

Heather Fougner: This is Heather Fougner welcoming you to Body Ecology's Detoxification training. This is our third class, and today we're covering more of the seven Body Ecology principles and how they apply to detoxification. We're also gonna cover foods, special products and practices that help you in your detoxification program. It's with my pleasure that I welcome Donna Gates to today's class. Welcome, Donna.

Donna Gates: Well thank you, Heather. I'm glad to be here once again.

Heather Fougner: Great. Well, let's get started. I know that we've covered a couple of the seven principles already, but I was wondering if you could summarize the seven Body Ecology principles and talk a little bit further on how they apply to detoxification?

Donna Gates: This entire workshop is about the principle of cleansing. And I used to say years ago that it might be the most important principle – the principle of cleansing. Because we have spiritual, emotional and physical toxins in our body. And we've got to cleanse off these toxins. And this is the time to do that. I mentioned earlier that we have spiritual toxins. An example of that is the whole human race, all of us together, the whole family of humans, have really been committing a lot of, you know selfish acts against the earth and against other animals on the planet. And so that's an example of creating negative karma or spiritual impurities on being so greedy and selfish and not thinking of, you know of sharing this planet with all the other animals of the planet.

We have emotional toxins and some of the later classes that we're gonna be doing are gonna start helping people deal with their emotional toxins. That's very important. Actually, the spiritual and emotional toxins are actually over the physical toxins. I mean a body's like a puppet. And if you're holding a lot of negative emotional toxins the body can't release its toxins effectively.

So this is an important workshop and it's why we decided to start with the principle of cleansing. But we've also covered a lot of information on step by step because that principle tells us where to begin. When you're starting to cleanse, where do you begin? So we've covered that. We've talked about how it's important to never lose sight of cleansing. We're gonna be cleansing the whole rest of our life. And we want to constantly – we need to realize that our body will always be cleansing anyway and there are certain seasons of the year where it naturally goes into a cleansing mode. So we've talked about that.

The principle of uniqueness is important because every single one of us is very unique. It's like a snowstorm. If you have a big snowstorm there isn't a single snowflake that's like any other snowflake. And so we're the same. And there is no way to say this is what you need to be doing, this is what I need to be doing. I mean each of us has to develop our own unique plan for cleansing these toxins out of our body. You have to also find out what the toxins are. That's great. There's a lot of information available and diagnostic tests available today that tell us, you know what type of heavy metals we have in our body or what kind of preservatives and poisons are in our bloodstream or in ourselves.

So the principle of uniqueness just says that there is no such thing as a one size fits all detox plan. We have to gather information about our body first. And then we can begin fixing the problem. You know you have to ask yourself questions like, well how is my liver? How is my gallbladder? Are there signs that my detoxification pathways are blocked? But the good news is all of this is fixable.

The other principle that I think is very important to bring up in a detoxification workshop is the principle of acid alkaline. If the blood is mineral rich it stays in balance. Now this range of balance is very, very slight. But and to be healthy our blood needs to be slightly toward the alkaline side. So if we are under a lot of stress it makes our blood slightly acidic. Just ever so slightly acidic. But that little, tiny little degree of acidity makes a big difference if we stay there all the time in that acidic range. Sugar also, anything that actually strips minerals or makes us burn minerals up is going to tip us into that slightly acid range.

And so sugar, the toxins that we're taking in are making us slightly acidic. And that would be the indigenous toxins that we're making from inside our body and the exogenous toxins that are coming from the outside. If you're not sleeping well, you'll wake up, be very acidic. Actually we tend to wait – we well, most of us will wake up acidic in the morning anyway because we haven't been moving around and the toxins just tend to get stuck and everything slows down while we're sleeping and we're trying to repair ourselves. Your body is trying to repair itself but it's still natural to wake up slightly acidic. That's why when you test your, if you were to take urine paper and test your urine in the morning you would see it would test slightly acidic usually.

People who drink alcohol or people that are using drugs, either medicinal or recreational drugs, are definitely tipping their body into that dangerous constantly chronic acidic range. And when it tips into that slightly acidic range we start having all kinds of problems. That's when our blood is perfect environment for pathogens to live. Like yeast and viruses to live inside of us. That's when we're very prone to getting cancer.

So eating an 80 percent plant based, sugar free, probiotic diet is key. And that's really what the Body Ecology diet is. It's 80 percent plant based. It's a sugar free diet. And it's very rich in probiotic foods that bring in these wonderful microflora. These fermented foods actually dampen your desire for sugars and the microflora helps extract and assimilate and retain minerals so that we have mineral rich blood. So there's many, many things these microflora do, but they're very critical in keeping this, the right acid alkaline balance in our body, in our blood.

Remember, toxins do make us acidic. And when our blood is properly alkaline this – then the cells can start to eliminate their toxins. So we have to have a slightly alkaline blood in order for the cells to be able to dump their toxins. Now as I've kind of stressed over and over again, once they try to eliminate the toxins you've got to make sure your detoxification pathways are open so that these toxins can leave the body. And this is where there's a big problem for most people. They're trying to go on detoxification programs and plans and go, you know do things that are supposed to help them detoxify, like take milk thistle for example. Without having detoxification pathways that are open. Later on in a class that's coming we're gonna be talking about colon therapy because that's a very powerful tool for helping to get the digestive system moving efficiently.

Heather Fougner: So Donna, we understand the importance of acid alkaline. And one of the ones that comes up a lot is food combining. And I know in my own experience food combining was one of the most important principles for my particular journey into healing my digestive system. What is food combining and how does it help with detoxification?

