Cleansing & Detox: Answering the Call

Webinar rebroadcast at 7:00 pm

A recording of this webinar will be available at [www.nspwebinars.com](http://www.nspwebinars.com)

A phone recording will be available at 1-712-432-0453 PIN 5889256
(not a toll-free call)

Recordings available September 12th
New Success Topic Everyday!

Monday, September 8
Instantly Increase Influence, Rapport, Trust and Results

Tuesday, September 9
Find Your Pathway to Prosperity with NSP

Wednesday, September 10
Cleaning & Detox: Answering the Call!

Thursday, September 11
The Power & Practice of Proven Programs

Friday, September 12
A Sacred Trust: NSP’s Unmatched Opportunity

Monday, September 15
Shields Up – Powerful Protection from Everyday Invaders

Your Pathway to Prosperity!

Find Solid Members!

- Invite
- Teach
- Commit
BIG Announcement

Monday, September 15th

CINDY KLEMENT
Area Manager
Ann Arbor, MI

The Body's Chemical Burden and the Need to Detox

Cindy Klement, MS, CNS
Environmental Health Sciences

- Early stages of knowledge
- Many clinicians have yet to understand the issue of toxicant bioaccumulation
- Ethical challenge – not possible to expose individuals to toxic compounds
  - Animal detoxification mechanisms are often different than humans

Chemical Revolution

- Since World War II, tens of thousands of man-made chemicals have been manufactured and introduced into the environment
- Lack of forethought about potential risks
- Scientific community has begun to witness the consequences of this unprecedented chemical revolution

EPA Restricted or Banned

- Research confirms chemicals are persistent in both the body and the environment
- Retained within the body long after exposure
- Also accumulate in children, transferred from mother to child in utero and via breast milk
Center for Disease Control

- Fourth National Report on Human Exposure to Environmental Chemicals
  - Largest ever toxicant study on humans
- Nearly every person has a chemical body burden

http://www.cdc.gov/exposurereport/

Persistent Toxicants

- Magnify up the food chain, accumulate in adipose tissue, interact with binding sites for hormones
  - Potential to disrupt reproductive, developmental, and neurological processes

Burden Increases Over Time

- Toxic elements increase with advancing age and accumulate in soft tissue and bone, even after the external source is removed
  - Sunscreens, diaper ointments, moisturizers, shampoos
  - Construction materials
  - Processed foods
  - Colorants in eye shadow, blushes, concealers
Personal Care Products

- Hair spray, 89%-97%
- Perfume, 90%-97%
- Liquid foundation, 93%-98%
- Shampoo, 78%-91%
- Body wash, 93%-97%
- Antiperspirant, 97%-99%


Persistent Organic Pollutants

- POPs – defined by their longevity in the environment and in the body
  - Furans, PCBs, PBDEs, PFCs, stain repellents, anti-wrinkle compounds, DDT, DDE, dioxins
- Linked to obesity, metabolic syndrome, diabetes, endometriosis, high blood pressure, elevated triglycerides, and glucose intolerance, thyroid function


POPs Linked to Chronic Diseases

- Might contribute to cancer by altering DNA or its expression by stimulating rapid growth

Polybrominated Diphenyl Ethers

- PBDEs – fire retardants
- Linked to disruption of thyroid and reproductive hormone homeostasis

Perfluorinated Compounds - PFCs

- In products that repel oil and stains on furniture, clothing, carpets, food packaging
- Nonstick cookware (Teflon)
- People in West Virginia drank water contaminated with PFCs, resulting in altered hepatic, immune, and thyroid function

Volatile Organic Compounds

- VOCs
  - Include solvents, fuels, gasoline, fragrance ingredients, formaldehyde, benzene, plastics, vinyl
  - Include endocrine disrupting phthalates, stabilizers, dyes with toxic metals
  - Leading to recall of children’s toys
Toxicant Chemical Compounds

- Chemical byproducts
  - Burning wood, coal
  - Municipal wastewater incineration, paper pulp bleaching
  - Acrylamide formed when frying, grilling, roasting carbohydrate foods at high temperatures

Widespread Use of Pesticides

- Evidence is mounting, linking chronic disease to pesticide exposure:
  - Diabetes, different types of cancers
  - Reproductive disorders, birth disorders
  - Neurodegenerative disorders (i.e., Parkinson's, Alzheimer's)
  - Aberrant behavior, reduced IQ, learning problems, aggression

Genetically Modified Crops

- Pesticides are produced in tissues of crops
- They are manufactured and spread in the environment specifically to be toxic
- Pesticides produced in GMO crops were recently found in women and umbilical cord blood.
  - Average newborn has 287 chemicals in umbilical cord blood
Fish Consumption
- Consuming fish and seafood a few times per week has many benefits, but concerns also exist about contaminants that may affect our health.

