

HOW TO GET RID OF THE HARMFUL TOXINS
IN YOUR BODY

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INTRODUCTION

It's a sad fact that sooner or later, we all have to accept the fact that we regularly ingest toxins into our bodies. When I say toxins, I don't necessarily mean harmful toxins like drugs. Some of the toxins that we put into our bodies come from foods that we eat everyday too.

Foods that we trust to make us healthy like fresh fruits and vegetables often have pesticides on them that the farmers use that can cause severe problems. The fact is that even the air we breathe through pollution brings toxins into our bodies. There are few things that don't bring toxins into our bodies and the key is to know how to get rid of them.

If we don't learn how to get rid of those harmful toxins we will experience a wide variety of health problems such as: intestinal problems, respiratory problems and colon problems. That is not all, but you get the point. That is why writing this guide came to me. This is going to be your comprehensive guide to getting the harmful toxins out of your body.

If you have ever worried about what the elements and the food you are eating is doing to your body, you will find out here. If you have ever wondered how to get rid of them and live a healthier lifestyle, you will learn it here. Don't let the world's filth take over your body. Use the advice in this guide to make sure that you are as healthy as you can be.

Diet and exercise are naturally the best way to stay healthy, but getting rid of harmful toxins should also be on your to do list. Its easier than you thought, so why not give it a shot?

WHAT TOXINS AM I EXPOSED TO?

When it comes to getting rid of the harmful toxins in your body, it helps to know what you are exposed to every day as well as where these toxins are coming from and where can find them. It is amazing but you can find many of these toxins in things that you would not even think had them in there. So I am using the first section to identify these toxins and what they can do to you.

This list only contains the more widely known chemicals and additives that can be found in your body and the foods that they are found in. There are thousands more in use but it is a good start. Many of the chemicals listed below are suspected or known carcinogens, toxins, hormone disruptors, poisons and contaminates; so you will want to know what they are. I've listed them in alphabetical order to make them easier to spot.

Acesulfame K

this is a common sugar substitute that is found in pudding, chewing gum, non-dairy creamers, instant coffee mixes, tea mixes and gelatin desserts. It is know that these may increase cancer in people.

Acetone

this is also known as Dimethylketone, 2-Propanone, Beta-Ketopropane. When you inhale this in moderate to high amounts, even for a short time, it can result in entry of acetone into bloodstream where it is carried to all of the rest of your organs. What this can do is be a nose, throat, lung and eye irritant, headaches, confusion, increased pulse rate, effects on blood, nausea, vomiting and unconsciousness, and even a coma. This also shortens the menstrual cycle in women. The long term effects include kidney, liver and nerve damage, increased birth defects, metabolic changes and coma. This is commonly found in nail polish remover.

Acetaldehyde

this can be found in many nail care products like polish. It is commonly known to cause cancers in people.

Alcohol

we all know what this is. This had been known to have something to do with oral cancer. Commonly this is found in mouthwash, astringent, toothpaste, cleansers.

Alkyl-phenol Ethoxylates

this can actually reduce sperm count. Found in shampoo and bubble bath.

Alpha Hydroxy Acid

this actually destroys skin cells and leaves skin more susceptible to damage from the environment, pollution and it causes skin cancer. This actually ends up aging skin whereas it advertises that it makes skin look and feel younger. Found in anti-aging facial creams and lotions.

Aluminum

this causes central nervous system damage and it has recently been linked to Alzheimers. Found in antiperspirant deodorants.

Ammonium Glycolate

this is what is called a photosensitizer and has the potential to increase risk of sunburn and skin cancer by intensifying UV exposures in deep skin layers. This can start an immune system response that includes itching, burning, scaling, hives, and blistering of skin. This can also alter the skin's structure, allowing other chemicals to penetrate deeper into the skin, which will cause the amounts of other chemicals that reach the bloodstream to increase. Found in most body products like lotions etc.

Ammonium Persulfate

This is most often found in hair color and bleaching kits and can cause your immune

system response that can include itching, burning, scaling, hives, and blistering of skin, lung problems and can start asthma attacks or other problems with the lungs and other airway passages.

This is an immune system toxin, respiratory toxicant, skin or sense organ toxicant, that has been deemed toxic in one or more studie(s).

Aspartame

this is commonly found in sugar substitutes. People who are affected by this often report dizziness, headaches and even seizures. Scientists believe it can alter behavior due to altered brain function. Long term effects are still unknown. Found as a sweetener in foods and some body products, such as shaving gel and diet sodas.

Bentonite (Clay)

this can suffocate skin: does not allow CO₂ out or O₂ in. Traps toxins. Found in soaps, facial masks and cosmetics.

Benzene

when you inhale high levels of this it can cause headaches, rapid heart rate, tremors, confusion, unconsciousness and death. Hodgkin's and Lymphomas result from inhalation. This is found in such things as detergents, drugs, pesticides and adhesives.

Benzoic Acid

when you inhale this stuff it mostly affects your nervous system and it is also relatively toxic. It is also a severe eye and skin irritant. This is used as a food preservative and is found in pharmaceuticals and cosmetics as well as canned goods.

Benzoic / Benzyl / Benzene

this actually contains popular carcinogens, and an endocrine disruptor, which may cause birth defects. Found in shower gels, shampoos, bubble bath.

BHA - BHT

This substance is actually banned in other countries, because these two preservatives are considered carcinogenic but they still remain in U.S. manufactured foods that contain oil as they retard rancidity. You find this in canned foods and body products.

Bronopol

this substance may break down into formaldehyde, and it may form carcinogenic nitrosamines. This is found in many different body products.

Butylparaben

this substance poses a potential breast cancer risk and offers an endocrine disruptor which can cause infertility or development problem, as well as an increased risk for certain types of cancers, itching burning and blistering of skin. This is also found in body products.

Carboxymethylcellulose

This can usually be found in cosmetics, and human inhalation and could cause chemical pneumonitis.

Coal Tar Dyes

these can cause severe allergic reactions, asthma attacks, headaches, nausea, fatigue, lack of concentration, nervousness, increased risk of Hodgkin's disease, non-Hodgkin's lymphoma and multiple myeloma. You find this mostly in bubble bath, hair dye, dandruff shampoo, toothpaste and foods.

Cocamidopropyl Betaine

this stuff can cause, itching, burning and blistering of skin. It is synthesized from coconuts; this chemical is found in body products and may be labeled natural or organic.

Coumarin

this used to be the most active ingredient in rat poison. It is a carcinogenic ingredient that is used in the manufacturing of deodorants, shampoos, skin fresheners and everyday perfumes.

D&C Yellow 11

This substance is found in: Lip gloss, polish remover, nail polish, bath oil/salts/soak, body spray, moisturizer, lipstick, styling gel/lotion, bar soap, after sun products, cologne, nail treatment and eye products.

DEA: Diethanolamine

this is a chemical that is usually used as a wetting or thickening agent in shampoos, soaps, hairsprays and sunscreens, and it blocks absorption of the nutrient choline, which is essential to brain development in a fetus.

Ethylacrylate

This substance is found in some mascara's and it is also suspect as a cause of cancer in people.

Hydroxyethyl Alcohol

This substance is found in styling gel/lotions. It is considered unsafe for use in cosmetics.

TEA: Tea, Triethanolamine

Very common but can result in tremors, nausea, heart palpitations and nervousness

NDEA

This forms when DEA reacts with nitrosating agents or the actual addition of nitrite as a preservative. Since it is impossible to trace, it is imperative to avoid all products containing DEA as it is a known carcinogen. Often used in cosmetics to adjust the pH, and used with many fatty acids to convert acid to salt.