Donna Gates: Well, a lot of people feel like – have said over and over again to me, “I don't think food combining is important.” But it's very important because if you put foods together that digest very easily in the digestive track, then well digested food is not toxic. It's a nutrient. It's nutritious. But if you are putting a really complex meal together like most people eat, a hamburger with a bun or

cheese with tomato sauce and pizza and so on, these kind of foods are not digested in the digestive track effectively. And they become poisonous. The proteins are not broken down and create certain kinds of toxins. The yeast in the digestive track can feed of the – there's actually fermentation that takes place and the yeast can feed off of that. So absolutely food combining helps with this whole issue of digestion. And so there are less indigenous toxins produced.

Now the principle of balance is really the, what we call the principle of expansion and contraction. This is the ancient principle of yin and yang that's used in Chinese medicine. And I want to get into Chinese medicine and compare it, give you a little bit of information about Chinese medicine and Ayurvedic medicine and their insight into detoxification.

But this principle of balance, if people could just sort of get into the habit of always asking the questions, what is the front and what is the back of this new product that we've created? For example, let's take plastic. I don't know, I don't see plastic leaving our world quickly because you'll notice if you look around there's – plastic is used in so many things and so many useful things. But we definitely have things being made out of plastic that – we have too many things being made out of plastic. We've gone overboard in the plastic department. And when plastic was first discovered, if scientists at that time had said, "Okay, here's a big front. Here are some good things about using plastic. But does it have a back? Is there a negative side to plastics?"

If our scientists asked these questions we wouldn't be in the mess that we're in today. And a lot of us are very conscientious about trying to purchase products in biodegradable plastic, but there are many, many things that we can do to cut back on the amount of plastic being used. And we can certainly not purchase plastic items as much. Like I have – I no longer have any plastic storage containers in my kitchen for example, because I've replaced them all with glass jars and glass containers and I feel so good about doing that. Everybody should be looking, realize that plastic has a front, but plastic has a back.

And that's what the principle of balance is about. Is trying to keep a balance, we're going to continue to develop. Science is gonna move on and we're gonna begin to develop new and wonderful things are coming. But we need to always ask that question, what is the front? What is the back? When antibiotics were developed, if we'd asked the question, well is there a back to these antibiotics?

They look like great things. They save lives. But is there a back to them? We might have discovered that they destroy the good bacteria, cause yeast infections and so on, weaken the immune system and so on. So that's what that principle is mostly about.

Then we have two 80/20 principles. And one of them is about, again, it's a digestive principle. If you fill your stomach all the way, 100 percent, you're just not gonna digest well and you're gonna have those indotoxins, poor digestion. If you leave – if you eat to where your stomach's about 80 percent full and you leave 20 percent for digestion, then you're gonna digest that food more efficiently. So that's what that simple rule is about.

And then the other part of 80/20 is when you prepare a plate for yourself, 80 percent of the food on that plate should be plant based. Plant based foods are really, should make up 80 percent of our diet. And I'll state some more about that later on in the class today.

Heather Fougner: One of the things I wanted to ask is about the principle of 80/20. You've talked about plant based, a plant based diet being exceptional for detoxification. A lot of times people don't understand this idea of eating until your stomach is 80 percent full. Why is that gonna help people in this process of detoxification?

Donna Gates: Just simply because it's about efficient digestion. If you don't – if you fill up your stomach and stuff yourself, which by the way, people tend to do when they're not eating fermented foods. Fermented foods are so great at helping with digestion and you are so, when you eat them you're very well nourished. And so we don't want to constantly stuff ourselves and overeat. You're okay with pushing away from the table where you're slightly full, about 80 percent full. Then there's a little bit of room at the top of your stomach for digestive enzymes to come in and begin to work. It's difficult for the stomach to work when it's stuffed basically.

The stomach digests protein and sends the food that we've eaten down into the small intestine where more digestion takes place. And if there's poor digestion in the stomach because you overate, then what's being sent into the small intestine is toxic and poorly digested. And you have, again, created indotoxins. Toxic substances inside the body. That's an example of an indo – indigenous toxin.

Heather Fougner: Thank you, Donna. That's really helpful. Donna, one of the things that I love about Body Ecology is that you honor Chinese medicine

and Ayurvedic medicine. Can you talk about how we would apply Chinese medicine and Ayurvedic medicine to detoxification?

Donna Gates:

Yes, well ancient people knew that cleansing was important. This is not a new concept. It was a very well understood concept thousands of years ago. It's a very ancient principle. In Chinese medicine they really understood the importance of focusing on the kidney and adrenals to build that whole meridian, which actually includes the bladder and the brain and the bones. And that was about increasing energy, which is what I spoke about early on. We've got to first and foremost create energy so that we can – we have the energy to cleanse. To put out toxins. So the energy has to be restored. In Chinese medicine anything they did, whether it was acupuncture, shiatsu, the herbal tea blends that were made up for people that they boiled and drank as teas, they were all about restoring energy first and foremost.

But they used herbs to solve the problem all the time. In their teas they would blend very complex formulas together. And they always – in those herbal blends they always made sure to put in some gentle herbs that kept the bowels moving so the toxins could come out. And so again, you had that wisdom that we're talking about increasing and solving the problem of not having enough energy, increasing energy and at the same time that means that the toxins will come out, but you've got to have the detoxification pathways open. In Chinese medicine they really understood this. They didn't believe in water therapy. In Chinese medicine they didn't use enemas and colonics, for example. Well, colonics weren't around back in those days. But they didn't believe in water therapy. They actually used herbs.

