

Detoxification for Weight Loss, Chronic Disease and Well being



DR. ANGELICA LEMKE, ND

About Me



- Naturopathic Doctor – specialize in botanical, nutritional and homeopathic medicines
- Licensed as a PCP in CT, do consultations at Full Circle Family Care in White Plains and the Westchester Center for Natural Health in Pleasantville, NY
- I believe the toxic world we live in is at the root of most chronic disease we encounter today
- My background... graduate of Bastyr University, a 5 year medical school program in Seattle Washington
- Call me at 914-747-1647 or email lemke@westchesternaturalhealth.com for any questions.

Environmental Toxicity



- Toxins include chemical pollutants, heavy metals, pesticides, plastics, drugs, alcohol, smoke, food additives.
- 6 billion pounds of chemical pollutants are released into the US environment per year
- EPA reports 87,000 new chemicals are introduced into use each year



Releases of Toxins in Westchester, NY



- 2002 TRI Pollution Releases Sorted by Health Effect*

	<u>Air Releases</u> <u>(Pounds from TRI sources)</u>	<u>Water Releases</u> <u>(Pounds from TRI sources)</u>
<u>Recognized Carcinogens</u>	<u>10,540</u>	
<u>Suspected Carcinogens</u>	<u>24</u>	
<u>Suspected Cardiovascular or Blood Toxicants</u>	<u>18,596</u>	<u>760</u>
<u>Recognized Developmental Toxicants</u>	<u>1,043</u>	
<u>Suspected Developmental Toxicants</u>	<u>10,787</u>	<u>5</u>
<u>Suspected Endocrine Toxicants</u>	<u>10,670</u>	
<u>Suspected Immunotoxicants</u>	<u>5,257</u>	
<u>Suspected Kidney Toxicants</u>	<u>17,192</u>	<u>755</u>
<u>Suspected Gastrointestinal or Liver Toxicants</u>	<u>20,669</u>	<u>755</u>
<u>Suspected Musculoskeletal Toxicants</u>	<u>733</u>	
<u>Suspected Neurotoxicants</u>	<u>21,177</u>	<u>755</u>
<u>Recognized Reproductive Toxicants</u>	<u>235</u>	
<u>Suspected Reproductive Toxicants</u>	<u>21,840</u>	<u>10</u>
<u>Suspected Respiratory Toxicants</u>	<u>22,908</u>	<u>760</u>
<u>Suspected Skin or Sense Organ Toxicants</u>	<u>14,270</u>	<u>755</u>

Bowel Toxicity is a Major Problem



- Our diets are not optimal – many of us have substituted healthy meals for poor diets that lack nutritional value to fuel the body's detoxification capacity.
- Poor diet leads to the build up of unhealthy bacteria in your bowel system which makes you even more toxic and leads to gut inflammation & food allergies.
- The **SAD** diet: (Standard American Diet)
 - an excess of meat (proteins), fats, and sugar.
 - deficiencies of raw plants, vegetables, fruits.
 - lack of nutrients in the food due to the fact that the food is processed.
 - the foods have various additives, toxins, such as preservatives, and hormones.



