



# What does the liver really do?

purifies 2 quarts of blood per minute

up to 99% of the bacteria and other toxins from the blood on the first pass

-- Guyton's *Textbook of Medical Physiology* (8th ed., p. 772)

Stores energy (glycogen), Regulates blood sugar

Builds proteins, fats(incl. Cholesterol) & Bile

Manufactures 1,000's of different chemicals

Breaks down estrogen and Red blood cells,

Detoxifies

Hormones & harmful substances.

MENTAL

“I-love-Lucy Liver”

ENDOTOXINS

CHEMICALS

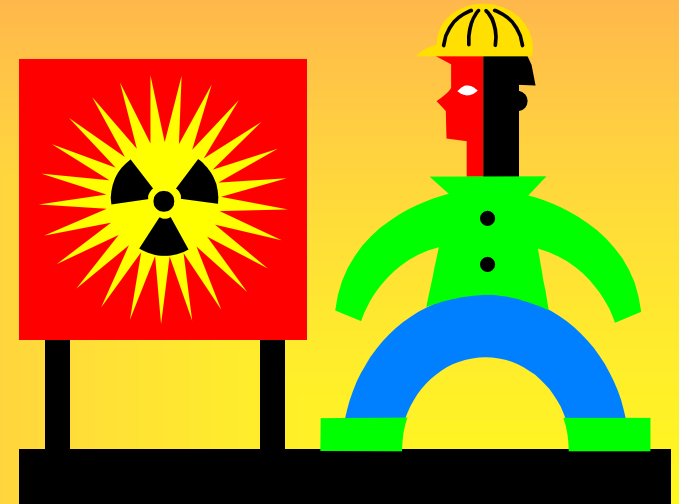
CHOCOLATE FACTORY


POOR  
MOTION

**TOXIC  
OVERLOAD**

HEAVY METALS

*Plutonium* Processing  
plant



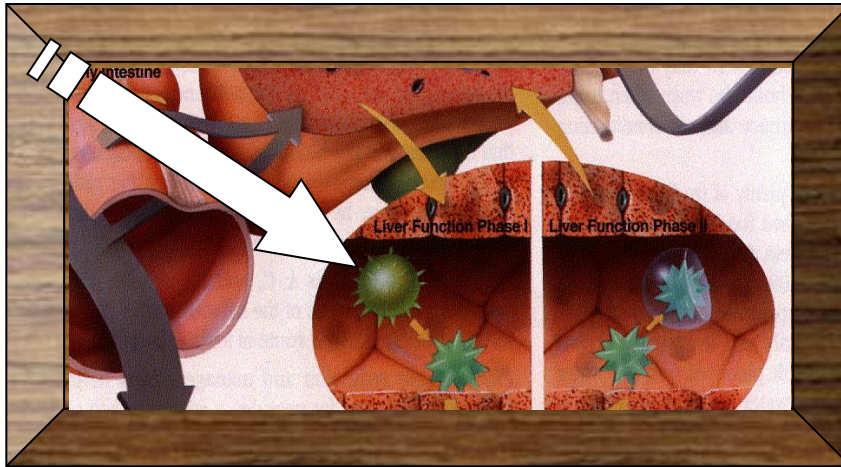


# Solution to this Toxicity # 1

**Give Lucy & Ethel *MORE ENERGY***  
**Provide Nutrients to process Increased Load.**

# Phase I

## NUTRIENT FOODS



### Necessary Tools

Nutrients	Vit B <sub>2</sub>	Vit B <sub>6</sub>	Vit B <sub>12</sub>	Folic Acid	Mg <sup>++</sup>
Foods	Almonds[9], <del>Wheat germ</del> [.7], Mushrooms, Egg yolks, <b>Soy Flour</b> [.35], Eggs, Split peas	(common in detox) Sunflower seeds[1.25], <del>Wheat germ</del> , Tuna, Soy beans, Walnuts, Salmon, <b>Trout</b> [.6]	Sardines[17], <b>Egg yolks</b> [6], Trout, Salmon, <b>Tuna</b> [3], Lamb	Black-eyed peas[440], Soy flour, <del>Wheat germ</del> <b>Soy beans</b> [225], Kidney beans, Garbonzo beans	Kelp[760], <b>Almonds</b> [270], Cashews, Brazil Nuts, <b>Tofu</b> [111], Spinach, Soybean
Nutrients	Selenium	Mn <sup>++</sup>	Zinc	Copper	
