

8-Part e-Course

The Toxic Side of Food



DANGER DANGER DANGER

Yuri Elkaim, BPHE, CK, RHN
Amy Coates, RHN, BSc.

www.TotalWellnessCleanse.com

Legal Disclaimer

The information presented in this work is by no way intended as medical advice or as a substitute for medical counseling. The information should be used in conjunction with the guidance and care of your physician. Consult your physician before beginning this program as you would with any exercise and nutrition program. If you choose not to obtain the consent of your physician and/or work with your physician throughout the duration of your time using the recommendations in the program, you are agreeing to accept full responsibility for your actions.

By continuing with the program you recognize that despite all precautions on the part of Yuri Elkaim and Total Wellness Consulting, there are risks of injury or illness which can occur because of your use of the aforementioned information and you expressly assume such risks and waive, relinquish and release any claim which you may have against Yuri Elkaim or Total Wellness Consulting, or its affiliates as a result of any future physical injury or illness incurred in connection with, or as a result of, the use or misuse of the program.

Table of Contents

Introduction	4
Part 1 – Introduction to Toxic Foods	5
Part 2 – Sugar It Ain't So Sweet	9
Part 3 – The Dairy Dilemma	16
Part 4 – The Poisoning of Our Food Supply	26
Part 5 – When “Adding” Ingredients Becomes Dangerous	32
Part 6 – Alcohol's Depressing Effect on the Liver	40
Part 7 – Are We Under Attack? No, It's Just Caffeine!	47
Part 8 – Candida - The "Yeast" That Just Keeps on Taking!	56
BONUS REPORT – Colon Health - Are Your Pipes Clogged?	60
References	66

Introduction

Welcome to the *Toxic Side of Food* e-course.

This may very well be the MOST IMPORTANT information you've ever read about food and its effect on your body! If you want to lose weight, have more energy, and live with great health, then we highly encourage you to READ this e-course in its entirety...and perhaps more than once!

Amy and I have worked really hard to bring you some truly eye-opening information about the foods you're already eating and what you can do, starting today, to take your health to the next level.

You're going to discover a ton of very important information including the truth about sugar and artificial sweeteners, how your body copes with toxicity from food, the truth about dairy, pesticides, and food additives, and so much more!

And, as a token of our appreciation for taking action and going through this e-course, we're going to be giving you an incredible (and I mean incredible) opportunity to get the most effective and natural cleansing program on the market – our Total Wellness Cleanse – at a fraction of what it's worth!

So be sure to click on the Total Wellness Cleanse links throughout this report to get your special discount.

To a new and healthier you!

Yuri Elkaim, BPHE, CK, RHN

Amy Coates, BSc., RHN

Creators, Total Wellness Cleanse and the *Toxic Side of Food* e-course

Part 1

Introduction to Toxic Foods

The foods you eat every day could be killing you, one day at a time!

In this mini-course, you will learn exactly which foods to avoid, and why. It will provide you with the vital information you will need to commence your journey into ultimate health and mindfulness.

What do sugar, sweeteners, meat, dairy, and baked goods have in common?

They are all toxic foods that will to keep you fat, lethargic, and most importantly, unhappy as long as you keep eating them. Fast foods have become commonplace in our society, which is why we have a society in which the majority are overweight and obese. Soon it will become a rare occasion to come across one thin person...especially in the United States! If you exclude Hollywood, that is.

Processed foods are the worst offenders. Anything that comes in a package and can sit on a shelf for years should not be categorized as food.

Toxic Unbalance

When you eat a diet that is predominantly packaged and fast foods, you are throwing your body way out of balance. Over toxicity in your body will weaken each and every system in your body, clogging your organs of detoxification and making you feel unwell.

When your detoxification organs are clogged, acidity will pool up in the body. How does this happen?

Well, when you eat a poor diet, over the years your body reaches what is known as its “toxic load.” In the beginning stages of toxicity, most of the symptoms will not be visible to the naked eye, so if you have not yet seen any symptoms, it doesn’t mean you don’t have any!

Where does all this acid end up?

Your fat cells!

Fat cells are your body’s way of storing excess energy and toxicity. For example, if your diet is very high in sugar, and therefore very high in acid, your body will do whatever it can to pull that acid away from your vital organs and into your fat cells. This is a defense mechanism used by your body to protect its precious organs and delicate tissues.

But storing fat is not the only way that your body deals with excess acid, so if you are thin it doesn’t mean that you are healthy! In fact, it may mean that you are in even more danger because your entire body is in a chronic state of acidosis which means that your body is being destroyed from the inside out!

Toxicity and Acidosis are Serious Problems

There are many other conditions that are created when the body is in a constant state of acidosis:

- Poor digestion, absorption, and elimination,
- Cardiovascular disease, including cardiovascular plaque and the inability of the blood to carry oxygen to your cells,
- Diabetes,
- Allergies and skin problems such as eczema, psoriasis, asthma, acne, and dry, oily and/or itchy skin etc.,
- Kidney problems such as infections and kidney stones,
- Immunodeficiency,
- Free radical damage and cancer,

- Hormonal imbalances,
- Premature aging and death (just look at the complexion of a smoker!),
- Weak and brittle bones, joint pains, sore muscles and lactic acid build-up,
- Chronic fatigue syndrome,
- Chronic yeast infections and fungal overgrowth

Scary, isn't it?

Isn't it time you **purify your body** of years of toxic overload?

GET STARTED TODAY!



www.TotalWellnessCleanse.com



"A friend who hadn't seen me in a while commented that I have the skin of a teenager. I lost 10 pounds, an inch from my waist, and two and a half inches from my hips!"

*"The Total Wellness Cleanse is amazing. It far surpassed my expectations. I had tried seven or eight times to **quit drinking coffee** in the past with no long term success. Thanks to the cleanse, I have completely eliminated it from my life.*

I had been addicted to sugar since I was a child, and that is no longer part of my daily life either. I had been eating wheat and dairy all of my life and have suffered from almost constant headaches. Yuri and Amy figured out that I am sensitive to these, and I have drastically reduced my intake of them.

***I have far fewer headaches**, and when I do get headaches now, it's because I am behind on my water intake. **My skin is smooth and acne free**. A friend who hadn't seen me in a while commented that I have the skin of a teenager. **I lost 10 pounds**, an inch from my waist, and two and a half inches from my hips.*

***I have more energy now** than I have had in many, many years. I now have the energy to write the book I have been dreaming about writing, on top of my busy schedule.*

Mostly, I value the wealth of knowledge I obtained on how to truly love and care for myself, body, mind and spirit. Yuri, Amy and Adam have given me an opportunity to change my life for the better. I am very grateful to them."

- Jennifer Ripa-Edson

Ridgebury, Connecticut



Part 2

Sugar...It Ain't So Sweet!

The average person in North America consumes 150 lbs of refined sugar per year! This is astronomical in contrast to the 5 lbs per year consumed by the average person at the turn of the 20th century.

Sugar, especially in its refined state, has many detrimental effects on the body. First and foremost, it is highly acid-forming. This means that sugar consumption throws off your pH balance so that your blood and other important become more acidic. The more acidic your body becomes, the greater the likelihood for disease to flourish.

Arthritis, asthma, headaches, psoriasis, cancer, stomach gas, intestinal gas, osteoporosis, heart disease, weight gain, PMS, candidiasis, tooth decay, multiple sclerosis, inflammatory bowel disease, cancer sores, cataracts, gallstones, kidney stones, and cystic fibrosis are all diseases and conditions that are negatively affected by the intake of sugar.

Exclusion of sugar from the diet can improve these and many other conditions markedly. In many cases, a sugarless diet can eradicate the suffering altogether when combined with a well balanced diet.

But as you may already know, getting sugar out of your diet is not an easy task, and only by having tons of support can you be sure of your success!

Refined sugar is one of the worst poisons you can put into your body. The consumption of sugar suppresses the immune system almost instantly, lowering the body's natural defenses and making it less capable of fighting harmful pathogens.

In total, the consumption of sugar lowers your immune function for up to 4 hours, with the lowest immune functioning occurring 2 hours after sugar consumption. So if you find yourself getting sick after the holidays, you know exactly why!

Sugar - The Drug and Fat Promoter

When you consume sugar, insulin is released from the pancreas, causing your muscle and liver cells to take up glucose from the blood and store it. A diet that includes lots of refined sugar goes hand in hand with mood swings. When blood sugar is abnormally high, as it is when sugar is ingested, the sugar acts like a drug, and you become elated.

But once insulin packs the sugar away into the cells, your mood begins to head south and your brain signals that more sugar is needed to regain the high. This is exactly when you find yourself reaching for that chocolate bar or sugary treat.

When a low-sugar diet is consumed, you will find your moods are even throughout the day, and your body will actually tap into fat as a source of fuel, a process that stops the second you eat something sugary. Since toxins are stored in fat, this is something you want to get rid of!

Sugar = Toxic Acid

Excessive sugar consumption throws your body's pH levels out of balance. The sugar, and the acidity that it creates, provides an internal environment that is ripe for the overgrowth of dangerous yeasts, fungi, and bacteria - ultimately making it much harder for you to lose weight and maintain optimal health.

In turn, these nasty little critters feed on the sugar, multiply, and expel toxic wastes that make you feel and look even worse. Because these critters feed on sugar, your body begins to crave more sugar in the form of sweets, breads, pastas, and so forth. You end up feeding these microorganisms and fuel their growth, placing additional toxicity acid into your body.

As this vicious cycle continues not only do you feed these toxin-producing microorganisms but you also intake huge amounts of calorie-rich, nutrient void, sugar-laden foods. Over time, an excess intake of calories through sugar obviously leads to weight gain (considering everything else remains equal).

The other aspect of sugar that increases toxicity is the fact that as you fuel more and more of these “bad” microorganisms, the toxins they expel create more acid in your blood and pose added stress on your liver.

Since excess acid in the blood will eventually be stored in fat cells, it is imperative that you reduce the acid load in your body - if you want to lose weight and achieve great health. Only once you rid your body of excess acid and restore its proper pH balance will you be able to shed excess fat. If fat isn't needed to store acid, then it can more readily be metabolized.

Make sense?

Similarly, if your liver becomes stressed and compromised as a result of having to filter tons of toxins floating through your blood, your weight loss attempts will be in vain. This is because the liver is not only the body's major filter but it also regulates sugar and fat metabolism.