Toxins = Poor Health



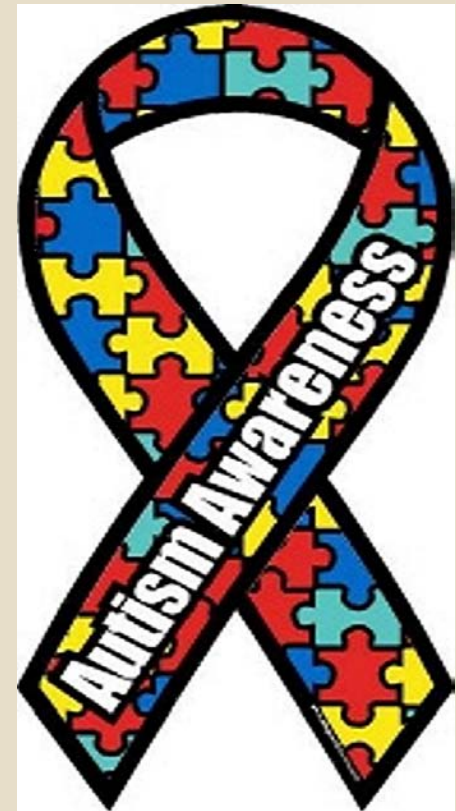
- **Symptoms include**
 - Headaches, dizziness
 - Joint pain, muscle aches
 - Allergies, asthma and other sensitivities
 - Chronic fatigue, low energy
 - Memory impairment, poor concentration
 - Labile moods, anxiety, depression
 - Digestive problems, bloating, heartburn
 - Immune impairment, chronic cough, post-nasal drip, chronic sore throats
 - Rashes, acne, hair loss
 - Hormone imbalances, PMS
 - Premature aging



Toxicity at the Root of Chronic Disease



- **Cancer**
 - All forms – breast, lung and colon cancer
- **Heart disease, Stroke, Atherosclerosis**
- **Asthma, allergies, and other sensitivities**
- **Autism**
- **Chronic Fatigue and Fibromyalgia**
- **Neurodegenerative disease such as MS, Alzheimers**
- **Autoimmune disease**
 - Thyroid disease – Hashimotos, Graves disease
 - Rheumatological diseases such as Rheumatoid arthritis
 - Diabetes

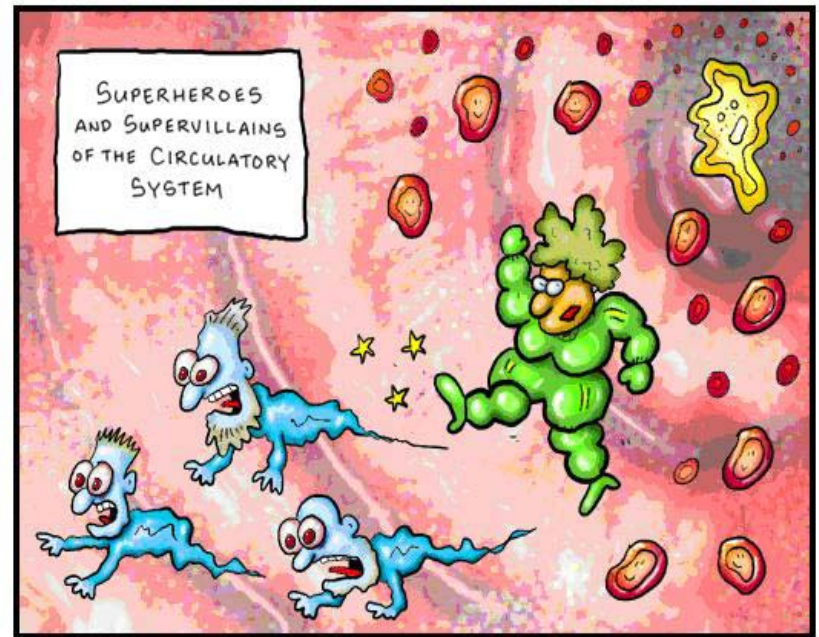


How Toxins Cause Damage



- Toxins are 'Free Radicals' which cause Oxidative Stress leading to Inflammation and tissue damage and destruction
 - Example of oxidation – leaving a banana unpeeled and it starts to brown – this is what happens to our body all the time
 - Our body combats oxidative stress with antioxidants which are often deficient in our diet. Vitamin C is a great antioxidant.
- The inflammation caused by toxicity causes hypersensitivity reactions - from headaches to allergies to joint pain
- Toxins block cellular signaling mechanisms in the body - hormonal & neuronal

DOCTOR FUN



Auntie Oxidant kicks out the Free Radicals.

