

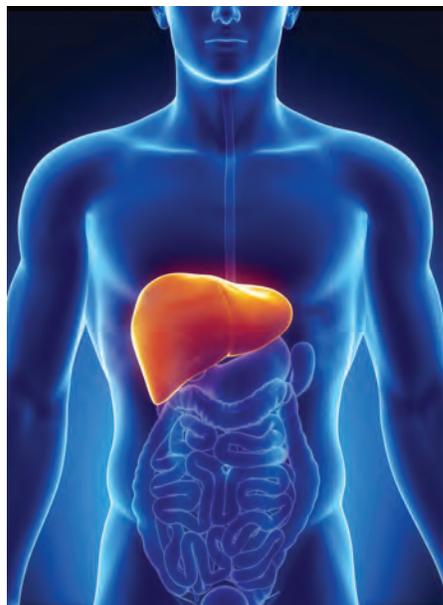
## Detoxification: *Why detox?*

We are exposed to a multitude of chemicals which may act synergistically to have negative effects on our health. Pollution and its impact can be found nearly every place on earth, including the Arctic! Air pollution consists of dioxins and PCB's from plastic manufacturing, which make their way up the food chain from soil to plants to animals to humans. Potentially toxic chemicals are also found in everything from baby shampoo to cosmetics, carpets to children's pajamas. Flame retardants, pesticides, herbicides, and substances found in paint, perfume, and household cleaners comprise other sources of chemical exposure.

In addition to chemicals, people may be exposed to heavy metals via amalgam dental fillings, vaccines, fish consumption, lead from old paint and pipes, polluted air and water, or from multi-generational bioaccumulation of toxins (i.e., passed down from mother to fetus).

Many health problems may be associated with prolonged exposure to various toxic agents that our bodies might not be able to process properly. Chemical and heavy metal exposure can interfere with immune system function and compromise fetal development, mental function, nervous system function, and detoxification pathways.

Our body is designed to cleanse itself of harmful agents and to protect against the damage that they might cause. A detoxification protocol may assist your body with mobilizing and excreting toxins. Diet, lifestyle changes, and nutritional supplements can support the body's organs of detoxification and elimination to make the most of the cleansing process.



*Vaccines*



*Chemicals used in Household products*



*Air Pollution*

The liver is the primary organ responsible for modifying toxins so that they can be excreted from the body. This occurs by a 2-step process in which fat-soluble substances are modified to make them water soluble for easier elimination by the kidneys into the urine, and out of the body. Other organs of detoxification and elimination include the bowels, skin, and lungs. Therefore, any detoxification program must address all of these organ systems. In this way, any toxins that are mobilized in the body can be effectively excreted. In addition to herbs and nutrients to support these organ systems, those undergoing detoxification programs can amplify effects with exercise, breathing exercises, skin brushing, lymphatic massage, employing the use of saunas if tolerated, and more. The detoxification experience can also be used as an opportunity to cleanse on emotional and spiritual levels. Please do NOT initiate a detoxification program if you are pregnant or nursing.

# Detox Diet

Dietary changes are a core part of detoxification. People with special health concerns may need to adjust the diet accordingly, such as those with diabetes or hypoglycemia, who may need more protein in the form of pastured meat, wild game, or fish. People with arthritis may want to avoid nightshades. The foods eaten on a detox diet should be hypoallergenic, simple, and preferably organic. Usually the point of a detoxification program is not to lose weight, so counting calories is not suggested and people can typically eat whatever quantity is needed for them to feel full.

As you commence a cleanse, detoxifying reactions can result such as disturbances in sleep patterns, changes in body temperature, light-headedness, mood swings, headaches, joint or muscle aches, changes in GI function, and changes in body odor or breath. These responses are usually minor and generally lessen in intensity during the program. Drink plenty of water to help offset these effects.