If your liver is not functioning properly then its ability to metabolize sugar and fats will also be compromised. Elevated blood sugar and blood lipid levels are usually the result.

Sugar is a Now a Processed Food Ingredient!

The manner in which sugar is processed exacerbates the problem. More than 60 chemicals are used in the processing of natural sugarcane's thick beige stalks into the fine, white granular table sugar that we're all too familiar with. Many of these chemicals, including bleaches and deodorizers, are still present in the final product.

At same time, the naturally occurring minerals and vitamins in the sugarcane plant are completely removed. One such mineral is chromium.

Chromium is a critical player in your body's ability to uptake sugar from the blood and into the cells. The fact that chromium is not present in refined sugar poses a serious problem for sugar uptake and metabolism, which imposes further stress on your body's ability to burn fat and control blood sugar effectively.

Sugar Upsets the Mineral Balance in Your Body

There are so many reasons that sugar is *bad news* that simply it's impossible to go through all of them right now. But one reason we will hit on is the fact that sugar can single-handedly impair the mineral balance in your body.

Researchers have found that ingesting sugar increases the rate at which we excrete calcium. Essentially, calcium is removed from the bones, teeth, and tissues to neutralize the consumption of acidic sugary treats!

Since minerals work in relation to one another, when you consume sugar, you are starting the dominoes falling.

And it's not just the refined table sugar that is the problem. In fact, the majority of our sugar intake comes from hidden and unexpected sources such as processed and packaged foods. Sugar is used as an additive in foods ranging from meat to ketchup to salt. In packaged foods sugar can take the form of glucose, dextrose, sucrose, or the ever-present high-fructose corn syrup.

The major concern is that sugar provides no real nutritional value, while wreaking havoc on your blood sugar levels (promoting diabetes and weight gain) and leading to excess caloric consumption. It suppresses the immune system, disrupts normal mineral relationships, compromises the health of your vital organs, and keeps your body incredibly toxic.

Obviously, you must not only eliminate sugar from your diet, but also avoid other anti-nutrients such as alcohol, sweeteners, caffeine, rancid fats, drugs, and food additives and colourings to ensure your immune functioning is up to par. Of course, you must also eat a diet full of fresh, whole, colourful, and nutritious fruits and vegetables!

Artificial Sweeteners

There is nothing natural (or good) about artificial sweeteners. They are toxic man-made substances, created and marketed purely for monetary gain. You need to really understand that, unlike Amy and myself, big food companies that produce these “chemicals” do not care about your health or the health of your children. They are only interested in making lots and lots of money – at your expense!

There are thousands and thousands of cases in which people have found themselves and their loved ones directly affected by the chemicals in diet drinks and foods. Choose an organ in your body, and it has probably been affected by these chemicals!

Everyone’s lives have been touched by these chemicals, which is why we (Amy and I) have steered clear of them 100% for the last several years. If you want to reduce the amount of toxins you are consuming, avoid these products entirely.

You just may find a condition you’ve had for a long time simply disappears over time after the removal of these substances. This is what happened to Amy as her “lightning pains” disappeared when she decided to no longer poison her body with Diet Coke (which is rich in Aspartame).

Sugar Alternatives and Strategies to Beat the Cravings

You’re much better off eating natural sugar from fruit than chemically altered and manufactured refined sugar that you can buy from a store. The choice is yours but if you want to reduce your toxicity then you need to make the right choice. Opt for more fresh

vegetables and fruit, especially greens. Greens are one of the best sources of alkalinity and help rid your body of excess acid produced by sugar consumption.

One of the BIGGEST benefits of using our **Total Wellness Cleanse** is that your sugar cravings will be dramatically reduced, if not gone for good! Reducing sugar cravings is one the 3 main goals of our natural holistic cleanse.

And when you start the cleanse, you'll discover 5 additional ways to beat sugar cravings! If you've got an uncontrollable sweet tooth, you do not want to miss these.

Are you ready to cleanse your body *naturally* and *safely* AND abolish sugar cravings once and for all?



www.TotalWellnessCleanse.com



"I lost weight, dropped clothing sizes, got rid of my candida problem, lost my massive sugar cravings and learned how to eat well."

"The Total Wellness Cleanse is TOTALLY the way to go if you want to be the best person you can be! I was having major problems with candida and getting a decent amount of greens in my diet on a regular basis. I am one of those people who believes in greens and eating right, but I never practiced doing it for long enough that it became a habit.

I never had the support, the recipes, the daily meal planners and the esprit de corps that all comes with the Total Wellness Cleanse.

*I also enjoyed having the opportunity to ask questions and hear about others' experiences during the teleclasses throughout the cleanse. The truth is, it's not my style to give a testimonial to anyone I don't personally know, but this **program is so fantastic because of the personal attention you get** from the Yuri-Amy-Adam team, because of the daily emails that inspire and encourage you, because of the **incredible recipes** you get to enjoy, and most of all because of the results you see in your body and mind after getting through the 30 days.*

I lost weight, dropped clothing sizes, got rid of my candida problem, lost my massive sugar cravings and learned how to feed myself in a manner that fills me up and leaves me satisfied without leaving me with guilty feelings about what I just ate.

*Oh, and you know what else, I **got a great education about so many aspects of food, digestion and health** too. And I thought I knew a lot, having read nutrition action health newsletter for years.*

Do this cleanse and you will be glad you did, because it's about the rest of your life, not about buying some product to clean you out for a while. It's about whole foods, changing habits, moderation, understanding yourself and being a better you!! How can you pass that up? You deserve it. I deserved it and I gave it to myself. Do the same for you!!!"

- Leah Benson from Florida

Part 3

The Dairy Dilemma

Welcome back. Today's lesson is a long one but a good one. We're talking dairy so hold onto your horses and get ready for a bumpy ride.

If you thought sugar was a toxic culprit, then wait until you read about dairy products! Just like any other product on store shelves, dairy products are there for one reason: profit! The commercials are just absurd. *"It does the body good"* does not even remotely come CLOSE to the truth about dairy.

The studies (not the ones financed by the dairy industry) speak for themselves. It has been shown time and time again that milk actually contributes to asthma, osteoporosis, kidney problems, prostate cancer, and breast cancer, among other things. The list just goes on and on. When you drink the bodily fluids of another (diseased, I might add) species, trouble will loom not far behind. Yet the dairy industry comes at us from all angles in many forms, all guised as healthy foods.

From the Farm to Your Table - What Happens?

The milk that comes from the cow is not the same milk that hits your cereal bowl in the morning. Firstly, feedlot cows are fed soy-based feeds instead of grass, and most of these cows need a constant dose of antibiotics and artificial stimulants to keep them in the production line and producing an unnatural volume of milk.

The milk these cows produce is pasteurized, homogenized, and have synthetic (fake) vitamins added to it. It is a completely different substance than what a baby calf would receive. In fact, there was a study that took a calf's mother's milk, pasteurized it, and fed it back to the calf. **The result: death.** Nine out of ten of the calves died before maturity.

These days, people are concerned mostly with the fat content of foods, but what about all the other components that have been tampered with such as vitamins and minerals? It's not enough these days to simply look at fat, carbs, and protein. You must look beyond these macronutrients and look at the finer details – what exactly are you putting in your body...into your kids' bodies?

Pasteurization

Pasteurization is the process of heating a liquid to kill bacteria, a practice put in place to kill harmful bacteria in milk, which coincidentally serves to allow lax milk handling standards during mass production. Certified dairy herds and handlers involved in raw milk production are subject to strict standards of cleanliness that those who handle milk that is to be pasteurized are not. So you can see pasteurization **comes with loads of drawbacks**.

Along with killing bacteria, pasteurization happens to be a high enough temperature to render 90% of milk's enzymes useless. Enzymes are incredibly important molecules that speed up the rate of reactions, and in the case of milk, enzymes are present in the form of lactase - needed for the digestion of lactose (milk sugars); galactase for the digestion of galactose; and phosphatase for the digestion and assimilation of calcium, but the list doesn't end there. There are many other enzymes in milk that are also destroyed.

Without its enzymes, milk is very difficult to digest and assimilate into the body. Most people stop producing lactase in their toddler years, and since we are dealing with cow particles, there are very likely some enzymes that we don't have the capability of making at all. It's no wonder, then, that **more than 70% of humans are intolerant to milk**, making milk and dairy derivatives the number one food allergen.

For the enzymes our bodies can produce, our pancreas undergoes unnecessary strain in its efforts to provide the enzymes necessary to digest any enzymatically deficient (a.k.a. cooked) food. In time, the pancreas will fail to do so, and diabetes or pancreatic cancer may result.

Pasteurization also denatures the proteins in milk. When proteins are subjected to heat, they tightly coil and their structure changes. The same happens when you throw meat on the grill or an egg in the frying pan. The proteins become scrambled, so to say. **Beneficial bacteria are wiped out** right alongside the pathogenic bacteria, which proliferates since there are no beneficial bacteria left to defend the milk.

When milk is pasteurized, **the calcium molecule is altered.** It is no longer as biologically available as it would be in raw milk.

There are two types of pasteurization that are used most often. Typically, milk is pasteurized at 145°F for 30 minutes; however, Flash Pasteurization is gaining popularity. It occurs at a temperature of 71.7°C (161°F) for roughly 15 seconds.

Pasteurization is the process that makes boxed milk possible - milk that stand on a shelf without refrigeration. This process, known as Ultra High Temperature (UHT) Pasteurization makes the liquid completely sterile. Everything that was good about the milk is dead.

There have been many cases in which pasteurization has been executed inappropriately, resulting in salmonella poisoning and likely creating cases of leukemia since almost all milk is contaminated with bovine leukemia.

Calves given their own mother's milk that has been pasteurized will die within 6 weeks.

Reproduction issues also arise when animals are fed pasteurized milk.

Homogenization

The purpose of homogenization is to prevent the natural separation of cream from the rest of the emulsion – the separation of fat from water. As far as we can tell, this practice was put into place to make milk more aesthetically pleasing to the consumer.

Remember, the industry wants you to drink milk for one reason and one reason alone: to increase their sales and revenue.

To avoid this natural separation, milk is forced by pressure through small holes, which destroys the fat cells, releasing the insides like smashing a water balloon.

