



Body Ecology's Detoxification Training: Handout #3

7 Body Ecology Principles:

1. **The Principle of Cleansing** – this training program is about cleansing and detoxification.
2. **The Principle of Step-by-Step** – This tells you where to begin with your detox.
3. **The Principle of Uniqueness** – You are unique and how you detoxify is unique.
4. **The Principle of Acid/Alkaline** - With acidic blood, toxins won't release. Eat a Body Ecology diet, which is a plant based probiotic diet and exercise to keep the toxins moving out of the blood.)
5. **The Principle of Food Combining** – If you put foods together that digest easily, your body digests it effectively in your digestive tract. Improperly combined foods can lead to poorly digested foods, which creates toxins.
6. **The Principle of Balance** – The Principle of Balance is based on the concept of yin and yang, the opposing energy forces from ancient Chinese and Japanese traditions. Everything in the world has some properties of yin and yang, but in varying proportions. Without understanding this principle, you may unknowingly create imbalance in a vicious cycle of cravings.

Yin energy is light, expansive, wet, soft, cold and more vegetal. Yang energy is heavy,

contracting, dry, hard, hot and more animal. Body Ecology uses the terms expansion and contraction to explain the yin and yang energy of the food you eat.

Some foods, like sugar and alcohol, are examples of food that is way too expansive for your body. Your blood stream quickly absorbs sugar and produces energy, making you feel temporarily open and relaxed yet these foods are damaging because they are not balanced. Other foods, like excessive and poor-quality salt and animal products, are more contracting and cause your cells to contract and lose fluids, making you feel tight and constricted.

Your body is always seeking balance. If you eat too much salt, your body becomes too contractive and you will quickly find yourself craving something sweet. Notice this the next time you go to see a movie. While they may not fully understand this concept, the movie theaters are well aware that both soda pop (sweet and expansive) and popcorn (salty and contracting) are ever-popular combinations for concession sales.

7. **The Principle of 80/20** –

- 80% of the food on your plate should be plant-based and 20% should be either a grain or animal protein.
- Eat until your stomach is 80% full and leave 20% free for digestion.

Chinese Medicine – used herbs for cleansing. If you find some Chinese herbs that work for you, this can be a good option.

Ayurvedic Medicine – used herbs and practiced cleansing using water which are safe and effective preventative techniques

- Netti pot - Nasal cleansing
- Basti – an enema and implant
- Sweating – the BioMat can be used often and daily. In Ayurvedic medicine, they recommend keeping your head out of the heat, so you only increase the temperature of your body. The BioMat is ideal for this.

Colon Cleansing Products on the Market: A lot of herbs used in colon cleansing programs are harsh. If you decide to use these, be sure you are hale and hardy. If you are fragile or too thin, it's not a good idea to do these. If you do use them, 10 days is probably an adequate amount of time to do these. They can leave you very fatigued.

- **Laxative herbs** - Cascara Sagrada and Senna. Rhubarb is a bit gentler and is often used in Chinese medicine herbs. These are OK occasionally if you are traveling and very constipated.
- **Magnesium** – like Calm or Natural Calm is gentler than laxative herbs. It's difficult to determine how to use the right amount. Some people need more and others need less.
- **Triphala** – an Ayurvedic herb that is very gentle and safe, but does not work for everyone.

Liver Cleanse Products are a Must:

1. **Homeopathic remedies**
2. **LivAmend** – gentle and effective way to increase bile flow to support your liver and colon. You can use 3 capsules 3 times per day for healthier stools. If you don't need a lot of cleansing, 2 per day may be fine for you.
3. **Essential oils** – 1 TBL fresh lemon juice, 1 drop lemon essential oil, 1 drop peppermint oil. Take this and drink a full glass of water each day for 28 days. You can learn more about this in Nature's Pharmacy (naturespharmacy.org) by Lorene Karewa Forbes.
 - Use lemon, lavender or geranium essential oils on your skin over your liver and put a warm compress over the area to let the oils absorb.
 - It's important to use high quality, therapeutic grade essential oils for these purposes, not those found in health food stores. You can learn more about this in a *free teleseminar* led by Lorene Forbes. This is being offered to all Basic and Deluxe Package members and will be announced in the next couple of weeks.

Foods That Help You Detoxify:

- The Body Ecology diet (sugar-free, gluten-free and casein-free).
- Probiotic foods and drinks – cultured vegetables, young coconut kefir, Body Ecology probiotic liquids, like Coco-Biotic.
- Vegetables and sea vegetables – 80% of the Body Ecology diet is plant based.
- Fiber – Body Ecology is a fiber rich diet. Fiber slows down the rate that sugars absorb and helps promote the growth of friendly bacteria. Fibers also decrease the absorption of dietary fat and improve elimination.
- Raw foods – very cleansing if you do raw the right way.
- Green smoothies

Foods To Avoid While Cleansing – maybe for all of your life:

- Sugar
- Dairy
- Grains
- Gluten – wheat, barely, oats, spelt
- Refined fats (what are these and why they are bad)
- Too much fruit
- Processed foods

Body Ecology Detox Diet:

Take 1 day per week or up to 10 days at a time to follow this detox diet. Do this only when you have time to rest and time to prepare the foods. Doing home enemas, colemas or colon hydrotherapy is great. Think in terms of alkaline foods, liquidy meals, giving your digestive tract and liver a break.

- Green smoothies
- Vitality SuperGreen
- Cultured Vegetables and drink the cultured vegetable juice
- Probioitic liquids
- Miso soup
- Take something in every hour so that your body does not get weak
- If you feel you might get weak, make some animal protein broth (broth only, not the meat or animal fat).
- Vegetable soups.

Glycotoxins – high temperature, dry cooking creates glycotoxins that cause inflammation and aging. Cook protein at low temperatures (e.g., cook chicken at 250 degrees) and use liquids when you cook them. Do not cook with most fats and oils (only butter, olive oil and coconut oil at low temperatures).

Probiotic foods and liquids are incredibly helpful to help you detoxify. If you consume them with your meals, the microflora (probiotics) will help clean your body of toxins.

Probiotic liquids – we need more non-dairy sources of probiotic foods and drinks, which is why I created the line of Body Ecology probiotic liquids.

- **Dong Quai** – helps with depression, balance hormones
- **Coco-Biotic** – has the value of young coconut water for cleansing
- **Passion Fruit Biotic** – developed for children, because it has a sweeter taste
- **Innergy-Biotic** – a sweet-tasting natural energy booster
- **Whole Grain Biotic** – helps to recolonize your body with grain-loving bacteria.

Probiotic Starters – allows you to make your own probiotic foods and drinks at home.

- **Culture Starter** – contains beneficial *Lactobacillus plantarum*, which is especially helpful if you have been on antibiotics. Great for making cultured vegetables and cultured butter.
- **Kefir Starter** – contains beneficial bacteria and yeast that are especially helpful if you want to heal candida. Great for making young coconut kefir.

Vitality SuperGreen – energizing, alkalizing and a great way to bring more whole-food nutrients into food.

Vitality SuperGreen Capsules – same formula as Vitality SuperGreen with the addition of a special anti-aging antioxidant, resveratrol.

Ancient Minerals – Since our soil is being depleted of minerals, our foods are no longer as mineral rich as they used to be. Ancient Minerals contain valuable humic minerals. Take 3 in the morning and 3 at bedtime to help keep your blood mineral rich. If your hair is turning gray, you may find that the graying stops with more minerals in your body. Humic minerals are powerful scavengers of heavy metals.