

Heather Fougner: This is Heather Fougner welcoming you to Body Ecology's Detoxification Training. This is our second class and today we're gonna go much deeper into detoxification. I want to thank you for all of your great questions that we've been receiving in the last week.

Donna Gates is here today to talk about the right time to detoxify, and this is really important because there is a right time and a wrong time for detoxification. And it's also important to understand how to use the Body Ecology principal so that you can have a healthy detoxification program.

Tonight she's also gonna be answering the great questions that you've been sending in to us. And if you want to take notes tonight, we have a nice handout that's right on your member page. We've provided these handouts as a way to organize your thoughts during class.

And now I'm pleased to welcome Donna Gates for what I know is gonna be a great class. Welcome, Donna.

Donna Gates: Thank you, Heather. I'm really happy to be here again.

Heather Fougner: Great, well, let's get started. Donna, can you talk to us about this aspect of time when it comes to how to detoxify and the best way?

Donna Gates: Well, I think I'd like to start off, if you don't mind, by actually backing up just a little bit and talking about the principal of cleansing. Like we have seven principals in Body Ecology and they are profound universal principals that everybody should really try to read and understand and even master.

But yes, we did get a lot of questions from people, and one of the main questions that kept coming up over and over is, "Where do I start? Where do I begin?"

And so this principal – the principal of step by step it's about time. And so it's the principal that I'd like to teach about to, you know, help answer some of those questions. But also, you know, one of the seven principals is the principal of cleansing or of detoxification which is what this whole entire workshop is about; all eight weeks are about the principal of cleansing.

So I'm not sure that we actually in the last class gave a definition of cleansing, but it means to purify or make clean again. And this

ability to cleanse is actually embedded in the very creation of our human body.

In other words, we don't get to choose whether to cleanse or not, our body will always cleanse whether we want it to or not. And sometimes it doesn't really cleanse at an appropriate time, like maybe you can imagine if you're a bride, a young bride to be on your wedding day and two days before your wedding a pimple shows up on your face because there's a toxin under the skin and the toxin is trying to come out at that moment. That's not a well – that would be a time that wouldn't – somebody wouldn't welcome that cleansing.

And also many of us are cleansing so much right now and we don't even have a clue as to how toxic we are, and we don't understand that our detoxification pathways aren't effective for getting these toxins out anymore. So we're cleansing all the time and we're feeling exhausted and fatigued and grumpy, and it's affecting every single system in our body. We don't breathe as effectively. We don't eliminate as effectively. Our bowels don't move, our hormones aren't working like they're supposed to be.

So all these toxins in the body are having a profound negative effect on all the systems of the body. And so getting them out is the right way to think. This is good. When we polled about 50,000 people we found out that the number one concern for people today is detoxification.

Now, you can tell that by the number of products on the shelf today. Because if you go in a health food store, or go online, you'll see there are vast numbers of detoxification programs out there, and that makes it in many ways even more confusing.

So I wanted to kind of – we've got a total of eight weeks together. And so my thinking was let's break the classes down into simple step by step, easy to understand, you know, classes just on detoxification.

And so this first class – this next class, class number two, really I would like to talk about time.

This vital force that's inside of us that pushes these toxins out, this vital force is not something that we can control, but we can have something to do with influencing the timing. Like, yes, we can stop that pimple from coming out maybe. Well, yes, we can actually, we could stop that pimple coming out before the wedding

if the young bride had done some previous facials where she got the impurities out of her skin, if she'd been doing some previous cleansing of her liver and of her colon, she wouldn't have that impurity popping out like that. The body would be able to deal with it in another way.

But, yes, so we do have control over for cleansings. And that's really what I want to help people master is having some say-so in this whole process in their body.

Now, something, too, that people have probably never thought about before, but I'd really like to just kind of throw out in this class is that we actually cleanse on three levels.

And, you know, we have negative toxins, pathogenic toxins in our spiritual self, like the Bible even says things like, "An eye for an eye." And in Japan they talk about karma, for example. But basically – and in the Bible, too, it says, "Sins of the fathers are visited upon the sons."

So there's lots of indication that we have spiritual impurities. Sometimes actually inherited from our – from previous generations. For example, if you have a grandfather than ran a factory and he was very abusive to his workers and he didn't pay them well, then you might be suffering from negative karma or an eye for an eye, sins of the fathers visited upon the sons.

What that means is that, you know, a couple generations downstream there isn't any prosperity in the family. So, you know, if you are beginning to awaken spiritually and work on the spiritual part of yourself, you – it's important to understand that we have spiritual impurities.

Now, there's all kinds of religions around the world that actually had detoxification ceremonies. Like even, you know, the whipping and the beating, or sitting under cold water to erase these impurities. That was sort of a harsh way to do it, but you know, I think I had talked about previously about the heart of apology, feeling sorry that we've created these negative toxins in our world.

Like the environment around us is toxic, our physical bodies are toxic. And having this heart of apology and then going into action and getting these toxins out of us, and getting them out of our homes and out of the world is the right way to be thinking.

So we don't – and past these spiritual impurities, these acts against the soul, against God, against the divine laws, we don't keep violating this law and we start to change that. So, that's one way that we need to cleanse is spiritually.

We have to cleanse emotionally, and this is gonna be a subject that now will come up again in other classes. But negative feelings like guilt and anger and shame have to be cleansed out of emotional body.

If we don't get them out, our soul will never appear bright and happy. And we want to be bright and happy. That's our true nature as souls is to be bright and happy. So it's time right now to get rid of all these emotional negative feelings that we have.

So that's coming up later in a previous class down the road. But we aren't taught effective tools for dealing with these negative emotions, for shame and guilt and so on. Nobody teaches us how to deal with pain and hurt and sadness when it comes into our lives. And yet we have to have ways to deal with this because they're just as toxic, or actually more toxic in many ways than some of the poisons and chemicals that we talked about in the class last week that are hurting our physical body.

But what we're mostly gonna focus on now is physically. So these emotional toxins have to be purified from our emotional self. They're actually killing the life force when we stuff them down and we don't feel them, we don't let them come out because we're not comfortable with them.

And they're people, wonderful, wonderful people on the planet right now that can help people deal with their negative problems and that's a very important part of becoming well. A lot of the fatigue and the physical pain even that we're experiencing, this lack of desire to get up in the morning and really experience life is coming from these emotional toxins as well. So they must be dealt with.

And my speciality is more in the physical body. So I won't dwell anymore on that subject, but we do have some great people coming to help get you kind of motivated in that direction.

But how about physically? Well, we physically inherit toxins, too, and we know that for generations toxins have been concentrating in the next generation.

So right now in our children they have hundreds of toxins, even in the womb. They're exposed to these toxins in the womb and the umbilical cord blood shows that they have hundreds of toxins before they're even born.

Now, nature is always cleansing. You've grown up watching nature cleanse. When you see rain, or wind, or even the sun coming out, those are examples of ways that nature uses to cleanse herself.

Sometimes we have very strong cleansings in nature, like tornados and hurricanes. Hurricanes are really just very heavy rain with little tornados in them, and they can be devastating and be very powerful and do a lot of damage. But they are nature's way of cleansing and purifying.

Now, snow. When you get snow, you know, coming down and kind of blanketing the earth, and then it melts away, that's another cleansing of the land.

So these are nature's signs of cleansing, and if we could stop these cleansings, we would never want to stop them, because nature would start to die, and then we would die as well.

And this is true for us as well. We would die if we lost the ability to cleanse. So very, very fortunately the creator of our bodies and of this world that we live in, gave us this precious principal of cleansing to keep us alive, literally.

So the principal of step by step is the principal that talks to us about time. It tells us how to know what to do first. Is there a right order for cleansing? And the answer is yes. And you can't try to do everything at once. There's so many toxins in our body right now, they just can't be all detoxified at one time.

If our bellybuttons, instead of being the navel that it is, had a little button it and we could push that button and then all the toxins in our liver would come out all the sudden, right now we would die immediately because there's just too many toxins in our bodies.

