

# DETOX – KEEPING IT CLEAN

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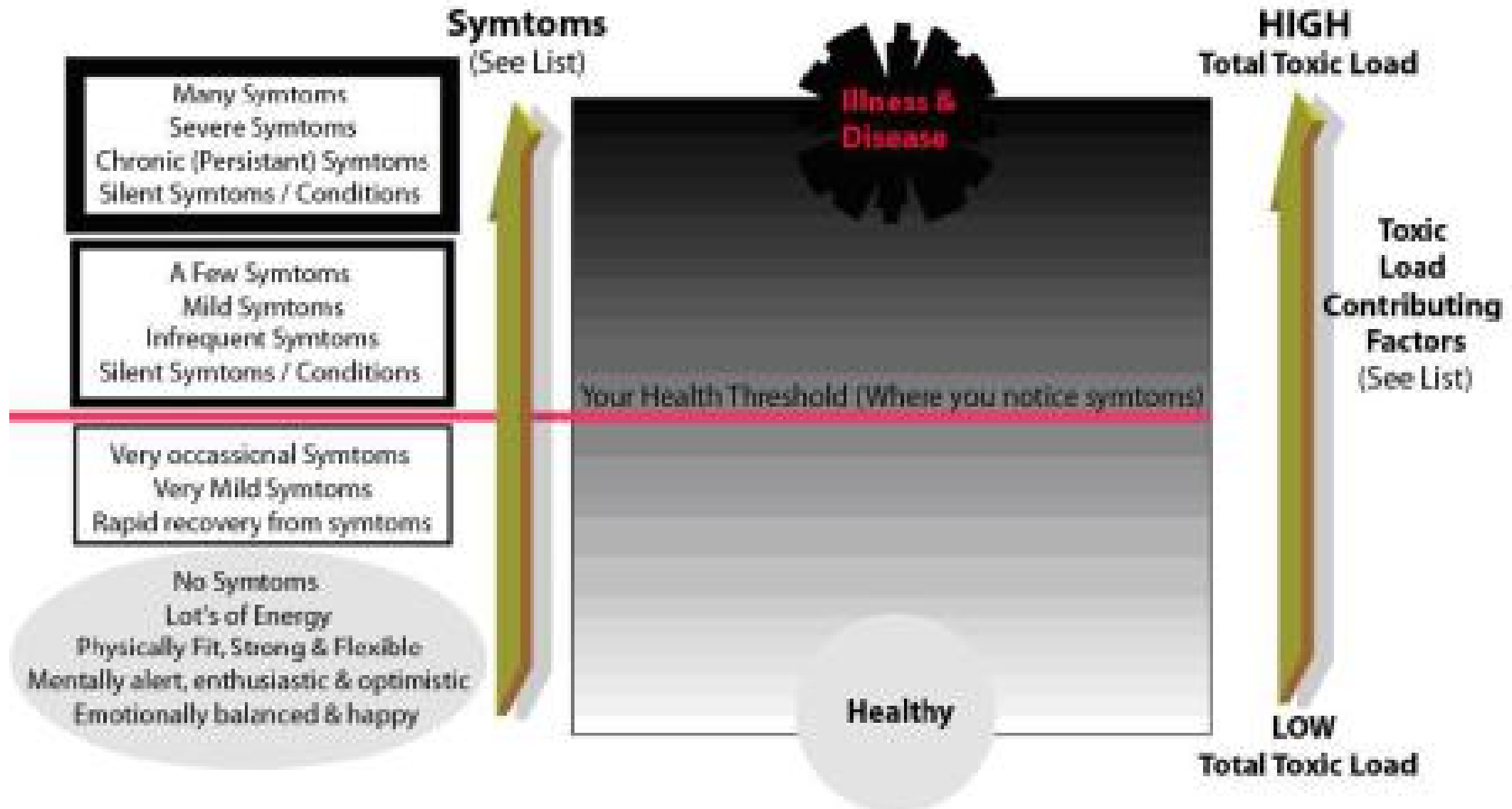
December 1, 2020



What  
Is  
Your  
Toxic  
Exposure?



