



# Health Reality Check

Do you know what you're eating?

**OVERVIEW**

- Taking A Realistic Look At Our Health
- Benefits of Cleansing
- Sample 7-Day Detox Plan
- Detox Food List

Do you know what you're eating?

0

Health Reality Check

# Hitting Close To Home...

## Cardiovascular Disease:

- 2200 Americans die from Coronary Heart Disease every day<sup>12</sup>
- Only a small percent of cardiovascular disease is genetic.
- As much as 70 percent is attributed to modifiable factors like diet, sleep and exercise.<sup>9</sup>

## Osteoporosis:

- After we reach peak bone mass, we lose bone mass at a faster rate than we build it.
- Postmenopausal women can lose up to 20 percent of their bone mineral density within the first five to seven years following the onset of menopause.<sup>10</sup>

# A State of Emergency

- Conditions such as heart disease and diabetes account for over 65 percent of deaths<sup>1</sup> — and are on the rise.

We have accepted various symptoms as normal when minor challenges can be indicators of poor nutrition.

- Fatigue
- Weakened immune system
- Gastrointestinal complaints
- Joint discomfort

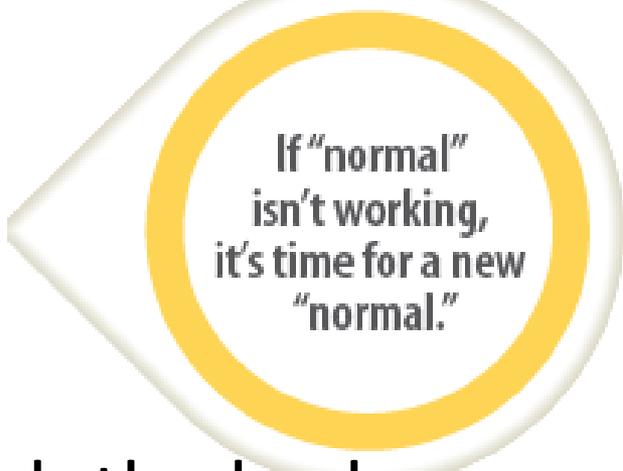
**We have to stop and take a look at what we are doing personally to contribute to these numbers, and identify what we can do better.**

# Make the Change, Improving Your Health is YOUR Choice...

- Toxins come from various sources including the air, foods, drugs, alcohol and smoking, as well as metabolic by-products. Thus, lifestyle factors play a significant role in the accumulation of toxins.
- Our bodies are designed to eliminate such impurities, but today's overexposure to toxins has left our bodies with an uphill battle.<sup>5</sup>
- Toxins that our bodies cannot eliminate can be stored in fat cells to protect our organs.

**Minimize toxins and take control of your health.**

# Detoxing Your Life



If "normal"  
isn't working,  
it's time for a new  
"normal."

- Detoxification is the process in which the body eliminates or neutralizes toxic substances.
- A build-up of toxins may result in cellular damage, and eventually chronic disease.
- The body utilizes several routes of detoxification including the skin, lungs, kidneys, liver and intestines.<sup>5</sup>

# Who Is Effected?

**DID YOU  
KNOW?**

The Centers for Disease Control and Prevention reports that almost half of American adults have at least one chronic disease. Chronic diseases including heart disease, stroke, diabetes and arthritis are among the most common, costly and preventable of all health problems in the United States.

## Ingredients To Consider Avoiding<sup>6</sup>

<b>Artificial Colors and Flavorings</b>	Many artificial colors and flavorings have been linked to allergic reactions, fatigue, asthma, headaches and various skin conditions.
<b>Artificial Sweeteners</b>	These highly processed, chemically derived sweeteners, such as Aspartame, are found in diet foods and can negatively impact metabolism. Some have been linked to dizziness and headaches.
<b>Brominated Vegetable Oil</b>	This flavor-boosting chemical increases triglycerides and cholesterol.
<b>High Fructose Corn Syrup</b>	This cheap alternative to cane or beet sugar may predispose the body to turn fructose into fat. It can also increase the risk for Type 2 diabetes, coronary heart disease and stroke.
<b>MSG (Monosodium Glutamate)</b>	Used often as a flavor enhancer, this can stimulate appetite and cause headaches, wheezing, edema, changes in heart rate, nausea and difficulty breathing.
<b>Olestra</b>	This indigestible fat substitute is linked to gastrointestinal discomfort, diarrhea, cramps and gas.
<b>Trans Fats</b>	Trans fats are oils that can raise bad cholesterol and lower good cholesterol. They also contribute to heart disease.