But in Ayurvedic medicine they very much believed in and practiced, had a number of practices using water. For example, the neti pot, which many people can purchase today. You can go right into a health foods store and buy a neti pot. And there's a lot of different styles. And what you do with a neti pot is you put water in them with a small amount of salt. It's about a cup of water with a half a teaspoon of this salt and you cleanse the nasal passages. It's very easy to do and it's an excellent thing to, particularly if people are concerned about flus coming around. These are preventative things that can be done that are safe and very, very effective. I would vote for these way over getting a flu shot, for example.

In Ayurvedic medicine they cleanse the lungs as well. But it's interesting, they had a form of therapy that triggered vomiting.

And they vomited to clean the lungs. And then there was sweating. They were really big on sweating. And of course, we prefer for people to use saunas or better yet in my opinion is the wonderful bio mat. If people go to our website they can, we have a couple of articles on the bio mat. And if they purchase the bio mat through somebody mentioned in that article the bio mat people send bio mats to our autistic children. So we're very, very grateful. I can promise you when the UPS driver shows up with a bio mat to one of these families who do not have the money to help their children get well, the children adore their bio mats. It warms them up. It helps them detoxify. And I am a real big believer in the bio mat. It's a great way to get toxins out of the body and it works on the principle of sweating mostly.

But saunas are great too. It's just that most of us don't have the space to put a big sauna in our home. Even the smallest bio mat, the little one I think it's about 550 or something is adequate. The trunk of everybody's body fits on a bio mat. And it does the job. You don't want to put your head, and ideally really the heat should be kept cool when you're sweating. So you can't do that in a sauna and you can do that on a bio mat.

So yeah, sweating. But remember we've got the summer time to sweat. And if we get out for an hour or two in the summer time and hike and bike and just make yourself sweat. I mean it's not hard to do when it's really hot out. Sweating comes naturally if you're – particularly if you're healthy and your thyroids not under active, then you'll naturally sweat. And sweating is a great way to get the toxins out of the body. So you don't have to buy anything if you just get out in the summer time and let yourself sweat.

And then in Ayurvedic medicine they did clean the colon with water. And they called this method of cleansing basti, B A S T I. So people can go to the internet and do some searching and look more deeply into Ayurvedic medicine if they're interested and look up bastis. They've definitely put a small amount of water into the colon to cleanse it. And it's very interesting, they didn't use much water. And their formulas often used oil in them, like sesame oil. So it's been around for a long, long time this concept of putting water into the colon and cleansing the colon, stimulating the colon to release the material on the last part of the colon is where the material – the fecal material is stored before the body eliminates it. And then this type of a – the bastis would trigger a release of that, of the stool so a person's detoxification pathways were kept open.

Of course, in Ayurvedic medicine they too had wonderful herbs. And these herbs were antifungal, antiviral. Both of these systems are phenomenal to study. I think people should study them both if they can. But they're profound and they're deep. And actually, today they're not as appropriate because we have changes in our body. We are more toxic _____. The toxins that an ancient practitioner dealt with is nothing like the toxins that are in our body today. So we really have to have more information, more tools than they needed back in ancient times.

We use water in a lot of different ways to cleanse the physical body. We clean our teeth and our tongue two times a day hopefully. People also do vaginal cleansing. For example, after making love. That's what douching is. And we can cleanse the colon with water too.

But what about cleansing the colon with herbs? We get that question a lot. I know, Heather Fougner that quite a few people asked about programs where, you know ropy type of material were eliminated. I want to say something about that. A lot of the herbs that are used in colon cleansing programs are very harsh. Sena is extremely harsh. Cascara sagrada is a little bit milder. Aloe is – can be milder than cascara. Rhubarb is milder yet. But all of these are basically laxatives. And they do have a negative effect in the body. This is that principle of balance again. You know what is the positive, what is the negative side of these herbs? Well, they are harsh and they do have a weakening draining effect on a body. So yes, they're okay to use if you are really constipated and you're on a trip let's say and you're feeling pretty miserable. Then go ahead and take something like that. But don't plan to use it long term. Just short term to help regulate you for the moment.

Now magnesium is softer yet. There are products in the store, like _____. That's a safer choice for children to use. That's magnesium citrate. And it does stimulate people, the bowels to move. It's a little bit difficult to get just the right amount. Some people use too much and their stools get too loose. So you've got to find just the right amount to use for your body. Again, the principle of uniqueness. And maybe you're better off having a small amount, say very small amount. Like quarter of a teaspoon three times a day than taking a lot it at one time. Some people do take magnesium supplements like this at bedtime though because it helps them have a healthy stool in the morning. And that is safer than using these harsh laxatives.

In Ayurvedic medicine they always used triphala. And it's very safe and it's not habit forming at all to use it for a long time. But for some people it's not effective. So perhaps they might combine the two. Put magnesium and triphala together. Again, the principle of uniqueness is finding something that works for you.

In Chinese medicine they also had herbal formulas, and they were quite gentle. So if you can find some Chinese formulas that work for you that's a great – that could be your best bet. And sometimes a common herb that you will find used in Chinese herbal formulas was rhubarb, which again is a more gentle laxative.

We have had a lot of questions about colon cleansing programs. There's a bunch of them out on the market today. And they promise that you'll get these long ropey mucoid material out of your colon. These types of programs are fine too, but they're better used short term. And they're really best say for people that are hale and hearty. People who have a lot of excess. People who have been, you know eating and a lot of foods and they're overweight and that really have strong constitutions. They seem to be okay with these. But if you're in a gentle body. If you're already kind of fragile it's not appropriate to do a cleansing like this. And if you do one, I think ten days is plenty of time. And then if you want to do another one in three months or six months, but at one time ten days is a very adequate amount of time to do one. They can leave you very depleted and very fatigued.

