



Health & Wellness Institute®

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Health & Wellness Institute of Integrative Medicine

Detoxification Fact Sheet

The use of detoxification techniques can sometimes make the difference between an effective wellness program and endless frustration. Cleansing therapies such as those described below have been frequently and successfully prescribed by integrative health practitioners for moderate to severe immune system disorders.

Common disease conditions such as atherosclerosis is caused by a diet high in saturated fats and can often lead to a buildup of plaque in the arteries (atherosclerosis). Long standing toxic accumulation can also lead to cancerous conditions.

In a similar fashion, fats, cholesterol, mucus, xenobiotics (organic toxins), inorganic chemicals, heavy metals (mercury) etc. can build up in various organs and tissues of the body, severely affecting the operation of those organs and tissues. Often, these buildups aren't severe enough to be recognized as diseases unto themselves, yet they can lead to quite a few problems throughout the body.

The exposure to toxic chemicals is a large source of toxic buildups throughout the body. After years of exposure to these substances, often the body can no longer keep up with eliminating these substances and they redistribute into the bloodstream, causing harm throughout the body, and can be stored in the liver, body fat or many other parts of the body. Detoxification is effective to removing these buildup toxins. In addition to the buildups throughout the body, problems can begin to arise in different areas of the body. The GI tract can develop microscopic ulcerations, pH imbalances, imbalance in bacteria and fungus, granulomas, hypersecretion of mucus, and many other problems. In addition to deposits of fatty acids in the liver, liver cells can begin to die, bile flow can become inhibited making digestion of fats difficult, etc. And so it goes with other organs and tissues throughout the body.

These types of stored toxins throughout the body can contribute to the development of a serious illness. In order to reverse the serious illness, the toxins need to be removed as part of an overall healing plan. A wellness healing plan *without* the use of cleansing therapies can often result

in the gradual removal of toxic substances from the body. But, in many instances, the detoxification is so slow or even non-existent that the use of cleansing therapies can be extremely beneficial. If you have had chemical poisoning or have been using prescription drugs for a number of years, detoxification may be extremely helpful to your recovery. However, caution needs to be exercised. **Do not stop your prescription drugs with the supervision of you physician!**

Selecting A Detox Therapy

It is important to keep the following points in mind when selecting a cleansing therapy to try:

- It is important to choose cleansing techniques that are not too extreme for your current condition.
- It is important to choose cleansing techniques that are not too subtle, and therefore ineffective, for your current condition.
- Working closely with a integrative health practitioner who is familiar with detoxification techniques (Naturopathic Physician) can be extremely important for the following reasons:

The practitioner can help you choose the type and strength of cleansing that meets your needs -- not too extreme, yet not too subtle. On the other hand, if the practitioner recommends a cleanse that you feel is too extreme for your condition or a cleanse that is not powerful enough, you should definitely challenge this recommendation by asking for an explanation. If the explanation doesn't satisfy you, ask to be put on a cleanse that you feel more closely fits your needs. If that isn't possible, seek out a different practitioner. Remember, you need to be your own patient advocate.

The practitioner can advise you of any contraindications that may be important for your condition.

If any difficulties arise, an experienced practitioner can more easily adjust or stop the program if necessary.

A few of these cleanses take much planning and effort. Off-loading some of the planning and effort onto the shoulders of the practitioner will allow you to concentrate more fully on healing, significantly increasing the effectiveness of the cleanse.

There are many areas of the body that one can concentrate their cleansing on. In each of these areas there are powerful techniques for detoxification. But there are also increasingly gentle techniques that can be used depending upon a person's condition.

Some of the more common areas are:

- Gallbladder
- Gastrointestinal Tract (GI Tract)
- Kidneys / Bladder
- Liver
- Lungs
- Lymphatic System
- Miscellaneous
- Skin

The skin is the largest detoxifying organ and the liver is the most metabolically active organ in the body. I would suggest starting your detoxification therapy with these two systems in mind.

Careful planning in detoxification is recommended as this will prevent toxic healing crisis known as the Herxheimer Reaction:

The Herxheimer Reaction

The Herxheimer Reaction is a short-term (from days to a few weeks) detoxification reaction in the body. As the body detoxifies, it is not uncommon to experience flu-like symptoms including headache, joint and muscle pain, body aches, sore throat, general malaise, sweating, chills, nausea or other symptoms.