Foods	Brazil Nuts(103), <b>Cod</b> [43], Brown Rice, Lamb, Turnip, Molasses, Garlic	Pecans[3.5], Brazil Nuts, Almonds, <b>Split Peas</b> [1.3]	Lamb chops[5.3], Pecans, Split peas, Brazil nuts, Egg yolk	Brazil nuts[2.3], Almonds, Walnuts, Pecans, <b>Split peas</b> [1.2]	

# Anti-Reactive Intermediates

## NUTRIENT FOODS

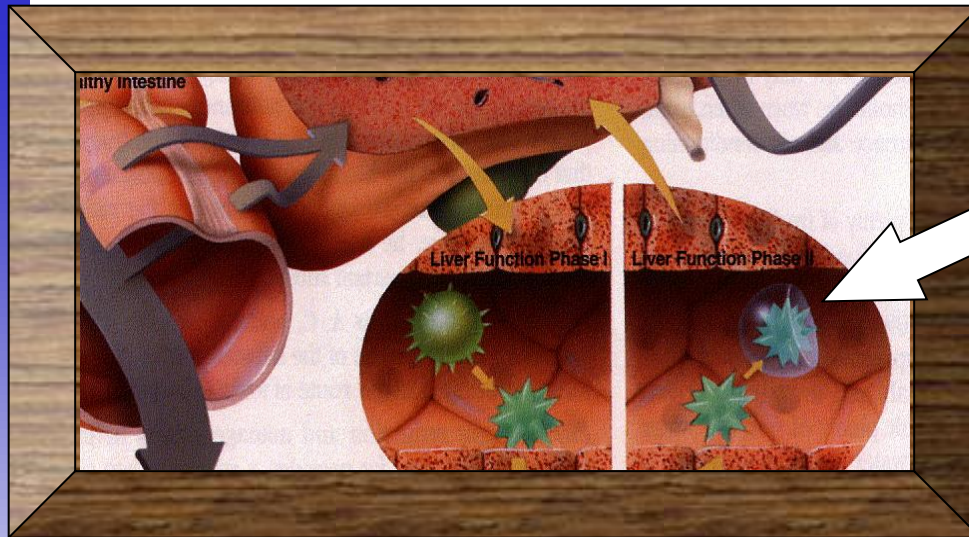


Defense against **REACTIVE INTERMEDIATES**

Nutrients	Vit C	Vit E	Co Q <sub>10</sub>	Carotenes(Vit A)
<b>Foods</b>	Red chili peppers[369], Guavas, <b>Kale</b> [186] or <b>Collard greens</b> , Broccoli, Brussel sprouts, <b>Mustard Greens</b> [97]	<del>Wheat germ oil</del> [216], <b>Sunflower seeds</b> [90], Safflower oil, <b>Almonds</b> [48], <b>Olive Oil</b> [18], Soy bean oil, <b>Spinach</b> [3.2]	Oily fish e <sup>-</sup> transporter Antioxidant	Red chili peppers[21600], Carrots[11000], Collard greens, Kale
Nutrients	Selenium	Thiols	Silymarin	Anthocyanidins
<b>Foods</b>	(see above)	Onion, Garlic, Cruciferous vegetables		

# Phase II

## NUTRIENT FOODS



### Necessary Tools

Nutrients	Glutathione(NAC)	Glucoronic Acid	Methionine	Taurine
Foods	1. Detox via conjugation 2. Antioxidant	Phase II glucoronidation Good Protein	Phase II conjugation(-S) Good Protein	Phase II conjugation(-S) Good Protein
Nutrients	Glycine	Glutamine	Sulfur	Arginine
Foods	made from non-e aa For forming Glutathione Good Protein	made from non-e aa For healing intestinal wall Phase II conjugation Good Protein	Garlic, Onions Good Protein	meats & nuts Phase II conjugation Good Protein

