

BEAR NUTRITION & HERBS

30 Day Detox

E-WORKBOOK

WWW.BEARNUTRITIONANDHERBS.COM





Welcome

Congratulations on taking action to improve your health!

We often don't realize how sluggish, achy or dare I say, even bad we feel until we start feeling good. I often hear this from my patients/clients. This Detox is designed to support such revelations. Depending on where you are in your health journey you may feel a little worse just before you blossom into feeling incredible.

I have designed the meals and supplements to work together for optimum, steady, safe and effective detoxification. Remember this is a marathon rather than a sprint. If you are unable to execute each task or meal perfectly, don't fret. Remember that even a little detox can go a long way. Further, you will have the opportunity to participate in our next [30 Day Detox January 23, 2022](#). Imagine detoxing quarterly. How good would you feel and be? What health concerns could you improve or even resolve? I have updated this quarter's supplements for an even more effective detox from the start and less confusion through the middle. Each detox is slightly different from the last and is adjusted based on my observations and participant feedback. Also with this Detox we have a wonderful APP to provide daily support and motivation.

It's great to have you onboard. Now, let's get this DETOX STARTED!

Cheers to Good Health !

NJERI KAI JARVIS MS/RD/LDN
INTEGRATIVE NUTRITIONIST - HERBALIST

Disclaimer

The information contained in this e-book is based on the experience and research of the author. It is not intended as a substitute for consulting with your physician or other health-care provider. The purpose of this book is to educate. It is not meant to be a comprehensive source for the topic covered and is not intended as a substitute for medical diagnosis or treatment or intended as a substitute for medical counseling. Information contained in this book should not be construed as a claim or representation that any treatment, process or interpretation mentioned constitutes a cure, palliative, or ameliorative. Any attempt to diagnose and treat an illness should be done under the direction of a health-care professional.

Njeri Jarvis and Bear Nutrition & Herbs is not responsible for any adverse effects or consequences resulting from the use of any of the suggestions, preparations, or procedures discussed in this book.

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30 Day Detox At A Glance

1 **ORIENTATION**

October 17, 2021
Pre Recorded call &
ZOOM Video Call

2 **HERBS IN THIS DETOX**

Cleanse More, Hepatitone Plus,
RepaireVite SE, GI Synergy
(*contains walnuts*), Primal
Defense Ultra Probiotic, Primary
Detox, PGX Fiber; Daily Herbal Tea

3 **SYMPTOM TRACKER**

Each week we will begin by
tracking our symptoms to see
our progress and to maintain
safety.

4 **WHY DETOX?**

There are so many reasons. Reasons
that increase everyday a new toxin
enters our environment.

5 **DID YOU KNOW?**

Here you will learn a little more
about why it is important to
detox as well as how to do it
safe and effectively.

6 **WEEK 1**

ALL IN with EVERYTHING
GI Cleanse &
Tissue Repair

7 **WEEK 2**

Microbe / Parasite
/ Yeast Cleanse

8 **WEEK 3**

Liver Detox .

9 **WEEK 4**

Kidney, Blood &
Lymphatics .

10 **TAKE MORE ACTION**

What to do after the
Detox is Complete.

Every Sunday

60 minutes

30 Day Detox LIVE Education Session

October 17, 2021 PM - Orientation

October 24, 2021 06:00 PM - Week 1

October 31, 2021 04:00 PM - Week 2 - Halloween

November 7, 2021 06:00 PM - Week 3

November 14, 2021 06:00 PM - Week 4

November 22, 2021 06:00 PM - Awards

Join Zoom Meeting

[https://us02web.zoom.us/j/82529598814?
pwd=bmkwKys3RmhRd1k4a1B0SGh2VGJOUT09](https://us02web.zoom.us/j/82529598814?pwd=bmkwKys3RmhRd1k4a1B0SGh2VGJOUT09)

Meeting ID: 825 2959 8814

Passcode: 728008

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+1 346 248 7799 US (Houston)

Meeting ID: 825 2959 8814

Passcode: 728008

Find your local number: <https://us02web.zoom.us/j/82529598814>



EVERY WEDNESDAY

Optional - 30 minutes

Q & A

Group Sharing & Comments, Share Your Experience

October 27, 2021 06:30 - 7PM - week 1
November 3, 2021 06:30 - 7 PM - week 2
November 10 , 2021 06:30 -7PM - week 3
November 17, 2021 06:30 - 7PM - week 4

Join Zoom Meeting

[https://us02web.zoom.us/j/82529598814?
pwd=bmkwKys3RmhRd1k4a1B0SGh2VGJOUT09](https://us02web.zoom.us/j/82529598814?pwd=bmkwKys3RmhRd1k4a1B0SGh2VGJOUT09)

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Accessing The Bear Nutrition & Herbs Body Site APP

Through the App you will get
DAILY email feeds
to support you in the Detox.