A milk enzyme, Xanthine Oxidase (XO), is broken down during homogenization along with the fat globules. When these particles are made smaller, they instantly become a new set of puzzle pieces, which are able to fit into places in your body that they were never meant to fit.

According to Dr. K. Oster, these tiny pieces have no problem getting into your bloodstream where they are free to react on your arterial walls. Due to their small size, they sneak through the intestinal wall into the lymphatic system, and then into the bloodstream. When scratches and lesions are created in the arterial walls, the **body responds with a buildup of cholesterol** to protect the arteries from the onslaught.

In a study by Ross D.J. et al. where aortic tissues were compared, the comparisons suggested that “xanthine oxidase may be deposited gradually with time, possibly initiating a pathologic reaction which culminates in plaque formation or myocardial cellular damage. It has been shown that **milk antibodies are significantly elevated in the blood of male patients with heart disease.**”

So you can see why milk homogenization is linked to the hardening of the arteries and heart disease.

Fortification

Vitamin D, added to milk to prevent rickets in children, has far reaching consequences. It is manufactured in the skin when the sun’s UV rays shine on the body. It is also potentially the most toxic vitamin, which could explain “sun stroke” and fatigue after a day in the sun.

In the body, the most important job that falls on vitamin D is the regulation of calcium metabolism. When much vitamin D is taken, such as the synthetic, irradiated vitamin D found

in milk, it may contribute to calcification of the arteries, known as atherosclerosis, right from infancy.

Processed cow's milk has 15 times the vitamin D usually found in natural milk, which may increase the amount of calcium in circulation and account for why children already have hardening of the arteries.

Hormones

Cow's milk contains a substantial amount of female hormones. Hormones such as gonadotropins, thyroid-releasing hormones, ovarian steroids, and insulin-like growth factor. Dairy actually accounts for 60-80% of estrogens consumed!

Modern dairy farms milk their cows about 300 days a year. You may be surprised to find out that dairy cows can only produce milk when they become pregnant - something that may seem quite obvious to you now.

The hormone levels increase as the pregnancy nears full term. In the late stages of pregnancy, milk contains up to 33 times as much of an estrogen compound than milk from a non-pregnant cow. A study in Japan, milk was found to contain 10 times more progesterone than raw milk from Mongolia.

In Mongolia, where traditional herding societies are the norm, cows are milked for human consumption only 5 months of the year, and never in the later stages of pregnancy. They go to great lengths to ensure hormone levels stay low, but using this milking strategy would get in the way of profit, I'm sure, so don't expect to see it in the West!

Dairy and Disease

The list of diseases brought on and made worse by dairy products is long and intricate. So, here are just a few we thought you might be interested in!

Asthma

Eighty percent of milk protein is casein, the same glue used to hold together wood in furniture. It also holds the label onto a bottle of beer. Eat casein and you produce histamines. Histamines result in mucus, which filling the bronchioles with “glue” and makes breathing difficult.

Robert Cohen speaks of a “pizza victim”: With every organ acutely congested with mucus, unable to breathe, this woman died with undigested cheese stayed in her stomach a full 15 hours after her meal. Her body worked overtime to produce mucus and histamines, which made her choke to death!

Fibromyalgia

One case of a 59-year old man of Sri Lankan origin presented with a 26-year history of severe muscle pain, fatigue, tachycardia (abnormally fast heartbeat), irritable bowel symptoms, and ever-changing hypertension, with acute onset of muscle-aches, dizziness, and tachycardia after staying at a farmhouse. He required daily painkillers and his headaches occasionally came with blurred vision and dizziness. A diagnosis of chronic fatigue syndrome was suggested. He ate a Western diet, including milk.

Now, chronic fatigue and fibromyalgia diagnosis’ often come about when doctors have no idea what is causing the distress. But there always is something causing the distress, and the diet is a good place to start looking.

In this case, all symptoms improved after the simple exclusion of lactose from the man’s diet!

Osteoporosis

Bone loss is accelerated by ingesting too much protein. How? Dairy protein increases the production of acid in the blood, which the body neutralizes by leaching calcium out of the bones. Calcium losses are increased by the use of animal protein, salt, caffeine, tobacco, and by physical inactivity.

In order to absorb calcium, the body needs a healthy balance of calcium, magnesium, and phosphorus....cow's milk has calcium, negligible magnesium, and far too much phosphorus (a mineral that inhibits calcium absorption in the stomach); therefore, we do not absorb the calcium!

In Dr. T. Colin Campbell's Protein Study, it was found that casein consistently promoted cancer. Casein makes up 87% of cows milk protein!

Period Cramps and PMS

Dairy products are associated with unbearable period cramps and heavy flow. I (Amy...obviously) should know! Before my dairy enlightenment, I had the WORST period cramps in the history of period cramps. I remember a time, not so long ago, when the first 2 days of every period was largely spent in bed curled up in the fetus position. I was a Midol, Advil, and Excedrin junkie. It was normal for me to go through a whole bottle of pills per period!

Rheumatoid Arthritis

This type of joint pain can be a symptom of a food allergy, and dietary change sometimes has a profound effect. Dairy products, the most common food allergen, are one likely candidate as a contributing causative factor. Avoid all dairy products, and see for yourself! We would recommend 6 months just to get the full benefit, but some people have found complete remission within as little as 3 weeks!

Sinus Congestion

I (Amy) used to go to my doctor a few times a year with the complaint of mucus and nasal congestion. He gave me steroid spray. This went on for years.

Recently, I cut all dairy out of my diet, and in ONE week my symptoms were severely diminished. This is when I asked my mom if I had ear infections as a child, and the answer was *“all the time, even when you were a baby!”*

Dairy allergies are the leading cause of chronic ear infections in children. Yet another example of how downright ignorant doctors can be when it comes to nutrition...if you have a child with recurrent ear infections, cut out the dairy! And give your doctor a good smack for me.

Testicular and Prostate Cancer

One study compared diet and cancer rates in 42 countries showed that the consumption of cheese is highly correlated with higher incidence of testicular cancer among men ages 20 to 39.

Not surprisingly, the highest rates of cancer were in places like Switzerland and Denmark, where the consumption of dairy is the highest. Rates were lowest in Algeria and other countries where dairy is rarely consumed. The same study found milk to be the most closely correlated the incidence of prostate cancer with cheese, meat and coffee lending the cancer a helping hand.

Diabetes

There is a consistent relationship between Type I Diabetes in either cow's milk or diminished breast-feeding. Patients who had Type I Diabetes were more likely to have been breast-fed for less than 3 months and to have been exposed to cow's milk before 4 months.

Early exposure to cow's milk may increase the risk of developing Type I Diabetes by 1.5 times. In our holistic nutrition school, we were taught that babies should not be fed cow's milk for the first year of life due to the possibility of developing cow's milk allergy. Right away, we questioned this logic. Why give them cow's milk at all then? The body obviously rejects it.

Fertility Problems

In some cases, fertility problems may simply stem from the fallopian tubes being blocked by mucus. When dairy products are removed from the body, conception is made possible.

Calcium Deposits

There is a lot of misinformation out there on this topic, as there are with most of these topics! Some “articles” we have come across even include insane statements like *“Most sufferers ask if they should change their diet in order to lessen calcium intake. This can be possible, but it is not recommended as a form of treatment.”*

If the diet doesn't influence the body, then what the hell are we made of anyway? The first thing we would recommend to people who suffer from abnormal calcification in the body is that they stop eating any form of dairy products whatsoever. No cream, milk, cake, ice cream, etc. and then we would assess the situation and go from there.

So there you have it. **Dairy is toxic.** It will make you sick, and it will make your kids sick.

What about calcium? What about protein? What are the best milk substitutes? These questions and more will be answered in the Total Wellness Cleanse program!



www.TotalWellnessCleanse.com



"I lost 17 pounds in 3 weeks and went from 24% body fat to 21%..."

"I was an overweight mother of two, who was suffering with excess weight and increasing issues with skin allergies, feeling lethargic and falling hair. I had tried different diets and also worked with fitness trainer but still did not see any progress. My belly area was big such that many of my close friends sometimes wondered if i was pregnant.



I listened to his introduction call for the Total Wellness Cleanse and decided to join after understanding that the cleanse would help me address some of the issues that I have been struggling with for a long time.

I am very glad that I joined. I was so impressed with the amount of information Yuri and Amy provided with this program and the support his team provided as part of daily coaching emails and on questions we may have had, as we moved along this program.

*I lost 17 pounds in 3 weeks and went from 24% body fat to 21% and learned a great deal about eating right and eating healthy. **I can honestly eat this way for rest of my life. My skin has improved, with husband and friends seeing a significant change in my skin glow and my mood.***

***I have learned how to correctly read food labels and identify healthy food** and foods that do not do my body any good. **I do not crave sugars anymore** and automatically choose healthier foods over not so healthy. I have learned to listen to my body and understand my body needs.*

*I have also seen **a tremendous increase in my energy levels**. I recently bought new clothes and am surprised on how well they fit. Thanks again!"*

- Amrit Agarwal

Ashburn, Virginia

Part 4

The Poisoning of Our Food Supply

One of the reasons our bodies have become increasingly toxic is the abundance of chemicals that have been introduced into our food chain. Fertilizers, herbicides, pesticides, and fungicides are just a few of the toxins that are now wreaking havoc on our foods and our bodies.

One of the big problems with these chemicals is that many of them are petroleum-based, which makes them fat-soluble. And where do fat-soluble substances reside? If you said fat cells, then you're correct.

Furthermore, if eating organic foods is not high on your priority list, it should be. Yes, they are slightly more expensive but far cheaper than the health issues that may help prevent.

Overtime, consuming pesticides and other chemicals that have contaminated our conventional food supply build-up in the body. These deadly chemicals accumulate in your fat cells, "hiding" there for years, and also pose a tremendous burden on your liver – the body's major filter.

As the liver becomes more toxic, its function becomes severely compromised. Less and less is it able to do its over 500 roles which include regulating your blood sugar and lipid levels, producing sex hormones and the fat-emulsifying bile, and overseeing over 2,000 different enzyme processes!

The issue with low-grade chemicals is that they rarely produce "instant" effects. What we mean is that the effects these toxins can create may take years and even decades to manifest. Instead, they lay dormant in your body and slowly but surely wear you down.

