The Microbiome….

Some consider it to be a “newly discovered organ”
Since its existence was generally recognized until the late 1990’s and it is understood to potentially have overwhelming impact on human health.
CLEANSING AND DIGESTION

- A detox program can help the body’s natural cleansing process by:
  1. Resting the organs through fasting;
  2. Stimulating the liver to drive toxins from the body;
  3. Promoting elimination through the intestines, kidneys, and skin;
  4. Improving circulation of the blood;
  5. Refueling the body with healthy nutrients.

  6. MAKE SURE YOUR MICROBIOME IS IN BALANCE!

WHAT IS A TOXIN?

TOXIN: n.KNOWN AS A SUBSTANCE THAT IS POISONOUS, A VENOM OR POISON DERIVED FROM PLANT OR ANIMAL.
MAY BE PRODUCED BY MICROORGANISMS THAT COULD CAUSE DISEASE EVEN AT LOW CONCENTRATIONS IN THE BODY WHEN INTRODUCED INTO THE BODY TISSUES.
IN 24 HOURS CAN BE RE-CIRCULATED UP TO 5-6 TIMES
TOXICITY: "ROOT CAUSE OF DISEASE"

"ALL DISEASE BEGINS IN THE GUT"...

HIPPOCRATES
FATHER OF WESTERN MEDICINE

SOURCES OF TOXICITY

1. Pesticides
2. Agricultural chemical fertilizers
3. Hormones
4. Antibiotics
5. GMO feed
6. Grain fed animals
7. Natural allergens (soy, gluten, corn, dairy, eggs, sugar, peanuts)
8. Processing methods ("white" foods),
   irradiated foods-depletes vitamins & minerals

FROM THE BEGINNING
THE PLACENTA MICROBIOME

• The placenta’s microbiome may hold surprising secrets, it harbors a unique ecosystem of bacteria which may have a surprising origin – the mother’s mouth.
• The bacterial community found in our mouths suggests that these bacteria are somehow finding their way through the bloodstream to the placenta.
• The team found a broad range of bacteria present, including those necessary for metabolizing some of the vitamins and nutrients needed by the fetus.
• The surprise was that the bacterial species were the same as the mother’s mouth!

AMERICAN MICROBIOME PROJECT JUNE 5, 2015

TOXINS IN UMBILICAL CORD

• The Environmental Working Group have detected bisphenol A (BPA), a plastic component and synthetic estrogen, in umbilical cord blood of American infants. Nine of 10 randomly selected samples of cord blood tested positive for BPA, an industrial petrochemical.
• The tests found as many as 232 chemicals in the 10 newborns.

(ENV THURSDAY, JULY 4, 2005)

CONVENTIONAL VS. ORGANIC

STRAWBERRY

Contents: Acephate, Atrazine, Atrazine methox, Benomyl, BHC, Bifenthrin, Captan, Chlordane, Chlorpyrifos, DDT, Dieldrin, Dichlorvos, Dicofol, Dithiocarbamates, DPA, Drossdial, Dieldrin, Difluorometane, Endosulfan, Fenpropathrin, Formetanate, Foset, Heptachlor, Iprodione, Malathion, Methomyl, Metamidophos, Methidathion, Methidathion, Metalaxyl, Methyl 3-Chlorobutyl, Methyl 3-Chlorobutyl, Metalaxyl, Methyl 3-Chlorobutyl, Metalaxyl, Myclobutanil, Oxamyl, Piperonyl Butoxide, Propargite, Thiabendazole, Triadimefon.

Most common top 3: Captan, Iprodione, and Methomyl

Pesticide Action Network 2017
Toxic deposits in the body...

- Blurred vision
- Central nervous system disorders
- Unexplained weight gain
- Low testosterone in men
- Joint pain
- Inflammation
- Memory loss
- Acid reflux/GI
- Increased risk of breast cancer
- Back pain
- Irritable bowel syndrome
- Colon cancer risk

Remove toxins = lose fat

The body forms fat cells around toxins to protect vital organs. The more toxins in your diet, more difficulty in losing weight.