Standard American Diet = (SAD)



***FAILS to***  
**Give Lucy & Ethel *MORE ENERGY!***

Our Solution

😊 **Adding *Nutrient-Rich*** foods to our diet  
(**Not** eating the standard diet)

😊 or by **Adding a medical food** rich in these nutrients



**BOTH**



# Solution to this Toxicity # 2

**Slow the Conveyor Belt!**  
**Decrease Load of Incoming Toxins!**

Improving *HEALTH* Expectancy

From the Outside In

Toxin Source

What we

EAT, DRINK, BREATHE

Solution #2a

Modified Fast

Metabolic Cleansing

# DETOXIFICATION

\*\*\*MODIFIED Elimination Logic\*\*\*

↓ Load

Fewer toxins

↓ potential for food Allergies

↓ digestion effort

➡ ↑ Absorption & Utilization

➡ ↑ Elimination & Healing potential

↓ Insulin surges, which predispose us to free radical damage of blood vessels

# DETOXIFICATION

\*\*\*MODIFIED Elimination Logic\*\*\*

↑ **Greatest Variety and Concentration of nutrients**

**Whole Foods**

**Broad selection**

**Little interruption of schedule**

**@ least 800 Cal & full nutrient compliment**

**Allows for awareness of allergy foods**

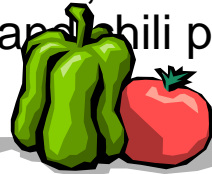
**Elimination ↑ sensitivity in delayed allergy**

# \*\*\*Elimination Logic\*\*\*

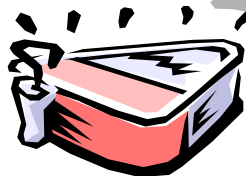


Citrus

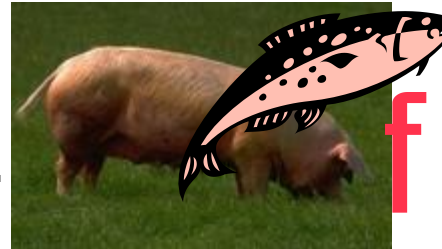
**Nightshade vegetables** – (potatoes, tomatoes, eggplant, tobacco, green peppers, and chili peppers)