TEA

This can cause allergic reactions including eye problems, dry hair and skin, and could be toxic if it is absorbed into the body over a long period of time. Repeated applications to the skin of DEA-based detergents resulted in a major increase in the incidence of liver and kidney cancer also. This chemical is mostly found in shampoos, skin cream, bubble bath, shaving gel, conditioner, and lotions.

Diacetyl

this is an additive that tastes like butter but it causes a serious lung condition called bronchiolitis obliterans. This is mostly found in foods, like microwave popcorn.

Dibutyl phthalate (DBP)

This is a chemical that is used to keep nail polish from chipping, and it has been connected to long-term fertility issues in newborn boys.

Dimethicone

This is a silicone type of emollient which coats the skin and prevents toxins from getting out! It can also promote tumors and accumulate in the liver and lymph nodes. Found in lotions and creams.

Disodium EDTA

This is particularly harmful if it is swallowed or inhaled, and it causes irritation to skin, eyes and respiratory tract. Found in cosmetics.

Elastin

Suffocates skin by not allowing moisture in or out. Found in facial creams and body lotions.

Fluoride

with fluoride, you have to be careful because this may contain lead, mercury, cadmium and arsenic. How it works is that it accumulates in body and contributes to bone disease. It is a carcinogenic that is found in toothpastes.

Formaldehyde

this substance is actually a carcinogen and neurotoxin that can be fatal if it is swallowed, absorbed through skin, or inhaled. It can cause spasms, edema, chemical pneumonitis and is particularly hard on tissue of the mucous membrane, this chemical is found in many of the common nail care products that u find today. It is known to cause cancers in people. But it is not just relegated to nails stuff, it is also found in baby shampoo, bubble bath, deodorants, perfume, cologne, hair dye, mouthwash, toothpaste, and hair spray.

Fragrances (Synthetic)

Some perfumes out there today contain hundreds of toxic chemicals in them. Some, such as methylene chloride are carcinogenic. Some of these are so harmful to people that they cause brain damage or are neurotoxins.

Glycolic Acid

This is what is known as a penetration enhancer that actually alters your basic skin structure, and it allows the other chemicals to penetrate deeper into the skin, which will allow other harmful toxins to reach the bloodstream, skin or sense organs. It can cause itching, burning, scaling, hives, and blistering of skin. It is a toxicant, neurotoxin, kidney toxicant, gastrointestinal or liver toxicant that is found in creams, lotions, and cosmetics.

GMO/Genetically Modified Organism

These are plants, animals or foods that have been genetically modified, genetically created or changed in some way. You have to eat foods like corn, soy, and tomatoes

etc. GMO food is not labeled this way in the U.S. Almost all other countries have banned the use of GMO in food and body products due to insufficient testing.

High Fructose Corn Syrup/HFCS

High consumption of fructose has been viewed as a leading factor in heart disease. It raises blood levels of cholesterol and triglycerides. It makes blood cells more prone to clotting, and it may also speed up the aging process.

Hydrogenated/Partially Hydrogenated Oils

Hydrogenated oils contain very high levels of trans fats. Trans fats are poisonous like arsenic. Partially hydrogenated oils will kill you in the long term by producing diseases like multiple sclerosis and many of the allergies that lead to arthritis.

Hydroquinone

This is a severely toxic and very powerful chemical. It is found in skin lightening products and hair dyes, this chemical alters the skin's natural structure inhibiting the production of Melanin. Without natural protection, the skin is more susceptible to skin cancer caused by sun exposure.

Hydroxymethylcellulose

This is used in cosmetics and inhalation could cause chemical pneumonitis.

Isobutylparaben

this poses a potential breast cancer risk. Itching, burning and blistering of skin. Found in body products.

Isopropyl Alcohol

This is a moderately toxic chemical causing flushing, pulse rate decrease, blood pressure lowering, anesthesia, narcosis, headache, dizziness, mental depression, drowsiness, hallucinations, distorted perceptions, respiratory depression, nausea, vomiting and coma.

Kajoic Acid

this is a chemical that inhibits melanin production. It is used in skin lightening products, and it damages the skin and makes it more susceptible to cancer.

Kaolin (Clay)

Suffocates and weakens skin. Found in face powders and cosmetics.

Lacquer

this actually can cause eyelashes to fall out. Found in mascara.

Lanolin

While lanolin itself is good for the skin, it may contain carcinogenic pesticides such as DDT, lindane, dieldrin and other neurotoxins. This can cause rashes, and is found in body products.

Lye

this can dry and damage skin. Found in bars of soap.

Magnesium Stearate

this substance may contain phosphatidyl choline which collapses cell membranes and selectively kills T-Cells which breaks down the immune system. This is also an exceptant that is used to bind medicinal pills and make them smooth it is also used in pharmaceuticals, foods, talcum powder, ammunition, and as a drying agent in paints.

Methylisothiazoline, or MIT

used frequently this causes neurological damage. Found in shampoo.

Mineral Oil

this additive clogs pores, locks in toxins, suffocates and dries skin and inhibits your

skins natural oil production and increases dehydration. Causes testicular tumors in the fetus, deposits accumulate in the lymph nodes and prevent absorption of vitamin A from the intestines. This is found in blush, baby oil, lotions, foundation and creams.

Monosodium Glutamate/MSG

MSG is an excitotoxin, which causes nerve damage and allergic reactions and is found in many foods.

Neotame

Neotame is actually a reformulated form of aspartame. Neotame also contains aspartic acid, phenylalanine, and a methyl ester. It can cause brain lesions and neuroendocrine disorders. People who are sensitive to processed free glutamic acid (MSG) often have the same problems with aspartame, and people who are sensitive to aspartame experience similar reactions to MSG. This substance is found in soft drinks, prescription drugs, and basically all processed foods.

Nitrate - Nitrite

While nitrate on its own is harmless; it can easily be changed to nitrite. When nitrite combines with secondary amines, it forms nitrosamines: which are extremely powerful cancer-causing chemicals. The chemical reaction occurs most readily at the high temperatures of frying. Nitrite has long been suspected as being a cause of stomach cancer.

Nitrosamines

this is a very powerful, cancer-causing chemical formed at high temperatures when the nitrite combines with secondary amines.

Olestra

While this is actually fat-free, this additive has a fatal side effect to it: in that it attaches to valuable nutrients and flushes them out of the body. Olestra is what replaces fats in 'fat-free' foods.

Paraffin

this is a potential carcinogen that can be found in cosmetics and food.

PEG Stearates

this might be contaminated with chemicals that are linked to cancer or other significant health problems. You find it in cosmetics, creams and foods.

PEG

This may contain ¼-dioxane which is a possible carcinogen, estrogen mimic and endocrine disruptor. It can only be removed from a product through vacuum stripping during processing. This is often found in foods and body products.

PEG-12 Distearate

this substance may contain harmful impurities or form toxic breakdown products that have been linked to cancer or other significant health problems. Found in creams, lotions, cosmetics and foods.

PEG-80 Sorbitan Laurate

this substance may contain harmful impurities or even create its own toxic breakdown products linked to cancer or other significant health problems, gastrointestinal or liver toxicity hazards. Found in cosmetics, creams, lotions and foods.

Petroleum

this actually suffocates skin and traps toxins in the body, clogs pores. It is found in lotions, skin creams, and body jelly.

Phenoxyethanol

this substance has been known to show a possible connection to reproductive or developmental harm to fetus, it also has a potential for reduced fertility, and is

classified as toxic and an irritant, potential risks to wildlife and environment through excretion of body product toxins and disposal of cosmetics.