So now that you have a slightly better understanding of why the poisons that are present in our foods don't do your body any good, let's have a more detailed look at what some of these chemicals are all about.

Chemical Fertilizers

Crop rotation was once widely practiced to ensure that soil nutrients were replaced season after season. The natural growing of corn, for instance, uses so much nitrogen that it seriously depletes the soil of nitrogen.

After a year of corn, beans or peas should be used to replace the nitrogen, as they concentrate nitrogen in their roots. However, these days it is commonplace to follow a year of corn with a heavy dose of chemical fertilizers, followed by another year of corn, and then more fertilizers because, chemical fertilizers are not cheap, so in order to pay for the fertilizers, farmers must continue to plant the crop that will yield them the highest payoff for their efforts – a vicious cycle which ensures that you will have plenty of chemicals in your food for years to come.

What About Pesticides, Fungicides, Insecticides, and Herbicides?

Since the same crops are planted year after year in the same place, pests and fungi know exactly where to go for a good dinner. As a result, farmers need to douse their crops in pesticides, insecticides, fungicides, and herbicides – only over the years, these chemicals become less and less capable of keeping pests away as the pests acquire resistance to the chemicals. This means more and more chemicals over the years – and more toxicity in the soil, your food, and your body.

The World Health Organization estimates that 3 million agricultural workers in the developing world suffer pesticide poisoning. Many pesticides are nerve agents, and are one of the most common causes of poisoning worldwide. Pesticides are associated with acute abdominal

pain, dizziness, headaches, nausea, vomiting, skin problems, and eye problems, as well as long-term problems such as, memory disorders, respiratory problems, cancer, depression, neurological deficits, miscarriages, and birth defects.

There are pesticides, which are so deadly that farmers must take courses and exams to be able to purchase them! And if farmers must wear chemical suits to pour pesticides into spraying machines, and then spray them all over foods that people will consume...do you really want to be eating those foods?

Agent Orange

How can we write a report on conventional farming methods without mentioning Agent Orange? Agent Orange is the herbicide that was sprayed in South Vietnam between 1962 and 1971 by American forces to clear dense foliage, draw out the Communist enemies, and destroy the food crops on which they survived.

The effects were disastrous. Filled with dioxins – Agent Orange is responsible for various types of cancer, birth defects, and a whole lot of suffering in the lives of those exposed – Vietnam War Veterans, their families, and millions of Vietnamese victims.

According to the Vietnamese Ministry of Foreign Affairs, 4.8 millions Vietnamese people were exposed to Agent Orange, which resulted in 400,000 deaths and disabilities, and 500,000 children born with birth defects. And these numbers do not include people who have lived their lives in pain since this exposure, and have died premature deaths due to “natural causes”.

This herbicide was fatal for so many people and even though it is hard to imagine that Agent Orange would still be used today, the collateral damage it has already created around the world will be felt for decades to come.

But you have a choice, and you can choose to avoid herbicide treated foods.

Ethylene Gas

When fruits and vegetables are picked early, before they are ripe, ethylene gas may be used to ripen them for sale. Ethylene gas is produced naturally by plants during the ripening stage. But if the plant is covered and the gas is trapped, the plants will ripen a lot faster. You may have heard of placing an avocado or a banana in a paper bag to hasten the ripening process, but in large-scale industrial food production, paper bags just don't make the cut.

Instead, large rooms are equipped with ethylene generators. The rooms are monitored and their environments are fully controlled. There is no evidence as to what long term exposure of small amounts does to consumers, but large amounts of ethylene gas in air can produce dizziness and decrease coordination and judgment, while very high concentration (8% oxygen in air) of ethylene gas can cause acute death.

What this means is that fruits and vegetables can be picked early, before they have all their nutrients, and companies can sell you produce that has sat in transportation or storage for long periods of time – even years, that appears ripe, but is void of any nutrients! What is scary is that, recently, we even bought organic bananas that NEVER ripened. They literally sat in our kitchen for over a month, and we finally threw them away.

Ethephon

Ethephon is a man-made chemical that reacts with water to release ethylene gas. It is sprayed on crops just weeks before harvest to maximize harvest efficiency. One study characterizes it as “slightly toxic on a sub-acute dietary basis to bobwhite quails and mallard ducks.” And human studies found a “sudden onset of diarrhea or an urgency of bowel movements, stomach cramps or gas and increased urgency or frequency of urination.”

We're not sure how anything can be slightly toxic on a sub-acute dietary basis... We almost always get a laugh out of journal-speak, especially when studies are funded by companies

trying to market products that are obviously harmful when ingested! We're not sure what to think about this chemical, but we definitely don't support its usage on the food we eat.

Final Remarks

The reason for this lesson is to reiterate the need to consume foods in their natural state. Foods that have been sprayed with poisons or artificially ripened are not in their natural state, provide little nutritional value, and can pose serious threats to your health.

Perhaps eating organic foods isn't feasible for you? Maybe it is?

But, either way, cleansing is a very helpful means of replenishing the health of your over-burdened organs (such as your liver and kidneys) and providing your body with a much-needed "vacation" from the overwhelming physical stress that certain foods are creating.

Organic or non-organic – it's up to you. Either way, your body will thank you once you go through the Total Wellness Cleanse.

CLICK BELOW TO GET STARTED!



www.TotalWellnessCleanse.com



"I easily lost all the weight that I wanted to (15 pounds) in the first 3 weeks... and I dropped 90 points in my overall cholesterol!"

"My results on the Total Wellness Cleanse were strong all around. I easily lost all the weight that I wanted to (15 pounds) in the first 3 weeks. Combined with daily exercise, this is the earliest in the year I've ever felt in top shape, so my energy is maximized.

*Medically, before the cleanse I was given a prescription for high cholesterol which I never filled. Needless to say, I dropped 90 points in overall cholesterol, avoiding the need for meds. **The loose bowel issues I've had for the better part of the last year are gone.** I have also not had one headache (another prone of mine) over the last 3 weeks.*

I will be staying with an all vegetable, fruit, nut and fish diet, and possibly add more of the heavier suggested recipes from the post-cleanse.

So, thank you for all the time and energy that you put into it for us. And again, the references to the power of positive thinking and the empowering psychology made it that much more enjoyable."

- Mike McKenna

New York, USA

Want to be the *next* success story?



www.TotalWellnessCleanse.com

Part 5

When "Adding" Ingredients Becomes Dangerous

Apparently, for many people, eating natural whole foods is not good enough.

"It's hard to eat healthy! It takes too much time to prepare healthy meals! When I buy fresh produce it goes bad before I can even eat it! Healthy food has no taste, no appeal!"

These are some of the most common complaints we have come across in our years of helping people better their nutrition. If you can relate to any of these statements, then, sorry, but you need to get over it!

You need to realize that in our fast paced society we have compromised the quality of our foods (and our health) for convenience. Sure it's easier to grab a ready-made burger or bagel at the fast food joint across the street but believe us...you are paying much more than the price of a happy meal! You are paying with your health.

Slowly but surely, the more you allow yourself to be suckered into believing that frozen pizzas are healthy because they have "organic" labeled on the box or that rainbow-coloured cereals (such as Lucky Charms) are not that bad since they are "a source of vitamin C", the more you set you and your family up for a devastating future!

If you find it difficult to eat fresh natural whole foods, then hopefully what follows will help you reconsider your food choices.

Additives never add any nutrition to your food, they can only pose a threat or, at best, have a neutral effect once inside your body.

Additives are substances that are added to foods to enhance any aspect of their production, processing, storage, or packaging.

According to the Food Protection Committee of the National Academy of Sciences, which ironically evaluates the safety of food additives, the more than 3,000 chemicals that food manufacturers have at their disposal are meant to serve one or more of the following purposes:

- Improve nutritional value
- Enhance quality or consumer acceptability
- Improve the keeping quality (“shelf life”)
- Make the food more readily available (ie. long haul transportation from the original source)
- Facilitate its preparation

The reality though is that additives are **added to foods to ultimately garner more sales and greater profits** for big food conglomerates. And for them, that is the most important goal! The food industry and most of its governing organizations (ie. FDA, USDA) are solely concerned about their bottom line – not your health. It is a sad but true reality.

When foods are introduced that promote the newest health craze such as organic, DHA, low carb, or low fat, these are simply tactical marketing ploys to trick you – the consumer – into believing that these foods are actually good for you. They are not! Not by a long shot.

My Experience at Kraft Foods

Case in point. Not too long ago, I (Yuri) had been in contact with Kraft Foods to organize a series of nutrition-related presentations for their employees. After presenting my intentions to their head of “wellness”, I very quickly realized that I would not be able to present important whole food nutrition information to their hundreds (if not thousands) of employees because it would contradict and undermine Kraft Foods.

After all, how could I enter this corporation and tell their people – who, by the way, are brain-washed into believing that Kraft Foods are actually good for us – that Kraft dinner, ketchup,

and many other non-foods developed by Kraft are terrible foods that are killing each and every one of them slowly but surely?

As much as I wanted to, there would be no way that the people at Kraft would allow me to undermine what they have worked so hard to have their people believe about their foods.

To that point, it was both and amazing and disgustingly frightening to see the “Kraft only” supermarket that occupied the company’s head office lobby in Toronto. Each and every day, employees were forced to enter and exit the office through the aisles of this mini-store. One thing is for certain; they lived and breathed the Kraft philosophy. It was cult-like, to the say the least.

Unfortunately, as an entrepreneur, I must sadly applaud Kraft for creating a culture of evangelists out of their employees. Companies like Kraft know that their employees are their front line troops in the battle to increase market share and corporate profits, regardless of the health consequences of their fabricated foods!

Non-Foods, Fabricated Foods, Faux Foods, and Food Additives Are Big Business!

These are just some of the names we use to refer to packaged and processed foods “created” by big food conglomerates such as Kraft, General Mills, and McDonald’s.

The total U.S. market for food additives is an estimated \$5.8 billion, a huge increase from \$1.3 billion in 1978. Food sellers are very clever that most consumers are more likely to buy products that contain additives that render their foods more appealing, in one way or another. They spend, therefore, more than \$1.4 billion annually to introduce 10,000 new food products into the market.

Most recently, we’ve witnessed the unfortunate introduction of “functional foods” such as Wonder Bread with DHA, Tropicana Orange with Omega-3s, and many more foods that add

one healthy element to make it more appealing to the masses without providing any additional nutritional value.

