



## 7 TIPS FOR DAILY DETOXIFICATION

KASIA KINES

HOLISTIC NUTRITION NATURALLY

*Eat Well. Look Great. Feel Spectacular. Naturally!*

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## 7 TIPS FOR DAILY DETOXIFICATION

I am so absolutely thrilled you clicked to get this E-Book! You must have been intrigued enough by my website to visit us. You must be a foodie, or a health fan, or you are looking to improve the health for yourself and your family, or perhaps you're not very well at all and so far your doctors have not been able to help you – you are contemplating if we could work together. Whatever the reason for your visit with us, I am very glad you did and I congratulate you for seeking answers and better health! Join our wellness revolution!



There are so many fascinating, cool, “hot” topics in nutrition to choose from. Why did I think **The 7 Tips for Daily Detoxification** would be the most perfect E-Book? I could not have it any other way. You see, I KNOW this E-Book will make a difference in your daily choices and your health even today. I consciously chose foods and spices you may already have at home, and foods you are probably familiar with. I work on toxicity a lot. It is one of my heart's desires. If we can decrease the amount of your toxic exposure even a little bit, your body will shine more for you.

Detoxification for me is not about a 3–Day Water Fast or a 7-Day Juice Cleanse. Yes, of course, you can do that, but if so, I urge you to do so with someone who understands that detoxing too fast is dangerous if you do not get the right nutritional support. We are just too toxic. You do not want to “retox” and end up with rheumatoid arthritis, fibromyalgia or another autoimmune disorder (I have seen that happen). That is why my signature Nutrition Revolution 30-Day Reset Program is a feel-good, effective AND safe program while being transformative and life changing. I hope you will have a chance to look into it!!! <http://www.kasiakines.com/product/30-day-detox-program/>

In the meantime, **The 7 Tips for Daily Detoxification** is based on the premise that I so absolutely love about human body, that you have a seamlessly running detoxification system in place beautifully managed by your body. Think about the last time you pulled up in front of your house only to realize that you do not even remember how you got there from work. That is how our detox phases 1 and 2 work. Just like not having to make your eyes blink or your lungs take in air, your detox is continuous and running without you having to know it or understand it. Unfortunately, what I see from study after study and from the changes in food industry, food politics and toxicity laws (or their lack) is that we have a double whammy working against us: we now eat worse and have a worse total environmental exposure than we did 10, 20, and 30 years ago and it is getting worse. It will probably continue to worsen in future. At the same time, your body is still running the same detox pathways using the same mechanisms. That is all it has. It does not get any extra tools unless we consciously put them there. Sometimes I feel



that all you have to do to eventually get some form of a dis-ease is to live our American lifestyle and eat what food industry is feeding us. That is all it takes. Food is not food is not food.

My intention for **The 7 Tips for Daily Detoxification** is to give you some delicious, enjoyable and very simple tools just within your kitchen to provide your body that extra boost it needs to be able to process the toxic exposure for you better. Please take me up on my tips and try them. There are many supplements and certainly a lot more great herbs and spices to support your detox, and we do cover them in our Nutrition Revolution 30-Day Reset Program, but I picked the super stars for you that I myself also use.

## CAN I ASK A FAVOR?

When you make the shifts and they become part of your self-care, please send us a note – I would love to hear from you! It matters for me that you feel better and feel safer in this toxic environment. Go to Free button on [www.kasiakines.com](http://www.kasiakines.com). We have a space there waiting for you to share. I can't wait to hear what you think!

## HOW TO USE THE E-BOOK...

1. Take the Toxicity and Inflammation Quiz on the next page to get a baseline of where things are good and where your body is asking for support. Read the categories carefully as they are not intuitive. What I love about this quiz is that it is a snapshot of your organ systems. I have used this quiz for years with every new patient. Periodically, you can do it again and see where you shift for better or worse. You can take this quiz again after a month of incorporating the 7 Tips too!
2. Enjoy playing in the kitchen and welcoming new ideas. It may be hard to give up your coffee. However, instead of worrying about that, see if you can use the coffee replacer I recommend just every other morning first. Consider these tips opportunities to experiment and explore. And remember it will take 2 months plus to have the new ideas stick and become part of your routine, so be patient.

# Toxicity and Inflammation Questionnaire

NAME \_\_\_\_\_

DATE \_\_\_\_\_

WEEK \_\_\_\_\_

Rate each of the following symptoms based upon your typical health profile for:  **Past 30 days**

<b>Point Scale</b>	0 <i>Never or almost never</i> have the symptom	3	3 <i>Frequently</i> have it, effect is <i>not severe</i>
	1 <i>Occasionally</i> have it, effect is <i>not severe</i>	4	4 <i>Frequently</i> have it, effect is <i>severe</i>
	2 <i>Occasionally</i> have it, effect is <i>severe</i>		

0-10 optimal      10-50- mild toxicity      50-100 moderate toxicity      >100 severe toxicity