So we don't want to even cleanse that rapidly. We want cleansing to be slow and steady. So all of us are probably very familiar with this story of The Tortoise and the Hare, or some people would say The Turtle and the Rabbit. But this is the story about this – somehow the – I don't know the details of the story, it's been so long since I heard it, but the rabbit and the hare somehow decided

to race each other, and the rabbit, of course, was absolutely sure he would win.

And so he goes darting out, gets way ahead of the turtle and realizes he's got tons of time. So he goes off and does something and after he sees the turtle catching up with him, you know, gets back on the road again and darts off again, gets way ahead, gets distracted again and something else. Eventually the turtle passes right on by him and wins the race.

Well, this is exactly how we need to be thinking about cleansing. It's that slow, steady, keeping your eye on the goal, and that's how you're gonna win the prize, which is a much cleaner, purer body that has – lives longer, doesn't have pain in it, looks much more fantastic, has healthier skin, nails and so on. So that's the goal, that's the prize if you win this race.

Now, I'm not a big fan of liver cleanses. I'm not a big fan of the cleansing products that you'll find in health food stores because they have ingredients in them that I don't think are necessarily very healthy.

Some of them are better than others, and some individual herbs are quite excellent. But many of the products, particularly the colon cleansing products that are on the market aren't good because they have herbs in them like Cascara Sagrada and Senna which is a very strong herb, very – it's just too strong.

And what happens is you become depleted of vitamins and minerals when you use these. They drain the adrenals. They're real a poor choice for many, many people because so many people today aren't – they don't have the vitality, they don't have this really super strong constitution anymore that would have let them use a product like that without doing damage. So I'm really against those type of products all together.

Some of the other liver cleanses, for example, have things in them like maple syrup and honey, and that would just make your yeast infections worse, so I'm not a big believer in those either.

Against, the slow, steady, keeping your eye on the goal, that wins the race. And I know people don't want to hear that. They would rather have that button to push every day and get out the toxins that their body manufactured that day or that they took in from the outside environment. But it just isn't gonna happen that way.

Toxins are always coming in, and your liver has always got to be cared for every day steadily keeping it cleaned. So that's what we want to talk about also in this particular class is a lot more about the liver so you really understand how to take care of it.

There's another part of time though that's really important to understand and that's the seasons of the year. There are two seasons of the year that we have when he naturally can cleanse, just two. One of those seasons is spring, and the other one is summer.

Now, spring comes early in many areas of the country. For example, if you live in Georgia this phenomenon of cleansing actually starts in early February. And if you live in D.C. it might be at the end of February, or if you live in Chicago it would be more like March, if you live in the Northern East Coast like New York, it could be – definitely by March also.

So it starts, and we can't even see it because we can't look out the window and say, "Oh, spring is here, it's time to start cleaning my liver." That's almost too late, that's maybe a month too late.

So we just need to know, depending on where we live, that our liver is actually gonna go into a cleansing mode in the spring, and we want to do things at that time to make the liver healthier.

And then if you live in a warm area like Florida or Texas or Arizona these areas do have winter seasons, and they're following the same rules, they just come earlier. They would probably be coming more like in February. So pay attention to the seasons in the area where you live because that's a clue that you should start into a spring cleansing.

Now, summer is a major cleansing time as well. And in the summertime we are – I'll come back to spring in a minute, but the summertime is the time when we're supposed to sweat. And when we do, we sweat out a lot of toxins. The skin is a major organ of elimination and we sweat out toxins in the summertime.

But some of us don't sweat. Actually, people with hypoactive, you know, underactive thyroid glands and weak adrenals usually don't have the ability to sweat and most of the rest of us stay inside air conditioned buildings. So we don't sweat.

Today, you know, products that help us sweat like the BioMat, which we're a big fan of in Body Ecology, and saunas. The

BioMat is an inexpensive way to sweat; the saunas are much more expensive.

But if you can get into a sauna that's great, too. But there's nothing like sweating in the appropriate season because the body has a certain wisdom and it wants to sweat in the summer just like it wants to clean the liver in the springtime.

So in the summer, please when the next summer comes in your life, please make some time, even if you have an to work in an air conditioned building all day, find time every day to get out in the sun and do something active enough, it could be the late day, you can be covered up if you're concerned about too much sun, but the early morning sun and the late afternoon sun are the healthier times for us to get out.

But it's about breaking a sweat. It's getting on your bicycle or taking a walk, walking fast enough, staying out in that heat so that you can really break a sweat for 10 or 15 minutes a day. That would be excellent for people to do. So don't stay in the air conditioning.

If you have to turn it on at night to sleep better, great, but maybe that's good because sleeping is very important, but at least during the day, be real mindful not to keep your air conditioning up. Besides saving you on a lot of money, it will also give you a chance to sweat lightly during the day.

Women have hot flashes as they go through menopause and they usually hate it. They feel dirty. But actually, that's a very good thing. The fact that the body can sweat out toxins as it moves through this transitional phase, that has a really nice front to it. So, you know, maybe you don't want to be sweating at a really important moment and a hot flash coming on, but the ability to sweat is important.

So if you're having hot flashes, it's really a sign of a hormone imbalance and you really want to get that hormone balance corrected. You really need to get your hormones tested. But realize that the hot flashes have a positive side to them as well. It is a sweating reaction that the body has of eliminating toxins.

Now, you might be wondering about fall and winter, what do you do then? Can you cleanse in the fall and winter? Well, in the fall the body actually moves naturally into a storing mode.

You can see, I mean, that little classic story of the squirrels running around gathering up nuts and seeds, because they know that they've got to eat a lot of fats, they're eating them, too, they're not just storing them, they're eating a lot of fats.

They've got to keep their body warm to the wintertime. And so the animals on the earth know that winter is coming, they know they've got to survive a long harsh winter, and so they're not cleansing in the fall.

It doesn't mean that as humans we can't force it, but this is how nature works. And it doesn't mean that we shouldn't be cleansing in the fall and the winter seasons, but this is how nature works, and it is always best to follow nature's way.

Winter, too, is not a time for cleansing. The body just doesn't have the energy to push out those toxins. In fact, it's the time to be still. It's to be quiet and rest and actually gather energy so that when spring – because, you know, spring comes after winter. So when spring gets here the – we have the energy to really vibrantly push out those toxins. We can only push out the toxins if we have a lot of vibrant energy.

If you rest and store energy in the winter, you'll have the energy you need to cleanse in the spring and summer. This is nature's way. All the rest of the animals in nature are following this time schedule, and we humans always think we have to do it our way. But it's a mistake to do it. Obviously many of us are clearly beginning to see that our way doesn't work. So let's follow nature.

Now, one more last part of step by step or the principal of time is about what you do first, because people want to know, "What do I have to do so that I can start to cleanse, or if I can start to get my children cleansing from their toxins that they've been born with and that they're accumulating on a daily basis?"

Well, if you go back to the step by step principal, it's a two part principal. And one part says you have to do things in little bitty increments, like sunlight doesn't – it isn't just sunlight and then suddenly it's nighttime, sunlight comes on gradually and then it fades away gradually, and the nighttime, evening comes, and then the dark of night, and then gradually back to the sun shines again.

This is called the Principal of Dawning, the principal of step by step. This is how we need to get our toxins out of our body. This is how we need to get our toxins out of our body. This is the turtle

and the hare story. We've got to be like the tortoise, the turtle, and just step by step by step, day by day by day eliminate these toxins.

So that's one part of step by step. The other part though says, "What do I have to be focusing on to get myself free of these toxins?" So there are four things you have to be doing.

You have to create more energy. And this is by far the most important. This is why I mentioned when the wintertime is here use that time to rest and be still and do the things to create a lot of energy. That's the season of the year when you want to build your adrenals and your kidney, that part of the year is so important for gathering the energy so that when spring comes we cleanse.

Well, here's a perfect example. We must have energy in our body before we can push out toxins. What's wrong right now is most people listening to this class do not have adequate levels of energy. Their adrenals are too weak. Their thyroid isn't functioning right.

And again, you've got this vicious cycle going because the toxins themselves deplete our endocrine system, our other systems of energy. So you've got this vicious cycle going.

Basically, you know, many, many of us, maybe most of us on this call, are in a state of catabolic decline. Our body is not building up and becoming stronger, it's actually wasting away and becoming weaker.

