



A Safe and Healthy Detox Guide



About Liz:

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What is detoxification?

“Detoxification is the process of transforming and removing potentially harmful products (toxins) from the body.”

Toxins are everywhere...

Exogenous toxins

- Air we breath
- Food we eat
- Water we drink

Endogenous toxins

- Our own bodies can produce toxic substances!



Exogenous toxins come from OUTSIDE of the body

Can enter the body via

- Skin
- GI tract
- Lungs

Examples of exogenous toxins

- Environmental pollutants
- Beauty and cleaning products
- Heavy metals
- Water supply
- Food preservatives, additives, pesticides, fertilizers, bacteria, steroids, antibiotics, GMO's
- Prescription and over the counter medications
- Chemicals in tobacco
- Alcohol
- Sugar
- Artificial sweetener
- Artificial dietary oils and fats



**Endogenous
toxins are
metabolic
byproducts
made INSIDE
the body**

Examples of endogenous toxins

- Reactive Oxygen Species (ROS)
- AGEs & ALEs
- Excess Sex Hormones
- Ammonia/Urea
- Lactic acid
- Carbon dioxide



Our body is continuously working to detoxify itself from both endogenous and exogenous substances

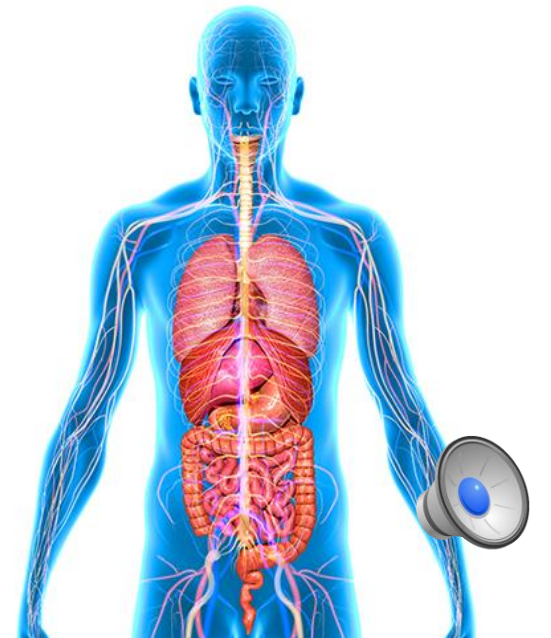
The main organs of detoxification are

- Liver
- Kidneys
- GI Tract
- Lungs
- Skin

Our bodies ability to detoxify itself depends upon the efficiency of these organ systems to clear out the junk (remove toxins) in order to maintain good health.

When our detoxification systems are not functioning properly, detoxification becomes sluggish and toxins can build up.

When our total toxic load (TTL) is too high and/or our body is not clearing the toxins efficiently, those toxins can negatively impact our normal body functions and lead to disease.



**Many factors
affect your
body's ability
to detoxify
such as**



Environment



Diet



Health status



Lifestyle



Genetics





Symptoms of toxic overload

- Fatigue
- Chronic migraines/headaches
- Skin disorders (eczema, rashes, acne, psoriasis)
- GI distress/indigestion/constipation/diarrhea
- Muscle and joint pain
- Autoimmune disease
- Multiple Food sensitivities
- Low immunity: frequent colds and viruses
- Difficulty losing weight
- Sleep disturbances
- Poor Memory and other cognitive and mood issues
- Cravings
- Bloating
- Many more...



Other reasons to do a healthy detox

Reset after
indulging during
the holidays

Kickstart a
healthier lifestyle

Improve mental
clarity

Increase energy
levels

Boost your
immune system

Improve overall
health and prevent
chronic disease

You are more than
20 pounds
overweight

Known exposure to
toxins/heavy
metals



MSQ: Medical Symptoms/Toxicity Questionnaire

MSQ - MEDICAL SYMPTOM/TOXICITY QUESTIONNAIRE

NAME: _____

DATE: _____

The Toxicity and Symptom Screening Questionnaire identifies symptoms that help to identify the underlying causes of illness, and helps you track your progress over time. Rate each of the following symptoms based upon your health profile for the past 30 days. If you are taking after the first time, record your symptoms for the last 48 hours ONLY.