Universal Chemicals Found in Human Fat

- Styrene from Styrofoam cups
- Dichlorobenzenes from moth balls/deodorants
- Xylene from gasoline
- Ethylphenol from drinking water
- OCDD from wood and treatment chemicals

The first 4 are solvents. The 5th is a dioxin. The word “universal” means that the average person has all of these in their body.

Daily Health Post November 4, 2017
WHO ARE THE OFFENDERS?

- Too much animal protein & Red meats
- Refined foods and sugars
- Dairy Products
- Trans fats
- Hydrogenated and partially hydrogenated fats
- Overeating the wrong foods, E.g. Standard American Diet (SAD) Sugar, fatty, starch laden, over processed food can encourage BAD BACTERIA OVERGROWTH
- Results published in ‘NATURE MAGAZINE’ showed that not only can you modify your microbiome through diet and cleansing, it can happen relatively quickly.
- Nature 505, 559–563 (23 January 2014)

How we eat is how we live.

STRESS

STRESS
The Microbiome Nemesis
Gut Influence - The Offenders

- Nutrition
- Diet
- Age
- Stress
- Obesity
- Antibiotics
- Climate
- Drugs
- Infection
- Disease
- Cancer
- Immune Response

10 Reasons - It's Time to Detox

1. Low Energy/Fatigue
2. Gas and Bloating
3. Brain Fog/Unable to Focus
4. Feeling Depressed
5. Poor Sleeping Habits
6. Mood Swings
7. Weakened Immune System
8. Unexplained Soreness/Stiffness
9. Trouble Losing Weight/Overweight
10. Skin Problems & Allergies

ExxonMobil found that over 70% of drivers admit to eating while behind the wheel and 83% drink beverages while they drive. [WGN-TV NEWS 2/20/2020]
THE 4 R’S

1. CLEANSE/REMOVE: Toxins in food, gut irritants, sensitivities, inflammation, infection
2. RENOVATE /REACTIVATE: Healthy digestion by replacing essential nutrients and enzymes
3. REINOCULATE/RESTORE: Use Probiotic with beneficial bacteria to balance healthy gut microbiome flora
4. REPAIR/REGENERATE: Intestinal lining to strengthen digestion, assimilation of nutrients and gut immunity

SIGNS OF UNHEALTHY COLON

HEADACHES
FATIGUE & DIZZINESS
SKIN DISORDER
BODY ODOR & BAD BREATH
PUFFY EYELIDS
DIFFICULTY SLEEPING
HANGOVER FEELING IN MORNING
SWELLING/EDEMA

BENEFITS OF NUTRITIONAL CLEANSING

BRIGHT EYES
IMPROVED SKIN - SHEDDING
RADIANT SKIN
LIGHTER EYES
GREAT SMILE COUNT
FLUSHING TOWARDS
MENTAL CLARITY
IMPROVED SKIN
HEALTHIER EYES
LIVER – THE DETOX SUPERSTAR

SYMPTOMS OF POOR LIVER DETOX, LIVER STAGNATION OR CONGESTION

Lethargy, fatigue (especially upon rising)
Insomnia, difficulty getting to sleep at night
Headsaches, migraines
Skin problems: acne, boils, rashes
Digestive bloating, stuffiness, nausea
Constipation
Poor concentration and memory, brain fog
General lack of well being, malaise
Excess body fat, fatty liver, gallstones
Moodiness, irritability, depression, anxiety
Poor physical balance and fine motor skills, trembling

LIVER DETOXIFICATION

TOXINS → PHASE 1 → PHASE 2 → WASTE

FAT SOLUBLE

TOXINS TYPES

- METABOLIC END PRODUCTS
- MICROORGANISMS
- PESTICIDES
- INFECTIONS
- POLLUTANTS
- FOOD ADDITIVES
- DRUGS & ALCOHOL

WATER SOLUBLE

- BIODEGRADABLE SUBSTANCES
- ORGANIC METABOLITES
- METABOLIC END PRODUCTS
- MICROORGANISMS

NUTRIENTS NEEDED:

- B VITAMINS
- GLUTATHIONE & NAC
- VITAMIN A, C, B & E
- CITRUS
- BIODEGRADABLE SUBSTANCES
- ORGANIC METABOLITES
- METABOLIC END PRODUCTS
- MICROORGANISMS
**Elements of Cleansing**

- Water
- Fiber
- Enzymes
- Detoxifying Herbs
- Blood Purifiers
- Herbs for Sluggish Elimination
- General Laxative Formula
- Antiparasitic
- Antifungal
- Cleansing Liquid

**Body Water %**

Life’s Vital Liquid - Most Important Cleansing Tool !!!