Phthalates

this has been proven to cause damage to liver, lungs, kidneys and reproductive system, especially forming testes. This is also found in vinyl flooring, plastic wallpaper, and children's toys. It actually accumulates in body. Found in perfume, hair spray, deodorant, nail polish, hair gel, mousse, body and hand lotion. It will not be listed on the label though.

Polyethylene Glycol /PEG

this is relatively toxic, and it is an eye irritant and possible carcinogen. Many glycols cause severe acidosis, central nervous system damage and congestion. Can cause convulsions, and even mutations. Found in cosmetics, body products, foods, lotions.

Polypropylene

this is a possible carcinogen. Found in lipstick, mascara, baby soap, eye shadow.

Polyquaternium-7

this substance may contain harmful impurities and even form toxic breakdown products that are linked to cancer or other significant health problems. It is found in body products.

Potassium Bromate

this is an additive that increases the volume and crumb of bread, and is considered carcinogenic.

Propylene Glycol

this actually causes kidney damage, liver abnormalities, inhibits skin cell growth, damages cell membranes causing rashes, surface damage and dry skin.

It gets absorbed into blood stream and travels to all organs. Many glycols produce severe acidosis, central nervous system damage and congestion. This can actually cause convulsions, mutations, and surface EEG changes. It is derived from petroleum products. Information about propylene glycol warns against contact with eyes, skin and clothing. It also says inhalation can cause irritation of nasal passages, ingestion can cause nausea, vomiting and diarrhea. It is found in shaving gel, lotions, shampoo, conditioners, foods, deodorant.

Propylparaben

this substance can cause a potential breast cancer risk and endocrine disruptor which affects and causes impaired fertility or development, and increased risk for certain cancers, itching burning and blistering of skin, gastrointestinal or liver toxicity hazard. It is poisonous and moderately toxic. Found in body products.

Quaternium-7, 15, 31, 60 etc.

This is very toxic, and causes skin rashes and allergic reactions. There is some proof that it can be related to multiple myeloma, non-Hodgkin's lymphoma and other cancers. Found in body products.

Sodium Chloride

This is nothing more than table salt in its basic form. It causes eye irritation, some hair loss, and dry and itchy skin. Found in shampoo and is used as a thickener.

Sodium Hydroxymethylglycinate

this can be contaminated with or breaking down into chemicals linked to cancer or other significant health problems. It is most often found in facial moisturizer, facial cleanser, facial treatments, skin fading and lightening products, anti-aging products, eye makeup remover, concealer, makeup remover, around eye cream, acne treatment, shampoo, conditioner, styling lotion and gel, styling mousse and foam, hair spray, and even hair relaxer.

Sodium Nitrite

This is what causes meat to look red rather than gray, and gives meat an overly long shelf life of months. It is clinically proven to cause leukemia, brain tumors and other forms of cancer.

Soy

this popular substitute for dairy contains several naturally occurring compounds that are toxic to humans and animals. Soy foods block calcium and can cause vitamin D deficiencies. Almost all soy foods contain MSG in them, which cause neurological problems.

Soy products inhibit thyroid function, which may lead to fatigue and mental issues. Infants who are on soy formula are vulnerable to developing autoimmune thyroid disease when they are exposed to high amounts of isoflavones over time. These Isoflavones have been found to have serious side effects for people, including infertility, thyroid disease or liver disease.

SLS (Sodium Lauryl Sulphate)

this substance basically builds up in heart, lungs, brain and liver from skin contact and may cause damage to them. It actually corrodes hair follicles and may cause hair to fall out. It also damages immune system. This is a detergent derived from coconut oil and may be labeled natural or even organic. Found in toothpaste, soap, shampoo, body wash, bubble bath, facial cleansers.

SLES (Sodium Laureth Sulfate)

Ether mixtures may contain carcinogenic nitrosamines. This may cause hair loss when it is applied to scalp. Found in shampoo, toothpaste, bubble bath, body wash, soap.

Stearalkonium Chloride

this is toxic and causes allergic reactions and is used in hair conditioners.

Sulfites

Can cause reactions if you are an asthmatic, and lead to death. Sulphites are now banned on all foods except raw potatoes, wine and dried fruit.

Talc

this is a cCarcinogenic when inhaled, may result in fallopian tube fibrosis. Found in blush, condoms, baby powder, feminine powders, foot and body powders.

Toluene

this is actually poisonous to humans. It causes hallucinations, bone marrow changes, may cause liver and kidney damage and birth defects, endocrine disruptor and potential carcinogen that has been linked to brain cancer. It irritates respiratory tract. Found in nail polish and cleaning products.

Triclosan

this substance is found in a lot of antibacterial soaps and toothpaste products, it can react with chlorine in the tap water to create Chloroform. This is a toxic chemical that can give you cancer. When you wash your hands with antibacterial soap that contains Triclosan, you are getting the fumes emitted from this chemical reaction.

Zinc Stearate

this is a carcinogen that is found in blush and powder foundation

Whew! As you can see many of your every day products and food that you eat can give you a toxic reaction that can cause many problems and even death! It is for this reason that you really need to be able to detox your system.

USING DETOX DIETS

Detox diets are a very popular way that people use in order to get rid of the harmful toxins that we ingest every day. These diets encourage you to eat natural foods and also encourage you to ingest lots of water and veggies which is all stuff you know is good for you. You hear about celebrities going on detox diets all of the time, and people who go into drug or alcohol rehabs are said to be detoxing as well, so you may wonder if it would be safe and ok for you to do as well.

This is not really the case. Like many other fad diets, detox diets can have harmful side effects, especially for teens. First of all, toxins can come from food or water, from chemicals used to grow or prepare food, and even from the air that we breathe as I mentioned above. Our bodies bring in toxins and then process those toxins through organs like the liver and kidneys and eliminate them in the form of sweat, urine, and feces.

Although detox diet theories have not actually been proven scientifically, the people who support detox diets believe that toxins don't always leave our bodies properly when we use the bathroom. Instead, they say that these toxins hang around in our digestive, lymph, and gastrointestinal systems and even in our skin and hair.

These toxins can cause all kinds of problems, like tiredness, headaches, and nausea. So the basic idea behind the detox diets is to temporarily give up certain kinds of foods that are thought to contain these toxins in the first place. The idea is to purify and purge the body of all the harmful stuff.

Although detox diets vary by a great deal, most of them involve some version of a fast: which is, giving up food for a couple of days and then gradually reintroducing certain foods into the diet. Many of these diets also encourage you to undergo a complete colonic irrigation, otherwise known as giving yourself enemas to clean out

your colon. Of course, there are still others that recommend that you take herbal supplements to help speed the cleansing process.

There are tons of detox diets out there to choose from. Typically they involve 1 or 2 days on a completely liquid diet and another 4 or 5 days slowly adding brown rice, fruit, and steamed vegetables to the diet. After a week of eating only these foods, you gradually reintroduce other foods with the exception of red meat, wheat, sugar, eggs, and all prepackaged or junk foods.

Lots of claims are made about what a detox diet can do for you like preventing and curing disease to giving people more energy to making them more focused and clearheaded. Of course, eating a diet that is lower in fat and higher in fiber can help many people feel more healthy, but certain aspects of these detox diets claim that this is because of the elimination of toxins. This actually does help to clean out your system, but there are some things that you should beware of first.

Basically, to begin, detox diets are intended for short-term purposes only and should not be taken for a long period of time. You should not use a detox diet if you are trying to lose weight.

Because normal teenagers need lots of nutritional foods in their diet, like enough calories and protein to support rapid growth and development, diets that involve fasting and severe restriction of food are not a good idea for them. For teens who are highly athletic, fasting does not provide you with enough fuel to support these activities. It is for these reasons; detox diets can be especially risky for teenagers. It is not recommended that people with diabetes, low blood sugar, or eating disorders go on detox diets either.

