

All Natural 12 Day Detox



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This program cannot be construed as a recommendation of medical treatment or medication. It is not professed to be physical or medical treatment nor is any such claim made.

There are no medical recommendations or claims for the 12 Day Detox program or for any of the vitamin or mineral regimens described in this program.

No individual should undertake the 12 Day Detox program or any of its regimens without first consulting and obtaining the informed approval of a licensed medical practitioner. The author makes no warranties or representation as to the effectiveness of the 12 Day Detox.

Inflammation



It has become increasingly obvious that chronic inflammation is the main cause of many chronic illnesses - heart disease, many cancers, and Alzheimer's disease.

Inflammation is a natural healing response to bring nourishment and immunity to an injury or infection. When the inflammation serves no purpose and refuses to go away, it causes illness.

Some of the things that contribute to inflammation include stress, lack of exercise, dietary choices, genetics, and exposure to toxins (like secondhand tobacco smoke, prescription drugs like steroids, NSAIDs, and metals). Learning how to adjust dietary choices is one of the best ways to deal with chronic inflammation.

There is a blood test that detects inflammation – you should talk to your doctor and have them check your CRP or C-reactive protein. It is a protein that is found in the blood and is the major red flag for inflammation.

Inflammatory Foods



1. **Sugar** - Sugar is added to many foods and we don't even realize it.
2. **Cooking Oils** - Corn, cottonseed, safflower, soy, sunflower.
3. **Trans Fats** - Check all labels and NEVER eat trans fats.
4. **Dairy** - Milk is a common allergen that can trigger inflammation, stomach problems, skin rashes, hives and even breathing difficulties.
5. **Feedlot-Raised Meat** - Animals are fed the foods that cause inflammation for us. They are also given hormones and antibiotics.
6. **Red and Processed Meat** - We develop antibodies that cause inflammation.
7. **Alcohol** - Regular alcohol use creates irritation and inflammation to numerous organs, which can lead to cancer.
8. **Refined Grains** - "Refined" products have no fiber and have a high glycemic index. These include white rice, flour, bread and pasta.
9. **Artificial Food Additives** - Aspartame and MSG.
10. **Allergens** - Any food that you are allergic to and eat anyway.

Inflammation



Anti Inflammatory Foods

(add these to your diet to combat inflammation)

- Blueberries
- Chocolate (Dark, uncooked)
- Cruciferous Vegetables
- Extra Virgin Olive Oil
- Ginger
- Garlic
- Green Tea
- Kelp
- Sweet Potato
- Turmeric
- Watercress
- Wild Alaskan Salmon

Inflammatory Foods

(remove these from your diet to combat inflammation)

- Sugar
- Cooking Oils - corn, cottonseed, safflower, soy, sunflower
- Trans Fats – check all labels and NEVER eat trans fats
- Dairy
- Feedlot-Raised Meat
- Red and Processed Meat
- Alcohol
- Refined Grains
- Artificial Food Additives: Aspartame and MSG
- Any food that you are allergic to and eat anyway

12 Day

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Detox