**HEAD**

\_\_\_\_\_ Headaches

\_\_\_\_\_ Faintness

\_\_\_\_\_ Dizziness

\_\_\_\_\_ Insomnia

\_\_\_\_\_ TOTAL

**EYES**

\_\_\_\_\_ Watery or itchy eyes

\_\_\_\_\_ Swollen, reddened or sticky eyelids

\_\_\_\_\_ Bags or dark circles under eyes

\_\_\_\_\_ Blurred or tunnel vision  
(does not include near- or far-sightedness)

\_\_\_\_\_ TOTAL

**EARS**

\_\_\_\_\_ Itchy ears

\_\_\_\_\_ Earaches, ear infections

\_\_\_\_\_ Drainage from ear

\_\_\_\_\_ Ringing in ears, hearing loss

\_\_\_\_\_ TOTAL

**NOSE**

\_\_\_\_\_ Stuffy nose

\_\_\_\_\_ Sinus problems

\_\_\_\_\_ Hay fever

\_\_\_\_\_ Sneezing attacks

\_\_\_\_\_ Excessive mucus formation

\_\_\_\_\_ TOTAL

**MOUTH/  
THROAT**

\_\_\_\_\_ Chronic coughing

\_\_\_\_\_ Gagging, frequent need to clear throat

\_\_\_\_\_ Sore throat, hoarseness, loss of voice

\_\_\_\_\_ Swollen or discolored tongue, gums or lips

\_\_\_\_\_ Canker sores

\_\_\_\_\_ TOTAL

**SKIN**

\_\_\_\_\_ Acne

\_\_\_\_\_ Hives, rashes, dry skin

\_\_\_\_\_ Hair loss

\_\_\_\_\_ Flushing, hot flashes

\_\_\_\_\_ Excessive sweating

\_\_\_\_\_ TOTAL

**HEART**

\_\_\_\_\_ Irregular or skipped heartbeat

\_\_\_\_\_ Rapid or pounding heartbeat

\_\_\_\_\_ Chest pain

\_\_\_\_\_ TOTAL

**LUNGS**

\_\_\_\_\_ Chest congestion

\_\_\_\_\_ Asthma, bronchitis

\_\_\_\_\_ Shortness of breath

\_\_\_\_\_ Difficulty breathing

\_\_\_\_\_ TOTAL

**DIGESTIVE  
TRACT**

\_\_\_\_\_ Nausea, vomiting

\_\_\_\_\_ Diarrhea

\_\_\_\_\_ Constipation

\_\_\_\_\_ Bloating feeling

\_\_\_\_\_ Belching, passing gas

\_\_\_\_\_ Heartburn

\_\_\_\_\_ Intestinal/stomach pain

\_\_\_\_\_ TOTAL

**JOINTS/  
MUSCLE**

\_\_\_\_\_ Pain or aches in joints

\_\_\_\_\_ Arthritis

\_\_\_\_\_ Stiffness or limitation of movement

\_\_\_\_\_ Pain or aches in muscles

\_\_\_\_\_ Feeling of weakness or tiredness

\_\_\_\_\_ TOTAL

**WEIGHT**

\_\_\_\_\_ Binge eating/drinking

\_\_\_\_\_ Craving certain foods

\_\_\_\_\_ Excessive weight

\_\_\_\_\_ Compulsive eating

\_\_\_\_\_ Water retention

\_\_\_\_\_ Underweight

\_\_\_\_\_ TOTAL

**ENERGY/  
ACTIVITY**

\_\_\_\_\_ Fatigue, sluggishness

\_\_\_\_\_ Apathy, lethargy

\_\_\_\_\_ Hyperactivity

\_\_\_\_\_ Restlessness

\_\_\_\_\_ TOTAL

**MIND**

\_\_\_\_\_ Poor memory

\_\_\_\_\_ Confusion, poor comprehension

\_\_\_\_\_ Poor concentration

\_\_\_\_\_ Poor physical coordination

\_\_\_\_\_ Difficulty in making decisions

\_\_\_\_\_ Stuttering or stammering

\_\_\_\_\_ Slurred speech

\_\_\_\_\_ Learning disabilities

\_\_\_\_\_ TOTAL

**EMOTIONS**

\_\_\_\_\_ Mood swings

\_\_\_\_\_ Anxiety, fear, nervousness

\_\_\_\_\_ Anger, irritability, aggressiveness

\_\_\_\_\_ Depression

\_\_\_\_\_ TOTAL

**OTHER**

\_\_\_\_\_ Frequent illness

\_\_\_\_\_ Frequent or urgent urination

\_\_\_\_\_ Genital itch or discharge

\_\_\_\_\_ TOTAL

**GRAND TOTAL** \_\_\_\_\_



## WHAT DO YOUR RESULTS MEAN?

**0-10** You are doing an excellent job with your positive attitude to life and/or making conscious choices in your health. You have very minor health complaints that can be easily addressed by the right clinician.