Toxicity and Weight Gain

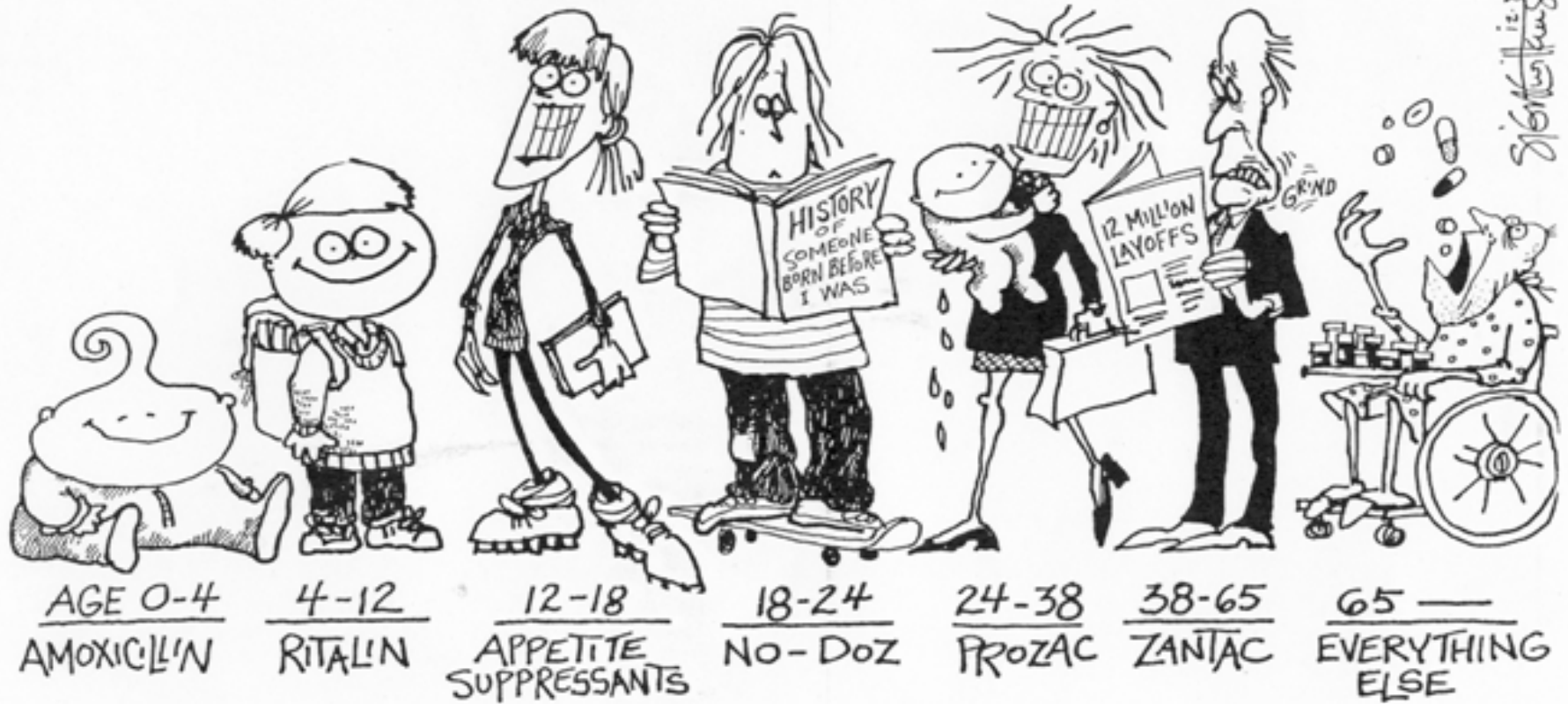


- **Toxins are stored in fat cells as a means of removing them from circulation. It is how the body protects itself from the serious damage toxins may cause. The end result is toxic weight gain.**
- **Another way that the body protects the cells from the damaging and irritating effects of toxins is by diluting the toxic body fluids - the result is fluid weight gain.**
- **When individuals begin to loose weight, the toxins that were stored in their fat cells are released into circulation. This is often accompanied by feelings of discomfort. As the discomfort increases, people often return to eating foods that promote the building of fat again, allowing for the storage again of toxins, which then helps the body to feel better.**
- **To be effective, any weight loss or weight maintenance program MUST support ongoing detoxification**



