

Steps to Detox and Support Your Body

- 1. Eat real food.** The key here involves removing the bad stuff like processed foods and sugar and incorporating more good stuff like protein, healthy fats, and plenty of anti-inflammatory omega 3-rich foods like wild fish. You can grab plenty of my favorite healthy recipes here.
- 2. Supplement smartly.** A host of nutrients, including herbs, can help restore health. These include immune-boosting herbs including chaga, cordycep, reishi, and maitake mushrooms that help kill off bad bacteria, as well as immune-boosting vitamin D, anti-inflammatory curcumin (found in turmeric), and magnesium. I strongly encourage you to work with a Functional Medicine practitioner to customize these and other supplements, which you can find in my store.
- 3. Repopulate.** While I believe they are absolutely crucial to treat Lyme and other micro-organisms, antibiotics kill off all bacteria (good and bad). After you've zapped them, you want to repopulate with good bacteria. Eat probiotic-rich fermented vegetables like sauerkraut and kimchi. And supplement with a high-dose, multi-strain probiotic.
- 4. Address food sensitivities.** Gluten, dairy, and other food sensitivities can increase inflammation, weaken your immune system, and worsen Lyme disease and chronic fatigue symptoms. Eliminate these foods for three weeks and see if your symptoms improve. The Blood Sugar Solution 10-Day Detox Diet provides an easy-to-implement plan that removes food sensitivities, sugar, and processed foods to help your body heal quickly.
- 5. Get good sleep.** Studies show that sleep disturbances and chronic fatigue are prevalent with Lyme disease. Sleep deprivation has numerous ramifications, including reduced levels of your feel-good hormone serotonin (I frequently see this with patients) and diminished immunity, giving pathogens more leeway to ramp up. Get 19 of my top sleep tips here.
- 6. Control stress.** Chronic stress can crash your immune system and exacerbate Lyme disease symptoms. Whether you do yoga, deep breathing, or meditation, find something you can consistently do to lower stress levels. Many Lyme disease patients find my UltraCalm CD ideal to melt away stress and anxiety.
- 9. Reduce your toxic load.** These include heavy metals and pesticides, which have a broad range of negative effects on human biology; they damage the nervous and immune systems and contribute to diabetes. If you suspect metal or other toxicity, please work with your Functional Medicine doctor to develop a customized detoxification plan.

The right strategies, combined with working with a Natural Medicine practitioner can help. The healing process can become frustrating and sometimes seemingly insurmountable, but with time, effort, and a focus on a whole-system, integrative approach with the right practitioner, you can tackle it. I've seen patients have miraculous recoveries.

After Chemotherapy, the body will have a very hard time digesting food, and juicing is likely the best and possibly the only way to get enough nutrition into your body.

So it's time to juice. I am not usually an advocate of regular juicing because juice is too sugary, unless it's just vegetable juice. Unfortunately, pure vegetable juice is not palatable to most, including me. Granny Smith apples, beets, and carrots are all high in sugar, but you can use just a little juice from these three sources to sweeten your vegetable juice – but just enough to get it down.

Juicing Tonic

Juice ginger, turmeric, cranberry, and lemon. Leave the peel on the ginger and turmeric. You will need two ounces of each juice. Each ingredient should be organic and whole and juiced immediately before it is consumed. Use a citrus juicer for the lemon. A juice press (slow juicer) is ideal for the other ingredients. Add a bit of cracked pepper and a pinch of cayenne.

Liver Detox

Chemotherapy is incredibly toxic to the body. You must cleanse the body of all remaining chemicals.

Detoxifying the blood and boosting the liver's ability to do its job are of paramount importance. Here are some well-known formulas that you can make yourself at home. Make sure all of the ingredients are organic and/or wildcrafted and of the highest quality.