This is the definition of, you know, of aging, but we're stopping that now. We're in an amazing time, but we have information and products that we've never had before, so we can reverse catabolic decline which is something our parents and grandparents never had an option to do.

There's not enough energy to drive the systems that detoxify our bodies, and that's one of the reasons they're staying inside of us. We can't detoxify because we don't have the energy.

The other things in that – the other three things that have to be focusing on in that step by step principal is the correct digestion. Now, as you – correct digestion, that has a huge amount to do with keeping us healthier and allowing us to detoxify, and I'll get into that later.

We have to conquer the infections, if you have yeast infections, viral infections in your body; they're taking a lot of energy away.

So that you can't put that energy into getting the toxins out. So we have to conquer infections.

Our diet, the Body Ecology diet is an excellent diet for helping you conquer infections, yeast infections. And we have another more refined version of the diet for helping with getting viral infections under control.

And then that fourth thing everybody needs to be focusing on in the step by step principal, and then what we need to be focusing on in the step by step principal is the fourth thing is actually to cleanse.

And actually, this is what the whole workshop is about, it's about cleansing. So we're doing that. But again, if you create energy you will cleanse. If you correct digestion and conquer the infections in your body, your vitality to cleanse will be even stronger.

So let's go back and talk about the liver, because the liver is the main organ of detoxification. You really can't understand how to detoxify without understanding how the liver works. It's a complex organ, it's a very large organ, it's kind of under our ribcage, expands all the way from the left to the right side of our body.

And it has the hard work of basically running the body. Yes, the brain does a lot of important things, but running the body really is mostly the liver's job.

If we eat anything, drink anything, if we wear it on our skin, the liver has to get it out and process it and detoxify it as best it can. So this magnificent organ is constantly exposed to harmful poisons and, you know, even if you're lying on a mattress at night that's outgassing.

If you're drinking out of plastic bottles that have been left in the sun. If you're drinking alcohol. Just that nice little glass of wine every night to help you relax. If you're putting cosmetics on your skin, using hairspray, creams and things like that. If you're taking any kind of a drug. If you're eating bad fats and oils. Those are all the things that are poisoning our liver. And pesticides and preservatives that come in on our food and then the environmental toxins that we're getting.

And then the toxins that are produced inside our body, the endogenous toxins are – lots and lots of those. These things all have to be processed by the liver.

An example of a toxin from inside the body might be hormones that are no longer needed. Another endogenous toxin would be the emotion of anger. This emotion is very poisonous. So carrying around a grudge, you're really poisoning you.

And our waste products from breakdown of protein when we eat proteins, there are waste products that are produced. And so these would be an example of endogenous toxins.

Yeast infections produce very serious toxins in the body. The liver has to deal with all this. Now, the liver really has two phases of processing these toxins before it sends them out of the body.

In phase one, the toxins are basically broken down and neutralized or kind of at least modified and converted to less harmful chemicals. And then in phase two, substances, molecules like glycolification and glycine are added to neutralize the toxins.

And then in this phase the hopefully nontoxic substance is excreted into the bile or into the urine and then the bile, of course, is in the stool and every thing's supposed to leave the body when you go to the bathroom and that's nature's way of getting the toxins out. So the liver has two different phases that it goes through to process these toxins for us.

Now, obviously the liver needs our help. If we – you can't eliminate the toxins in the liver if the bowels aren't moving. So any successful system of healing would use colon cleansing. It's an absolute must.

The gallbladder may be stuck, so coffee enemas used short-term where you're going just like a 15 minute retention enema. There's lots of information on the website for how to do these coffee enemas.

And I don't believe in them long-term, but they can be useful for people short-term for helping unstuck the gallbladder. Now, we have a product called LivAmend that's really also excellent for that.

And it has four different herbs _____ and artichoke and sarsaparilla and this wonderful product called wasabi which is a

very – all these are strong bile stimulants and have been shown to be very effective at releasing bile to help get the poisons out of the liver and get them down into the stool.

And then bile stimulates peristolic movement which makes you want to go to the bathrooms more – a couple times a day, hopefully, and then out come the toxins. So it's a beautiful system that the body has in place here.

Now, what actually harms the liver most? The biggies, I'd say the top six or so are bad fats, and we've been eating those for generations, probably many people listening to the call right now are still eating bad fats, or even if you're eating good fats but you don't digest them, which is why I'm very big on taking digestive enzymes.

Drugs harm the liver, that means your recreational drugs, if you're smoking, you know, taking marijuana and doing cocaine, they're very much harming the liver, not to mention what they're doing to the brain.

Alcohol shrinks the brain and harms the liver. Sugar is very damaging. A lot of the so-called "cirrhosis of the liver" is really from the sugar that we're eating in our diet. You can have a hardening of the liver and severe liver problems without drinking alcohol because you have too much sugar in your diet.

Stress, which I would say everybody feels that they're suffering from today, harms the liver tremendously, and it's one of the top biggies.

And then viruses that get into the liver like Hepatitis, is also, you know, harming a lot of people. But then again, why are the viruses drawn into the liver? What's attracting them to the liver to begin with? It's not functioning well, it's congested, and it's not eliminating like it's supposed to. So that makes the liver attractive to viruses like the Hepatitis so that they go to – stay in there.

A lot of times you can see the liver when it is not doing well and your detoxification pathways are open. The signs of that that you will see is your skin will breakout. So many people today have eczema and psoriasis, this is not a condition to treat, you don't treat the eczema, you don't treat the psoriasis, you treat the liver.

And in order to treat the liver you've got to also cleanse the colon and make sure that you've got lots of adequate bile flow leaving the liver, you know, exiting the body, through the colon.

The liver in Chinese medicine rules the joints and the skin and vision. So if you're having a problem with your liver you can look for signs on your skin like the psoriasis and the eczema and acne. You can look for signs in your joints.

If you've got what's called arthritis joint pains, if your joints are cracking when you move them. And, you know, visual problems like eye problems by treating the liver. Now, this is very well-known and understood in Chinese medicine, so Chinese doctors would always do this.

So let's go back to spring, the time of the year when the liver naturally wants to cleanse itself. You are going to find earlier than when you look outside, you don't see any flowers blooming yet. Way before that you're actually gonna start experiencing signs of the liver cleansing.

So you might see little black spots dancing before your eyes. You might get Pink Eye or suddenly get a lot of mucus in your eye that kind of weeps for a few days. Your eyes might be very swollen.

Your vision would kind of change and get better and then weak and then better and then a little bit weaker day by day, or throughout the day.

Signs of the liver cleansing in the joints is you might suddenly notice that your left knee is bothering your, or shoulder is bother you, maybe it was a shoulder that you had an injury in and now it's bothering you again. You feel more stiff, and for people that have already severe problems with their joints they'll get much, much worse during that time.

And as far as the skin goes, don't be surprised if a rash shows up somewhere on your body. But when these signs happen it's a sign that you go into action and you start doing things that are good for the liver. See it as a great sign that your body can actually communicate to you and say to you, "We're cleansing. Our liver is cleansing. Let's help out now, see what we can do to get through this spring season and get our liver healthier than it was before."

So it's a great, great blessing that this time of the year comes and that the liver has this remarkable ability to regenerate and heal itself.

One of the things that's good to know is there's actually a diet for that time of the year. This is the time of the year when you want to go into more raw foods. When you see these signs coming on, there's a certain way to eat. There's actually a diet for helping the liver.

You've got to rest the liver, first of all. So you want to pull back and don't eat animal protein when you're going through this. Don't eat – cut way back or completely eliminate the oils and fats in your diet through this stage, and eat more raw foods.

One of our favorite raw foods is the green smoothie where you are blending a lot of wonderful vegetables in our Vitamix or very strong blender, and then you drink it. So this would be a great thing to do. There's, you know, a lot of other things that would be good, too.

Of course, you can have salads. You can – please have cultured vegetables all throughout the day, miso soup would be great, although miso soup is a little bit salty, and remember the body is trying to lighten up and let go of what we accumulated in the winter, because we had to eat more proteins, we had to eat more fats in the wintertime.

So we're now getting ready to lighten up and go into the spring season. So miso soup begins to get a little bit salty, but you could put – make a wonderful salad dressing with the miso in it because it's a very nice vegetarian protein that gives you some energy.

