

WHAT SYMPTOMS TO EXPECT WHEN YOU IMPROVE YOUR DIET

Excerpted from an article by Dr. Stanley S. Bass, ND, DC, Ph.C.

Perhaps the greatest misunderstanding in the field of nutrition is the failure to understand and interpret the symptoms and changes which follow the beginning of a better nutritional program. A remarkable thing happens when a person IMPROVES the quality of the food he consumes. When the food you ingest is of higher quality than the tissues from which the body is made, the body DISCARDS the LOWER QUALITY TISSUES to make room for the higher quality materials to make HEALTHIER TISSUE.

During this process of regeneration, lasting about 10 days to several weeks, the emphasis is on breaking down and eliminating lower quality tissue. The vibrant energy often found in the external parts of the body, the muscles and skin, moves to vital internal organs and starts reconstruction. This movement of energy produces a feeling of less energy in the muscles, which the mind interprets as weakness. At this time, more REST and SLEEP is often needed, and it's imperative to AVOID STIMULANTS of any kind which will abort and defeat the regenerative process. Remember that the body isn't getting weaker, it's simply using its energies in more important internal work rather than external work involving muscle movements.

With patience and diligence, a person will soon feel more energy than before.

By ingesting higher quality food, the body begins a process called "retracting." The initial focus is on eliminating the waste and toxins deposited in the tissues. However, the process creates symptoms that are often misinterpreted. For example, a person stops consuming coffee or chocolate and experiences headaches and a general letdown. The body begins discarding TOXINS (caffeine or theobromine) by removing them from the tissues and transporting them through the bloodstream. However, before toxins are passed through elimination, they register in our consciousness as pain - in other words - a headache. These same toxins also stimulate the heart to beat more rapidly, thus producing the feeling of exhilaration. The letdown is due to the slower action of the heart which produces a depressed mind state.

The SYMPTOMS experienced during "retracting" are part of the HEALING process! They are NOT deficiencies. Do NOT treat them with STIMULANTS or drugs. These symptoms are constructive even though unpleasant at the moment. Don't try to cure the cure!

The symptoms will vary according to the materials being discarded, the condition of the organs involved in the elimination, and the amount of available energy.

Detox Symptoms can include:

Headaches Fatigue

Fever/chills	Nervousness
Colds	Irritability
Skin eruptions	Depression
Constipation	Frequent urination
Diarrhea	Etc.

The symptoms will be milder and pass more quickly if one gets more rest and sleep. UNDERSTAND that the body is becoming healthier by eliminating waste and toxins. Had the remained trapped in the tissue, eventually the toxin would have brought about ILLNESS AND DISEASE, thus causing greater PAIN AND SUFFERING.

Finally, don't expect to improve your diet and feel better and better every day until you reach state of PERFECTION. The body is cyclical in nature. Health returns in a series of gradually diminishing cycles. For example, you may begin eating better and start feeling better. After some time, you experience a symptom such as nausea or diarrhea. After a day you feel even better than before and all goes well for a while. Then you suddenly develop a cold, the chills and lose your appetite. Without the use of drugs, you recover from these symptoms and you feel great. This we being continues for a time until you break out into rash. The rash flares up, then disappears. And suddenly, you feel better than you've felt in years. As the body becomes PURE, each reaction becomes milder and shorter in duration followed by longer and longer periods of feeling better than ever before, until you reach a level plateau of VIBRANT HEALTH.

“The Detoxification Process”

Dr. Pam Popper
Owner and Founder
of the Wellness
Forum

When people begin making positive changes in their diet and drinking a lot of water, it is not unusual for them to experience detoxification. One of the most common symptoms is gas, bloating and diarrhea, particularly if the individual is using the Juice Plus+® Capsules and making the Juice Plus+ Complete® Shake.

One of the reasons for this is that during the years when people consume a diet deficient in water and fiber the colon accumulates a lot of waste because it does not have the proper materials to clean itself out properly on a regular basis. Increasing water and fiber intake begins to ‘chip away’ at the accumulated fecal matter, causing gas and diarrhea.

The more uncomfortable someone is, the more toxic they are, generally speaking. There are two options, and which one is best determined by the personality of the individual. Some people would like to get the detoxification process over

as soon as possible. Others have more difficulty dealing with the symptoms and should reduce the number of capsules and/or reduce the amount of everything added to the shake and gradually increase the dose until their bodies can tolerate good food.

Increasing water consumption to an appropriate amount usually does cause more trips to the bathroom, particularly in the beginning. Eventually this reduces after the body has had a cleaning out.