Blood Detox Formula

Mix the following by volume, and make a standard tincture using 100 proof vodka as your menstrum:

- 2 – parts Red Clover Blossoms
- 2 – parts Chaparral
- 1 – part Lobelia
- 1 – part Cayenne
- 1 – part freshly chopped Garlic Bulb
- 1 – part Burdock Seed & Root
- 1 – part Poke Root
- 1 – part Yellow Dock Root
- 1 – part Goldenseal Root
- 1 – part Oregon Grape Root
- 1 – part Blood Root Sap
- 1 – part European Mistletoe
- 1 – part Periwinkle Flowers

Milk Thistle Detox for Heavy Metals, Chemotherapy, and Radiation

Milk thistle is known as an elixir for your liver and the king of detoxifying herbs. No herb is more beneficial and more powerful at cleansing than milk thistle! It neutralizes toxins in the liver.

Milk thistle has been proven effective in supporting the liver in detoxification from:

- Heavy Metals
- Prescription Medications
- Chemotherapy
- Radiation
- Alcohol
- Environmental pollution

Milk thistle has long been used to support liver function. Milk Thistle contains powerful antioxidants that may protect your body from nerve damage, abnormal brain aging, and cancer. The active ingredient in it is called Silymarin and it has incredible cleansing effects on the liver and gallbladder. As Gene Bruno of Natural Health Research Institute reports, Silymarin can protect against glutathione depletion and increase glutathione levels in the liver. Milk thistle strengthens the liver cell walls, buffering them from invading toxins, and supports liver regeneration.

Silymarin helps increase levels of glutathione and superoxide dismutase (SOD) your bodies two most powerful intracellular anti-oxidants.

Glutathione is known as your bodies master antioxidant and maybe your bodies most important antioxidant to prevent disease. There are over 89,000 medical articles about it and it's benefits to support healing or preventing cancer, heart disease, dementia, autoimmune disease, autism and Alzheimer's disease.

Glutathione is a molecule that is produced naturally in your body and is a combination of three amino acids: cysteine, glycine and glutamine.

The secret behind glutathione's detox power is the sulfur compounds it contains. According to Dr. Mark Hyman MD, sulfur is sticky and acts like fly paper and all of the toxins in your body like free radicals, mercury and radiation stick to it and are then eliminated by the body.

Benefits of Milk Thistle

People who have supplemented with milk thistle have reported improvements in:

- Skin health
- [Blood Sugar levels](#)
- Liver function
- Kidney health
- Brain function
- [Cholesterol levels](#)

The largest benefit of supplementing with milk thistle is found in it's ability to cleanse your body of environmental toxins. We live in a toxic world and are exposed to pollution and chemicals every single day. So for this reason milk thistle is also great at preventing disease.

Workers exposed to chemical xylene showed huge improvements when supplementing with milk thistle as did those who had liver damage from alcohol and prescription drug use. Milk Thistle has also been studied for its effectiveness in lower oxidation of LDL cholesterol and in treatment for diabetic neuropathy.

A study published in the journal of Molecular Carcinogenesis found that milk thistle can reduce the damaging effects of radiation and detoxify your body of radiation. From cell phones to microwaves we are exposed to radiation continually and this can add up and have a negative impact on your health over time.

If you want to reduce the damaging effects that toxicity can play on your health then consider using milk thistle. As you can see, milk thistle has some incredible detoxification benefits because of it's ability to improve liver function and increase intracellular antioxidants like glutathione.

The recommended daily intake for doing a milk thistle detox is 150 mg 1-3x daily for treatment or 50 to 150 mg daily for maintenance.

The Body's pH Balance

Between diet and the lemonade, your pH should balance quickly. If you need it to balance nearly immediately or if your body is extremely acidic (due to toxic accumulation such as drugs like chemo drugs) then try:

Body Balance and Formula Recipe

- 1 – cup of Organic Blackstrap Molasses
- 1 – cup of Organic Apple Cider Vinegar
- 2 dropperfulls of black walnut hull tincture

Mix well and take a tablespoon twice a day. I recommend also taking a strong probiotic with this formula as the molasses can feed Candida. This formula tastes horrible in my opinion, but some people actually like the taste, and it's got a lot of benefits. It's well worth it. Not only will it bring the body's pH back into balance, it is also very good at healing the body in many other ways including healing damage done from radiation poisoning and chemotherapy.