# Total Toxic load



# Toxins include:

1. Natural – endogenous

- from cellular metabolism

2. Xenobiotic – exogenous

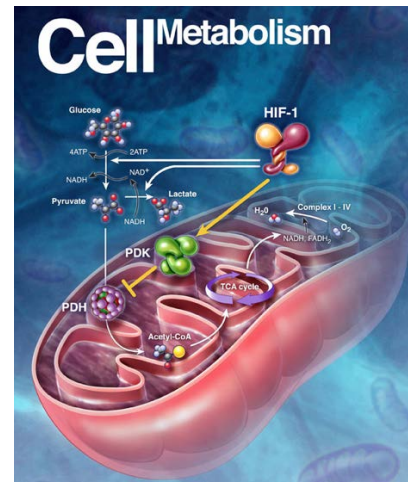
- recognized by body and managed by enhancing cellular metabolism

- not recognized such as heavy metals, pesticides etc and more difficult to manage

- emotional – over stimulus

- mental – dogma, loss of free will and expression

- “learned perceptions”



metals, pesticides

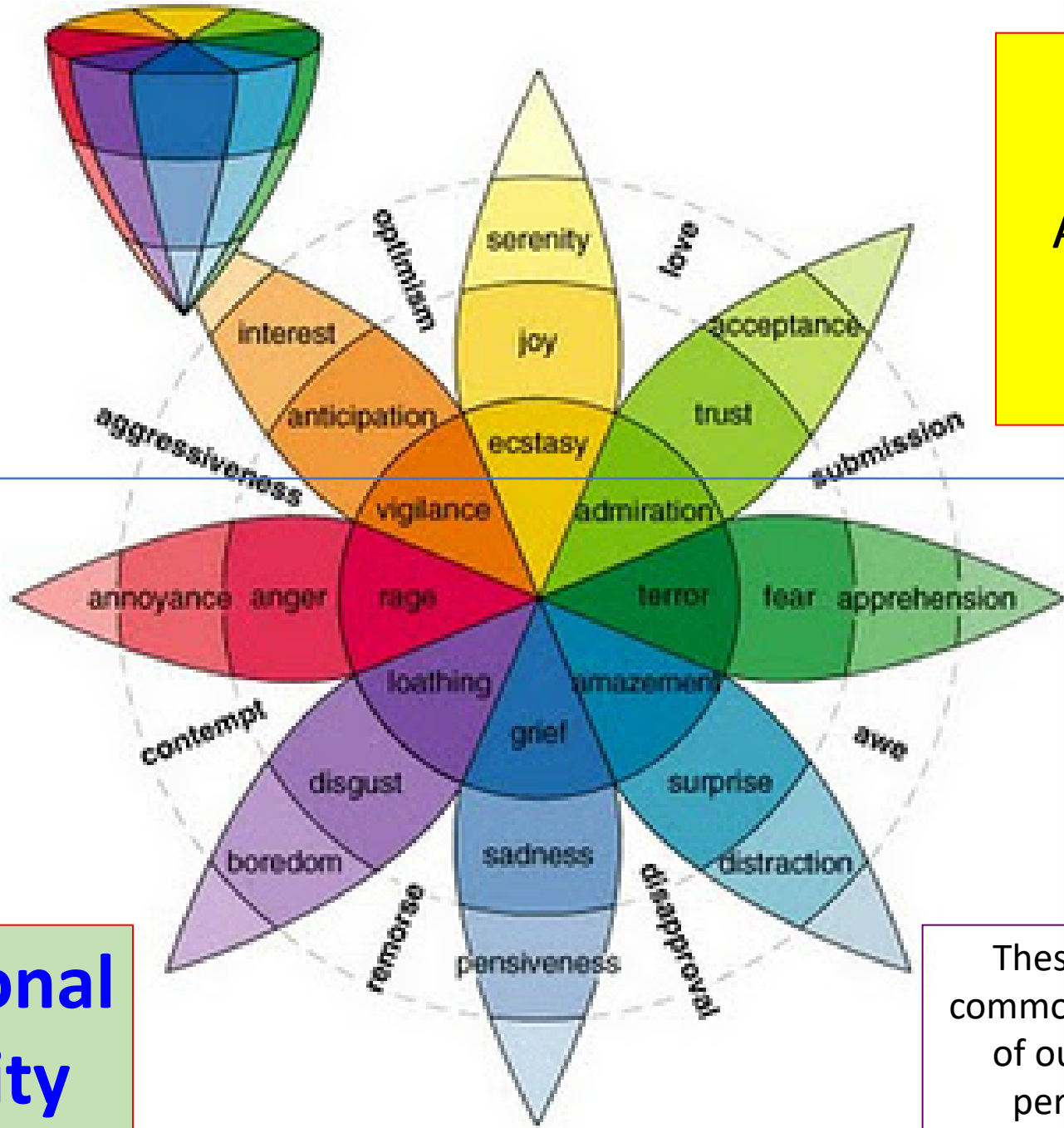


## Toxin

NOT just for a “physical” substance but likely the most harmful toxin in regard to health is....

emotional  
**TOXINS**

Try to  
live  
**ABOVE**  
The  
Line!