POINT SCALE

0 = Never or almost never have the symptom

1 = Occasionally have it, effect is not severe

2 = Occasionally have, effect is severe

3 = Frequently have it, effect is not severe

4 = Frequently have it, effect is severe

DIGESTIVE TRACT

- ☐ Nausea or vomiting
- ☐ Diarrhea
- ☐ Constipation
- ☐ Bloating feeling
- ☐ Belching, or passing gas
- ☐ Heartburn
- ☐ Intestinal/Stomach pain

Total 0

EARS

- ☐ Itchy ears Total
- ☐ Earaches, ear infections
- ☐ Drainage from ear
- ☐ Ringing in ears, hearing loss

Total 0

EMOTIONS

- ☐ Mood swings
- ☐ Anxiety, fear or nervousness
- ☐ Anger, irritability, or aggressiveness
- ☐ Depression

Total 0

ENERGY/ACTIVITY

- ☐ Fatigue, sluggishness
- ☐ Apathy, lethargy
- ☐ Hyperactivity
- ☐ Restlessness

Total 0

HEAD

- ☐ Headaches
- ☐ Faintness
- ☐ Dizziness
- ☐ Insomnia

Total 0

HEART

- ☐ Irregular or skipped heartbeat
- ☐ Rapid or pounding heartbeat
- ☐ Chest pain

Total 0

JOINTS/MUSCLES

- ☐ Pain or aches in joints
- ☐ Arthritis
- ☐ Stiffness or limitation of movement
- ☐ Pain or aches in muscles
- ☐ Feeling of weakness or tiredness

Total 0

LUNGS

- ☐ Chest congestion
- ☐ Asthma, bronchitis
- ☐ Shortness of breath
- ☐ Difficult breathing

Total 0

MIND

- ☐ Poor memory
- ☐ Confusion, poor comprehension

MOUTH/THROAT

- ☐ Chronic coughing
- ☐ Gagging, frequent need to clear throat
- ☐ Sore throat, hoarseness, loss of voice
- ☐ Swollen/discolored tongue, gum, lips
- ☐ Canker sores

Total 0

NOSE

- ☐ Stuffy nose
- ☐ Sinus problems
- ☐ Hay fever
- ☐ Sneezing attacks
- ☐ Excessive mucus formation

Total 0

SKIN

- ☐ Acne
- ☐ Hives, rashes, or dry skin
- ☐ Hair loss
- ☐ Flushing or hot flushes
- ☐ Excessive sweating

Total 0

WEIGHT

- ☐ Binge eating/drinking
- ☐ Craving certain foods
- ☐ Excessive weight
- ☐ Compulsive eating
- ☐ Water retention
- ☐ Underweight

Total 0





How do YOU
detox in a safe
and healthy
way?



Although there are many detoxication options on the market, many are highly restrictive, and some are downright unhealthy!

Be wary of detoxes such as

- Water only detoxes
- Juice only cleanses loaded with sugar
- Extremely low calorie detoxes
- Master cleanses

Your body needs nutrients to aid in the detoxification process!



A healthy and safe way to
support your body's natural
detoxification includes...





Drink plenty of FILTERED water to help your liver and kidneys flush toxins from your body

- Aim for $\frac{1}{2}$ your body weight in ounces of water a day PLUS another 20-30 ounces of water per every 30 minutes of exercise.
- Drink 8-16 ounces of lemon water upon waking daily (1/2 lemon per 8 ounces water).





Eat a whole foods diet with a focus on organic fresh fruits and vegetables, whole grains, healthy fats, legumes, nuts, seeds and sustainable lean protein sources.

- Eat 5-9 servings of fresh fruit and vegetables a day.
- Whole Grains: (Avoid gluten and gluten containing products) Healthy grains include: Quinoa, brown rice, buckwheat, gluten free oats...
- Legumes: Navy beans, pinto beans, black beans, kidney beans, lentils, cannellini beans, garbanzo beans, lentils...
- Healthy fats: Extra virgin olive oil, organic unrefined coconut oil, avocados, raw nuts and seeds in moderation, wild caught fatty fish such as salmon...
- Lean grass-fed, organic, wild caught animal protein sources: Turkey, chicken, wild salmon, wild caught fish and seafood. Uncured, nitrate free deli meats.



Keep in mind

- Eat more raw foods in warmer temperatures and if you tend to be hot.
- Eat more cooked foods in colder temperatures and if you tend to be cold.
- Eat more low glycemic fruits if you have diabetes or prediabetes such as berries, apples, pears, apricots, cherries, plums, oranges...
- Avoid nightshades if you have arthritis or experience muscle/joint pain. (Tomatoes, peppers, eggplant, white potatoes).
- Avoid any foods that are not well tolerated or cause symptoms.



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Eat more foods that naturally enhance your bodies detoxification processes:

Brassicas Family: Cruciferous vegetables such as cabbage, brussels sprouts, broccoli, artichokes, kale spinach...

Vitamin B rich Foods: Whole grains (gluten free), leafy green vegetables such as spinach and kale, legumes, grass-fed animal products.

Vitamin C rich foods: Peppers, cabbage, strawberries, tomatoes, citrus fruits: (except grapefruit) lemons, oranges, tangerines, limes...