Mercury and Cadmium
- Oral exposure from seafood, wildlife consumption, cigarette smoke, old drinking water supply lines.

Municipal Water
- Water treatment plants are ill equipped to handle pharmaceuticals
  - 95% of antibiotics are excreted unadulterated
  - 54% throw medicines into trash
Air Pollution

• Study suggests prenatal exposure to residential air pollutants can adversely affect infant mental development
  — Limited to infants whose mothers report low antioxidant intakes
• Heavy metals pass into and accumulate in the amniotic fluid from a very early stage of gestation


Early Body Burden Development

• Study revealed the presence of 22 metals in amniotic fluid in non-occupationally, nonsmoking, pregnant women
• Out of 117 toxic elements, 46 were detected in more than half of the placentas
  — DDE was found in all placentas


Inferior Supplements

• In Nigeria it was revealed that intake of heavy metals from ingestion of herbal products exceeded the National Research Council allowable limits by nine times

A Constellation of Symptoms

- Fatigue, with sleep disruption and brain fog
- Muscle aches and joint pain
- Sinus congestion, dark circles under the eyes, postnasal drip
- Headaches, with neck and shoulder pain
- Recurrent colds, and persistent infections
- Infertility and low libido
- Premature aging and weakness
- Rashes and canker sores
- Bad breath and adverse body odor
- Dark urine, fluid retention and excess weight


Mental Health

- Accounts in medical literature also document mental health affliction in association with toxicant exposure
  - Mood disturbance, especially depression, anxiety, fear, and anger


Toxic Induced Loss of Tolerance

- Acquired allergy, food intolerance and chemical hypersensitivity can result
  - Heartburn, bloating and gas; irritable bowel, foul-smelling stools
- Common food incitants:
  - Gluten, casein, corn, soy, MSG, artificial sweeteners, food dyes, caffeine, nuts, nightshades, yeast, eggs


**Dysbiosis**

- An area of intense research and interest
- Toxicants have the potential to alter gut flora


**Data Supporting Detoxification**

- Although convincing scientific data supporting detoxification therapies are lacking, the question for a patient suffering from any of these symptoms is: “What can I do to find relief?”


**3 Route to Minimize Accrual**

- Avoid exposure
- Excretion
- Therapeutic interventions to enhance elimination

Avoid Exposure If Pregnant

- Shark
- Swordfish
- King mackerel
- Tilefish
- Tuna Steaks
- Canned tuna
- Sea bass
- Gulf Coast oysters
- Marlin
- Halibut
- Pike
- Walleye
- White croaker
- Largemouth bass

No More Than Once Monthly

- Mahi mahi
- Blue mussel
- Eastern oyster
- Cod
- Pollock
- Great Lakes salmon
- Gulf Coast blue crab
- Lake whitefish

Fish Lowest in Mercury

- Blue crab (Mid-Atlantic)
- Croaker
- Flounder (summer)
- Haddock
- Trout (farmed)
- Salmon (wild Pacific)
Read Labels

- Cleaning Products, Personal Care Products, Food

Excretion with Exercise

- Cardiovascular exercise also supports detoxification through sweating
- Exercise has been shown to enhance adipose tissue circulation and therefore increases the release of stored toxins
- Toxins in adipose tissue are released into the blood stream during weight loss

Healing Crisis

- Can occur during a detoxification regimen
- Common and temporary symptoms include:
  - Feeling lousy, headache, lightheadedness, diarrhea, cramps, bloating, body aches, fatigue, mood changes, and weakness
Healing Crisis

• These crises are caused by a combination of factors including the mobilization of toxins, low blood sugar, low fluids, electrolyte imbalance, withdrawal from various substances (such as alcohol, caffeine, sugar, nicotine)


Enhance Elimination

• Daily High Nutrient Intake
  – In animals, calcium deprivation enhanced absorption of cadmium and lead
• Think Daily Essentials
  – Protein smoothie, essential fatty acids, multi-vitamin and mineral, antioxidants


Foods Supporting Detoxification

• Allums - garlic, leek, onion, chives, scallion
• Brassicas – Broccoli, collards, kale, Brussels sprouts, Chinese cabbage, bok choy, arugula, radish, wasabi, watercress, kohlrabi, mustard greens, rutabaga, turnips
• Eggs, turmeric, curry, green tea, lecithin


Saponin Compounds

- Facilitate gastrointestinal elimination of some PFCs
- Saponins are found in:


Algin and Chlorella

- Gaining attention as potential adsorbents of heavy metals
- Have been used successfully to reduce lead and mercury in case studies


Prebiotics and Probiotics

- Restore the damaged germ environment in the intestinal flora,
- Emerging evidence indicates they facilitate in GI excretion of selected toxicants
Ultimate GreenZone