**Emotional  
Toxicity**

These are most commonly the result of our "learned perceptions"

# Detoxification and Cleansing

- Detoxification involves either clearing toxins from the body or neutralizing or transforming them.
- It is helpful to:
  - Add Health and vitality
  - Clear symptoms
  - Treat disease
  - Prevent future problems



# Detoxification and Cleansing

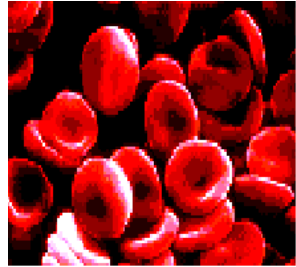
- Detoxification involves dietary and lifestyle changes that reduce intake of toxins and improve elimination. Avoidance of chemicals, from food or other sources, refined food, sugar, caffeine, alcohol, tobacco, and many drugs helps minimize the toxin load.
- Drinking extra water (purified) and increasing fiber by including more fruits and vegetables in the diet are steps in the detoxification process.

How does the  
body accomplish  
**DETOXIFICATION?**

# Organs of Detoxification



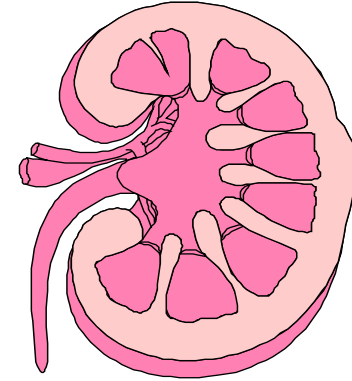
Lymph



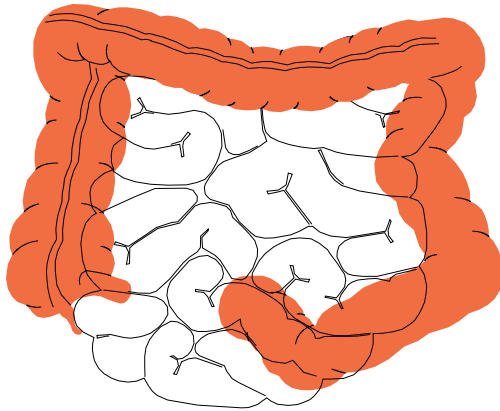
Blood



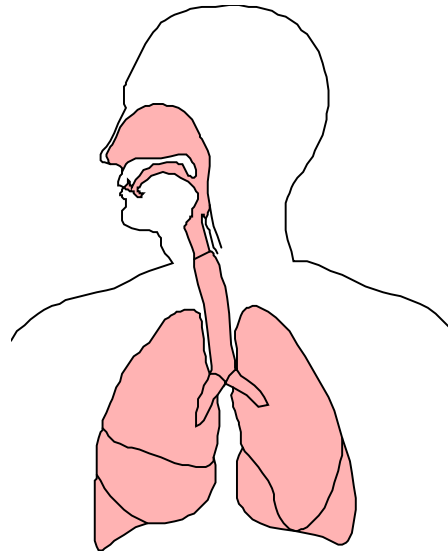
Skin



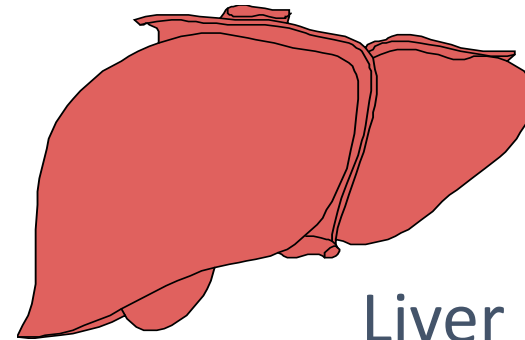
Kidneys



Colon