We Live for the Quick Fix

DRUG-FREE AMERICA



A NEW PARADIGM



- The changes I am about to take about TAKE TIME, Be patient with yourself
- They involve a new mindset – being mindful of the small choices we make
- The mindset is earth conscientious/ecological as well as good for you
- The mindset focuses on prevention and wellness instead of the quick fix
- There are a lot of detox plans out there – I've distilled the best and most effective to suit most situations



DETOX Programs



- **DAILY ROUTINE DETOX** for everyone
- Some options for specific detox programs include: Juice Fasting, Food Allergy Elimination and Detox Program, Heavy metal detoxification. Seek the advice of a professional. Contact me for more information...



Daily Routine Detox – Remove Exposures!



- **House** – old houses can have mold, lead based paints or pipes that leach into the tap water, new houses have building materials that off-gas. Make ‘green’ choices such as using low VOC paints and carpets.
- **Air** – change filters in the furnace regularly, consider extra air filters especially if someone has allergies or asthma, if there is a smoker in the house, you live close to high traffic roads, have shedding animals or mold issues.
- **Water** – install filters for your drinking water which will give you better quality than bottled water (which is weakly regulated), 1/10th the cost and better for the environment. There are also filters for shower heads. Well water sources should be tested.
- **Cleaners** – use ‘green’ cleaning products esp if you have children around licking the floors. Air quality is 2-5 times more toxic than outside air due to petrochemical cleaners. Such as: baking soda, vinegar, borax, Bon Ami, products from Ecover, 7th generation, Method, Mrs Meyers...
- **Bad Habits** – Stop smoking! Reduce alcohol and caffeine (red wine and green tea are better choices). Reduce candy, bakery goods, processed food. Eat out less, cook more whole foods. Carry healthy snacks like hummus, nuts, dried fruit, protein bars with you instead of grabbing junk foods.

Daily Routine Detox – Remove Exposures!