**Good Hydration:**
- Improves digestion and metabolism
- Improves brain function
- Regulates body temperature
- Improves toxin removal
- Improves muscle elasticity

**Other Benefits:**
- Keeps the skin young
- We feel...
  - More alert
  - More energetic
  - Less stress
  - Less aches and pains

**Benefits of Good Hydration:**
- Improves digestion and metabolism
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BODY WATER PERCENTAGE

According to Doctor Jeffrey Utzpediatrics, Neuroscience, Allegheny University, “people do not have the same percentage of water in their bodies.”

ENZYMES

Enzymes are very important in the microbiome cleansing process:
During the cleanse take with each meal:
- Plant based (vegan) enzymes: amylase, lipase, protease, glucoamylase, pectinase and cellulase.
- Provides vital enzymes usually missing from a diet of over cooked and processed foods.
- Good for eating up the "trash" in your blood and leftovers in your intestines.

BREAK DOWN BIOFILM

To break down the sticky biofilm:
ENZYME cleanse is to take 1 plant based enzyme every waking hour for one whole day. This will help cleanse blood and intestines.
FIBER IS A MUST

FIBER
HEALTH BENEFITS
1. GOOD FOR DIGESTIVE HEALTH
2. PROTECTS AGAINST DISEASE
3. HELPS STABILIZE BLOOD SUGAR
4. REDUCES SUGAR CRAVINGS
5. GREAT FOR WEIGHT LOSS/CONTROL

A high fiber diet is best to include on a regular basis. Recommended dietary guidelines 25-30 Grams/day. Best 50-75% of 1000 calories. (MRCOLA October 10, 2016)

HERBS FOR SLUGGISH ELIMINATION

A good combination will cleanse & tonify the bowel:
- Cascara sagrada
- Senna leaf
- Buckthorn bark
- Licorice root
- Capsicum
- Turkey rhubarb
- Oregon grape root
- Red clover tops
- Magnesium
- Vitamin C

A gentler LAXATIVE formula
- One that retains water in the bowel
- Magnesium
- Siphonaria
- Yellow dock
- Ginger
- Marshmallow
- Slippery elm

CLEANSING PROGRAMS

GENERAL DETOX PROGRAM:
CONTAINS FIBER & SUPPLEMENTS
JUMPSTART WEIGHTLOSS
USED AT THE START OF A WEIGHTLOSS PROGRAM
CHINESE FORMULA CLEANSE:
CONTAINS CHINESE HERBS
PARASITE CLEANSING PROGRAM:
ANTI-FUNGAL PROGRAM
CLEANSE IN LIQUID FORM
GENERAL DETOX FORMULA

LOOK FOR HERBS THAT SUPPORT DETOX:

Environmental factors effect organs of digestion:
- Strengthens organs of digestion, intestines, kidneys, liver & skin:
  - Burdock, Dandelion, fenugreek, ginger, psin, lactobacillus,
  - red clover, yellow dock, and marshmallow

Intestinal cleaner (stimulant) a lower bowel cleansing formula: cascara sagrada, buckthorn bark, licorice root, capsicum, Oregon grape, turkey rhubarb, Aloe-vera.
- Bentonite clay, chlorophyll, malic acid,
  - And potassium citrate, psyllium

JUMPSTART WEIGHT LOSS

Various herbs facilitate the body’s natural detoxifying and healing functions:
- Bowel detoxifier to cleanse the intestinal walls
- Endocrine system enhancer
- Detoxifier for environmental pollution
- Liver detoxifier formula
- Chromium – balances blood sugar

