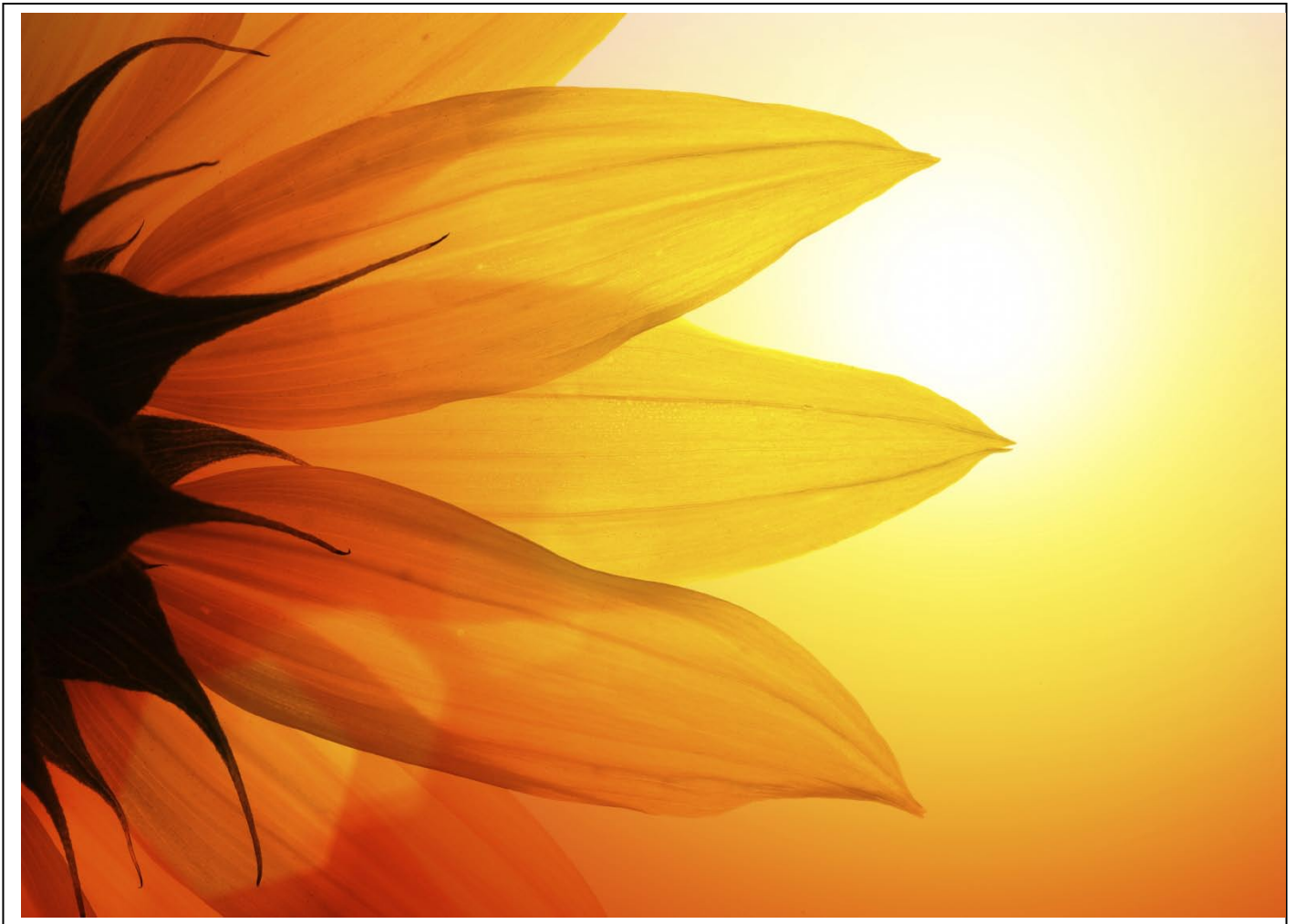


**Cleansing and Detoxifying
Your Body
For Better Health & Vitality**



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Detox & Cleanse Workbook – By Rahim Habib, Naturopathic Doctor
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Cleanse and Detox Workbook

- I. Introduction
- II. What is Detoxification
- III. Why Do We Need to Detoxify / Cleanse?
- IV. How Will We Detoxify?