Natto, n-a-t-t-o, is a soybean product that many people have never heard of before. But if you go into a Japanese market, and there's a lot of Asian markets around the country, fortunately, you'll actually find natto being sold there. Ask them – because a lot of times it's not – you can't read the information on the box or the package because it's in Japanese, but, you know, ask the people inside, “Which one is your organic natto?”

Then, you know, bring it home, and what we do is we take it out of the package, put it in a bowl, put a lot of cultured vegetables with it and other things like scallions, a little bit of wheat free tamari, mustard is wonderful, if you want to put in a little bit of wasabi. Again, wasabi is a bile stimulant. It helps with digestion.

So you can be creative in what you put in your natto. But then you whip it. This is what the Japanese do. This is a really popular food in Japan. They whip it about 50 times and it gets kind of foamy. If you don't want to eat the whole container then put some back in the refrigerator and just eat a little bit. But that would give you a phenomenal source of vegetarian protein.

And so we have to think like that, how to take the burden off the liver and feed the body things that are strengthening. Now, I still would say to have one, during this phase I would still have a little bit of cooked food, particularly if – let's say you are in Atlanta, and in early February it's still probably quite cold there, but your liver is moving into this detox mode.

So you definitely want to keep some cooked food in your diet. Again, very, very clean. You might have a delicious bowl of quinoa soup made up and available to eat. But you'd be more vegetarian during this time. This helps the liver tremendously.

Now, lots of people out there are doing the raw foods diet, but very few people are really doing raw right unless they know the seven Body Ecology principals and they know to eat the fermented foods that we recommend on the diet.

So we have a way of doing raw right. And on our website we have articles that can guide you on how to do the raw foods diet Body Ecology style.

Heather Fougner: So Donna, you've mentioned some really important things. First of all, that spring and summer are the most important times to cleanse and that we should really focus more on building up and strengthening during fall and winter.

And some of the symptoms, a lot of the questions that we got from people were, "What were some symptoms of cleansing?" And specifically with the liver you mentioned any issues with skin, joints and vision, and I think that that's gonna be really helpful to a lot of our listeners because we got questions about acne and rashes and things like that.

So I think it's gonna be helpful for everyone to know that these are important things to recognize when it comes to it being time to cleanse your liver.

I also really loved that you talked about supporting your liver in a cleanse and also seeing the cleanse as a blessing. Because it's an opportunity for us to support our body at a time when toxins are leaving, and just to celebrate the fact that toxins are exiting our body.

One of the questions that I do have, because so many people had questions about candida, is would you start with the liver even if someone is, you know, took the candida questionnaire, they have a really high score and they feel like it's time to cleanse their body for candida? Would you still start with the liver? How would you sort of order that?

Donna Gates:

Well, this is where you go back to the step by step principal again, those four things you want to focus on. You have to be doing them at the same time. You've got to create energy, you've got to be correcting digestion, and that's what we do with the diet and the fermented foods.

You know, following the food combining rule so that you take a lot of the burden off of your digestive tract. Eating the fermented foods begins to correct digestion so that you have more energy which would then allow you to cleanse.

But one of those four things is to also conquer the infections. And that is what – you must be doing that at the same time. You can't let an infection rage in the body and there's no energy there to push out those toxins. Slowly, surely, steadily, daily, all the time.

And the infections, the pathogens that are causing the infections, whether it's a parasite or a candida or formes and fungus, or viral infections in the body, whatever these infections are, they are creating havoc in the body and they are secreting toxins and there's one of my friends and colleagues has even begun to stumble upon information, he's sort of figured it out and is beginning to verify this, that these pathogens are producing heavy metals.

So we have to get these infections under control while we are detoxifying. They've got to be done together. We've got to be cleansing, getting the toxins out while we're correcting our digestion. We've got to be bringing the infections under control.

All these things create more energy. And then what else can we do to create energy? Well, your endocrine system, particularly your thyroid and your adrenals have to have energy. So, you know, to

me that's one of the most important first steps that a person would take is get your energy up so the toxins will naturally come out.

As they start to come out then we have to do things to help them come out. As they come out, we have to do things to help them get out quickly. Because our detoxification pathways are not efficient at letting the toxins out fast enough. This is where your colonics and your enemas.

This is why moving the body through exercise, and especially through bouncing on a mini tramp is so valuable because the lymph has to be cleansed as well, the blood has to be cleansed, cells have to be cleansed. Every part of the body is suffering from these toxins. So they've got to come out of the body.

And so the lymph nodes don't even work if we don't move. So we must be moving. People who exercise, people who bounce on a mini trampoline for 5 minutes a day have a much, much cleaner body. This is such a simple thing to do that can have a profound effect overall in the body.

Then we've got a – you know, there's all kinds of wonderful herbs out there, the thyroid and the adrenal, I'd like to actually cover how to make them stronger in an upcoming class. But there are things that – herbs that purify the blood like burdock root is actually a vegetable. It's this long kind of skinny brown root that people probably have seen in their health food stores or maybe certainly in an Oriental market, but they didn't know how wonderful it was.

But it's a powerful blood purifier. You can take burdock root as an herb in the store. There's a lot of – sarsaparilla that's in our LivAmend formula is a fabulous blood purifier. Red clover is. There's a lot of herbs.

I always kind of have this warm grateful feeling toward the Creator for the wisdom, you know, to put all these amazing plants all over the earth that really help us do everything we need.

There are plenty of blood purifiers. There's tons of plants that strengthen our adrenals and make our thyroid stronger. And there's just – there's things that stimulate cleansing as well, too. But again, I'm not big on taking these strong stimulants like senna and cascara sagrada because they're too strong, and it's not the right way to think.

I'd much rather somebody go to visit their colon therapist and – or learn to do home enemas, and then when they wake up and they feel very, very fatigued, I would put feeling fatigued and having headaches and being kind of achy and just thinking, “Oh, I don't feel very good,” as the key signs, the top signs, that your body has more toxins than it can get out.

And so many people will wake up in the morning and as part of their getting dressed routine they'll actually do a quick, like, a home enema with minerals in the water. And we're gonna get into that thoroughly in another class. But they'll just remove with water, with a gentle water bath what's in the left side of their colon if their bowels are not moving on a regular basis.

Because this – if your body was really healthy and you had a big bowel movement in the morning then you wouldn't need to do this. But some people do need to do this to keep those toxins smoothly moving out until they get to the point where the toxins are – they've kind of caught up with the large number of toxins in their body.

Heather Fougner: Good. So I want to summarize. If I were somebody that had candida and I had a really high candida score and I really wanted to start addressing that one thing that I could do, or a routine that I could put together for myself is this liver cleanse routine.

Where, let's say it's spring and it's time for me to start focusing on this. And so I start focusing on taking the burden off my liver. I focus on eating more raw foods, especially the green smoothies and nice salads and cultured vegetables and things like that, miso and natto.

And then I would be able to do things like avoid the animal protein, have some nice soups and some quinoa and grains and things like that. And focus on some healing herbs like burdock root and things like that.

I would be able to take LivAmend to help my liver, colonics and home enemas may be part of my routine, jumping on a mini trampoline may be part of my routine. And part of why I want to say that is because if I'm – all of these things, fitting these practices in the Body Ecology system is really good address the candida as well and the infections as well, because Body Ecology in and of itself is an antifungal, antibacterial, antiviral diet.

So if I'm doing it this way, in the way that I just described, in the way that you've taught us tonight, that would allow me to conquer infection and also focus on my liver.

Donna Gates:

Right, you're basically doing them together. Now, you said something important. I'm glad you asked, you know, said that – what you said in that particular way. Because I think I need to clarify something, too.

You can always take the burden off your liver. You don't have to wait for spring. I just want people to understand that every single spring whether we want to or not, our body naturally moves into a major detoxification. Half the year it's cleansing, half the year it's not.

You don't have the power of nature behind you if you choose to cleanse. Now, if you are in the middle of winter, and you're living in a freezing cold climate, you're gonna have to stay warm. And so going on a raw foods diet may be more difficult for you to do.

But I wouldn't say that a person necessarily wait until spring. But understand that you don't – that it is the season for resting and being quiet and still and you won't be able to detoxify as effectively as you will in the spring and the summertime.