You should also know that this type of diet can be addictive. That's because there's a certain feeling that comes from going without food or having an enema which can feel

like a high that some other people get from nicotine or alcohol. This can become a dangerous addiction that leads to major health problems in the long run.

Also, many of the supplements that are used during detox diets are actually laxatives, which are designed to make people go to the bathroom more often. Laxative supplements are never a good idea because they can cause dehydration, mineral imbalances, and problems with the digestive system.

Finally, people who fast for days on end may drop pounds, but most of it will be water and some of it may be muscle which your body needs. Fasting for longer periods can also slow down your metabolism, making it harder to keep the weight off or to lose weight later.

We're not telling you that eating lots of veggies and fiber and drinking lots of water is a bad idea, but even good things can be overdone. For proper health you need to have a balanced nutritional level that you can only get by eating such foods as protein from lean meats, eggs, beans, or peas and calcium from low-fat or fat-free milk or yogurt.

You definitely shouldn't start a detox diet or stop eating from any major food group without talking to your doctor or a registered dietitian first. The human body is designed to purify itself. Your liver and kidneys will do the job they're supposed to do if you eat a healthy diet that includes fiber, fruits, veggies, and plenty of water.

When taken once every 6 months or longer, the detox diet is not harmful and will cleanse your body of the toxins that you want to be rid of. Just make sure that you are not over doing it or prolonging the diet for longer than you need to.

Herbal Body Wraps

The Herbal **body wrap** produces both therapeutic and cosmetic benefits by cleansing the body of toxins and reducing inches off of your body. **Body wraps** are great for anyone who wants to improve their body's tone and tighten the look and texture of their skin, including people with loose skin from weight loss or pregnancy. Also those people that suffer through joint pain and inflammation will benefit from the therapeutic effects of **body wraps**.

A simple home made body wrap can be made with a mixture of a clay and some natural sea salt. To create the simple **wrap** you can add more complex ingredients such as herbs and up to 2 tablespoons of an essential oil. Below is a real recipe of a body wrap that is popular among spas.

Sample of the essential oils that are needed

Lavender,
sage,
lemon,
sandlewood,
lemongrass,
rosemary,
grapefruit,
olive oil

Sample of the herbs needed

Alfalfa leaf powder,
ground basil,
chamomile flower powder,
rose petal powder,
rosehip powder

Clay Body Wrap Recipe

1 cup bentonite or green clay

1/4 cup sea salt

2 tbsp. olive oil

2 cups water

You will have to start by boiling water and add sea salt until it is completely dissolved. Add the rest of the remaining ingredients and stir. Adjust the water if necessary to make sure that you can form a wet paste.

Rub the mixture over your entire body and cover yourself with thin towels or a clean white sheet. Most salons will recommend that you use specific wrapping sheets because the compaction helps to squeeze the tissues together for greater results. Lay in the tub for a minimum of 45 min. to one hour and that is it.

Body wrap session

When you decide to have a body wrap session, there are a few things that you should do to make sure that the experience is a great one. Below are some tips to ensure that have the best experience possible.

- Body wraps are very messy so try and remember to keep the experience in the bath tub.
- It can also be very boring laying in the tub and staring at the ceiling for 45 minutes so if you want to make the experience more interesting, you can listen to your favorite music on a walkman or bring in a portable television.
- Take a warm shower before applying the wrap to open the pores.

- Drink lots of water both before and after your wrap to help flush out all of the toxins better.
- You can cover yourself with an inexpensive foil thermal blanket to help you to keep warm.
- Try to avoid caffeine, sugar, fried fatty foods, soda drinks and alcohol for the next 48 hours.

Epsom salts baths

Another simple way to draw many of the daily harmful toxins out of the body is to take a hot epsom salt bath. Hot water draws toxins out of the body and brings it to the skin's surface, and while the water cools it pulls toxins from the skin. When magnesium sulfate (epsom salt) is absorbed through the skin in a bath, it helps to draw toxins from the body, keep down any swelling you have and relax muscles.

Epsom salts get their name from the mineral rich waters of Epsom, England. For some reason I felt like I had to tell you that. Below is the actual Epsom salt bath recipe.

Epsom Salt Detox Bath Recipe

1 cup epsom salts

handful of sea salt

2 tablespoons of bath oil

You have to pour all of the ingredients into the tub while the tub is filling up.

PLEASE NOTE: Do not take hot baths if you have high blood pressure, heart, diabetic or kidney troubles.

Epsom Salt Scrub Recipe

you can simply massage a handful of epsom salts, mixed with 1 tablespoon of bath oil or olive oil, over wet skin to cleanse, exfoliate and soften the rough spots. Just make sure that you rinse extremely well.

Herbal Detox pills

Whole foods also contain other substances that are important for good health and a healthy detox program. Fresh fruits and vegetables, for example, contain naturally occurring food substances called phytochemicals, which might just help protect you against cancer, heart disease, diabetes and high blood pressure that you ingest into your system everyday as mentioned in the first section.

Many of them are also good sources of the antioxidants that you need which slow down your body's oxidation, which is a natural process that can lead to cell and tissue damage. If you depend on supplements rather than eating actual foods, you miss the potential benefits of these substances. That is why you must exercise caution when choosing pills as a your detox formula.

Many people don't get all of the nutrients they need from their diet alone because they either can't or don't eat enough foods or they simply don't eat the right combination of healthy foods. For some people, the use of multivitamins and mineral supplements as a detox program can provide vitamins and minerals that their diets often don't. Pregnant women and seniors have different nutritional needs and may also benefit from using a supplement with their diet.

Choosing and using herbal supplements

Supplements can be a great addition to your regular diet, but they aren't meant to be taken as food substitutes. They can't replace the hundreds of nutrients found in whole foods. But if you do decide to take a vitamin or mineral supplement, you really need

to consider these factors first when starting a detox program with supplements and pills:

- Check the labels before you buy them because you need to read all of the labels carefully before taking any pills. Product labels can tell you what the active ingredient or ingredients are, which nutrients are included in the supplement, the amount that should be taken, and the amount of nutrients that each serving offers. The label also gives you the right directions for safe use and tips for storage. Follow them all.
- Check for the “USP” on the label as well. Doing this will help you to know for a fact that the supplement offers you strength, purity, disintegration and dissolution.
- You will have to be very nervous about the products that use certain gimmicks and tricks to get you to buy them. Synthetic vitamins are usually the same as natural ones however with one major difference which is the cost.
- Be sure to check the expiration dates. Supplements can lose their potency over time just like everything else. If a supplement doesn't have an expiration date, it would be stupid to buy it. On the other hand if your supplements have expired, throw it away.
- Store all of them properly. Vitamins should be stored in a dry, cool place. You will want to avoid hot, humid storage locations, such as the bathroom. You will want to be especially careful with any supplements containing iron because an Iron overdose can lead to poisoning deaths among children.
- Before you start taking anything other than a standard multivitamin-mineral supplement of 100%DV or less, you should check with your doctor first because you may not be able to take certain supplements. High doses of some vitamins or minerals may cause health problems in some people as well. For example,

high doses of vitamin B-3 (niacin) can end up in or make liver problems a whole lot worse, and too much vitamin A over a long period of time may cause liver problems or weaken bones in women.

- Some supplements may interfere with your other medications as well. For instance, vitamin E isn't recommended if you're taking blood-thinning medications because it can make controlling your blood thinning more difficult.