- Prebiotics (FOS)
- Chlorella
- Lecithin (saponin)
- Broccoli
- Kale

Products that Support the Body's Cleansing Effort

- Activated Charcoal assists in interrupting the recirculation of toxicants
- Bentonite Clay decreases the re-uptake of some compounds in the body

Malic Acid

- Appears to assist with the removal of aluminum
- With Bentonite, Milk This
Milk Thistle with NAC

- Enhanced mobilization of toxicants from tissue storage site and can increase the rate of elimination from the body
- In studies, N-Acetyl-Cysteine was able to reduce and remove arsenic from organs

Cilantro

- Reported to enhance mercury excretion following dental amalgam removal
- In animals, Cilantro decreased lead absorption into bone
- Heavy Metal Detox also includes N-Acetyl-Cysteine

Bowel Detox

- Algin, Activated Charcoal, Bentonite Clay
Dieter's Cleanse

- Also with Activated Charcoal, Bentonite Clay, Lecithin, Milk Thistle

Fasting

- Several variations of fasting exist, some involving drinking only water or juices
- Because many toxins are sequestered in fat, fasting may be helpful in releasing these toxins from the body
- Initially, a person may feel worse during a fast because of the mobilization of toxins

Healing Crisis

- Most often the best approach is to continue with the detox
  - You may need to stop or alter the detox if you experience ongoing distressing symptoms
- Dehydration is common during a detox
  - Make sure that you drink a lot of fluids
Discomfort from Fasting

• In general, continued use of prescribed daily medications is recommended
• If needed, use medications sparingly for headaches or other problems you encounter

Fasting, Version One

• For 7 or more days:
  – Eat only fruits and vegetables in any combination, amount, and preparation using healthy oils and spices as needed
  – Drink plenty of filtered water, juice, tea, and broth
  – Move and exercise the body in any variety, intensity, and duration

Pay Attention to the Needs of Your Body

• Sensitive, ill, weak, and thin people should avoid or modify fasting, such as drinking more juice and broth
Fasting, Version Two

- Days 1 and 2: Eliminate meat, eggs, dairy, wheat, alcohol, caffeine, chocolate, and sugar
  - Eat only organic vegan foods in any amount using cooking oils and seasonings
- Day 3: In addition, eliminate grains, nuts, beans, and legumes
  - Eat only fruits and vegetables in any combination, amount, and preparation using oils and spices as needed


Fasting, Version Two, Continued

- Day 4: Avoid eating any solid food
  - Drink plenty of water, broth, juice, and tea
- Day 5: (same as Day 3)
- Days 6 and 7: (same as Days 1 and 2)

Detox Broth Recipe

- Use fresh organic ingredients if possible
- Ingredients can be varied according to taste and availability
- Enjoy as a sipping broth throughout the detox
  - Recipe Courtesy of Mark Hyman, MD

Large Pot, Low Simmer – 40 mins

1 large chopped onion (white or yellow)
3–5 small bunches of various chopped greens
1/2 small-medium head of chopped cabbage
2 peeled carrots, 1 large peeled daikon root
1 cup of squash (any variety) chopped into cubes
2 stalks each of sliced celery and peeled burdock root
3 chopped root vegetables (turnip, parsnip, or rutabaga) 1 cup of fresh or dried seaweed (nori, dulse, wakame, kelp, or kombu)
2–3 cups fresh/dried mushrooms (maitake, shiitake, oyster, or enoki)


Who Do You Know That...

• Should prepare for pregnancy and breast feeding?
• Is occupationally exposed to chemicals?
• Consumes non-organic food?
• Has a chronic disease?
• Has trouble achieving weight loss?
• Uses personal care products?
• Is advancing in age?

Who Do You Know That...

• Eats fish regularly?
• Takes inferior supplements?
• Experiences food and chemical sensitivities?
• Has unresolved medical issues and exhibits a constellation of symptoms?
• Breathes?!
Share This Information

• Use the tools Nature’s Sunshine has developed, and teach others why they need to detoxify on a regular basis
• Explain why our products can help them enhance elimination of toxicants
• Visit the University of Wisconsin’s website to obtain handouts on detoxification environmental intolerances
  www.fammed.wisc.edu/integrative/modules

Thank You!

Jennifer Weiss
Sr. National Manager
Roseville, CA
New Tools

Today’s Success Activity

Visit this link: http://adobe.ly/1BeD1CZ
Or go to nspwebinars.com and click on the “activity” link for this webinar.

Answer the questions in the form and get:
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- Track Your Points
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- Latest Promotions
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Shake-it-Up September

$150 in FREE product and prizes!

Drawing for BlendTec® Blender

Shake-it-up sample pack for all SmartStart sign-ups and Sunshine Rewards enrollees!

Thank You for Participating!

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