But I'm glad you, you know, got me to say that. I wouldn't say don't do it at all until the spring and the summer come, but just understand that the winter is when you normally would want to have fats and proteins to stay warm.

Now again, if you're living in a climate like California and Arizona and Florida, you could be working on your liver more often. But when spring comes you'll have more power behind you to do that liver cleanse.

Heather Fougner:

That's really good to know. And then what happens if – is there a time that I should not start to do a cleanse? So say, for example, I'm going through a really busy time at work. I know I need to cleanse, but I'm going through this incredibly busy and stressful time at work.

Would that be a time to wait until I can sort of set aside some time and have time to rest and things like that? Like what would you recommend for somebody in that situation?

Donna Gates:

Well, I would say for many people, because they are working and they are busy; that they should save a day or two on the weekend, maybe let the weekends be your cleansing days.

That's another way to cleanse, too. You can have five days of just doing your normal, you know, life and eating very health, like normal Body Ecology life, but you could have Sunday be your day of cleansing.

And so on that day you ate very well and maybe you did a home enema or, you know, on Friday you had a colonic, on Saturday you rested and that was your quiet time for detoxifying, too. It's a little bit hard because people's weekends are often very, very busy as well.

But, yes, you actually have to kind of schedule ahead and say, "I'm gonna create this time just for cleansing. You don't want to be cleansing when you're very, very busy the week before some major event is gonna occur.

Also, there are certain people that shouldn't cleanse. If you're very weak you don't need to be, being on an active cleansing program. Just the normal cleansing that your body will go through when you go on a diet like the Body Ecology diet and you eat all these wonderful probiotic foods, they're powerful cleansers.

Adding fiber in your diet is very important because it grabs onto the toxins and binds them up for removal. So a plant based diet like ours, which is 80 percent plant based, and, you know, you can do it 100 percent plant based if you want to by having quinoa and millet. The vegetables that we eat, the quinoa, the millet, so one, they are wonderful sources of fiber that bind on to the toxins and move them out of the body.

So you don't really have to do a strong or be actively in a detoxification program. If you are on our diet you will be cleansing all the time slow and steady which is kind of like what I'm really trying to say about the turtle, just slow and steady plodding along, keeping your eye on doing things the right way for your body, and you'll look back in two or three years and you'll have this much healthier, cleaner body.

Well, way before then. I mean, we've had people be on the LivAmend and go back to their doctor and have totally different liver tests and their blood cholesterol levels change, and there's so

many signs of the body rapidly responding just in a matter of two months.

So the probiotic foods and getting your energy up. Like one of our products, too, that's actually very cleansing is the Ocean Plant Extract. It helps remove mercury and radiation, but protects you against radiation, but it also has such a powerful strong nurturing affect on the thyroid that it ups your energy.

And again, I would rather see people focus not so much on, you know, "I've got to detoxify. I've got to go on a special detoxification program." Is, "What can I do to get more energy in my body and let my body naturally detoxify on its own?"

Not be so impatient, which is not really natural for us. Like we want things now. If we want something from the store we want it right this minute. And that's how we want to detoxify our bodies. They sound so bad, we want to get rid of them immediately but again, if you get rid of them too fast you can be pretty sick, and we don't want that either. So we say slow and steady wins the race.

Now, some people would not be good candidates for cleansing if they're say, pregnant or nursing. If the mother goes on a detox program and gets all this extra poisons, mercury and, you know, all kinds of bad things down in her milk, her baby's gonna get that and can get very, very sick. The baby can be quite ill from that. Not a good time to do it when the baby is in the womb either.

But if you create a really healthy environment after they get out, and you can do things like give the baby tiny little spoonfuls of the juice of the cultured vegetables, for example, or of the young coconut kefir, then they will – and your own breast milk is healthy and well nourished. You know, it's a nourishing breast milk, this baby – and he's loved and he gets lots of positive attention and smiles, his energy will be so strong that he can push out his own toxins.

Children have so much life force in them when they first come into the world. Even this generation today which doesn't have the life force, you know, people had two generations ago. Even so they're young and they've got great vitality still, to push out toxins, most of them.

And some of them, you know, have infections in the body, so you do want to get them on these probiotic foods as soon as possible and put them on the Body Ecology diet, get the sugar out of their

diet. That really takes away their energy. But build a strong healthy child and their bodies will detoxify very efficiently.

Now, one of the things that I've watched going on for the last several years with our BEDROK group, Body Ecology Diet Recovering Our Kids, and amazing group of parents who are working to help their children recover from autism. They are so smart, and so dedicated and they figure out so much of their own that the doctors are even learning from them.

But several years ago I introduced the concept of doing enemas to these moms and they didn't know anything about enemas because, you know, when they came along nobody was doing home enemas anymore. But a generation before, their parents if you'd asked them would have said, "Oh, yeah, we had an enema bag in our house. My grandmother had one in her house."

And, you know, people just knew to do home enemas. So I was really hesitant to bring this idea. But I watched how many – I knew that the kids were struggling with tremendous amount of toxins in their body and they couldn't get well. Their energy levels couldn't go up, and they had to get these toxins out.

So some of the moms – so I talked to them about home enemas and some of the mothers, as always, jumped right on it, it made sense to them, they did it immediately. They reported awful foul smelling stuff coming out of these little, little children from 10 months old to 2, 3 years old.

You know, you'd say, "Where is this coming from?" And they would do them on a regular basis as needed when they felt their child was detoxifying. Even one mother with a skin rash as soon as she had a – her husband was against her doing a home enema, but she just couldn't see her son scratching and bleeding any longer. So she went ahead and did a home enema. The next morning he woke up, he was almost completely free of his rash.

So there are other tools coming in other classes that we're gonna go over. But if you take a strong blood purifier right now and your detoxification pathways are stuck, that blood purifier, that strong liver cleansing product is gonna send a bunch of stuff out to the skin and – or you're exhausted and fatigued and feel awful and your face is real gray looking, because those toxins can't come out.

They're mobilized, ready to come out, but they can't get out. So jumping, exercising, riding your bike, taking walks, eating our

probiotic rich foods, and getting your bowels going are the things to focus on first.

First things first. That's step by step. First things first. That's what this class is about is doing the things that are important. So going into the health food store and buying these products. Maybe down the road you might want to use them later on if you want fine-tune things, but they're not the things to do in the beginning.

So children, you know, there are times when you would want to help your children, but in a very gentle way, not by necessarily giving them a blood purifier.

And then elderly people they don't have the energy either to be detoxifying, and they don't have the life force left in them either, to be able to push those toxins out effectively. Much, much better to create that life force in them. That's what in the new book that I'm working on that's almost done on anti-aging, one of the things I cover in there, and mention throughout the book in numerous ways, is the importance of restoring our prenatal gene, that vital constitutional energy of gene that we were given at birth.

And elderly people, or people getting older, which is kind of like all of us, we have to actually think in terms of how can we restore that original energy that we were born with, whatever it was. Some of us were born with more energy, constitutional energy, than others. But whatever we were born with, we've got to think in terms of going back to having that kind of vitality.

Now, how do you do that? That's what people should be focusing on. They should be reflecting and thinking, "What can I do to create more energy in my life? What do I have to take away?" Sugar, watch checking those emails at night so you don't get melatonin so you don't sleep deeply, or hormone imbalances that are keeping you from sleeping deeply.

All these things have to – what is taking the energy away? Bad relationship, "I hate my job. I'm depressed." You know, whatever, working on the emotional stuff, getting those out of you. That's taking our energy away.

And then focusing on our energy and then allowing our body to naturally cleanse and then helping it cleanse by doing things like enemas and jumping on the trampoline, going to see your colon therapist. You know, I would say even for people that want to do massages, massages are wonderful in helping people relax, but a

lot of times after a massage people don't feel well. And a massage therapist will say, "Well, drink a lot of water because we want you to get the toxins out." Now, that's good advice.

But even the toxins can be mobilized in a massage, but the person doesn't have the ability to get them out enough. I'm big on the relaxation side of the massage, but, you know, the timing of it is important. You might want to time it right after you've done a colonic or right after you've done a home enema. Or if you have a massage do a home enema afterwards.

