

A large, stylized green leaf graphic with a central vein and several smaller leaflets, rendered in a light green color with a slight gradient. It is positioned in the background of the slide.

**LESSON 8** | **Strategies to Detox**

# LESSON 8 | Strategies to Detox

## LESSON OBJECTIVES & KEY CONCEPTS

**Take Away/Objective:** Taking charge of our health and making appropriate changes will help the body heal strong. There are many ways to help our body to cleanse and detoxify itself.

### Key Concepts:

#### Detoxification

1. Understand your body's natural detox route, including first and second lines of defense functions.
2. Educate yourself on strategies available to deep cleanse and help heal your body from the toxic load.
3. Identify toxic thought patterns in your life. These lead to chemical responses in the body that are detrimental towards healing.

## DISCUSSION POINTS ---

When diagnosed with a major illness, it can be difficult or even impossible to pinpoint the cause. Detoxification is vital and eliminates a variety of potential culprits.

### Rebounding

Rebounding is done on a high-quality mini-trampoline. Exercise aids the detoxification process, but jumping on a rebounder defies gravity to pump the cells and help cleanse the lymph system.

- The lymph system relies on physical exercise to move lymph fluid throughout the body.

### Colon Cleanses

- The body absorbs nutrients and pollutants accumulate in the colon, so regular elimination 2-3 times a day is an important part of healing.
- A squatty potty can help put you in proper position for easier elimination.
- Hydrocolon Therapy is a process in which warm water is flushed through the colon (via your rectum) in order to safely clean your large intestine. Colonics are typically administered by a licensed colon hydrotherapist.

### Enemas and Liver Cleanse

- Coffee enemas cleanse the liver (rather than the colon) by stimulating the body's production of glutathione, theobromine, and theophylline.

See: ([https://gerson.org/pdfs/How\\_Coffee\\_Enemas\\_Work.pdf](https://gerson.org/pdfs/How_Coffee_Enemas_Work.pdf))

A great resource provided by Chris Wark is a video with Dr. Vickers discussing the benefits of coffee enemas and it can be viewed here: <http://www.chrisbeatcancer.com/dr-vickers-explains-coffee-enemas-for-healing-cancer/>

It is important to note that if you are a chemotherapy patient, then detoxifying the liver needs to be done gradually after all chemotherapy has been stopped. Chemotherapy works in conflict with detoxifying the liver. Here is a great resource to reference:

[http://gerson.org/pdfs/Chemo\\_and\\_the\\_Gerson\\_Therapy.pdf](http://gerson.org/pdfs/Chemo_and_the_Gerson_Therapy.pdf)



## HealingStrong™ Connection by Suzy

As a holistic cancer thriver, the one part of the Gerson protocol I had the most trouble with was the coffee enemas. It took me 6 months into a holistic protocol to warm up to the idea of doing the enemas. My health mentor and friend, Wendy Hood, came over one morning and asked me why I was “sitting on” the enema bucket? She gave me a swift “kick” in my pride, and encouraged me to heal strong. It wasn’t until I incorporated the enemas into my daily routine, did I begin to see drastic improvement in my overall health and reduction in tumors. I actually look forward to them today, and it’s been 7 years. I use the time to listen to and meditate on scriptures using Bible Gateway app on my phone. I complete the ambiance with a lavender-infused diffuser. Quiet time is in high demand for me, as a busy mom, wife and employee. There is no other time of the day that family will leave you alone then when you do a coffee break! Coffee enemas are powerful. Don’t shy away from them. Learn all you can.

### Parasite Cleansing

- Most people have some type of parasite living in our bodies. When the immune system is compromised, these can wreak havoc on the body. Pumpkin seeds, hot peppers, and herbal remedies are all used as treatments. Black walnut hull tincture combined with ground cloves and wormwood has proven effective in cleansing parasites.  
([http://www.naturalnews.com/037964\\_parasites\\_detox\\_cleanse.html](http://www.naturalnews.com/037964_parasites_detox_cleanse.html))

### Dry Brushing

- Dry brushing helps to rid the body of trapped toxins and even unclogs pores. Using repetitive strokes towards the heart with a non-synthetic brush stimulates the lymphatic system and exfoliates the skin.

### Oil Pulling

- Oil pulling is an ancient Ayurvedic dental technique, which draws out toxins and improves oral health by swishing coconut oil in the mouth on an empty stomach for around 20 minutes and then releasing it into the sink. It may even whiten teeth!

