



Demystifying Detox

Detoxing (often called cleansing), is a popular term tossed around frequently related to health and well-being, including physical, mental, and emotional areas of life. This handout will help you understand the prevalence of toxins in today's world, how it affects your health, and what we can do to regularly to detoxify for optimum well-being.

Toxins

What, where, and why they pose a problem

Every day, our bodies encounter a barrage of toxins with the potential to cause us harm. These toxins take many forms – they are present in our air as smog and cigarette smoke, in our food in the form of pesticides, herbicides, and additives, in cleaning products that we use at home, and in personal care products that we apply to our skin and hair. Our bodies are continually working to neutralize, transform, and eliminate toxins through a process called metabolic detoxification. However, our internal detoxification processes can quickly become overwhelmed by the enormous toxic load we face; in other words, most of us could use some help in removing harmful toxins from our bodies.

Cleansing, also referred to as “detox,” is the process of facilitating and optimizing the function of our bodies’ detoxification processes using diet, supplements, and lifestyle practices.

By undergoing regular cleansing programs, we can support the function of our innate detoxification systems, significantly reduce our toxic load, reduce our risk of toxin-related diseases, and create a foundation for lifelong health!

Where are toxins found?

According to research from the United States Environmental Protection Agency (EPA), a shocking 3.4 billion pounds of toxins were released into our air, water, and land in 2016. ⁽¹⁾ Frighteningly, the majority of the 80,000 synthetic chemicals registered for use today in the United States haven't even been tested for their effects on human health! ⁽²⁾ These questionable chemicals, as well as established toxic substances, abound in our environment. Some of the primary sources of toxins and their potential effect on our bodies are found below.

Air

Air pollution is a significant source of toxins and a growing public health threat. Tiny toxic particles found in the air from sources such as power plants and car exhaust are associated with the development of lung cancer and cardiovascular disease. ⁽³⁾⁽⁴⁾⁽⁵⁾

Water

Tap water contains many toxins that bypass municipal filtration systems. These toxins include perfluoroalkyl substances (PFASs), which are fluorinated compounds used as surfactants by industry, pharmaceutical drug residues, and pesticides from farms that have leached into groundwater and contaminated water supplies. PFASs have been linked to cancer, and pharmaceutical drug and pesticide residues disrupt our hormonal systems and gut bacteria. ⁽⁶⁾⁽⁷⁾⁽⁸⁾



Home

Scented products used in homes, such as air “fresheners” and dryer sheets, emit toxic volatile organic compounds (VOCs), which have been associated with liver damage, eye, nose, and throat irritation, and headaches. VOCs are also found in paint, furniture varnishes, and cleaning supplies.⁽⁹⁾

Food

Non-organic produce is a significant source of pesticide residues; research indicates that pesticide exposure harms the liver and kidneys, impairs brain function, and disrupts the hormonal system.⁽¹⁰⁾ Processed, refined foods are also sources of additives, preservatives, and artificial colors and flavors, which may also have toxic effects on the body.

Personal care products

Many personal care products, such as shampoo, conditioner, makeup, and body lotion, are full of chemicals that don’t belong anywhere on your body. Many of the toxic chemicals in these products, such as phthalates and parabens, are absorbed directly through the skin; once inside the body, they disrupt hormonal balance and may even promote cancer.⁽¹¹⁾

As you can see, our bodies are exposed to multiple toxins on a daily basis that have the potential to compromise our health significantly! While living a low-toxin, healthy lifestyle is key for reducing our exposure to these compounds, it is also crucial that we help our bodies remove the toxins that have been accumulating over the years. Cleansing or metabolic detoxification can help us accomplish this important task.

Why Cleanse?

The conventional medical paradigm has given the terms “cleanse” and “detox” a bad rap. Many conventionally-trained healthcare providers argue that our bodies don’t need help with detox because we have systems in place — namely, the liver and kidneys — that are designed to eliminate toxins naturally. While it is true that our bodies are always working to remove toxins from our systems before they can cause harm, the unfortunate truth is that many of us simply cannot handle the enormous load of toxins we face in the modern-day world.

Over time, our increasing toxic load overwhelms our natural detoxification systems; this causes toxins to accumulate in our bodies, where they harm cells, tissues, and organs, and promote disease. This is where cleansing comes in. Cleansing programs can facilitate our bodies’ natural detoxification processes, thus lowering our total toxic load and preventing the health conditions associated with toxin exposure.

*How Do I Know If I Need to Cleanse?

Signs that your body might need a cleanse include constipation, bloating, indigestion, fatigue, mood swings, skin problems, bad breath, and food intolerances. Many of these problems are rooted in the digestive system and indicate that the digestive tract may be experiencing a high toxic burden.