Now we talked a lot about the liver in the last class. And liver cleansing products are really a must. There are homeopathic liver cleansing products, liver drainage formulas. And they even have homeopathics that are drainage formulas for the kidneys as well. And many people do quite well doing homeopathic. We have in our product line Liv Amend. Which is a product that I formulated because I really wanted something strong and powerful that was real effective but real gentle. And it increase bile flow. And we have had years of wonderful testimonials from people. As matter of fact I'm rather shocked at the number of people that Liv Amend has helped.

But it's pretty clear that if you use it your liver is improving. You will see if you use three capsules three times a day it will, after about a week you'll start having healthier stools. We recommend taking Liv Amend with meals. That's the best time to take it. So it's actually quite say to do that if you take it – hopefully people are taking digestive enzymes with their meal and they'd be taking two or three Liv Amend with the meal. And if somebody doesn't

need a lot of liver cleanse, then just taking two a day may be adequate for them. We've had a lot of good reports from people's blood, for example people's cholesterol level dropping dramatically into the healthy range just from taking two a day.

Now a friend of mine, Lorene Cron, who has recently married and has now changed her name to Lorene Forbes, introduced me to some more interesting liver cleansing programs that I'd like to share. She is a specialist in essential oils. And one of the very effective cleansing programs that you can use for the liver using essential oils is to take a tablespoon of fresh lemon juice and put it in a little tiny shot glass. And then put in just one drop of lemon, the essential oil of lemon and then one drop of peppermint. Again, the essential oil of peppermint. And you drink that first thing in the morning on an empty stomach. And you do this for 28 days. Then you take seven days off and do another 28 days. And it's very, very powerful cleansing program. We don't recommend people do this twice a day because they can go into a detox, too much cleansing can occur.

Lorene has a great little book on essential oils that she's spent probably ages putting together. But I love to refer to this book because I love essential oils. And she's got a whole entire section just on the liver and liver cleansing. You can take lemon juice and the drop of peppermint and the drop of lemon oils and put them in a hot tea too if you want to do it that way. And you can make a tea out of it.

But she also recommends using different oils right over the liver and then putting a warm compress on top of them. For example, you can put four drops of lemon on the liver area and let that absorb. Three drops of lavender over the liver and let that absorb. And then four drops of geranium, same thing, over the liver area and let it absorb. Then you put a warm compress over the whole area and leave it on for about 10, 15 minutes. And do this for about two to three weeks. And this is a great – this speeds up liver detoxification as well.

Heather Fougner: Donna, I'm glad that you mentioned the essential oils because Lorene Forbes has actually offered to do a free training class to teach people how to do liver detoxification with essential oils. And one of the things she's gonna be teaching is it's the quality of the essential oils that's important because most essential oils are not meant to be ingested. And most are often not meant to be put right on your skin, but there are some particular therapeutic grade essential oils that you can do these things with. And so Lorene

will be teaching the types of oils to use and how to use them. So we're really excited that she's gonna be doing that. and she's only offering it for those of you who are in this program, both basic and deluxe package members will have an opportunity to sign up for that free training class. I will be putting a link on your member page so that everyone will know how to sign up for that.

Now Donna, another important topic that we've gotten a lot of questions on is the foods to use for detoxification. So what foods are the best to help us release toxins?

Donna Gates:

Well, the Body Ecology diet is a perfect diet for cleansing. Probiotic foods that we recommend on the diet, like the young coconut kefir and the cultured vegetables, they're powerful, powerful cleansers. The young coconut kefir is a great liver cleanser. One of the things I think I mentioned this already is that when women are drinking young coconut kefir they report that when they have their period every month the blood is so clean and clear. People tell us all the time that when they're drinking it their joint problems disappear, their vision gets better, their skin improves tremendously. And so we know, remember the liver rules joints, skin and eyes. And so we know that the liver is getting healthier.

And of course coconut water, which is what we're fermenting to make the young coconut kefir, is known around the world on islands as being a cleanser of the liver and the kidneys anyway. So it's a wonderful drink. And if you can make it in California, for example, we are bringing in wonderful organic coconut water. It's frozen. And it's in stores. A lot of the Whole Foods and some of the smaller health food stores, like Erewhon and Coopertunity have the coconut water. We have it in a large size so that it can be fermented now. And our plan is to get this coconut water all over the country so that people won't have to crack those coconuts. And of course, this water is certified organic and comes right immediately out of the coconut and is frozen and brought over in a frozen container. You know so it's real fresh. And it ferments beautifully.

I know it's difficult for people to crack coconuts, but it's well worth it. If you can't – also in Los Angeles we're very fortunate because there is a company that is making young coconut kefir and you can go right in the health food store and purchase it. It's an extremely popular product and the companies that are making this for us are just getting unbelievable reports back constantly about how it improves digestion and their skin and their joints,

everything I mentioned, are just, you know it just seems to be a miracle food. It's even something that's recommended by the doctors who treat children with autism, The Defeat Autism Now doctors recommend the young coconut kefir. So you know that this is an important food for cleansing. There's a big problem with heavy metals and toxins in autistic children. And parents definitely see improvement in their children when they go on this drink.

Now the cultured vegetables are, we make them with cabbage, fermented cabbage. And the other cruciferous family, like kale and collard greens for example, the whole cruciferous family are detoxifying. They've done quite a lot of research and they show that they're very effective in helping to prevent cancers of the breast, cancer of the colon, prostate cancers. Cruciferous vegetables have these powerful cleansing substances in them. And so you can imagine when you ferment them and then eat a small serving of cultured vegetables with everything meal you are getting this powerful detoxifying food. But then you're also getting the microflora and they are scavengers of toxins.