## Overview-What to eat and drink on a detox protocol:

- Raw, steamed or roasted vegetables, organic cold pressed oils, legumes, gluten-free grains, fresh fruit and vegetable smoothies (preferably in a blender or Vita Mix so that you obtain all of the fiber. 2nd best would be fresh juices from a juicer. 3rd choice would be bottled juices.)
- Eat plenty of foods that aid in elimination/detoxification such as beet, artichoke, onion, garlic, leek, shallot, dark leafy greens, sprouts, romaine lettuce, sea vegetables, daikon radish, turnip, fig, apple, banana. Fruit should be fresh, not canned, frozen or dried. Frozen is second-best.

## Menu Options - Ideas to Inspire You.

### Breakfast

- Organic fresh fruit
- Cooked millet, quinoa, amaranth, teff, buckwheat, brown or wild rice (possible add-ins could be cinnamon, nutmeg, unsweetened applesauce, coconut milk, sunflower seeds, pumpkin seeds, nut butters)
- Protein powder

### Lunch and Dinner

- Mostly fresh, organic vegetables, simply prepared
- Baked vegetables such as onions, beets, sweet potatoes, winter squash
- Salads with any lettuce (EXCEPT iceberg) & mixed veggies, nuts, seeds, beans.
- Homemade vegetable/bean soups
- Cooked grains, such as rice, teff, millet, quinoa, buckwheat, or amaranth
- Black beans, lentils, split peas, pinto beans, adzuki beans, black-eyed peas, garbanzo beans (chick peas)
- For seasoning, use moderate amounts of seaweed, sea salt, extra virgin olive oil, lemon, garlic, fresh herbs such as dill, basil, parsley, cilantro, oregano, etc.



### Snacks

Avocado, any fresh vegetable, pumpkin seeds (unsalted), sunflower seeds (unsalted), raw almonds, walnuts, toasted nori, protein shakes.

### Beverages

- Drink enough water every day that your urine is light yellow- not dark, and not clear. Drink spring water or filtered tap water. Do not drink distilled water.
- Herb teas, such as peppermint, spearmint, catnip, nettles, raspberry leaf.
- Other teas: Traditional Medicinals Detox tea. Green tea.

- Fresh vegetable juice if you like, such as carrots, beets, celery, parsley, wheatgrass.
- It is preferred that you do not drink ice-cold beverages. Cool and room temp is fine.

### **Foods and Drinks to Avoid**

During the cleanse, you will be removing any potential allergens from your diet, as well as foods that are difficult to digest. This will include the following:

- Meat and poultry (except special populations)
- Eggs and dairy (milk, cheese, butter, yogurt)
- Gluten containing grains - this includes the following grains: Wheat, Barley, Rye, Farina, Graham flour, Semolina, Bulgur, Kamut, Matzo meal, Spelt, Triticale
- Yeast, Corn, Soy, White rice, white potatoes, white flour
- All fried foods and lard
- Table salt, soy sauce, sugar, honey, maple syrup, MSG, food additives & preservatives
- Alcoholic beverages, cigarettes, & all intoxicating substances
- Coffee, decaf coffee, energy drinks, soda pop

## **Supplements for Detoxification**

Nutritional Frontiers offers several products specifically formulated to assist the body by supplying important nutrients needed during cleansing,\* and are intended as a complement to diet and lifestyle changes.



**Pro Lean Greens** is a tasty greens powder that can be mixed in water, juice or smoothies. This product combines nutrient-rich vegetables, fruits, and herbs with digestive enzymes, fiber, spirulina, chlorella, and probiotics. With antioxidants, Eleutherococcus, bee pollen and milk thistle, Pro Lean Greens supports the body's immune and detoxification systems.



**Super Shake** protein powder is a hypoallergenic formulation that comes in various flavors and provides 21 grams of protein per scoop. It is derived from rice, pumpkin, and pea protein, making it an excellent option for those on a hypoallergenic diet. Super Shake contains medium chain triglycerides (MCTs) which are easily metabolized fatty acids that provide a quick energy source for the body. Fibersol-2™ is an easily digestible soluble fiber source to help with bowel regularity and to bind toxins in the gastrointestinal tract.\*



**Liver/Gall Bladder tincture** is a liquid herbal extract specially formulated to support optimal functioning of these 2 organs, which are crucial for detoxification and healthy digestion. This tincture contains milk thistle, an herb renowned for its protective and restorative effects on the liver. It has been used to treat people with fatty liver disease, cirrhosis, alcoholic liver damage, and exposure to chemical pollutants. The Liver/-Gall Bladder tincture also contains burdock root and dandelion root, both of which are common wild weeds in North America and Europe.



