

DETOXIFICATION

Presented by:

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Why Detox?

- ▣ Toxins are in the air we breath, the food we eat, the things we drink, the items we use.



HOW DOES TOXICITY AFFECT ME?

The expression of toxicity can often occur in an organ system, such as the integumentary or digestive system.....

- Headaches
- Fatigue/tired
- Allergies
- Recurring infections
- Constipation/diarrhea
- Heartburn
- Gas/bloating/indigestion/nausea
- Food cravings
- Rashes/acne/skin conditions
- Aches and pains in muscles and joints
- Sinus congestion
- Insomnia
- Difficulty losing weight

Environmental Protection Agency (EPA)



- ❑ Currently recognizes more than 4 million chemical compounds with more than 300,000 new chemicals being listed in the Chemical Society's Chemical Abstracts each year
- ❑ More than one billion tons of pesticides are used in the U.S every year
- ❑ The average person is exposed to 100 synthetic chemicals daily

Each are tested individually, over a short period of time to determine toxicity/safe levels



Top 10 Most Common Toxins

- ▣ PCB's (polychlorinated biphenyls)
 - Industrial chemical banned in US, but still abundant in our environment.
- ▣ Pesticides
 - EPA states 60% of herbicides, 90% of fungicides and 30% of insecticides are known carcinogens.
- ▣ Mold and other fungal toxins
 - Mycotoxins
- ▣ Phthalates
 - Used in fragrances and soft plastics
- ▣ VOC's (volatile organic compounds)
 - Emitted from a wide variety of products (thousands!)



Top 10 Most Common Toxins

- ▣ Dioxins
 - Chemical compounds formed from combustion processes
- ▣ Asbestos
 - From insulating material
- ▣ Heavy metals
 - Arsenic, mercury, lead, aluminum, cadmium...
- ▣ Chloroform
 - Formed when chlorine is added to water and used to make other chemicals
- ▣ Chlorine
 - Highly toxic, yellow-green gas



Toxins In Things We Use

- ▣ Cosmetics
 - If you use conventional make-up on a daily basis you can absorb almost 5 pounds of chemicals into your body each year
- ▣ Antiperspirant
 - Aluminum
- ▣ Toothpaste
 - Lauryl, sulphate, Fluoride
- ▣ Perfumes
 - Phthalates (alkylphenol ethoxylates)
 - Artificial color, dyes petroleum based
- ▣ Skin/hair products
 - Lauryl sulphate, petroleum mineral oils, propylene glycol, parabens, benzyl alcohol, xenoestrogens, methylisothiazolone, toluene, paraffin,



Toxins In The Food We Eat

- ▣ Fast food, processed food
 - 2,900 food additives available
 - Food color, preservatives, degerming agents, artificial flavorings, synthetic dyes, flavor enhancers, emulsifiers, bleaches, artificial sweeteners

- ▣ “It has been estimated that by the time children reach age 18, they will have eaten their own body weight in food additives”

Watch Carefully. Think Critically.
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Sci-Tech



Estrogen in sewage causing fish sex identity issues

Updated Tue. May. 22 2007 8:32 AM ET

Canadian Press

(AP / Denis Farrell)

by Canadian biologist

The study, released in a journal, says that minnow populations in some areas began to collapse in the 1990s, and synthetic estrogen was found in the water.

The study found that male suckers that have been found producing egg proteins in the testes of some of the fish.

The hormones also impacted the potency of male sperm, while female fish were found to produce more egg proteins, said researcher Karen Kidd.

"We knew male fish were becoming feminized because of the estrogens that are in sewage effluent," said Kidd, noting it's a phenomenon that's turned up in earlier studies.

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AMAICA

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Fish, apparently male, are developing female sex organs due to high estrogen levels in the water.

- ▶ Discovery shuttle begins descent to Earth
- ▶ Australia pulls toy containing 'date rape' drug
- ▶ Google to offer drivers help at gas pump
- ▶ China plans to launch space station
- ▶ Planetary quintet found outside our solar system
- ▶ YouTube site announces Canadian venture

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“ We here at Food Matters

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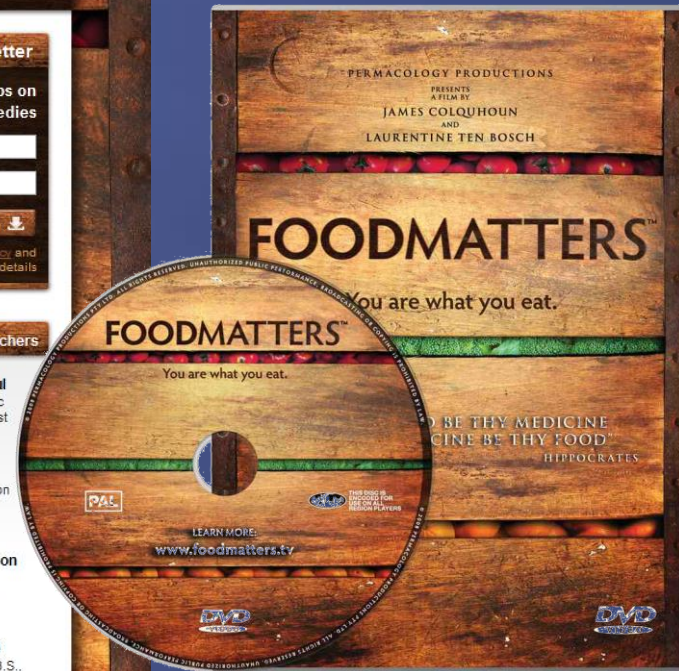
Charlotte Gerson
Founder of the Gerson Institute



Ian Brighthope
Prof., M.D., M.B.B.S., D.Ag.Sci



Victor Zeines
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www.foodincmovie.com

