

CLEANSE & DETOXIFICATION INTRODUCTION

You change the oil in your car every 3-5,000 miles. What about your body? "Sludge happens"

The need to cleanse and detoxify our bodies has grown as the number and quantity of poisonous compounds in the air, water, and food have increased. Most cultures throughout history have had rituals of cleansing and detoxification: Ayurvedic Medicine from India and the South East Orient, Traditional Chinese medicine, old European rites of seasonal purification, and various orthodox religious practices that observe seasonal or weekly fasting for purification. In numerous studies, vegetarians, and people who simply eat less have repeatedly lived longer, "aged" slower, and been plagued by less disease – including cancer. Modern research has shown us that detoxification can improve the function of literally every system in our body.

The equinox (spring or fall) are excellent times to purify, because they are times of balance when we have the opportunity to restore harmony to our lives. In fall, we "let go" as the world around us does, and prepare to eat heavy, sweet and fatty foods during the cold, dark season of winter. The challenge is to keep "flow" going, when winter's cold tends to bring stagnation – a perfect place for virus to settle and bacteria to grow. In spring, the "sap begins to flow" and we need to shed the fatty layers that protected us from the cold, and prepare to eat the lighter fruits and vegetables of summer. In many of us, the shedding of fats in spring to early summer "clogs" the detoxification pathways, and our system becomes over-taxed by the air-borne pollens and dust that come in the warmth and light of summer – a perfect substrate for immune system over-reaction, commonly called "allergies" or "hay fever".

The major organs of detoxification include the liver, kidneys, colon, lymphatic vessels and nodes, lungs, and skin. Of the systems of detoxification, the liver is the most complex and amazing. It filters about 2 quarts of blood per minute, synthesizes important compounds like proteins, cholesterol, storing sugar and carbohydrates, and clearing 99% of bacteria, antigen-antibody complexes and toxins as they pass through.

The liver has two steps of detoxification before they are carried out of the body. In phase I, fat-soluble toxins are converted to water-soluble or oxygenated "intermediate" compounds, by a group of enzymes collectively called the cytochrome-P450 enzymes (mixed-function oxygenase system). Most of the time, the intermediate compounds are more reactive than the original toxin, but some chemicals are directly neutralized. Nutrients involved include: glutathione (made of glutamic acid, cysteine & glycine), magnesium, vitamin C, zinc and copper. In phase II, intermediate compounds from Phase I are conjugated so they can be excreted without damaging the body. Pathways include: acetylation (an acetyl group is added, requiring vitamin C, B-2 & B-5), glutathione conjugation, glycine conjugation, sulfate conjugation, methylation (methyl group is added, requiring choline, B-12 & folic acid), and glucuronidation (glucuronic acid is added).

TOXINS

Heavy Metals: lead, mercury, cadmium, aluminum, arsenic

Chemical Toxins: solvents, drugs, pharmaceuticals, alcohol, formaldehyde, pesticides, herbicides, food additives, petroleum distillates like BPA

Microbial Compounds: endotoxins, exotoxins, toxic amines, toxic derivatives of bile, carcinogens

Breakdown products of protein metabolism: ammonia, urea, substances usually cleared by the kidney

MOUNTAIN-RIVER NATUROPATHIC CLEANSE

The naturopathic doctors at Mountain-River Naturopathic Clinic have designed a 7-14 day cleansing program that is targeted at all the organs of elimination and detoxification. While we recommend 1-2 days of liquids, this program is very different from a fast or master cleanse, where you do not eat at all. During this cleanse program, you are able to eat a variety of healthy, nourishing foods that help the body in the detoxification process.

MOUNTAIN-RIVER NATUROPATHIC CLEANSE INCLUDES:

- 30 minute pre-cleanser consult with one of our doctors for first time cleansers and patients. Your cleanse can be individualized by the doctors for your needs.
- Detox packet with instructions, shopping list, recipes, and sample exercises.
- Detox powder that contains protein and supportive nutrients (professional line).
- Liver cleansing and protecting herbal capsules
- Fiber supplement that can be used in smoothies
- GI replacement flora capsules
- Punch-card for 3 fresh pressed juices from Alpine Natural Foods for your juice-only day (or days)
- Access to Dr. Pollack and Dr. Nearpass for support and advice throughout the cleanse process.

CAUTION: Pregnant and nursing women should not fast or cleanse. Weak or debilitated individuals should not fast, but rather "build up their system" and cleanse in a manner that allows them to eat. Diabetics, and people with other endocrine or metabolic disorders should use great caution when cleansing and be under the guidance of a health professional. Individuals on seizure medications should avoid cleansing supplements.

PRICE:	1 PERSON	2 + PEOPLE
7 days (First time)	\$150	\$125 each
7 days (Previous cleanser/patient)	\$105	\$95 each
14 days (First time)	\$255	\$200 each
14 days (Previous cleanser/patient)	\$190	\$170 each

We will schedule a support and informational meeting for those interested in a group cleanse.