

All Natural
12 Day
Detox



9

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.

Energy & Stimulation



There are two types of energy:

1. Energy obtained from stimulation
2. Energy obtained from nourishment

Generally speaking, the more a food is processed, the more stimulating it will be to the nervous system. When we consume caffeinated beverages or refined foods, we get energy almost instantly.

But it is short-term, unsustainable energy; the stimulation of the adrenal glands is inevitably followed by fatigue.

In our culture, we tend to use additional stimulation to overcome this fatigue, which in turn produces more fatigue, and so on.

In contrast, when we eat natural and whole foods, our body is less stimulated and more nourished. Energy derived from good health, called cost-free energy, does not take a toll on the adrenal glands, nor does it regularly need to be “stoked” with stimulating substances.

People who are truly well have boundless energy, without reliance on stimulants such as caffeine or refined sugar.

Avoid Caffeine



1. Cardiovascular Problems

Caffeine increases heart rate, elevates blood pressure and can contribute to the development of heart disease.

2. Stress

Caffeine stimulates the excretion of stress hormones, which can produce increased levels of anxiety, irritability, muscular tension and pain, indigestion, insomnia and decreased immunity.

3. Emotional Disturbances

Anxiety and irritability are hallmark mood disturbances associated with caffeine consumption, but equally important are depression and attention disorders.



4. Blood Sugar Swings

Caffeine stimulates a temporary surge in blood sugar followed by an overproduction of insulin, which causes a blood sugar crash within hours. This rollercoaster causes weight gain since insulin's message to the body is to store excess sugar as fat.

Avoid Caffeine



5. Gastrointestinal Problems

Coffee, including decaf, reduces pressure on the valve between the esophagus and the stomach so that the highly acidic contents of the stomach pass up to the esophagus, which can lead to heartburn and gastro-esophageal reflux disease.

6. Nutritional Deficiencies

Caffeine inhibits the absorption of some nutrients and causes the urinary excretion of calcium, magnesium, potassium, iron, and trace minerals.

7. Male Health Problems

Milton Krisiloff, MD, has found that in the majority of cases, men can significantly reduce their risk for urinary and prostate problems by making dietary changes, which include eliminating coffee and caffeine.

8. Female Health Problems

Fibrocystic breast disease, PMS, osteoporosis, infertility problems, miscarriage, low birth weight and menopausal problems such as hot flashes are all exacerbated by caffeine consumption.

9. Aging

Caffeine dehydrates the body and contributes to aging of the skin and kidneys. It has been shown to inhibit DNA repair and slow the ability of the liver to detoxify foreign toxins.

12 Day

Natural

Detox