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San Francisco Chronicle





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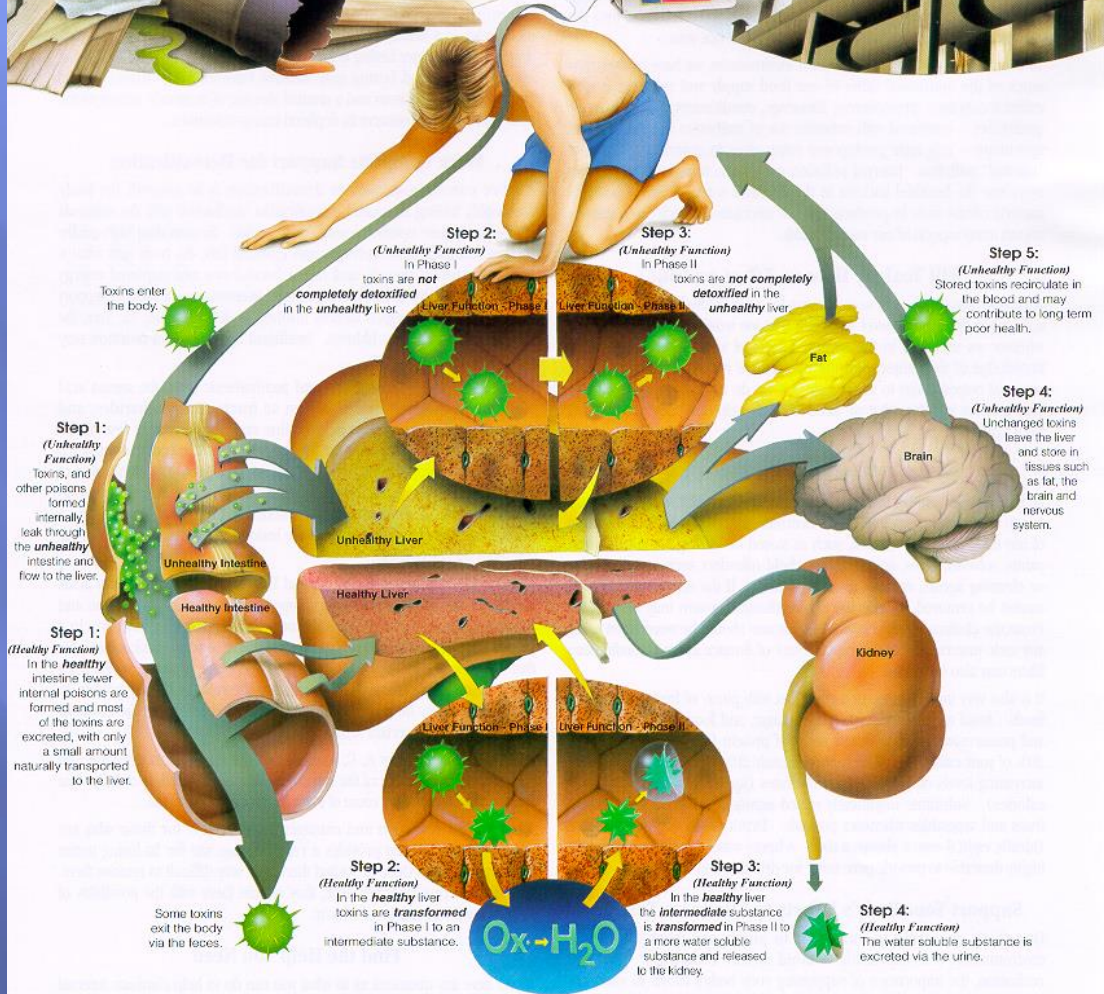


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Minimize your exposure on a daily basis:

- Purify your water to minimize heavy metals, chlorine, hormones, and pharmaceutical drugs found in tap water
- Use non-toxic cleaners
- Avoid vehicle emissions
- Avoid stain resistant/flame retardant materials
- Avoid processed foods, dyes, artificial flavors and sweeteners
- Eat organic or from local farmers to minimize consumption of growth hormones, pesticides, herbicides, and meat and dairy that are full of hormones and antibiotics

DETOXIFICATION



Step 1:
(Unhealthy Function)
Toxins, and other poisons, formed internally, leak through the **unhealthy** intestine and flow to the liver.

Step 1:
(Healthy Function)
In the **healthy** intestine fewer internal poisons are formed and most of the toxins are excreted, with only a small amount naturally transported to the liver.

Step 2:
(Unhealthy Function)
In Phase I toxins are **not completely detoxified** in the **unhealthy** liver.

Step 2:
(Healthy Function)
In the **healthy** liver toxins are **transformed** in Phase I to an intermediate substance.

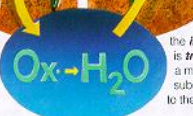
Step 3:
(Unhealthy Function)
In Phase II toxins are **not completely detoxified** in the **unhealthy** liver.

Step 3:
(Healthy Function)
In the **healthy** liver the **intermediate** substance is **transformed** in Phase II to a micro water soluble substance and released to the kidney.

Step 4:
(Unhealthy Function)
Unchanged toxins leave the liver and store in tissues such as fat, the brain and nervous system.

Step 4:
(Healthy Function)
The water soluble substance is excreted via the urine.

Step 5:
(Unhealthy Function)
Stored toxins recirculate in the blood and may contribute to long term poor health.



Harmful free radicals (Ox•) are formed as a result of Phase I activity, but are **transformed** to harmless water (H₂O) by antioxidant nutrients.

What's involved

- ▣ 4 week progressive detox
 - Week #1
 - ▣ Macronutrient balancing
 - ▣ Blood sugar balancing
 - ▣ Eliminating all addictive foods and drink
 - ▣ Eliminating all chemically enhanced food and drink
 - ▣ How we should be eating EVERY DAY!



1. Eliminate sugar, caffeine, meat
And processed foods

2 - 3. Eliminate dairy and eggs

4. Eliminate gluten grains

5. Eliminate all grains, nuts
and seeds

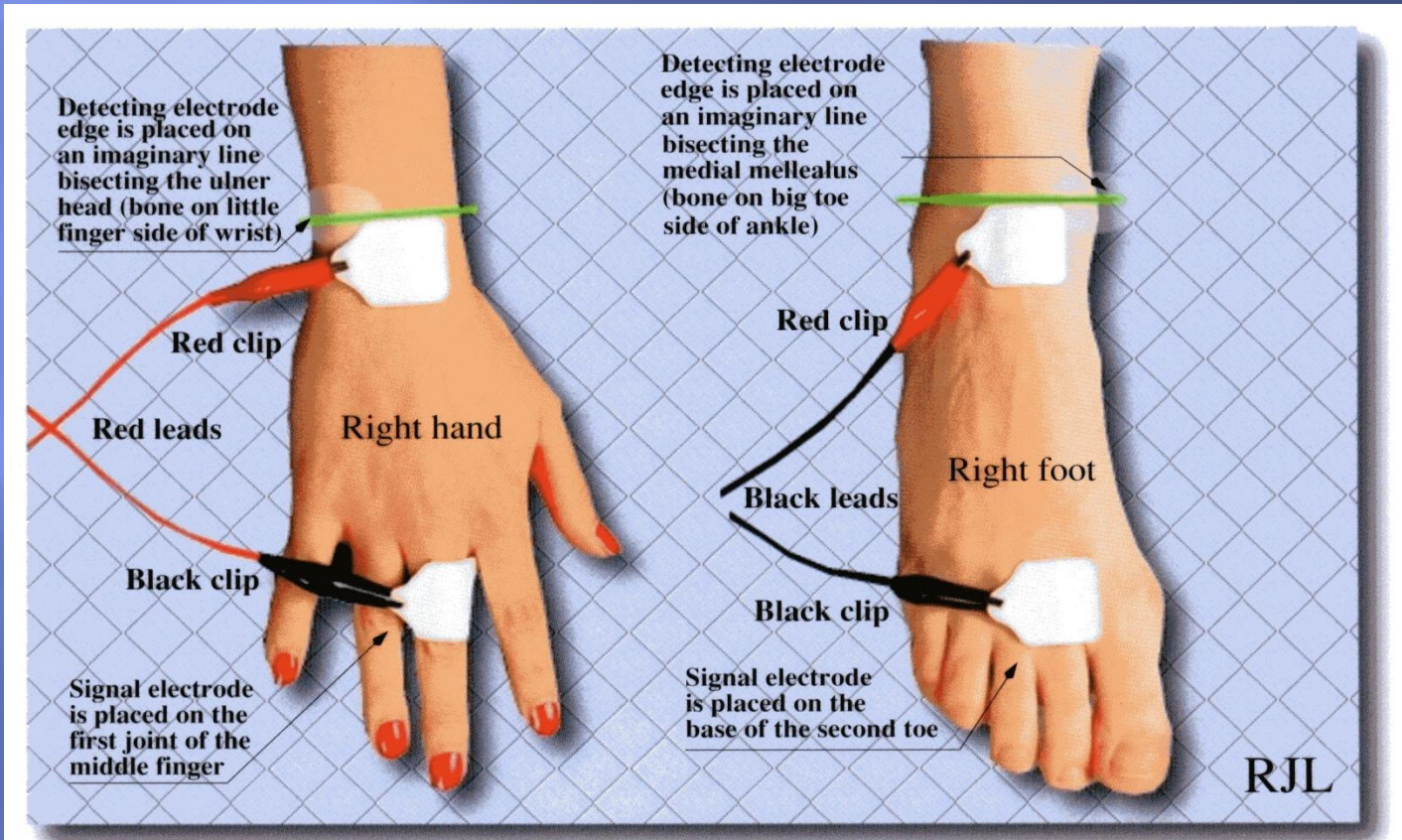
6 - 9. Eliminate legumes (beans, peas, lentils)

