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- Eat foods that lower your toxic exposure and improve your health
- Rid your body of toxins safely through diet and exercise
- Prevent disease and strengthen immunity

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**by Dr. Gerald Don Wootan, DO, M.Ed.,
and M. Brittain Phillips**



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M. Brittain Phillips: Brittain didn't used to think much about toxins, but after working with Dr. Wootan on this project he's not putting anything in his shopping cart without checking the label for high fructose corn syrup. (It's everywhere!) He studied biology and English at DePauw University, and he's happy to report that with this project he finally found a way to combine the disciplines. He works and writes in Charleston, South Carolina.

Dedication

Jerry: This book is dedicated to my mother and father, Corrine and Ralph Wootan, and my uncle, Howard Mauldin, MD. My mother showed me true unconditional love and instilled in me a feeling of introspective self-worth that has lasted me my entire life. My father showed me that dreams can be attained and that discipline is the way to get there. From my earliest memories, my Uncle Howard was my inspiration and role model as a physician and as a person.

Brittain: For Mimi. Moderation in all things, indeed.

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Introduction

Few things in the world are as pristine as a newborn baby, right? For thousands of years, a brand new bundle of joy represented all that was pure. But just in the last century or so, the world has changed quite a lot, and so have our babies. A recent study showed that an average newborn has detectable levels of more than 200 toxic or cancer-causing chemicals on the day of birth. That's a shocking but very real indication that you are constantly exposed to an enormous amount of chemicals that are toxic to humans. (Is it any wonder that 1 in every 6 children has a neuropsychological disorder? Or that autism, which is associated with exposure to toxins, now affects 1 in every 91 children?)

Quite a lot of damage is done to the environment in the name of progress, and at the top of the list is the spread of toxins into the air, water, and soil. Many people have long had faith that the commercial interests driving the progress would be strict with their pollution policies and work to ensure that toxic substances aren't released into the environment. Beyond that, government entities at all levels have assured us that they are monitoring these developments and keeping us safe from toxic influences. Unfortunately, the facts prove otherwise.

The development of industry has expanded much more rapidly than the resources available to monitor it. As a result, today more than 80,000 man-made chemicals are released into the environment each year, and fewer than 3,000 of them have been tested to determine their toxic effects on humans. Some of the most toxic materials have been banned, but often those bans don't cross borders. That means, for example, that a pesticide may be banned in the United States but used extensively in a neighboring country that ships crops directly to U.S. food providers. Air pollutants travel even easier, and they end up settling on water sources and open land if they don't invade our lungs.

The fact is that the world is more toxic now than it has been since the dawn of mankind, and it's not likely to get considerably less toxic anytime soon. That's the bad news. The good news is that your body is a marvelous machine that does a really good job of taking care of itself. It's able to flush out quite a bit of the toxic material that ends up inside you.

But even the strongest body can't win the fight alone. You have to work hard to limit the amount of toxins entering your system, and you have to take a proactive approach to detoxifying the harmful substances already in your body. If you suffer from chronic illness or autoimmune disease, you simply

must look at toxic triggers for these illnesses. The process starts with your diet, but several other useful options for detoxification exist. In this book, I include plenty of information on a range of these considerations — from diet to saunas to supplements and more.

About This Book

My goal in this book is to show you how you can cut down on your intake of toxins and detoxify your life so that you can enjoy the best possible health for as long as you're on the top side of the grass.

Your diet is the most important factor when it comes to determining how toxic you are. (You are what you eat, after all.) I spend quite a bit of time providing you with details on how you can shape your diet and eating habits so that you're getting the maximum detox effect. But I don't stop with diet, and you shouldn't either. Given the toxic threats all around us, you'll be wise to consider any and all options for flushing toxins out of your body and out of your life. The truth is that everyone is exposed to toxins on a daily basis, and you need to do everything you can to reduce the damage those toxins are doing on your body and mind.

Embracing the ideas and practices behind detoxification isn't always easy because traditional medicine doesn't usually focus on the presence and influence of toxins. Many doctors and most pharmaceutical companies are lukewarm at best to the idea that toxins are causing a lot of the ailments that are becoming more and more prevalent every year.