**11-50** Depending how close you get to 50, you have some more serious health challenges that really need addressing. If you do not find the right support, your numbers will eventually grow. Your body needs help. Inflammation and toxicity are substantial.

**51-100** This is a red alert showing you how much your body is hurting. They are probably medications and surgeries in the picture, complications, and multiple diagnoses. The body is highly inflamed and not sustainable. The closer to 100, the more complexities you live with.

**101+** Your life is debilitated by your medical conditions. You may have to reduced work to part time or perhaps you are considering stepping away from work completely just because there are too many doctors and complications. Life at this point is very hard and there is little hope. Few doctors know what to do. You may have seen many already and they are not hearing you. Many of my patients are here. There is no time to lose. You need to seek an experienced functional medicine practitioner. Institute of Functional Medicine is a good place to look – you can find a clinician near to your zipcode. Find a good fit and get the right help now (FYI, I am listed there too).

**IF YOU'D LIKE TO WORK WITH ME VIRTUALLY I'D BE HAPPY TO HELP.  
START WITH OUR GET ACQUAINTED INTRO SESSION.**

**HELP ME NOW!**



## WHY YOU NEED TO READ THIS E-BOOK

Here are some questions I have to ask you, just to get started. This is our reality, isn't it?

1. Do I smoke?
2. Do I drink alcohol?
3. Do I take medications?
4. Do I take over-the-counter medications like NSAIDs (anti-inflammatories like Tylenol)?
5. Do I eat out daily? Do I eat out more than once a week?
6. When I eat out, do I have access to organic produce and is my meat or poultry free range and free of hormones or pesticides and herbicides (from the animals' feed)? Were the animals fed corn and soy? Were these organic or GMOs? Do I know?
7. Do I have two bowel movements a day that each look like a ripe banana, or do I move...once a day or once every few days???
8. Do I pick salmon even if farmed when eating out because I heard it is healthy?
9. Do I drink tap water at home and ice water in restaurants?
10. Do I skip organic section in the grocery store because I read that organics is just a marketing gimmick and it is not really worth the extra cost?
11. Do I work in a sealed building with forced air? Does my house have forced air?
12. Do I care what skin products, hair products and cosmetics I use?
13. Do I ever cook from scratch?
14. Is my furniture made of particleboard?
15. Do I have wall-to-wall carpeting in my house?
16. Do I like buying or leasing brand new cars?
17. Do I pick up my food at drive-in restaurants?
18. Do I use dry-cleaners regularly?

Did you know that every chemical, Tylenol, medication, pesticide from your restaurant salad, every fume from perfume, nail varnish, paint, a brand new car, or tobacco... has to be assessed by your body as "safe and useful" or "harmful"? That is a lot of work, given our toxic environment. Your Liver is very busy warding off these chemicals for you. What does the science have to tell us?



The truth is this, and I really want you to hear me on this, that our environment now is NOT what it was 50 years ago or even 25 years ago. Just doing the things commonly done, and eating the foods commonly eaten will not give you health you believe you deserve. Did you know that every woman studied, in different cities and different countries, had detectable levels of jet fuel in their breast milk? No woman I know would even suspect that. It actually takes a conscious effort, extra steps, to stay healthy in our current environment. We have never been exposed to so many chemicals. The number of new chemicals introduced annually is increasing, and no stringent long-term safety studies are required by industry to prove they are safe. Your Liver (your Master-Detoxifier) is doing all that it can to protect you and keep you safe and healthy, but even the Liver has a tipping point.

Toxicology studies have a fundamental flaw. They test a short term exposure to a particular chemical. But that is not how we get exposed. We may have years of exposure to chlorine and fluoride in our shower water, for example. What happens when both elements are inhaled and absorbed together day after day for 20 years? We have few long-term epidemiological studies (on large populations) and we have even fewer studies on chemical combinations, exactly the way we get exposed on a daily basis. Scientists are warning us that we are NEVER exposed to just one chemical or pesticide at a time. A simple dinner at a restaurant may have a number of pesticides and possibly GMO material mixed together, and if you add farmed salmon to your meal to make it healthier, according to research done by EWG, you are actually increasing your risk of cancer. How would you know that? We all believe that food is what it appears to be: just food. I am sorry to tell you otherwise. And that is exactly why I hope you are reading this E-Book! I want you to learn simple daily choices that will make a profound effect on your body's ability to minimize the detrimental effect of the chemical soup.

The research so far indicates that exposure to a mixture of chemicals does not equal a sum of these chemicals, but that chemicals combined together have a stronger, more complex and more detrimental effect on health than their sum. Scientists have also been warning that a long-term exposure to even a small amount of a chemical can have a dramatically detrimental effect on your hormones and brain development, to name a few. Think about a drop of water falling from a tree on a stone for a long time that can eventually carve a dent in the stone.