**LivClear II** combines various minerals, herbs, antioxidants, glutathione precursors, amino acids, DMG and 3 patented ingredients known to support bioavailability and liver health. LivClear\*II is recommended for people searching for support for normal toxin cleansing and individuals on a weight-loss program. Also, people exposed to chemical solvents (painters, dry cleaners, construction workers, printers, office workers, auto mechanics, manicurists, and beauticians)

# Supplements for Detoxification of the GI Tract



**CandiKill** was formulated to target *Candida albicans* and other fungal infections.\* *Candida* infections can produce various symptoms depending on the area of infection. CandiKill contains berberine. CandiKill can play an important role in reducing this type of infection.\* This product is designed for short-term use only.



**MicroGone herbal tincture** contains a combination of herbal extracts traditionally used to combat viral, bacterial, and parasitic infections. Echinacea, black walnut, pau d'arco, olive leaf, usnea, and cat's claw comprise this powerful herbal tincture. Like CandiKill, MicroGone should only be used short term.



**Frontier Biotics II** is a new probiotic supplement containing 6 billion CFU of live organisms consisting of a variety of probiotic strains, making it more intensive than the original Frontier Biotics product. Frontier Biotics II is non-dairy and does not contain FOS, for those who are sensitive to FOS and other pre-biotics. Probiotics are important supplements for those undergoing anti-microbial treatment to help replenish the good with good bacteria.\*

**Below are samples of the 10 and 30 day Detox Programs. The full programs with food schedule can be found in the Detox Solutions Brochure. Call for more details or visit our website at [www.nutritionalfrontiers.com](http://www.nutritionalfrontiers.com) for more info and order today!**

## 10 DAY DETOX PROGRAM

If constipated, take Frontier Cleanse (4 Capsules) one hour after meals up to 3 times per day.

### DAY 1-2

1 scoop of Super Shake/Best Whey  
1 scoop of Pro Lean Greens/ Pro Colors  
3 Capsules of Liv Clear II  
Start food program

### DAY 3

1 1/2 scoops of Super Shake/ Best Whey  
1 1/2 scoops of Pro Lean Greens/ Pro Colors  
5 Capsules of Liv Clear II

### DAY 4-7

2 scoops of Super Shake/ Best Whey  
2 scoops of Pro Lean Greens/ Pro Colors  
6 Capsules of Liv Clear II  
Only eat fruits, vegetables, rice, organic chicken, turkey, or fish.

### DAY 8

1 1/2 scoops of Super Shake/ Best Whey  
1 1/2 scoops of Pro Lean Greens/ Pro Colors  
4 Capsules of Liv Clear II

### DAY 9-10

1 scoop of Super Shake/ Best Whey  
1 scoop of Pro Lean Greens/ Pro Colors.  
3 Capsules of Liv Clear II

## 30 DAY DETOX PROGRAM

If constipated, take Frontier Cleanse (4 Capsules) one hour after meals up to 3 times per day.

### DAY 1-2

Begin the food diet

### DAY 3

1 Scoop of Super Shake/ Best Whey  
1 Scoop of Pro Lean Greens/ Pro Colors

### DAYS 4-10

2 Scoops of Super Shake/ Best Whey  
2 Scoops of Pro Lean Greens/ Pro Colors

### DAYS 11-20

3 Scoops of Super Shake/ Best Whey  
3 Scoop of Pro Lean Greens/ Pro Colors

### DAYS 21-27

2 Scoops of Super Shake/ Best Whey  
2 Scoops of Pro Lean Greens/ Pro Colors

### DAY 28

1 Scoop of Super Shake/ Best Whey  
1 Scoop of Pro Lean Greens/ Pro Colors

### DAY 29-30

Follow the food program.

### All Days

6 Capsules of Liv Clear II per day in divided doses.