Some people get sick, which is natural since all of the toxins stored in the fat tissue are now circulating in the system. The fat tissues are the storage depot for all of the pharmaceutical and over the counter drugs that have been taken, and food additives, coloring agents and other negative things that have been consumed. It is not unusual for people to develop rashes or skin disorders, since some of the stored “garbage” may come out through the skin. I have known former cancer patients whose experienced chemotherapy drugs they took 10 years ago coming through their skin when they converted to a high-fiber, high-water diet. It is common to ask how long the unpleasant symptoms will last. This varies from person to person, based on how long they have been taking less than adequate care of themselves, how much body fat they have, and how sweeping the changes are that they are making. A person who makes a complete shift to a plant-based diet and begins an exercise program at the same time will

detoxify faster than a person who begins the process more slowly. Also, it is not unusual to experience detoxification several times during a few-year period. Changing your lifestyle is like peeling an onion, and as the body heals and rebuilds it may, from time to time, continue to purge. The hard part is getting someone to stick it out until the symptoms resolve. But, it is always better to have the “stuff” out rather than in, and discontinuing will only mean starting the process over again at some future time. There really is no short cut.

"Unlike drugs, nutrients do not have rapid effects. No quick fix. The business of nutrition is to build a better body. This process has to wait on nature to turn over body cells. A blood cell lasts 60-120 days. In 3-4 months your whole blood supply is completely replaced. In 6 months almost all the proteins in your body die and are replaced, even the DNA of your genes...When you start feeding it better, you have to wait on your body to grow new improved cells." *Dr. Michael Colgan, Author of Optimum Sports Nutrition*

Understanding Detoxification

(Excerpt from “From Here To Longevity”
by Dr. Mitra Ray – pgs.252-253)

It's not enough to dispel old myths; we have to be willing to live new truths. Eating right should be fairly simple, and it shouldn't require measuring every gram of food that we eat. Nor should eating right require that we carry an elaborate list of good foods vs. bad foods (based on blood type or some other new fad diet) with us to the grocery store. Dieting or forcing oneself to eat less should also be unnecessary-if we eat the right foods in the right proportions. Once the body has received the nutrients it needs to function, there should be a natural curbing of the appetite. If we'll take just a moment to listen before we take that second helping, hopefully the body will be telling us that we've already given it all of the nutrients it needs in order to maintain or regain health.

Of course, when we introduce these new eating habits, there may be a detoxification period. This incredibly beneficial process may have some seemingly negative, albeit short-term,

side effects. The immune system and the digestive system are the primary players involved in detoxification. Let's look at what such efforts to cleanse the body can mean for the person going through detoxification.

- **First, when the body finally has enough nutrition to recharge the immune system, it releases immune cells, such as the natural killer cells and other scavenger cells, which can go around and clean up all of the debris that has been accumulating in the body. This important process is similar to the way in which the immune system responds to a viral infection; so, there may be a temporary onset of flu-like symptoms.**
- **Second, the added nutrition can bolster the activity of friendly bacteria in the gut, and this may mean a short-term increase in gas. This indicates that there has been a change in the process of elimination from the body as rotten food is being flushed from**

the digestive tract, and as a result, there may be some temporary bloating and gas. You can't imagine how much food is rotting in the nooks and crannies of your intestines in the absence of fiber-rich vegetables.

Detoxification can also mean a drop in hormone levels as the body returns to homeostasis. If serotonin levels drop, you may feel tired or depressed during detoxification; but once you've passed this unpleasant phase, you should start to feel better than you have in years. And it should be relatively simple to stay on track, without feeling like you're depriving yourself of eating a good, hearty meal. If you're still tempted to continue to eat according to the USDA Food Guide Pyramid, I can guarantee that you will always struggle with your weight.

Detoxification: Cleaning from the Inside Out

Welcome to all my new subscribers and Happy New Year to my faithful Improving Health Naturally friends! This issue is a follow-up to part 1 and 2 on Cleansing from the Inside Out. In part 1, I addressed "auto-intoxication"...self poisoning by not keeping a healthy colon for the toxins to "get out" of your system. All cleansing programs begin with pulling the plug that blocks the passage of waste. Part 2 addressed colon anatomy, fecal matter and colonics. Please note links for archived issues below.....

In this issue, I plan to show you a natural way to "clean" your colon; and subsequently, your entire system for optimal health and vibrancy. So, how do I clean my colon you ask? I am so glad that you asked! Below are some basic guidelines I recommend.