That means you need to be your own advocate and take the time to familiarize yourself with all the various threats and how they can affect you. You need to invest time, but by doing so you're investing in your future health — your most important asset. You have to take charge of your own health and assume responsibility for the outcome. Doctors can offer some good information, but in the end the decisions are yours. I challenge you to look at the facts about toxicity and use common sense to determine what remedies you need to incorporate into your life and the lives of your loved ones.

Conventions Used in This Book

Following are a few conventions I use to help guide you through the book:

- ✓ I use a number of medical and health-related terms in this book that you may not be familiar with. In those cases I *italicize* the jargony term and follow it up immediately with a definition.

- ✔ I also present a lot of acronyms throughout the book. To prevent you from drowning in alphabet soup, I spell out the full words the first time an acronym is used in a chapter.
- ✔ In Part III, I include several recipes in each chapter. If you're a vegetarian, look for the tomato next to the recipe name that indicates the recipe does not contain meat or fish. (Be aware that the recipe may contain eggs or cheese, however.)
- ✔ All Web addresses appear in `monofont` so they're easy to pick out.

Keep in mind that when this book was printed, some Web addresses may have needed to break across two lines of text. Wherever that's the case, rest assured that we haven't put in any extra characters (such as hyphens) to indicate the break. So, when using one of these Web addresses, just type in exactly what you see in this book. Pretend as if the line break doesn't exist.

What You're Not to Read

In the interest of full disclosure, I want to let you know that you have to read every word in this book. As soon as you're done I'll give you a call, and you'll have to take an essay test on the topics I cover. Hope you have a flexible phone plan.

Seriously: Each part and chapter in the book contain their own information, and where you may want to jump around from chapter to chapter I've inserted cross references to facilitate your page flipping. Feel free to skip around.

If you have absolutely no regard for my feelings and you're not interested in reading every single word in the book, you may consider skipping the sidebars, which contain interesting but not essential information. Sidebars are contained in the gray shaded boxes.

Foolish Assumptions

I've written this book with a few assumptions about you in mind. Here are those assumptions, in no particular order:

- ✔ I assume you're on board with the fact that our planet is currently chock-full of toxins and that those toxins can affect your well-being.
- ✔ I assume you know diet is important to your health.

✓ I assume you're at least willing to consider that traditional medicine doesn't currently have all the answers for the various diseases and conditions plaguing people in increasing numbers, and that medical professionals could very well be underestimating the influence that toxins have on our bodies and our collective health.

How This Book Is Organized

I've divided this book into five parts. Each part covers a different aspect of detoxification, and the information I offer on the impact that diet has on your detoxification is pretty strong throughout. The great news is that you can jump around all you want; you don't have to read Part I in order to understand Part III, for example.

Part I: Getting to the Bottom of Natural Detoxification

If you're new to detoxification, it won't hurt to check out Chapter 1. That chapter is an overview of toxicity and detoxification ideas. Read it if you want to find out what detoxification means and what it can do for you.

The rest of the chapters in Part I clue you in on the many different kinds of toxins that surround you, how they end up in your body, and (perhaps most importantly) how your body manages to flush quite a lot of them out. You'll be surprised at some of the places where toxins are hiding and what they can do to your health. This information is a little scary, but it's also necessary because you have to know where the toxins are coming from if you're going to try to avoid them.

Part II: Working toward a Detoxified Life: Getting Started

Part II gives you the details on how you can get started on a detoxification regimen. It opens with Chapter 5, which fills you in on a few basics (most of them diet-related) for detoxing. The part then proceeds with a couple chapters that tell you how to dodge toxin-filled foods and — even better — what you should be buying at the grocery store to fill up your pantry and fridge with nontoxic options. You may be amazed at the range and amount of toxins that you can find in very common food items.

I wrap up Part II with a quiz that you can take to figure out just how toxic you are. The quiz takes up all of Chapter 8.