**Canned Anything**



**Pork, Grain-fed Beef, farmed fish, etc.**



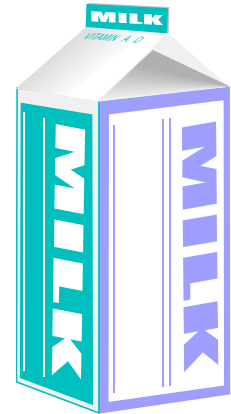
**fresh?**

**Gluten-containing products** -- (Wheat, Rye, Oats, Barley, Spelt, Triticale, Kamut)

**Sweeteners** -- (white or brown refined sugar, honey, maple syrup, [high fructose] corn syrup, conc. juices)

# \*\*\*Elimination Logic\*\*\*

**Milk Products** – (Milk, cheese, cottage cheese, cream, yogurt, butter, ice cream, frozen yogurt, non-dairy creamers )



**Fake Fats** -- (Margarine, shortening, processed oils, salad dressing, spreads)



**Known Problem Foods**

**Some Spices** -- (cayenne pepper & paprika)

**Some Nuts & Seeds** -- (pistachios, peanuts)

**Beverage** – Diuretics (caffeine-containing teas, colas, cocoa, coffees)



## Energy

**Stabilize(↑or↓)**

## Textures

**Chewy >>> Br. RICE**

**Crunchy >>> Crackers**

**Warm >>> Soup**

**Cold >>> Smoothies**

## Symptoms

**Caffeine withdrawal**

**Allergic food withdrawal**

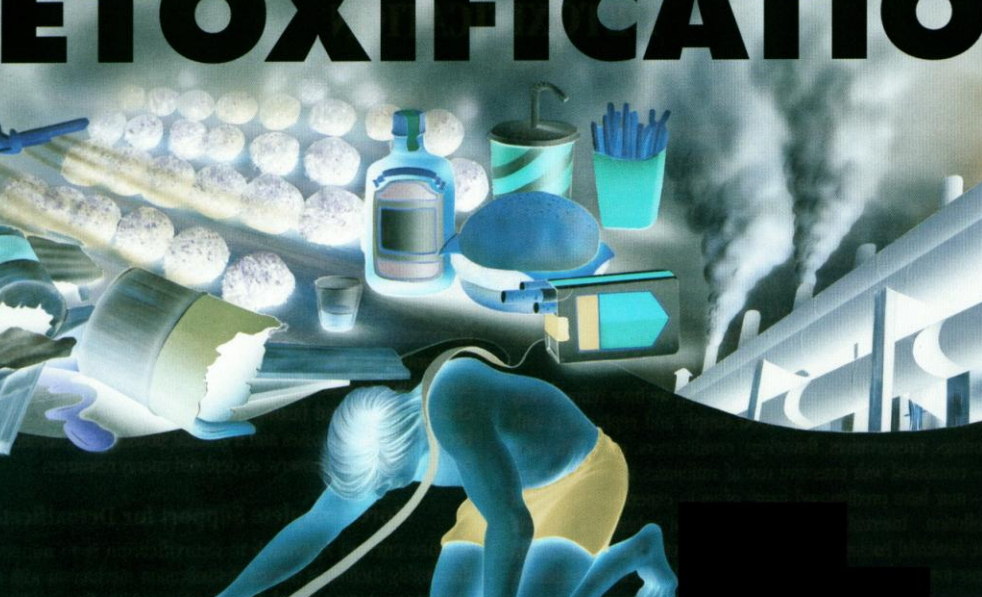
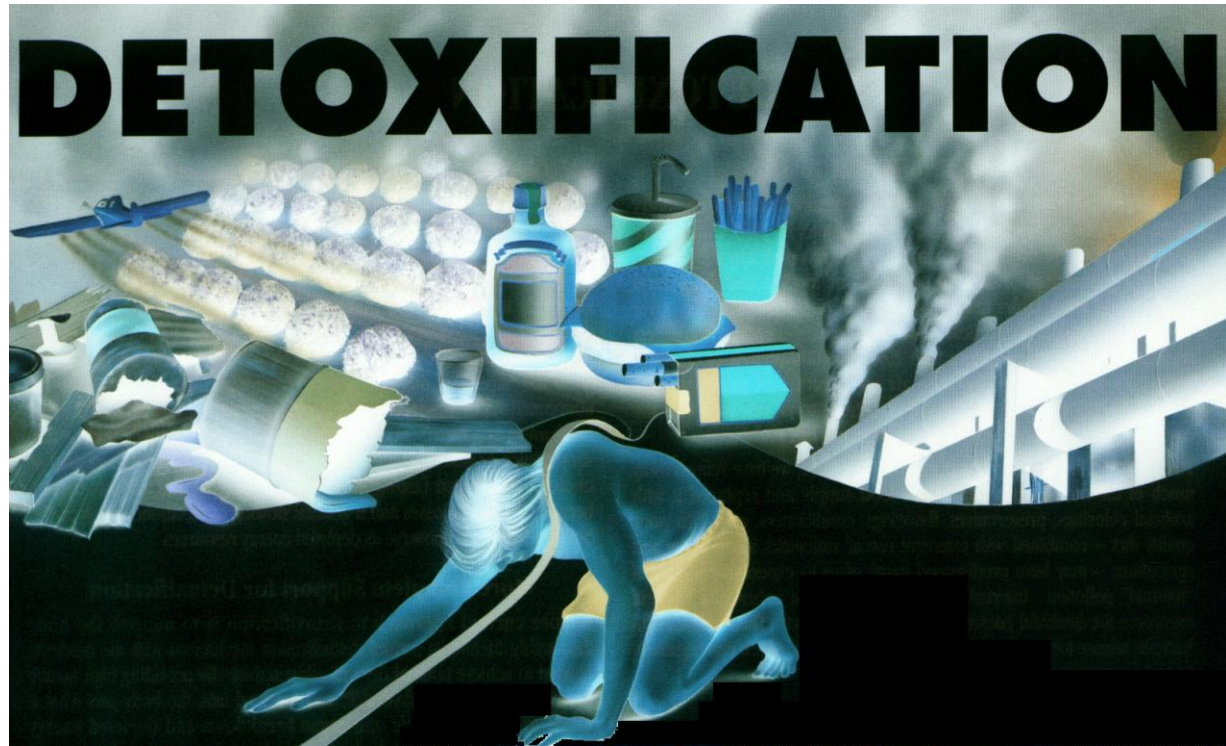
**Sugar low**