Sulfur containing foods: Garlic, onions, leeks, shallots, pasture raised eggs, red peppers, brussels sprouts, broccoli, legumes.



Eat more foods that naturally enhance your bodies detoxification processes:

Antioxidants: Eat the rainbow!!! Protect against ROS, reduce toxic burden, and support glutathione production which is important for detoxification. Foods high in antioxidants include artichokes, beets, berries, kale, carrots, sweet potatoes and other orange vegetables, grapes, red cabbage, beans, spinach.

Spices and Herbs such as turmeric, cinnamon, ginger, licorice, cilantro.

Greens: Leafy green vegetables, green tea (decaffeinated if possible).

Fermented foods to promote gut health: Sauerkraut, apple cider vinegar, kimchi, kefir, yogurt. * Avoid if issue with yeast.



What to avoid/remove during a healthy and safe detox:



Processed Foods



Common Food allergens:
Gluten/wheat,
peanuts, dairy, soy.



Sugar



Artificial Sweeteners



Alcohol: Reduce salt
intake: ½ tsp sea salt
is ok



Caffeine



Shop the perimeter,
avoid packaged foods,
eat fresh or frozen
fruits and veggies!



Lifestyle choices matter too!



GET PLENTY OF SLEEP!
7-9 HOURS A NIGHT



REDUCE STRESS



GENTLE EXERCISE



Reduce your Total Toxic Load (TTL)

- Read labels on your beauty products.
- Use Natural Cleaning supplies.
- Switch to glass food storage containers when possible: Look for containers that say BPA free!
- Reduce plastic use: Can reduce exposure to phthalates. Discard used food containers, never microwave food in plastic, don't place in dishwasher.

Resources:

- EWG's (Environmental working Group) Healthy Living App
- EWG's Skin Deep Database <http://www.ewg.org/skindeep/>
- Organic Consumer's Association List of Certified Organic Brands: <http://www.organicconsumers.org/bodycare/index.cfm>
- Green People directory: <http://www.organicconsumers.org/btc/BuyingGuide.cfm>
- Non-toxic home cleaning recipes and 66 natural cleaning solutions. <http://www.realsimple.com/home-organizing/cleaning/all-natural-cleaning-solutions-00000000011547/index.html>



Choose organic produce whenever possible.

- Look for the USDA Certified Organic label on produce.
- No synthetic pesticides or additives, chemical fertilizers, industrial solvents, irradiation.
- Non-GMO.
- Especially with foods that you eat the skin.



USDA
ORGANIC



EWG'S DIRTY 12™



- | | | |
|-----------------|-------------|--------------|
| 1. Strawberries | 5. Apples | 9. Pears |
| 2. Spinach | 6. Grapes | 10. Tomatoes |
| 3. Kale | 7. Peaches | 11. Celery |
| 4. Nectarines | 8. Cherries | 12. Potatoes |



EWG'S CLEAN 15™



- | | | |
|---------------|------------------------|--------------------|
| 1. Avocados | 6. Sweet Peas (Frozen) | 11. Broccoli |
| 2. Sweet Corn | 7. Eggplant | 12. Mushrooms |
| 3. Pineapple | 8. Asparagus | 13. Cabbage |
| 4. Onions | 9. Cauliflower | 14. Honeydew Melon |
| 5. Papaya | 10. Cantaloupe | 15. Kiwi |



The Dirty Dozen & The Clean 15



Choose certified organic, grass-fed, grass-finished and free-range meats and poultry whenever possible.

- Raised without hormones and antibiotics.
- Fed 100% organic food sources.
- Raised in natural environment.
- Healthier fats.
- Less inflammatory.
- Contains more vitamins and minerals.





Choose wild caught and sustainably harvested smaller fish and seafood

- Generally **cleanest** and most nutrient dense.
- Look for the Marine Stewardship Council's Bluefish label: **wild, traceable and sustainable.**
- **Generally low mercury:** Salmon, shrimp, scallops, mussels, oysters, sole, sardines, herring, mackerel (chub or Atlantic), crab, crawfish, tilapia, lobster, anchovies, clams, squid.
- **Moderate to low mercury:** Halibut, canned light tuna, cod, lobster, mahi-mahi, trout, whitefish.
- **Highest amounts of mercury try to avoid:** Swordfish, ahi tuna, bigeye tuna, king mackerel, tilefish and shark.
- **High amounts of mercury best to limit:** Sea bass, grouper, albacore tuna, yellowfin tuna.
- **Online vendors:** Vital Choice, Sizzlefish, Thrive Market.
- **Canned wild salmon:** BPA free cans: Safe Catch, Wild Planet



Reduce AGE's and ALE's: (Advanced Glycation End Products)

Sugars





A Safe and Healthy Detox Guide

Drink plenty of **FILTERED** water!