NOTE: The content of this book is for informational purposes, and is not intended to treat or diagnose any illness. For health and medical advice, consult with a registered health care professional, including the beginning of a cleansing exercise or routine.



I. Introduction

Medicine, as it is generally practiced today, is focused on eliminating the symptoms that people present to their doctors. However, treating the *underlying cause* is the real way to promote resolution of the ailment/illness, followed by a preventive approach to improving the vitality of the person. Toxicity is one such underlying cause that has not received much attention by conventional medicine. It is also a preventive method to assuring vitality of the person – it is both a treatment, and a preventative approach itself.

Detoxification is something that was once an integrated part of the cultural approach to health in many areas of the world. We need to revitalize its practice, not only to promote our individual health, but also to restore health and fertility to our families, communities, cities, country, and the entire world.

Many people are oblivious to the effects of chemicals on our body and mind and community. However, the onset of many new illnesses (eg: auto-immune illnesses, multiple chemical sensitivity, sick building syndrome, chronic fatigue/ fibromyalgia, electrical hypersensitivity syndrome, etc.), and the sheer number of chemicals produced and released is staggering and can no longer be ignored. For instance, according to the U.S. Environmental Protection Agency (EPA), approximately 87,000 chemicals are in use today, and more than 15,000 of these chemicals are produced in amounts exceeding 10,000 pounds per year. A clear example of the pace of chemical burden is looking at the US EPA's Toxic Release Inventory (TRI) – in 1994, 111 million pounds were reported released into the environment, but this increased to 7.1 billion pounds by 2000. In Canada, we track these releases by the NPRI – National Pollution Release Inventory. **AVERAGE OF 300 NEW CHEMICALS ARE USED IN CANADA PER YEAR!**

Companies across Canada emitted more than **4 billion kilograms of air pollution** (8.8 billion pounds) in 2005, associated with toxic contamination, smog, acid rain and potential health effects such as respiratory illnesses and cancer. Our regulatory bodies like Health & Environment Canada, and the EPA do not have the resources to verify the complete safety of all of these chemicals, and depend on studies funded by the chemical manufacturers themselves – this is a serious conflict of interest. Currently in Canada, the Canadian Environmental Protection Act (CEPA) is under review, the most suspect chemicals are starting to be more thoroughly examined, and Canada has finally started its own bio-monitoring program. The environment is now getting more attention in the media and political circles.

What we need to realize, especially based on the known connections between toxins and our health, is that what we produce and release, stays on the planet – in our water, in our food, and ultimately back into our bodies. That is to say, what we do to our world, we do to ourselves. So, when it comes to action, we need to change ourselves – our lifestyles, our choices in how we lead our lives, to make a cleaner planet for the next generation. In the process, our bodies will feel better, and so will our community, and planet. In this course, you will learn about how to accomplish this and more. What I encourage you to do is to detoxify regularly, for health maintenance, and vitality.

II. What is Detoxification?

- To remove or reduce the toxic quality of a poisonous substance
- To treat a toxic overdose of any substance – historically this referred to removing the physiological effects of recreational drugs/alcohol from an addicted person
- For our purposes, it is to promote the bio-transformation of chemicals/toxins into forms that the body can excrete, *and then* to actually encourage the body to release these bio-transformed toxins out
- Associated terms: detoxication, depuration, cleansing, drainage