Well, you are only as healthy as your liver. We literally stew in a chemical soup. I have a personal commitment to my Liver. I have all the questions above covered in my personal life, and while there are things I cannot control, there are choices I CAN make every single day. I continue to be healthier at 49 than I was at 20. It is my great joy to share some simple tips with you on how to navigate this chemical maze and lead a safer healthier life. When you take away the extra burden that is taxing on your Liver and your body, **your body will shine for you**. That is actually all your body wants to do. I see it again and again. You will feel amazing, energized, and happier. The aches and pains will start decreasing. Your life WILL change. I can't wait to hear from you how this E-Book has helped your personal health journey! Let's begin!



## TIP 1: CRUCIFEROUS MARVELOUS

If you can, eat one vegetable from the Brassica (cabbage) family a day. If you cannot do it daily, commit to having it once every other day because it is the most powerful food group to support your health. They contain many very important phyto-chemicals like *thiocyanates*, *indole-3-carbinol*, *lutein*, *zea-xanthin*, *sulforaphane*, and *isothiocyanates*, powerful antioxidants and known to help protect against breast, colon, and prostate cancers. However, their contribution to detoxification phase 1 and 2 is especially important because of indole-3-carbinol and sulfur-containing compounds. As my colleague says, “broccoli is a DNA whisperer”. Food is information. Certain phytochemicals in broccoli inform the DNA not to mutate, helping prevent cancer.

### KITCHEN TIPS FOR CRUCIFEROUS VEGETABLES:

- Chopping or chewing cruciferous vegetables results in the formation of their impressive bioactive products.
- Eating these vegetables either raw, lightly sautéed, or steamed is best to retain the full array of nutrients.
- Particularly broccoli, kale and Brussels sprouts can help lower disease risk.
- If you have hypothyroidism, you would have to eat a whole head of raw (not cooked) cabbage AND have iodine deficiency at the same time in order to worsen your thyroid function.

### CRUCIFEROUS FAMILY MEMBERS:

Arugula  
Broccoli Rabe  
Collard Greens  
Kohlrabi  
Rutabaga

Brussels Sprouts  
Cabbage  
Daikon Radish  
Mustard Greens  
Turnips

Bok Choy  
Cauliflower  
Horseradish  
Parsnips  
Watercress

Broccoli  
Chinese Cabbage (napa)  
Kale  
Radish





## COLORFUL COLESLAW

2 cups	green cabbage, shredded	3 T	apple cider vinegar
2 cups	red cabbage, shredded	1 T	dijon mustard
½ cup	carrot, diced	½ T	wheat-free soy sauce or tamari or Celtic sea salt instead
½ cup	celery, diced	1 tsp	raw honey or maple syrup
½ cup	apple or pear, chopped		dried parsley to taste
½ cup	cucumber, peeled and diced	¼ tsp	caraway seeds
¼ cup	sliced radishes (optional)	¼ tsp	celery seeds
¼ cup	finely chopped green onions (optional: raisins, grapes, or slivered almonds)	1 T	olive oil

1. Combine the vegetables in a large bowl.
2. In a small bowl, mix the vinegar, mustard, soy sauce, and honey.
3. Toss the parsley into the vegetables and pour the dressing over.
4. Sprinkle caraway and celery seeds on top.
5. Toss all together to mix well.
6. Chill for 2 hours so all flavors are nicely blended.



## TIP 2: GARLIC BREATH?

Allium family is the close second food group I want you to commit to and fall in love with because it has many remarkable health benefits. The allium vegetables contain many beneficial and cancer-fighting phyto-chemicals, in particular sulphides and allicin. Their flavonoids stimulate the production of glutathione, one of the Liver's strongest antioxidants, and thus are heavily involved in proper detoxification. If you step into an Asian supermarket, you will see whole containers of chopped green onions ready to be picked up. While we in the US have forgotten about leeks, you will see one in every fridge on any given day in Poland, where I come from. Along with cabbage and onion, leek is always part of the polish soup stock.

### ALLIUM FAMILY MEMBERS:

Chive, Garlic, Green Onion, Leeks, Scallions, Shallots

### KITCHEN TIPS FOR THE ALLIUM FAMILY:

- To release the beneficial allicin from garlic, crush it with the flat of the knife and leave for 10 minutes to rip benefits.
- To release the same beneficial phytonutrients from other members of allium family, leave them chopped for at least 5 minutes before throwing them into cooking.
- Enjoy onions and garlic in cooked meals like soups knowing that only 10 per cent of their effectiveness is lost in cooking.
- Stuff pitted olives with pieces of garlic and serve hors d'oeuvres or mix into salads.
- Macerate garlic in olive oil for one week and use this flavored oil in dressings and marinades.



## TIP 3: GLUTATHIONE AND YOUR LIVER: A RARE LOVE AFFAIR

Which organ in your body does the majority of work to keep toxins at bay? Liver is your master-Detoxifier, your body's number one filter. Once the Liver delegates what is safe and unsafe and communicates what needs to be done, hopefully, your body will move toxins into urine, feces, sweat, and also breath (experienced yogi know how to do that...).