Immune System

Echinacea, vitamin C, and vitamin D are three supplements that should be used to boost the immune system. Anyone, who has gone through chemotherapy, should consider these supplements.

Total Tonic will help boost the immune system and pull out heavy metals and other toxins from the body.

Total Tonic Recipe:

- 1 Handful of Garlic Cloves
- 1 Handful of chopped Onions
- 1 Handful of chopped Ginger
- 1 Handful of chopped Horseradish
- 1/2 handful of chopped Habanero Peppers

Throw in a blender and cover with an inch or two of Organic Apple Cider Vinegar.

Candida

Due to the juicing and the pH formula, it will be more difficult to balance the gut and even more important. An unbalanced gut encourages an overgrowth of Candida. Candida leads to cancer

(and almost every other disease and ailment of our modern era). Wormwood, a strong probiotic, oil of oregano, and undecylenic acid will keep the gut balanced and kill Candida.

Undecylenic acid, probiotics, and salads when you are ready, repair the gut. Take oil of oregano separately from the probiotics, as the oil of oregano will kill beneficial bacteria. I recommend taking your probiotics at night, every night, after other supplements and the last meal have been consumed, whenever you are taking other supplements that can disrupt it.

Epsom Salts Baths

Epsom salts pull salt and toxins out of the body while the skin absorbs magnesium and sulfates. Magnesium is critical for enzymes, for oxygenation, muscle and nerve function, improving blood flow and reducing inflammation. Sulfates are building blocks for tissues, including nerve tissue. To benefit the most from an Epsom salts bath, use the proper amount and soak for the required amount of time.

If you weigh 100 pounds, use one cup of Epsom salts. Use an additional ½ cup for each additional 50 pounds. For example, 101-150 pounds = 1 ½ cups. 151-200 pounds = 2 cups. 201-250 pounds = 2 ½ cups. And so on.

Stay in the water for a full 40 minutes. The first 20 minutes pulls out toxins. The second 20 minutes absorbs magnesium and sulfates.

Hydrotherapy – Hot and Cold Showers

Hot water pulls blood to the skin's surface. Cold water does the opposite, driving the blood from the surface to the core. Alternating hot and cold speeds up circulation, bringing fresh blood to the tissues along with oxygen and nutrients, while aiding the body in carrying away toxins.

For 20 minutes, alternate hot and cold. Start with water as hot as you can stand for two minutes then switch to as cold as you can stand for two minutes, and then switch again. This is a very powerful healing tool.

Nutrition

Nutrition is the basis of health. In order for us to be healthy and stay healthy, we must detox, ridding ourselves of toxins, parasites, and pathogens, and we must give our body all of the building blocks it needs to heal itself by eating an abundance of nutritionally dense, whole foods. That's the foundation, and a good nutrition formula like this one should be included, but not substituted, for a healthy diet. You can put this into smoothies, juice, drink with just water (which is a bit hard to get down), or sprinkle it on salads.

Do not eat processed foods. Never eat artificial flavors, colorings, preservatives, MSG, trans-fats, or GMOs. It is impossible to eliminate all of these harmful chemicals if you eat out at conventional restaurants. It is nearly impossible if you eat processed, prepackaged foods, even from the "health food section." It is entirely possible – actually downright easy – if you simply eat whole, fresh, unadulterated, organic foods. Your diet should consist of 80% fresh, raw, organic produce, more vegetables than fruits.

You do this by eating an excellent salad once a day, a salad with 10-15 vegetables, including plenty of dark leafy greens. You eat fresh fruit a few times a day (unless you are already getting fresh fruit in a smoothie or through juicing), and you add nutritional powder to your daily regime.

Your goal is to choose the most nutrient dense foods with the fewest toxins. Along with avoiding all the additives to foods, eliminate sugar and caffeine. Also, add essential fatty acids (**Organic Vegan EFA, krill oil, or flaxseed oil**) to your diet.

Right now, you need to avoid meat. If you choose to eat meat in the future, choose organic meat. Remember, we eat at the top of the food chain.

For more information, please contact Jane Smolnik, ND at 828-777-5263. Visit her website at: www.UltimateHealing.com or www.AdrenalMasters.com.