LIVER DETOXIFIERS

A combination of Milk thistle that heals and protects while detoxifying
- A Liver balancing formula
  - Psyllium
  - Curcumin
- Use a Chinese herbal
- Cleansing formula that cleanses the tissues.
- Choose a liver balancing formula, a detoxifying cell
  - formula, burdock, black walnut and psyllium hulls.
CLEANSE IN LIQUID FORM

CONVENIENT & MILD
NO CAPSULES TO SWALLOW
NOURISHER AND DETOXIFIER

ALOE VERA BASE
SENNA LEAVES
CINNAMON BARK
TRACE MINERALS
BARBERY

DAILY DETOX

• VITAMIN A
• BERBERINE
• N-ACETYL-Cysteine (Glutathione Precursor) VITAMIN C
• MUCILAGE MULlein EXTRACT EXTRACT
• DANDELION ROOT
• BACILLUS COAGULANS SHELF STABLE PROBIOTIC
• INOSITOL
• CHOLINE
• TUMERIC RHIZOME
• PREBIOTIC FIBER (FOOD FOR PROBIOTICS)

• FORMULA SHOULD INCLUDE DAILY NOURISHING FORMULAS
• LIVER DETOX AND MICROBIOME SUPPORT
• DAILY SUPPORT FOR THE NATURAL ELIMINATION PROCESSES OF THE LIVER, KIDNEYS AND BOWEL
• POWERFUL ANTIOXIDANTS TO HELP FIGHT FREE RADICAL
• CONVENIENCE & EASY TO TAKE DAILY

DAILY MICROBIOME MAINTENANCE

• USE NUTRIENTS THAT SUPPORT PURIFICATION OF THE GUT AND RESTORE BALANCE TO THE MICROBIOME
• SUPPORT THE INTEGRITY & FUNCTION OF THE MICROBIOME
• CLEANSING OF THE DIGESTIVE TRACT
• DETOXIFIES THE BODY TO PROVIDES SUSTAINED ENERGY THROUGHOUT THE DAY

• ZINC
• L-GLUTAMINE - IMPORTANT AMINO ACID THAT SUPPORTS HEALTHY EPITHELIAL FUNCTIONING IN THE GUT
• BROCCOLI & CHLOROPHYLL- PHOTONUTRIENTS THAT CONTAIN INULIN (PREBIOTIC) SOLUBLE AND INSOLUBLE FIBER THAT PROVIDE SUPERIOR FREE-RADICAL PROTECTION SHELF STABLE PROBIOTIC
IVY'S CLEANSE-ONCE A DAY

2 TBSP ALOE VERA JUICE
2 TBSP LIQUID CHLOROPHYLL
1 HEAPING TSP FIBER BLEND
BLEND IN GLASS OF APPLE JUICE, WATER, TAKE FIRST THING IN AM
ADD-ONS:
DIGESTIVE ENZYME,
MAGNESIUM, BLOOD PURIFIER, GENTLE LAXATIVE FORMULA

COMMON SYMPTOMS OF PARASITES IN HUMANS

CONSTIPATION
GAS OR BLOATING
DIARRHEA
PAIN OR ACHES IN BACK, JOINTS OR MUSCLES
IRRITABLE BOWEL SYMPTOMS
ALLERGIES
INCREASED APPETITE
FORGETFULNESS
VISION PROBLEMS
ITCHING OF EARS, NOSE & ANUS,
NERVOUSNESS OR JUMPINESS,
CHRONIC FATIGUE,
LETHARGY, ANXIETY
VARIOUS SKIN PROBLEMS
TOOTH GRINDING OR CLenching
ANEMIA
EXCESS WEIGHT

BENEFITS OF PARASITE CLEANSING

Look for a formula capable of removing yeast, worms and parasites:
Pumpkin Seed Formula
Paw Paw
Black Walnut
Artemisia

10 Benefits of a Parasite Cleanse
1. Increased Energy
2. Improved Brain Function
3. Less Aches and Pains
4. Decreased Food Cravings
5. Improved Digestion
6. Balanced Weight
7. Less Stress
8. Ability to Sleep better
9. Feel Lighter
10. Improved Overall Health
CANDIDA SYMPTOMS