### Chlorella

- This green algae is a powerful heavy metal detoxifier. If you have a mouth full of amalgams (“silver” or mercury fillings), chlorella is an important daily supplement. According to Dr. Mercola, it is a “green food,” a single-celled, micro-algae that is about two to ten microns in size...Its molecular structure allows it to bond to metals, chemicals and some pesticides.”  
(<http://articles.mercola.com/sites/articles/archive/2010/07/03/chlorella-shown-to-remove-mercury-in-mice.aspx>)

### **Turmeric and Curcumin**

- This spice helps protect against environmental mutagens. Curcumin is a product of turmeric and has excellent healing properties. A study at India's Panjab University found that curcumin inhibited mutations by as much as 80% against all mutagens tested in foods. ([http://www.lifeextension.com/Magazine/2005/9/cover\\_dna/Page-01](http://www.lifeextension.com/Magazine/2005/9/cover_dna/Page-01))

### **Coenzyme Q10 (CoQ10)**

- This is a powerful antioxidant that is made in the human body. CoQ10 is an essential coenzyme that supports mitochondrial performance protecting vital organs and cells.

### **Vitamin C**

- Also known as ascorbic acid, this is a water-soluble nutrient found in some foods and is important for cellular growth and repair. Choose one that contains piperine and dihydroquercetin for better synthesis in the body.

### **Milk Thistle Extract**

- This is an herb that's been used for thousands of years to support liver, kidney, and gall bladder health. It contains the flavonoid silymarin, which is thought to be responsible for many of its beneficial effects, including liver protection and antioxidant, anti-viral, and anti-inflammatory properties.

### **Green Tea and White Tea**

- These herbs have powerful antioxidants called catechins and flavonols. The extract from the tea prevents DNA damage, triggers DNA repair mechanisms and also helps detoxify the liver.

### **Selenium**

- This is a mineral essential for good health. Animal studies have found that selenium introduced into the diet can repair liver damage. (<http://ipi.oregonstate.edu/mic/minerals/selenium>)

### **Iodine**

- Thanks to environmental pollutants, iodine deficiency has become a worldwide epidemic. In the book, *The Iodine Crisis*, author Lynne Farrow discusses the importance of iodine supplementation in healing. Iodine displaces fluoride from the thyroid receptors, along with bromide and chelates all of the heavy metals to begin removing them from the body. There is a protocol behind it, which includes other supplements for support, but iodine is the key. Iodine is important to every cell in the body.

### **Juicing**

- Juicing aides detoxification and floods the body with nutrients. Devote 3 to 14 days (or more for an advanced juice fast) to consuming only raw, fresh, organic, vegetable and fruit juices. Kale, swiss chard, celery, cucumber, beet, carrot, lettuce, ginger, and lemon are all excellent choices for increasing nutrient levels (buying bottled juice is not sufficient). Once the juice fast is finished, continue juicing every day to maintain nutrient balance and aid detoxification. The Gerson protocol, in addition to many others, uses extensive juicing as the foundation for treating disease.

Two juicing documentaries we recommend are Jason Vale's *Super Juice Me* (<https://www.youtube.com/watch?v=Aaxa7rxEbyk>) and Joe Cross in *Fat, Sick and Nearly Dead* (<http://www.rebootwithjoe.com/watch-fat-sick-and-nearly-dead/>).

In addition, Juice Lady Cherie provides extensive detox and juicing recipes at [www.juiceladycherie.com](http://www.juiceladycherie.com). Her 5 day raw foods and juicing retreats are very popular to help others get a jumpstart on detoxing.

## Sleep

- The body needs 7-9 hours of sleep nightly to regenerate and repair cells. Trouble sleeping? Try drinking chamomile tea and rubbing organic sesame oil on the bottoms of your feet before you go to bed. Also, turn off electronic devices at least an hour before sleep.

## Mind-Body Exercise

- Mind-body exercise includes a wide range of disciplines, such as Pilates, **GYROKINESIS**<sup>®</sup>, and yoga which emphasize moving the body while focusing the mind. The term comes from mind-body medicine which explores the “inseparable connection between the mind and body”, observing our bodies response to our thoughts. During mind-body exercise, attention is paid to breathing patterns, form, and muscular alignment. Yoga is used by many to provide a pathway to relaxation and better sleep through physical postures, and the purification of deep breathing. Depression and anxiety tend to accompany cancer and other diseases, and mind-body movement can promote calmness, and release serotonin, with the additional benefits of learning to hear your physical needs. For more information, see: Dr. John E. Sarno’s *Mindbody Prescription: Healing the Body, Healing the Pain*, as well as Brenda Stockdale’s *You Can Beat the Odds: Surprising Factors Behind Chronic Illness and Cancer*. In addition, Dr. Bernie Siegel’s books may be helpful: *Peace, Love, Healing; 365 Prescriptions For the Soul; 101 Exercises For the Soul, etc.* (On a clinical research study and the effects on pain management through mindfulness meditation, see [http://www.wakehealth.edu/News-Releases/2015/Mindfulness\\_Meditation\\_Trumps\\_Placebo\\_in\\_Pain\\_Reduction.htm](http://www.wakehealth.edu/News-Releases/2015/Mindfulness_Meditation_Trumps_Placebo_in_Pain_Reduction.htm).)

