

Making Everything Easier!™

Detox Diets

FOR

DUMMIES®

Learn to:

- Understand the body's natural detox systems
- Choose a detox method that's right for you
- Rid your body of toxins safely and without side effects
- Prevent disease and strengthen immunity



Detox Diets For Dummies®

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Detox Diets For Dummies[®]

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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 manmade 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.