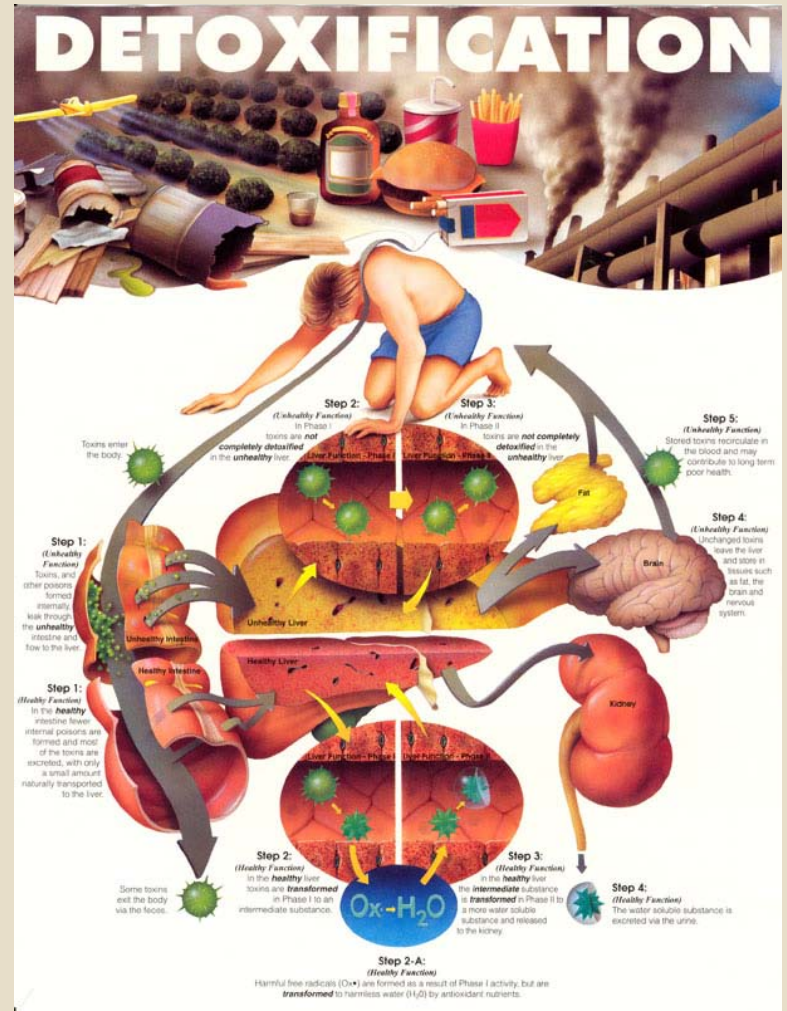


- **Food** – Eat organic as much as possible. Organic produce has fewer or no pesticides. Organic meat and dairy is more eco-friendly and doesn't have the hormones/estrogens/antibiotics non-organic food has. Grass fed meat is MUCH healthier than grain fed. Women with high estrogen related health issues (fibroids, cancer-risks, PMS) should especially eating organic meat and dairy. Note - any food can market itself 'natural'.
- **Plastics** – Especially soft plastics - leach xeno-estrogens (synthetic dangerous estrogens). Drink from glass or metal containers, don't microwave food in plastic containers. Bad plastic = #7, safer plastic is #5PP, #2 HDPE, #4 LDPE
- **Personal cosmetics** – More than one-third of all personal care products contain at least one ingredient linked to cancer. Use simple products without a huge list of synthetic/chemical ingredients. www.cosmeticsdatabase.com
- The best **cooking pots and pans** are: stainless steel, ceramic, glass and cast iron. Avoid aluminum and teflon coated pans (just use more olive oil!). Aluminum is associated with neurological disease like Alzheimers and teflon is carcinogenic at high temps. Cast iron skillets will give extra iron into the diet which can be good for anemic conditions.

The 5 detox systems of the body



- **Skin** – through sweating, detoxifies fat soluble toxins such as DDT, heavy metals such as mercury and lead
- **Intestines** – detoxifies fat soluble toxins from bile and food borne toxins
- **Kidneys** – flushes out water soluble toxins
- **Liver** – virtually all chemicals, bacteria and toxins from the intestines
- **Lungs** – respirable toxins



Daily Routine Detox



- **Skin** – SWEAT! With EXERCISE AND SAUNA. You can also do DRY SKIN BRUSHING: rub your body vigorously and upwards toward your heart, with a natural loofah or strong bristle brush to remove dry skin cells and stimulate lymphatic circulation.
- **Intestines** – LOTS of FIBER! 6-8 servings of vegetables a day, probiotics, raw cabbage juice repairs intestines
- **Kidneys** – DRINK CLEAN FILTERED WATER! Half your weight in ounces (150 lb person should have 75 ounces of water a day)
- **Liver** – eat/juice BEETS, BROCCOLI, CARROTS, take Milk thistle, Tumeric, Dandelion root (herbs)
- **Lungs** – EXERCISE in FRESH AIR, take 100 deep breaths a day

Daily Routine Detox - Contrast Hydrotherapy



Try this at-home spa treatment to stimulate circulation and your chi

- Hot shower for 5-10 minutes (to get hot)
- Follow with a cold rinse on body for 5-15 seconds (not on head).
- Repeat this cycle two more times for best results. (you must end on cold though)
- If you want, following the contrast hydro treatment, wrap up in sheets and blanket and rest



Do not do Contrast Hydro If you are asthmatic, have active autoimmune disease, inflammation, cardiovascular issues, pregnant, temperature insensitive, are weak feeling or otherwise do not feel that you should.

