

CLEANSING OVERVIEW

In order to help your body begin to effectively deal with your present toxic load (and to prevent it from getting greater), the following guidelines can be followed.

Avoid the toxic exposures most in your control – your diet and your home air:

1. Avoid the 14 **MOST** toxic fruits and vegetables (peaches, apples, bell peppers, celery, nectarines, strawberries, cherries, pears, imported grapes, spinach, lettuce, potatoes, kale, berries). **Use organic varieties** of these instead.
2. Freely eat all of the 12 **LEAST** toxic fruits and vegetables (onions, avocado, sweet corn, pineapples, mango, asparagus, sweet peas, kiwi fruit, bananas, cabbage, broccoli, papaya).
3. Do not eat any **FARMED** or **ATLANTIC** salmon. If it just says “Salmon” it is Atlantic.
4. Freely eat **ALASKAN** salmon (available fresh only from June until October); canned and frozen Alaskan salmon is available year round.
5. Avoid the fish with the highest mercury content (shark, swordfish, king mackerel, tuna, orange roughy, marlin, Chilean bass, lobster, halibut, and snapper).
6. Freely eat the fish with the lowest mercury content (clam, ocean perch, Alaskan salmon, tilapia, founder, sole, and catfish).
7. All sugar – sugar reduces the ability of your liver to clear toxic compounds out of the blood stream (in addition to all the other bad things it does for your body).
8. Begin to reduce the toxicity of the air inside your home:

- a. Don't wear shoes indoors.
- b. Replace your furnace filters every 6 weeks with high quality pleated filters (rated MERV 7-9).
- c. Have dry-cleaning air out in the garage or car trunk for a week before bringing them into the house.
- d. Do not smoke indoors.
- e. Consider replacing your carpet with tile or stone flooring.
- f. Use non-scented laundry detergent and bounce.
- g. Purchase air-purifying plants for your home.
- h. Consider getting an air purifier – the best are IQAir and Blue Air. Make sure you get one with enough CFM (cubic feet of air purified each minute) to clear the air in your bedroom at least once every 30 minutes.

Dietary things to do:

1. Consume broccoli and the other members of the brassica family daily. Broccoli has the highest amount of compounds in it that enhance your ability to clear toxins from your bloodstream. It also has compounds that prevent cancer and can balance estrogen metabolism. Raw or juiced has the highest activity.
2. Consume green tea daily.

Supplementation:

1. See the individualized plan created by your practitioner

Cleansing:

1. Exercise regularly.
2. Constitutional hydrotherapy or sauna.
3. Practice meditation.
4. Practice good sleep hygiene.
5. Practice good personal hygiene.