For me Liver stands for Life and is the most important organ in the body. It deserves a medal for keeping your body clean and safe and our attention, love and support. Your Liver is the unheard hero. Perhaps that is why this is THE organ that can regrow if you lose part of it. You have to consider the importance of the Liver if it can do that. We cannot regrow a hand or an ear. But why can we regenerate and regrow the Liver?

The Liver supervises an extremely complex detoxification system, much of which consists of Cytochrome P450. For the purpose of this E-Book, all you need to appreciate is that if the Liver is overburdened, it will move toxins into the fat "for later", so they are somewhat immobilized in your adipose tissue rather than wrecking havoc on your joints, muscles, organs, tissues, or the brain. Fat storage of toxins is not, however, safe in the long run because fat tissue is hormonally active. It is just a contingency plan your body has to keep you safe from immediate danger. We discuss all that in much more depth in our Detox Program, including the issue of rapid weight loss and extreme fasting, which can trigger autoimmune disorders if detoxification is not properly supported... Suffice to say, your Liver needs your attention.

### MAXIMIZE GLUTATHIONE IN FOODS

Glutathione is the single most important antioxidant in your body that you most likely have never heard about. It helps your body eliminate fat-soluble toxins, such as heavy metals, solvents, and pesticides. In a perfect scenario, a healthy body makes its own glutathione, but based on my experience testing intracellular glutathione levels (Spectracell Micronutrient Test) and urine markers (Organic Acid Test), a lot of us do not get enough of it. Glutathione is critically important for the Liver, so its lack weakens the Liver's ability to detoxify. The more toxic exposure you have, the faster you use it up. Incidentally, glutathione is well studied for cancer protection. You will notice that a lot of the foods or constituents that promote healthy detoxification also have cancer-preventing qualities.

### KITCHEN TIPS FOR GLUTATHIONE:

- Buy **organic** produce, especially **carotenoids such as carrots or sweet potatoes, tomatoes, and greens such as kale or parsley**. They contain more glutathione than other foods.



- **Eat these vegetables raw.** Glutathione is highly reduced or eliminated altogether when these vegetables are cooked and completely gone if they are canned.
- **Eat foods high in Vitamin C:** red peppers, chili peppers, papaya, strawberries, broccoli, kale, parsley, turnip greens, collard greens, watercress, mustard greens, cabbage, persimmons, spinach, Brussels sprouts, kiwi, cantaloupe, tomato and tomato sauce, sunflower seeds, peanuts, apricots, potatoes with skins, oranges, lemons.
- **Get Selenium** in your diet. Some of the highest Selenium content in available foods is Brazil nuts. Other sources are: oysters, halibut, shrimp, sardines, salmon, asparagus, sunflower, sesame, and flax seeds, oats, brown rice, chicken breast, egg, turkey, crimini, and shiitake mushrooms. Why selenium? It is a very important trace element for Liver function and is one of the raw materials for Glutathione. One Brazil nut has more or less 50mcg selenium, depending on the quality of the soil. DRI (Dietary Reference Intake) for Selenium is 55mcg a day for an adult. Do not eat a whole handful of Brazil nuts each day – more is not better. If your Brazil nuts smell or taste rancid, discard them or return the batch to the store. Always keep them in the fridge. Note: Do not consume Brazil nuts if you have a history of oxalate-containing kidney stones.

## RAW SWEET POTATO – A GLUTATHIONE POWER- SNACK

Peel and slice a sweet potato into chips. Keep in a glass container filled with water making sure all pieces are submerged. Change the water every 2 days. Enjoy these “chips” by themselves, for dipping, or with nut butter.

## KITCHEN TIPS FOR BRAZIL NUTS:

- Add coarsely chopped Brazil nuts to muffins, cakes, or pancake batters.
- Dress 2 chopped up Brazil nuts on top of a green salad.
- Blend 2-3 Brazil nuts with water, a pinch of Celtic sea salt, one soaked date in a high-speed blender, for a rich non-dairy milk.
- Elegant Dessert: Blend together 1 cup of each chopped Brazil nuts, pecans, raisins, and dates. Add a little orange or lemon rind and just enough raw honey for a sticky consistency. Roll into small balls, refrigerate to harden, and wrap in waxed paper.



## TIP 4: BUILD-IT-UP WITH BEETS

Beets have a long-standing reputation for Liver support. They are used in liver disorders and help stimulate liver's detoxification processes. Betacyanin, its purple-crimson color, is also a powerful cancer-fighting agent, including colon cancer. Beets are often added to green juices to make them more powerful as well as more palatable. Too many beets juiced may cause stomachache!