As you can see, when it comes to using vitamin supplements for your health, you have to exercise some common sense and restraint. Most people assume that they do not have to worry about vitamin supplements because after all, they are “natural”, however; even vitamins can pose a health risk if taken to extremes. Below you will find some of the popular herbal solutions that are used as part of a detox program - each of which we have tried or have heard first-hand accounts that are positive.

[The 21-Day Sugar Detox Daily Guide: Simplified, Day-By-Day Handbook and Journal To Help You Bust Sugar and Carb Cravings](#)

Under \$20

[Body Anew - #1 Homeopathic Detox Kit](#) - Homeopathic remedies for the 5 critical systems in your body: Colon, Liver, Kidney, Lungs and Lymphatic System

[Super Colon Cleanse - All-natural by HealthPlus](#)

\$20

In addition - it is important during any body cleanse, detoxification or if you are on programs to fight off candida and/or parasite growth that you simultaneously cleanse the liver - otherwise it will be overloaded and will cause you more grief during your cleanse.

The best product we have found for liver detoxification is a long-used proprietary blend:

[Christophers Original Formulas: Liver and Gallbladder Supplement](#) - usually less than \$15

You can also seek out a homeopathic liver cleanse named - Unda 243. Your naturopath can supply you or some health food stores carry the full line of Unda homeopathic remedies.

Many people who suffer from severe indigestion, especially if it hits you between midnight and about 4AM actually have over-taxed livers - after a few days of taking Unda 243 are miraculously free of symptoms

"Detoxification" with Pills and Fasting

Frances M. Berg, M.S.

I have decided to include an article that was written by Frances M. Berg so that you can best decide how to better understand what I have been saying about the process. That article is below.

It's an irrational concept, yet an intriguing idea, that modern life so fills us with poisons from polluted air and food additives that we need to be periodically "cleaned out" ("detoxified"). Never mind that natural chemicals in our foods are thousands of times more potent than additives, or that most Americans are healthier, live longer, and can choose from the most healthful food supply ever available.

The elaborate, manipulative hoax of "detoxification" is gaining ground. Many people sincerely believe that their intestines, colon, and blood stream are subject to "clogging" by undigested foods and poisons. Food faddists seem to have a special fascination with bowels, colons, and body wastes.)

The supposed need to detox is promoted through extensive writings, advertisements and door-to-door pitches. This usually involves fasting several times a year for a few days while taking laxatives or diuretics to "clean out the system."

Some entrepreneurs claim that detoxing is a great way to jump-start a diet by losing 5 or 10 pounds before you even begin the diet itself. And if their scheme is not about weight loss, "rejuvenation" is typically recommended afterward. People who are persuaded that these activities will restore vigorous youth can wind up hooked on an herbal regimen that costs several hundred dollars a month. The questionable products include:

- In the "Inches Away plan," the client eats no solid food for three days, drinks only water with lemon juice and honey added, and takes three kinds of herbal capsules. This is claimed to cleanse the digestive tract of accumulated waste and putrefied bacteria, clean out the major organs and blood, and give mental clarity because it stops the mind's bombardment by chemicals and food additives. After three days of detox, the client takes four kinds of diet pills in combination, up to 30 a day, and visits the diet center for weekly body wraps and daily simulated action on 10 passive exercise tables.
- In the *Sambu Internal Cleansing Program*, "Dr. Dunner of Switzerland" advises detoxing by drinking a special tea with pills that combine elderberries and birch-juniper.
- The *Herbal Cleansing and Detox Program* from the Indiana Botanic Gardens of Hammond, Ind., includes a tea and tablets containing ginger, prickly ash,

yellow dock, cascara sagrada, psyllium and uva ursi. "With your body free of harmful toxins, you will feel younger, better, healthier and happier!" Claimed benefits are increased energy, better digestion, normal weight maintenance, clearer complexion, good circulation, mental alertness, balanced function of vital cleansing organs, and stronger defense system. (Cost for a supply of tea and tablets is \$29.90.)

- The Health Center for Better Living of Naples, Fla., promotes *Colon Helper* and an amusing theory: "It has been proven by medical authorities that nearly half of all sickness starts in the colon . . . when the colon is kept clean, disease in the body is very rare." After this the dieter might choose their *Trim Fast pills*, *Herbal Food Combination Weight Loss Formula #59*, *Dieter's Delight Herbal Tea*, or *Good-Bye Cellulite*.
- *Detoxification Relief* is marketed by Home Health of Virginia Beach, Va. It helps you stop harmful effects from "overindulgence," or from tobacco, alcohol and pollution.
- *Dr. Clayton's Natural Program for Weight Control* combines three kinds of pills, two for cleansing and one for weight loss. *Blood Cleanser* is claimed to "detoxify the blood and tissues," and the *Herba-Clenz* is for "cleansing and healing the bowel."

The detoxification theory can enable con artists to gain great power over their customers by diagnosing and curing "potentially fatal" (but nonexistent) illnesses. "They have to invent the idea of toxins," says Peter Fodor, president of the Lipoplasty Society of North America, "because that gives them something to pretend they can fix."

It can be terrifying to believe that one's body is being poisoned by toxins from within. But if this were true, the human race would not have survived, says Vincent F.

Cordaro, M.D., an FDA medical officer. "A person who retained wastes and toxins would be very ill and could die if not treated. The whole concept is irrational and unscientific."

The Tissue Cleansing Plan

For the health-conscious person that is eager to lose harmful toxins in the body you can also turn to the tissue cleansing plan which was actually created by a doctor to help you in getting rid of the toxins that are brought through your body and into your tissues. Below is a treatment plan that should help you detox.

7 Day tissue detox plan

To start this plan, you have to eat nothing for the full 7 days, other than the things that are specified during the program. If you experience a feeling of extreme hunger, you may drink herbal teas, clear potato peeling broth, vegetable broth or diluted fresh vegetable juices. Plenty of liquid is essential to the success of the cleansing program. If you find yourself feeling, The evening before starting the program take 2 herbal laxative pills.

LBSII (only if necessary)

Potato Peeling Broth Recipe:

Start by taking 3 large potatoes.

Cut peeling 1/4 inch thick.

Throw out the center of the potatoes because this is the acid part.

Use 4 carrots

8 sticks of celery

and a handful of parsley.

Now you will have to put all of this in approximately a quart and a half of water. Simmer for 20 minutes. Strain and drink about one pint of this liquid. Discard all of the veggies after using them.

Seven Day Tissue Cleansing Program- Schedule

First thing in the morning:-ENEMA

7:00 AM- Cleansing Drink

8:30 AM- Supplements with flaxseed drink and 2 tblsp. Liquid calcium or powder

10:00 AM-Cleansing Drink

11:30 AM -Supplements with an herbal tea

1:00 PM-Cleansing Drink

2:30 PM - Supplements with an herbal tea

4:00 PM Cleansing Drink

5:30 PM -Supplements, flaxseed drink

7:00 PM- Cleansing Drink

Bedtime- Immediately before retiring: 2 tbsp liquid calcium or powder, 1tblsp cod liver oil or 2 capsules.

Bedtime should be no later than 9:30

Please note that the actual times can vary according to your own daily schedule, but the interval time has to remain the same (every 1 1/2 hours)

Cleansing Drink Recipe (this is in two parts)

Part one: 2 oz. natural, unsweetened apple juice

8 oz. water (distilled)

1 tblsp liquid bentonite

1 slightly rounded teaspoon of psyllium hulls

Shake well and drink quickly (mixture thickens)

Part two: 10 oz water (distilled)

1 tblspn. apple cider vinegar Bragg's

1 tspn of honey

Both drinks are mixed separately . Drink in succession

Flaxseed Drink Recipe

Now you will want to soak 1 teaspoon of flaxseed in 1 1/2 cups hot water for 8 hours. (soak 1st drink the night before you begin the program) Strain and discard seeds; drink only the liquid and nothing else. Flaxseed drink can be prepared 1-2 quarts at a time for drinking in advance. It must be refrigerated and kept for a couple of days only. 1 1/2 cups is one serving.

