

# 30 Days to Change Your Life!

## 30-DAY NUTRITION DETOX RESET PROGRAM



Eat Well, Look Great and Feel Spectacular, Naturally!™

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## **CANDY, SEX, AND HORSE MEAT.....**

Since food is always personal, I think it is only fair that I share mine with you, especially since in our work together you have to share yours, including the details of your bowel movements. When I was six years old growing up in Poland, I stole money out of my father's coin collection so that I could buy candy. Shamelessly. I ran down the block with great excitement to the local grocery store -- a place I went any time I had any money in my pocket -- for my little sugar fix. The condensed sugary milk in a tube, the "groszki" candy in a round box...the more the merrier. I would make sure to look under the grocery store countertop to see if any customers had dropped change on the floor. If I found any, I could buy more candy.

I am happy to say that this was the only theft in my life. But it was only the beginning of my lifelong love and hate relationship with sugar. Whenever we drove the few hours across the border to East Germany for a shopping spree with my parents and my brother, the highlight for me was the bag of gummy bears I would devour, something not available in Poland. The memory of those still triggers an avalanche of salivation whenever I open a bottle of my patient's gummy bear multi, and I am salivating now just writing about it. That is the power of our limbic system. The memory of a smell is immediate and completely familiar.

As a child, I had more refined sugar in meals. In the mornings, I ate white rolls with butter from the market and honey or jam made by an aunt, followed by hot milk, the kind that would turn sour if left on the window sill. I ate battered and fried pork and potatoes for lunch and a lot of sandwiches with cold cuts for dinner - a typical Polish diet. I was a skinny weakly child. Growing up in Poland also meant that I ate enough meat for three lifetimes: tripe, livers, and chicken legs and necks. You name it - I had it. I even ate horse sausages, a delicacy called "kabanosy", until I discovered that they came from my beloved animals. Lunch was the hardest time for me. After the typical lunch of fried breaded pork cutlet and potatoes, I would want to roll over and nap. In fact, by about 1:30 pm on Sunday afternoon my hometown would become very quiet. No one seemed to stir. I suspect families were napping just like my father. In the end, they too had just eaten breaded pork cutlets with potatoes.

Sometime after I left my hometown at 18, I stopped buying animal products altogether. I do have to say, though, that the Polish seasonal fruits and vegetables, butter made by a local farmer, the traditionally cured meats and sausages and traditionally cooked meats and poultry, and finally the astounding number of types of "pierogi" and intricate cakes were all deliciously tasting and the memory of those flavors is hard to match in this country. Still, I am a very happy vegetarian of many years, and that cuisine would now be unbearably heavy for me.

With my childhood passion for sugar, at the beginning of elementary school, I developed severe tooth cavities to the point that I remember having to stick the points of adult-sized scissors into

them to dig food out of my teeth. My late childhood was filled with dentist appointments. By the time I was in my early 20s, almost all of my teeth had been filled. I have since lost one molar to decay and another has been hanging by the thread with the help of metal rods. All this damage comes from the early childhood. I have not had a new cavity for many years now.

So yes, I was a sugar junkie as a child and even as a young adult. My mother, who was a popular nurse in a resort, would receive dozens of chocolate bars in gratitude from grateful patients, so whenever I visited her from college, she gave 10 or 20 bars to me. I ate them at a rate of a dozen or so a week, sometimes in place of meals. I had developed recurrent vaginal yeast infections by the age of 11. By the time I was in my early 20s, any intimacy with a boyfriend meant another vaginal yeast infection and yet another round or two of medications, which never seemed to work. After years of unsuccessful medical treatments, finally one doctor tested me for antibiotic resistance, which she found evidence of, and gave me something that actually worked. In Poland at that time no one I knew had ever mentioned probiotics or prebiotics. I had never heard of a dietitian, a nutritionist, or a naturopathic doctor. Perhaps my circle of influence was very limited. There was no internet at that time.