### KITCHEN TIPS FOR BEETS:

- Raw beets can be grated for salads and as a garnish for soups.
- Beet greens can be used raw in salad.
- Beets can be roasted with other vegetables in the oven.
- Beets can be juiced (in moderation) especially together with carrot: ½ cup raw beets and carrots cup each

### RED BORSCHT

*The soup can be served hot or cold. You can use trader Joe's steamed baby beets. Keep playing with honey, lemon and garlic until you get a deeply satisfying mix of the flavors. Try this soup with dry marjoram to make it truly Polish!*

2 cups finely shredded cabbage	2 tsp caraway seed
2 cups boiling water	1 tsp honey, if desired
½ cup chopped onion	3 T lemon juice
2 T olive oil	Celtic sea salt to taste
1 pound cooked small beets, peeled and chopped (save the cooking water)	Fresh dill weed, optional
1 quart water/vegetable stock (wheat-free)	Cooked beans, optional
	Freshly ground black or white pepper to taste

1. Cook the cabbage for ten minutes in boiling, salted water.
2. Cook the onion in the oil for a few minutes, without browning.
3. Drain the beets, saving the cooking liquid, and chop them fine.
4. Add the chicken or vegetable stock to the onions.
5. Upon boiling, add the cabbage and its cooking liquid.
6. Add the beets, one cup of beet cooking liquid, caraway seeds, honey, salt and pepper.
7. Simmer for ten minutes, skimming carefully. Remove the soup from the heat. Add lemon juice and heat just to the boiling point. Serve with dill weed garnish.



## TIP 5. LIVER LION: DANDELION ROOT

Dandelion is the weed you try to pull out in your backyard! It has a beautiful yellow flower and becomes a white sphere that you blew in the wind when you were a child, like I did. Dandelion greens are nutritious and tonifying for the kidneys (think kidney detox) and can be used in soups, salads or smoothies, but be prepared for their bitter taste. Today our focus, however, is on dandelion root, regarded as one of the finest Liver remedies as both food and medicine. According to studies, it enhances the flow of bile, improving Liver congestion, bile duct inflammation, hepatitis, gallstones and jaundice. In one animal study, dandelion improved the Liver's ability to clear toxins by 244 percent. In another, it improved clearance of a medication by 73%. Up to 40% of the root consists of inulin, an indigestible carbohydrate that feeds our good gut bacteria Bifidobacteria and Lactobacilli, providing more benefits.

### TIPS FOR DANDELION ROOT

- **Dandelion Root Tea** - Trade your morning coffee for **Dandelion Root Tea**, which is readily available in health food stores and online across the country. It has no caffeine, but it does have a dark roasted flavor that coffee lovers appreciate. I have turned many a coffee-drinker to this herb tea.
- **Dandy Blend** - If Dandelion Root Tea is not creamy and coffee-like enough for you, you will love **Dandy Blend**, our patients' and my favorite. It is gluten free and GMO free. It comes in powder, so you can make it really strong, deep dark, and "roasty" like coffee. The moment you make it, it looks like Guinness beer with a lovely creamy foam, as you can see in the photo I took.





## TIP 6. THE “INDIAN SAFFRON”- TURMERIC

Curcumin is the compound that gives Turmeric the yellow color. That is what makes your curry yellow. If you spill turmeric powder, it will stain your countertops. Turmeric is a research veteran - it has been studied for many years and has a very impressive list of health benefits related to inflammation, cancer, and Alzheimer's, to name a few. For example, it has been shown to directly inhibit cancer cells. But today, we love turmeric for how it supports your Liver and your detoxification. Turmeric is very interesting because it can down-regulate Phase I Detox while stimulating Phase II, which can be helpful in preventing cancer (we get into detailed discussion of detox pathways in the Nutrition Revolution 30-Day Reset Program). There is also an intermediate phase in between that in some cases, e.g. cigarette smoke, can produce a chemical much more toxic than it originally was in Phase I. Turmeric has the ability to support and push that phase as well.

### KITCHEN TIPS FOR TURMERIC:

- Get it organic to minimize the chance of the spice having been irradiated.
- Store in a sealed container, in a cool and dark place.
- Add to any meal you cook, whether it is a soup or brown rice. It is also perfect for lentil and bean dishes. However, limit your urge to support your Liver to ¼ tsp per a big pot of that soup or a pot of cooking rice. Turmeric is astringent and will overtake the flavor.
- To maximize absorption of the active constituents, cook turmeric in coconut oil or ghee with freshly ground black pepper.

### HOME MADE CURRY POWDER

Make your own curry powder! Combine in a grinder 1 T cumin, 1 T mustard seeds, ½ T coriander, 1 tsp fenugreek, 1 tsp (Indian) fennel (you need to go to an Indian store for that), 1 tsp ginger, and 1 tsp turmeric. Use within 6 months.

#### Indian Rice

Mix 2 cups of cooked brown rice with ¼ cup raisins, ¼ cup cashews, and 1 T live oil. Season with ¼ tsp each turmeric, cumin, coriander and Celtic sea salt.



