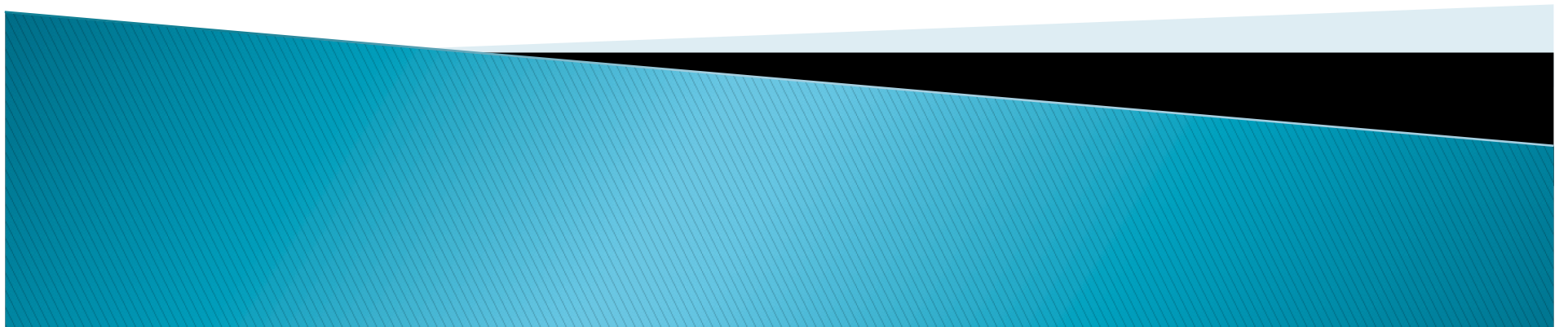


Innovative Detoxification

Dr Marnie Wachtler ND & Dr Brandy James ND



January 15, 2019

@ 5:30-6:15 PM

Tickets: \$20

DETOXIFICATION

Topics include:

Modified Fasting
Whole food diet
14 day detox protocol
Detox Spa Vacation
The Theory on Entropy
Cancer Prevention
Super foods
Free Samples and
much more.....



Dr Brandy James ND



Dr Marnie Wachter ND

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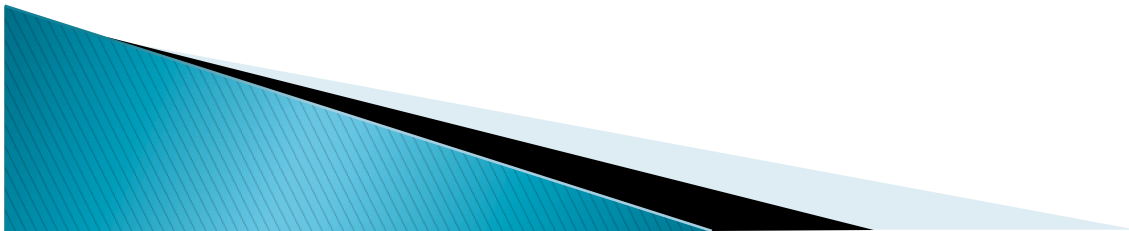
Contact Us

E: info@paradigmhealth.ca

T: (403) 301-7406

Outline

- ▶ Organs of Detox
- ▶ Mechanisms to Detox
- ▶ Super Foods that work to aid in your Detox
- ▶ 14 day Whole food Detox
- ▶ Modified Fasting
- ▶ Spa Vacations to Detox
- ▶ Entropy and Cancer prevention strategies



WHY



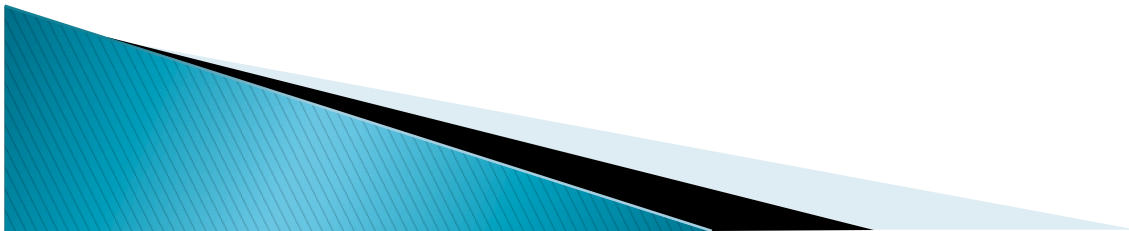
Sources of Chemicals

▶ Food

- Shift your food purchases and consumption to organic when possible. It is most important to use organic dairy products