So let's see that you eat a piece of fish with a little bit of mercury in it, because unfortunately the ocean is polluted. If sea salt is polluted, we don't worry about these – this isn't a big issue for us on Body Ecology because we know that the microflora have the ability to remove these toxins as they're entering our body. And that's why, you know I always say that in a way we're boarding Noah's ark again. And, you know there's not a big flooding of the earth this time, but we have a different problem. And a lot of people are gonna – well, we can see from the animals that many animals are becoming extinct. And it's very hard to accept this, but we're threatened as well. We don't have many more generations left in us. And we're ignorant and absolutely blind. I mean we're just turning our eyes away from the fact that we're so close to extinction.

But we're boarding Noah's ark again. And these fermented foods are – you know I feel that Body Ecology was taught to me so that I could teach other people so that we'd have these foods available for us as we go through these difficult times. Until we clean up the world we live in. And that's gonna take generations. You know some of the toxins that we have, like Teflon for example, they say will never degrade in the environment. So who knows how we're really gonna get rid of those. But as long as we've got these fermented foods in our diet we'll be protected. And so I want, if nothing else, if that's all people remember from this training, this

whole entire workshop, if they understand the importance of these fermented foods during these times. It's worth taking this course just for that.

So we have the cultured vegetables. We have wonderful probiotic liquids. I love for people to put a small little say champagne glass on the table beside their dinner plate and they have their digestive enzymes and their Liv Amend and their little probiotic liquid. And they sip on that through the meal, getting those microflora in the food as we're eating the food, as it's traveling down through our digestive track. You've got the microflora there, the enzymes are breaking things down properly. The Liv Amend is stimulating bile flow. And then toxins leave the body just the way they're supposed to.

Now this – our Body Ecology diet is a fiber rich diet. And that's cause 80 percent of the diet is plant based. We recommend that your dinner plate be plants. You know delicious vegetables. Fibers, soluble fibers like gums, mucilage, pectins. They're found in plant foods. And they help regulate our blood sugar, which is very important by the way because another indigenous toxin found inside the blood is, or in our body is all the excess sugar that we have. It's a very dangerous toxin actually. So these fibers slow down the rate that sugar's absorbed. And it steadies the rate of insulin secretions.

So we need fiber for that purpose as well. And the fiber actually helps promote the growth of friendly bacteria. So that's perfect. And they help prevent constipation. And another thing fibers do too is they decrease absorption of dietary fat. So this means that you're gonna have, you won't have bad – it'll lower the LDL and it'll raise the HDL, which is considered the good cholesterol that we want to have in our body. So fibers are very, very important and they come naturally on the Body Ecology diet.

Raw foods are very, very cleansing. And we do raw. We always say in Body Ecology we do raw right. Because we don't use a lot of the fruits, too much sugar. There's a lot of mistakes being made in the raw food community. Less so now because the word is getting out that all the fruit that people are eating ages you very quickly, it also feeds yeast. And so many people are understanding that they can't be living off of so many sweet fruits and juices that have a lot of sugar in them. So that's beginning to change. I'm glad to see that.

But the importance of eating the raw foods. A lot of people can't digest raw foods. They are difficult to digest. And also raw foods are cooling. Now sometimes you want that cooling. If you have a virus, for example, and it's causing a fever then raw foods – cooling foods are exactly what you want to eat. But they're perfect for the summer time when we're all hot and sweaty. You'll gravitate more toward a raw foods diet at that time. But they're not as appealing in the cold of winter, for example. And also if people have an under active thyroid they need to, which their body tends to be cold anyway, they need to eat warming foods.

So there's a front and back to all kinds of foods. There's a time to use them and a time not to use them. Raw foods are difficult to digest for many, many people. So what we recommend is that you blend them into a smoothie. And we have a green smoothie recipe where we put lots of celery. Celery's a wonderful sodium rich vegetable. Very good for the adrenal. So we put lots of celery and a little bit of romaine and a little small zucchini and maybe a small amount of green apple. You can put some good oils in there if you want. A little bit of olive oil, little bit of coconut oil, hemp seed oil, one of our Body Ecology oils. And a little bit of avocado if you want. And say a carrot. You know you're just you're blending the whole vegetable together. So it's not like a juice. Juices assimilate too rapidly. And they make the blood slightly acidic. And so we prefer people take the whole vegetables blended in a, like a big vitamix. A real powerful machine. Like a vitamix is worth buying as well.

But raw foods are very cleansing. And again, blending them into a drink like this gives you an opportunity to take a cleansing food, but it makes it easy to digest.

Heather Fougner: What foods should people avoid when detoxing?

Donna Gates: You want to avoid, well let's say that you go on a short term detox program. Now let's say that – let's just define that a little bit. If you've got some time to take off from a busy schedule you might want to spend say four days going through a detox program just using food. I mean that's enough. You don't have to use a complicated program. But let's say you spent four days and you used, and you ate very, very simple, simple diet. You wouldn't have any animal protein during this time and you would eliminate fats completely. Because you want to give the liver and gallbladder a break. So no fats. And even protein, animal protein is difficult for the liver to digest. So those two would be eliminated. Absolutely all dairy products because they're heavy.

Even butter, for example, is hard, harder to digest. Again, we want to give the liver and gallbladder a break. So no butter. And dairy, of course, has fat in it. But not even low fat dairy. There's no dairy products. The casein protein is difficult to digest. So you'd want to leave that out.

And I wouldn't even have any grains. And I wouldn't especially have anything with gluten in it. Gluten is grains like wheat and barley and oats and rye and so on. Absolutely _____. None of those at all.