At first you may experience diarrhea, gas, nausea, headaches, muscle pain, dizziness, and skin breakouts. However, they will diminish as the cleanse continues. Of course, if you feel they are serious consult a doctor, and if you are seriously ill or pregnant, you should not do this cleanse.

These recipes were provided by

<http://www.deepdownwellness.com/store/tissue.html>

Benefits and Dangers of Using Vitamin Supplements when detox has been used

Generally, when you partake in a herbal cleansing and vitamin plan for detoxing the body, there are some risks involved. Although vitamins are safe to use in supplement form, you can harm yourself in using them. This section is here to help you understand that herbal and vitamin...doesn't necessarily mean safe!

Vitamins and vitamin analogs (B₁, B₂, B₆, B₁₂, B₁₅, C, P, PP, A, E, and folic acid) include multivitamin prep, which are complexes of microelements that also have some anti-anemia factors with phospholipids and unsaturated fatty acids and enzymes.

It makes you wonder just which of these should even be used for vitamin supplements when going through a detox plan, you have to remember that certain vitamins are antagonistic: which means that high doses of one can interfere with the metabolism of others.

For example, if you are taking particularly large doses of B₁ it can interfere with the metabolism of B₂, B₆, C, and PP. Overdosing on B₁₂ will actually disturb the

metabolism of B₁, B₂, and folic acid; excess vitamin A interferes with vitamins C, E, and K. so it is reasonable to assume that it is better to use multivitamins and vitamin complexes that include both macro- and micro-elements in your detox program if you are to be safe.

Zinc has received quite a bit of attention lately because a zinc deficiency lowers immune response, adrenal hormones, sex hormones, sexual potency and sperm production. Some vitamins, however, are only appropriate to use during illnesses that require specific types of therapy. For example, multivitamins cannot replace therapeutic doses of vitamin A for dermatitis, boils, conjunctivitis, and laryngopharyngitis that can be caused by the very impurities that caused you to seek the detox in the first place.

Basic vitamin needs that come up when detoxing can be met with preventive doses of multivitamin preparations. Higher doses are appropriate only in the case of high altitude like on a plane, high or low temperature, intense ultraviolet radiation, weight loss, or after taking drugs that have anti-vitamin effects in them (antibiotics).

An example of this when you take a single dose of Neomycin which can lower your body's ability for vitamin A absorption; tranquilizers suppress your body's ability to use vitamin B₂; aspirin stops folic acid from metabolizing to the point that it actually damages the immune system over the long run.

The continuous use of excess vitamins can increase their excretion during the time they are taken and eventually causes them to breakdown after they have been taken. However if you have already experienced inadequate protein in your system due to a cleansing detox program, it is one of the main causes of vitamin deficiencies.

When protein intake is less than 2.0 g/kg of body weight, the recommended levels of vitamins C, B₁, B₂, and B₆ do not ensure that the body's needs will be completely met the way that they should be. Strength and speed-strength (football) athletes often

need more B₂, B₆, and C; endurance athletes need B₁ and C; women particularly need B₆.

When you stop to realize that most athletes' today already have unbalanced diets, I would personally recommend that they begin using preventive levels of multi-vitamins during periods of active training (such as summer-fall) when going through a detox regimen, which will help in increasing the levels during the periods of hardest training.

Most vitamins increase the athlete's ability to work only if the athlete is lacking them in the first place. If there isn't a deficiency present from the detox, higher levels do not necessarily offer a boost to their work capacity.

Most of the time it is best to use specific mixes of vitamins instead of the over-the-counter stuff you can buy; in particular, vitamins A, E, C, P, and PP in medium doses because they can be used to prevent increased blood coagulability during periods of intense aerobic or cardiovascular training. This is really true in the case of using detox as a dietary measure to lose weight.

Taking Nicotinic acid, along with higher levels of vitamins E, C, and P are necessary during these types of training. If you have gastro-intestinal problems vitamins can be given intravenously in conjunction with vitamin C for 2-3 weeks. Just so that you know, vitamins B₁ and B₂ should be stopped at least seven days before you do any particularly stressful actions so as to keep you from feeling sluggish, or sleepy.

Can taking mega doses increase performance in exercise?

Most vitamins, especially those that help synthesize coenzymes, do work to increase work capacity however only if you're is lacking in them in the first place. If no deficiency is present, higher levels of vitamins will not do anything for you. There is an exception to this rule which is vitamins that participate directly in metabolic

reactions, such as in the case of vitamin B₁₅. B₁₅ should always be used during training.

A three-day course of vitamin B₁₂ can boost your aerobic performance. However, it should be stopped at least 2-3 days beforehand if you want to avoid muscular tightness. Right now there is no convincing evidence that single high doses of ascorbic acid are going to make any changes in your performance. After high doses of vitamin C, work-capacity can decrease for up to 2-3 weeks.

The combination of B₁ and B₁₂ cause's side-effects more often than when they are taken separately. Stress, infections, and the use of antibiotics tend to bring about allergic reactions to vitamin B₁.

High doses of nicotinic acid can actually cause rashes, itching, boils, brownish skin, abdominal pain, diarrhea, nausea, vomiting, and irritate ulcers and much more. On rare cases we see allergic reactions to vitamins E and A. This is why you need to express caution when trying to use supplements to get your body back up and running after a strenuous detox process.

Ascorbic acid also has its side-effects. The use of high doses of ascorbic acid usually comes from the fact that it is unstable. However, there is another opinion: which is that vitamin C decreases capillary permeability, and in the end it stops nourishing your tissues and organs, changes blood factors with as well, disturbs your heart, and worsens neuromuscular transmission.

Long-term use of any type of ascorbic acid helps your body's calcium and kidney stones and, gastric ulcers, and duodenal ulcers. Finally, by making a habit of using the extra ascorbic actually heightens your body's sensitivity to the slightest deficiency, which will provoke any symptoms of acute C. I hope this helps you in realizing that getting your body back up after a cleansing can be stressful and hard on your body.

Getting your body Healthy after detox

Once you have gone through a detox program of any type, it is necessary to try to bring your body back to its healthiest state. In order to do this, you need to maintain proper nutrition as well as follow a balanced dietary program that includes whole foods which should be in regards to the food guide pyramid plan as proposed by the U.S. Department of Agriculture.

A long time ago, the U.S. Department of Agriculture created a powerful change to the nutritional values we used to live by. Do you recall the four food groups guide? Well it has been upgraded to the Food Guide Pyramid. This simple picture was used to show you what the USDA said were the elements of a healthy diet.

This pyramid was proven to be too generalized to be of any real use. It was certainly not right for every person to follow as some people are on strict diets, such as diabetics. Personally, I miss the simple pictures that showed you the four food groups because they were so much easier. The picture below shows the food guide pyramid.



This is the old food Guide Pyramid, provided by the U.S. Department of Agriculture

The old food guide pyramid has fortunately been replaced with the “My Pyramid” plan, which is almost exactly like the food guide pyramid but it is meant to help each individual to base the foods they eat on their own body’s needs and not so generalized as the one shown above. Even if it is flawed it still gives you the basics of healthy and nutritional eating to get all of your vitamins from whole foods. That is what you and your body will need if you are to get to you best health levels after a detox plan has been implemented.

Experts agree that the key to healthy eating is the time-tested advice of balance, variety and moderation. Basically, what this means is that eating a wide variety of foods without getting too many calories or too much of any one nutrient is best for you to maintain the best possible health and weight. Here are 10 tips that can help you follow that advice while still enjoying the foods you eat.