**+ ALL snacks**

**+ Gr. Flax in UC**

**+ More LOW CARB Veggies**

# DETOXIFICATION

A collage illustrating the concept of detoxification. The central figure is a person in a starting crouch on a track, symbolizing the process of cleansing. Surrounding them are various items representing toxins: a tray of pills, a bottle, a cup, a pen holder, a broken cup, a smartphone, and a factory emitting smoke in the background. The overall theme is the removal of harmful substances from the body and the environment.

# Improving *HEALTH* Expectancy From the Inside Out

## Toxin Source

How we SLEEP & BREATHE

## Solution #1 and 2

Prepare to Sleep

Clean out Allergens

## Day 1

### Space for Gratitude

---

#### **Abdominal Breathing Purpose:**

Decrease STRESS effects! (Relax Sympathetic Nervous System)

Speed removal of toxins from blood.

Assist the function of all oxygen-dependant process within the body.

#### **Shower Therapy**

#### **Abdominal Breathing**

Journal writing 5-10 minutes / Quiet sitting (meditation) 10 minutes.

**Exercise:** 20 - 30 minutes brisk walking or other aerobic activity (running, biking, swimming)

#### **Eating Options:**

⌚ **Begin** day with Optimal Power Smoothie #1 \*\*

⌚ **Snack:** 1 serving UltraClear // **Food Track:** Carrot Sticks and nuts

⌚ **Lunch:** Fish, poultry or tofu with steamed or raw vegetables with 1Tbl. Flax oil

⌚ **Snack:** 1 serving UltraClear // **Food Track:** Nut or seed milk

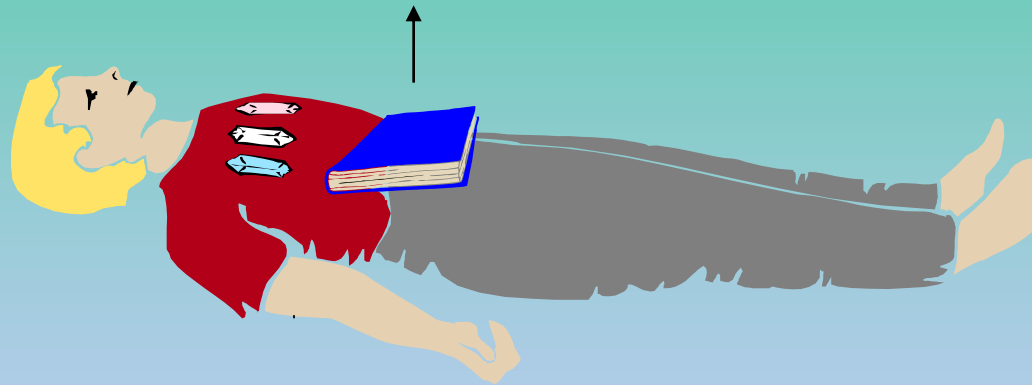
⌚ **Dinner:** Black bean soup\*\*; Fruit Medley #1(with yogurt)\*\*