So basically what's left to eat? I call this the detox diet actually. And I prefer that people either take one day of the week, let's say every Sunday you do a day of – a day on the detox diet. Or you know again you carve out four days where you can do this. And the reason it's important to take time off, you could even go ten days. But it's really important that you do it when you have time to rest. You do not want to do it when you're busy cause you have to focus on you. It's a little bit labor intensive, you know preparing juices and liquidy things to drink. And you have to, every single hour you have to take something nourishing into your body to keep your energy up so that you can push out the toxins effectively. And you'll want to do some home enemas or go off to see your colon therapist during this time.

So you really do have to take some time off to do a cleanse like this. But again, you want to do – you have to think in terms of being very alkalizing. You want to think in terms of having lots and lots of liquids during this time. So the things you eat or drink would be liquidy. And you're thinking – and you also want to be thinking, you know I need to give my digestive track and my liver a break. So again, no oils, no complex foods like animal proteins or casein for example.

But what that leaves us eating basically are green smoothies like I mentioned where it was just basically a blended salad. You could have vitality super green, which is a product that Body Ecology makes. And then you could have the juice, I think a really – one thing you can do during this time is definitely eat cultured vegetables. If you have taken the time to make up some cultured vegetable juice, which you can also use the culture to make wonderful juices, you have things – some juices made up in the refrigerator or if you drained your juices off of some cultured vegetables that you've made because you didn't, you know you were happy with the juice. For example, I will take cultured vegetables sometimes and take the juice off of them and save the

juice of course. But then I'll maybe put a little olive oil and a little bit of salt and make more like a little dry salad with them. It's not dry really cause the olive oil. You could even put a little bit of mayonnaise in there and make like a little probiotic salad.

But then I'll use that juice later one, because it's very powerful, very cleansing. It's a great thing to give to children to help cleanse their liver as well. But the key thing though is you want to be taking in something nourishing every single hour to keep your strength up or you'll get weak. And you can also have like a maybe a warm bowl of _____ soup or you can take broth during this time. If you feel that you would get weak without animal protein you can even make an animal protein broth up. Just be sure you strain off all of the fat. You do this by putting it in the refrigerator. And when it gets cold the fat will be up at the top and it'll be hardened and you just scrap that off and throw that away. That type of cold saturated fat is not healthy to eat. It really harms the liver.

So just a very simple day. If you're not very active you won't have a big appetite. And you're taking in these wonderful liquids all day long. Probiotic liquids. You know blended soups. We have some wonderful recipes in the Body Ecology diet book. We have, let's see, I'm trying to think. Broccoli fennel. Carrot cauliflower. There's cauliflower dill. These types of soup are really, really nice to eat when you're in a cleansing, in your cleansing day or if it's four days or ten days. And you'll see a big difference when you come – again, I think it's very, very important to plan to see your colon therapist or to do home enemas when you go on a cleansing program like this.

Now the way the foods are prepared is very important too. And when there's something that – there's another type of toxin basically called a glycol toxin. And glycol toxins are very damaging to our nervous systems. They damage our blood vessels. And what glycol toxins are are proteins and fats even sugar to some degree, anytime they're heated, especially if they're heated with a high heat. It's really the high heat that the temperature's key here. And if you put a high heat to proteins or high heat to fat it causes glycol toxins in our blood. And they cause serious inflammation in our body, so they're just as toxic as all the other toxins we've been talking about.

And an example of, well it's how we cook the food that's important. So if you broil a piece of fish or chicken under the broiler, if you bar-b-que it, if you grill it, if you fry, like French fry

potatoes for example. Even oven roasted. Any time you've got high temperature, dry cooking you are creating glycol toxins. So what we always recommend in Body Ecology is that you don't heat your oil. Keep them – you know the oils that we use we really like for people to use them in their raw virgin state.

And then as far as cooking proteins, cook them at very low temperatures. Like chicken you can put in the oven at 250 degrees. It does a beautiful job. Even better yet, use liquids when you're cooking your protein. So that means you'd poach them or steam them or braise them or stew them. Use a slow cooker. These are safer ways of cooking them. You can also eat like the Japanese do, raw fish. Or just kind of, you know sear the outside of your tuna let's say or a steak. Just very gently sear it, not at a high temperature, but just, you know cooking the outside of and the inside is maybe left very rare. These are actually easier ways to digest the protein, but it makes a big difference because you don't want to produce or create these glycol toxins in your blood. You don't want this serious inflammation there. They cause us to age tremendously.

And you can use water. You can use broth to cook your meats in. You can even use wine. Wine is fine too. It's just that you have to be sure that you cook the sugar off that's in the wine. And if you do that, it's not a problem even to use dry wines for cooking.

Of course, you know it would be unrealistic to say people never bar-b-que or never broil your food or never grill your food. It's really almost impossible to do when you eat out because, you know how often do restaurants offer poached fish or, you know steamed salmon. You know we don't get that very often. But eat them sparingly if you eat them at all.

The good news is that a probiotic diet prevents the absorption of the glycol toxins. This is really, really great for us because if you're eating probiotic foods right along with your little bit of, you know broiled fish, the microflora actually have the ability to absorb these glycol toxins and keep them from getting into our body. They're eliminated in the stool. So once again, the probiotic diet wins out and, you know I'm convinced and many, many healthcare professionals and lots and lots of doctors that have looked at Body Ecology, it is a phenomenal diet. So it's a diet that has appeared at a time that we need it. And it offers many, many solutions to the problems that we have right now.

Heather Fougner: Donna, probiotic foods, I mean after everything that you said there's no question that these are incredible tools for detoxification. Can you talk a little bit about why you created your own line of probiotic liquids? And just sort of tell us a little bit about each one of them.