1. Eat a variety of foods that are high in nutrients for the best results. You need more than 40 different nutrients for balanced and good health, and no single food supplies them all. Your daily food choices should include a selection of natural bread and other whole-grain products; such as fruits; vegetables; dairy products; and meat, poultry, fish and other protein foods. How much you

should eat depends on your own specific calorie needs. Use the “My pyramid” for guidance as well as the Nutrition Facts panel on food labels as handy references.

2. You need to eat plenty of whole grains, fruits and vegetables. Recent studies and surveys show that most Americans don't eat enough of these foods due to fad diets and rapid detoxes. You should eat 6-11 servings from the bread, rice, and cereal and pasta group, which will help you get your whole grains.
3. Maintain a healthy weight with regular exercise and daily activity. The weight that's right for you depends on many factors including your sex, height, age and genetics so don't let magazines set your own standards. Excess body fat will increase your chances for high blood pressure, heart disease, stroke, diabetes, some types of cancer and other illnesses. Realize that being too thin can give you osteoporosis, menstrual problems and other health problems. If you're constantly fluctuating your weight you will need to get the help of a dietician. Regular exercise is also important to maintaining a healthy weight.
4. Eat moderately sized portions. If you keep portion sizes reasonable, it's easier to eat the foods you want to eat and still stay perfectly healthy. Did you know the recommended serving of cooked meat is 3 ounces, which is a lot like a half of a sandwich? A medium piece of fruit is 1 serving and a cup of pasta equals 2 servings. A pint of ice cream contains 4 servings.
5. Eat your meals regularly. Skipping meals can lead to out-of-control binging. When you're very hungry, it's also tempting to forget about good nutrition and run off and eat whatever is closest to you. Snacking between meals can help curb hunger, but don't eat so much that your snack becomes an entire meal.
6. There are some foods that you should slow down on but you do not need to get rid of. Most people eat for fun as well as nutrition. If your favorite foods are

high in fat, salt or sugar, the key to keeping them in your diet is to moderate how much of these foods you eat and how often you eat them.

You will need to learn how to identify where they are coming from and make the necessary changes. Adults who eat high-fat meats or whole-milk dairy products at every meal are probably eating too much fat and should chill out a bit.

It is wise for you to opt for skim or low-fat dairy products and lean cuts of meat such as flank steak and beef round which can reduce fat intake significantly if you prone to eat these types of foods regularly. If you love fried foods, however, you don't have to give it up. Just eat it less often. When you are dining out, share it with a friend, and be sure to ask for a take-home bag or a smaller portion.

7. Balance your food choices over a certain time period. Not everything that you eat has to be a perfect choice. When you are eating a food high in fat, salt or sugar, select other foods that are low in these ingredients. If you miss out on any food group one day, make up for it the next day. Your food choices over many days should fit together into a healthy pattern.
8. Know what your diet pitfalls are. If you want to improve your eating habits, you will first have to know what's wrong with them in the first place. Write down everything you eat for three days. Then check your list according to the rest of the tips that are listed here.
9. Make changes to your diet gradually and don't rush yourself. Just as there are no easy answers to a healthy diet, don't expect to totally revamp your eating habits overnight because that just isn't realistic. Changing too much, too fast can get in the way of your success. Begin to remedy your problem habits with modest changes that can add up to positive, lifelong eating habits.

10. Remember, foods are not good or bad. You need to take the time to select the foods you choose to eat based on your total eating patterns, not whether any individual food is good or not good. You should never feel guilty if you love foods like cake, potato chips, candy bars or ice cream. Eat them in moderation, and choose other foods to provide the balance and variety that are vital to good health.

The USDA pyramid should show the nutrition advice put together in the Dietary Guidelines for Americans. According to the USDA, the guidelines are there to provide advice for people two years and older about how good dietary habits can promote health and reduce risk for major chronic diseases.

Dietary Guidelines

This document was released in early January, 2005 the Dietary Guidelines for Americans 2005 and it still reflects the tense conjunction of science and the food industry. These are the recommendations of how you should maintain your nutrition, and here is what you will find in it:

- The new guidelines strongly emphasize the importance of controlling your weight, and they continue to stress the importance of physical activity.
- They emphasize that the intake of Trans fats should be as low as possible and that saturated fat should be limited. There is not an artificially low cap on fat intake.
- Instead of emphasizing the new guidelines urge Americans to limit sugar intake and stress the benefits of whole grains.

- It is fine to consume half of our grains as refined starch. This is not so good because they add empty calories, have adverse metabolic effects, and increase the risks of diabetes and heart disease.
- In terms of protein, the guidelines continue to lump together red meat, poultry, fish, and beans (including soy products). But tell you to make choices that are lean, low-fat, or fat-free.
- Drink three glasses of low-fat milk add more than 300 calories a day.

Explaining the Food Guide Pyramid

The food guide pyramid is a real benefit when it comes to helping you to incorporate whole foods into your diet. You can find information about it just about anywhere these days. What is really interesting is how very in depth the food guide pyramid attempts to be.

In truth, the food guide pyramid is a much generalized thing that will be good to no one who intends to follow it like a mindless drone, no matter which they are; however there really is a good reason why the food guide pyramid has changed into the My Pyramid instead.

My pyramid attempts to be far less general and lets you take into account your own specific needs and still lets you have a clearer understanding of how to get your daily vitamins and minerals. The old pyramid is still worth having a look at in regards to your health. They are simple eating guidelines that will get you ready for life every day. Just for your reference, the new pyramid has a staircase running up one of the dimensional sides.

The recommendations are generalized but they are still useful. Here is what the food guide pyramid recommends:

- **Whole Grain Foods (to be eaten at most meals).** The body needs carbohydrates which are eaten mainly for energy. The best sources of carbohydrates are whole grains such as oatmeal, whole-wheat bread, and brown rice. Since the body can't digest whole grains as quickly as it can highly processed carbohydrates such as those that you will find in white flour. This keeps blood sugar and insulin levels from rising, as well as falling, too quickly. It helps you to better control of blood sugar and insulin can keep hunger at bay and may prevent the development of type 2 diabetes.
- **Plant Oils.** Although most people believe that this recommendation goes against everything we have been taught, it's exactly in line with the evidence and with common eating habits. The average American gets one third or more of their daily calories from fats. Good sources of healthy unsaturated fats include olive, canola, soy, corn, sunflower, peanut, and other vegetable oils, as well as fatty fish such as salmon. These healthy fats not only improve cholesterol levels but it can also protect the heart from sudden and deadly problems.
- **Vegetables and Fruits.** A diet that is rich in fruits and vegetables can decrease the chances of having a heart attack or stroke; protect you against a variety of cancers; lower your blood pressure; help you avoid the painful intestinal problems; guard against cataract, the major cause of vision loss among people over age 65; and don't forget that they taste great.
- **Fish, Poultry, and Eggs.** These are important sources of protein in your diet. Most research suggests that eating fish can reduce the risk of getting heart disease. Chicken and turkey are also good sources of protein and can be low in saturated fat. Eggs, is a much better breakfast than what we usually eat.

