



Body Ecology's Detoxification Training: Handout #2

Symptoms of Detoxification:

The top signs are exhaustion and not feeling well overall. Here are others:

- Fatigue
- Hormonal imbalance
- Constipation
- Acne
- Achy muscles and joints
- Insomnia
- Mucus discharge
- Fuzzy thinking
- Difficulty breathing
- Congestion
- Flu-like symptoms
- Cough
- Vision issues

- Fevers
- Vomiting
- Yeast infection

The Right Order for Cleansing:

- No one can do everything at once and it wouldn't be effective if you could.
- Instead, it's important to go slow and steady. Simply following the Body Ecology diet is a way to go slow and steady.
- If you would like to do a detoxification program, here's where to start:
 1. Start by increasing your energy - If you are on the Body Ecology Diet, you will be actively cleansing all the time and it will be slow and steady. Instead of focusing on detoxification, start by focusing on how you can increase your energy. As your energy increases, you are better able to detoxify.
 2. Focus on cleansing your liver first – Always care for your liver each day.
 3. Support your liver by cleansing your bowels – You can't eliminate toxins from your liver if your bowels are not moving. Any good system of cleansing the liver would cleanse the colon as well.

Things That Harm the Liver Most are:

- Bad fats (refined fats, trans fats, etc.)
- Drugs – pharmaceutical and recreational
- Alcohol
- Sugar
- Stress
- Viruses that get into the liver, like hepatitis

Signs of Liver Issues are:

- **Skin** – breakouts, eczema, psoriasis, acne, rash.
- **Joints** – arthritis, joint pains, cracking joints, knee or shoulder pain, stiffness.
- **Vision** – eye problems, visual problems, spots dancing before your eyes, pink eye, swollen eyes, changes in vision.

What To Do if Your Liver is Cleansing:

- Celebrate the cleanse – it's a blessing to relieve your body of toxins.
- Take the burden off your liver by eating certain foods:
 - Focus on eating more raw foods, especially green smoothies and green leafy vegetables, cultured vegetables. Salad dressing with a little miso, natto (fermented soy product that is sold in Japanese markets).
 - Avoid animal protein and focus on a more vegetarian diet.
 - Cut back or eliminate fats and oils.
 - Have some cooked foods, like Body Ecology grain-like seeds (amaranth, buckwheat, millet and quinoa) in soups.
 - Burdock root
 - Sasparilla – this is in LivAmend.
 - Take LivAmend – LivAmend supports your gall bladder and your liver.
 - Colonics or home enemas.
 - Jump on a mini-trampoline, like the Bellicon.
 - Eat plenty of fiber.
 - Ocean plant extract – helps boost your thyroid.

Other Ways to Support Your Liver and Colon:

Cleansing with the Seasons:

- **Spring** – Your liver goes into cleansing mode. This is a good time to do things to make your liver healthier.
- **Summer** – This is another good time to detoxify because summer is the time when we are supposed to sweat. This is a time for your skin to sweat out toxins. People with under-active thyroid glands and weak adrenals or people who stay in air-conditioning don't sweat. Find time to get out and be active outdoors in the summer. Early morning and late afternoon sun are the healthiest time to be out and break out a sweat. Plan to do at least 10 – 15 minutes per day of walking or outdoor activities that will make you sweat.
- **Fall and Winter** are good times to rebuild, rather than detox, but this does not mean you can't or won't detox during these seasons. It's important to know what your body needs during these times, however. For example, in the winter, it might be better to focus on building energy in your body – to rest and restore.

Times NOT to detoxify:

- Pregnancy
- Nursing
- When you are so busy that you don't have time to rest

For Children:

- Fermented foods and drinks and the Body Ecology diet will help your children build strength and detoxify. You can even give babies small amounts of fermented liquids.
- Home enemas and colonics are good for children.

Elderly people:

- Better to create life force instead of a detoxification program. Think in terms of how to restore the original energy we were born with.
- Ask yourself, what can I do to create more energy in my life? Are there things to take away, like sugar, poor diet, stressful lifestyle, doing things you don't like to do, etc.
- Allow your body to naturally cleanse
- Home enemas or colonics
- Massages
- Jumping on a mini-trampoline

What About Cleansing Products on the Market?

- Liver cleanses and cleanse programs from health food stores are not always the best type of detoxification program.
- Colon cleanses on the market have herbs that are too strong – senna, cassagra sagrada. Drain the adrenals. Most people don't have the super strong constitutions anymore to do the types of liver and colon cleanses.
- Detox programs with maple syrup and honey can feed candida, which is not effective either.

Resources

<http://www.diagnose-me.com/treat/T355489.html> and <http://www.thorne.com/media/detoxificationenzymes.pdf> have good information on phase 1 and phase 2 liver detoxification for anyone who wants to learn more.

<http://earthcirclecinema> – has excellent short, interesting and educational films about saving the planet. There is a good one on the worldwide addiction to plastic and what to do about it. They make great movies for children and families to watch and learn how to take action.