This is a normal — and even healthy — reaction that indicates that parasites, fungus, viruses, bacteria or other pathogens are being effectively killed off. The biggest problem with the Herxheimer reaction is that people stop taking the supplement or medication that is causing the reaction, and thus discontinue the very treatment that is helping to make them better. Although the experience may not make you *feel* particularly good, the Herxheimer Reaction is actually a sign that healing is taking place.

The Herxheimer Reaction is an immune system reaction to the toxins (endotoxins) that are released when large amounts of pathogens are being killed off, and the body does not eliminate the toxins quickly enough. Simply stated, it is a reaction that occurs when the body is detoxifying and the released toxins either exacerbate the symptoms being treated or create their own symptoms. The important thing to note is that worsening symptoms do not indicate failure of the treatment in question; in fact, usually just the opposite.

A Rose By Any Other Name

Technically known as the *Jarisch-Herxheimer Reaction*, this syndrome goes by many names, including *JHR*, *the Herxheimer Effect*, *the Herxheimer Response*, a *Herx Reaction*, *Herx* or *Herks*. The most common terminology used is the *Herxheimer Reaction*. It is also often referred to as a *healing crisis*, a *detox reaction*, or *die-off syndrome*.

History

The phenomenon was first described by Adolf Jarisch (1860-1902) working in Vienna, Austria, and a few years later by Karl Herxheimer (1861-1942), working in Frankfurt, Germany. Both doctors were dermatologists mainly treating syphilitic lesions of the skin. They noticed that in response to treatment, many patients developed not only fever, perspiration, night sweats, nausea and vomiting, but their skin lesions became larger and more inflamed before settling down and healing. Interestingly, they found that those who had the most extreme reactions healed the best and fastest. The patient might be ill for 2-3 days, but then their lesions resolved.

A Medical Example

The Herxheimer reaction is caused by the release of toxic chemicals (endotoxins) released from the cell walls of dying bacteria due to effective treatment. The Herxheimer Reaction is well recognized in medical circles and is certainly not confined to the world of natural medicine or supplements.

For example, a recent study report (Feb '04) on the treatment of Sarcoidosis found that, “. . . *without exception, the improving patients are reporting periodic aggravation of their symptoms as an apparent direct response to the antibiotics. In other words, these patients say that their treatment makes them feel much worse before they experience symptom-relief.*” The abstract of the study goes on to say, “*This phenomenon is known as the Jarisch-Herxheimer Reaction (JHR) and is often referred to informally as Herx. JHR is believed to be caused when injured or dead bacteria release their endotoxins into blood and tissues faster than the body can comfortably handle it. . . . This provokes a sudden and exaggerated inflammatory response In Sarcoidosis patients, the Herxheimer reaction seems to be a valuable indication that an antibiotic is reaching its target.*” In the conclusion, the author states: “*In my work with Sarcoidosis patients, it is my experience that recovering MP patients understand and welcome the Herxheimer reactions even when they must endure temporary increased suffering. They accept it as the price that they must pay in order to get well and they even seem to find it gratifying to experience tangible evidence of bacterial elimination.*”

Health Concerns:

- General Detoxification for Enhancing Immune Function and Wellness

Plan:

- Five to Ten day detoxification using combination UltraClear Sustain or Plus with blended vegetable and fruit juices and system detoxification as outlined below:

Diet Recommendations:

- It is recommended that you eat organic vegetables and hormone/antibiotic free meats and fish 2 weeks prior to beginning detoxification.
- Reduce food portion sizes by 40% and eat more frequent meals less volume
- Water consumption to avoid dehydration must be 1.5 liters per day which is 12 glasses 6 ounce
- Onions and garlic to assist in eliminating intestinal pathogens, improve gastrointestinal and liver health.
- Eliminate foods that contain hydrogenated fats, partially hydrogenated fats, trans fats, sucrose, fructose, corn syrup, aspartame, and sugar.
- Increase consumption of foods that support the liver such as: dark leafy greens (kale, swiss chard, turnip and beet greens, spinach), broccoli, cauliflower, garlic, onions, lemon, lemon water, beets, to name a few.

Nutritional Recommendations:

- UltraClear Plus or Sustain, start out gradually and follow the day to day guidelines in the Quick-start guide to prevent bloating. It can replace breakfast if you add rice milk and 1 cup of blueberries with 2 tsp of cod liver oil (lemon flavored).

