

In order to help your body begin to effectively deal with your present toxic load (and to prevent it from getting greater), please do the following:

Avoid the toxic exposures most in your control – your diet and your home air:

1. Please avoid the 12 MOST toxic fruits and vegetables (peaches, apples, bell peppers, celery, blueberries, kale, nectarines, strawberries, cherries, pears, imported grapes, spinach, lettuce, potatoes) **use organic varieties** of these instead.
2. Freely eat all of the 15 LEAST toxic fruits and vegetables (onions, avocado, sweet corn, pineapples, mango, asparagus, sweet peas, kiwi fruit, cabbage, eggplant, cantaloupe, watermelon, grapefruit, sweet potato, honeydew melon).
3. Do not eat any FARMED or ATLANTIC salmon – this is the most toxic food you can currently eat. If it just says “Salmon” it is Atlantic.
4. Freely eat ALASKAN salmon (available fresh only from June until October), canned and frozen Alaskan Salmon available year round.
 - a. Alaskan/Pacific salmon will ALWAYS be labeled as King (Chinook), Red (Sockeye), or Silver (Coho) Salmon. If that distinction is NOT GIVEN, it is farmed salmon being passed off as Alaskan.
5. Avoid the fish with the highest mercury content (shark, swordfish, king mackerel, tuna, orange roughy, marlin, Chilean bass, lobster, halibut, snapper).
6. Freely eat the fish with the lowest mercury content (Clam, Ocean perch, Alaskan salmon, tilapia, flounder, sole, catfish).
7. All sugar – sugar reduces the ability of your liver to clear toxic compounds out of the blood stream (in addition to all the other bad things it does for your body).
8. Begin to reduce the toxicity of the air inside your home:
 - a. Don't wear shoes indoors.
 - b. Replace your furnace filters every 6 weeks with high quality pleated filters (rated MERV 7-9).
 - i. Available at: www.crinnionmedical.com – clean living store
 - c. Have dry-cleaning air out in the garage or car trunk for a week before bringing them into the house.
 - d. Do not smoke indoors.
 - e. Consider replacing your carpet with tile or stone flooring.
 - f. Use non-scented laundry detergent and bounce.
 - g. Consider getting an air purifier – the best are IQAir and Blue Air. Make sure you get one with enough CFM (cubic feet of air purified each minute) to clear the air in your bedroom at least once every 30 minutes.
 - i. Available at: www.crinnionmedical.com – clean living store
 - h. Follow the directions for step-by-step reduction of indoor air pollution sources in Clean, Green and Lean (Wiley, Publisher)

Dietary things to do:

1. Consume broccoli and the other members of the brassica family daily. Broccoli has the highest amount of compounds in it that enhance your ability to clear toxins from your blood stream. It also has compounds that prevent cancer and can balance estrogen metabolism. Raw or juiced has the highest activity.
2. Consume green tea daily.
3. Increase your levels of green foods (green leafy veggies) daily.

4. Consume brown rice daily, or take a rice-fiber supplement

Basic Supplementation:

1. Thorne Basic Detox Nutrients – this is a multiple vitamin/mineral combination that has more of all the nutrients needed to help handle our toxic environment – 6 caps daily.
2. Vitamin C – begin with 3,000 mg daily, for cases of high toxicity you may need to take a total of at least 9,000 mg daily – (unless this causes you diarrhea).
3. N-acetyl cysteine – 1,500 - 1,800 mg daily. This nutrient helps to increase the amount of glutathione in your body, a main defender of your health against environmental toxins.
4. Thorne Magnesium citrate – 1 capsule (140mg) up to three times daily. Magnesium is the nutrient that is most often found deficient in persons with chemical overload.
5. Seroyal HMF – this is a powerful probiotic (healthy bowel flora) which provides great benefit in the face of chemical toxicity – 1 per day.
6. Gaia Herbs Chia Cleanse (Rice and Chia fiber) – 1 tablespoon in water or juice after each meal. This will help to increase the level of toxins in the toilet
7. Gaia Herbs Liver Cleanse – 3 caps daily to help the phase two function of the liver as well as the lymphatic system.
8. Mito Life – 1 ounce daily (each ounce is the equivalent of 3.5 pounds of fresh fruits and vegetables). Available from: www.mitogenx.com/spiritmed
9. Amino ICG – 2 scoops daily in water or organic juice – this is a very high quality whey protein that will help boost your glutathione level and increase the ability of your liver to clear toxins out of the blood. Available from: www.mitogenx.com/spiritmed.

Cleansing:

If more intense cleansing is needed:

1. Begin doing colonic irrigations. This is the **BEST** way to reduce your total toxic burden. It works best if you do 5 colonics in the first two weeks. This will reduce your toxic load enough for you to notice the difference. You will then probably need at least 2 a week for a while in order to continue to improve in health.
2. Constitutional hydrotherapy – this treatment boosts the ability of your body to heal itself, and when done before the colonic irrigation increases the amount of toxins that are dumped. Do one of these before each colonic