Common Symptoms of Toxicity

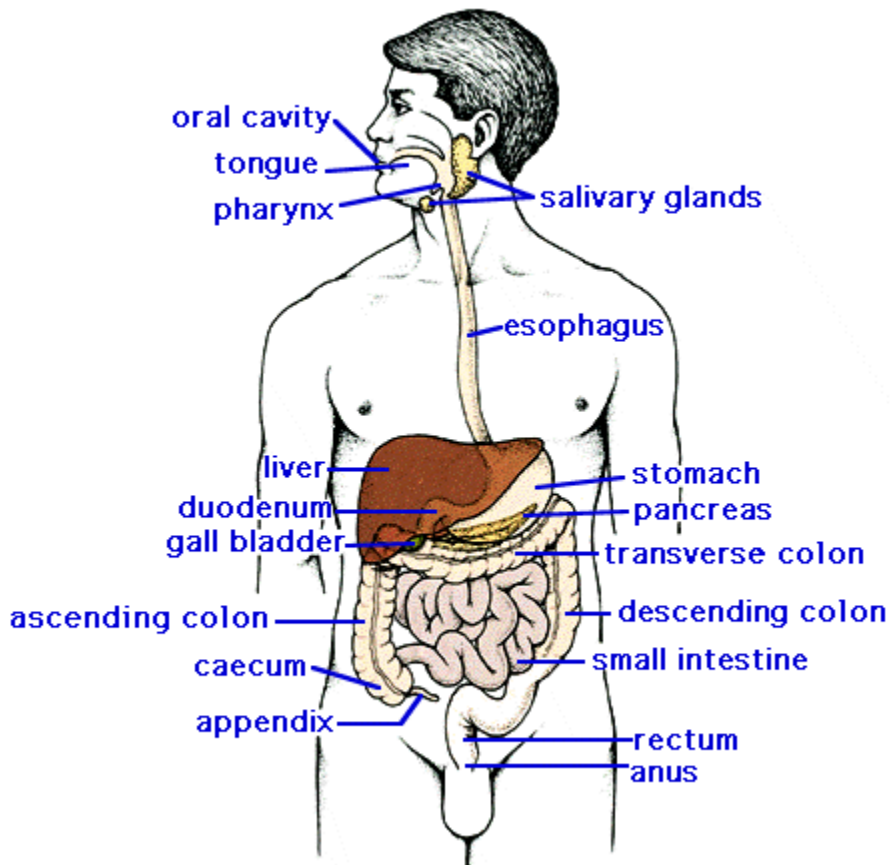
BODY SYSTEM	SYMPTOMS		
Nervous System	Anxiety Confusion Depressed mood Difficulty concentrating Dizziness Fatigue	Headache Hyperactivity Hallucinations Memory loss Mood changes	Nervousness Numbness/tingling Sleep problems Tension Tremors
Intestinal	Bloating Constipation	Diarrhea Heart burn	Low appetite Nausea
Blood/Vascular	Anemia Bruising	High / low platelets High bilirubin	High blood fats High liver enzymes
Urinary-Reproductive Also in-utero, infant, early chhd suscept'ity	Frequency Inability to urinate Infertility (fe/male)	Interstitial cystitis Prostate problems Urgency to urinate	Urine tract infection
Musculo-skeletal	Backaches Joint pain Muscle pain / spasm	Muscle twitching Muscle weakness Swollen limbs	Stiff muscles
Immune	Fever	Low white cells	Frequent colds/flu
Hormonal Nb early pubrty/MP	Changes in body temperature	Excessive or lack of sweating	Low/high blood sugar
Respiratory & Ear- Eyes-Nose-Throat	Asthma - epidemic Bronchitis Cough Ear aches Ear infections	Frequent colds Furred tongue Heavy chest Itchy/irritated eyes Nasal stuffiness Short/shallow breath	Sighing respiration Sinus infection/pain Sore throat Watery eyes Wheezing
Skin	Blotchy skin Cellulite Cold hands/feet	Eczema Flushing Hives	Rashes
Cardiovascular	Chest pain High/low blood pressure	Irregular heart beat Rapid heart beat	Skipped heart beats

Illnesses Related to Toxicity

Acne	Obesity	Prostate disease	Anxiety	Menstrual problems	Boils
Vaginitis	Eczema	Varicose veins	Addiction	Diabetes	Arthritis
Asthma	Gastritis	Uterine fibroid tumors	Pancreatitis	Peptic ulcers	Gout
Colitis	Cancer	Mental illnesses	Cataracts	Multiple sclerosis	Senility
Hemorrhoids	Lymphoma	Gall stones	Cancers	Thrombophlebitis	Sinusitis
Diverticulitis	Cirrhosis	Alzheimer's disease	Bronchitis	Hepatitis	Allergy
Pneumonia	Emphysema	Parkinson's disease	Kidney stones	Hypertension	Stroke
Atherosclerosis	Heart disease	Kidney diseases	Migraine	Fibrocystic Breast Disease	Cysts
Infertility	Neurological	Hormonal Problems	Angina	Multiple Sclerosis	