▶ Products

- Purchase the most natural cleaning and other household products you can find.
- Avoid spraying pesticides or herbicides in your home or your property.
- For hair products (including shampoo and colors) look for products without alcohol, sodium lauryl sulfate, paraben, phthalate or other petrochemicals



Sources of Chemicals

▶ Water

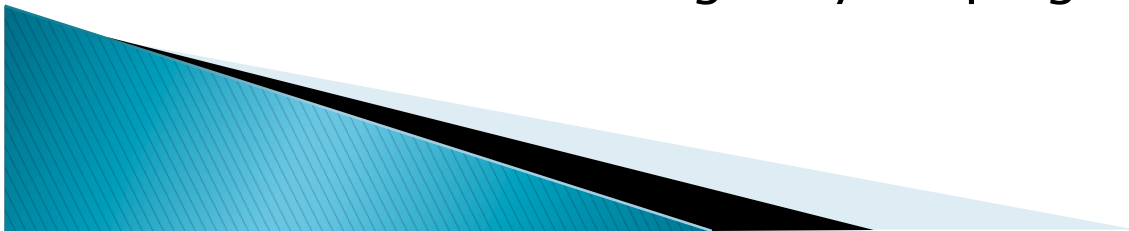
- Water can have many toxins and thus regular consumption of unfiltered water can significantly contribute to the toxic load of your body

▶ Plastics

- Plastics can disrupt hormones in your body.
- Avoid plastic bottles and containers with the numbers 3, 6 and 7 on the bottom. These are most likely to leach plastics into the food, juice or water that they contain.

▶ Home

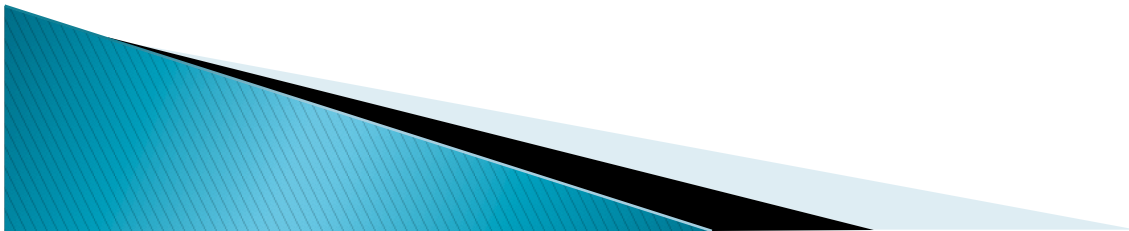
- Use only green and low-VOC products in a remodel or a new home.
- Avoid furniture with particle board or buy used furniture that has had a chance to “off gas.”
- Let a new car off gas by keeping the windows open.



Sources of Chemicals

▶ Home or Office Remodel

- Use a low- or no-VOC paint and carpet or rug.
- Minimize carpet and choose hardwoods but not laminates (avoid Pergo, for example).
- Take off shoes at the door to decrease indoor chemicals and pesticides.
- Avoid urea formaldehyde in building products.
- Change the filter on your furnace every 3 months, using the best allergy furnace filter you can find.