Here you can:
track you Activity, Food Intake and can
Participate in Daily Exercise.

[Click This Link to Sign in to the App](#)

and to start the Orientation Week
7 Day Liver Gall Bladder Detox

This Orientation Detox is optional

You can also go to the App store on your
phone and download the Body Site App to
have all your guides at your fingertips.

GETTING STARTED- **OPTIONAL**

Orientation Week



BNH 30 DAY DETOX

Orientation Important Links

- 1 Sunday 6 - 7 pm EST - Weekly Education Zoom Link**

We will meet as a group over ZOOM each Sunday to review each weeks goals. Video will be recorded and posted for any who miss it.

 - Meeting ID: 825 2959 8814
 - Passcode: 728008
- 2 Wednesday 6:30 - 7 pm EST - Optional - Check in In Q&A - Zoom Link**

Attend the weekly Optional ZOOM Q &A Call where you can discuss your progress and ask questions.

 - Meeting ID: 825 2959 8814
 - Passcode: 728008
- 3 Fridays 10am - 12 noon EST - Nutritionist Office Hours for Personal Email**

Here you can reach out to your Nutritionist to ask questions on a one on one basis via email.
NKJarvis@BNHwellness.com
- 4 Tuesday, Thursday, Saturday Activity / Exercise / Logging / Journaling**

On these days you can start or increase your activity / exercise, using the exercise recommendations in the APP. You can also log your meals and journal your thoughts.
Look out for your **Activation Email in order to get the Optional Orientation Week in a daily email format.** It may be in your SPAM or PROMOTIONS FOLDER or [Click this link to Start](#)
- 5 Saturday & Sunday (Activity, Relaxation & Preparation)**

Take these days as days of recreation, reflection and preparation for the upcoming week. 1-4 hours placed here will make your week run smoothly.



What to Expect

DETOX ORDER

Detox Order is important. You need to repair the body in the right order so you can detox the toxins in a way that your body can safely handle removal.

A successful safe detox must balance the rate of toxin release with each person's ability to detoxify and excrete the toxins.

To start supporting each person's ability to excrete toxins, we will take the first week to get situated, preparing our bodies with 15 - 20 g more fiber daily and supporting elimination.

THE MEAL PLAN

The Meal Plan is a high in fiber, flavonoid rich, carotenoid rich, glutamine rich plan to help with the following:

- decrease gut permeability and to help with safe release of gut toxins
- reduce inflammation
- support the production of short chain fatty acids (butyric acid etc) which promotes intestinal-cell health.

THE BNH 30 DAY DETOX ORDER OF CLEANSING

- Gut Cleans: Colon / Liver Toning / Tissue Repair of the lining of the Digestive tract. Key tenants of this process are:
 - Eating Fermented Foods
 - Eating Fiber
 - Improving the function of the gut
 - Crowding our and Eliminating toxic gut bacteria
- Parasite Cleanse
 - Eliminate parasites and Yeast overgrowth
- Liver / Gallbladder Cleanse
- Kidney / Blood / Lymphatics

Each Phase is initiated from Day 1 - 30 but education around each is addressed in a 1 week interval. This Detox can also be done over 60 - 90 days, using a 2 -4 week cycle for each cleanse week we address here.

Key Detox Concepts

LISTEN TO YOUR BODY

Listen to your body so you can customize the program as we go.

Keep up with your Daily Symptom Tracker to know whether to reduce your supplements by 50% if you are not feeling well.

REMOVE KEY INFLAMMATORY FOODS

Remove gluten, dairy and alcohol to start. We will remove added sugar and salt for a portion of the detox as well.

Reducing Inflammation supports better digestion and elimination.