Refined sugar has no nutritional value and is linked to:

- Obesity
- High blood pressure
- Hypoglycemia
- Depression
- Headaches
- Fatigue
- Nervous tension
- Aching limbs
- Acne
- Diabetes
- Skin irritation
- Stiffening of arteries.
- It is also considered addictive.<sup>4</sup>

## Sugar... A Reality Check

- In 1822, the average American consumed about 45 grams of sugar every five days — equivalent to approximately one can of soda.
- Today, the average American consumes about 765 grams of sugar every 5 days — which is about 130 pounds a year.<sup>3</sup>
- Over time, our bad eating habits and lifestyle create a toxic environment that can affect our health.

# Every Day... Choices Matter

We are what  
we eat and that  
effects how we  
eliminate. We are  
what we absorb.



# Benefits of Detoxing

- In addition to feeling better, having more energy and sleeping better, there are many benefits to detoxing your body.
  - Prevents disease
  - Cleanses the body of environmental contaminants of concern
  - Improves skin health and appearance
  - Slows the aging process
  - Promotes weight management
  - Improves flexibility
  - Improves cognitive/mental activity

# What should you add into your diet to support the cleansing process?

## Beneficial Probiotics

Probiotics are beneficial bacteria that work to remove toxins from the body and help regulate the balance between harmful and beneficial bacteria in the digestive tract.<sup>7</sup>

## Fiber

Fiber helps maintain bowel health and is known to lower cholesterol levels, help control blood sugar levels, and aid in achieving healthy weight.

## Vegetables

Consume a diet rich in colorful vegetables. The colors found in the skin and body of foods are dense in protective antioxidants — health-producing components like beta-carotene, bioflavonoids and trace minerals.

## Water

Major sources include fruits, vegetables and non-sweetened liquids. You should consume adequate water every day— and even more if you detox, exercise, take pharmaceuticals or drink beverages that may deplete your water stores, like coffee and tea.

**TIP:** A diet with a variety of color ensures you are getting the diversity of antioxidants the body requires for optimal health.

# Is there anyone who should not cleanse?

- Those under the age of 18, anyone suffering from or having suffered from an eating disorder, or anyone with a medical condition or taking medications should consult a qualified healthcare provider for medical clearance.
- Women who are pregnant or breastfeeding should not participate in a cleanse.
- **If you have any concerns, please consult your healthcare provider.**

# Putting Your Wellness Goals Into Action



- The first step to taking charge of your health is simply making the decision to take action.
- Your new choices begin with the elimination of food substances that are known to be toxic, and then consuming more of the natural foods that your body needs and is designed to consume.

# It's YOUR health...

- With this very basic first phase of cleansing your body, the next steps are up to you.
- Taking charge of your health means taking charge of your education and continuing to learn how to build a solid nutritional foundation that puts you on a solid path toward your wellness goals.