Signs of immune suppression/infections: bacteria/abscesses, viruses, fungus, parasites, worms; frequent colds/flu
Chemical/perfume/solvent sensitivities

Anatomy of Detoxification



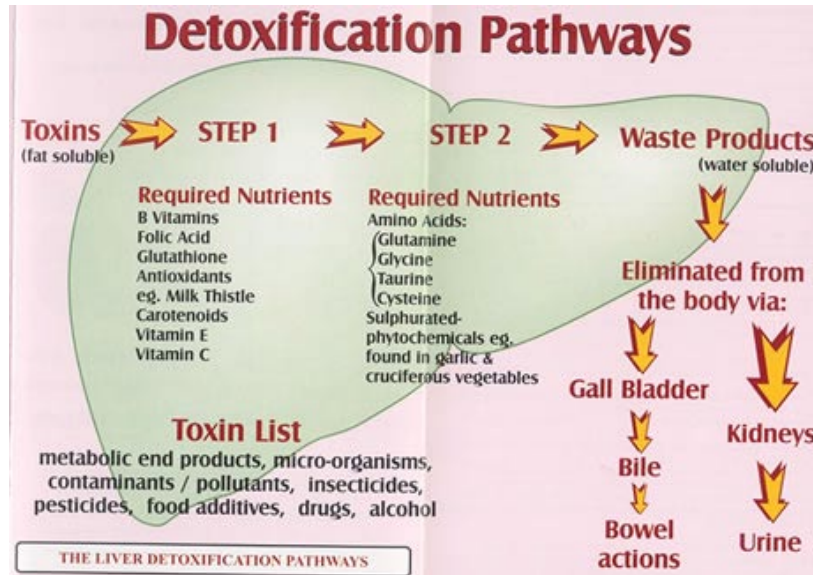
The Five Main Cleansing Systems of the Body:

1. Entero-Hepatic – intestines, liver
2. Urinary – kidney, bladder, urethra
3. Respiratory – lungs, throat, sinuses, nose
4. Circulatory – vascular/blood, lymph vessels & lymph nodes
5. Skin – sweat, sebum, tears; menses?

Signs / Symptoms of Liver Distress

- Pale stools
- Pain in right side
- Pain under right shoulder blade
- Low appetite
- Metallic taste in mouth
- Low energy
- Headaches
- Tiredness
- Premenstrual symptoms
- Emotional instability
- Allergies & chemical sensitivities
- Weak tendons, ligaments, muscles
- Discoloured whites of the eyes
- Digestive problems
- Hemorrhoids
- Low tolerance for rich & fatty foods
- Drowsy after eating
- Skin problems

The Liver's Biotransformation Process



The Intestines – The Gatekeeper (Bouncer) – the in's and out's

The intestines are a long muscular tube that connects the stomach to the anus. The small intestine is where most of the enzymatically-driven food breakdown occurs, followed by 90% of the nutrient absorption into the body. Food-based toxins primarily enter here, such as pest-/herb-/fungicides, parasites and other micro-organisms (unless killed by the stomach acid environment). The large intestine is where water is reabsorbed into the body, and some nutrient absorption happens (Ca, Mg, Fe, Zn, Cu), and the bacteria make some vitamins (B vitamins & K). The stool that's left and excreted contains water, fiber, undigested food, and dead/live bacteria. The bacteria naturally found in intestines are very important to our health.

Urinary Detoxification System

The kidneys are a major filter of the body. It filters the blood of the body through hundreds of thousands of tiny filtration units called nephrons. The kidney allows for the elimination of water-soluble toxins, metabolic waste (uric acid, urea, ammonia), trace amounts of amino acids, hormones, and minerals. The kidney has important roles in activating your vitamin D, making a hormone to promote red blood cell production (erythropoetin), and manages water distribution in the body. It also helps regulate acid/alkaline balance, and the balance of electrolyte minerals (including calcium, magnesium, chloride, sodium, and potassium). Adequate fluids are very important to the efficient functioning of the kidneys.