\*\*See Recipes

#### **Evening Activity:**

Organize

# Diaphragm Breathing



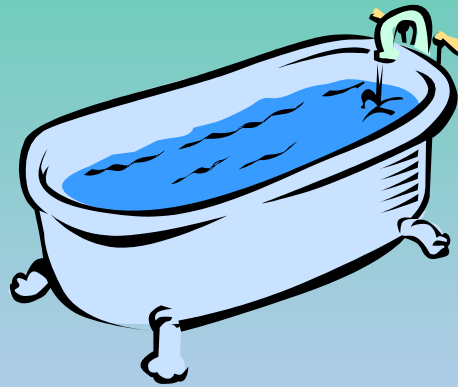
# Sinus Steam



# Raustral Rinse



# Essential Oil Bath



with Epsom Salts

# Improving *HEALTH* Expectancy From the Inside Out

## Toxin Source

**Postural Stress      Atrophy Stress**

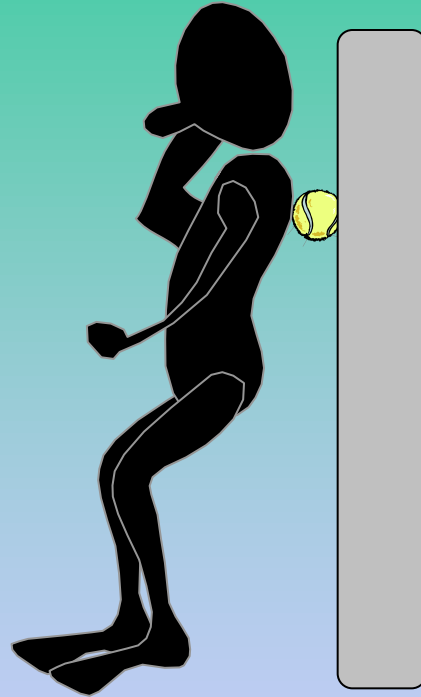
How we MOVE

## Solution #2b

Consistent Full-Range Motion

Regular Exercise (Aerobic & Anaerobic)

# Therapeutic Self-Massage



## Day 5 ( )

### Space for Gratitude

### Today's plan:

#### Morning Activity:

- 📖 Quiet sitting (meditation) 10 minutes / Journal writing 5-10 minutes
- 📖 **Stretching:** 15 min. Reformatting Stretchercises
- 📖 **Exercise:** 20 - 30 minutes brisk walking or other aerobic activity (running, biking, swimming)
- 📖 **Crunches:** 20 - 30 minutes

#### Purpose:

Prevent ATROPHY(wasting)

Heart Disease

Arthritis(DJD)

Osteoporosis

Diabetes

#### Eating Options:

🕒 **Breakfast:** 1 Papaya

🕒 **Snack:** 1 serving U

🕒 **Lunch:** Bean Crisps with raw carrot sticks(or shredded) and Celery

🕒 **Snack:** 1 serving UltraClear

// **Food Track:** Celery sticks & Brazil Nuts

🕒 **Dinner:** Tempeh Salad\*\* with Salmon – may add salmon to salad or eat on side

α -- cut Papaya in half. Spoon out seeds. Eat with spoon.

# Improving *HEALTH* Expectancy

## From the Inside Out

**Mental Stress**     Toxin Source     **WORRY**  
                                 --MIND--  
How we Perceive and React

### Solution #1

Focus on What is Good

## Day 1 (Monday)

*“A man is what he thinks about all day long; how could he be anything else.”  
--Emerson*

### Space for Gratitude

#### **Purpose:**

Helps you to focus outward.  
Identify Opportunities & Potential

### **Today's plan:**

Begin **Recommended Supplement Program**.

#### **Morning Activity:** (55 min – 1hr 15min)

Y Shower Therapy (See “**Activities**” hand-out) – (20 min in shower)

Note: Combine these first three activities if time is of the essence.