## 7. GET A WATER FILTER IF YOUR LIVER BECOMES A FILTER

If you love your Liver, you will get a water filter. We are mostly water. Our cells require water. We need water to lubricate our knees and our gut lining. We are told to drink at least 64 ounces of filtered water or more a day. If you do not use any supplements, then you are well hydrated when your urine has hardly any tint of citrus lemon. The darker yellow it is, the more dehydrated you are. I do not mean to scare you, but our drinking water has much more than just water. I cannot help but go a little into detail below. I really want to motivate you to support your Liver and your capacity to clear toxins by getting a water filter. Remember, it will be your Liver trying to detox all the chemicals from your tap water!

### DID YOU KNOW?

- At times when you feel hungry, you may actually be dehydrated.
- If you are a senior, your thirst mechanism slows down and you cannot trust it. Make sure you have a pitcher with filtered water and you remember to drink it down. Do not wait for your thirst mechanism to tell you to drink.
- The reason why coconut water is more rehydrating than water is because it is isotonic; with the same osmotic pressure as your bodily fluids - sweat, saliva, blood and tears - coconut water is recognized by the body as “self” and readily absorbed.
- Coffee is not hydrating. On the contrary, for every cup of coffee you drink, you need an extra cup of water to bring your hydration balance to zero.
- Would you like to know what is in your town’s drinking water? Visit Environmental Working Group to find out! <http://www.ewg.org/tap-water/reportfindings.php>
- Your exposure to chlorine through the skin from a shower or a bath is at least as much as the chlorine you drink in a glass of water.

These are only some examples of what you can expect in your tap water and why. I also listed some (not all) potential effects on your health:

**1. Chlorine** - Chlorine is used in drinking water to kill pathogens. It is a free radical initiator and may elevate cholesterol and accelerate aging. As a halogen, chlorine competes with iodine and thus can affect thyroid function. It may cause bladder and rectal cancer as it forms a toxic chloroform. Since its job is to sterilize water, I suspect that it might actually also affect your good gut bacteria although I am still waiting for studies on that.





**2. Chloramine** - More recently some municipalities started adding Chloramine as a disinfectant to drinking water, even though, according to WHO, it is about 2,000 and 100,000 times less effective than free chlorine for the inactivation of E. Coli and rotaviruses, respectively. It cannot be removed by boiling or even distilling, and unlike chlorine, it does not dissipate easily in the air. It is being added to drinking water even though even the conservative EPA claims there are no dermal and inhalant studies and inadequate cancer studies. In studies that do exist, one shows mononuclear cancer in female rats and another reproductive toxicity and reduced reproductivity in mice and hamsters. There may also be risks associated with bladder cancer, liver, kidney, central nervous system problems, and anemia.

**3. Fluoride** - Fluoride is another halogen that competes with iodine and has been shown in studies to affect thyroid function. About 75% of the USA municipal water (including where I currently live) is fluoridated, making us the most fluoride-exposed country. Fluoride added to drinking water is an industrial byproduct. Even though it is a halogen, it acts much like a heavy metal in potently inhibiting and damaging important enzymes and has recently been given a status of a neurotoxin. It can also cause cellular dysfunction and damage hormone receptors and other regulatory sites if it makes its way into cell membranes. Of particular importance with regards to autism and other behavioral disorders is the news that fluoride damages enzymes within the brain and lowers IQ's. Furthermore, there is evidence that fluoride causes excessive calcification in arteries, joints and ligaments. It has also been implicated in an increase in hip fractures and bone cancers due to its accumulation in bones at the expense of calcium (skeletal fluorosis). It is difficult for most water filters to filter it out. Check my podcast and video on the subject of Fluoridation and water filters at [www.kasiakines.com](http://www.kasiakines.com) for more details.

**4. Pesticides** - A major class of pesticides are the organochloride pesticides including more than 15,000 chlorinated compounds, e.g. atrazine (widely sprayed onto grain crops, fruit and vegetables), DDT, chlordane and lindane. Pesticides are highly damaging to the endocrine, immune and detoxification systems in your body and many cannot be completely detoxified by the body, accumulate in the tissues, and affect your health. For example, research carried out by Dunstan and colleagues in 1996 showed that a number of people with persistent fatigue had much higher than average levels of organochloride pesticides in their red and white blood cells, which may have been contributing to their illness.

**5. Pharmaceuticals** make their way to drinking water (including oral contraceptives with their estrogen signaling). This is an emerging issue, according to WHO. On their website WHO states that they enter water supplies "through sewage, which carries the excreta of individuals and patients who have used these chemicals, from uncontrolled drug disposal (e.g. discarding drugs into toilets) and from agricultural runoff comprising livestock manure. They have become chemicals of emerging concern to the public because of their potential to reach drinking-water." WHO also states: "The ubiquitous use of pharmaceuticals (both prescribed and over the counter) has resulted in a relatively continuous discharge of pharmaceuticals and their metabolites into wastewater. In addition, pharmaceuticals may be released into water sources in the effluents from poorly controlled manufacturing or production facilities, primarily those associated with generic medicines."



**6. Fertilizers** run-off from industrial farming into drinking water; their main ingredient nitrogen (as nitrate) converts into nitrite in your body, which is toxic and lowers the blood cells' ability to carry oxygen, preventing oxygen from reaching the brain. This can be fatal (e.g. blue baby syndrome in babies fed formula with water containing fertilizers).