Cleansing/Detox Options

At Lavage Wellness, we offer several cleansing programs that vary in intensity and duration. Whether you are a beginner or have gone through multiple detoxification programs before, we have a program that can fit your unique needs. The following programs can be done on their own or integrated with other programs on the list. Please contact our office for personal recommendations based on your needs.

Physical Cleansing

Colonics: Clinical

Whether you are a beginner or a veteran at cleansing, colonics can help immensely with detoxification. A colonic empties the contents of the lower bowel, clearing waste material that has accumulated, such as impacted feces, dead cellular tissue, dead bacteria, mucous, and parasites. A stagnant bowel collects excessive waste material which increases toxicity and impairs the colon's ability to absorb nutrients and decreases its muscular action. This can cause sluggish bowel movements and constipation. Toxins can re-enter the bloodstream from the colon and make us feel sluggish, tired, and ill. Some common signs of colon toxicity are headaches, backaches, constipation, fatigue, bad breath, confusion, irritability, skin problems, and body odor. Removing stagnant waste material and hardened toxic residue rejuvenates the immune tissue that resides in the intestines. In short, colonics clean you from the inside out, supporting your immune system and promoting the colon's ability to absorb nutrients. Most people find the colonic relaxing and enjoy a feeling of lightness and well-being afterward.



Far Infrared Sauna: Clinical

Many countries around the world, including Finland, Sweden, Russia, Japan, Morocco, and Mexico, have rich cultural traditions surrounding the use of a sauna. A sauna is a small room used as a hot-air or steam bath for cleansing the body. At Lavage Wellness, we provide sessions in our infrared sauna to support your detoxification efforts. Current scientific research supports the cleansing properties of saunas that our ancestors have enjoyed for thousands of years. For example, studies have found that sauna use rids the body of toxic heavy metals such as arsenic, cadmium, lead, and mercury, perfluorinated compounds found in non-stick cookware, and BPA, found in plastic water bottles and food containers. ⁽¹²⁾⁽¹³⁾⁽¹⁴⁾



Sweating increases blood circulation, which purifies the body by releasing built-up toxins and waste. Similar to aerobic exercise, sitting in the sauna causes the heart to pump harder and faster, allowing you to build up a sweat. Infrared rays penetrate 1 1/2" into the skin through a process of conversion where heat is transferred directly to the body without first having to heat the air. This produces two to three times more sweat than other saunas, helping purge impurities through the skin.

Other Clinical Modalities

Lavage Wellness Center also offers the BioMat and the IonSpa™ Foot Bath. The BioMat converts electricity into far infrared light rays (FIR) light through amethyst channels. FIR are known to have a powerful detoxifying effect on the body, and the BioMat's rays penetrate 6-8" into your body to stimulate healing and regeneration of nerves and muscle tissue. Relax and listen to music or a guided meditation while you lay on the BioMat and destress and detoxify.

The IonSpa™ Foot Bath uses electrolysis to break apart water molecules so that they release oxygen, stable hydrogen, and negative hydrogen ions, the main benefit of the foot bath session. These ions circulate through the body to help remove toxins and rebalance cellular communication.



Preparing for relaxing BioMat session.

Urban Detox Retreat: Clinical

Cleansing is an important part of your self-care ritual. Take it to the next level and cleanse while taking the time to relax and destress. Our Urban Detox Retreat is like a mini-vacation in a calm, quiet oasis for 2½ hours. The order and combination of treatments helps your body release toxins and rejuvenate your body, mind, and spirit.

The Urban Detox Retreat includes:

- BioMat healing session
- Far Infrared Sauna session
- Colon Hydrotherapy session
- IonSpa™ Detoxifying foot bath
- Custom Aromatherapy

Metagenics Clear Change Program: Nutrition & Supplements

The Metagenics 10-Day Clear Change program is another great option for cleansing. It includes UltraClear RENEW, a medical food containing nutrients that support the body's natural metabolic detoxification processes, and AdvaClear, a dietary supplement that provides detoxification and antioxidant support. Together, UltraClear RENEW and AdvaClear reduce the body's toxic load while also improving energy and overall well-being. This program is considered "The Gold Standard" in metabolic detoxification.

While on the Clear Change Program, it is advised that you follow a clean diet (guidelines are provided with the Clear Change Program supplements), **drink plenty of filtered water**, and have daily bowel movements to ensure that toxins are leaving the body promptly. Supplemental fiber, such as MetaFiber, may be useful for those who initially experience constipation on the program. To learn more, contact our office or visit our website and check out the Cleansing Programs page.



Colon Cleansing Kit: Supplements

The Bio Cleanse kit may be a great option for you if you want help from products designed to work together in supporting flushing excess toxins from your body. The first formula, Digest Powder, is a combination of herbs known for their anti-fungal, anti-bacterial, anti-parasitic, and healing properties. This helps with proper functioning of your bowels, liver, and other organs. The second formula, Toxin Remover Powder, is designed to capture waste released during the cleansing and safely

remove them from your body. The third formula is a probiotic which reintroduces friendly bacteria into your body for a healthier functioning microbiome.