REMOVE KNOWN TOXINS IN YOUR HOME

Remove Items such as:

- Plug in air fresheners
- Nonstick cookware
- Plastic containers / bottles
- Toxic Personal Care Products
- make up, lotions etc.

FAMILIARIZE YOURSELF WITH THE EWG WEBSITE

Get familiar with the [Environmental Working Groups Website](https://www.ewg.org/) to learn more about hidden toxins in your everyday environment.
<https://www.ewg.org/>

REMOVE KNOWN TOXINS FROM YOUR FOOD

Choose Organic wherever possible. Avoid Conventionally grown foods listed on the [EWG Dirty Dozen List](#). Grow your own food or work with growers you know. Get connected with a [local CSA](#). Check out [Edible DC's CSA Recommendations for 2020](#); Check out [Local Harvest's Website](#) to enter your location.

BE MORE CONSCIOUS OF EXPOSURES TO TOXINS OUTSIDE THE HOME

- When pumping gas
- Using incense
- Detergents,
- Soaps and Cosmetics
- Check out this [APP to help ID items](#)

IMPROVE AIR QUALITY IN YOUR HOME

Get HEPA Filter Air purifiers ([WINIX 5500 & 5300](#)) series are great and affordable.

Get more Air Cleaning plants especially for your bedroom.

Listen to this [TED Talk: "How To Grow Clean Air"](#)

IMPROVE WATER QUALITY IN YOUR HOME

Get and Use a water purifier ideally on every faucet in your home for cooking, drinking and bathing; Use reusable glass bottles and discontinue use of plastic water bottles.

Reverse Osmosis is best but carbon filters are good. Visit [EWG's Water Purifier Guide](#) and the [Big Berkey Gravity Water Filter](#) is Good.

Signs That You Are Detoxifying Successfully

SIGNS AND SYMPTOMS TO LOOK FOR:

Having the below listed Symptoms shows that your body is releasing toxins through every route available to it:

- Skin rash
- Increased mucus secretion (stuffed or runny nose)
- Bad breath
- Smellier stools or urine
- Headache
- Heavy, achy lungs

These symptoms should improve or clear up completely by the second week. But remember the more toxins you have to excrete, the more symptoms you will likely experience and the longer it will take to remove the toxins from your body.

Feel Free to get Activated Charcoal and use if symptoms become too overwhelming or are not subsiding. Using activated charcoal twice daily may be helpful. Additionally, you may need to slow down your detoxification process as well. You can get it at your local health food store or through the [BNH FullScripts Dispensary](#). It is usually between \$7 - \$15

SIGNS THAT YOU ARE DETOXYING TOO QUICKLY

The following symptoms are signs that you are detoxing too quickly and may need to slow down or make adjustments to your program.

- brain fog
- debility,
- depression
- disorientation
- dizziness
- fast heart rate
- headache
- insomnia
- irregular heartbeat
- irritability
- muscle spasms
- nausea
- shortness of breath
- weakness.

ORIENTATION WEEK

What to do if you are detoxing too quickly:

Four actions you can take to improve your symptoms

CUT YOUR DETOX HERBAL DOSE IN HALF:

Reduce your dose of daily herbals by 50%; You can cut the dose or the frequency, whichever feels most comfortable..

1

2

CONSUME MORE BERRIES

Aim to eat 1 extra cup of berries: Blackberries, blueberries, Raspberries daily; add them to smoothies, salads and mid day snacks.

EAT MORE FIBER

3

Eating more fiber will help you absorb all the toxins being dumped by your liver. It is this dumping that is causing symptoms.

- 3 - 4 Granny Smith apples daily = 15 - 20 g fiber
- 1 cup blueberries = 4 g fiber
- 1 cup black berries or raspberries = 8 g fiber
- 1 teaspoon of PGX Fiber = 5 g of fiber with a full glass of water three times a day; Can get from the [BNH FullScripts Dispensary](#).
- Eat Miracle Noodles/Rice (Shirataki Konjac Noodles & Rice)
- Take 1 capsule of activated Charcoal in the morning and 1 capsule at night

4

START ADDITIONAL SUPPLEMENTS

Starting additional Supplements to provide more nutrients that help the liver with its detoxification pathways can also be helpful:

- A good quality Broad spectrum multivitamin and Mineral
- Designs for health Complete Multi (4-6 tabs per day) or any good quality multivitamin and multi-mineral
- Designs for Health Pantothenic Acid - Vitamin B5 (1 Capsule every other day) or any good quality Pantothenic Acid (Vitamin B5)
- Designs for Health Liposomal Vitamin C (1 teaspoon twice daily) Low protein diet or any good quality liposomal Vitamin C
- Can Access All of these through the [BNH FullScripts Dispensary](#)

Liver Gallbladder Cleans

1

1 Tbsp Good Quality Olive Oil:

For 5 - 7 days Upon rising take 1 Tbsp of Good Quality Olive Oil. Choose olive oils with 3rd party testing such as NAOOA. Check out NAOOA's web site for a [list of certified authentic olive oils.](https://www.aboutliveoil.org/certified-olive-oil-list)
<https://www.aboutliveoil.org/certified-olive-oil-list>

2

1 Tbsp Fresh Squeezed Lemon Juice:

Immediately after taking your olive oil, chase it with Fresh Squeezed lemon Juice

3

3 -4 Organic Granny Smith Apples:

Aim to eat 3 - 4 organic Granny Smith Apples each day. The fiber in the apples helps soften or break up any sludge or stone formations



ORIENTATION WEEK

Foods To Remove

1

PROCESSED FOODS:

These will be avoided due to loss of nutrient density, increased chances of agricultural toxins as well as high sugar and salt content.

GLUTEN, DAIRY, SOY & ANY FOODS YOU ARE SENSITIVE TO:

These are inflammatory foods that make detoxification less effective. They may be added back once the detox is done in organic, non GMO forms; Small amounts of dairy will be included during the liver specific week for nutrients that support liver detox pathways .

2

3

ALCOHOL, SALT & SUGAR:

We will avoid alcohol for the duration of the detox with the final 3 weeks having all alcohol avoided. 6 oz ounce of dry wine or 1 oz liquor straight up is allowed once a week in the orientation week and 1st week. Avoid all else. Alcohol, Salt and Sugar all alter the gut microbiome to less optimal levels. Reduce intake of added sugar to 6tsp or less and be mindful of added salt.

BEEF, CHICKEN, FARMED FISH :

These are allowed in the orientation week but will be removed for Weeks 1 - 4 for 30 days when we start the supplements.

4

5

NON ORGANIC FOODS ON THE DIRTY DOZEN LIST :

All of these must be purchased ORGANIC ONLY or avoided all together: Strawberries, Spinach, Kale, Nectarines, Apples, Grapes, Peaches, Cherries, Pears, Tomatoes, Celery, Potatoes, Hot Peppers

Foods To Choose Daily



GOOD QUALITY WATER

During This Detox aim to Drink at least 4 quarts of clean water. This is key for flushing out the toxins from the body.

- Upon Rising: 8 - 16 oz (water plain or with fresh lemon or Apple Cider Vinegar)
- Drink 8 oz before each meal
- Drink 8 - 16 oz between meals
- 8 - 16 oz 1-2 hours before bed
- Herbal Leaf tea blends count here as well

FERMENTED FOODS

Aim to eat 1 Tbsp or at least 1 - 4 oz of fermented beverage with each meal, either:

- 1 Tbsp fermented sauerkraut
- 1 Tbsp Kimchi
- 1 Tbsp fermented mixed veggies of your choice
- 1 - 4 oz Kombucha
- We will add a high quality multi strain probiotic in conjunction with these fermented foods in later weeks.

EAT REAL UNPROCESSED FOOD

Aim to eat primary sourced foods . Depending on your age, If you grand or great grandparents could recognize what your are eating as food, Choose it!. If your 5 year old nephew can, you may want to reconsider what you are eating.