UltraClear SUSTAIN is a fortified, powdered beverage mix designed to provide nutritional support for gastrointestinal function. UltraClear SUSTAIN provides nutrients required by the gastrointestinal mucosal cells for cell differentiation, growth and function, along with prebiotic nutrients to nutritionally support the proliferation of friendly bacteria. UltraClear SUSTAIN is often used as nutritional support for the Repair and Reinoculate phases of a 4R™ gastrointestinal support program. (The four "Rs" refer to Remove, Replace, Reinoculate, and Repair.)

Additional Nutrients

- Cod liver oil, 1 tablespoon daily for omega-3 essential fatty acids.
- You can continue to take your other supplements while on this program.
- FortiFlax 1 tablespoon 2X day (fiber support)
- Ascorbyl Palmitate (Vitamin C) 500mg 2x a day – may need to increase to 4x a day.

Other Essential Recommendations:

- Drink 1.5-2 Q of water every day.
- Sleep 7-8 hours every night
- Saunas (infrared), Jacuzzi and steam baths aid elimination if done in moderation do not stay in too long recommended 7 minutes during detoxification. If Jacuzzi is chlorinated. **I recommend that you do not choose it as a form of relaxation. If you have a jetted tub you can fill with fresh water that is fine. Do not stay in longer than 10 minutes during detoxification**
- During the two weeks prior to detoxification begin to get in the habit of taking 1/2 hour for each meal. Eat slowly and chew thoroughly. Do not read or watch TV while eating

Five to Ten Day Detoxification Schedule

After coming off of the two weeks of whole food eating you are now ready to begin your detoxification course. During this time you will be drinking blended fruit and vegetable juices with a Rice Protein medical food to sustain you through your detoxification. The schedule is as follows:

Sample Day

- Six 12 ounce servings of blended vegetable and fruit juice organic fresh with 1 scoop of Ultra Sustain per 12 ounce serving. Water should be consumed in between juice times. Serving times should be as follows:

Blended Juice Rice Protein Serving Times

- 8:00 am 10:00am 12:00pm 2:00pm 4:00pm 7:00pm

Water Serving

- 6-8 ounces of water between juice times

SELECTION AND PREPARATION OF JUICES

Fresh juices made from raw vegetables can supplement our diets in unique ways:

- **Raw juices are concentrated foods** - juices extract the vitamins and minerals, leaving out much of the indigestible fiber. In this way we can take in a larger quantity of nutrients.
- **Raw juices are live foods** - when fresh, the raw juice contains the active life giving enzymes which are thought to assist our digestive and assimilative activities.
- **Raw juices satisfy the appetite** - and can actually reduce the desire for high calorie, nutrient poor food.
- **Raw juices contain medicinal substances** - these include antimicrobials, hormone substrates, anti-oxidants, diuretics, chlorophyll, mucus dissolving substances, etc.

Major nutrients in vegetable juices are: beta-carotene and other carotenes, B-vitamins (including folic acid), vitamin C and K, bioflavonoids, all minerals including iron, calcium, magnesium, potassium, chromium, selenium, etc.

Minor nutrients include vitamins D and E. Most large fiber is removed although small pieces of soluble fibers can remain.

Preparation of Juices

- Select a variety of raw, fresh, unblemished vegetables, organic when possible. Clean and wash thoroughly, preferably with an organic soap.
- Use a juicer, not a blender. The juicer should extract the juice into one container and discharge the pulp into another. Cost for juicers of this type range from \$70-\$300.
- Cut the vegetables into pieces, juice them and mix the various juices together.
- Drink the juice immediately because the live enzymes can start the deterioration of the juices together.
- Drink the juice immediately because the live enzymes can start the deterioration of the juices quickly.
- The pulp makes excellent garden compost.

Which raw juices do I use?

- Alfalfa - rich in all minerals and chlorophyll
- Asparagus - can be a diuretic
- Beet (tops & root) - cleansing to the liver, stimulating to digestion
- Cabbage, broccoli, kale, brussel sprouts - cleansing effect on mucus membranes of the intestine and colon; may produce intestinal gas until this cleansing is complete, can help relieve ulcers and constipation.
- Carrot - nutritional, including excellent antioxidant
- Celery - satisfies thirst, helps balance intake of inorganic minerals.

