

Detoxification Support

In today's modern world we battle a monster, which is the underlying cause or at least a contributing factor of many or most of our health problems. It can make us express or create genetic weakness, feel ill in numerous ways and create the diseases of modern life.

I am, of course, referring to environmental toxins, the bane of modern civilization.

A Therapeutic Food protocol to support detoxification:

- **Garlic, Organic**- 1 capsule daily
- **Chlorella, Organic**- 4-8 tabs daily
- **Phyto Power**, Wild Crafted- 1-2 capsules daily
- **Beta Glucan High Potency Synbiotic**- 1 tablespoon daily
- **Cruciferous Sprouts Complex**- 2-4 capsules daily, preferably on empty stomach.

Food Science:

Excessive exposure to toxic heavy metals or persistent organic pollutants (POPs) from diet or environment is inevitable amid [our present energy based] industrialization and [the subsequent] pollution. Understanding of the detoxification ability among nutrients in plant based food offers therapeutic and preventive effects against these toxins (Chung, 2015).

Garlic prevents methyl mercury-induced cytotoxicity in peripheral blood leukocytes (Abdalla, 2010), and protects against methyl mercury neurotoxicity in the brain (Belle, 2009). Garlic prevents cadmium-induced kidney damage and decreases the oxidative damage due to lead in rats (Suru, 2008); as well as reduces tissue lead concentrations (Senapati, 2001).

Chlorella supports the detoxification of polycyclic aromatic hydrocarbons (Yang et al., 2015) and inorganic mercury (Wu & Wang, 2014). Researchers investigated the influence of Chlorella on the excretion and tissue accumulation of methylmercury in mice. The reduction of Hg levels in the kidney and brain were significant (Siao, 2011).

Phyto Power with its combination of wild-crafted rosehip, blueberry and dandelion supports the shifting of the body's reserves to become more alkaline which enhances its ability to detoxify (Minich, 2007). Denev et al., (2014) found rosehips and blueberries to supply the most potent inhibitors for lipid peroxidation.

Beta Glucan High Potency Synbiotic contains powerful pedigreed strains of Lactobacillus and Bifidobacterium species. Research demonstrates that probiotic supports the binding of lead and cadmium to their cell surface and hold on to them through defecation. Singh and Sharma (2010) showed that *L. acidophilus* was able to bind and remove arsenic found in drinking water. Robinson and Tuovinen (1984) demonstrated that *L. rhamnosus* reduces the bioaccumulation of mercury and arsenic in pregnant women and children. Shrivastava et al. (2003) found that Lactobacilli can transform chromium (CrVI) to its less toxic form (CrIII). The fibers and probiotic combination in the Beta Glucan support the regularity of the GI tract to remove toxins and help those with IBS or other gastrointestinal disorders (Lacey et al., 2015; Sarowska et al., 2013).

Cruciferous vegetables contain secondary metabolites termed glucosinolates that break down to products that upregulate hepatic detoxification enzymes. These enzymes are called phase II enzymes and are responsible for phase II liver detoxification—a critical component in the body’s detoxification processes (Nho CW, Jeffery E., 2001). Our cruciferous sprouts magnify the production of the glucosinolates 100 fold.

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We have developed our products based on scientific research and/or the practical experience of many healthcare practitioners. There is a growing body of literature on food based nutrition and supplements and their application in support of our health. Please use our products under the advisement of your doctor.