



Coffee w/ Dr. Hennie 05/21/2020 Synopsis/Notes

**These notes are NOT intended to be an exact transcription. They are summary notes compiled by a Marion Institute team member. If you have any questions, please reach out to us or cross reference with the [BioMed Center New England Resources Page](#).*

Topic: Detoxification

- Where do toxins come from and how are they related to the rise of chronic illness?
 - o All of the chronic diseases that exist now in the world are preventable (COVID is showing us this)
 - o Now that we understand our health connection to our microbiome, and we understand the connections between stress, toxins (what's making us sick)
- Since WWII there have been 80,000 trace chemicals brought into our industry and environment (pesticides, herbicides, plastics, heavy metals, etc.)
 - o There was a ton of toxic dumping in the past
 - o Our drinking water can often have many of these trace chemicals in it
- As a medical field we should be very careful of how we use these chemicals

- The attitude is often overwhelming for this entire toxic load in our environment and communities -
- but there are many solutions!

What is the role that toxic burden plays in our health?

- Remember the matrix of root causes of illness
 - o They all have a connection to toxins
- Toxins can be removed!
- Seeing your toxic load is not hard – our bodies are always doing the right things (detox)
- Bio-transformation
 - o A lot of detox comes from our liver
 - o It metabolically converts these chemicals into something water soluble to excrete from the body
 - o Remember that our lungs, lymph system, bile, etc. all detox from our body
- There are a lot of studies that stress does not allow your body to detox well.

What are the symptoms and conditions that tell you the need for detox?

- A lot of arthritis, joint pain, muscle pain are all indicators
 - o Your body has a great recycling plant, which requires a certain amount of detox (hormones, etc.)
 - When you add all of these toxins, it can overburden your liver
- Obesity is often related to a toxic load (especially visceral fat around the belly).
 - o Visceral fat could be considered a 'new organ system' that is there to capture and hold toxins.
- The other piece of this is that your body holds many of the toxins unless you empty your 'toxic barrel'
- Toxins can also accumulate in the brain
 - o Brain fog, etc., is partly stress induced but induced by toxins as well
 - o Could be related to many of the developmental delays of the young generation



How does building a healthy immune system relate to detoxification?

- Detoxification is an ongoing process
 - o You need to eat well and get the nutrients your body needs in order for it to function well
 - o Certain micronutrients in particular can help induce detox
- UV and sonic body vibration are great ways to detox (at BioMed Center)
- Heavy metals are a separate load of toxins
 - o Making sure that you are not constipated and urinating well to help chelation

Can you address Methylation?

- Methylation is one of 7 processes that the liver uses to detoxify
 - o Has a lot to do mitochondria
 - o Donating a methyl group to metabolize the toxins
- Methylation is in the phase 2 of the liver process that requires B vitamins and amino acids (from specific proteins you may eat)
- We all have combinations of genetic SNP's (genetic individuality) that make up our ability to methylate
 - o In the literature, they worry about 1 out of 7 or 8 parts of methylation
 - o The issue with this only comes into play if your body is not functioning well
 - o It's good to know if you have a SNP (methylation difference), in case you run into issues
- In general it's good to support your methylation, but not to worry about it!

***Slides will be posted with information specific to this**

Recommendations of treatments to aid in detoxification?

- This is a big question, because it is individualized
- In the same way you do a spring cleaning out your garage – it's a good idea to do a detox several times a year
- It's important to get guidance (context of someone who can lead you through it)
 - o There is potential to damage your body with some of the more radical versions of detoxification.
- Focus on decreasing the load on your intestine and immune system
 - o Then add in minerals and nutrients that support this
 - There are many maps to this
- Detox should be done OUTSIDE of the stressful life routines
 - o In spiritual traditions, fasting was done in a relaxed/isolated way
- Don't do anything that is too drastic to your body (like a water fast)
 - o People have had real medical issues from challenging their bodies too much
- If you're under a treatment that stresses you very much, it's probably not good for you!
- It should be a joyful thing in which you are feeling better and better)
- Detox should also be calculated in what you are trying to eliminate.
- In general we should be thinking about detox all the time
 - o I.e. detoxing processed foods, sugars, etc. from your diet

Guidance of food cleanses?

- Get rid of processed foods!
- On the website there will be resources for this
- Take about 3 weeks
 - o Eliminate things in your daily diet and add high quality foods



- Often wheat (b/c of chemicals, dairy, etc.)
- Go low on the food chain! There is soups, broths... many things you can do!
 - Eat 35 different vegetables in this week!
 - People often do juice fasts to get the nutrients and hydration
- Should drink half your body weight in ounces of water
- I'm being general because it varies with the individual
 - Lymph drainage, colon therapy, Sonix, are also supporting treatments that you could get
 - Sometimes you might have to get checked out if you are feeling bad affects from this
- You have to be very careful (even if it's a day or two) doing things like a water fast

*Swiss Secret book by Dr. Rau has good resources for detox

- Look into the Blue Zone lifestyles that support wellness

Fat holds the toxins - is embarking on a fat loss program also focus on detox?

- There is a visceral fat (around our tummy's) is the new kind of fat because of the toxins
- When you start to lose weight, you will be dumping many of the toxins
 - When you start to feel bad during a weight loss routine that could be from the dumping of toxins
 - The other way to do this is trying to burn fat, using a Keto type diet
- Losing weight is not just about calories in and calories out...
- Watch the movie Fed Up!

What are good breakfast options, coffee, intermittent fasting?

- Coffee is ok
 - Pay attention to where your coffee comes from
 - I.e. the labor practices and life cycles impact from growing to your cup
- Breakfast should be protein rich
 - The quality protein powder for a smoothie could be a good option
 - Pretend you're in a different Blue Zone, try fish for breakfast!
- Decaf coffee can be good – but be careful of the source and process to decaffeinate
 - Equal Exchange is a good option

****You can do a remote cleanse through the BioMed Center***

**** The center is opening soon for new clients and appointments – sometime in the next couple of weeks***

Low card diet – how can you cleanse without sugar (fruit)?

- This is complicated
- Ketone diet tells you to avoid starchy
- There are sugars in every food
 - If you are getting sugars from a whole food, they will not hurt you!
 - If we ate whole food diets, we would not have diabetes
- In general, you don't have to avoid any whole fruit or vegetable
 - They have many nutrients in them that mother earth has put together – many support detox

COVID Update?

- I feel less concerned in isolation - careful reopening is good
- It's important to get tested for antibodies