Respiratory Detoxification System

From the detoxification perspective, the lung and the respiratory linings also can help us excrete toxins. Just as the lungs can excrete carbon dioxide waste, they can also excrete toxic gases from the body as well. For this reason, deep breathing, and breathing techniques in general should be part of all detoxification programs, and also part of everyday breathing. Deep belly breathing

allows the lungs to press downward on the abdominal organs, especially the liver and spleen – this allows the liver and spleen to contract and expand, and thus, encourages circulation in these organs. Deep breathing also helps us maintain an alkaline state in the body.

Circulatory Detoxification System

Just like our body, each individual cell of the body has nutritional needs. Just like our body, each individual cell also generates waste from its activities. The accumulated waste of the approximately trillion cells of the body (not including the intestinal micro-organisms) is moved out by the circulatory system – the blood vessels and lymphatic system.

Some agents that damage the blood vessel linings include: micro-organisms and free radicals (mitochondria by-products, chemicals, toxic metals (Cd, Pb, Hg), radiation, oxidized fats, smoke). The blood vessels and heart are kept healthy with regular exercise and a healthy diet than contains a rich source of antioxidants (antioxidants neutralize free radicals).

A major responsibility of the lymphatic system is to remove wastes from the body cells. Lymphatic fluid movement is dependent on mild-moderate exercise and deep breathing exercises are also very important in supporting lymphatic fluid circulation, and detoxification.

Skin Detoxification System

The skin is our largest organ of the body. It is an important barrier, though not impermeable. Our skin keeps micro-organisms out, keeps water in, can let toxins in or out, and helps control our body temperature by sweating or shivering. Vitamin D precursors are formed at the skin upon exposure to ultraviolet light from the sun, before becoming fully activated at the liver and kidney. The skin often reflects the general health of the body, and can indicate what is or isn't happening in the intestines, liver, or kidneys. Our skin helps us to detoxify by sweating out toxins via the sweat glands, but also through the sebaceous glands that secrete an oily substance called sebum.

III. Why Do We Need to Detoxify / Cleanse?

Air Quality

Toxic air triggers 1000 premature deaths and 5500 hospitalizations per year in Toronto. For example, when ozone levels are high, hospitalizations increase by over 30% in Toronto, and the level of strokes and heart attacks increase on high-smog days. Bad air also contributes to asthma and lung cancer, and affects lung growth development and function in children.

Factors Contributing to Outdoor Air Pollution

- Pesticide and herbicide applications at home/office/orchard/golf course/garden/crop/park
- Industrial - metals, paper, rubber, oil refineries, smoke
- Asphalt
- Engine exhaust - car, plane, diesel, lawn mower, snowmobiles, etc

- Barbeques
- Burning fuel - paper, wood, garbage, oil, gas, coal & coal-burning electrical power plants
- Paint
- Sewage fumes
- Chemicals leading to acid rain (eg: SO₂, NO₂; general volatiles, PCBs, etc.)

Categories of Indoor Air Pollutants

- Combustion by-products - eg: from gas-burning stoves, heaters (CO, NO₂, formaldehyde)
- Volatile organic compounds - VOCs – eg: formaldehyde from furnishings and building material
- Respirable dusts and particulates - eg: dust, pollens & pet dander
- Bioaerosols - eg: bacteria, molds, & yeasts, and their fragments & toxins
- Contaminants from human activity - eg: cigarette smoking, overcooked meats → polycyclic aromatic hydrocarbons (PAHs)

State of the Environment

One of the most important principles in effective detoxification is to know what the sources of toxicity are, and then to decrease or eliminate these to reduce the burden on the body. Now we will survey the various sources of chemical exposure, their effects on the body, and try to recommend how to reduce or eliminate such exposures. We have already listed the internally-generated toxins above, so below we discuss the different sources and types of external toxins that affect the body.

Some good resources for local and regional information is from: www.pollutionprobe.org and www.wwf.ca, the Clean Air Guide from Canada Mortgage and Housing Commission (CMHC), Environment Canada website www.ec.gc.ca, chemical database www.scorecard.org, and the U.S. Environmental Protection Agency website www.epa.gov.