I finally realized I had to change something. I began to gradually and intuitively change the way I ate. My periods improved, my once scarred and blemish-laden face and back cleared up, my back pain went away, and my moods and bowel habits became even and regular, stabilizing at two a day (I thought you would be excited to hear this personal detail) while I did not go on any diet nor did I follow any particular protocol. I just ate vegetarian whole foods, eventually organic when possible. Still, the subtle changes I made over the years have changed my body on the cellular level. Now in my mid 40s, I feel better than I ever felt in my 20s or 30s.

It is said that every cell in your body has memory. Even today, if I have too much cane sugar, a slight vaginal itching instantly returns. This has happened to me only a few times in the past 15 years, which tells you how careful I am about added sugar. I do not use cane sugar at home or in products. Once I baked Christmas cookies with cane sugar for family and instead ate them since we were snowed in; my husband couldn't understand my suddenly slurred speech or the logic of what I was saying. I was thrown into a short but wild one-day depression and the most severe menstrual pain in my life, all on that one Saturday. More recently, after incidental sugar cane in a dessert, I was so brain fogged that I missed a familiar exit on a highway three times in a row despite GPS, going in circles. I was hearing the instructions, but my brain could not follow.

I moved to the USA right after my 30<sup>th</sup> birthday. I lived in Saginaw, Michigan, for five years. Fruit looked unnaturally large and perfect, and it tasted of plastic. Although food was served in large, perfectly looking servings, it had little taste to me, so I could see why people were overeating, and I wondered what had happened to the flavor. I knew I was eating a tomato. I was looking at it. But it only vaguely tasted like my memory of a tomato. An unexpected blessing was



that I could not stomach American desserts as they were simply too sweet even for me, helping me lose my appetite for sweets.

In my new American life, I became aware not only of differences in foods but also in people's health and weight. I passed by genetically modified soybean fields every day on my way to the university where I was teaching. I decided to become educated. I read and studied about factory farming and GMOs. I listened to public radio lectures. The more I knew about the food politics, the more frustrated I became. One night I heard Dr. Vandana Shiva speak on genetic bio-piracy and suicides of farmers in India on the radio and I cried. I knew that I had to do something about all this, and I had to start with myself. I started to educate my students. I found local farmers and cultivated a good relationship with them. I knew their families, their fears, and their dreams. I picked local berries from their bushes in summer and froze them. Once a month, I drove my truck 90 miles to the nearest co-op in Ann Arbor to stock a big cooler with organic produce. I organized free lectures on GMOs for students and local farmers at the university. I no longer felt lonely and out of place in my new home.

After an unsuccessful marriage, I got a pickup truck big enough to pack all my belongings and my two cats, and a friend volunteered to be the pilot and to squirt the cats with a mixture of Bach flower essences and homeopathic remedies as needed. And so two weeks before the infamous September 11, I moved to Seattle to study naturopathic medicine. I was so bothered by what I knew I had done to my own body growing up, and by what I was seeing people do to themselves with the food they ate, that I wanted to help others help themselves. To remind people to eat garlic, grate ginger into their tea, pick blueberries and freeze them in summer. To teach them to cook their own meals, love animals equally, and share the planet wisely. I set my sights on the best school in order to get the best scientific training. Luckily, the school I picked, Bastyr University, also had the best nutrition department in the country, and almost at the last minute, I decided to study nutrition rather than medicine. I recognized the fact that I lacked courage to become a doctor and that, at the end of the day, I loved nutrition, the backbone of health. Medical training lacks attention to nutrition, and there are few nutritionist clinicians, so I decided that someone needed to fill that gap and I became a nutritionist. Many other adventures later.... Here I am, a nutritionist in Maryland, the person you are getting to know. No more candy or horse meat for me. This is my story.

To you, the freshman Detox "Student" who is just now opening this page on "the first day of the rest of your life", welcome to this new journey. I hope it takes you much further than you think you can go regardless of your history so far because you're about to create a new one, one I hope can serve you well for the rest of your life. That is my intention for you.