Day in the life of Exposures– Dr M

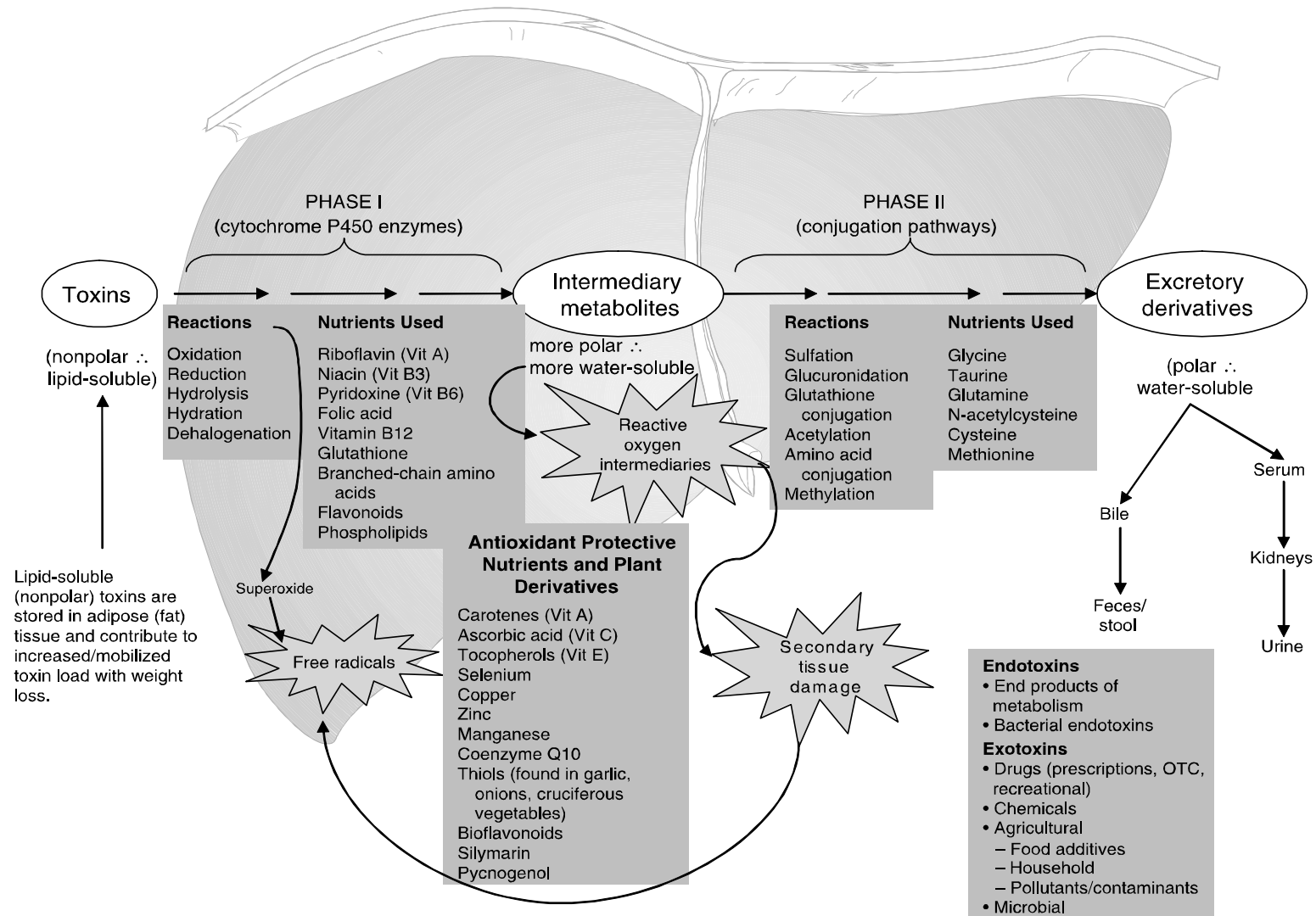
- ▶ Shower exposure to Chlorine
- ▶ Drink coffee with unfiltered water
- ▶ Drive to work, stuck in traffic for 3–5 min
- ▶ Work in a new building with off gasing from new building products.
- ▶ Healthy organic lunch & dinner with Free range meats
- ▶ Recycled air and Ducting with no filters
- ▶ Drive Kids to swim practice breathing in Chlorinated pool air
- ▶ Drink red wine with Supper, liver is loaded at the end of the day