Eat as many raw or very lightly steamed vegetables as possible. Try a fresh vegetable juice fast for 3 days (no longer than this because extended fasts will cause you to lose lean body mass and lead to wasting of your vital organs). For more optimum cleansing, try the Nine-Week Cleansing Program.* The body needs a lot of roughage to help in the cleansing process. Salads are an easy way to get some of the roughage needed (no salad dressing, only olive/flax oil and garlic or fresh herbs). Eat NO red meat as this severely slows the digestion and cleansing process! Abstain from cokes, coffee, candy, dairy and all refined products. Fresh fruit is very good, but remember to eat it as a meal in itself, alone. Fruit digests so quickly that if it is eaten after a meal, it will sit in the stomach and start to ferment while it is waiting for your meal to digest. Drink lots of pure water while cleansing to help flush out the impurities. Get plenty of aerobic exercise to increase movement of the lymph glands which will also help to move the toxins out of the body.

And, by all means, since fruits and vegetables are known to be great cleansers and detoxifiers, take your Juice Plus+ during this cleanse and ALWAYS! Preferably fruit

capsules in the morning, since your body is in a natural cycle of cleansing in the a.m.; and vegetable capsules in the afternoon for detoxification and healing. Remember, you are getting the "nutritional essence" of 15 servings of fresh, raw fruits and vegetables in those 4 capsules/day!!!

*A Food Only Nine-Week Cleansing Program: A simple nine-week cleansing program that I recommend (there are several to choose from) is to eat three servings of fruits, 5-9 servings of vegetables, and one serving of a whole grain each day for three weeks. During the next three weeks, continue with the fruits, vegetables, and grain and choose, in addition, three consecutive days during the three week period in which you eat only fruits and vegetables. During the last three weeks, continue with the fruits, vegetables, and grain, and choose three consecutive days during which you have only liquids. The liquid diet can consist of fresh fruit and/or vegetable juices (using a juicer or blender) and vegetable soup or broth (see recipe below).

Alkaline broth: chopped potatoes, zucchini, celery, beets, Swiss chard, green beans, carrots, parsley and fresh or dried herbs of your choice, to taste. Place ingredients in a large pot, cover with pure water, and simmer. For a fresher, chunkier broth, cook only until vegetables are slightly tender. Put the entire mixture into a blender and whirl until pureed consistency. This is nice to put in a thermos and sip throughout the day as an antidote to an acid-forming, stressful schedule!

Fruits, in general, tend to accelerate cleansing. If your cleansing is going too fast and you are experiencing uncomfortable symptoms, use more vegetables and less fruit. During the first three to five days, some people may experience symptoms of a cold or flu. If you have these symptoms and they are severe or persist for more than five days, then consult with your health care professional. Any fasting or cleansing program should be monitored carefully, because a drastic cleansing can release toxins so quickly and cause severe reactions.

AFTER you have cleansed the bowel, you can go on to cleansing the gallbladder and liver where toxins tend to

back-up if your colon isn't functioning properly. NEVER cleanse your gallbladder and/or liver with out FIRST cleansing your colon. The toxins MUST have a way to exit the body and if your colon is congested, you will create severe auto-intoxication...all those toxins recirculating...you don't want to do that!!! You want them OUT!!!

Gall Stone and Liver Cleanse: This 3-day cleanse is done with fresh juices. You eat NO FOOD! You need to drink at least 8 glasses of PURE water. Day 1: 6 oz. apple juice and 2 oz. beet juice mix together. Drink SIX glasses throughout the day. Day 2: 4 oz. apple juice mixed with 4 oz. beet juice, drink SIX glasses throughout the day. Day 3: 2 oz apple juice mixed with 6 oz. of beet juice; drink SIX glasses throughout the day. Then in the evening, drink 4 oz. of pure expeller-pressed olive oil blended with 3-5 garlic cloves and 1 inch piece of ginger (put oil, cloves and fresh ginger root in blender or Vita Mix and blend), drink this mixture, followed quickly by 1/4 cup grapefruit juice. Go to bed right after this and SLEEP ON YOUR RIGHT SIDE. If you have stones, you will most likely pass them the next morning...watch for them in your stool! At the end of each day, you can also do a coffee enema, as coffee stimulates the liver. Again, if you have serious health issues, I recommend you consult your healthcare professional for monitoring during this process. "Arousing the dead" can be serious and you want to make sure that your system is ready to handle this cleansing program.

That's it for this issue. Next month (since your colon will be clean), we will discuss how to restore the "good bacteria" to your gut for maximum nutrient absorption and assimilation with probiotics, the "good" guys!

Your partner in colon health, Dr. Carol Watson, RN, ND