Part III: Enhancing Wellness through Detoxification

Part III really gets down to the nitty gritty of how toxins affect various aspects of your health and how you can detoxify — especially with your diet — to keep those areas of your health in top-notch shape. I tell you how to maintain a healthy weight, boost your immune system, increase your energy level, quit smoking, and much more!

Throughout this part you find an excellent feature of this book: wholesome, healthy, detox recipes that you can make yourself to help ensure your diet is contributing to your health in a toxin-free way.

Part IV: Maintaining Healthy Detoxification Habits

Part IV may be small, but it's mighty. In Chapter 17, I explain many of the important aspects of your diet that you need to keep on the front burner if you're going to be successful with any detox effort. From vitamins to essential fatty acids and everything in between, Chapter 17 hammers home the importance of nutrients and how they fit into an effective detox diet (not to mention a generally healthy lifestyle).

Chapter 18 is another one of my favorites. In it you can read all about the various options for detoxification that await you outside the grocery store and kitchen. Check out this chapter to find out how you can really stretch your detox efforts.

Part V: The Part of Tens

If you're familiar with books *For Dummies*, you may flip straight to this part, which is full of interesting (and fun) lists. If you're new to the *For Dummies* series, check out "The Part of Tens" for quick-hitting information that can pique your interest and help you determine where you may want to go next as you dig into the book.

Icons Used in This Book



Throughout the book, you'll notice three icons in the margins that help you navigate the text:

When you see this icon, you can be sure that you're getting an important piece of how-to advice about detox dieting or general detoxification.



This icon lets you know that you should slow down for a moment and really let the information soak in. It's important stuff!



I use this icon to fill you in on potentially toxic pitfalls.

Where to Go from Here

There's no wrong way to use this book. If you're just getting started on your quest to understand how toxins affect your health, you may want to get cracking with Part I (even Chapter 1, if you're interested in covering all your bases). But maybe you already have a good feel for the toxins that are out there, and you really just want to know how you can use detoxification and detox dieting to improve a specific part of your health. If that's the case, I recommend jumping into Part III.

If you want to begin embracing the practices and techniques of detoxification right away, Part II is where you want to be.

Or maybe you want to start with some light fare and ease your way into the subject. If so, check out "The Part of Tens" (Part V).

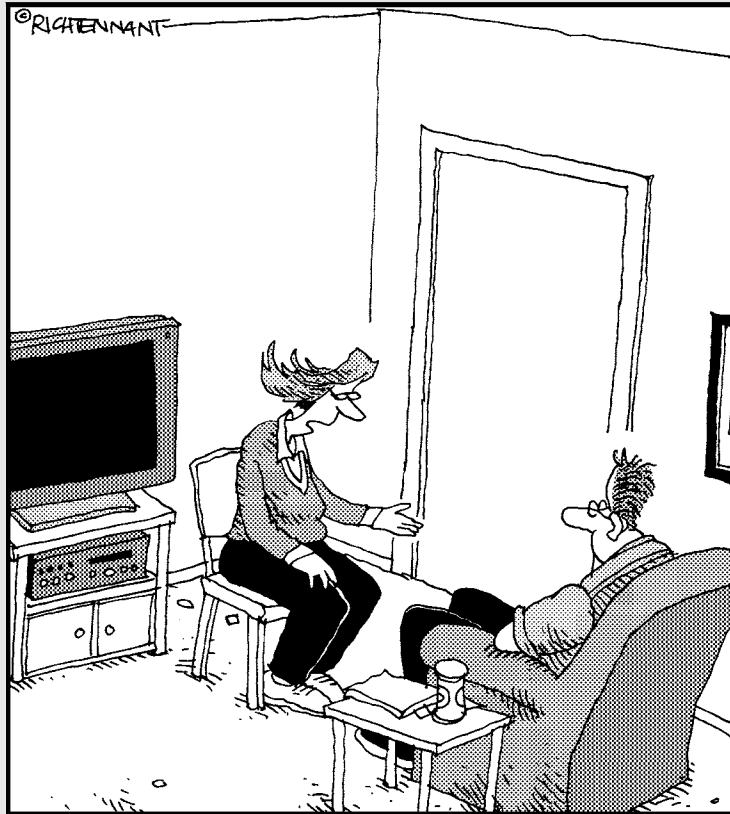
No matter how you want to start or continue your path toward leading a healthy, detoxified life, you're bound to end up with better health as a result. And that's a destination we should all add to our itineraries.