Dr Zach Bush MD

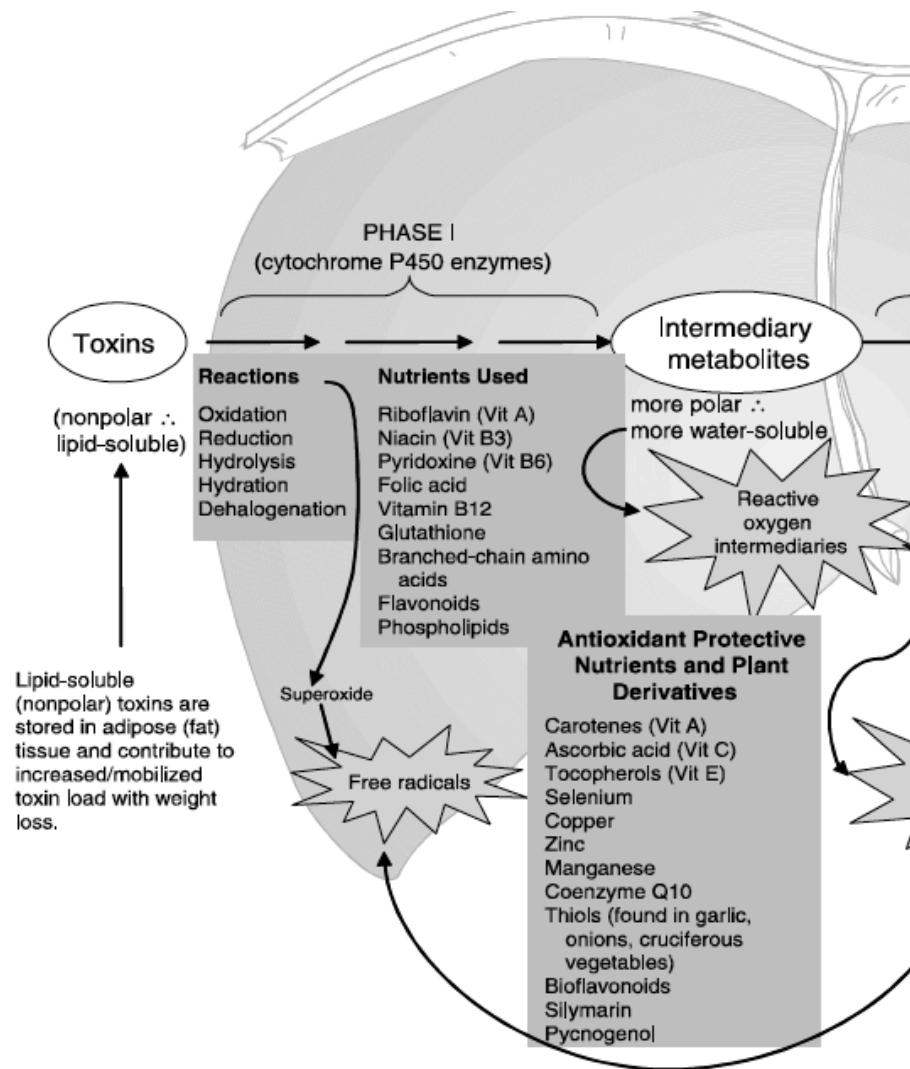


Organs of Detox



Liver detoxification pathways and supportive nutrients

Phase 1



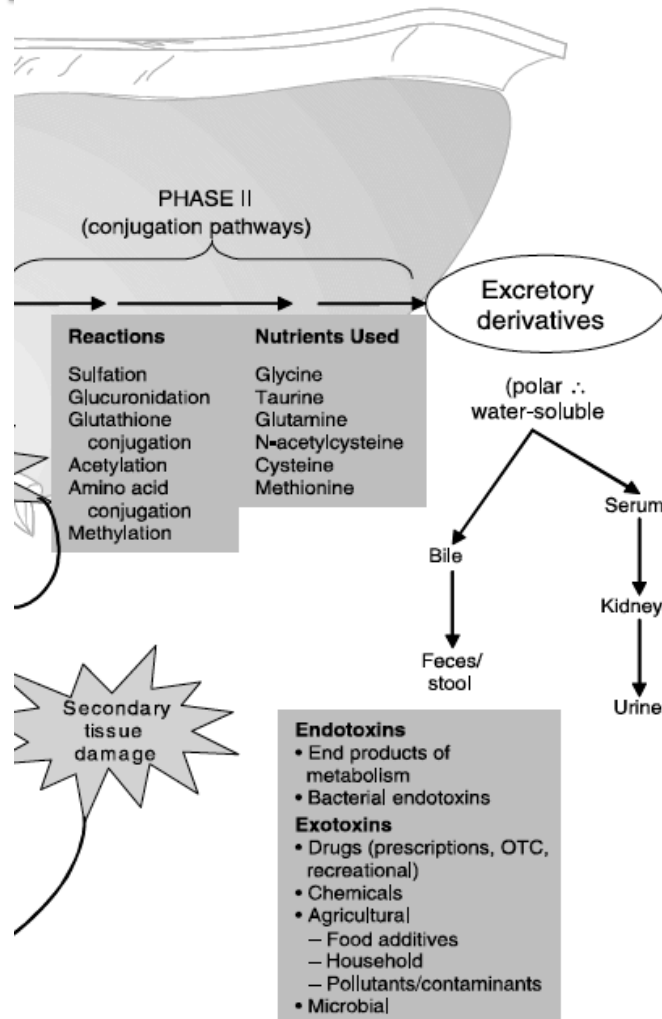
Toxins enter in to the liver via Phase 1