**7. Petrochemicals** such as gasoline, diesel, or benzene, can leak into our drinking water from leaking underground storage tanks. MBTE, a gasoline additive, is a known carcinogen and can affect the nervous system. Benzene is in paint thinners associated with leukemia. It is a Class A carcinogen (one of the strongest cancer causing chemicals).

**8. Dioxins** are some of the most dangerous chemicals. They are caused by volcanic eruptions and wild fires...We also produce them during chlorine bleaching, paper production processes, waste incinerators, production of pesticides and the burning of wood for fuel. Firefighters are exposed to a lot of dioxins in burning houses. Dioxin has been shown to cause autoimmune disorders and even atherosclerosis. Rolf Halden, PhD, PE, is a researcher at the Department of Environmental Health Sciences and the Center for Water and Health at the Johns Hopkins Bloomberg School of Public Health. Dr. Halden states that "exposure to dioxins can cause chloracne, a severe form of skin disease, as well as reproductive and developmental effects, and more importantly, liver damage and cancer." How do we get dioxin into our drinking water? Since it is so prevalent in the air, it can get into the water supply through fog and rain.

**9. Radioactive materials** can damage cells, DNA, and lead to mutation and cancer. Radioactive storage facilities can leak radiation into water. For example, radioactive iodine from stored radioactive materials can destroy thyroid. Plutonium may remain in the body for years.

**10. Heavy metals** including lead, mercury, aluminum, cadmium, to name a few, are often industrial byproducts. For example, mercury is a neurotoxin and has been implicated in nervous system damage and environmental illnesses including chronic fatigue syndrome, fibromyalgia, multiple chemical sensitivity and resistant Candida infections. Bernard et. al, in their paper "Autism: A Unique Type of Mercury Poisoning", reveal a startling similarity between the symptoms of autism and mercury poisoning. A study by EPA in 2004 showed that one of every 3 lakes and 1/4 of all US rivers were too contaminated with mercury to consume their fish.



## LET'S DISCUSS WATER FILTERS

### KITCHEN FILTERS

My go to for water filters is Pure H2O, which is similar to reverse osmosis but better because it does not waste as much water as reverse osmosis in the process and it retains minerals in the water. That is why I no longer support reverse osmosis. I actually had one case of a patient relying on this purification system exclusively long term who developed mineral deficiencies. While we cannot prove that this was the cause, it is hard enough to get enough minerals in diet. Water devoid of minerals may leach minerals from the body into it to make that water “more complete” (for lack of a better word). Pure H2O does not present this challenge, and this is the one I personally use and love. It removes 40-60% fluoride, which is impressive as fluoride is hard to filter out. You either connect it to the faucet directly, or you can purchase an additional spout to install in your soap dispenser hole near the sink (the filter then would be installed underneath the sink). You can find it at [www.kineswellnesssolutions.com](http://www.kineswellnesssolutions.com).

My second recommendation, in particular for students of people who often relocate, is a stand alone gravity filter called Berkey Water Filter. It comes in a variety of sizes, and it does not have to be installed since it is a stand-alone gravity filter. All you need is counter space. You have to remember to pour the water into it before going to sleep to have the water ready in its tank next day. If you have thyroid concerns, then you need to purchase the PF-2 as it filters out much of it. Watch the company's video on their website provided here as it is VERY helpful (sweet, short and visual): <http://www.bigberkeywaterfilters.com/blog/tag/thyroid-fluoride>

### SHOWER FILTERS

No shower filter currently exists, to my knowledge, that removes fluoride. However, for shower, chlorine from steam in the shower is a much more serious concern to me, and I advise everyone to install a good quality shower filter to eliminate chlorine. I have tried a number of shower filters available on the market and inevitably got frustrated with the caking of the filters inside and inability to unscrew and replace them. I fell in love with the Pure H2O Shower Filter, also available at [www.kineswellnesssolutions.com](http://www.kineswellnesssolutions.com) and my patients also love the benefit of using it (your skin and hair will feel much better) and the ease of replacing it, which even I can do without a plumber.



## BATH FILTERS

I have used balls hanging off the faucet, but inevitably, I have had challenges running all the water through the balls, no matter what brand I tried. I have recently discovered pure Vitamin C that eliminates 100% chlorine and chloramine. It is called Effervescent Vitamin C Dechlorination Tablets by Vitabath and is 100% pharmaceutical grade Vitamin C. It contains ascorbic acid (vitamin C), citric acid, sorbitol, and sodium bicarbonate (baking soda) and is 100% organic. If it makes your skin too dry, add more baking soda. This product meets the dechlorination requirements of the US EPA's Clean Water Act. Only one tablet is needed per bath. Now I can finally enjoy a soak in the hot bath without worrying about chlorine and the water smells so wonderful again!

WHAT'S NEXT?...

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