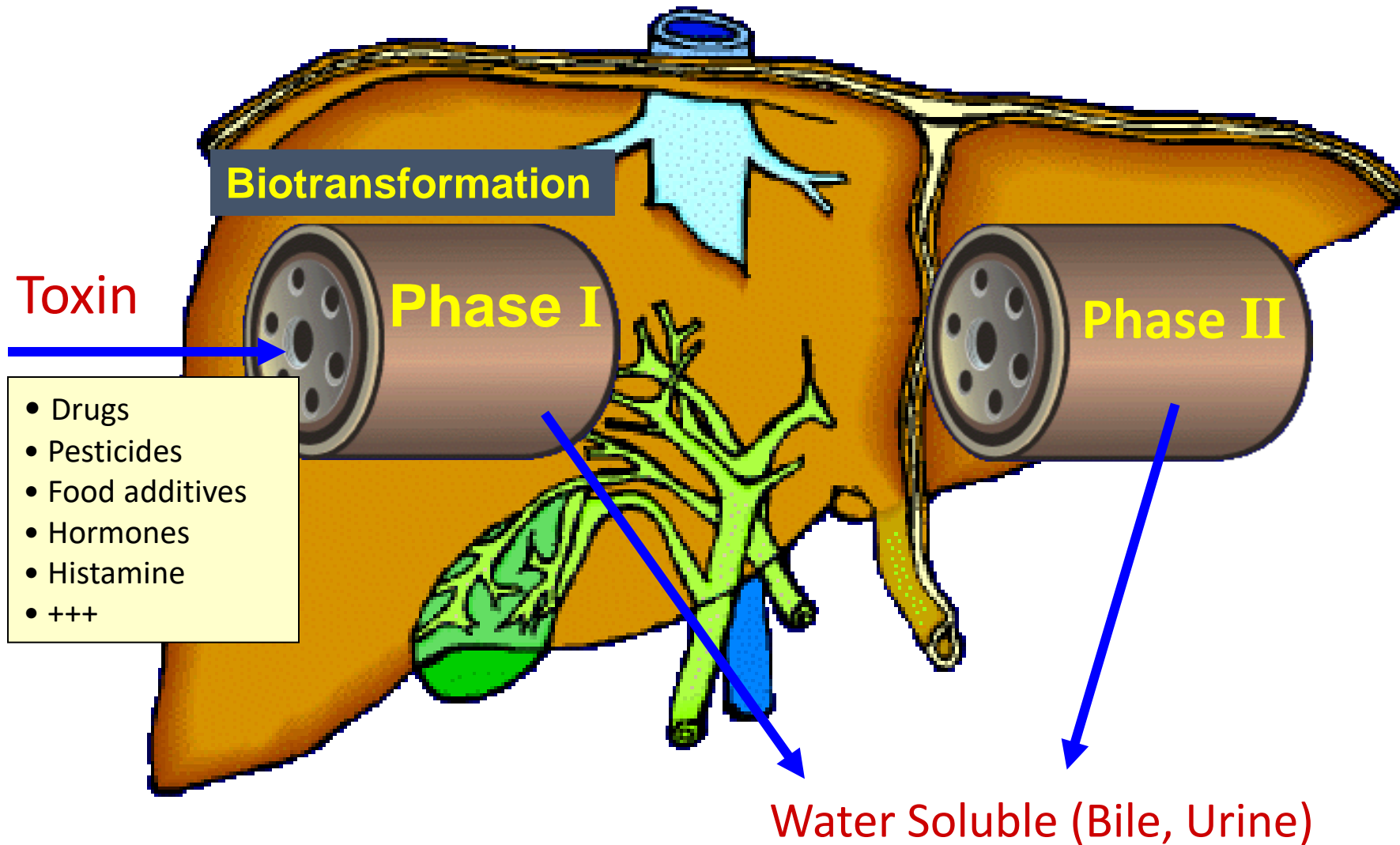


Lungs



Liver

# Liver Detoxification



## ANTI-INFLAMMATORY FOODS HELP WITH DETOX

- steamed fresh organic vegetables
- fresh organic fruit
- raw nuts, seeds and sprouts
- fish oils and healthy fats: flax, olive, EPO, borage, black currant
- wild fish (not farm raised)
- free range organic chicken and turkey
- legumes, herbs, spices
- fresh, filtered water



## PRO-INFLAMMATORY FOODS PROMOTE TOXICITY

- wheat, corn, and flour products
- dairy products
- commercial non-organic eggs
- refined sugars
- peanuts, tomato and potato
- fruit juice and citrus fruits
- hydrogenated oils
- fried foods
- alcohol and coffee



# BASIC DETOX GUIDELINES

- Sunshine
- Fun
- Breathing
- Water
- Hydrotherapy
- Lymphatic system
- Castor oil packs
- Dry Skin Brushing
- Diet
- EFA's – seeds, nuts, fish oils, evening primrose oil
- Probiotics
- Nutraceuticals
- Meditation

# 2021 - Have Realistic Goals

- Join our 21-day challenge starting January 11, 2021
- Any detox is not the end all, be all.
- It is the **STARTING** point. A one-to-two-week cleanse cannot replace what you do the other 50 weeks of the year.