Daily Routine Detox - Castor oil packs



WHY ? They aid in detoxification and elimination, are anti-inflammatory and move lymph. Can be done directly over whole abdomen or more specifically over areas like the joints, liver, gall bladder, or uterus. Especially useful for fibroids, ovarian cysts, liver disorders, abdominal pain, constipation, diarrhea, intestinal disorders, gallbladder inflammation, urinary frequency and inflamed joints. Contraindicated during pregnancy, open wounds, malignancy, bleeding disorders or active ulcers.

SUPPLIES

- Cloth towel – like a kitchen towel, or old piece of flannel – big enough to fit over abdomen
- Glass dish (Pyrex or similar dish large enough to warm the flannel castor oil pack prior to use)
- Old bath towel
- Hot water bottle or hot gel pack
- Castor oil, which you can get at Whole Foods or health stores either in a bottle or as a castor oil roll on.

DIRECTIONS

1. Pour some castor oil onto the cloth (a few tablespoons to half a cup) and let it soak in to make your pack. Wring out any excess oil. If you have a roll on, roll the castor oil directly onto abdomen and skip to step 4.
2. Put the castor oil pack in a heat-safe glass dish and place in oven or in microwave to heat to a comfortable temperature. This step is helpful but not required.
3. Lay down in a comfortable position. Place the castor oil pack directly on your abdomen.
4. Wrap an old towel around your abdomen to hold the castor oil pack in place, and secure. Place a hot water bottle or gel pack over the towel. If you like, wrap yourself in a warm blanket.
5. Leave the castor oil pack on for 15-60 minutes.
6. It is fine to fall asleep with the castor oil pack on, as long as you are not using an electrical heating source.
7. When you are done, store the pack in a large zip-lock bag in the refrigerator. The pack can be used repeatedly, adding more castor oil as needed. The castor oil pack can be used for several months.

Resources - Food



- **The Dirty Dozen** – these are must-buy organic fruits and veggies (tend to be the thin skinned ones which absorb more chemicals):

- Apples
- Cherries
- Grapes, imported (Chili)
- Nectarines
- Peaches
- Pears
- Raspberries
- Strawberries

- Bell peppers
- Celery
- Potatoes
- Spinach

- **Safest** fruits and veggies lowest in pesticides are:

- Asparagus
- Avocados
- Banana
- Broccoli
- Cauliflower
- Corn
- Kiwi

- Mango
- Onion
- Papaya
- Pineapple
- Peas

- **Lowest Mercury Fish & Seafood** are:

- •Anchovies
- •Catfish
- •Clam

- •Crab
- •Crawfish
- •Flounder
- •Haddock
- •Herring
- •Mackerel
- •Mullet

- •Oyster
- •Perch
- •Pollock
- •Salmon
- •Sardine
- •Scallop
- •Shrimp

- •Sole
- •Squid
- •Tilapia
- •Trout
- •Whitefish

Resources - Websites



- My contact information:
 - My website: www.westchesternaturalhealth.com
 - my email address: lemke@westchesternaturalhealth.com
 - email me if you have questions
- Testing your environment
 - www.testyourair.com – for inspections on air quality and mold
 - www.discovertesting.com – sells at-home testing kits as well as high quality air and water filters. Consider also filters for your shower and bath water since hot water makes chlorine more volatile.
- http://heartspring.net/water_filters_guide.html – to look at comparisons of water filters
- www.cosmeticsdatabase.com – to look up the safety of your cosmetic products. Having “organic” or “natural” in its name doesn’t necessarily mean it’s safer. Only 11 percent of ingredients found in personal-care products, organic or not, have ever been screened for safety. Includes baby products
- www.scorecard.org to look up the pollution emissions in your zip code