## Detox the Mind

- The Bible has a lot to say about detoxing our mind. How we perceive ourselves and others has a direct impact on our health. Taking every thought captive for Christ is essential to our well-being.  
(2 Cor.10:5)

*“Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things.” (Phil. 4:8) ESV*

*“Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice. Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you.” (Ephesians 4:31-32) ESV*

*“A joyful heart is good medicine, but a crushed spirit dries up the bones.” (Prov. 17:22) ESV*

*“A fool’s mouth is his ruin, and his lips are a snare to his soul.” (Prov. 18:7) ESV*

## Music

- The saying goes “Stress is a killer, but music is a healer” (author unknown). Listening to uplifting or calming music helps soothe the soul, which has a cyclical effect reducing stress. Which type of music brings you joy?

**DISCUSSION QUESTIONS/ACTION STEPS:**

1. How can you incorporate healing music into your day? What does that look like for you?

2. How can you incorporate healing music into your day? What does that look like for you?

3. How can you incorporate healing music into your day? What does that look like for you?

4. How can you incorporate healing music into your day? What does that look like for you?

5. How can you incorporate healing music into your day? What does that look like for you?



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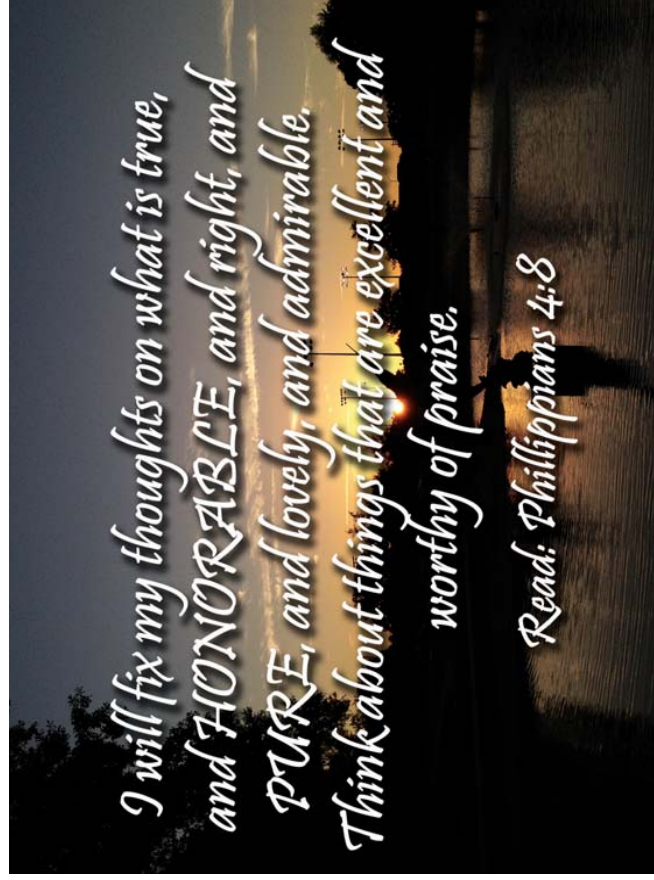
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### Coconut Energy Balls

- ½ cup coconut oil
- ½ cup maple syrup
- ½ cup raw organic cacao powder
- 2 cups raw, chopped nuts of your choosing - Soaked overnight and then dehydrated  
*(I use a cashew - pecan combo most of the time but walnuts and almonds are also great)*
- 2 Tablespoons raw pumpkin seeds, coarsely chopped
- 1 teaspoon chia seeds
- 1 cup raw, unsweetened coconut

Mix together coconut oil, maple syrup and cacao powder until thoroughly blended. Add in remaining ingredients and mix well. Form into small balls and freeze. Enjoy cold or thawed.

#### Dear Heavenly Father,

Dear Lord, Emanuel, be with me today. Love and lift me in Your unflinching grace. The battle is a giant, but just as David's faith slew Goliath with a single stone, so too we focus our faith for their battle. Give me the strength, oh, Lord, to slay a giant.

I pray Isaiah 40:31: ***But those who hope in the Lord will renew their strength. They will soar on wings like eagles, They will run and not grow weary, They will walk and not be faint.***

Thank you for Your Word, Lord. Amen.