And absolutely drinking lots of water is good. That's not exactly how to – the only way. I mean, drinking lots of water will not get toxins out of your body. Increasing your phase one and phase two in your liver does that. And how do you do that? You create a healthier liver like we were talking about earlier.

Heather Fougner: That's really helpful. So we know then that children can detoxify, babies can detoxify, but it's all slow and steady following the diet.

It sounds like just about everyone, except for babies below a certain age, anyway, would really benefit from home enemas. Okay, so Donna, thank you. That's really helpful.

So we know the right age now to detoxifying, that everybody can. But I think your biggest message here is to go take it slow and steady, and that simply following the Body Ecology diet alone will help people get healthy and detoxify.

Donna Gates: Right, because, for example, we have – it's 80 percent plant based, we have all this wonderful fiber in our diet from the plant foods that we have. So they are helping grab up those toxins. Then we have these wonderful probiotic foods that are very, very important. They're essential for having a healthy liver and healthy clean blood and healthy clean cells.

They play a key role in detoxifying the intestines. Remember, you know, we eat this food and it gets into the intestines. Well, if we don't digest well, if the microflora aren't there, breaking down the toxins and rendering everything non-toxic, basically then that gets up into the liver and poisons the liver.

So they are like intervening right at the gate of entry, you know, they are the guards. It's like putting guards at the gate so the bad guys can't get in. So, you know, I know there's no other diet out there, way of life really, that has these seven universal principals

and has this wonderful array of delicious foods. There's nothing missing from our diet. You won't find people criticizing the Body Ecology diet for lacking anything.

You might, for example, you might say the high protein diet will get a lot of people against that, even people doing raw and vegan you'll have a lot of argument about what's wrong with that diet. But we – because of our principal of uniqueness, if you want to go more vegetarian, and there are times when you will want to, when you're working on your liver, when you see you've move into liver cleansing, then yes, that's when you want to be vegetarian.

So it's our understanding of how to use foods as medicine, and our wonderful – and we don't have many products in our line, but they're the products people really need to create a foundation, and other products may be wonderful, too, but you've got to put that foundation in place as well.

And so I try to offer things to people to help really set that major foundation into place. So yes, the diet is enough, but I still would say the other things I mentioned like getting out and moving and exercising, eliminating stress, you know, getting the colon cleansing as needed.

I mean, that's very, very powerful. It's so powerful that we are going to devote a whole class to it soon.

Heather Fougner: I think that's great. And, you know, we did have a lot of questions about constipation that we can definitely cover during that program when you and Pam Craig are talking about the –

Donna Gates: Yeah, that's a great _____.

Heather Fougner: – colon therapy and all the different things that people can do to work with creating a healthier colon. So I think that'll be great.

Donna Gates: And I don't want to overwhelm people with too much information and maybe some people are on the line and said, "Well, I didn't expect to hear this all about time and the spring and the liver." But as we go through these eight weeks I want people to have a foundation of understanding as well.

And this will all start to make more and more sense, and some of it will be repeated by even the other speakers as we go along.

Heather Fougner: I think that's great.

So one of the listeners asked what are some specific symptoms of detox, and I'm just gonna do a little bit of a summary. Some of the things that we covered tonight are exhaustion and fatigue, hormonal imbalances, constipation, diarrhea, acne, aching muscles and joints, insomnia, mucus discharge, fuzzy thinking, difficulty breathing, congestion, flu like symptoms, cough, vision issues, joint issues.

So it seems that a lot of things that people talk about experiencing every day, if you wake up – you said one of the top things was fatigue and that sort of general feeling of malaise, you know, the not feeling well when you wake up.

And it seems like we get used to these things. It's almost like everybody says, "Well, this is a normal part of the aging process." And everyone's running out to get over-the-counter drugs.

Donna Gates:

Or your child is supposed to constantly have a runny nose. Like I heard one pediatrician say that it's common for children to get 52 infections or, you know, those are happening because those children have so much vitality they're trying to get rid of these toxins.

And if your child's nose is running all the time, there's a really good chance that they're trying to get rid of the toxins. I mean, there's a chance that he could be eating something that he's maybe – not allergic but, you know, there's an intolerance to it, particularly if it's dairy because dairy's very mucus forming.

But most of the time I look at these kids and they just go from one day they are cleansing and the next day – a couple days later they're cleansing again. Parents should expect that. This is a good thing. You want your child to have the vitality.

Fevers, fevers in children are a good thing. This is something early on, about 8 years ago with our first group of Moms in the BEDROK group they started doing the things I suggested and then soon the child would get a fever, it was just scary, you know? "Oh, my gosh, is this working?"

But they soon came to realize that after every fever was an improvement in their child's health. So this is the body burning off toxins, too. I'm glad I suddenly thought of that.

And vomiting, if you throw up something that's the body – and actually, in Ayurvedic medicine there's a healing therapy where people are made or encouraged to vomit. And this therapy is actually for cleaning the lungs.

So coughing up mucus is a sign that the body's trying to get toxins out of the lungs as well. And then women don't realize this but every single month they have an opportunity to cleanse toxins in their monthly cleansing, when they have their period.

Now, there was a time when, you know, there was – I mean, something that's very interesting to me is that we now have all these deodorants, sanitary pads, which is, you know, a sign how toxic the menstrual blood is. It shouldn't be toxic. And one of the things that we have consistently had reports on is when people start drinking the young coconut kefir in particular, but the fermented foods, their menstrual blood becomes so clean, almost translucent, certainly with no odor to it.

So this is another sign, too. If you're having a vaginal cleansing, if you're having a period with an odor, it's not – your body is very toxic. But your body is trying to get them out.

And men, too. They're not – they don't get off the hook either scott-free because they excrete their toxins in their sperm. Well, if you're trying to make a baby this is not so good.

Heather Fougner: That's a really good point. And one of the things that you said that I wanted to touch on as well is that sometimes people start a cleanse and start experiencing these symptoms and we have received a lot of emails from people asking, you know, "I started a cleanse and then I wasn't feeling very well, and then I was feeling okay, then I wasn't feeling very well."

So the question was kind of like, "Well, how long is this supposed to take?"

Donna Gates: That's a very good question because the answer is, "Forever." As long as you're alive you will be cleansing, and you want to be cleansing. You want to – I know it's hard, even myself, and I know this principal really, really well and I'm constantly telling people, "Oh, sounds like you're cleaning."

Even myself when I go into a cleanse I think, "Oh, no, am I doing something wrong?" But then I think immediately, "Am I doing something right?" And I am, I'm always doing the best I can to eat

right. And I will say that I'm under too much stress and I definitely don't get enough exercise, and that's always my New Years – my affirmation for the New Year that I'm gonna exercise more.

But thank heavens I've got my little mini tramp and that helps a lot. But it's forever. It's ongoing forever and you want it to be because when you lose the ability to detoxify, you're on the way out the door. The body doesn't last much longer after that.

Now, if you're feeling like you're overwhelmed by these detoxification symptoms and they never end, then you're not doing enough colon cleansing. And taking a product like LivAmend that will stimulate bile and begin to get those toxins out of the body.

So there's thing to be doing, and that's the purpose of this whole eight week training is making you more mindful of the true concept of detoxification so you can become empowered to go on your own and keep studying this, keep learning. And there will be new things coming because as we focus more on detoxification, we realize it's a healthy thing and we want to encourage it, we don't want to stop it.

See, this is a big deal. The fact that we're all thinking, "Hey, we need to detoxify, let me get these toxins out of the body." It's a great step in the right direction because previously we were suppressing these things.

Like, "Something's wrong with me. I'm taking a drug. I'm stifling this cleansing." Now, you still get all these ads on TV that tell you, "Don't do this." And you stifle it, stop it, you know, but you're just suppressing it and the toxins are still there and then those drugs are making it more toxic. It's not the way to go.

So at least we've moved – at least everyone on this call has moved into a wonderful awareness that, "Wow, I need to find ways to get toxins out of my body."

Heather Fougner: Exactly. And you said something really important about we're always gonna be cleansing but there are also some tools that we can do to make it healthful. Like, for example, here's a listener who has been on Body Ecology for five months. And has been having an increasing problem with major acne breakouts.