## **THIS PROGRAM HAS MANY FACES. THE JOURNEY TO IT HAS LEAD THROUGH MANY EXCEPTIONAL PEOPLE IN MY LIFE THAT I WOULD LIKE TO ACKNOWLEDGE.**

I dedicate this book and this Program to my husband Mark, my rock and my best friend, who stood by me through all the challenges and doubts we both faced that resulted from my stubbornness to change careers after nearly 20 years of teaching. Thank you for trusting me and never giving up, pushing me to excel, and holding me to my dreams. I thank my Polish mom for her Old World nurse's heart and for the countless stories of foods and healing we have shared over the long phone and Skype conversations in my years as an emigrant.

Gratitude to Donna Jackson-Nakazawa for her friendship and for an extraordinary "Autoimmune Epidemic", a book she wrote somehow when very sick herself. I believe all physicians and patients should read this powerful book to understand why we are getting so sick and to understand also that there is hope in every daily choice we make. I am deeply grateful to Angie Pifer, the unstoppable nutritionist who lent me her idea of the Detox Program in the first place, and who graciously gave of her time, friendship and generous expertise to help me with the business of my practice in the darkest hour when I thought I would have to close it. My gratitude for the remarkable doctors we all hope to meet: Dr Gerard Mullin, MD, Dr Michael Baylin, DDS, Dr Stephany Porter ND, Dr Janene Martin ND, Dr Wayne Bonlie, MD, Dr Christine Ahmed ND, Dr Margaret Winters DC. I appreciate your friendship, knowledge and compassion. You continue to inspire me: you are touching hearts and changing lives and we need you and your education now more than ever.

Many thanks to Cathy Weeks for offering to take on my Manual and making such a beautiful publication out of it. I value our friendship, your heart, and your health journey. Gratitude also goes to Donna Jackson-Nakazawa, Cathy Weeks, Karolina Tittel, and Amy Fischer for offering to help me with my next step - publishing this book as an e-book in a new format to make it available to anyone without the need of me being there. Time will come.

I thank all my volunteer students over the years as well as "Detox Grads" who have helped me cook for the groups and conduct the Program along the way, making it better every time.

Finally, I am grateful to all my patients for their trust, for being my best teachers and for making my practice so beautiful. I can't tell you enough how many nutritionists struggle financially to keep their services available. I get to work with the best patients and keep my door open!

With gratitude,

*Kasia Kines*

# 1. INTRODUCTION

## WELCOME TO THE 30-DAY WHOLE FOODS DETOXIFICATION PROGRAM

You have just taken a very courageous step towards your own healing, empowerment and longevity. You have just made the best investment in your health. Your body will shine for you!



## **WHAT IS THE PROGRAM?**

First of all, let me clarify what the Program is not. It is not a fast, food restriction, or calorie counting; it is not a new diet; it is not cure-it-all. It works differently for each individual. It is also not just a 30-Day Program despite the name. The Program presents a very holistic approach to wellness and optimal health through the best that nutritional therapy has to offer. By the end of the thirty days, you will have gained remarkable skills and knowledge, and you will have just gotten into the rhythm of the process as you continue to experience alleviation of your symptoms and increase in your wellbeing. Remember that health challenges did not appear overnight and will take time, so have realistic expectations for the first thirty days. It is also worth remembering that it takes about two months to turn a new behavioral into a new habit. With that, miracles and wellness may happen.

The Program will teach you to eat a highly antioxidant, anti-inflammatory plant diet, rich in vegetables, fruits, nuts, seeds, beans, legumes, herbs and spices. The goal is to give you the tools you need to have a sound understanding of your own body and its needs, to prevent disease, slow down the aging process, and decrease inflammation that drives most chronic conditions. You will learn to trust your body and foods again. You will learn strategies that allow you to make fast, simple, and delicious meals. Yes, delicious, or the “Yum Factor”, according to one detox graduate. During the Program, you will re-learn the joy and pleasure of eating. You will practice mindfulness at meals, which will spill over to other aspects of your life. You will be exposed to truly delicious foods and recipes, and you will learn how to enhance the flavor of a simple meal with herbs and spices. Finally, you will become a savvy food-label reader and grocery shopper, no longer intimidated by health food stores, health claims on products, or unfamiliar foods ... In short, the Program will teach you all you need to know to continue your quest for health. You will know how to sustain and continue to improve your health, and you will soon find you no longer need my help. And that is when I’ve done my job.