Reactions use nutrients from Food and Supplementation to process

Liver protectant's such as milk thistle help with Phase 1

Phase 2 is most important in moving toxins out of the body

Phase 2



Removal of Toxins

Phase 2 pushes toxins out of the body to be excreted via feces, urine and sweat

Using supplements such as:

Glutathione
Amino acids
Phospholipids
Methylation– B 12
NAC– N actylcysteine

Intravenous Lipostabil

Q What is Lipostabil®?

A Lipostabil® is a preparation of phosphatidycholine for intravenous use.

Q What use is Lipostabil® authorised for in its country of origin?

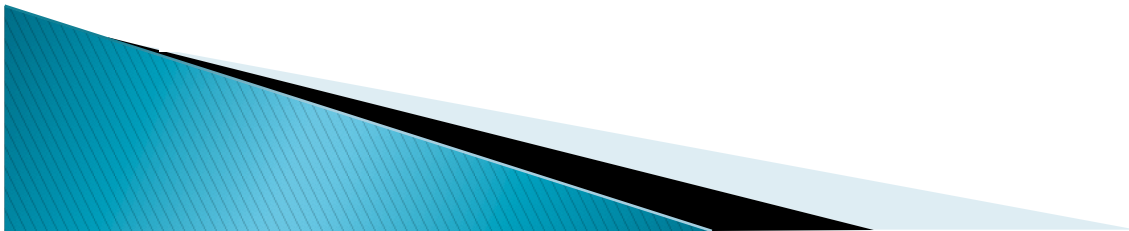
A For prevention (prophylaxis) and treatment (therapy) of blood vessel blockages by fat particles (fat embolism).

Q What about cosmetic use for fat reduction?

A It is not authorised for this use.

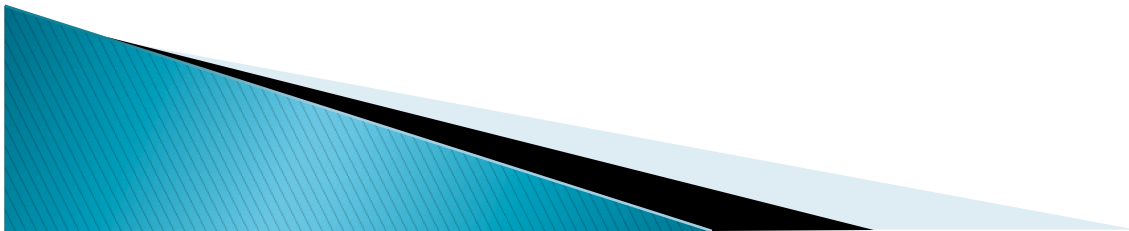
Q Is this product authorised anywhere for cosmetic use?

A No.



Foods to Avoid

- ▶ Sugar, honey, maple syrup
- ▶ High Glycemic Fruit
- ▶ Alcohol
- ▶ Wine
- ▶ Excess caffeine intake
- ▶ Tobacco
- ▶ Processed and Packaged foods



Highly Recommended- The Foundation Foods

Meat Beef Buffalo/Bison Goat Lamb Pork Chicken Turkey Duck Goose Wild Game	Beets Cabbage Capsicum Carrots Cauliflower Celery Cucumber Eggplant Endives Fennel Garlic Globe Artichoke Jerusalem Artichoke Kale Kohlrabi Leek Lettuce Mushroom Onion Peas Peppers Pumpkin Shallots Squash Sweet Potato Tomato Zucchini	Nuts and Seeds Almonds Brazil nuts Cashews Hazelnuts Macadamias Pumpkin seeds Pine nuts Pistachios Sunflower seeds Walnuts
Fish Wild Salmon Sardines Herring		Oils Coconut Macadamia, Olive
Eggs Chicken, duck, etc.		Fruit Avocado Olives
Vegetables Asparagus Bok Choy Brussels Sprouts Broccoli Beans in pod (snap, green)		Beverages Water Tea (Black, Green, Herb

Allowed in Moderation

Fruit and Berries Apples Apricots Blackberries Blueberries Cantaloupe	Lemon Lime Lychees Mandarin Nashi Nectarines	Plums Pomegranate Raspberries Redcurrant Strawberries Tangerines
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made foods whole 10 day detox



READY FOR A RESET?