And this person is very astute and realizes that this has to do with detoxification, and wonders is there they can do to help it heal?

One of the things you had talked about was doing enemas and colonics. What –

Donna Gates:

That's the first thing I would say. That person, I would like to find out if they're doing colon cleansing. When people tell me that, the first thing I ask is, "Have you started doing some colon cleansing?" You know, like four colonics close together? And then or an enema every day for about 10 days. That's what you need to do in the very beginning because the – put your body on a cleansing diet like Body Ecology is, don't poison it anymore and the body flips around and becomes very eager to get rid of the toxin.

So you will – and it has more energy, so you will start detoxifying. So – and then I ask people over – when they tell me this, I say, "Well, are you doing colon cleansing?" They'll usually say, "No." Or they'll say, "Oh, I'm gonna start." Or, "I did one."

And so you won't see results with one. You need to do them as needed, which in the beginning could be more frequently. And again, this is case by case. This is the principal of uniqueness. It would be hard for me to tell everybody to do exactly this many colonics.

But this is why if you go to a very good colon therapist that is certified by the International Association of Colon Therapists, that's i-act.org, you'll find people that are trained and certified and they are very experienced with cleansing, of course, and they do this all the time.

You want to find somebody, too, that you feel very comfortable with because they're going to become an important part of your recovery and your healing in these early stages of, you know, of moving out toward wellness. This is the step by step principal is, "Where do we begin?"

"I'm gonna get started getting these toxins out of my body. Where do I begin?" And that's why I wanted this class to be about that principal so we understand, you've got to create energy and then, you know, the cleansing part of that is about doing enemas. And I'd rather see people use – in the beginning I'd rather see people use water therapies like home enemas and colon cleansing with colonics. I'd rather see people do that in the very beginning than just try to go to the store and buy a blood building, blood cleaning, liver cleaning program.

Because you got to go downstream. Imagine this. Say you have a river that's flowing downstream and all the sudden somebody comes in and builds a dam. Now the river, which was nice and clean, because it could get rid of – it was always moving water, always flowing, now it's gonna start backing up.

So, obviously the thing to do is breakdown the dam and let that water flow again. But that's what colon cleansing is doing is opening up some people are actually impacted in their colon. That definitely has to be removed. And that's what we found with our children, believe it or not, they actually had impactions in their colon.

One mother, her husband, sometimes you have resistance from the dads, but most of the time they're very, very, very supportive. But her husband didn't think what she was doing was smart. And it was helping, moving her son in the right direction, but he just decided to take their son to the – have an x-ray and actually saw an impaction on that left side of his colon which was beginning to dissolve and go away with a couple of enemas that she had done with him.

But we hear these stories and we know that, you know, some people do have these impacts. Now, I don't want to get into colon cleansing because that's to come. But there's so much to say about that. But, you know, please just hear that right now it's like pulling the dam, breaking down the dam so things like start to flow out of the liver and out of the lymph, and out of the cells into the blood so that they can leave the body.

Heather Fougner: So it's cleansing your whole body. And I know that you and Pam are gonna be talking about that for one of our sessions. So I'm sure everyone will look forward to that.

We did get several questions about how to do enemas and colonics and some of the different things that would help with that. And, you know, another question that comes in a lot, Donna, is some people lose a lot of weight when they first go on a healing diet like the Body Ecology Diet.

And we get the question, "What do I do? How do I gain weight?" Why does that happen during the detox process and what can people do about it?

Donna Gates: Well, we're holding on to quite a lot of, you know, bad material, pathogenic material, and we're bloated and puffy. So in the

beginning there's usually about a good 10 pounds of bloating that is going to leave the body of a person who's been – particularly notice it in their face and neck and shoulders.

But as they stay on the diet and get to the point where they're turning around, they'll start to put on healthy muscle mass. Now, that's why we recommend people take a drink like the Vitality SuperGreen because, you know, it's got proteins and fatty acids and minerals and so on that are gonna – in addition to eating, you would be taking this and it'd be one, two, three times a day to add additional nutrients.

In the beginning, too, people's digestive tract isn't working well. That's what we're working to do is correct digestion. But if the digestive tract isn't in great shape, which it usually isn't, then you want to find all these nutrient dense foods that are like fermented foods, like cultured vegetables, for example, and things like the Vitality Super Green, just having a glass of that, you know, stirring a couple scoops of that into a glass of water a couple times a day makes a huge difference in supplying your body with nutrients.

So you'll always hear me steer people towards foods versus a lot of supplements. I'm not big on swallowing a whole lot of capsules. You can get up to where you're swallowing 100 a day if you read all the articles and, you know, it sounds like you need every single one of them.

But food is miraculous in its medicine, and simple – I mean, that's because our bodies were designed to take in food, not to take in supplements. And given the right foods, given the foods that build our body instead of what's happening now, as I mentioned before, the catabolic decline where we're just kind of wasting away.

When you turn that around and you're going toward anabolic, you know, we're building our bodies back up again, then they'll put weight on and it will start to show.

But I'm always gonna steer people toward food because our bodies were designed to take food and food can be medicine if you do – if you know what foods are good for you, and that's what we are offering people.

Heather Fougner: That's great. And one of the cornerstones with respect to healing foods is the fermented foods and drinks. And we had a question from one of our listeners who's been organic for 20 years, raw for 10, vegetarian for 9 and vegan for 5.

One of the things that he said is that he normally has three healthy bowel movements per day. He says they're usually odorless, everything seems great. Occasionally though he'll eat certain fermented foods like veggie sauerkraut's and things like that and he gets really bad gas and his bowel movements tend to, you know, change and they seem a little bit messed up to him.

And he's wondering if there are certain probiotics that don't agree with some people's inner ecosystems.

Donna Gates:

Well, it's more of just the fact that it's a change. Like obviously, I'm surprised this person is even on this, you know, taking our class here because they sound like they are really doing a lot of great things. But hopefully they'll find it will.

But here's what my guess is, and I don't know 100 percent, but from knowing how the digestive tract works and knowing how fermented foods works, you know, whatever he's eating in a normal way for 5 years being a vegan, for example, you know, the microflora in the gut turn – you develop an inner ecosystem and the microflora they become used to working together, used to digesting that food.

And if you start taking some other foods, like say our cultured vegetables or young coconut kefir or one of our, you know, cocobiotic or passion fruit biotic you start adding these new foods, they'll be different kinds of bacteria, maybe sycomas filaria is not in his current inner ecosystem and now you're adding it, for example.

Maybe he doesn't have a lot of plantarium, now you're adding a bunch of plantarium. Maybe there's a little, I mean, certainly he would have some because plantarium is naturally present on the vegetables that he's eating. But now you're adding in a whole bunch more.

And so what they're gonna do when they get in there is they're gonna change the environment. That's just what they do. And they like to set up the environment that's best for them, and best for you. And so I'm guessing that even though he's eating very well, and taking great care of himself, that by – that he'll start on the veggie krauts, for example, which is what we call cultured vegetables, and he will experience this gas and it'll be very short lived.

And one thing he can do is a home enema or go for a colonic and, you know, they will oftentimes still act like cleansers and they'll kind of nudge away some things that might be gathering in the intestines, and you can rinse that out.

But if you keep drinking or eating the veggie kraut, for example, drinking the probiotic liquids, eating the veggie kraut, you'll be adding this healthy new bacteria and in a little bit of time the gas disappears.

So the inner ecosystems inside of us change based on the foods that we're eating. And if you're a dairy eater or you're not eating dairy and you want to eat dairy, you're gonna have to train the bacteria in your intestines to start eating this new food called milk or dairy or casein.

And what we do, we do that. We tell people to start with the young coconut kefir which was made with dairy loving bacteria. Now, they're used to growing in the kefir so they're not – they don't know about dairy yet. But what you do is you take a little bit of real healthy fermented dairy, like let's say milk kefir and you take about a tablespoon or two that day, and then the next day you might take a couple tablespoons the next day and then the next day, then the fourth day.

And then after the fourth day maybe have four or six tablespoons. But what you're doing basically is introducing this new food very slowly and giving the microflora time to readjust so they understand, they're very intelligent and you want them to understand how to digest that food – that new food that's coming in.