- **Aim for ½ your body weight in ounces of water a day** PLUS another 20-30 ounces of water per every 30 minutes of exercise.
- **Drink 8-16 ounces of lemon water upon waking daily** (1/2 lemon per 8 ounces water).

Eat a whole foods diet with a focus on organic fresh fruits and vegetables, whole grains, healthy fats, legumes, nuts, seeds and sustainable lean protein sources.

- **Eat 5-9 servings of fresh fruit and vegetables a day.**
- **Whole Grains** (Avoid gluten and gluten containing products) Healthy whole grains include: Quinoa, brown rice, buckwheat, gluten free oats...
- **Legumes:** Navy beans, pinto beans, black beans, kidney beans, lentils, cannellini beans, garbanzo beans....
- **Healthy fats:** Extra virgin olive oil, organic unrefined coconut oil, avocados, raw nuts and seeds in moderation, wild caught fatty fish such as salmon.
- **Lean grass-fed, organic, wild caught animal protein sources:** Turkey, chicken, wild salmon, wild caught fish and seafood, wild game meats.
 - Uncured, nitrate free deli meats in moderation.

Eat foods high in fiber.

- **Aim for 25-30 grams of fiber a day.**
- **Foods high in fiber include:** apples and pears (with their skin), legumes, oat bran, berries, dark colored vegetables such as beets, carrots, collard greens, broccoli, artichokes, sweet potatoes...

Foods that naturally enhance your bodies detoxification processes:

- **Brassicas Family:** Cruciferous vegetables such as cabbage, brussels sprouts, broccoli, artichokes, kale spinach...
- **Vitamin B Rich Foods:** Whole grains (gluten free), leafy green vegetables such as spinach and kale, legumes, grass-fed animal products.
- **Vitamin C rich foods:** Peppers, Cabbage, Strawberries, Tomatoes, Citrus Fruits: (except grapefruit) Lemons, oranges, tangerines, limes...
- **Sulfur containing foods:** Garlic, onions, leeks, shallots, pasture raised eggs, red peppers, brussels sprouts, broccoli, legumes.
- **Antioxidants:** Eat the rainbow!!! Foods high in antioxidants include artichokes, beets, berries, kale, carrots, sweet potatoes and other orange vegetables, grapes, red cabbage, beans, spinach.
- **Spices** and Herbs such as turmeric, cinnamon, ginger, licorice, cilantro.

Foods that naturally enhance your bodies detoxification processes (continued):

- **Greens:** Leafy green vegetables such as spinach, kale, cabbage, collard greens, romaine lettuce, and swiss chard. Green tea (decaffeinated if possible).
- **Fermented foods to promote gut health:** Sauerkraut, apple cider vinegar, kimchi, kefir, yogurt.
 - * Avoid if issue with yeast.

Avoid/Remove:

- **Processed Foods:** Cereals, frozen entrees, prepared foods, canned foods, refined sugars and flours, foods made with preservatives, fillers and additives, foods with multiple ingredients...
- **Common Food allergens:** Gluten/wheat, peanuts, dairy, soy, corn, foods you have a reaction to.
- **Sugar:** A small amount of pure maple syrup or organic honey is ok.
- **Artificial Sweeteners:** Xylitol or sugar alcohols, Aspartame (Equal, Nutrasweet), Sucralose (Splenda), Saccharin (Sweet N' Low).
- **Alcohol**
- **Reduce salt intake:** ½ tsp sea salt is ok
- **Caffeine**

Healthy Shopping:

- **Shop the perimeter.**
- **Avoid packaged foods.**
- **Eat fresh or frozen fruits and veggies!**
- **Choose organic produce** whenever possible. Look for *USDA Certified Organic* label.
- **Choose certified organic, grass-fed, grass-finished and free-range meats and poultry.**
- **Choose wild caught** and sustainably harvested smaller fish and seafood.

Lifestyle choices matter too!

- **Get plenty of sleep!** 7-9 hours a night.
- **Reduce stress:** Read a book, meditate, laugh, smile and breath!
- **Gentle exercise:** Go for a walk, yoga, stretch.

Reduce your TTL (Total Toxic Load)

- Read labels on your beauty products - use natural cleaning supplies - switch to glass and BPA free food storage containers - reduce plastic use, don't microwave food in plastic - reduce AGE's

Helpful Resources:

- EWG's (Environmental Working Group) Healthy Living App
- EWG's Skin Deep Database <http://www.ewg.org/skindeep/>
- Green People directory: <http://www.organicconsumers.org/btc/BuyingGuide.cfm>
- Seafood: Vital Choice, Sizzlefish, Wild Planet, Safe Catch
- Thrive Market



Thank you!



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