- **Nuts and Legumes.** Nuts and legumes are excellent sources of protein, fiber, vitamins, and minerals. Legumes include black beans, navy beans, garbanzos, and other beans that are usually sold dried. Many kinds of nuts contain healthy fats in them.
- **Dairy or Calcium Supplement.** Building bone and keeping it strong takes calcium, vitamin D, exercise, and a lot of other stuff. Dairy products have traditionally been Americans' main source of calcium. But there are other healthy ways to get calcium than from milk and cheese, which can contain a lot of saturated fat and be costly to those who are intolerant to dairy. If you don't like dairy products, calcium supplements offer an easy and cheaper way for you to get your daily calcium.
- **Red Meat and real Butter:** These sit at the top of the Healthy Eating Pyramid because they contain lots of saturated fat. If you eat red meat every day, switching to fish or chicken several times a week can improve cholesterol levels. And so can switching from butter to olive oil.
- **White Rice, Bread, Potatoes, Pasta, and Sweets:** these foods can quickly cause fast and huge increases in blood sugar that can lead to weight gain, diabetes, heart disease, and other chronic disorders. Switch to whole grain breads. It still hurts, but it happens slower.
- **Multiple Vitamin:** A daily multivitamin, multimineral supplement offers a kind of nutritional backup if you can't meet them with foods. While it can't in any way replace healthy eating, or make up for unhealthy eating, it can fill in the nutrient holes that may sometimes affect even the most careful eaters.
- **Alcohol:** believe it or not there are many studies that suggest that having an alcoholic drink a day lowers the risk of heart disease. Moderation is clearly

important, since alcohol has risks as well as benefits. For men, a good balance point is 1 to 2 drinks a day. For women, have about one drink a day.

Summary & Review

I have to say that when it comes to getting rid of the harmful toxins that we ingest into our systems every day, the list is endless and every day the list only gets bigger. It's a sad fact that sooner or later, we all have to accept the fact that we regularly ingest toxins into our bodies. When I say toxins, I don't necessarily mean harmful toxins like drugs. Some of the toxins that we put into our bodies come from foods that we eat everyday too.

Foods that we trust to make us healthy like fresh fruits and vegetables often have pesticides on them that the farmers use that can cause severe problems. The fact is that even the air we breathe contains pollution introducing toxins into our bodies. There are few things that don't bring toxins into our bodies and the key is to know how to get rid of them.

If we don't learn how to get rid of those harmful toxins, we will experience a wide variety of health problems such as: intestinal problems, respiratory problems and colon problems. That is not all, but you get the point. That is why writing this guide came to me. This is going to be your comprehensive guide to getting the harmful toxins out of your body.

If you have ever worried about what the elements and the food you are eating is doing to your body, you will find out here. If you have ever wondered how to get rid of them and live a healthier lifestyle, you will learn it here. Don't let the world's filth take over your body. Use the advice in this guide to make sure that you are as healthy as you can be.

Diet and exercise are naturally the best way to stay healthy, but getting rid of harmful toxins should also be on you're to do list. It's easier than you thought, so why not give it a shot?

The advice that I put in this guide covered things like:

- All of the elements that we ingest every day that are harmful
- The toxins that are easy to take as they are not commonly known
- Shown you different alternatives for detoxifying your body - including your liver
- Taught you about how supplements can both help you get rid of toxins and be harmful in their own right
- Taught you how best to get your health back on track after detoxing your system.

These tips and tool and pools of information are necessary in maintaining your body's perfect health and following a good diet plan afterward is essential. Below are a few popular diet programs that can help you in your quest to lose weight, while still promoting good health.

Mediterranean diets are gaining in popularity because they offer low-fat, low carb alternatives to typical American diet foods. If you or a family member suffers from high cholesterol, you may want to steer you're eating habits in a better direction.

With great Turkish recipes and Greek recipes that are available online with this diet plan, it is easier than ever to sign up.

Mediterranean diets are based on simple ingredients that are put together in a variety of delicious and exciting ways. Many people actually prefer to use extra virgin olive oil to spice up most of my dishes. The nutty, fruity flavor of the olive oil lends a delicious light touch to practically any dinner or lunch food. The good news for you is that Mediterranean diets depend a great deal on extra virgin olive oil.

The best part is that Mediterranean food is a snap to prepare. Making a Greek salad, for instance, requires only a few basic ingredients that you can purchase at any local supermarket. You can make your Greek salad with fresh lettuce, plump cherry tomatoes, wonderful kalamata olives, and a hint of balsamic vinaigrette topped off with feta cheese. Just the thought of such a salad makes most people want to head to the kitchen.

More and more, research is starting to point to the role of a person's diet in determining the likelihood of suffering heart disease. The best way to take care of your heart is to eat well before problems develop and not wait until the problem is there already to get started. That's why I encourage my family members and friends to eat lightly in the Mediterranean style. After all, too many fatty foods and thick, buttery sauces will clog your arteries and slow you down eventually.

The Mediterranean diet plan as well as others can be found online at ediets.com. these diet plans will help those who want to lose weight and those who just want to start eating better and healthier foods. Let's face it, 80% of the population in America is considered overweight and/or higher risk for weight related diseases. With those stats, can it be a wonder that so many diet plans are causing such a stir?

The South Beach Diet claims that it is a scientifically proven program that is sure to help you achieve your goals and resolutions for losing weight safely. This diet will help you lose weight fast and improve your heart health at the same time. On average, most individuals lose between 8 and 13 pounds in the first two weeks when they start the south beach diet plan.

The South Beach Diet, is completely different from the Atkin's Diet because it is neither low-carb or low-fat. Instead, the diet teaches you to rely on the right carbs and the right fats. This process is made simple using a three-phase process that begins with banishing your cravings and ends with installing a diet plan that is meant to last for life.

The real value in the South Beach Diet is the sound nutritional advice that you will receive. This diet retains the most important part of the Atkin's regimen, eating meat, while forgetting the philosophy that you can only eat low carb foods. Instead, you are encouraged to eat a well-balanced diet for the remainder of your life. This sounds easy right?

The well-balanced diet of the south beach plan should be composed of plenty of fruit, vegetables and whole grains, nuts and healthy oils. Countless people from around the country continue to rave about the weight-loss success that they have experienced because of this diet. This program is easy to learn and put into practice, and is becoming one of the most popular forms of dieting around because of the success rate and dietary freedom involved.

Celebrities love the South beach diet plan and swear by it. That is where much of the hullabaloo came from, but it doesn't mean that the diet doesn't work. The average person does find that this diet is one of the cheaper and easier ones to maintain since it requires balanced eating habits instead of deprivation. Perhaps that is why so many stay on this diet forever

Any person who is attempting to lose weight is always told to give some thought into researching all of the available weight loss diet plans before settling on one. Weight loss diet theories are located just about everywhere you look. The most popular one of the bunch appears to be the high protein and low carbohydrate plan that most dietary doctors use themselves and recommend to their patients.

The big emphasis that just about every sensible weight reducing diet plan should be healthy weight loss, not fast weight loss because many of the 'fast' diet plans are not safe or healthy. With this in mind, the best type of weight loss is a calorie reduced version of a healthy balanced diet. This diet should encompass foods from all the various food groups that are outlined in any food pyramid only in good proportion.

Many doctors and physicians who research weight loss are now starting to focus on how low carb foods can help people trying to lose weight. The low carbohydrate foods that are currently available are unlike all healthy snacks that have come before them. They are tasty, and because of their popularity they are inexpensive and can make an immediate difference in how you look and feel.

We all want to lose weight fast, preferably by eating our normal favorite foods. Unfortunately, successful weight loss means that you have to commit to a slow but steady weight loss process and a change of eating habits. The sooner you study which weight loss diet plans will work for you, the sooner you and all of your friends will see the new and improved you.

When it comes to time to choose the right weight loss plan that is based on food it is best to choose the diet plan that best corresponds to the types of foods that you already like to eat because this type of diet plan will be the easiest to stick to. Other than that, they all have their positives and negatives. Let's get detoxing and maintain your weight with either of the two above mentioned diet plans.