## **WHY SHOULD YOU CONSIDER THE 30-DAY DETOX PROGRAM?**

There are two major reasons: first, because we live in toxic sludge; and second, quite literally, because the Program can change your life. You can take as much or as little of it as you wish. There are no penalty points for only completing certain parts of the Program. However, you will write a contract with yourself, and the more you commit to it, the more fabulous you will feel and the longer lasting the changes will be. The Program’s potential lies in the educational component. It guides you through shopping, eating, food preparation, mindfulness, but also, more importantly, through the human physiology, especially as it pertains to the gastrointestinal health, the part of your body where much of the disease starts. About 75% of our immune system is in the gut; it has been called “the second brain” as much of the serotonin for the

brain's need is made there. Our society is walking around with glaring deficiencies in major nutrients, being overfed and over-fatten but malnourished, lacking basic vitamins and minerals, including nutrients essential for the brain function. We eat, but we suffer indigestion, gas, bloating, and heartburn, so we reach for antacids that further destroy the GI tract. The Program is empowering: it will give you the knowledge and tools to repair your gut, and as a result, to also repair and optimize your immune system. You will make informed decisions about your health in future. I will be your biggest cheerleader, providing any guidance and moral support along the way.

## **COVER YOUR BASES: WHOLE FOODS**

Whole foods are a hot topic. But what does it really mean? My favorite definition of whole foods comes from my teacher, Cynthia Lair, who says that a whole food is a food that has only one ingredient, itself. It is also a food that you can imagine growing. The body will crave the part that is missing if you rely on partial foods.

For example, oranges grow on trees, which is easy to imagine, while orange juice does not. Ignore commercials about health claims of orange juice. It does not exist in nature – it is water and sugar, while most health benefits end up in the compost with the pulp. I had my first cup on my first morning in America in Oklahoma at the age of 21. It caused so much nausea that it was also my last cup of orange juice since. I'll pass.

Here is the test of whole foods: the body recognizes them and has the ability to tell you how much you need. If you try to eat 5-6 oranges, the equivalent that makes 1 glass of juice, your tooth enamel will hurt and so will your stomach. The message from the body will be clear: stop- this is too much! The body recognizes exactly what it is taking in and how much is needed.

Not with the juice! When we alter the components of whole foods, the more we do so, the harder it is for our bodies to work with those foods. Consider this: there is a nutritional supplement on the market called citrus pectin, which is a popular cancer-fighting supplement. What is in it that is so valuable? Reformulated white under-skin of an orange, to be exact.

You see, when you eat the whole orange, you receive the whole benefit of the complex phytochemical makeup of the plant, including the bits of the white under-skin. This is the key to your longevity and vibrant health! Next time you shop, focus on the periphery of the store where the produce is located. This is where health benefits lie. And I will teach you which of the produce to buy and how to create delicious meals out of it.

## IMPORTANCE OF PHYTOCHEMICALS

We have all learned about fats, proteins, and carbohydrates. They are the big guns. However, this understanding of nutrition is like trying to play a piece of symphony on the piano with one finger. Scientists are mesmerized by the growing number of plant constituents that are being discovered. There here are many more we have not discovered yet.

Phytochemicals are not fats, proteins, or carbohydrates. They are entirely different constituents that a plant makes for its own protection. However, for some unknown reason, when we ingest those phytonutrients, we reap specific health benefits. Indeed, without these vital phytochemicals, we DO fall ill.

You may have already heard of some phytonutrients, such as isoflavones in soy, lignans in flaxseeds, catechins in green tea, ployphenol in cocoa, glucosinolates in broccoli, or carnosol in rosemary, to name a few. I agree when Dr Hyman, in his book *Ultra-Metabolism, the Simple Plan for Automatic Weight Loss*, says phytonutrients are essential for our optimal health.

They help turn on genes that make us burn more fat and age less quickly. They help prevent any known chronic disease of modern civilization. They contain powerful antioxidants, so they reduce oxidative stress and thus inflammation and mitochondrial damage (all three also affect your metabolism). You will learn the importance of these concepts during the Program.