The chilling reality is that it takes many years of research and unfortunate trial and error (on humans) for governing bodies to realize the true effects of many of the food additives in our food supply. As an example, in 1978, there were 35 widely used additives that had been approved as safe for food but have since been removed as unsafe, most because they were found to be carcinogenic (ie. cancer-causing).

Generally Recognized As Safe (GRAS)

How exactly are such substances established as safe for human consumption?

Foods approved for human consumption need to be deemed as “Generally Recognized As Safe” or GRAS. Such foods are placed on the GRAS list and then ready for our bittersweet enjoyment.

The GRAS list was established in 1958. However, substances added to food before that time were exempt from the Food Additives Amendment, which created the GRAS list. Therefore, additives like saccharin and many of the later banned food additives were, at the time, deemed safe because a handful of scientists simply decided they were.

Needless to say, over the past 50 years new research has brought awareness to the need for proper food additive testing. In fact, many of the food additives added to the GRAS list early on did not even have adequate testing. As a result of these shortcomings, in 1969, U.S. President Richard Nixon ordered the FDA to re-test all 415 pre-1958 substances on the GRAS list.

Unfortunately, under new rule, decades later, the federal government weakened the GRAS additive requirements. As of the late 1990s, food manufacturers simply had to notify the FDA of their additives GRAS and provide minimal evidence to support their claims. This easier approval process was put in place to save the FDA money, since they believed that passing

the buck to the manufacturers would allow the FDA to gain increased awareness of new ingredients in the nation's food supply.

Before this time, food manufacturers were required to go through a stricter petitioning process before their additives could be approved for mass consumption.

A step in the wrong direction to the say the least!

The Delaney Amendment – Fact or Fiction?

The Delaney amendment was put forth by Congressman James Delaney as part of a law requested by the FDA in 1958. The law stated that food and chemical manufacturers had to test additives before they were put on the market and the results had to be submitted to the FDA.

Delaney's amendment specifically states:

“No additive may be permitted in any amount if the tests show that it produces cancer when fed to man or animals or by other appropriate tests.”

Immediately, as you can imagine, the amendment was severely attacked by food and chemical manufacturers, the Nutrition Council of the American Medical Association, and even several FDA commissioners.

But has the Delaney amendment held strong since it's inception? Has the FDA enforced its very own law instated more than half a century ago? The short answer is NO!

The sad truth is that our food supply has been overwhelmed by food additives that have been scientifically proven to cause cancer, even though such findings have been submitted to the FDA.

Pressure from interested parties such as lobbyist groups that can finance political campaigns, big food conglomerates who also have tremendous financial and even political pull, and corrupt CEOs and politicians have rendered laws and amendments such as Delaney's little more than a small hurdle to overcome en route to meeting their own agendas.

Tainted Foods Taint Your Body

So with that in mind, it should be remembered that any processed food that comes in a package or a box most likely contains additives that have no business in the human body.

As we mentioned in Part 4 of this e-course, there is no "acceptable" level of a toxin or poison for your body. It's like when environmental authorities deem e-coli levels in local water supplies to be at acceptable levels! What does that even mean? How is that even possible?!

Chemicals simply reside in your body and slowly but surely degenerate vital organs, tissues, and systems. It's really only a matter of time. This is even more pronounced these days as most people's detoxifying organs such as the liver are already heavily toxic and overworked. The body simply can't expel the toxins efficiently. At least not until you allow to recover and regain its proper eliminatory function.

Sorry for sounding so morose, but it's the truth. Why else are we seeing statistics showing that 1 in 2 men and 1 in 3 women succumb to cancer? And that such diseases were almost non-existent just 100 years ago?

Human beings have decided they know what's best. They think that adding chemicals to foods in order to make a greater profit is acceptable.

Well, it's not! And your body should not be a testing ground.

It's almost as if we are living in Jurassic Park where the food industry wants us to believe the "food monsters" they are creating are safe and could never harm us. But they know full well what their additives do to the human body.

But don't expect these food chemicals to be removed from our foods any time soon. Instead, the key is to purify and cleanse your body of the chemicals that have already made their way in. You must allow your body to recover from its taxing work and provide an environment that will allow your cells, organs, tissues, and systems to regain their inherent vitality.

If you no longer want to be a “guinea pig” for the food industry, then it's time to make a change. Our Total Wellness Cleanse will help you do so.



www.TotalWellnessCleanse.com



"I'm eating so much better. I'm at my goal weight of 135 pounds (from 152 lbs) and maintaining it. I've lost close to 20 inches!"

"I'm very appreciative for having been able to participate in the Total Wellness Cleanse. It has helped me get that jump start back into feeling better overall.

*Before the cleanse and the previous year I weighed close to 190 pounds. I've lost 40 some pounds (give or take) from that throughout the year however I leveled out losing, until the cleanse (152 at start). I've read so many health books, raw living books, overall wellness over this past year but **NOTHING compares to this!***

Before the cleanse, I'd fight the alarm clock, dread the gym, eat "ok." Now, I wake up feeling refreshed ready to start the day. I head to the gym on routine now at least 4 times a week. I'm eating so much better. I'm at my goal weight of near 135 pounds and maintaining it. I've lost close to 20 inches.

I find myself continuing to read the daily affirmations and readings you've provided during the cleanse. My biggest struggle is an inner struggle. The readings and verbal support you provided was FANTASTIC and I carry them with me. I write sayings down the put them in my pocket. I did find a carnelian rock that says "gratitude" on it. I carry that with me as well and when I reach into my pocket or feel it, I say "thanks."

The Total Wellness Cleanse helped me think about my goals, plan them, realize why I wanted them, and help me put them into action. I continue to make new goals and carry them through. I'm more aware now of what I'm doing, how important life is, and how to bring my happiness into light and live it. I'm painting a new me! Thanks to you, Amy, and Adam."

- Ann Fritz

Michigan, USA

Part 6

Alcohol's Depressing Effect on the Liver

Today's lesson is an important one. We're going to be discussing one of mankind's favourite beverages – alcohol – and uncover the stress it imposes on your body's most important organ, the liver.

Alcohol is a central nervous system depressant. It acts as a tranquilizer and mild anesthetic, a use to which it's been put for centuries. It is thought that alcohol exerts its effect by causing the release of naturally occurring pain relievers in the body (called opioids), that make you feel less inhibited and more relaxed.

The danger, as you well may know, is that in larger amounts, alcohol slows mental function and can cause loss of memory, poor judgment, dizziness, poor co-ordination, slurring of speech, blurred vision, vomiting, and (overtime) more serious conditions including heart disease, pancreatitis, cancer, nervous system disorders, and liver damage.

Now before you offer a rebuttal in defense perhaps by claiming that red wine contains resveratrol, a powerful antioxidant that has many health benefits, it is important to remember that the risk of alcohol is directly related to the amount consumed.

Sure, 1 glass of red wine a day has been shown to be healthy but that's really about it when it comes to consuming alcoholic beverages. Beer and most other fermented alcoholic beverages, aside from their alcohol content, are also laden with yeast, which can upset the balance of bacteria in the colon.

But the real issue with alcohol intake is its toxic impact on your liver.

The liver is your largest internal organ, weighing about 1.5 kg in adults. The liver sits just under your ribs in the upper, right-hand side of your abdomen. It performs more than 500 functions, including:

- processing nutrients from food;
- production of over 13,000 different chemicals;
- maintenance of over 2,000 enzyme systems;
- regulation of blood sugar;
- storing energy;
- making bile to help with digestion of dietary fats;
- filtering toxic chemicals and bacteria from the body;
- helping with blood clotting; and
- processing medicines.

The liver's role in detoxification is to change harmful toxins into substances that can be safely eliminated from the body. Your liver is also the main place in your body where alcohol is broken down.

So, What Happens After You Drink Alcohol?

After you ingest an alcoholic drink, about 25% of the alcohol is absorbed straight from your stomach into the bloodstream. The rest is mostly absorbed from your small intestine.

How quickly you absorb the alcohol depends on several factors, including:

- The concentration of alcohol in your drink (drinks with a higher alcohol concentration are generally absorbed faster);
- Whether your drink is carbonated (champagne, for example, is absorbed more quickly than non-sparkling drinks);
- Whether your stomach is full or empty (food slows down the absorption of alcohol), and
- Your liver's ability to metabolize alcohol

Once alcohol has entered your bloodstream it remains in your body until it is processed. About 90-98% of alcohol that you drink is broken down in your liver. The other 2-10% of alcohol is removed in your urine, breathed out through your lungs or excreted in your sweat.

The average person will take about an hour to process 10 grams of alcohol, which is the amount of alcohol in a standard drink. So if you drink alcohol faster than your body can process it, your blood alcohol level will continue to rise.□

How Does Your Liver Process Alcohol?

There are 2 ways that alcohol can be processed by your liver.

Most alcohol is broken down, or metabolized, by an enzyme in your liver cells known as alcohol dehydrogenase (ADH). ADH breaks down alcohol into acetaldehyde, and then another enzyme, aldehyde dehydrogenase (ALDH), rapidly breaks down acetaldehyde into acetate. The acetate is further metabolized, and eventually leaves your body as carbon dioxide and water.

However, a small amount of alcohol may be processed using a different set of enzymes in your liver. This alternative pathway, known as the 'microsomal ethanol-oxidising system' is mainly used when the level of alcohol in your blood is very high.

Regular drinking can increase the activity of this second pathway, which is not something you want to have happen.

The danger is that this secondary alcohol breakdown pathway in the liver results in the generation of highly reactive oxygen-containing molecules known as oxygen radicals.

Both acetaldehyde and oxygen radicals can interact with proteins and other complex molecules in the cell, **forming dangerous hybrid compounds called adducts**. Other

adducts can also be formed with aldehyde molecules, which are produced through the interaction of free radicals with lipids (fats) in the liver cells.

The trouble with adducts is that they **impede the function of the original enzymes and proteins participating in the liver's metabolism of alcohol**. Moreover, these adducts may induce harmful immune responses. Both of these effects may account for some of the damage observed in alcoholic liver disease.

Why Can't Some People Tolerate Alcohol?