Donna Gates: Well, because when people thought of a probiotic food they thought of yogurt. And I'm the person who brought, you know understanding of kefir into the world. So, you know I think some people do on milk kefir. But a lot of people can't do dairy. And I wanted people to have a source of other probiotic foods and probiotic liquids other than dairy, other than yogurt for example. And so I really truly believe, and I'm sure everybody listening in can agree with this, if you want something passionately and you put that out in the universe is that we really need sources of probiotic foods that are non dairy. The universe started showing up with answers for me. And then I wanted them available to people. And of course had to start the rather difficult job of teaching people how important they are, because we've never known about probiotic foods before.

And it's kind of a, you know it's a while. Like I was the person who brought stevia into the country and promoted it for several years. And finally the laws were lifted to allow it to be a dietary supplement. And, you know again coconut oil was thought to be bad, so I started that process of teaching people for years about the value of coconut oil. Then suddenly coconut oil appeared everywhere on shelves.

But, you know I'm doing that again with these probiotic foods. And I'm very grateful when we can get a lot of people online like this and people can begin to understand the importance, cause this is the fastest way to spread the word. But we need these so desperately right now. And they are the answer. And they're so pleasant to take. I mean once people start, you know they're very sour. So when people start eating them they kind of, if they've never had the sour taste before they might make a funny face. But just try them for two or three days and see how much you love them. And for me I don't even want to have a meal without having something sour and fermented in my meal. It doesn't even digest well and it doesn't feel right. It doesn't feel balanced to eat a meal without these wonderful fermented foods in them. And I think everybody eventually, you know will gravitate to that point.

We are missing the sour taste in our diet. We are missing these probiotic foods. They are ancient foods that ancient peoples did

eat long, long ago. And we very much need them now. So we're still blessed to have them. I'm grateful to Grain Fields in Australia. They have developed a phenomenal process for helping us make these delicious fermented liquids. We are about to bring out some incredible fermented protein powders because I'm very, very clear on how malnourished we are. I know we eat a lot of protein, but we're very malnourished. At the cellular level most people are protein deficient. So we've got some great probiotic powders coming out shortly that we'll be teaching people about too.

Heather Fougner: So Donna, all probiotic liquids slow down the signs of aging, ease digestive distress, help you absorb more nutrients from your food, help you balance your hormones, help boost your energy and immunity. So they all do these wonderful things. And so you have like coco-biotic, for example, when would you recommend somebody use coco-biotic?

Donna Gates: You know it doesn't matter. It's a preference to taste and what you enjoy the microflora are going to go into the body and they are going to clean the environment. And they're gonna pave the way for other microflora to come in and live beside them. And that's what creates that healthy inner-ecosystem that's so critical for having a healthy immune system, for being able to digest everything that we eat. For being well nourished so that you aren't craving foods. It's really a preference. I think Dong Quai, the one that we have, the probiotic liquid that Dong Quai is especially valuable for people who have a problem with depression, people with hormone imbalance. Because Dong Quai is the premier women's herb in Chinese medicine for balancing the hormones. And it does just that. It's a balancer. But people have a lot of energy when they drink maybe three little juice glasses of Dong Quai a day. I just – I'd say that one has a unique function because it has the herb in it.

Coco-biotic has coconut water in it, so it's got that cleansing – the value of coconut water, which is cleansing and has some wonderful minerals in it. Passion fruit-biotic is one I really developed for our children, because I have, you know such a concern about their welfare. And I really wanted them to have one I thought that they'd be excited about. So that one's a little bit sweeter tasting. And then Innergy Biotic also has kind of got a sweeter taste to it. It's not quite as – I mean they're sour. But they all taste different. And really they're all gonna do the job.

And probiotic foods are so much more powerful than taking a supplement. But if you want to go to the store and buy a probiotic supplement, like with acidophilus and bifidus in it, you're gonna find it's gonna work much more effectively if you're eating these probiotic foods.

Heather Fougner: Excellent. Thank you. Some of the other questions that we've gotten about products that help with detoxification are the kefir started the culture starter because some people want to make these products at home. So what, tell me a little bit about kefir starter and culture starter.

Donna Gates: Well, the kefir starter was originally, you know I brought it in because I wanted people to – well I started making kefir, milk kefir from grains. But I did, after using them for a couple of years and noticing how easy it was for them to become contaminated as people, you know gave them away and put them in different containers and so on. It's very, very easy for a pathogen to sort of get in there. And also the – you might – after a few times of switching them, you know moving the grains into the next batch and the next batch and the next batch, the yeast could get weaker and weaker and you ended up with a fermented product, but you've lost your beneficial yeast, which is they're important. That's what makes kefir kefir.

So I decided that it would be really good to – I tried to find another way of being – I wanted to teach the world about fermented foods. And I knew there had to be a safe way to do that. So I found this wonderful kefir starter and began to use that. And it was more foolproof. And then I was using milk, you know milk kefir to do that. But again, so many people can't do dairy products. I happen to be one of those people. And so I wanted to kind of – there's a whole story around, and it's the book, *Body Ecology Diet* book where I had just started asking the universe for some tools to be able to help children with autism. And somebody introduced me to coconut water. And I got the idea to ferment that. And that's where the young coconut kefir came from.

And then right after that the first mother with an autistic child showed up and we started giving Thomas the coconut water and it just had a profound effect. Thomas has been well now from autism for over five years. And there have been many, many, well thousands actually, of autistic families have come to our Bedrock site and learned about the water and used it. And the doctors recommend it in their PowerPoint presentations. So I'm really grateful that the word has spread around about it. But, you know a

lot of good has come from getting these starters and putt them into the coconut water and the milk. And many people, by the way, can do milk kefir. If you're gonna have milk it should be fermented. You want those microflora to break down that protein and break down that fat and make the milk more digestible. And even if you have to use pasteurized milk, when you ferment it you're undoing some of the damage of pasteurization.