**Join Made Foods and Paradigm Health Group
Doctors for a 10 day DETOX**

Get 3 Healthy meals per day

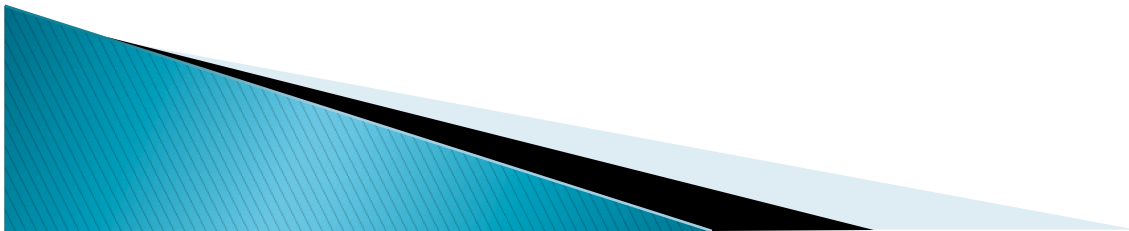
COST: \$450 +GST

For more info see the Front Desk

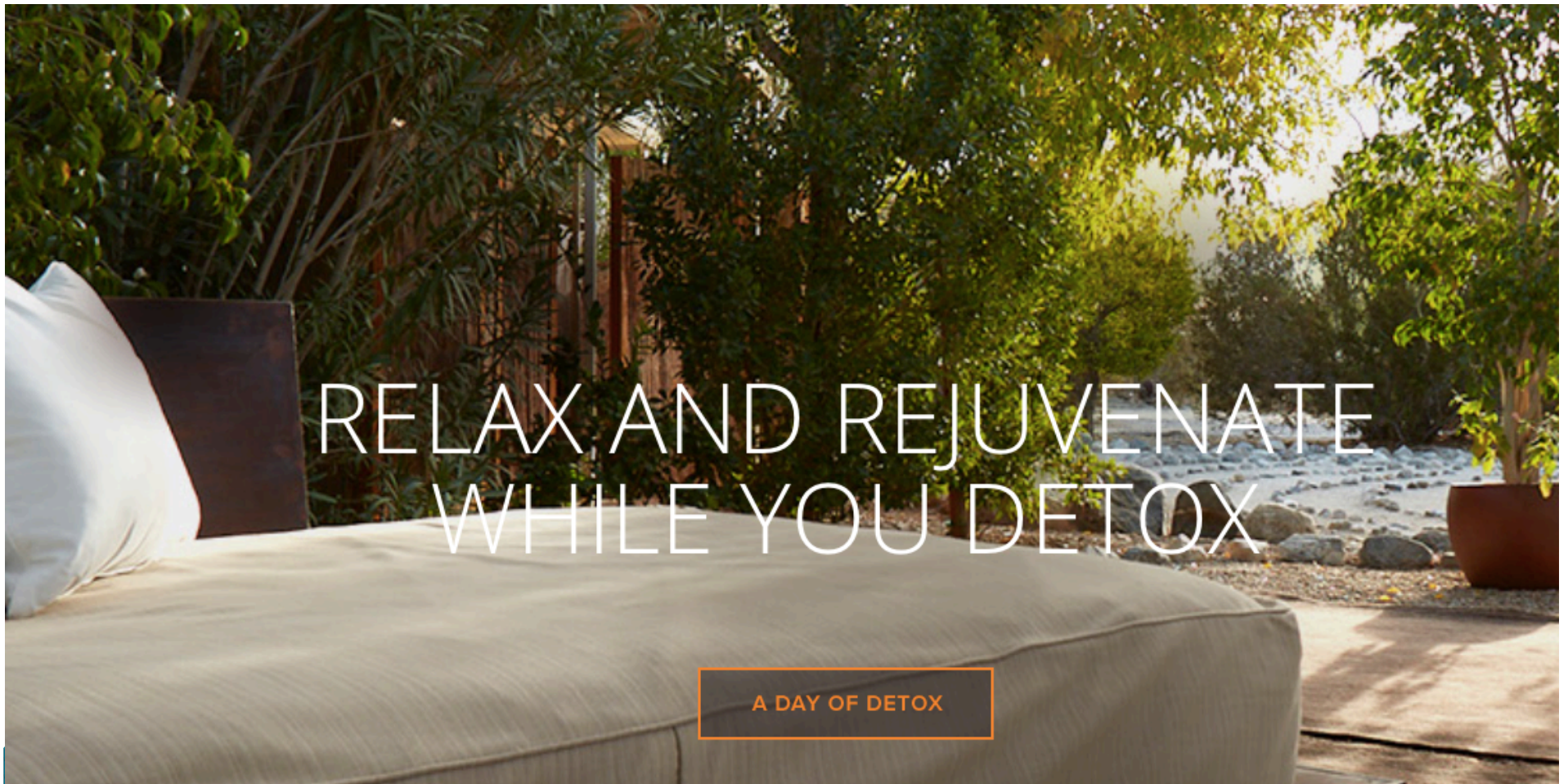


Modified Fasting

- ▶ During the 14 day Cleanse there should be
 - 1 –24 hour period of not eating solids
- ▶ Drink:
 - Bone broth,
 - Water,
 - Tea
 - Coffee(1 per day only)



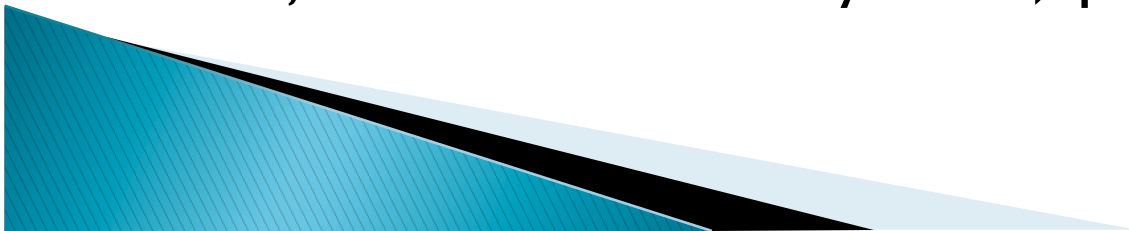
We Care Spa, www.wecarespa.com



A DAY OF DETOX

The Theory on Entropy

- ▶ Fasting mimicking diet:
 - The FMD is a plant-based diet designed to attain fasting-like effects on the serum levels of IGF-1, IGFBP-1, glucose, and
- ▶ Ketone bodies while providing both macro- and micronutrients to minimize the burden of fasting and adverse effects.
- ▶ Day 1 of the FMD supplies ~4600 kJ (11% protein, 46% fat, and 43% carbohydrate)
- ▶ Days 2 to 5 provide ~3000 kJ (9% protein, 44% fat, and 47% carbohydrate) per day.



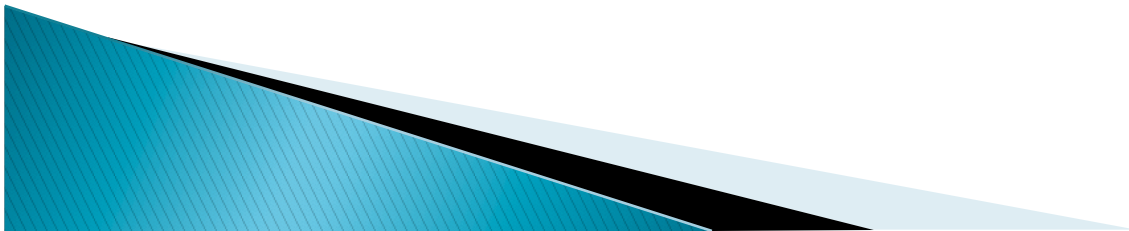
Fasting mimicking Diet

- ▶ The nutrition rules established for the Fast Mimicking Diet are:

- Each month (3 / 4 cycles, 25 days eat normally, 5 days FMD)

High micronutrient content (i.e. greater than 50 percent by weight) from natural sources

Ketogenic: Restricted protein and a high percentage of calories from fat



Fasting mimicking Diet

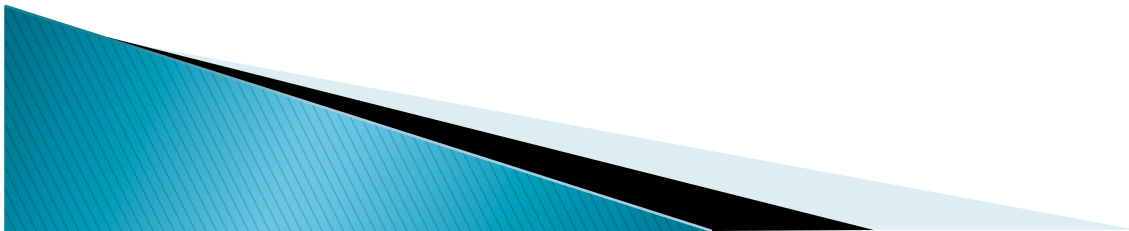
- ▶ In practice this translates to:

Day 1: 54% norm caloric intake _1,090 kcal (10% protein, 56% fat, 34% carb)

Days 2–5: 34% norm caloric intake_ 725 kcal
(9%protein, 44% fat, 47% carb)

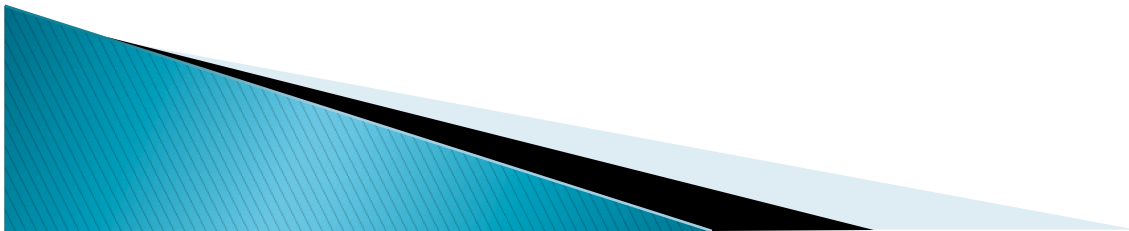
Morning: 1 Avocado + 2 tablespoons of greens powder, tea or coffee and water allowed

Evening: 1 Avocado + 2 tablespoons of greens powder, Water

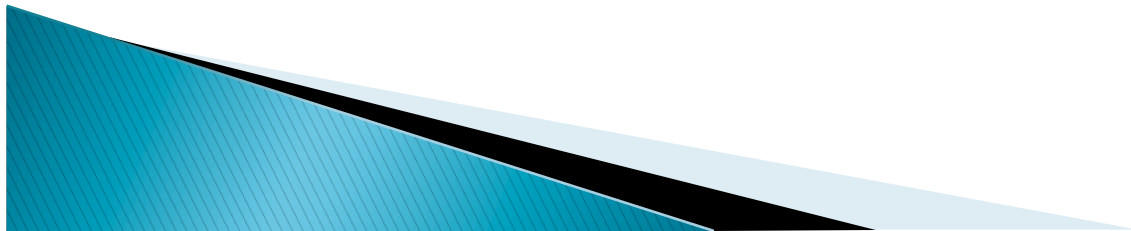


Organs of Detox

- ▶ Skin & Urinary Bladder
 - Sweating out your Toxins from stored Fat
 - Water essentials– 4 liters per day
 - Skin Brushing, Hot yoga and Sauna therapies
- ▶ See Handouts on:
 - Home Hydrotherapy
 - Constitutional Hydrotherapy



- ▶ **Macro Ecosystem Shifts**
- ▶ **Eat Fermented Foods**
- ▶ **Buy Organic Food**– if only 16% of the population bought organic food, Monsanto would collapse. Organic food can be more expensive in some cases, but if we all found ways to make the sacrifice now, the price of chemical free foods would dramatically decrease once spraying ceased.
- ▶ **Share The Message** Get people thinking and talking about these issues and the various misconceptions. Listen to the latest interview with Rich Roll and share with your friends, family and local farmers.



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