

## ***Small Group Detoxification/Cleansing Opportunity at Pacific Naturopathic***



At various times in the past we have offered three-week small group detox/cleansing programs and limited the program to five participants. Although most people have experienced benefits from our programs, I specifically remember one group.

Three of the five people had relatively minor complaints, chief among them being allergies and fatigue. One person had arthritis and was on

crutches. Another person had asthma and was using an inhaler. After the program's completion, every participant felt significantly more vibrant with fewer symptoms and wanted to continue the diet past the three-week period (not recommended). The person with arthritis was able to walk without crutches and pain and the person with asthma did not need to use their inhaler. Miracles? No, just basic science.

We already know that our bodies are compromised by the sheer volume of toxin accumulation over the years. Our dear friend and colleague, Dr. Joseph Pizzorno, enumerates the ways toxins damage our bodies in his recent book, *The Toxin Solution: How Hidden Poisons in the Air, Water, Food, and Products We Use are Destroying Our Health and What We Can Do to Fix It*. Here is what he says:

***Toxins poison enzymes so they don't work properly.***

*Our bodies are enzyme engines. Every physiological function depends on enzymes to manufacture molecules, produce energy, and create cell structures. Toxins damage enzymes and thus undermine countless bodily functions— inhibiting the production of hemoglobin in the blood, for example, or lowering the body's capacity to prevent the free-radical damage that accelerates aging.*

***Toxins displace structural minerals, resulting in weaker bones.***

*People need to maintain healthy bone mass for lifelong mobility. When toxins displace the calcium present in bone, there is a twofold effect: weaker skeletal structures and increased toxins, released by bone loss, which circulate throughout the body.*

***Toxins damage the organs.***

*Toxins damage nearly all your organs and systems. My book, *The Toxin Solution*, focuses specifically on the detox organs. If your digestive tract, liver, and kidneys are so toxic they are unable to detox effectively, your detoxification will backfire and your body will remain toxic.*

***Toxins damage DNA, which increases the rate of aging and degeneration.***

*Many commonly used pesticides, phthalates, improperly detoxified estrogens, and products containing benzene damage DNA.*

***Toxins modify gene expression.***

*Our genes switch off and on to adapt to changes in our bodies and the outer environment. But many toxins activate or suppress our genes in undesirable ways.*

***Toxins damage cell membranes so they don't respond properly.***

*"Signaling" in the body happens in the cell membranes. Damage to these membranes prevents them from getting important messages—insulin not signaling the cells to absorb more sugar, for example, or muscle cells not responding to the message from magnesium to relax.*

***Toxins interfere with hormones and cause imbalances.***

*Toxins induce, inhibit, mimic, and block hormones. One example: Arsenic disrupts thyroid hormone receptors on the cells, so the cells don't get the message from the thyroid hormones that cause them to rev up metabolism. The result is inexplicable fatigue.*

***Last but not least, toxins actually impair your ability to detoxify—and this is the worst problem of all.***

*When you are very toxic and desperately need to detoxify, it's harder to do than when you are not toxic. In other words, just when you need your detox systems most (to address health issues), your hard-working detox system is most likely to be functioning below par. Why? Because the heavy toxic load you already carry has overwhelmed your detox capacity. That's right. The more toxins you have burdening your body, the greater the damage to your body's detoxification pathways.*

*That's why restoring your detox organs—and with them your detox pathways—is such an important challenge (and why I devoted an entire book—*The Toxic Solution*—to the subject). The net result is that you then can readily release toxins from your body.*

(Source: <https://naturemed.org/how-toxins-cause-disease/>)

Quite simply, for most people, a scientifically-focused cleansing program may help prevent onset of an illness and make them feel better in the present moment.

The cleansing program at Pacific Naturopathic consists of several components, all included in the price:

- 1) A booklet of directions and handouts offering specific guidance in the program steps (value, \$25).
- 2) A specially formulated medical powder (provided as part of the program) that when mixed with water, juice or broth and taken several times a day provides nutritional

support to the body's own detoxification systems, primarily the liver's CP-450 system (value, \$300);

- 3) A powdered fiber supplement taken daily to bind toxins and carry them to elimination (value, \$38)
- 4) Instruction, handouts and recipes for a therapeutic detox diet regimen that consists of hypoallergenic foods and eliminates the intake of high allergen foods and certain animal products (certain foods not permitted in the therapeutic diet may be reintroduced upon completion of the diet);
- 5) Details on a lifestyle program that includes recommendations on appropriate hydration, supplemental therapeutic recommendations, exercise and rest;
- 6) Six ionizing foot bath detox sessions (in our clinic), scheduled separately (value, \$300);
- 7) Three (one weekly) glutathione I.V.s (in our clinic), scheduled separately (value, \$225);
- 8) Three evening group meetings. The first meeting, at the start of the program, is to discuss the program components, answer questions and start everyone off on their cleanses. The second meeting, one week later, is to discuss questions and reactions that have arisen during the first week and plan the next two weeks. The last meeting, two weeks later at the end of the program, is to summarize the events of the three previous weeks and to start everyone off safely returning to a more normal diet. Included in this last meeting is a discussion of elimination/challenge diet, a valuable system to help participants discover which foods they are individually reacting to. All meetings are on Friday evenings.

***Interested? Here are the rest of the details:***

- For individual attention and intimate group discussion, the group is limited to five people. The first five people to register will be admitted to the program. Others will be put on a waiting list and be given first priority to future programs.
- The group meetings will take place on Friday evenings. The first meeting is May 10, the second meeting is May 17, and the final meeting is May 31. No make-up sessions will be offered if a participant misses a meeting. Meetings will begin at 6:00 PM sharp. Each meeting will last approximately 60 minutes.
- The cost of the program is \$1200, payable at time of registration. This amount includes the detoxifying supplement powder, the fiber powder, a booklet of handouts and guides, six ionizing detox foot baths, three glutathione I.V.s and three group sessions. *Please note that there are no refunds after the program begins.*
- *NOTE: This cleanse is not recommended for diabetics or folks with severe nutrient deficiencies.*

***To register, please phone us at 650-961-1660 or stop by the office.***