

The Tuesday Minute

Nutritional information.... one byte at a time

This Week's Topic

Try Step 1 Of The 3-Step Detox

Do you ever eavesdrop and listen to people's conversations when it comes to health? Or maybe play dumb and not tell people that you are a health care practitioner as you listen to their woes and possible solutions. Well, I have and let me tell you more often than not, the topic of detox eventually enters the conversation. I mean it always amazes me to learn how they hear about the various detox programs that are out there and the extent that they are willing to go to feel better.

People inherently know that there is a type of threshold or toxic load; and if you go beyond that threshold, the body creates ways to get rid of those toxins. We call them "symptoms."

We all have a toxic load because we live in the 21st century. But when that toxic load goes beyond a certain point, the allergies surface, or the GERD acts up, or the joints begin to swell, or decision making ability is compromised. Let's not forget that the gut expands from gas and fermentation as simple sugars feed the yeast and bacteria. Cells will also hold more water to dilute the concentrated cellular poisons and byproducts that are a result of careless living.

So here's the point. Usually after vacations, holidays, family events like weddings or reunions many of your patients are looking for ways to get healthier; and many of them are

smart enough to know that they need to do a detox. Your patients might think their only alternatives for getting some form of detox program is to buy one off the internet or from an infomercial that convinces them. But if your patients only knew that you could guide them through a "systematic approach" to detox that would take them to a higher level of health, they would rather work with you, someone they trust.

Dr. Abbas Qutab, who holds degrees in medicine, oriental medicine, and chiropractic, and has a Ph.D. in ayurvedic medicine, developed the 3-Step Detox program based upon thousands of patient visits. His whole practice revolves around detox. In fact, he won't even see a patient unless they are willing to do a detox. His 21 day detox is intensive with a capital 'I'.

A number of compassionate practitioners and I asked him to break up his program into more manageable pieces or "baby steps." The 3-Step Detox was born.

Step 1: to reduce inflammation,

Step 2: to detox the liver and heal the gut

Step 3: to rebuild cellular reserves

See the link on this page for more information and instruction.

But today I want to focus on Step 1 because patients continually give me feedback how wonderful they feel; and it only involves two

inexpensive products. The products used are Beta TCP and Bromelain Plus CLA.

Beta TCP contains organic beets, Taurine, vitamin C, and Pancrelipase. We use it routinely to thin bile and begin the liver detoxification process. It is critical that before we do any serious detoxification work that the gall bladder is open and the bile flows easily. Many of the chemicals and metals exit the liver via the gallbladder and bile. It is critical for health to have healthy bile flow. Check below for a great in-depth discussion of bile and its functions.

Bromelain Plus is a vegetable based proteolytic enzyme that will digest food and reduce gut inflammation. During Step 1 patients take 4 tablets of each product with every meal for 7 days.

They also follow a modified Mediterranean Diet. Lots of vegetables, fruit, and healthy protein is encouraged. Wheat, dairy, soy, processed meats, caffeine, and junk oils are eliminated. Also below you can get a brochure that gives shopping ideas as well as diet rationale and patient instructions.

The strategy is to eliminate the pro-inflammatory, toxic, poisonous foods that are contributing to their dis-ease. They eat more antioxidant and nutrient dense foods with lots of fiber and color. Guess what? They feel better. Surprise, Surprise! And the beauty is that its only 7 or 8 days depending on how well they follow the schedule. We don't go to the next step until all the supplements are gone.

I tell them "come on, anyone can do this for 7 days. You can always go back to the old way of eating in a week." Most of them so far have wanted to go to the next step but all have become aware of how junk food is not their friend; in fact, it costs them time, money, and energy. Sometimes patients have to wait for the right timing and maybe stay on Step 1 for 2 or 3 weeks.

Sometimes they get flu like symptoms on a detox due to the withdrawal of addicting foods and chemicals they consume every day. Of course they want to blame the supplements. I am always amazed at the pounds of poisons people put in their mouth every week and then they want to blame a few milligrams of a supplement.

The beauty of this program is that they don't really start the detox until they are off their food addictions and start feeling better. I like it. Letting people experience their food addictions and their withdrawal, and then feeling the benefits of an anti-inflammatory diet.

But even if you are not interested in using the whole 3-Step Detox, consider using Step 1 by itself as you gather information and develop your treatment plan. Not only are they eating an anti-inflammatory diet, but you are helping them discover and get off hidden food allergies as they increase digestion and begin the unloading process. It's inexpensive and simple. Step 1, it's a great start.