About 50% of East Asian people have a **genetic variation** which means that their ALDH enzyme doesn't work properly. These people can't process alcohol in the normal way, and shortly after drinking alcohol their acetaldehyde level rises.

Acetaldehyde is a toxic substance that can cause an unpleasant reaction when it builds up. Symptoms you might experience if your ALDH enzyme does not function properly include flushing of the face, hot sensations, nausea and palpitations (an awareness of your heart beating faster than normal).

Problems begin to arise when the liver has too much alcohol to handle. In such cases, normal liver function may be interrupted leading to a chemical imbalance. If the liver is required to detoxify alcohol continuously, liver cells may be destroyed or altered resulting in fat deposits (fatty liver), and more seriously, either inflammation (alcoholic hepatitis), and/or permanent scarring (cirrhosis). Liver cancer can also result from alcohol induced liver disease.

More than three quarters of liver cells may be non-functioning before you notice any symptoms but by then it may be too late to do anything about it. So it's important to minimize your alcohol intake and detoxify your liver through periodic cleanses.

Your Liver, "The Filter"

Imagine your liver as an air filter. It traps all the dust, debris, and pollution out of the air and sends out cleaner air. But overtime, more and more pollution will build up in the filtering cells of the air filter and compromise its function. If you've ever cleaned out such a filter, we're sure you can appreciate how disgustingly dirty and dusty it can get, right?

Well, the exact same thing occurs in your liver. The more pollution and toxins it has to deal with (ie. alcohol, chemicals, processed foods, medications, etc...), the more "dirty" it becomes. That's why it's so important to detoxify and support your liver whenever you can. The liver is so important to your health and survival that it is the only organ in your body that can actually re-grow itself from a single cell!

What Are the Symptoms of Liver Damage?

If your liver is not properly performing its functions, the rest of the body will soon be affected by the lack of nutrients and excess waste products present in the blood.

As an example, bile production is one of the liver's most important functions. A healthy liver will produce one liter of bile per day. Aside from enabling fat digestion, bile also serves as a carrier to eliminate toxins from your body.

However, if your liver is sluggish due to toxic overload, **toxins can build up and cause inflammation**. As well, this can subject your body to **cellular damage** from free radicals. Toxins end up re-circulating and are eventually stored in the fatty tissues (including brain cells and the central nervous system). The slow release of these toxins into the bloodstream is a major factor in the development of **chronic disease**!

Symptoms and complications arising from liver damage include fatigue, loss of appetite, headaches, pale stool, PMS, pain on the right side, constipation, skin problems, mood swings, poor tolerance to fatty foods, lowered resistance to infections, jaundice (yellowing of

the skin and eyes), swelling of the abdomen, internal bleeding, confusion, and kidney failure – just to name a few.

The good news is that if caught early, minimal liver damage can be reversed if you abstain completely from drinking alcohol and provide nutritional support for your liver. When there is no alcohol in the bloodstream, and proper nutrients are provided, the liver cells will be able to return to normal because the liver has a tremendous capacity to regenerate itself.

When you embark on our **Total Wellness Cleanse** you'll learn EXACTLY how to detoxify your liver and restore its optimal function – without supplements or special detox kits! You'll also discover the 2 phases to liver detoxification and know which nutrients support and rebuild your liver cells to ensure that you live your healthiest life ever!

Cleanse your LIVER and your body – with natural foods!

HERE'S HOW...



www.TotalWellnessCleanse.com



"The excellent recipes, the motivational insights and your attention to the individual needs truly set your program apart."

"Dear Yuri, Amy & Adam - I successfully completed your 30-day cleanse in January and I wanted to share my feedback/take-away from the experience.

First of all, I derived tremendous satisfaction after completing the program and sticking to the cleanse phase for at least 90% of the time. I had never undertaken a cleanse for that length of time before and it was thanks to your consistent guidance and encouragement by email and teleclasses that enabled me to maintain my commitment and focus on the end result.

The excellent recipes, the motivational insights and your attention to the individual needs truly set your program apart. It was well-researched and documented.

I lost approx 10 lbs during the cleanse and have been able to maintain my commitment to eating more raw foods and reducing sugar, wheat, dairy and caffeine intake.

Thanks for helping me achieve a goal that I couldn't have done without you!"

- Tove

Calgary, AB

Part 7

Are We Under Attack? No, It's Just Caffeine!

Coffee is by far one of the world's most popular and loved beverages.

According to Wirthlin Worldwide (a market research company), North Americans consume on average 1.8 cups of coffee per day. Compare this to our water consumption. It is recommended to consume on average eight to ten 8 oz glasses of “living water” (ie. mineral rich, slightly alkaline, and energy producing within the body) each day. However, scary statistics reveal that 20% of North Americans drink no water at all while only 42% of us consume a mere 2 glasses or fewer.

And the numbers are no better for our European friends.

There are several issues with coffee, but let's highlight the main one – caffeine! Coffee is the major vehicle for caffeine consumption for most humans.

Caffeine is a **central nervous system (CNS) stimulant**. It is a member of the class of methylxanthine chemicals/drugs. Xanthines (specifically theophylline) are commonly used in medicine to aid in breathing. Theobromine, another xanthine derivative, is found in cacao (chocolate) and tea. Thus, chocolate and tea are also sources of caffeine.

A dosage of 50 to 100 mg caffeine, the amount in one cup of coffee, will produce a temporary increase in mental clarity and energy levels while simultaneously reducing drowsiness. It can also improve muscular co-ordination, which is why many employers love to provide coffee to their employees – to keep them awake and working hard!

Through its CNS stimulation, caffeine increases brain activity; however, it also stimulates the cardiovascular system, raising blood pressure and heart rate via the release of noradrenaline and adrenaline from the adrenal glands (more on this later).

Caffeine is a Drug - Have a Look...

Since caffeine is a “drug”, the amount needed to produce stimulation increases with regular use, as is typical of all addictive drugs.

But you might say that caffeine (and coffee) is not nearly as dangerous as other drugs. That may be true – or is it?

Let's see what the research says...

- Coffee **intensifies stress**, causing an average 40% increase in adrenaline. This results in increased blood pressure, heart rate, perspiration, nervousness, and irritability.
- Coffee increases the secretion of stomach acid by 400%, **contributing to gastritis and peptic ulcers**.
- According to the British medical journal *Lancet*, coffee drinkers have a **50% higher risk of heart attack**.
- Coffee **causes a significant loss of nutrients**, especially alkalizing minerals such as magnesium, potassium, calcium, zinc, and B vitamins.
- Coffee is a **major source of cadmium**, a heavy metal that has been linked to cancer and immune suppression.

AND...if you're a woman, please consider the following even scarier facts:

- Caffeine is **linked to ovarian cancer, bladder, and kidney cancers**.
- According to the Journal of the American Medical Association, coffee **increases the risk of miscarriage** and can double the rate with just 1 cup (160 mg caffeine) per day!

- Coffee **reduces fertility**. More than 1 cup per day makes a woman half as likely to conceive (American Journal of Epidemiology)!

Please remember that this is by no means an exhaustive list of coffee's effects on the body. Also consider that for each cup (100 mg caffeine) of coffee you should be throwing back 3 cups of purified living water to make up for coffee's dehydrating diuretic effect.

Aside from all these effects, it is vitally important to remember that coffee is acid-forming in the body, and more so if taken with sugar and milk.

Although coffee beans in their original natural state have potent antioxidant properties, once they've been processed and roasted they no longer provide much value to your body. Rather, roasted coffee becomes a strong pro-oxidant (as its oils become rancid), meaning that it greatly increases the oxidation within your body's cells. Simply put, it **causes you to age faster!**

Caffeine's Effect on the Adrenal System

Now that we've discussed many of caffeine's (and coffee's) negative effects on the body, we need to turn our attention to, probably, the most pressing issue – caffeine's impact on your adrenal system.

We mentioned that caffeine stimulates your CNS. Once it does so, your CNS sends hormonal signals (ACTH) to your adrenal glands to produce and secrete the "stress" hormones adrenaline (and noradrenaline) and cortisol.

Adrenaline intensifies and readies your body for the "fight or flight" response. It stimulates your cardiovascular system by revving up your heart rate and constricting your blood vessels, thus raising your blood pressure. These, and many other effects, are part of your body's natural preparation to either "fight" or "flee" a given situation. Too bad, we no longer live in the wild and have to contend with ferocious predatory animals!

Cortisol, the other adrenal hormone released upon caffeine intake, is another “fight or flight” hormone whose main role is to break down energy reserves for immediate use. Since the body would naturally need more glucose (for energy) in a “stressed” state, cortisol is released to mobilize fatty acids and glucose from fat reserves and glycogen stores, respectively.

The problem here is that overtime, caffeine’s stimulation of the adrenal glands, combined with day-to-day stress, can overload and **eventually fatigue your adrenal glands!**

Caffeine’s High is Followed by a More Pronounced Low and Eventually Exhaustion

Allow the following authors to describe the impact of caffeine on the adrenals.

“It doesn't take a genius to see that there might be a downside to all of this neuron activity. In fact, uncontrolled neuron firing creates an emergency situation, which triggers the pituitary gland in the brain to secrete ACTH (adrenocorticotrophic hormone). ACTH tells the adrenal glands to pump out stress hormones—the next major side effect of caffeine.”

- **Caffeine Blues** By Stephen Cherniske MS, page 56

“Within five minutes after you drink your morning coffee, the caffeine begins to stimulate your central nervous system, triggering the release of stress hormones in your body, causing a stress (“fight or flight”) response.

The stress hormones are useful if you need to prepare yourself to fight or flee a dangerous situation, but if you are simply sitting at your desk you may feel a short charge of alertness, quickly followed by feelings of agitation.

Within the next hour or so, after the stress response dissipates, you will probably feel more tired and hungry. At these low-energy times, many people reach for another cup of coffee, or eat a snack that is often high in sugar to "pep up" and stay alert.

However, both caffeine and sugar only give you temporary feelings of increased energy, which quickly dissipate. For some people, this cycle of low energy followed by an infusion of caffeine or food continues the entire day -- leaving them feeling exhausted and unable to focus by 3:00 p.m. because they are drained from the ups and downs in energy their body endured throughout the day."