USE TURMERIC

FIBER FIBER & MORE FIBER

Include more fiber in your diet. Once you start detoxing, you need the fiber in your gut to take the toxins out in the stool or they will simply get reabsorbed into your system. Easy ways to Include more fiber:

- Flaxseed powder (add to meals; smoothies and more) 1 heaping Tbsp = 3 g
- Fiber supplements: pectin, alginate, PGX (combination fiber); 1 scoop = 5 g
- 1 granny smith apple (moderate to large) = 5 g fiber
- 1 cup Blackberries or raspberries = 8 g fiber
- 1 cup blueberries = 4 g fiber

EAT 3 CUPS OF BRASSICA FAMILY FOODS

Aim to eat 6 - 9 cups of vegetables daily in general. Within this, make sure you eat least 3 cups daily from the Brassica Family: Cabbage, broccoli, Brussels sprouts, cauliflower, kale; Aim to keep these as baseline. Alert your Nutritionist if you are sensitive to these foods.

EAT LOTS OF VEGETABLES FROM THE CLEAN 15 LIST

Avocado, Sweet Corn, Pineapples, cabbage, sweet peas, asparagus, mangoes, papayas, Kiwi fruit, domestic cantaloupe, cauliflower, sweet potatoes except for eggplant, grapefruit; Snack on Olives and Avocados

USE OILS CAREFULLY

Pantry Staples



MISCELANEOUS

- Can/Jar: Tomatoes, Artichokes
- Olive Oil, Coconut Oil, Ghee
- Broth (Bone / Veggie)
- Vanilla Extract
- Dried Fruit: organic raisins, Dates, Goji berries
- Plant Milk: Almond, Oat, Full Fat Coconut milk, Cashew or Hemp
- Flax Seeds, Chia Seeds

SPICES / HERBS

- cumin,
- paprika,
- Black peppercorns,
- cinnamon,
- Ginger,
- Dill,
- Caraway Seeds,
- oregano,
- Garam Masala or Curry Spices
- Organic Tamari; mustard, capers

GLUTEN FREE FLOURS

- Nutritional Yeast
- Vinegars: Apple Cider, Rice Wine, Balsamic,
- cacao, 70% dark chocolate
- Stevia - Optional
- Gluten Free Oatmeal, Quinoa
- Flax Seeds, Chia Seeds
- Gluten Free Flour: flax, almond, chickpea, oat, coconut flour, potato starch



BnH

Bear Nutrition & Herbs

www.BearNutritionandHerbs.com

202.390.4938

SUPPLEMENTS & Herbs Used in this Detox

[Download Our
BNH 30 Day Detox
PDF Supplement
Guide](#)



1 RenewLife Cleanse More: Using this to support regular elimination.

Hepatatone Plus: using this to

- Restore your liver and repair any damage
- 2**
- It has nutrients and herbs that support the liver's special detox enzymes that support and balance Phase I and Phase II detoxification mechanisms of the liver
 - It will help rebuild your detox capacity
 - We will add foods that support this as well

3 RepairVite: Using either of these helps to repair gut tissue that may be damaged from inflammation and sensitivities. Bone broth and Cabbage juice may also be used in addition to or along with this.

4 GI Synergy: This will kill the pathogenic microbes, parasites and yeast in the intestines. Adding 2 cloves of raw garlic three times daily coupled with this may also be added.

CONTINUED....

Herbs & Supplements

[Download Our
BNH 30 Day
Detox PDF
Supplement
Guide](#)

5

PRIMAL DEFENSE ULTRA

This is a probiotic with multiple key strains that support digestion and immunity.

6

PRIMARY DETOX

This supplement Supports Heavy Metal Detoxification. This formula may help Improve: memory, immune function, tolerance of environment; Inhibit excessive histamine response; Eliminates brain fog; Increases vitality, energy & focus.

7

PGX FIBER

PGX reduced hunger and prospective consumption when combined with a low calorie diet, and in an earlier trial enhanced weight loss and reduced percent body fat

OPTIONAL YOU CAN GET THESE IF YOU NEED ADDED ENERGY & SUPPORT

1

ACTIVATED CHARCOAL

This will be used for if you start having a "Detox Reaction" where in removing toxins you don't feel well. Activated Charcoal is highly porous and can adsorb unwanted substances, carrying them out of the digestive system. You may not need it at all but it is better to be prepared. (Request a link from our Dispensary to get 25% off)

2

ENERGY BOOST 70 - LIQUID TRACE MINERALS

Minerals are the co-factors needed in enzyme reactions of every cell of our bodies. Without minerals our cells, organs and body does not perform optimally. Due to depleted soils, we often do not get adequate trace minerals. This is a key supplement to use year round. This is recommended if you are detoxing while still working and being active.