Bone Broth Cleanse: Nutritional

This cleanse involves drinking bone broth, an anti-inflammatory, gut-healing superfood. This cleanse is great for those who want to improve their gut health, boost immunity, and lose weight. Here are the guidelines for the cleanse:

- Drink two pouches of Osso bone broth (or another fresh frozen bone broth available locally) per day. We recommend drinking one pouch of the Chinese Herb Infused Bone Broth (Revive the Gut, Recovery, or Immuni-Qi depending on the cleanse) on the first and last day of your cleanse.
- Eat pasture-raised meats and poultry that are grass-fed or organic.
- Eat healthy fats like avocados, olive oil, nut butters, and coconut oil.
- Eat plenty of organic fruits and veggies.
- Avoid dairy, grains, added sugars, and processed and refined foods; essentially, you will be following a Paleo or Whole30 diet plan.

This cleanse should be done for a minimum of three days, but can be extended to seven days if desired.



Three-Day Juice Cleanse: Nutritional

A three-day juice cleanse is an excellent way for beginners to dip their toes into cleansing and kick-start the body's detoxification system! The cleanse consists of juicing fresh, organic fruits and vegetables three times a day for three days. Here is a quick outline of the program:

Breakfast: Drink a glass of freshly-juiced fruit and vegetable juice. Emphasize vegetables in the juice, especially if you have blood sugar issues or want to lose weight. Choose low-glycemic index fruits such as cherries, grapefruit, prunes, apples, or berries.

Mid-morning: Drink a cup of herbal tea. Try a high-quality organic rosehip, peppermint, chamomile, or detox-blend teas.

Noon: Drink a glass of freshly-juiced fruit and vegetable juice.

Mid-afternoon: Drink another cup of herbal tea.

Early evening: Drink a glass of freshly squeezed vegetable juice.

Mid-evening: Have an optional glass of juice, broth, or tea.

Bedtime: Drink a glass of warm vegetable broth

If you are juicing at home, try to buy organic fruits and vegetables, as these are devoid of pesticide and herbicide residues that typically contaminate conventionally-grown produce. If buying all organic produce is not an option, check out the Environmental Working Group's "Clean Fifteen" and "Dirty Dozen" lists to learn which conventionally-grown fruits and vegetables are lowest in pesticides and thus safe to buy non-organic: EWG's 2022 Shopper's Guide to Pesticides in Produce.



In addition to juicing, engaging in physical activity and using a sauna can increase the therapeutic benefits of this detox program.

After three days, you can break the juice fast. Breaking the fast should be done in **three phases**.

Phase 1: For 1.5 days, eat only vegetables, fruits, vegetable-based soups, and organic almond or rice milk. Avoid all meat and dairy products. To stimulate digestion, consider adding 2 tbsp of raw, unfiltered apple cider vinegar to water and drinking before meals.

Phase 2: For another 1.5 days, consume the foods allowed in Phase 1 and introduce berries, avocado, kelp, spinach, lettuce, steamed greens, nuts and seeds, and olive oil. If you don't have blood sugar or weight issues, you may also add dried fruit.

Phase 3: Gradually transition back to a regular, healthy diet. Consume the foods allowed in Phases 1 and 2, add gluten-free grains (if tolerated), sweet potato, organic and grass-fed meats, wild-caught fish, poultry, and small amounts of legumes. Minimize or avoid dairy and high-fat foods.

During this phase, you may also want to test for food allergies and sensitivities. This can be done by adding in suspect foods one at a time and **assessing how you feel over the next 24-48 hours**. Common foods implicated in food allergies and sensitivities include dairy, gluten/wheat, soy, corn, citrus, nuts, nightshade vegetables (tomato, bell pepper, white potato, eggplant), and melons.

Dry Skin Brushing

The skin is the largest organ in the human body. It receives a third of circulating blood and is often one of the first organs to show signs of imbalance when toxicity is present. Fortunately, we have two wonderful tools available to us that can step up our skin's cleansing capacity — dry skin brushing and sauna therapy!

Dry skin brushing involves strategically brushing a natural-bristle brush over your skin in long sweeping motions towards your heart. All brush strokes should be directed towards the heart because this is the direction that blood and lymph fluid naturally flow in the body. Daily dry skin brushing can help you shed dead skin cells, resulting in more vibrant skin, while also improving vascular blood circulation and lymphatic drainage, which help with the removal of toxins. Taking a shower immediately after dry skin brushing will further invigorate the skin and ensure that dead skin cells are washed away.