- Active Wellness By Gayle Reichler MS RD CDN, page 12

"Among other things, it (caffeine) stimulates the production of adrenaline, one of the hormones secreted by the adrenal glands to help us in extreme emergency situations. Our adrenals evolved to give our early ancestors the extra strength and alertness needed to escape a saber tooth tiger attack, but we don't often need that much adrenaline these days.

Like sugar, coffee constantly stimulates the production of adrenaline, putting excessive wear and tear on the adrenal glands. And let's not forget that green tea and black tea contain caffeine, and even decaf still contains some caffeine. If you're sensitive to caffeine it can keep you awake at night even if you haven't had any since noon. If you're suffering from insomnia, your best bet is to drink non-stimulating herbal teas such as chamomile or mint in the evening. If you need a boost in the afternoon, try a cup of ginseng tea."

- Prescription Alternatives by Earl Mindell RPh PhD and Virginia Hopkins MA, page 388

"Although we think of caffeine in coffee as the "wake-me-up" chemical, chronic use of it may cause fatigue, headache, moodiness, and depression in some people. Because caffeine boosts energy through increasing the production of ATP, the basic unit of energy production in your body, one school of thought suggests that chronically stimulating this system may deplete it, sort of like overworking the soil in farmland."

The common thread in all of these passages is that caffeine exerts a stimulatory effect on the adrenal glands. With time, this constant stimulation eventually wears down your adrenals. As a result, they aren't able to function properly and their ability to produce and secrete their hormones is compromised. The result – adrenal fatigue - can be devastating to your health and energy levels.

Let's look at two examples...

Adrenal Fatigue and Blood Sugar Problems

When your adrenals are fatigued, their cortisol output is diminished and you have lower levels of circulating blood cortisol. As a result, your liver has more difficulty converting glycogen (stored blood sugar) into glucose (active blood sugar).

Fats and carbohydrates, which normally are converted into glucose, now cannot be readily converted into glucose.

Further complicating this matter is that during stress, insulin levels are increased because the demand for energy in the cells is greater. Insulin is released as it permits the uptake of glucose into the cells for energy.

However, without adequate cortisol levels to facilitate the breakdown of glycogen and fats to new glucose supplies, this increased demand is difficult or impossible to meet. All this combines to produce low blood sugar.

This produces a real dilemma for those who suffer from adrenal fatigue and experience chronic stress. They simply cannot get enough glucose to meet their body's needs. This can lead to light-headedness, dizziness, fatigue, confusion, loss of muscular strength, and many other unpleasant symptoms.

But what do most people do to deal with their stress and plummeting blood sugar levels? They seek out further stimulation to bring them back to normal, right? So, most people handle their low-adrenal related hypoglycemia symptoms with a double-edged sword – they eat something sweet or drink a cup of coffee or cola.

This is a short-term emergency remedy that only furthers the problem because any of these options will only cause blood sugar levels to go through the roof. And when they do, insulin will be released to remove excess glucose from the blood, forcing blood sugar levels to plummet toward the basement!

And the vicious cycle continues.

Adrenal Fatigue, Aldosterone, and Cellular Dehydration

Assuming you get to a state of adrenal fatigue, another important hormone produced by the adrenals will be compromised. **Aldosterone**, a vital hormone that helps regulate water, sodium, potassium, magnesium, and chloride levels in the body, will be affected.

Under normal healthy conditions, your adrenal glands secrete adequate amounts of aldosterone to properly manage fluid and sodium levels in the cells and body fluids. The relationship between aldosterone and sodium is the easiest to understand. As the concentration of aldosterone rises, so too does the concentration of sodium in the blood and interstitial fluid (fluid between cells). And wherever sodium goes, water follows. Therefore, water is retained within the body and the cells remain properly hydrated.

However, in times of adrenal stress and fatigue, aldosterone levels decrease, meaning that less sodium is retained (more of it is excreted in the urine) and, as a result, your body becomes dehydrated as both water and sodium are “peed” out of the body.

Living in chronic dehydration is not something you want to experience. Just like planet earth, our body is composed of over 70% water. Aside from oxygen, water is the most vital nutrient your body needs to operate and thrive.

Having adequate water in your body is essential for daily functioning. It is also a critical component of detoxification as water helps flush out waste from your cells and tissues. Less water means toxins can accumulate and remain in your body. At a macro level, this can manifest as constipation.

So the next time you have the urge to reach for that cup of coffee or go to your local café for your morning fix, think of the long-term effects your choices are having on your body. When you drink coffee (caffeine) your body essentially thinks that it's under attack from over-stimulation.

Why not allow your body the rest and recovery it needs? Wouldn't it be great if you could wake up feeling absolutely energized without the presence of coffee?

Well these are some of the biggest benefits noted from thousands of clients who have used our Total Wellness Cleanse. This can be a reality for you too!

Get Started Today And...

SAVE \$300 OFF THE REGULAR PRICE



www.TotalWellnessCleanse.com



"I lost 24lbs during the 30-day cleanse.. My complexion is better and I'm not getting any more of those wicked hypoglycemic headaches!"

"First, thank you for all your hard work in putting the cleanse together and for all your support throughout. I really enjoyed learning about the ways various foods affect my body and the whole physiology of blood, organs, digestion and elimination systems and you've provided a wealth of information I can keep referring to.

I lost 24lbs during the 30-day cleanse and have lost another 2lbs this past week. I feel great in my body and much more lithe. My complexion is better and I'm not getting any more of those wicked hypoglycaemic headaches.

*More important than all that all that hard data, **I've completely changed how I think about food and what I put into my body.** Yeah, I'm still having the odd Hershey Kiss here and there, but it doesn't derail me. I enjoy them and then continue with "green stuff". Thanks again."*

- Nathalie Peladeau

Toronto, Canada

Part 8

Candida - The "Yeast" That Just Keeps on Taking!

Do you suffer from insatiable sugar cravings? Are you a "carb-aholic"? Do you experience digestive difficulties, gas, or have elevated cholesterol?

You might be asking..."What on earth do these issues have in common?"

Well, the answer may well be that your body is being held hostage by an overgrowth of a nasty little yeast called Candida!

What is Candida?

Candida Albicans is a single-celled fungus (a yeast to be more exact).

In a healthy individual, it lives in the digestive tract and is kept in balance among other bacteria and fungi. These "normal flora" that live in the large intestine help in the digestion of food, produce enzymes and vitamins, and prevent infections and disease.

You're certainly aware of the importance of probiotics right? Well, that's why. They keep your flora in check by providing the "good" bacteria.

However, when the condition of your bowels becomes disrupted through the use of antibiotics, steroids such as estrogens, progesterone, the birth control pill, or cortisone, the environment becomes one where fungi will thrive.

In recent years, the outbreak of candida-related problems has been largely due to the generous consumption antibiotics. **Antibiotics act like an atomic bomb**, wiping out ALL micro-organisms in the body, good ones included.

But because fungi and bad bacteria have a tendency to repopulate much faster than their good counterparts, they can quickly over-populate your colon and create severe floral imbalance. A condition known as **dysbiosis**.

If this occurs, it creates a vicious cycle whereby your body is more prone to infections and illness, leading you to seek out further antibiotics, and so on and so forth.

Metabolic diseases such as stress, diabetes, and hypoglycemia can also be triggers that favour Candida overgrowth, as can the daily consumption of refined carbohydrates, alcohol, and caffeine.

Food contaminated with fungi, mold, and yeast can add to the problem. Mushrooms especially are a no-no since they are themselves a fungus! Once you have a fungus problem, it can be incredibly difficult to get rid of since it thrives on sugar, and there is sugar everywhere!

At the heart of the Candida problem lay **mycotoxins**. Mycotoxins are secreted by Candida and other fungi to protect the fungi against viruses, bacteria, parasites, insects, animals, and us humans!

When mycotoxins get into the blood stream, they cause all sorts of problems such as fatigue, spaciness, irritability, confusion, memory loss, depression, dizziness, mood swings, headaches, burning sensations, mental foggiess, numbness, tingling, burning sensations, and more.

You may notice a similarity between candidiasis symptoms and hypoglycemia, or low blood sugar. Symptoms diagnosed as hypoglycemia may actually be mycotoxins at work in your body! Yikes!

How Do I Get a Candida Overgrowth?

Usually, a person has another big problem that predisposes them to Candida, such as hormonal imbalances, a compromised immune system, or antibiotic use that ripens the environment for bacteria and fungi overgrowth, so it is important to not only treat the Candida overgrowth, but to address the underlying causes and triggers!

The following are just a few of the conditions that can predispose you to Candida overgrowth:

Insufficient hydrochloric acid (HCL) production – If you are not producing enough stomach acid, it makes it easier for fungi to make it into your intestinal tract. Surprisingly, low HCL production can be caused by allergies to foods – most prominently milk, wheat, soy, or corn. Removal of these foods from your diet can make the problem go away. In addition, HCL supplementation is a great help.

Pancreatic enzyme deficiency – When you cook your food, you lose the enzymes inherent in all living foods, and your pancreas has to work overtime to get the job done. Furthermore, when you eat enzyme-deficient food that has fungal overgrowth, such as leftovers that have been sitting for days, and the food has no enzymes, you are unable to digest and render the fungi inactive.

Toxic food supply – Corn, peanuts, cashews, and dried coconut are notorious for fungal overgrowth. Any product that includes yeast, including the health food brewer's yeast and baker's yeast. Barley, rye, wheat, rice, millet, and almost all cereal grains may contain fungi. Animals are often fed a diet rich in grains contaminated with fungi, which results in their muscles and fat being full of mycotoxins!

Cigarette smoking – Not only does smoking overload the liver with toxins, but all cigarettes sold in North America are contaminated with yeast and fungi. To top it all off, sugar and yeast are added to the final product!

Fungal fermentation – the making of bread, wine, beer, cheese, chewing tobacco, aged and cured meats, and cigarettes involves a fermentation process that increases the likelihood you will be exposed to mycotoxins. Alcohol is toxic – this fungal produced toxin has been documented in the causation of brain and nervous system damage, liver cancer, and birth defects among many other health concerns!

If you are currently feeling “sick all over” then there is a good chance you have a Candida or allergy problem. Our Total Wellness Cleanse will make a dramatic difference for you!

Get Started Today And...

SAVE \$300 OFF THE REGULAR PRICE



www.TotalWellnessCleanse.com



- BONUS REPORT-

Colon Health - Are Your Pipes Clogged?