3

PARADISE HERBS PROTEIN AND GREENS

This is blend of powdered greens, adaptogenic herbs and pea protein that help to boost antioxidants, support stress management. It also has vitamins and minerals, pro and pre-biotics to support energy and regularity.

4

PRO OMEGA CRP

This supplement combines turmeric and fish oil, acting as a potent anti-inflammatory and a source for essential fatty acids. (Request a link from our Dispensary to get 25% off)



Initial Symptom Tracker

Rate the following symptoms based on how you feel for the past 14 days. Track your score overtime.
0 = never/almost never have symptoms; 1 = occasionally have it the effect is not severe; 2 = occasionally have it affect is severe; 3 = frequently have it the effect is not severe; 4 = frequently have it the effect is severe.

HEAD

- Headache
 - Brain Fog
 - Dizziness
 - Insomnia
- Total:

EARS

- Itchy ears
 - Ear aches, ear infections
 - Drainage from ear
 - Ringing in ears,
 - hearing loss
- Total:

EYES

- Watery or itchy eyes
 - Swollen red and sticky eyelids
 - Bags or circles under eyes
 - Blurred or tunnel vision (this does not include near or farsightedness)
- Total:

NOSE

- Stuffy nose /Sinus problems
 - Hay fever
 - Sneezing attacks
 - Excessive mucus formation
- Total:

Initial Symptom Tracker Continued...

Rate the following symptoms based on how you feel for the past 14 days. Track your score overtime.

0 = never/almost never have symptoms; 1 = occasionally have it the effect is not severe; 2 = occasionally have it affect is severe; 3 = frequently have it the effect is not severe; 4 = frequently have it the effect is severe.

MOUTH /THROAT

- Chronic coughing
- Gagging, frequent need to clear throat
- Sore throat, hoarseness, loss of voice
- Swollen or discolored tongue, gums, lips
- Canker sores
- Total:

SKIN

- Acne
- Hive, rashes, dry skin
- Hair loss
- Flushing, hot flashes
- Excessive sweating
- Total:

HEART

- Irregular or skipped heartbeat
- Rapid or pounding heartbeat
- Chest pain
- Total:

DIGESTIVE TRACT

- Nausea, vomiting
- Diarrhea
- Constipation
- Bloating feeling
- Belching, passing gas
- Heartburn
- Intestinal/stomach pain
- Total:

LUNGS

- Chest congestion
- Asthma, bronchitis
- Shortness of breath
- Difficulty breathing
- Total:

JOINT / MUSCLES

- Pain or aches in joint
- Arthritis
- Stiffness or limitation of movement
- Pain or aches in muscles
- Feeling of weakness or tiredness
- Total:

WEIGHT

- Binge eating/drinking
- Craving certain foods
- Excessive weight
- Compulsive eating
- Water retention
- Underweight
- Total:

ENERGY ACTIVITY

- Fatigue,
- sluggishness
- Apathy, lethargy
- Hyperactivity
- Restlessness
- Total:

Initial Symptom Tracker Continued...

Rate the following symptoms based on how you feel for the past 14 days. Track your score overtime.

0 = never/almost never have symptoms; 1 = occasionally have it the effect is not severe; 2 = occasionally have it affect is severe; 3 = frequently have it the effect is not severe; 4 = frequently have it the effect is severe.

MIND

- Poor memory
- Confusion, poor-comprehension
- Poor concentration
- Poor physical coordination
- Difficulty in making decisions
- stuttering or stammering
- Slurred speech
- Learning disabilities
- Total:

EMOTIONS

- Mood swings
- Anxiety, fear, nervousness
- Anger, irritability, aggressiveness
- Depression
- Total:

OTHER

- Frequent illness
- Frequent or urgent urination
- Genital itch or discharge
- Total:

GRAND TOTAL:





BNH DETOX
EDUCATION

Why Detox?