- Sinus Infections
- Intense Sweet Cravings
- Bread Pasta, Rice Cravings
- Yeast Infections
- Oral Thrush
- White/Yellow-Coated Tongue
- G.I. Distress
- Joint Stiffness/Stiffness
- Constipation
- ACH, Joints
- Low Grade Fever
- Headache
- Flu-Like Symptoms
- Fatigue
- Nervousness
- Hyperactivity
- Irritability
- Sadness
- Blue Feeling
- Impending Doom
- Moodiness

ANTI-FUNGAL CLEANSING

Look for Herbal Combinations That Contain:

- Pau D Arco (Inner Bark)
- Caprylic Acid
- A Yeast Fungal Detoxifier: Zinc, Selenium, Oregano, Echinacea, Garlic
- Enzyme Packet: Bioton, Protease, Amylase, Bromelian
- Enzymes to Break Down Fungi Cell Walls

CANDIDA

- Foods to Include on Cleanse:
  - Vegetables, Foods High in Protein, Nuts, Berries, Quinoa, Chia, Flax & Green Foods
- Foods to Avoid on Cleanse:
  - Sugary Foods, Simple Carbohydrates, Alcohol, Starchy Foods, High Gycemic Foods, Dairy
GENERAL GUIDELINES
FOODS TO AVOID WHILE ON A CLEANSE/DETOX

"AVOID LIST"

**Eliminate:**
- Alcohol
- Coffee
- Caffeines & Caffeine
- Processed Foods
- Processed Sugars
- Red Meat
- White Flour
- White Pasta
- Grains
- Nightshades
- Yeast

**Include:**
- Almonds, Coconut & Flax Milk
- Bone Broth
- Broth
- Broths
- Broth Soup
- Broth Soups
- Celery & Herb Soup
- Cucumber, Watermelon, & Navel Oranges
- Limes & Lemons
- Green apples & Beets
- Fish
- Green Sweet Potato
- Nuts Cereal
- Quinoa
- Chia Seeds
- Barley
- Garlic
- Bananas
- White Potatoes
- Beans
- Lentils
- MCT Oil
- Whey

DETOX FRIENDLY FOODS

A Plant-based diet rich in vegetables and fiber supports healthy detoxification and makes cleansing easier. Certain foods encourage bile production, contain glutathione or act as a diuretic. Aim to eat lots of these foods during a cleanse/detox for less stress and better health. Extend the benefits by adding them to your diet on a regular basis. Add Fermented Foods as well.

FOODS FOR COLON CLEANSING

- Apple
- Water
- Avocado
- Leafy Greens
- Chia Seeds
- Steam
- Apple Cider Vinegar
- Fermented Foods
**EXERCISE**

- Gut-Brain Connection
- Exercise

**SLEEP**

- Sleep is the Ultimate Panacea
  - When we sleep:
    - Muscles relax
    - Any damage is repaired
    - Fortifies immune system
    - Balances hormones & neurotransmitters
    - Improves memory, sharpens attention
    - Reduces depression
    - Helps you lose weight
    - Improves physical performance
- Helps the microbiome reboot/repair

**DETOX TEAS**

- **Cinnamon Tea**
  - Slimming Tea
  - 1 cup green tea
  - 1 cinnamon stick
  - 1 tsp. turmeric powder
  - Raw honey
  - Lemon juice
  - Pinch of cayenne

- **Turmeric Detox Tea**
  - Cleansing Tea
  - 1 cup green tea
  - 1 tsp. turmeric powder
  - 1 tsp. raw honey
RECAP THE 4 R’S

• 1. CLEANSE/REMOVE: Toxins in food, gut irritants, sensitivities, inflammation, infection

• 2. RENOVATE/REACTIVATE: Healthy digestion by replacing essential nutrients and enzymes

• 3. REINOCULATE/RESTORE: Use PROBIOTICS with beneficial bacteria to balance healthy gut microbiome flora

• 4. REPAIR/REGENERATE: Intestinal lining to strengthen digestion, assimilation of nutrients and gut immunity

TRANSFORM YOUR HEALTH, REBOOT YOUR MICROBIOME WITH CLEANSING! THANKS FOR LISTENING