Let's face it. Talking about stool, flatulence, and anything else related to bowel function doesn't make the greatest dinner conversation. However, it may be one of the most important topics when it comes to your health.

According to the Canadian Association of Gastroenterology, approximately 1 million Canadians a year suffer from constipation (If you're American simply multiply this number by 10). However, the definition of constipation used by conventional medicine is 1 bowel movement every 2-3 days.

Any "natural" health care practitioner in their right mind knows immediately that this is a poor definition of constipation. After all, being regular means having 2-3 bowel movements per day!

The scary reality is that this is so rare in our culture. In working with thousands of individuals over the past 11 years, we've seen that having 2-3 bowel movements per day has been the exception, not the norm. In fact, we have seen clients who would report just 1 bowel movement per week! Talk about backed up.

What About Herbal Remedies?

If you suffer from constipation, you want, and need, a permanent solution. But be careful. Health food stores are full of quick fix laxatives that can help flush out the waste in your colon without necessarily "healing" your colon or improving the health of your intestinal system.

Take for example the "natural" remedies cascara sagrada and senna. These are essentially purgative herbs, which can be **dangerous for your body** if used for extended periods of

time. The concern with such herbal laxatives is that they can be habit forming and do not restore your colon's independent ability to function properly.

Cascara sagrada and senna (and other purgative herbs) work by irritating the colon, causing it to expel its contents. This can be a dangerous practice overtime because it can also lead to poor nutrient absorption and imbalanced flora in your gut.

Why is Constipation Such a Concern?

Think of constipation as your body's way of going on garbage strike. Imagine for a moment that for some reason you couldn't get rid of any garbage from your home. Instead, all of the garbage is allowed only to pile up. Now, can you see how this could be a problem for you and your family. Imagine the smell, the bugs and rodents it would attract, and the toxins it would give off!

Well, this is exactly what takes place in your body if you are constipated. The waste (feces) doesn't move and thus it sits in the colon expelling further toxins back into your body – a process known as **autointoxication**.

Therefore, it is imperative to take immediate action as **constipation has many damaging** effects on the body including:

- Raising the risk of colon cancer,
- Being 4 times more likely to develop breast cancer,
- Causing pressure in the bowels which can stimulate the growth of cancer cells,
- Causing psychological distress, anxiety, depression, insomnia, and sexual dysfunction,
- Causing autointoxication (when toxins are absorbed from the bowels into the bloodstream), which can severe health consequences.

Healthy bowel movements are essential to a healthy body. The bowel is like a sewage system, which, unless you cleanse out daily, will back up and enter the blood stream and harm your body.

Naturally, as children, we generally have natural, easy bowel movements – food goes in and waste comes out. But as we grow older, our bowel habits become regulated by school bells, work schedules, and travel commitments.

Ignoring the “urge” in order to fit bowel movements into your schedule is the first step in creating a life full of bowel problems. Your doctor may define such problems by the infrequency of your bowel movements but he/she may fail to point out that the description of your stool is also very important.

For instance, those who suffer from constipation often complain that their stools are dry, hard, or lumpy; that they strain to have a movement; that there is incomplete elimination; or that they suffer from hemorrhoids.

So, How Does Constipation Create Poor Health?

Well, we’ve already touched on a few concepts, but let’s now elaborate.

Constipation slows down your transit time. This is the amount of time it takes for food to enter your mouth and the remains to exit your rectum. Ideally, transit time should be between 18-24 hours.

A slow transit time indicates that **putrefied materials can stay in your colon** for a longer period of time, allowing toxins to enter the bloodstream through the intestinal wall. This autointoxication can lead to several different states of disease ranging from headaches to autoimmune disorders.

Additionally, slow transit time can lead to a build-up of toxic material along the intestinal walls. Not only does this impair the absorption of needed nutrients but also, with time, this build-up can cause irritation, which causes the widening of the pores within the intestinal wall.

This is known as “**leaky gut syndrome**” and it poses a big threat to the integrity of your digestive tract and the entire health of your body. The wider the pores, the more porous (and less selective) the intestinal walls become. This means that undigested food particles, toxins, and microorganisms can readily seep out of the intestinal tract and into the bloodstream leading to allergen-mediated immune responses, and other nasty events.

The irritation of the intestinal walls caused by being backed up can eventually lead to chronic inflammation of the intestines. Medically this is termed as inflammatory bowel disease and may take the form of Crohn’s disease (inflammation of the small intestine) or colitis (inflammation of the colon).

What Causes Constipation?

There are many factors that can lead to the clogging of your pipes. The most notable factor is the intake of **CRAP**, as colon expert Dr. Brenda Watson terms it. CRAP stands for **coffee, refined sugars, alcohol, and processed food**.

Without going into excessive detail, all of these “non-foods” irritate your digestive system and impoverish its ability to function normally.

Furthermore, growing up on a diet of low fiber and an abundance of processed foods sets the stage for constipation. Even if you’ve improved your diet in the last few years, it will still take time to retrain your elimination system and improve the integrity of your digestive system.

Another dietary cause of constipation is a lack of essential fatty acids (EFAs). Aside from their numerous health benefits, EFAs also provide the lubrication needed for normal bowel movements and a healthy intestinal system. Omega-3 should be the focus of your EFA intake. Good omega-3 sources include sunflower seeds, flaxseed oil, fish oil, and walnuts.

Yet another factor that can bring on constipation is a lack of exercise. A study in Germany found a reduction in symptoms of constipation among women who engaged in frequent physical activity, while a Japanese study also found that walking, along with dietary fiber helped maintain regular bowel function.

And it just makes sense to exercise as it helps “unblock” your body’s stagnant energy and improves the circulation of the lymphatic system (your body’s sewage system), helping to remove waste from your body.

Unclogging Your Pipes

By now you’ve surely realized that regular bowel movements are essential to your health. You’ve also realized that quick fix herbal solutions are not the way to lasting or healthy improvements.

The great thing about our Total Wellness Cleanse is that it’s completely food-based, which means there are NO magic pills, potions, or powders required. Instead, you will discover our time-proven and **simple 3-step colon “healing” process**. Our unique holistic 3-step colon cleansing process will help get you “regular” and restore the health and integrity of your entire digestive and intestinal system. As a result, you will better absorb nutrients from your food, have an easier time losing weight, have a lesser chance of getting sick, and so much more!

Are you ready to **lose weight, feel more **energetic**, and skyrocket your **health** with the **MOST powerful** and proven natural food-based cleansing program on the market?**



www.TotalWellnessCleanse.com

About Yuri and Amy

Yuri Elkaim, BPHE, CK, RHN



Yuri has been helping people just like you lose weight, eat healthier, detox and cleanse, and get in great shape for over 12 years now. He's a Registered Holistic Nutritionist, Certified Kinesiologist, a High Honours graduate in Physical Education and Health, and a former professional soccer player.

He is also the owner of Total Wellness Consulting, the author of *Eating for Energy*, and the creator of the revolutionary iPod workouts *Fitter U™* and *Treadmill Trainer™*.

Yuri and his programs have been featured across tons of media including *Breakfast Television*, *Perfect Fit*, *A-Channel Morning*, *CTV news*, *e-Talk Daily*, *Global News*. He's also a frequent contributor to numerous magazines including *VIVA*, *Impact magazine*, *Wish*, and *Fitness Business Canada* - just to name a few.

Amy Coates, BSc., RHN



Like many people out there, it took Amy a long time to figure out what she wanted to do in life. She earned a Bachelor's of Science at the University of Toronto but never really got excited about anything she was learning. And then she discovered holistic nutrition, became a Registered Holistic Nutritionist, and a whole new Amy has flourished!

Nothing gets her more excited than talking nutrition and helping people discover what she had the pleasure of discovering years ago. Her mission is to inspire you to take control of your weight and health by creating healthy eating habits and a healthy relationship with food.

References

PART 1

J. Lehmann. "Evidence that Glucose Ingestion Inhibits Net Renal Tubular Reabsorption of Calcium and Magnesium," *Journal of Clinical Nutrition*, 70, 1967, pp. 236-245.

PART 3

1. Ross, D.J., Ptaszynski, M., Oster, K.A. The presence of ectopic xanthine oxidase in atherosclerotic plaques and myocardial tissues *Proceedings of the Society for Experimental Biology and Medicine* 144 (2), pp. 523-526 (1973)

2. Ross, D.J., Sharnick, S.V., Oster, K.A. *Proceedings of the Society for Experimental Biology and Medicine* 163 (1), pp. 141-145 (1980)

3. <http://www.news.harvard.edu/gazette/2006/12.07/11-dairy.html>

4. S.B. Matthews, A.K. Campbell. When Sugar Is Not So Sweet. *The Lancet* Volume: 355, Issue: 9212 April 15, 2000 pp. 1330.

5. Ganmaa, D. Incidence and mortality of testicular and prostatic cancers in relation to world dietary practices. *International Journal of Cancer* 98 (2), pp. 262-267 (2002).

6. Gerstein, H.C. *Diabetes Care* 17 (1), pp. 13-19 (1994).

7. <http://www.articlesbase.com/advertising-articles/frequently-asked-questions-about-calcium-deposits-77418.html> August 13, 2008

PART 5

1. Winter, R. *A Consumer's Dictionary of Food Additives*. Three Rivers Press, NY. 2004

BONUS

1. Blanke, B. et al. (2001). An exercise program for women suffering from constipation. Fortschr Med Orig; 119 (3-4): 99-102.
2. Canadian Association of Gastroenterology. Constipation <http://www.cag-acg.org/patinfo/constipation.htm>.
3. DiMarco, D. (1999). Natural Relief from Constipation. Los Angeles, CA; Keats.
4. Sugawara, K. (2002). Relationship between lifestyle factors and defecation in a Japanese population. European Journal of Nutrition; 41(6):244-248.
5. Walsh, M. et al. (2004). Extracellular pressure stimulates colon cancer cell proliferation via a mechanism requiring PKC and tyrosine kinase signals. Cell Proliferation, 37(6):427-441.

**Because You've Read this *Special Report*,
You Can NOW **Get \$300 OFF** the Regular
Price of the Total Wellness Cleanse When
You **Get Started TODAY!****

[CLICK HERE FOR YOUR SPECIAL DISCOUNT!](#)



www.TotalWellnessCleanse.com