# Sample 7 Day Detox Plan

## Before breakfast

Drink fresh lemon juice in warm water

## Snack throughout the day

Snack with choices like carrot sticks, celery, sliced bell peppers, cherry tomatoes, broccoli, jicama, zucchini, squash, cucumbers, cauliflower and vegetable broth

## Breakfast, lunch and dinner

Enjoy a plate of vegetables, as much as you like, and one serving of fruit per meal

\*To meet sufficient dietary balance look for 2 oils/fats per day and a minimum of 40 grams of lean proteins

# Ongoing Food Choices (Sample Daily Plan)

- Before breakfast:
  - Fresh lemon juice in warm water
- Breakfast:
  - One serving of protein and two to four cups of vegetables
- Snack:
  - Enjoy low-glycemic fruit or nuts
- Lunch:
  - One serving of protein, two to four servings of vegetables, and one serving of low-glycemic carbohydrates, such as beans or lentils
- Snack:
  - Enjoy low-glycemic fruit or nuts throughout the afternoon
- Dinner:
  - One serving of protein, two to four servings of vegetables, and one serving of low-glycemic carbohydrates, such as beans or lentils
- Dessert:
  - Enjoy low-glycemic fruit

\*To meet sufficient dietary balance look for 2 oils/fats per day and a minimum of 40 grams of lean proteins for females and 54 grams of lean protein for males.

\*\* Your daily needs will vary based on health and activity level



# Vegetable List

- Alfalfa Sprouts
- Artichokes
- Arugula
- Asparagus
- Bean Sprouts
- Beets
- Bell Peppers
- Bok Choy
- Broccoli
- Brussels Sprouts
- Cabbage (red or white)
- Carrots
- Cauliflower
- Celery
- Collard Greens
- Tomato
- Watercress
- Green Beans
- Hot Peppers
- Water Chestnuts
- Jicama
- Kale
- Leeks
- Lettuce (all types)
- Mushrooms
- Okra
- Olives
- Onions
- Radishes
- Snow Peas
- Spinach
- Tomato Juice (1/3 cup, no salt)
- Tomato Paste (2 tablespoons)
- Tomato Sauce (1/2 cup)
- Cucumber
- Sauerkraut (no sugar added)
- Eggplant
- Yellow Squash
- Zucchini
- Chard
- Parsley



# Healthy Fruit Choices

- Apple
- Banana
- Blackberries
- Boysenberries
- Cherries
- Currants
- Dates (fresh)
- Figs (fresh)
- Grapefruit
- Grapes
- Guava
- Honeydew Melon
- Kiwi Fruit
- Kumquats
- Lemon
- Lychees
- Mango
- Nectarine
- Nectars
- Mandarin Orange
- Strawberries
- Orange
- Papaya



# References

- 1. Anderson RN, Smith BL. (2003). *Deaths: Leading Causes for 2001*. National Vital Stat Report. 52: 1-85.
- 2. Centers for Disease Control and Prevention. *US Obesity Trends*.
- 3. Business Insider Chart (2012). *American Sugar Consumption*. 2012-2x1ZZZ1X9SZDPZK
- 4. NBC News. (2009). *Cut Back, Way Back, on Sugar*. Diet and Nutrition on NBC.com. Retrieved from [http://www.nbcnews.com/id/32543288/ns/health-diet\\_and\\_nutrition/t/cut-back-way-back-sugar-says-heart-group/#,t9e7uplyvqw](http://www.nbcnews.com/id/32543288/ns/health-diet_and_nutrition/t/cut-back-way-back-sugar-says-heart-group/#,t9e7uplyvqw)
- 5. Centers for Disease Control and Prevention. *National Report on Human Exposure to Environmental Chemicals*.
- 6. Huffington Post Living. (2013). *Processed Food: 10 of the Worst Toxic Food Ingredients*. Retrieved from <http://wholefed.org/2013/04/16/nutritional-suicide/>
- 7. Cunningham-Rundles S et al. (2000). *Probiotics and Immune Response*. American Journal of Gastroenterology. 95(1 Suppl): S22-5, 2000.
- 8. Kehrer, J.P. (1993). *Free radicals as Mediators of Tissue Injury and Disease*. Critical Reviews in Toxicology, 23: 21–48.
- 9. Harvard School of Public Health: Dept. of Nutrition. (2010). *The Nutrition Source: Knowledge for Healthy Eating*. Sept. 15, 2010.
- 10. NIH Osteoporosis and Related Bone Diseases National Resource Center. August, 2012.
- 11. National Osteoporosis Foundation.
- †For additional references, please contact your Health Professional.