DON'T FORGET TO JOIN

Why We Detox

- 1 Did you know that **as we age our DNA ages and becomes damaged by toxins**. We typically lose our ability to increase production of enzymes for detox on demand and the detox enzymes progressively become less effective. This is why we need to detox regularly and
- 2 **Toxic Chemicals are obesogens and diabetogens**; Did you know that the bodies pesticide load is a better predictor of type 2 diabetes risk than any other factor. They block the insulin receptor sites so that insulin can no longer perform its functions. Pesticide toxins stimulate enzymes that convert calories into fat. And fat is where toxins are stored.
- 3 **Detoxing is key to successful long term weight loss as well as chronic disease prevention**. As we lose weight we release more toxins from our fat cells, making both weight loss and detoxification difficult for some. So, detoxing should be done with care.

Why Detox

RECIPE FOR ILLNESS

Ingredient 1

NUTRIENT DEFICIENT FOOD

Eating nutritionally deficient foods contaminated with pesticides. These and other toxins damage key receptors in the body; lack of sufficient vitamins and minerals make our cellular function less optimal.

Ingredient 2

USING TOXIC HEALTH & BEAUTY

Using toxic health and beauty aids, unnecessary drugs. Some of their toxins cause gut breakdown which increases toxin absorption. Did you know there are over 80,000 new to nature chemicals in our environment, many are specifically designed to be difficult to detoxify or break down.

Ingredient 3

SEDENTARY LIFESTYLE

Being physically active and sweating often and daily are healthy natural ways the body operates.

KEY CONCEPT

Did you know that Enzymes run our whole body. Enzymes are made of 2 parts: an inactive protein skeleton and a cofactor that activates it. Almost all enzyme cofactors are vitamins and minerals. If you are deficient in vitamins and minerals your enzymes will not work or work properly. Minerals in food have declined over the past 50 - 70 years.

KEY CONCEPT

Unlike 64 other countries, the USA does not require labeling of Genetically Modified Organisms (GMO) foods; **If you are eating GMO, you are getting a lot of pesticide residues.** This makes eating organic even more important. Common GMOs: Corn, soy, canola, cotton, alfalfa, apples, sugar beets, AquAdvantage salmon, insulin.
[Learn more about GMO here.](https://www.fda.gov/food/agricultural-biotechnology/gmo-crops-animal-food-and-beyond)
<https://www.fda.gov/food/agricultural-biotechnology/gmo-crops-animal-food-and-beyond>

Did You Know?

ABOUT USA APPLES

80% of Apples grown in the US have a chemical called diphenylamine sprayed on them just after harvesting to keep them from turning brown. It breaks down into cancer causing nitrosamines which are linked to increased incidence of Alzheimer's Parkinson's and type 2 Diabetes. The European Union banned American Apples in 2012. And this is not the only chemical sprayed on apples.

EATING ORGANIC

Eating organic for 2 weeks makes a big difference. Urine tested of a family who switched to organic produce had 95% less toxins in their urine. Neurotoxic pesticide levels of the children who ate conventionally grown foods was nine times higher than those who ate from a local Co-op that had organically grown foods.

INDUSTRIAL AGRICULTURE

Industrial agriculture causes produce to get contaminated with herbicides and pesticides and insecticides are sprayed to keep the growth of weeds at bay.

GMO

GMO (Genetically Modified Organisms) are designed to be resistant to the effects of specific herbicides.

FARMING HAS CHANGED

70 years ago, small family farms were overtaken by larger agribusiness and soil replenishing techniques were swapped for synthetic fertilizers to increase profits by increasing yields. Phosphate is a major ingredient in synthetic fertilizers. It can release high levels of cadmium into the soil.

Further, this farming method does not put the trace minerals back in the soil. This causes the soil to become progressively more depleted. Produce grown in minerally depleted soil has a much greater change of absorbing metals like cadmium.

MODERN FIBER INTAKE

Did you know humans used to eat 100 - 150 grams of fiber daily. Today in Western Countries about 15 grams of fiber is consumed daily and 12 grams among non-Hispanic Blacks.

To put this in perspective: Fiber Content: 3 Apples is 15 g; 1 cup Broccoli = 2.4 g, 1 cup oats = 4 g; 1 cup quinoa = 5 g Fiber; 1 cup black berries = 8 g; 1 heaping Tbsp flax seed meal = 5 g

References:

Crinnion W, Pizzorno J. (2019). *Clinical Environmental Medicine*. Elsevier. St. Louis, Missouri
Pizzorno J. (2017). *The Toxin Solution*. Harper Collins. New York, NY