## WHY A DETOXIFICATION PROGRAM?

- Let me repeat my previous statement: because we live in toxic sludge
- Because with the DNA diagnostic tools we now have, we are seeing that many people are developing a degree of mutation in their daily detoxification processes and thus require extra daily nutrients and support for the processes in order to stay well
- Because the level of toxicity an individual is exposed to is unprecedented and on the rise
- Because toxins alter the endocrine and immune systems, leading to autoimmune diseases and cancer. 1 in 20 Americans will have a coronary heart disease; 1 in 14 will develop cancer, and a surprising 1 in 12 Americans (1 in 9 women!) will develop an autoimmune disease! The latest research suggests that you are now more likely to develop an autoimmune condition than heart disease OR cancer. Stay tuned – you will start hearing more and more about the autoimmune conditions in the media. In short, we are only now beginning to understand the effect of toxic load on the immune system
- Because due to environmental pollution we are already altering our DNA!

Don't take my word for it. Just look at some research. Let's review some examples:

- The cantaloupe you had for breakfast has been sprayed with organochlorine pesticide endosulfan both in the field and in transport. One recent study found that 100% of pregnant women were carrying numerous pesticides in their placentas, endosulfan being in the highest concentration. This particular pesticide causes immune system dysfunction.
- You overheat your non-stick Teflon pan and inhale the vapor. You inhale a chemical PFOA, perfluorooctanoic acid, which is now found in 96% of people in the US. Even the conservative Environmental Protection Agency states that even at a low level of exposure, PFOA poses “potential risk of developmental and other adverse effects” on human health. Furthermore, Stockholm University’s Unit of Biochemical Toxicology could not find any dose of PFOA NOT altering the immune system. Some other hidden sources of Teflon? Car parts, flooring, computer chips, phone cables, a carpet guard, upholstery, clothing, grease-resistant French-fry boxes, or disposable coffee cups. PFOA’s half-life is 4.4 years in humans. I now feel even better about buying used cars. Part of PFOA is fluoride, which is known to affect your thyroid function. Savvy bird owners avoid cooking with Teflon – its vapor kills birds.
- You drink a glass of milk that contains genetic growth hormones, pesticides, and antibiotics. The next time you have to take antibiotics, their effect may be impaired due to an antibiotic resistance you have developed through antibiotic residue in the meat you have been eating. Next time you plan your menu, consider that meat has a much higher concentration of pesticide and herbicide residue than produce. Some common bacterial infections are becoming more dangerous as bacteria have evolved to resist antibiotics. Currently in the US, there are reported cases of people actually dying of bacterial infections that were easily treated 30 years ago.
- You take a shower, bathing in chlorine, and drink some tap water with chlorine, fluoride and extra hormones from oral contraceptives, to name a few chemicals. Both chlorine and fluoride are toxic. Did you know that your child can develop asthma from swimming in a pool where someone has urinated? According to research, asthma can be caused by a chemical reaction between urine and chlorine. Do you suffer from hypothyroidism? Fluoride and Chlorine both compete with Iodine and thus can impair your thyroid function. You absorb chlorine in shower from vapors and steam. Yes, I do have a filter in both kitchen and shower.
- If you are a woman, no matter where you live, you may have jet fuel in your breast milk.
- Your tissues may carry fire retardants from your bedding, as it is actually illegal in most states to make beds without them. They are inhaled and take residence in your lungs and tissues. They are immune disruptors. If you survived a fire of your house or a nearby forest, you are at an increased risk of developing an autoimmune condition.