Which raw juices do I use? Con't

- Cucumber - a diuretic rich in potassium
- Chard (dark leaves) - many minerals including calcium and magnesium
- Leek, onion, garlic - dissolves mucus, anti-bacterial, anti-parasitic, anti-fungal
- Parsley - benefits the blood vessels, urinary tract and nervous system
- Parsnip - rich in silicon
- Spinach - iron, cleansing and healing to the colon
- Yam - has hormone strengthening compounds; bioflavinoids

Start with one ounce of each of five or more of these vegetables. If the taste is unfamiliar, add some apple or tomato. Gradually increase the amount of combined juices up to one or more pints per day. Decrease the apple and tomato and add other vegetables as desired. Plan to vary the juices to have a larger range of nutrients and reduce the chance of developing allergies.

Fruit Juices

Use these sparingly as they are higher in sugars and lower in nutrients. The fruit juices are just to accent taste and not dominate the juice. Cranberry juice, pear, apple, black cherry, apricot, berry drinks, etc

Enhancing Elimination and Immune Function

During the process of detoxification you will be also encouraging elimination and immune strengthening. The listed systems below are vital to encourage better elimination and immune health and wellness

SKIN

1. Dry brush the entire body (except the face) before bathing, gently but thoroughly, three times a week.
2. Take warm to hot epsom salt baths, using one to two pounds of epsom salts plus one cup sea salt, once to twice weekly. Drink plenty of water during and after the baths.
3. Use vegetable oil soaps and moisturizers rather than animal fat products, which tend to clog skin pores.
4. Choose herbal deodorants, if needed, instead of antiperspirants, which inhibit sweating, a very natural and important avenue of body detoxification.

Enhancing Elimination and Immune Function Con't

LUNGS

1. Practice deep relaxed breathing twice daily (before rising in the morning and falling asleep in the evening are often convenient times). Technique: while lying on the back, place one hand over the chest and the other on the lower abdomen: inhale deeply; first feel the lower lungs fill with air as the lower hand rises, then the upper lungs fill as the upper hand rises; exhale deeply; feel the upper then lower lungs empty of air.
2. Do aerobic exercise (according to an individual's fitness level.) This may be walking, running, biking, swimming, or aerobic dance, for example. Sessions should last 20 to 45 minutes and be done three to five times weekly.

LIVER

Limit substances that especially burden the liver such as: alcohol, caffeine, nicotine, preservatives, and dyes. Also take into account environmental toxins such as car exhaust, chemical fumes, and work-related toxic substances. This is also necessary to remove gall bladder sludge

- Lemon puree with 1 tsp olive oil and 1 tsp lecithin oil every morning 15 minutes before food
- Livit 2 2 capsules daily
- Milk Thistle Extract 500-600mg daily
- 1 cup of dandelion and brewed dandelion radish and lotus root tea 2X day

BOWEL

During detoxification you will be taking Thurmon's detoxification formula and Proflora. Thurmon's formula you will take 2 capsules daily and HLC Plus 1 packet daily

After your detoxification it is essential to maintain good habits as listed below

1. Eat vegetables, salads, and fruit daily to decrease the transit time of food wastes through the gut.
2. Include high fiber natural grains, in the daily diet, such as rice, oats, barley, millet, and quinoa, which help soften stool and increase absorption of toxins into stool.
3. Note that aerobic exercise also helps to positively regulate bowel function.
4. Limit dietary intake of highly processed foods, which tend to constipate and increase the body's toxic load.
5. HLC Intensive _ packet daily for building the proflora

Enhancing Elimination and Immune Function Con't

KIDNEYS

- Drink 1.5- of water every day. Be sure to select beet juice as part of you vegetable juices

LYMPHATICS

1. Perform a regular stretching program to release muscle imbalances and constrictions, which, in turn, increases the blood and lymphatic circulation. See *Strengthening* by Bob Anderson, “Basic Body Stretch” by Michelle J. Pouliot, or Yoga and Tai Chi for stretching program ideas.
2. Receive regular light massage therapy, once weekly is ideal, to increase blood and lymphatic circulation.
3. Finish a hot shower with a one-minute cool or cold water rinse, which causes a superficial circulatory flush and stimulates the central nervous system.

STRESS REDUCTION

1. Throughout the day if experiencing stress, stop and sit quietly, take three deep breaths as described earlier, allow the shoulders to drop, and imagine tension flowing down and out of the body through the soles of the feet.
2. Take 30 minutes to one hour daily, to be quiet and allow the mind to be still.

Completion of this detoxification program requires you to know observe better eating habits and I recommend that you consider following the 28 day UltraClear system of eating after the detoxification and then at least 2-3X year consider the detoxification program for optimal wellness. An attachment for the 28 day program is included

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