OTHER TOXINS

Mental –Emotional

- Negative thoughts
- Negative habits
- Limiting beliefs
- Unprocessed emotions, traumas, images

Electromagnetic Pollution

- Cellular phones
- Electromagnetic fields in the home

IV. How Will We Detoxify?

Put together techniques/ingredients that address each of the five cleansing systems. Vary them based on the season. Below are some ideas for today.

1. Entero-Hepatic – intestines, liver – milk thistle & fiber in the bars; body vibration+breath
2. Urinary – kidney, bladder, urethra – water, burdock/nettle teas
3. Respiratory – lungs, throat, sinuses, nose – breath work + sinus rinse
4. Circulatory – vascular/blood, lymph vessels & lymph nodes – skin brush, sauna, vibration, water treading
5. Skin – sweat, sebum, tears; menses – skin brush, sauna
6. Body-Mind – essential oils
7. Energetic Level - acupuncture

Morning Smoothie Recipes:

Protein jolt (serves 2)

- ¾ cup almond milk
- ½ cup yoghurt
- ½ cup soft silken tofu
- ½ cup firmly packed chopped dates (about 8)
- 2 Tbsp tahini
- 1 frozen banana

Triple dose of Vitamin C (serves 2)

- 1 cup fresh orange juice
- 1 cup fresh strawberries
- 2 T organic olive oil
- ½ juiced lemon
- 1 frozen banana

Breathing Exercises

- Deep belly/diaphragmatic breathing allows for increased oxygen gas exchange in the lungs, helps massage abdominal organs (especially the liver) and helps relax the body
 - **Full Breathing:** while comfortably seated or lying down, place your hands on your abdomen on top of your belly button (if you have back problems, place a pillow/roll under your knees if lying down); close your eyes and inhale deep and slowly, ensuring your hands are being lifted towards the ceiling – be gentle and don't force the inhalation; exhale slowly while applying a slight pressure on the abdomen to promote full exhalation; repeat 15 times, or at least for 3-5 minutes; when done, arise slowly to avoid dizziness
 - **Ayurvedic Pranayama:** seated/standing, hands in fists parallel overhead, bring hands alongside the body in a bent-arm position – one set is 10 forced exhalations; Do 3 sets.

General Recommendations for Using a Sauna

- Aim for 50-100 hours in the shortest time period you can manage (eg: 3-12 months); then maintain your sauna use at 1-2 hours per week
- Nutrition and Supplements: your body needs to be fully supported with nutrients in order to handle the toxins that are moving through your body (see appendix). Make sure you have enough vitamins, minerals, plus a multivitamin, dense nutrient foods like vegetables and fruits, adequate protein, and green drinks. NIACIN CAN BE ADDED TO PROMOTE LIPID BREAKDOWN 100MG-4000MG
- Avoid large meals within 2 hours of taking a sauna, and avoid small meals or large snacks within 1 hour of taking a sauna
- Drink 1.5-2 liters of water each day for a week before starting sauna therapy
- Bring 1 liter of water with you into the sauna in a glass bottle containing less than a pinch of sea salt, or take an electrolyte replacement supplement
- Oils: take extra virgin olive, flax, Evening Primrose, lecithin and fish oils 30-60 minutes before the sauna, these help bind fat-soluble toxins – up to 2 tablespoons of oil in total
- Fiber: take a concentrated fibre source such as ground flax seed, psyllium, oat fiber in water 1-2 hours before the sauna; also helps bind the toxins
- Dry skin brush before the sauna
- Ideally, exercise for 5-20 minutes before the sauna to promote circulation – rebounder, jog, cycle, jumping jacks, skip rope
- Record your weight, temperature, heart rate and breathing rate before, half-way, and after the sauna
- Begin sauna sessions starting at 5 minutes at a time in a conventional sauna, 15 minutes in a far-infrared sauna; slowly build up the time in the sauna, or do multiple saunas alternating with cool showers (eg: 5 – 1 – 5 – 1 – 5 – 1; or 10 – 1 – 20 – 1 – 20 – 1)
- While in the sauna, perform slow relaxing breathing; avoid sleeping; it's helpful to have a sauna partner with you inside the sauna, or waiting outside the sauna
- Stop the sauna if your blood pressure, heart rate or breathing rate rises more than 10 from the start; also stop if your body temperature goes over 38 degrees Celsius; also stop if you feel uncomfortable symptoms such as nausea, headache, weakness, irregular or fast heart rate, shortness of breath, dizziness, confusion, cramping, etc. If your body stops sweating, this is a sign of heat stroke – stop the sauna and drink extra water with sea salt, and magnesium and calcium (200mg each)
- Towel down as you perspire in the sauna; take a cool shower after the sauna, and ideally rest for 20-30 minutes