- You have exposure to formaldehyde from your new particleboard kitchen cabinet, your brand new carpeting, or aspartame from an innocent can of diet soda (a chemical reaction in your body converts aspartame into formaldehyde).
- You jog along the road inhaling high doses of dioxin from diesel trucks and school buses. Dioxin is a recognized immune suppressor, linked to cancer, developmental defects, and even atherosclerosis, which most doctors are not aware of yet.
- Based on your DNA test, you have just found that you have polymorphism in your phase I detoxification, or that you have a deletion of the receptor for Vitamin D on your cells. As a result, the recommended RDAs of particular nutrients will never match your actual needs. These problems are easy to detect in the DNA testing that we have available.
- When your baby is born now, it may carry about 200 pollutants in his or her umbilical cord blood, including dioxins, breakdown chemicals of Teflon, PCBs, and the banned DDT, to name the few, according to a study in the US. In Holland, the same results were found in the cord blood, with additional traces of chemicals from common household cleaners, cosmetics, and furniture. Autism is linked to environmental pollution, among others, and is on the rise.
- Scientists are now warning that the compounding effect of the magnitude of toxins is more dangerous than just the sum of the toxins, while the governmental agencies fail to protect us and industry continues to self-regulate. Most likely you already know someone with an autoimmune condition you have never heard of before, one of many that did not exist 50 years ago, one of many that most physicians still do not know about. Your hormones are disrupted: pesticides, herbicides and other chemicals that are allowed freely on the market are potent endocrine and immune system disruptors that increase our risk of cancer as well, and children are already born with them.
- To me, the most striking study to date is by The Environmental Working Group done in collaboration with Mount Sinai Medical School, in which urine and blood of nine healthy individuals with no known toxic exposure were tested for 219 industrial chemicals. They found 167 chemicals (91 on average) including 76 carcinogens, 94 chemicals toxic to the brain and nervous system, and 79 that can cause birth defects or abnormal development.

You may feel I sound alarming and depressing. Not me. There's good news. The toxic sludge is only one side of the coin. Education and Food are the other! The bottom line is that organic plant-based whole foods supplemented with appropriate antioxidant and anti-inflammatory supplements will carry you through and provide the health protection you cannot gain otherwise! The current medical communities are so unprepared to deal with this new reality. Not only is there no basic nutrition education in most medical schools, but there is virtually no training among physicians or nutritionists in endocrine and immune disruption that is caused by exposure to chemicals. And that is precisely why I am committed to this Program. Foods remain



the backbone of our health and even more so in this new chemical reality. Food is our medicine and every time we eat, we do make a decision that truly impacts our health. I have witnessed profound changes in people's health as a result of this Program. It is my honor to be able to share what I know with you, so you can join many others in reclaiming your health.

## **YOUR GENES VERSUS YOUR ENVIRONMENT**

There is one more special benefit of taking this Program: you have the ability to amend genetic predispositions you might have. Single nucleotide polymorphism (a Gene SNP), is a genetic alteration we are born with, which may impair certain enzymatic functions. For example, an infamous Gene SNP is MTHFR C677T. Individuals with this SNP cannot methylate folate properly: when they consume folate in food or folic acid in supplements, they are unable to convert it into an active form that can be used by the body. Approximately 30% of the US population may have this Gene SNP. Folate is a B vitamin that is heavily involved in brain chemistry, neurological function, detoxification pathways, DNA and heart protection as well as protection from cancer, to name a few. These individuals may suffer from depression that will not respond to antidepressants. A simple supplementation with a right dose of methylated MTHFR can amend the damage done by lack of available methylated folate. So you see, knowing your Gene SNPs is like having a GPS! For example, I have several Gene SNPs, most detrimental, for glucose. If I ate standard American diet, I have no doubt I would be at a higher risk of diabetes because of that. But I do not and do not intend to become diabetic because I make the right choices in my life style and my diet. So that is something I can control.

Gene SNPs account for about 1% of our genes and can be beneficial, neutral, or, like C677T, detrimental to health. Technology allows us to test some of the bad ones. More importantly, 99% of the way the proteins are expressed depends on the environmental input: water, food, stress level, chemical exposure, electromagnetic exposure, and such. In other words, you are born with DNA, but how it expresses itself depends on how you live up to 99%. Dr Ornish did a study suggesting that all it takes is 3 months of a focused nutrition protocol to change that expression! This is extremely important to recognize. If you continue what you learn here for 2 more months, your health benefits may include better gene expression! A simple broccoli, for example, has the ability to protect DNA from mutation (mutation means uncontrolled growth, which in turn means cancer growth). With every daily choice you make, you can impact how your genes will express! And if you have C677T, you will know how to amend it with the daily supplementation of a methylated folic acid. This knowledge is powerful!