Y Abdominal Breathing 5 min/ Quiet sitting (meditation) 10 minutes

Y Journal writing 5-10 minutes

Y **Exercise:** 20 - 30 minutes brisk walking or other aerobic activity (running, biking, swimming)

#### **Eating Options:**

☉ **Begin** day with Power Smoothie #1 \*\*

☉ **Snack:** 1 serving UltraClear // **Food Track:** Carrot Sticks and nuts

☉ **Lunch:** Black bean soup\*\*; Rice Bread

☉ **Snack:** 1 serving UltraClear // **Food Track:** Nut or seed milk

☉ **Dinner:** Harris Ranch Beef (palm-sized portion) with steamed vegetables(Broccoli)

## Today's plan:

Morning Activity: (5

Y Exercise: 20 - 30

Y Shower Therapy (See Activities)

Note: Combine these first three activities

Y Abdominal Breathing 5 min

Y Quiet sitting (meditation) 10 minutes / Journal writing 5-10 minutes

## **Purpose:**

Prevent release of harmful emotional chemicals.

Promote release of beneficial emotional chemicals.

Time for **creative, proactive** thought to improve your life and others'.

in in shower)

of the essence.

## **Eating Opti**

OP

OP

OP

OP

OP

OP

## **Method:**

First consider what to be thankful for.

things that you had or have – **Received**,  
brought **joy, opportunity, awareness...**

Then consider how to be **Loving** and / or **Forgiving**.

**Recognize** and **Write** where you *Succeed* and *Fall Short*

**Consider** day, week, month, etc. with respect to **things** you **can influence**.

**Release** the rest

**Jot** down your decisions or ideas.

# Improving *HEALTH* Expectancy

## From the Inside Out

**Mental  
Stress**

Toxin Source  
--MIND--

**WORRY**

How we Perceive and React

Solution #2

Step 1

Clearly Identify Purpose

# Wants Lists

## Wants List

Title: Physical / Health/ Recreational

☐ A. \_\_\_\_\_

☐ C. \_\_\_\_\_

☐ E. \_\_\_\_\_

☐ G. \_\_\_\_\_

☐ I. \_\_\_\_\_

☐ K. \_\_\_\_\_

☐ M. \_\_\_\_\_

☐ O. \_\_\_\_\_

☐ Q. \_\_\_\_\_

☐ P. \_\_\_\_\_

☐ N. \_\_\_\_\_

☐ L. \_\_\_\_\_

☐ J. \_\_\_\_\_

# Clearly Identify Purpose

## Step 1

1. Physical / Health / Recreational
2. Financial / Material
3. Family
4. Vocational / Career
5. Social / Community
6. Spiritual
7. Mental / Intellectual
Other

# Clearly Identify Purpose

## Step 1

1. Go to a quiet place.
2. Quiet your thoughts and Focus on your wants
3. Write down every imaginable want -- all of them.

# Clearly Identify Purpose

## --*Some Examples*--

1. Physical / Health / Recreational

2. Financial / Material

3. Family

4. Vocational / Career

5. Social / Community

6. Spiritual

7. Mental / Intellectual

Other

Learn to play...

# Clearly Identify Purpose

## Step 1

1. *Go to a quiet place.*

2. *Quiet your thoughts and Focus on your wants*

3. *Write down every imaginable want -- all of them.*

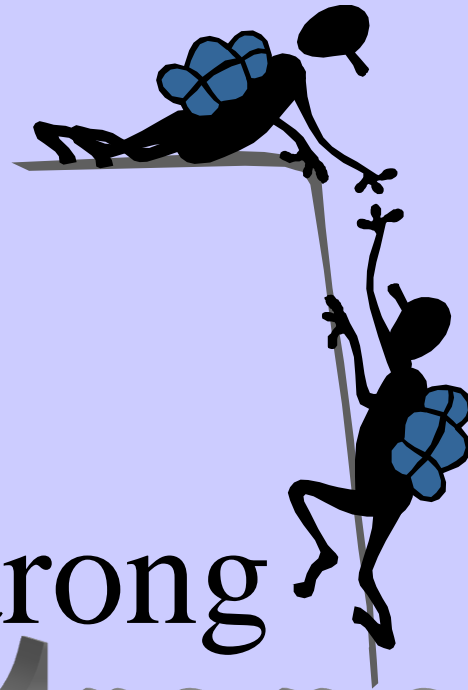
4. Write for as long as you can, then put down the list.

5. Add more as they come to you over next several days.

6. Alternate writing your wants from Top to Bottom of page.

-- follow the letters

Team Up



Stand Strong

Stand Strong