

DETOXIFY: MOVE YOUR MASS!



Tips on Getting the Most out of your Physical Activity:

Exercise does not compensate for a crappy diet, but moving is so important, as we now here from research that just sitting all days is as detrimental to your health or even worse than smoking!!!! Well, we are very sedentary, but I also see the opposite: a lot of people over-exercise in the effort to lose weight!!!! You need to know that high intensity exercise for 1 to 2 hours a day every day can put an unnecessary stress on the adrenals, and may **not** bring the desired fat loss. I see a lot of miserable overweight women that torment themselves in the gym by over-exercising complaining that that does not help them budge a pound. The important aspect of healthy exercise is that **you feel wonderful after you exercise and NOT feeling worse, exhausted and weak.** This is called the ability to recover after exercise. Please do not push yourself as it is detrimental to your health. More is not better.

Also, make sure you **enjoy your choice** of physical activity. If you do not like to “exercise” but love to dance, then go dancing. Scrubbing dirty floors on your knees is also considered a physical activity, by the way. Start very gentle, with walks in fresh air.

Here are the steps for the smartest forms of movement to support toxin removal and fat (weight) lost:

1. Start gentle, especially as you are settling in the Program:

- At this stage, avoid aggressive strenuous exercise like distance running or 45 min cardio!
- Instead, get outside for a brisk walk, even 5 minutes, once a day or every two days to begin with and work it up
- Also, use physical activities that stretch you and improve balance, coordination and strength: Tai Chi, yoga, or Qi Gong.
- **To break sweat** (to expel more toxins faster), use sauna if you have access to it!

2. Add more vigorous exercise to as you settle down into the Program:

- Dancing
- Zumba
- NIA
- Break sweat in more cardio exercises, but do NOT over do it; this part is not effective for fat and weight loss and people push that too much
- Swimming

3. Most effective to move lymph and burn fat:

- Skipping rope
- Jumping on a mini-trampoline (an expense of about 35 dollars)
- Watch You Tube “*John Gray leads you through his 7 power exercises*” – this is one of the most effective “**bounce and shake**” also focused on fat burning (warning: this demo is outstanding, but it is 51 minutes long, so watch when you have some time).
<https://www.youtube.com/watch?v=rbnjvAHsxUk>
- HIIT: High Intensity Interval Training: watch JJ Virgin on you tube under “*How to Burst Train the Right Way with JJ Virgin*” – she calls it burst train, but it is HIIT.

Examples of HIIT for running:

1. 3 minute warm up
2. A very short intense aerobic exercise, e.g. 20 sec sprinting
3. 10 seconds of relaxed exercise like walking
4. Repeat the cycle 8 times.

Example of HIIT for biking:

1. 3 minute warm up
2. 60 second fast cycling at max resistance
3. 75 seconds slow cycling at low resistance
4. Repeat the cycle 12 times/27 minutes

Too Much of a Good Thing:

People who exercise regularly and engage often in physical activity live longer on average than people who lead a sedentary lifestyle. However, there are forms of physical activities that actually cause excessive oxidation and free radical damage and hardening of arteries and the resulting risk of heart attacks. If you like to bike or run marathon more than just for pleasure and are heavily involved, please read research and be aware that the cases of fatal heart attacks are not uncommon or surprising among veteran marathon runners. **According to research, health damage from running more than 30 miles a day will cancel health benefits from it.** Serious and committed marathon runners may not outlive others and may age faster.

Read this if you have a LOT of Weight to Lose!

Additionally, one of our favorite benefits of regular exercise is the reduction of body fat, excess of which can lead to serious health risks including atherosclerosis and high blood pressure. However, more importantly for us, remember that **fat is the preferred storage for toxins**. If you have a lot of overweight, when you decrease your body fat through physical activity, you reduce toxic levels and you speeds up the body's natural detoxification process through increased blood and lymph circulation. However, during this process, you are dumping a lot of toxins, so you HAVE to ensure that your body is well equipped to expel these toxins that are now released from the fat storage and are flooding your blood stream in a timely fashion, or, if your detox phases are running slowly, these toxins may be reabsorbed into your circulation and then will be taken by blood into your tissues, organs, glands, brain, joints etc., which we call **Retox**. Retox is to be avoided at all cost. This can lead even to autoimmune diseases like rheumatoid arthritis or fibromyalgia!!!! I have actually seen this happen. So be gentle and slow with the weight loss. Slow is safer!

BENEFITS OF PHYSICAL ACTIVITY:

- Better Sleep
- Elevating Mood by 30 to 50 percent
- Alleviation of Stress
- Better Nutritional Health
- Improved Body Composition
- Improved Bone Density
- Stronger Immune system

- Decreased rate of cancer by 35 percent
- Better circulation and lung function
- Lowered risk of cardiovascular disease by at least 30 percent
- Lower risk of type 2 diabetes
- Decreased incidence of anxiety and depression
- Increased confidence and self-esteem

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