13. CONGRATULATIONS!
Slowly reintroduce foods
and continue using
medical foods, if desired

12. Add back quinoa, millet,
buckwheat, legumes, nuts

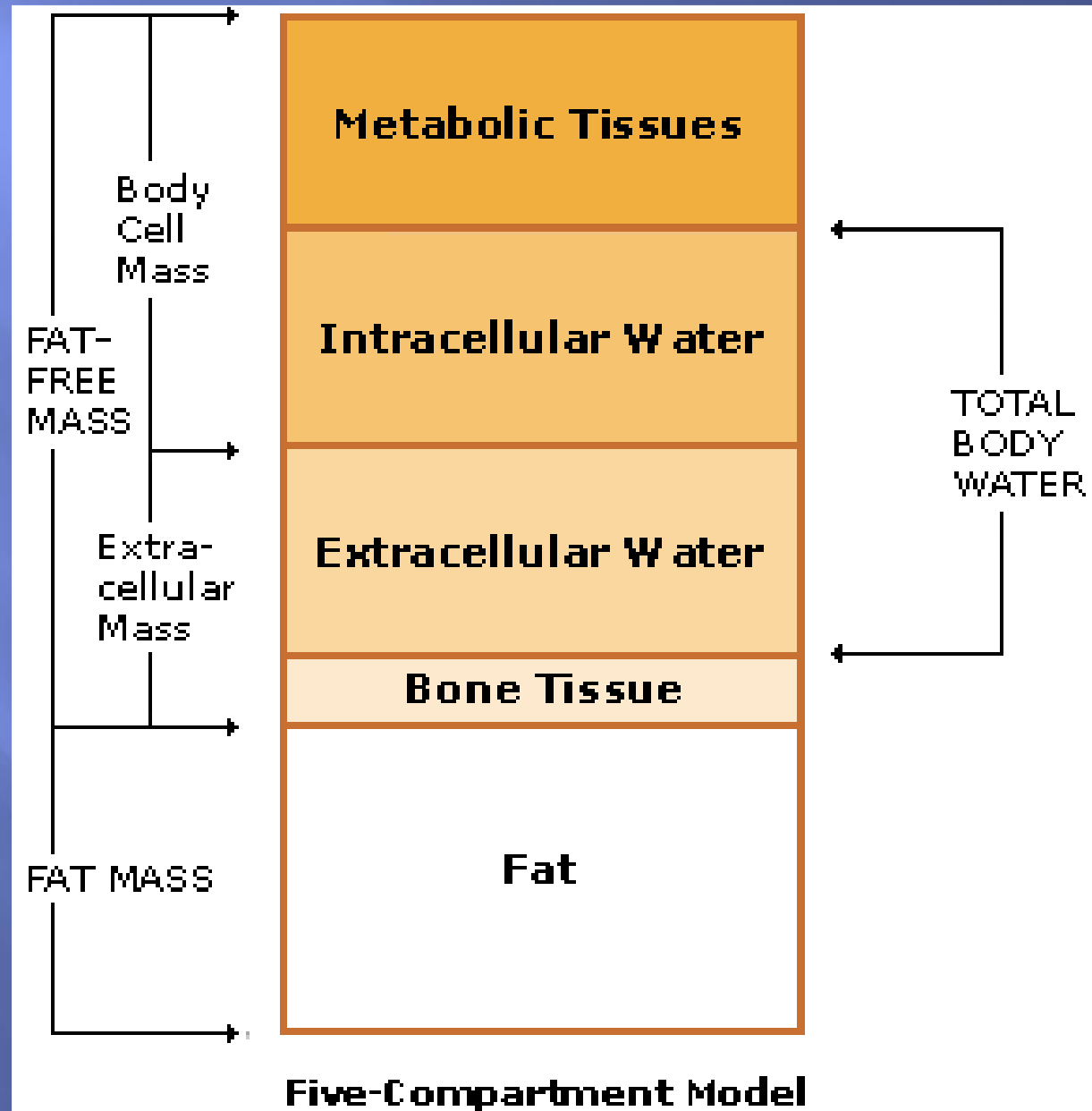
10 - 11. Gently add back all fruits,
vegetables, and white rice

Week #1



RJL Systems Electrode Placement

Bioimpedance Analysis (BIA)



Week #1



Food Groups	
<input type="checkbox"/>	Medical Food 0-1-2 daily servings
<input type="checkbox"/>	Concentrated Protein 1 per day serving(s)
<input type="checkbox"/>	Legumes 1 per day serving(s)
<input type="checkbox"/>	Dairy and Nur milks 1 per day serving(s)
<input type="checkbox"/>	Nuts and Seeds 1 per day serving(s)
<input type="checkbox"/>	Category 1 Vegetables 2-4 minimum
<input type="checkbox"/>	Category 2 Vegetables 1 per day serving(s)
<input type="checkbox"/>	Fruit 1 per day serving(s)
<input type="checkbox"/>	Grain 1 per day serving(s)
<input type="checkbox"/>	Dairy oils 1 per day serving(s)
<input type="checkbox"/>	EFAs 1 per day serving(s)

Oil

- Serving size: 1 tsp, or as indicated
Oils should be cold pressed
(1 serving = approximately 40 calories)
- Avocado, 14
 - Flaxseed oil (refined) - 14ml oil
 - Extra virgin olive oil or canola oil for cooking
 - Mayonaisse (from canola oil)
 - Olive 8-10 medium
 - EPICHA Omega Plus 1 cap, EPICHA TDS 1 cap
 - EPICHA High Concentrate 1/2 cap

Concentrated Protein

- Serving size: 1oz-2oz
Meat, poultry and fish should be grilled, baked or steamed; fish can also be poached.
(1 serving = approximately 100 calories)
- Egg 1 whole, 1 egg white
 - Egg substitute, 33 cup
 - Fish, shellfish, 3 oz. fish or 34 cup canned in water
 - Poultry: chicken or Cornish hen (boneless, skinless)
 - Leg of lamb, lean roast
 - Tofu, 4 oz. or 1 cup (firm) or 1/2 oz. cube (baked)
 - Tofu, 3 oz. or 1/2 cup
 - Soy or veggie burger, 4 oz.
 - Rice or almond cheese
 - Cottage cheese, nonfat or lowfat, 34 cup
 - Ricotta, part skim or nonfat, 1/2 cup
 - Mozzarella, part skim or nonfat, 3 oz. or 1/2 cup shredded
 - Buffalo, Venison, Elk, Game meat, Pheasant

Legumes

- Serving size: 1/2 cup cooked, or as indicated
(1 serving = approximately 100 calories)
- Beans - garbanzo, pinto, kidney, black, lima, cannellini, navy, chick, fava, white, green soy beans, bean sprouts, 34 cup
 - Split peas, sweet green peas, lentils
 - Hummus, 14 cup

Nuts and Seeds

- Serving size as indicated
(1 serving = approximately 100 calories)
- Almonds or hazelnuts, 10-12 whole nuts
 - Walnut or pecan halves, 7-8
 - Peanuts, 14 nuts or 1/2 cup
 - Pistachios, sunflower, pumpkin, or sesame seeds, 1 oz
 - No name: 1/2 cup, made from above nuts

Menu Planning Worksheet I

- Dairy/Dairy Alternatives**
Serving size: 1/2 cup, or as indicated
(1 serving = approximately 40 calories)
- Skim, lowfat, half, and soy milk
 - Low fat or fatfree yogurt, plain, soy yogurt
 - Skim, 1% milk (organic preferred)

- Category 1 Vegetables**
Serving size: 1/2 cup - servings unlimited
Fresh (juice made from these are allowed)
(1 serving = approximately 100G calories)
- Broccoli - Legume
 - Bamboo shoots - Green sprouts
 - Bell or other pepper
 - Broccoli, cauliflower - Brussels sprouts
 - Cabbage (all types) - Cauliflower - Celery
 - Chives, onion, leeks, garlic
 - Cucumber - Oil pickle
 - Eggplant - Green beans
 - Green: bok choy, asparagus, Swiss chard, ice cold greens, spinach, dandelion, mustard, leafy greens

- Lettuce/leafy greens: romaine, red and green leaf, arugula, spinach, arugula, radicchio, watercress, chard
- Mushrooms - Onions - Radishes
- Garlic (sprig fresh)
- Sea vegetables (kelp, etc.)
- Snow peas - Sprouts
- Tomatoes, tomato juice
- Water chestnuts, Fennel
- Zucchini (yellow, summer), or spaghetti squash

- Category 2 Vegetables**
Serving size: 1/2 cup, or as indicated
(1 serving = approximately 40 calories)
- Beans, 1/2 cup sprouts, acorn or borlotti
 - Carrots, 1/2 cup cooked or 1 medium raw or baby carrots
 - Green peas or peas, 1/2 medium baked
 - Small Yellow Gold Potatoes, 1/2 cup

Fruit

- Serving size as indicated
(1 serving = approximately 40 calories)
- Apple, 1 medium - Apples, 2 medium
 - Berries: blackberries, 1 cup raspberries, 1/2 strawberries, 1/2 cup
 - Cantaloupe, 1/2 medium - Cherries, 1/2
 - Fresh figs, 1 - Grapefruit, 1 whole
 - Grape, 1/2 - Honeydew melon, 1/4 small
 - Nectarines, 2 small
 - Orange, 1 large - Peaches, 2 small
 - Pear, 1 medium - Plums, 2 small
 - Tangerines, 2 small, 1/2 small - cup

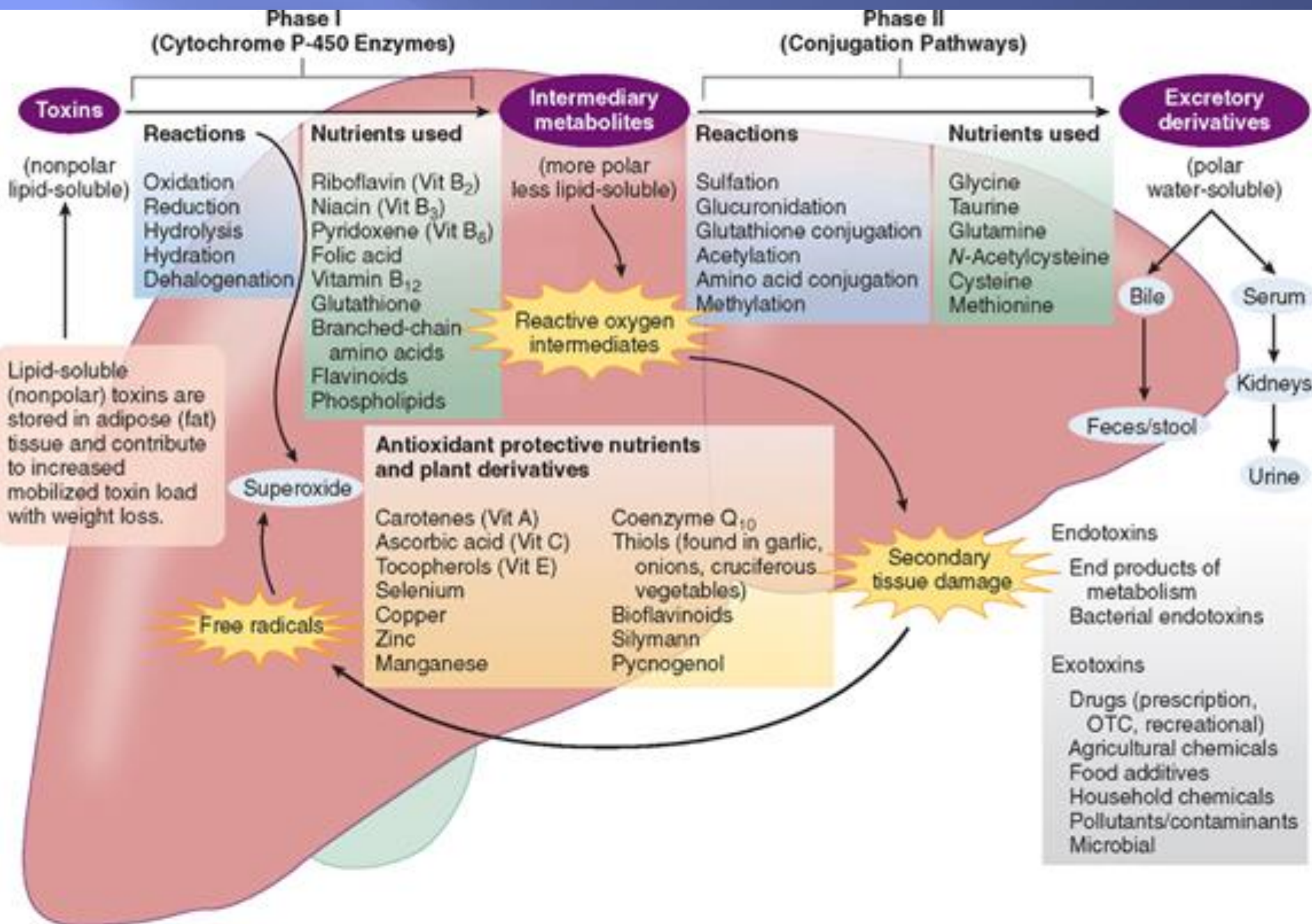
Cereals

- Serving size: 1/2 cup cooked, or as indicated
(1 serving = approximately 100-150 calories)
- Amaranth, millet, or quinoa
 - Barley or other grain rice, wild rice
 - Baked, buckwheat, granola, or millet
 - Bulgur (cooked wheat)
 - Whole oat, raw, 1/2 cup cooked cereal 1/2 cup
 - Whole wheat, spelt, or farro berries
 - 100% whole wheat, spelt, or kamut pasta
 - Whole grain rice, cooked, 1/2 each
 - Bread: mixed whole grain or 100% whole grain whole
 - Whole wheat tortilla or pita, 1/2
 - Low carb tortilla, 2 small or 1 large

Wake up time:	
Morning Meal Time:	
Within 30 to 60 minutes	
Snack time:	
2-3 hrs later	
Mid-day Meal time:	
2-3 hrs later	
Snack time:	
2-3 hrs later	
Evening Meal time:	
2-3 hrs later, no later than 7pm	
Mid-Evening Time:	
Going to bed at:	
Water: (1/2 at in ounces)	
Activity	

Week #2

- ▣ Environmental Toxins Elimination Week
 - Buying organic
 - Natural cleaners
 - Natural skin, make-up, hair products
 - Reducing Electromagnetic smog
- ▣ Food Elimination Week
 - Foods that are hard to digest
 - Foods that are common food allergies
 - Foods that are inflammatory
- ▣ Introduction to Ultra Clear Plus pH



Week #3

- ▣ The “liquid fast”
- ▣ Ultra Clear Plus pH, Ultra Meal, Fiber
 - Gives the digestive system a “time out”
 - Promotes phase I and phase II liver detoxification
 - Promotes optimal elimination
 - Balances the pH of the body
 - Restricts body to minimal calories to shrink the fat cell and release toxins
- ▣ Feel light, empty, sleep great, have increased energy, increased muscle mass, healthy skin, hair, nails, happy!

Week #3

- ▣ Additional Benefits
 - More time
 - Save money
 - Avoid the television
 - More time and energy for exercise

Week #4

- ▣ Food Re-introduction
 - How does food affect you – signs and symptoms to look for.
- ▣ Return to week #1
- ▣ Motivation to not RETOX!
- ▣ How'd you do? Repeat BIA

How does this work?

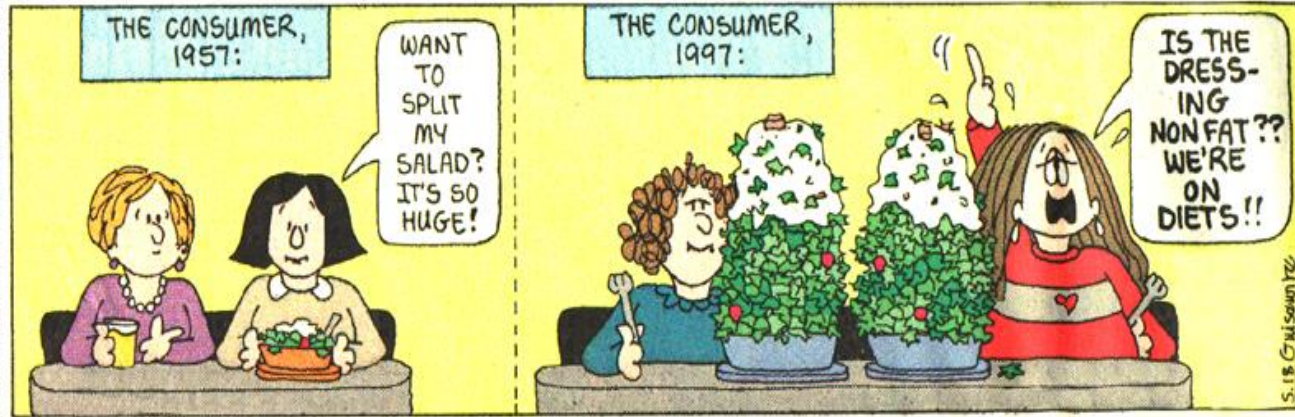
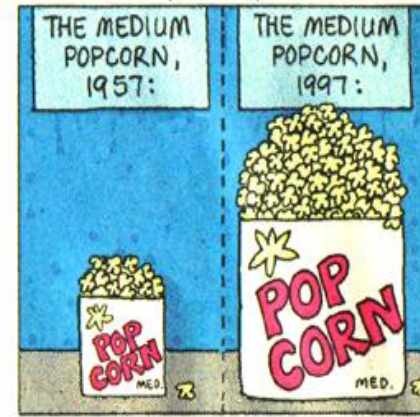
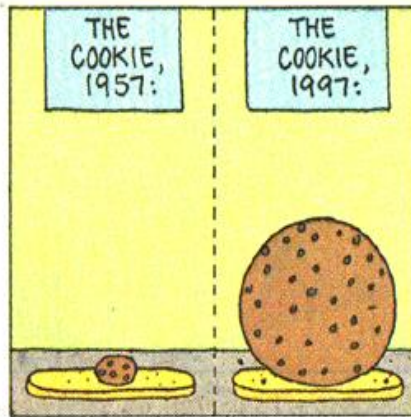
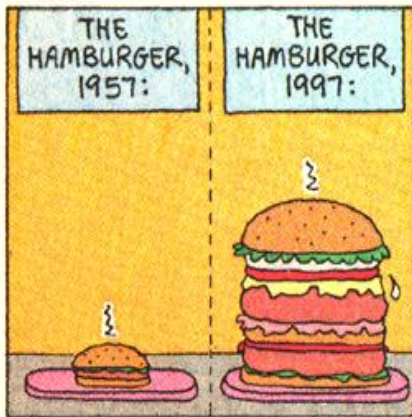
- ▣ People stay away from detoxifications for many reasons:
 - I have to take care of my kids
 - I have to be able to function at work
 - I have responsibilities

 - We rely too much on quantity of food to get us through the day, rather than quality
 - During a detox, quality of food skyrockets, quantity lowers

Serving Sizes

CATHY

By Cathy Guisewite



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S. 18 C. M. Seaman, Inc.

Energy (Calories)

Protein

4 calories in one gram

Made up of amino acids

Function: energy, anabolic, immune, enzymes, structure

The Macronutrients

Fat

9 calories in one gram

Made up of fatty acids

Function: energy, protection, thermal, cell membrane, lubricant, O₂ transport

Carbohydrate

4 calories in one gram

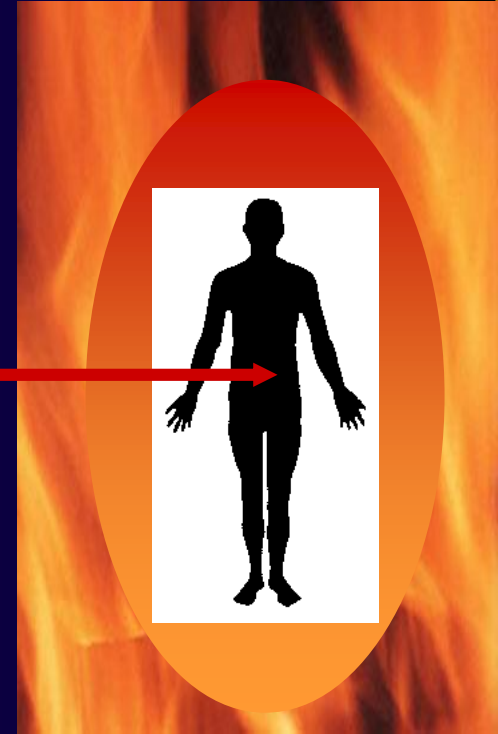
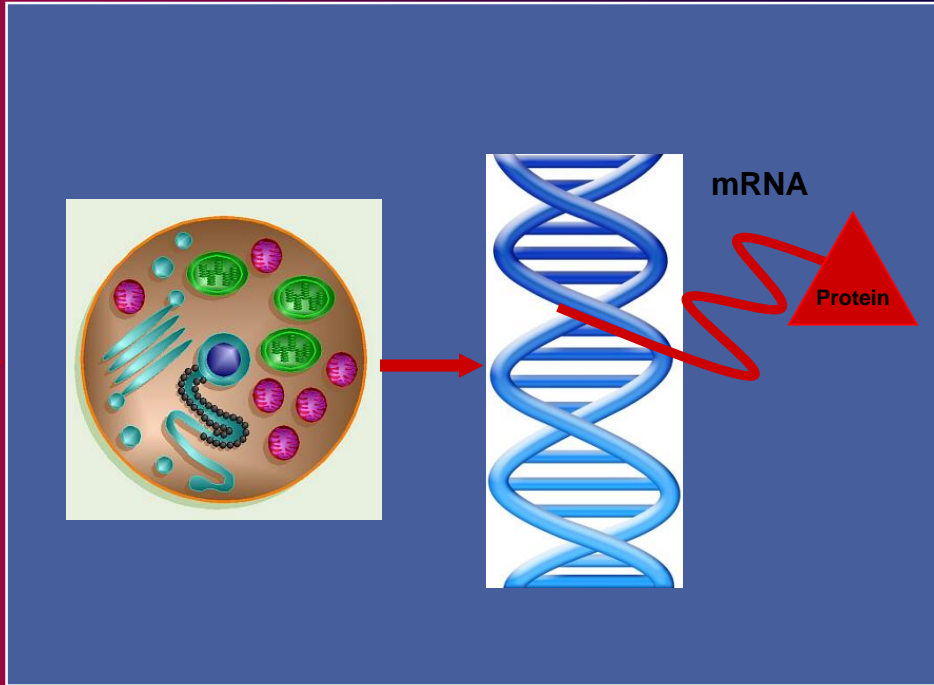
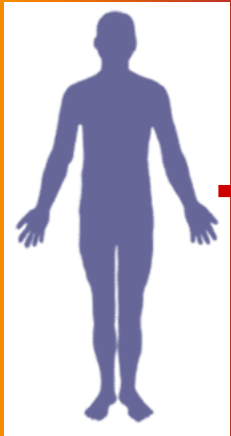
Made up of C_x(H₂O)_y

Function: energy

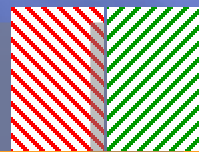
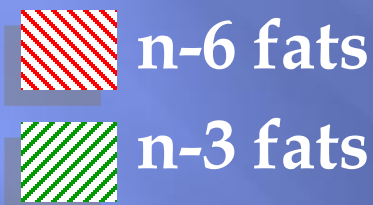
Quality Fats 6gm

- **Oils Cold:** canola oil, flax oil, vegetable oil, walnut oil, peanut oil, fish oils (cod liver oil), EPA DHA
- **Oils to Heat:** Olive oil, sesame oil, coconut oil, butter
- **Nuts and Seeds:** Raw only! Almonds, sunflower seeds, pumpkin seeds
- **Nut Butters:** Almond butter, cashew butter, peanut butter
- **Foods:** Avocado, olives

Food and Eating are Information.

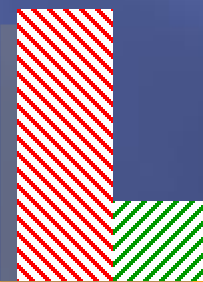


Standard American Diet high n-6 fats & low in n-3 fats



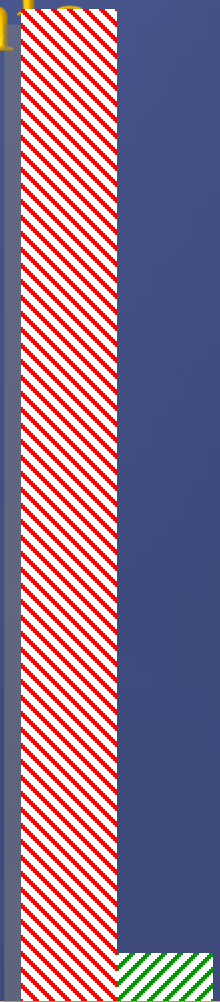
Prehistoric

1:1



1900

4:1



2000

25:1

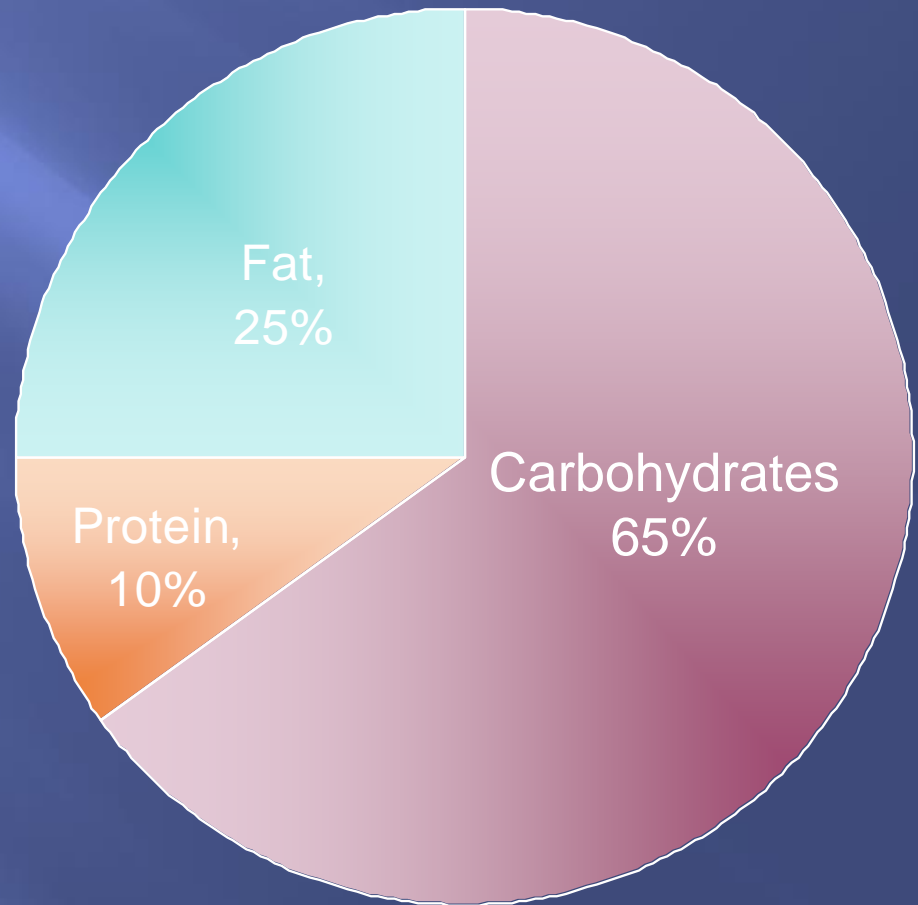
Quality Proteins 15gm

- Eggs
- Fish
- Poultry
- Leg of lamb, lean roast, lean beef
- Extra firm organic tofu, tempeh
- Soy or veggie burger
- Rice, almond cheese, cottage cheese, part skim ricotta, mozzarella cheese
- Wild game

Macronutrient Requirements

Standard American Diet

▣ a.k.a. SAD



Food Is A Combination Of Macronutrients

www.nutritiondata.com

1 cup Cottage Cheese 1% fat

1 cup Plain low fat yogurt

1 cup fruit low fat yogurt

Nutrition Facts

Serving Size 226 g

Amount Per Serving

Calories 163 Calories from Fat 20

% Daily Value*

Total Fat 2g 4%

Saturated Fat 1g 7%

Trans Fat

Cholesterol 9mg 3%

Sodium 918mg 38%

Total Carbohydrate 6g 2%

Dietary Fiber 0g 0%

Sugars 6g

Protein 28g

Vitamin A 2% • Vitamin C 0%

Calcium 14% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Nutrition Facts

Serving Size 245 g

Amount Per Serving

Calories 154 Calories from Fat 33

% Daily Value*

Total Fat 4g 6%

Saturated Fat 2g 12%

Trans Fat

Cholesterol 15mg 5%

Sodium 171mg 7%

Total Carbohydrate 17g 6%

Dietary Fiber 0g 0%

Sugars 17g

Protein 13g

Vitamin A 2% • Vitamin C 3%

Calcium 45% • Iron 1%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Nutrition Facts

Serving Size 245 g

Amount Per Serving

Calories 250 Calories from Fat 23

% Daily Value*

Total Fat 3g 4%

Saturated Fat 2g 9%

Trans Fat

Cholesterol 10mg 3%

Sodium 142mg 6%

Total Carbohydrate 47g 16%

Dietary Fiber 0g 0%

Sugars 47g

Protein 11g

Vitamin A 2% • Vitamin C 3%

Calcium 37% • Iron 1%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Protein Sources

Type	Source	Pro's
Whey	<ul style="list-style-type: none">-From milk-Complete protein-Concentrate more widely used, easier to find, less expensive contains approximately 30 to 85% protein-Isolate is a higher quality more expensive. contains more than 90% protein more easily absorbed contains less fat and lactose	<ul style="list-style-type: none">-Fine with casein allergy or lactose intolerant-Benefits of whey protein:<ul style="list-style-type: none">-Helps boost immunity-Optimal source of amino acids-Enhances muscle recovery after workouts and helps prevent muscle breakdown
Rice	<ul style="list-style-type: none">-From brown rice-Complete protein with added AA	<ul style="list-style-type: none">-Hypoallergenic, suitable for everyone (especially kids)
Soy	<ul style="list-style-type: none">-From soy beans/flour-Most complete vegetarian protein-Concentrate, less complete, less expensive-Isolate, purer, more expensive	<ul style="list-style-type: none">-Highly digestible, complete protein using Protein Digestibility Corrected Amino Acid Score-Ideal if dairy allergy-blood sugar/insulin resistanceLowers cholesterolReduces the risk of heart disease

Quality Carbohydrates 20gm

- 40% Legumes
- 10% nuts and seeds
- 40% dairy
- Category #1 and #2 vegetables
- Fruits
- Grains

High Fat High Sugar Foods

- ▣ 1 tsp sugar per mini package ketchup
- ▣ 6 tsp sugar per 1 cup tomato soup
- ▣ A typical 2-liter bottle of soda contains 15 ounces of corn syrup



The Spectrum of Glycemic Index

- Desserts, refined grains
- Soft drinks, sweetened sports drinks
- Combine with protein & vegetables to blunt glycemic response

- Most root vegetables
- Some whole grains (e.g., brown rice)

- Dried peas and beans (legumes)
- Barley and bulgur (cracked wheat)
- Most vegetables and fruits
- Nuts and seeds
- Agave and fructose sweeteners
- Most whole grains
- Most dairy products

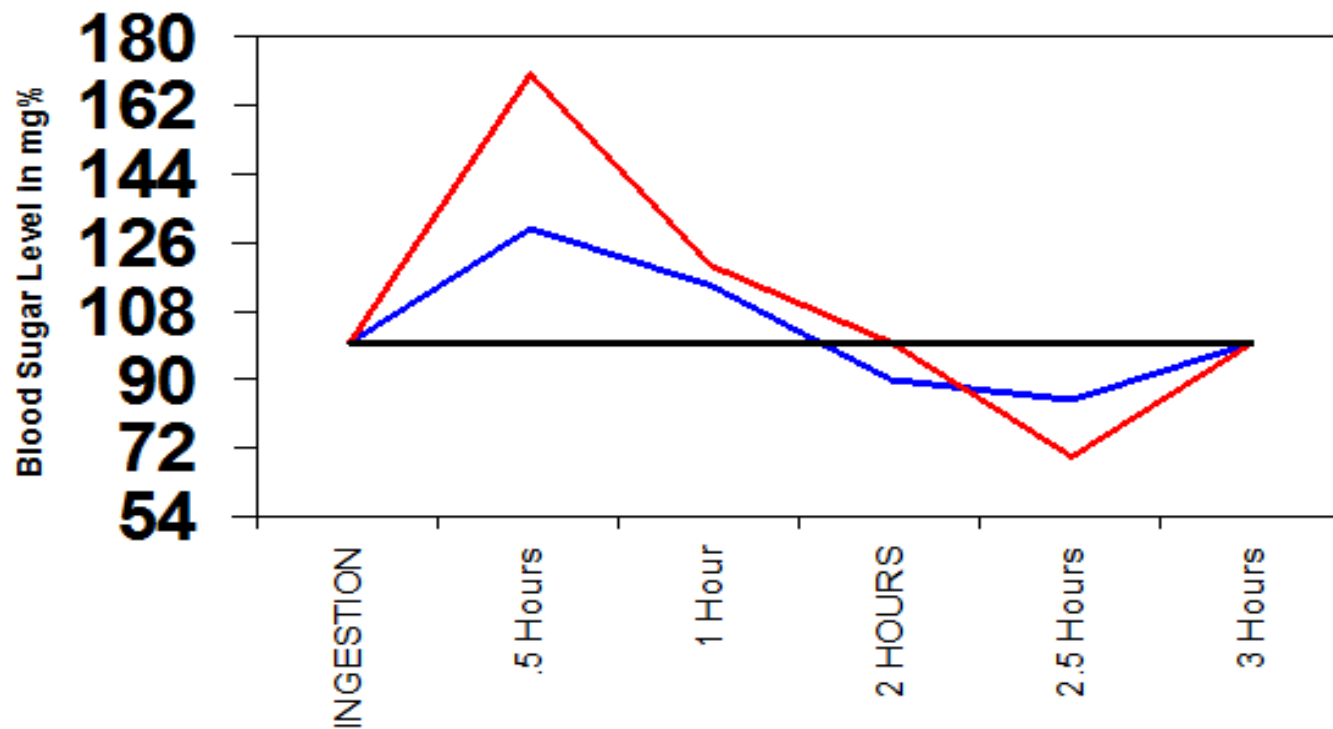
HIGH GI
(≥ 70)

MEDIUM GI
(56-69)

LOW GI
(<55)

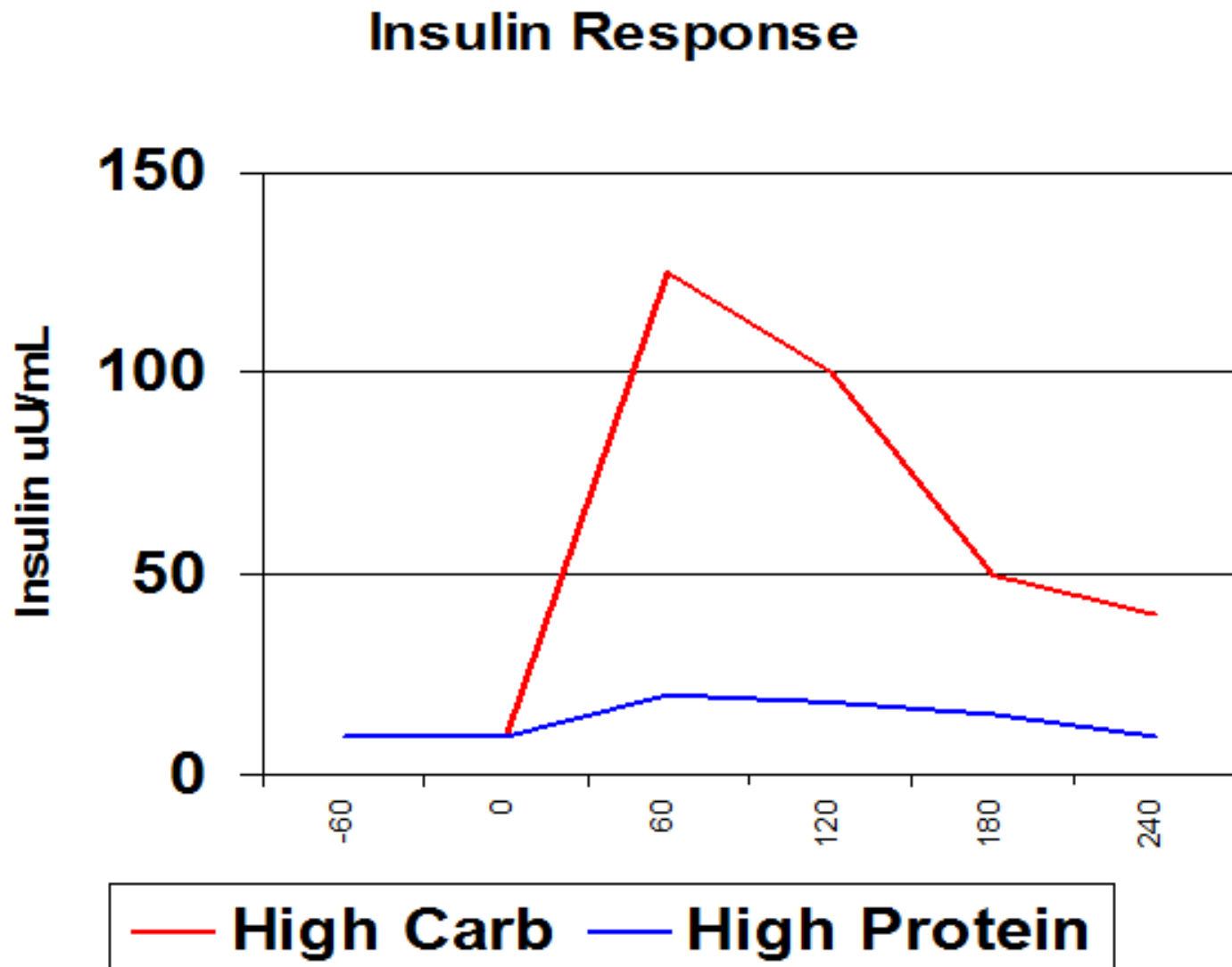
Glucose Response

Glycemic Index Graph



— Low-glycemic — High-glycemic
— Base line

Insulin Response



Insulin Hormone

- ▣ Increases hunger
- ▣ Increases fatigue
- ▣ Stores body fat
- ▣ Blocks the release of fat from the adipose tissue
- ▣ Inflammatory hormone contributing to joint and muscle pain



Meal Plan

Low
Glycemic
Load

Organic, Whole,
Unprocessed
Foods

Minimal Grains
& Gluten

Phytochemical
Abundance
&
Diversity

Anti-Inflammatory
Dietary
Fats

Small,
Frequent
Meals

Relaxed,
Mindful
Eating

Does Wine make you Fat?



Wine does **not** make you FAT - it makes you *LEAN*...

Against tables, chairs, floors, walls and ugly people.