So I feel really good that we have these starters available for people. I was really concerned in the beginning that, you know we're a fast food nation and we want to have everything quickly. And maybe people wouldn't want to go into their kitchen and use products like this. But we're finding that fortunately there are wonderful people over the world that love doing this. I think people feel great when they get back into the kitchens and make these foods. There's something very almost spiritually satisfying about making foods that heal us. That we have the power to do that.

And then the cultured vegetable starter, I know that plantarum is naturally present on plants. But when you ferment vegetables you can't always be certain that you're getting as much bacteria as you need, so it just made sense to me to actually inoculate a batch of shredded vegetables with more plantarum. Plantarum's such a special bacteria because it's antiviral. And if you ever do have to take an antibiotic the plantarum is not destroyed by that antibiotic, so you won't get that overgrowth of yeast that you would normally get if you had to take an antibiotic. So you know thanks to the cultured vegetables and the starter we can, you know tell people sometimes, "Yes, yes, if you have to use an antibiotic, please use the antibiotic, but sure that you're on the cultured vegetables at the same time. And after you stop the antibiotic stay on these fermented foods and liquids and you won't have the problem." We've fixed the backside to antibiotics with these probiotic foods in other words.

Heather Fougner: Great. Thank you. Another one of the questions is, you know I noticed when I started taking vitality super green that I pretty much was able to kick the coffee habit that I had. Because as soon as I started taking it I suddenly had all this energy. And could you talk about vitality super green and also your new vitality capsules?

Donna Gates: Well, the vitality is just I think everybody needs to be taking in algae and cereal grasses. They're very alkalizing. It's essential to take them in. And they do create energy. But it's hard to believe that a little bit of green powder could provide so many nutrients.

And I'm not a believer in a lot of supplements. I don't think innately that we even like to swallow a lot of capsules. So I'm always trying to find the way of bringing more nutrients into the body with food. So vitality super green is a food. And we have put it in a capsule for people that want to travel. We just had a lot of requests for that, so we decided to. Plus, to the capsules I added resveratrol, which doesn't taste very good, but it's a very, very powerful anti-aging, you know supplement. And so the capsules have resveratrol.

Now I have a new book that I'm finishing up on anti-aging and I mention resveratrol in there because there's so much research on how excellent it is to help slow down the aging process. So I tried putting it in the regular Vitality but it didn't taste good. So the capsules kind of solved that problem. But it's a very popular product. When we run out of it people become extremely upset because they notice a huge difference when they don't have it in their diet. And I'm very proud of the fact that we have a wonderful amount of fermented algae blend with astaxanthin and algae, a whole blend of wonderful algae. Very balanced. I'm really into balance. And so I wanted a very balanced blend of algae. And then we fermented it. So it's very, very potent. And you get a lot. For just a little scoop or two you're getting a tremendous amount of nutrients. And that's why you're experiencing an increase in energy like that Heather. There's a lot of power in a little bit of powder.

Heather Fougner: It's absolutely amazing. And I do think it is the best tasting green powder. So I was pleased the first time I tried it.

Donna Gates: Well, I haven't tasted all the others, but people tell us that all the time, so that's a nice little bonus.

Heather Fougner: Yeah. You also have a new product that's really great for detoxification. And I haven't experimented with this myself. My order's on its way. But it's called Ancient Minerals. Can you talk about what this is and how it helps with detox?

Donna Gates: It's humic minerals. They are ancient. They come from soil that's older than the dinosaur period in time. And they were found back in the 1600s in a mine. And people thought – it was very dark, very black and so it looks like coal. And people thought it was coal except that it wouldn't burn. So they just thought it was bad coal. And eventually somebody figured that when you spread it on plants they grew unbelievably hearty and healthy plants. And then the animal veterinarians began to use the humic minerals with

animals and with great results. But one of the reasons – they do many things. They're phenomenal minerals. And three in the morning and three at bed time help people keep mineral rich blood, which is absolutely one of the most essential things you have to do. It's a very easy way to keep your blood mineral rich.

It even, this, if your hair is turning gray you'll even – many people report that their hair starts to turn back darker. It stops that process of their hair turning grey when they start to take these minerals in. Three and three is really a good amount. I guess if somebody's really not well they could have a third, three times maybe would be good. But I wouldn't do that more than a week because they're so potent. They happen to be, humic minerals though happen to be powerful scavengers of heavy metals. And so that's another really nice plus.

Now the other product that we have, even though I usually promote it for, because it's so wonderful for the thyroid, is the Ocean Plant Extract. Ocean Plant Extract and sea vegetables also great for pulling heavy metals out.

Heather Fougner: Thank you, Donna. And thank all of you for joining us for the third class in Body Ecology's detoxification training. Next week we're gonna answer more of your questions. And since we received so many questions about what you can do in your own homes to reduce toxic exposure, we're gonna share some easy solutions for each room in your house.

Another exciting announcement that I want to make is that for all members of the basic and deluxe package of the detoxification training program, we're gonna be offering a free question and answer session with Donna Gates at the end of this program. Stay tuned because we'll be sending you information about how to participate in that. For those of you in the basic training package, you will be able to listen to this training again any time for the 24 hours that it's posted, from 7:00 PM Eastern time Wednesday to 7:00 Pm Eastern time Thursday.

For those of you who have upgraded to the deluxe package, if you scroll down to the bottom of your page you'll see where to pick up your class recording, which you can do starting tomorrow. You will also see how you can download your transcripts. Remember, all members at the bottom of your page, you can ask Donna Gates questions for the next class. We appreciate your time and we thank you for taking time to learn how to look and feel your best. See you next week.

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