So it sounds to me like something like this is happening for him. I would encourage him to just continue on and keep doing it because we know they're healthy for you. And as healthy as he is, I truly feel that if he'd just stay on them a little bit longer he'll get past this initial stage. He will get even healthier.

Heather Fougner: That's really helpful to know. And, you know, one of the things that he was a little concerned about was this idea that when you culture foods it's possible to have negative critters, he says, bad bacteria growing in them as well as the good ones that you want. What's your take on that?

Donna Gates: In other words, he thinks the gas is being caused because there's some bad ones in there with the good ones?

Heather Fougner: In certain – and I don't know how he's making the cultured vegetables or if he's making them himself. But he's wondering if when you culture foods is it just as possible to have bad bacteria as good bacteria?

Donna Gates: No, not really, because the good bacteria crowd out the bad bacteria. That's one of their most important jobs is to get rid of the bad guys. And so they are predominate. You know, they'll predominate until they start to die off.

Now if much time goes by and they disappear because they don't have any food and they die off, then bad guys can come into that food. But as long as they're alive and well.

And another thing, too, as you can tell about the color. For example, if you're making cultured vegetables and you – and they're nice and pretty colorful, like very red or very orange or very green, whatever, based on the vegetables you've used to make them with, if they had a pathogen in there they wouldn't look like that. They would be gray and awful looking.

You know, when you open a jar of cultured vegetables they smell funny and, you know, usually people think, "Oh, my gosh, what is that smell?" But if you leave the jar off for a little while – the lid off, that quickly goes away and then they smell great. They're very sour, but they smell fine.

And that's not true of a bad batch that's spoiled that has pathogens in it. It smells bad, it smells bad, it smells bad. It always smells bad and it looks awful and you just naturally would know not to eat it.

Heather Fougner: Okay, that's great. That's really helpful. I have one more question. And this is something that you had mentioned in the last class and even a little bit today about these, you know, plastic bottles and packaging.

You had shared with me something that you wanted to make sure to share with the group which is a company called Earth Circle Cinema, which just put out a movie about the world's addiction to plastic. And, you know, the fact that all over the world we've had about a 100 year relationship with plastic and it's used in everything.

So you wanted to talk a little bit about using plastic. And even, for example, the decisions that companies like Body Ecology have to make in terms of selecting how to package products.

Donna Gates:

Well, of course, all of us in the health food field are really concerned about that. We, you know, glass is an alternative but they're very difficult to work with. Glass would bring the price of the product up and most people wouldn't want to pay for that. Very difficult to ship glass bottles, and they're heavy to ship. So that brings the cost up as well, too.

But fortunately today we have recyclable plastic bottles that we use. Still, I would love to challenge our scientists to come up with something better. Plastics are such a part of our life. They have been such a part of our life for the last 60 years or so, that we're not gonna just suddenly say, "Let's avoid all plastics."

Now, yes, you can go to the health food store, or any store, actually, with your own bag that you've purchased. I mean, I actually started doing that myself. It took me a little while to remember to bring them. But sometimes I leave them in the car and I have to go back and get them, but I feel so proud of myself when she says, "Did you bring your own bags?" And I say, "Yes, I did."

And we, you know, fill two, three, four bags up and off we go. But that's a simple step that people can make to reduce the amount of plastic. I even sometimes, you know, I get the plastic bags you put your vegetables in, like if I bought zucchini and I put it, you know, they've got the little plastic bags up above that you pull off and you put your zucchini in there. I'll actually take those back to the store and reuse those, too. So I'm very proud of myself for doing that.

This movie that you're talking about the – joining the Earth Cinema Circle. They have always – they send out the most wonderful little short movies, documentaries and so on, of really interesting things, always pertaining to the environment. They're real thought provokers.

And I would love for people to subscribe to that. Not just to support this company doing this great work in the world and educating us, but also you get four or so a month and – four little films a month. And you can sit there with your family and besides educate yourself; you can educate your children.

I'd love to see teachers using these. But after you're finished watching these with your family or friend or children, you can sit there and have a really fascinating conversation. But these are the things that motivate us to get – to start making changes in the world.

Another website that I'd like to steer people to is one called – it's just diagnose-me.com and it's diagnose-me.com. And when you get on there look for the one that's talks – there's a couple of articles on liver detoxification. There's a really good one of phase one and phase two liver detoxification.

I started to go into that in this session, but I thought probably too complicated, more than most – many people will want. But if we have people listening that really want to kind of deepen their understanding of how the liver works, educate themselves more on that, this is a great website to go to.

Heather Fougner: Great, well we will provide a link to the diagnose-me.com where you can get that information as well as to Earth Cinema Circle for anyone who really wants to make a difference in the environment.

And, you know, one thing I wanted to say is that when I started to eat really healthy I had a corporate job, very fast paced. I often found myself bringing breakfast, lunch and dinner to work with me before I started to change my lifestyle around.

But the first thing I started with was a really healthy diet and I would like a lot of our other listeners who write in and ask about, you know, “What do I do? How do I store my products?” You know, “I'd like to use all glass but then you can't really take all glass to work safely without things potentially breaking or without it being really heavy.”

And I think one of the things I had to come to the conclusion about back then was I still have to live my life, and there will be times that I have to use plastic until I can find maybe the right little stainless steel or glass or ceramic container. But as you said, take it step by step.

And so the first thing I did was start using Tupperware to take all of my things to work. And as time went on I found, you know, better things. But, you know, maybe not the perfect things.

Donna Gates: And not disposable things, like reusable things. That's a big –

Heather Fougner: Yeah, reusable things, exactly. And I think the idea that we do the best we can and we make the best choices we can and there are gonna be times that we have to make choices out of convenience, and we'll just do the best we can with reusable things, like you just said, to make it so that we can live our lives and still live them as healthy as we possibly can.

Donna Gates: You know, sometimes people – we get questions from people like, “Do probiotic liquids have to be in plastic.” Because usually if you're making coconut kefir, if you're making cultured vegetables, I would definitely say ferment those in glass or even stainless steel, but definitely don't ferment them in plastic.

But when these – our probiotic liquids are made, they're not fermented in plastic. But then we have to put them in a plastic bottle to be able to ship them. And if you look at the bottle you'll notice that they have little expansion lines on them because the probiotic, you know, microflora inside, they go to sleep sometimes and then the product shrinks, it doesn't look like you have as much in the bottle.

Then other times, you know, they get – it gets a little bit warmer so a whole bunch of them wake up and then expand. Then the bottle goes, you know, it looks like you've got more liquid in the bottle. They're changing and moving all the time. So glass would not work.

And the other things, too, is that of course we have them tested all the time after they're made, after they've been in the bottle for a week, a month, a year, and there is no sign of any kind of poison coming from the plastic.

Now, I feel the reason for that is when another very, very important job of the microflora is to get rid of poison. So when we eat food with poisons in them, those microflora are in there negating those poisons, transforming them into something less toxic. And perhaps they are doing that with the plastic, I don't know.

But there's never any sign of any kind of plastic poisonings in any of our liquids. So I wanted to point that out, too.

Heather Fougner: That's a good testament to what they can do inside our bodies, so that's really great.

Well, Donna, I want to thank you for everything that you've shared with us tonight. And I also want to thank all of you listening for joining us for the second class in Body Ecology's Detoxification Training.

We will go even deeper into detoxification topics next week, such as the best detox diet. And the question that we know all of you have is what foods should you eat and avoid during your cleanse.

We covered a little bit of that today. We're gonna cover more of that next week. We're also gonna cover supplements, products, and special practices that you can do to support your healthy detox program.

For those of you in the Basic Training Practice, you will be able to listen to this training again anytime for the next 24 hours while it's posted between 7:00 p.m. Wednesday to 7:00 p.m. Thursday Eastern Time.

For those of you who've upgraded to the Deluxe package, if you scroll down to the bottom of your page, you're gonna see where to pick up your class recording, which you can do starting tomorrow. And you'll also see how to download your transcripts.

Remember, at the bottom of this page you can ask Donna Gates questions for the next class. We appreciate your questions and we appreciate the time you're taking to learn how to look and feel your best.

See you next week.

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