Mental and Emotional Cleansing

While physical detoxification is crucial, it is also important to cleanse ourselves on a mental and emotional level. We can accomplish this by prioritizing rest time, making time for hobbies and other life-affirming activities, enjoying quality time with loved ones, and spending time in nature. Here are just a few more ideas of ways to mentally and emotionally rejuvenate yourself during a cleanse:

- **Laugh often – laughing releases “feel good” hormones that boost mood and increase our sense of well-being.**



- Practice positive thinking.
- Schedule yourself for a massage, facial, or manicure/pedicure.
- Exercise upon rising in the morning – this is a great way to set a healthy tone for your entire day!
- Take a nap.
- Realize that you don't need to be perfect.
- Turn off your cell phone, step away from your computer, and take a "technology break."



Demystifying Detox References

1. Toxic release inventory (TRI) 2016 National Analysis. Environmental Protection Agency (EPA) website. https://www.epa.gov/sites/production/files/2018-01/documents/2016_tri_national_analysis_execsumm.pdf. Accessed March 14, 2018.
2. Toxic chemicals. National Resource Defense Council website. <https://www.nrdc.org/issues/toxic-chemicals>. Accessed March 14, 2018.
3. Particulate matter (PM) basics. United States Environmental Protection Agency website. <https://www.epa.gov/pm-pollution/particulate-matter-pm-basics#PM>. Updated September 12, 2016. Accessed February 13, 2018.
4. Raaschou-Nielsen O, Beelen R, Wang M, et al. Particulate matter air pollution components and risk for lung cancer. *Environ Int.* 2016; 87: 66-73. <https://www.ncbi.nlm.nih.gov/pubmed/26641521>. Accessed February 13, 2018.
5. Brook RD, Rajagopalan S, Pope CA, Brook JR, et al. Particulate matter air pollution and cardiovascular disease. An update to the scientific statement from the American Heart Association. *Circulation.* 2018; 137(11): 2331-2378. <http://circ.ahajournals.org/content/early/2010/05/10/CIR.0b013e3181d8bec1>. Accessed March 14, 2018.
6. Feldscher K. Unsafe levels of toxic chemicals found in drinking water of 33 states. *The Harvard Gazette*. <https://news.harvard.edu/gazette/story/2016/08/unsafe-levels-of-toxic-chemicals-found-in-drinking-water-of-33-states/>. Published August 9, 2016. Accessed February 13, 2018.
7. Touraud E, Roig B, Sumpter JP, et al. Drug residues and endocrine disruptors in drinking water: Risk for humans? *Int J Hyg Environ Health.* 2011; 214(6): 437-441. <https://www.sciencedirect.com/science/article/pii/S1438463911000757>. Accessed March 14, 2018.
8. Klarich KL, Pflug NC, DeWald EM, Hladik ML, et al. Occurrence of Neonicotinoid Insecticides in Finished Drinking Water and Fate during Drinking Water Treatment. *Environ Sci Technol Lett.* 2017; 4(5): 168-173. <https://pubs.acs.org/doi/abs/10.1021/acs.estlett.7b00081>. Accessed March 14, 2018.
9. Volatile organic compounds' impact on indoor air quality. United States Environmental Protection Agency website. <https://www.epa.gov/indoor-air-quality-iaq/volatile-organic-compounds-impact-indoor-air-quality>. Updated November 6, 2017. Accessed February 13, 2018.
10. Nicolopolou-Stamati P, Maipas S, Kotampasi C, et al. Chemical pesticides and human health: The urgent need for a new concept in agriculture. *Front Public Health.* 2016; 4: 148. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4947579/>. Accessed February 13, 2018.
11. Diamanti-Kandarakis E, Bourguignon JP, Giudice LC, et al. Endocrine-disrupting chemicals: An endocrine society scientific statement. *Endocr Rev.* 2009; 30(4): 293-342. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2726844/>. Accessed February 13, 2018.
12. Sears ME, Kerr KJ, Bray RI. Arsenic, cadmium, lead, and mercury in sweat: A systematic review. *J Environ Public Health.* 2012; 2012: 184745. <https://www.hindawi.com/journals/jeph/2012/184745/>. Accessed February 13, 2018.
13. Genuis SJ, Birkholz D, Ralitsch M, Thibault N. Human detoxification of perfluorinated compounds. *Public Health.* 2010; 124(7): 367-375. <https://www.ncbi.nlm.nih.gov/pubmed/20621793>. Accessed February 13, 2018.
14. Genuis SJ, Beesoon S, Birkholz D, Lobo RA. Human excretion of bisphenol A: Blood, urine, and sweat (BUS) study. *J Environ Public Health.* 2012; 2012: 185731. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3255175/>.



Lucinda Simpson, Owner

**Certified Colon Hydrotherapist
Nutrition Therapist • Certified Detoxification Specialist**

Phone 303-233-2239
Golden Hill Office Center • 12600 W. Colfax Avenue, Suite A-190
Lakewood, CO 80215

LavageWellness.com • info@lavagewellness.com