Part I

Getting to the Bottom of Natural Detoxification

The 5th Wave

By Rich Tennant



"Detoxing means removing harmful substances from the body, so let's start with the remote and the BlackBerry."

In this part . . .

I kick things off with a good hard look at the toxins that have become a very real (and very harmful) part of our world. There are tens of thousands of toxins in dozens of categories, and they exist in the air, in water, and on land. You really can't escape them, but it's important that you understand where they're lurking so you can at least do your best to avoid them whenever possible.

In this part, you can also read about the efforts that your magnificent body makes to cleanse itself of toxic substances. If you're not already convinced of the wonders of the human body, prepare to be amazed!

Chapter 1

Understanding Detoxification and Detox Dieting

In This Chapter

- ▶ Realizing why detoxification is essential
 - ▶ Recognizing toxins
 - ▶ Removing toxins from your body
 - ▶ Taking toxins off your plate
-

Your amazing body is the most complicated machine on earth. But keeping that complex machine operating at an extremely high level can be surprisingly simple. You can enjoy maximum health for decades if you follow just a few rules, the most important of which are:

- ✔ Keep your body fueled with the right kinds of food.
- ✔ Avoid anything that can cause your body harm.

These rules may be simple, but I didn't say they were easy.

The world around us is filled with toxins. In fact, our planet is more toxic now than it has ever been in human history. To be honest, it can be a real challenge to get healthful, toxin-free food and to dodge all the toxins that exist in our environment, just waiting to creep and seep into your body to do you harm. That's the bad news: So many toxins exist at such high levels that you simply cannot escape their reach.

The good news is that you can fight back against the situation. You can make adjustments to your lifestyle — starting with your diet but reaching far beyond — to limit the amount of toxins you're exposed to. And you can make a concerted effort to detoxify the harmful substances that already exist in your body.

Throughout this book I discuss ways that you can give your body the healthful, wholesome fuel it needs, while at the same time avoiding toxic materials and working to remove the toxins that have already built up in your body's

systems. If you can stick to the plans that I lay out for you in the pages that follow, you'll enjoy a level of health that many people may hardly believe is possible.

Figuring Out Why Everyone Should Detox

Anyone living in the developed world, and particularly in the United States, is exposed to chemicals and other toxic substances on a daily basis. These toxins are more varied and exist in much higher quantities than ever before. It's scary to think about, but we really don't know what the long-term health effects of all these toxins could be for the human race as a whole. What we *can* see are the health effects of the toxicity that people suffer from now, and the picture certainly isn't pretty. Small doses of toxins usually don't have an immediate effect, but the long-term accumulation can eventually cause entire organ systems to fail with no obvious cause. Thousands of people currently face chronic diseases that weren't even on the books a century ago, and the average child born today comes into the world with more than 200 different toxins already present in her body.

I'd like to believe that people across the globe will stop adding more and more toxins into our surroundings, but we all know that's wishful thinking. Things are likely going to get quite a bit more toxic before they start getting cleaned up, so it's best to start planning now for a toxin-filled future.

I don't want you to panic about the toxins that surround you, but you should at least realize what you're up against. You must also realize that you can take steps to avoid toxins and detoxify your body to counter the toxic trend. And always remember that you're not alone — we're all fighting against the health threats posed by toxins, and the important work of detoxification should be embraced by everyone (or at least everyone interested in living a long, healthy, enjoyable life!).

Defining detoxification

So what is detoxification, anyway? It's any process that removes a substance that is injurious to your body or that changes a toxic substance so it's no longer injurious. Dozens of different detoxification methods exist, and I cover the most useful and important ones — including diet, which is the most critical of all — throughout this book. Broadly speaking, though, you can split detoxification up into two categories: internal and external.

Internal

Our bodies have an extraordinarily complex array of systems that change, break down, attack and destroy, or eliminate threats to our internal environment