2 DAY DETOX	Day 1 (NON-WORK DAY)	Day 2 (WORK DAY)
<p>Morning</p> <p>-Upon waking: eg: 6am</p> <p>-Exercise eg: 6:45-7:15</p> <p>-Bathe & Dress eg: 7:15-8</p> <p>-Juice – eg: 8am</p> <p>-Morning Activities eg: 8:30-10</p> <p>-Breakfast eg: 10-11</p> <p>-Morning Activities continued eg: 11-1pm</p>	<p>Meditation/deep breathing Water+fiber drink Stretching & Rebounding + broth</p> <p>Skin Brush, Alkaline Bath, & Bed Wrap</p> <p>Watermelon juice (blender/handmixer)</p> <p>Activities: reading, reflecting, writing, meditating, painting, drawing, anything creative + water or veggie juice/broth</p> <p>Brown Rice with soaked & chopped almonds with sea salt & green onions</p> <p>Activities: reading, reflecting, writing, meditating, painting, drawing, anything creative + water or veggie juice/broth</p>	<p>Make brown rice & broth night before Meditation/deep breathing Water-fiber drink Yoga – 15-30 minutes + broth</p> <p>Skin Brush & Shower with alternating hot and cold – 2 rounds of: 2 min (hot) X 1 min (cold)</p> <p>Breakfast Smoothie</p> <p>Work -at breaks go for short walks -avoid negative interactions -broth or hot water in a thermos</p> <p>Mid-morning fruit snack – chopped apple and blueberries</p> <p>Work</p> <p>Water or veggie juice/broth</p>
<p>Afternoon</p> <p>-Lunch eg: 1-2pm</p> <p>-Afternoon Activities eg: 2-5</p> <p>-Snack eg: 5</p>	<p>Sauna</p> <p>Brown Rice, greens, seeds/nuts Activities: reading, reflecting, writing, meditating, painting, drawing, anything creative + water or veggie juice/broth</p> <p>Veggie Snack: cucumber with garlic hummus</p>	<p>Green beans & shredded vegetable salad: carrot, radish, olive oil & dulse flakes Brown rice with ginger-tahini sauce & Celtic sea salt</p> <p>Water or veggie juice/broth</p> <p>Walnuts</p>
<p>Evening</p> <p>-Dinner eg: 5:30-6:30pm</p> <p>-Light Exercise eg: 6:30-7</p> <p>-Eve activities eg: 7-9</p> <p>-Sleep eg: 9pm-6am</p>	<p>Chickpea-leek soup, salad: escarole & dandelion greens with minced ginger & balsamic vinegar</p> <p>Walk</p> <p>Activities: reading, reflecting, writing, meditating, painting, drawing, anything creative + water or veggie juice/broth -prepare for next day</p> <p>Detox journal & alternate nostril breathing</p>	<p>Steamed veg: broccoli, cabbage, asparagus with dulse flakes Lentil-ginger soup</p> <p>Walk</p> <p>Activities: reading, reflecting, writing, meditating, painting, drawing, anything creative + water or veggie juice/broth -prepare for next day</p> <p>Detox journal and deep belly breathing</p>

DETOX SCHEDULE – DETOX TYPE _____ DAY ____/____

Time	Supplement(s) & Herbs	Hydrotherapies	Adjunctive
Morning			
Afternoon			
Evening			
Daily Activities			

Food and Beverage Schedule

DAY	Morning	Afternoon	Evening

Notes: