

DETOXIFICATION FOR THE SPIRIT ◊ SOUL ◊ BODY IN 2012

JEANNE STRYKER, MD, DIPLOMAT AMERICAN BOARD OF RADIOLOGY
ANTI-AGING REGENERATIVE MEDICINE ◊ FELLOWSHIP IN WOMEN'S IMAGING
VASCULAR & INTERVENTIONAL RADIOLOGY ◊ THERMOGRAPHY

The world is filled with toxins whether you see, feel, smell, taste or touch they are there. There are a growing amount of pollutants, toxins, and synthetic chemicals in our food, water, and air. The use of pesticides alone has doubled every ten years since 1945. Every day corporations, cars and homes release 700,000 tons of pollution into our air. Farmers spray seventy-two different pesticides on our fruit and vegetables. Our cows, sheep and goats are injected with synthetic estrogen to fatten them up and then stuffed with pesticide-laden grains to satisfy their artificial hunger.

Our bodies are staggering and wilting under the enormous load of industrial toxins that have entered our food, water and environment which are making us fat leading to potential diseases of aging. We ingest the hormone laden foods to fatten up cattle. Our hormones are further disrupted by the pesticides, chemical fertilizers, and heavy metals. Finally, our poor polluted planet bombards us with new toxic invaders every day from methyl mercury in our fish and fish oils, to our solvents in our acrylic nails, to the rocket fuel which seeps into the underground of twenty two states in our country. These toxins in our homes, our workplace, our cosmetics and our food are deadly to our health and disastrous to our weight.

Cancer rates have risen from 20 to 50% since 1970, while the number of asthma sufferers has grown by 75% since 1980. Common sense would tell us the incidence of disease may be related to pollution and toxins? In my world as a MD radiologist my colleagues and the media would tell you it is because we have better equipment in detecting breast cancer with digital mammography. Let me challenge you to think... yes think... if this is true then the overall incidence of cancer would not change... correct... the numbers would be the same whether you find it today or tomorrow. Staying focused on detoxification we know that as we age our breast tissue becomes fatty replaced. The hormones which our bodies use to make from our ovaries are no longer producing at the same rate and levels. The adrenal or stress glands have taken over. So our breast tissue is made up of fatty rather than glandular tissue. Toxins are stored in the fat of breast tissue. Toxins can alter the receptor on the cell, the DNA within the nucleus of the cell (which contains the secrets of life), the matrix which is the environment that surrounds the cells. Think of a door and the key to open the door. The door is the recep-

tor and the key is the hormone. If the door is locked and the key doesn't work you are locked out. Well if the wrong key is put in and jams the lock then you'll never open the door. This is what toxins, heavy metals, bacteria, fungus, viruses and synthetic hormones do. So we need to detox and this season is a good time as it is a New Year. Our detoxification organs are the liver, kidneys, intestines and yes skin.

Symptoms which may be relieved by following a detox program include: Digestive problems, bad breath, fatigue, irritability, general malaise, constipation, headaches, itchy skin, skin rashes, joint pain, weight loss resistance and poor concentration.

What a carefully planned detoxification program can offer you: Anti-aging effects, clearer skin and eyes, increased productivity, greater motivation, weight loss and creativity, reduction of allergic symptoms.

Mental and Spiritual Detoxification: Creates cleansing of our mind of negative thought patterns which is essential to health and physical detoxification and can aid in this process. Emotionally and spiritually: detoxification helps us uncover and open so to speak our spiritual eyes and show hidden frustrations, anger, bitterness, resentments and fear and replace them with forgiveness, love, joy and hope with a healthy relationship with our Creator, spouses, family, friends, colleagues in the workplace, clients, patients and people of the world.

Remember when you begin to detoxify you may experience headaches, fatigue, skin rashes, anxiety and depression. Push through this so you can experience the ultimate experience purification and cleansing of Spirit, Soul and Body. Fasting without liver and colon support releases toxins into your bloodstream which were previously lodged in your fat cells. These poisons can relocate and settle in any number of organs than when you started and can create weight gain so follow through with a natural health practitioner in your area. See practitioners which belong to ACAM or acam.org, IFM or functionalmedicine.org and A4M or a4m.com.

RELAX... BREATHE... PRAY... MEDITATE... GO FOR WALKS... ENJOY THE CHANGE OF SEASON... THIS IS A TIME FOR YOU TO CARE FOR YOUR UNIQUE SELF... YOU ARE A PRIORITY, IF ONLY FOR THIS SHORT TIME. So let's get started:

Liver loving foods and detoxification products: cruciferous vegetables (cabbage, broccoli, cauliflower, brussels sprouts), green leafy vegetables like parsley, kale, watercress, chard, cilantro, beet greens, collards, escarole, dandelion greens and citrus orange,

lemon and lime. Sulfur rich foods-garlic, liver healers-artichoke, asparagus, celery. Remember all organic. LVGB is a product by or Detoxification Support packets which are even better as it contains all three products in one by designsforhealth.com. Eat those foods rich in nutrients and natural detoxification.

Colon loving foods and products: Powdered psyllium husks, ground or milled flaxseeds, carrots, apples, pears and berries. Drink half your body weight in ounces with alkaline, oxygenated, filtered or purified water and this does not include tea, coffee, or other beverages. Try adding lemon or lime to your water. Probiotics such as kefir, Greek yogurt or probiotics by Dr. Ohhira or xymogen.com. Peppermint - (Mentha piperita) is one of the oldest and most highly regarded herbs for soothing digestion. Calcium d-glucarate by xymogen.com to decrease an enzyme called beta glucuronidase so we do not recirculate our estrogen back into the body. Colon hydrotherapy.

Kidney loving foods: 8 ounces of unsweetened cranberry juice like Knudsen, Trader Joe's, Lakewood 100% organic, Mountain Sun and add fresh nonirradiated 1/4 teaspoon cinnamon, 1/8 teaspoon ginger and 1/8 teaspoon nutmeg with 1/4 cup freshly squeezed orange and lemon juice. You can use stevia plus for sweetening or agave. Drink 1/2 your body weight in ounces of pure alkaline oxygenated water.

Skin: Sweat through cardiovascular exercise, haute yoga, dry saunas, hot baths with Epsom salts and aromatherapy like frankincense, myrrh, eucalyptus, rosemary and basil. THIEVES by Young Living - Is a blend of highly antiviral, antiseptic, antibacterial, anti-infectious oils. Includes: clove (*Syzygium aromaticum*), lemon (*Citrus Limon*), cinnamon bark (*Cinnamomum verum*), eucalyptus (*Eucalyptus radiata*), and rosemary (*Rosmarinus officinalis*). It is named after a band of Thieves who used essential oils to avoid the Plague while robbing the sick and dying. PURIFICATION by Young Living - An antiseptic blend of Citronella (*Cymbopogon nardus*), lemongrass (*Cymbopogon flexuosus*), and rosemary (*Rosemarinus officinalis*), melaleuca (*Melaleuca alternifolia*), lavandin (*Lavandula x hybrida*) and myrtle (*Myrtus communis*) formulated for diffusing to purify and cleanse the air and neutralize mildew, cigarette smoke and disagreeable odors. The essential oils are by Young Living however there are other companies out there such as Aura Cacia.

Formula by Dr. Hazel Parcels to help detox from radiation exposure during air travel, mammogram, x-rays, radiation therapy or proximity to a nuclear power plant: A tub with hottest temperature you can manage. Dissolve a pound of baking soda and begin to soak. Sip a glass of warm water mixed with 1/2 teaspoon of salt and baking soda. Get out of bath when the water is cool and don't shower for at least 4 hours. Homeopathic

remedy called Radiation by Deseret Biologicals.

Exercise: One of the best ways to increase your metabolic activity is to simply use your body. Daily exercise has innumerable benefits including building lean muscle mass which helps you burn more calories at rest. Consider jumping on a mini trampoline for 3-5 minutes a day to give a boost to your health.

Skin Brushing: Aids in lymphatic drainage, use a dry, natural fiber shower brush or loofah to massage your entire body before you shower or bathe. Start at the toes, and gently scrub using circular motions toward your heart.

Avoid: Microwaves for cooking although the convenience of microwaves is indisputable, this method of heating can disrupt chemical linkages in otherwise healthy foods and decrease the nutritional value. Heat on a stove top or oven whenever possible and use a cast iron pan. Avoid Teflon and synthetic non-stick coatings. Avoid cosmetics with methyl, propyl, butyl and ethyl parabens, propylene glycol, petrolatum and synthetic colors and fragrances. Consider holistic skin products from Wholistic.com or 1-800-733-3333. Avoid farm raised fish, gluten, cow dairy, white foods, sugars, artificial sweeteners, excess fat, soy protein, alcohol, over-the-counter-drugs, caffeine and mold which is on overly ripe fruits. Heating foods in plastic releases harmful chemicals. You should never heat food in plastic... use glass or ceramic instead. Avoid radiation: healthy adjunct is thermography (physiologic imaging) with ultrasound (anatomic imaging).

One week detoxification may look like:

1. Start your day thanking God for your spiritual health with meditation and prayer.
2. Orthomolecular Core Restore BT 7 day kit I believe is the best. http://www.orthomolecularproducts.com/Programs_Program.aspx?pid=f8300e26-e8b3-4062-8974-69a3c4369876&mid=Menu3
3. Drink 1/2 your body weight in ounces of pure alkaline oxygenated water.
4. Eat organic fruit and vegetables, grass fed, antibiotic, hormone free lean meats, poultry and dairy, wild fish as described above.
5. Exercise.
6. Pharmaceutical grade supplements filled with vitamins, minerals, antioxidants' and essential fatty acids.
7. Detox baths, colon hydrotherapy and dry sauna.
8. Miracle Juice Protocol by Ann Louise Gittleman, PhD, CNS. <http://recipes.sparkpeople.com/recipe-detail.asp?recipe=324775>

Bottom line when you remove toxins from your body... Well the benefits are anti-aging, cancer, cardiovascular neurodegenerative and diabetes reducing diseases and for you women out there well, weight loss. Let's come together collectively as women and DE-TOX our SPIRIT, SOUL and BODY to get back on the path of our God given assignment and destiny designed for us!!! ■ ■ ■

God Bless You in 2012 © Copyright Jeanne Stryker, MD Thermalmd Inc.

