

Connect4Hope with Anthony Martinez Beven

on The Basics of Detoxification

Episode 4 - June 23, 2020

Why Detoxification?

- ❖ Many people's immune systems are compromised due to NAFLD (non-alcohol fatty liver disease), an MTHFR gene mutation and/or leaky gut.
 - Allow toxins to wreak havoc inside our bodies.
- ❖ Toxins include free radicals such as: bad bacteria (e.g. e. coli), candida, mold, parasites, heavy metals and uric acid.
 - Can be passed from mother to baby during pregnancy
- ❖ Structured detoxification involves flushing and restoring all components of the digestive system: gut, liver, kidneys, gallbladder and pancreas.

How to Detox

- ❖ Plant-based diet: only fruits in the morning, salads and vegetables in the afternoon and more solid/cooked foods in the evening. Eat VARIETY.
- ❖ Beneficial foods include: apples, bananas, asparagus, grapefruit, sweet potato, coconut, pomegranates, tropical fruits (kiwi, mango, pineapple), celery, citrus fruits (oranges, clementines, lemons, limes), berries (blueberries, raspberries, blackberries), green smoothies
- ❖ Beverages: Alkaline water, teas, fresh juice, plant-based milks
 - *Avoid: coffee, carbonated beverages, most alcohol (wine, beer, rum) and anything with added sugar*
- ❖ Work with a specialist to understand your body's unique supplement requirements.
- ❖ Detox therapies:
 - Ionic foot baths
 - Infrared saunas
 - Red light therapy
 - Lymphatic drainage massage
 - Reflexology foot massage
 - Microcurrent therapy

Frequency

- ❖ Every year of chronic illness requires one full year of detoxing on a weekly basis.
- ❖ People with MTHFR – daily/weekly because body is not genetically wired to detox on its own.
- ❖ Remainder of population should use detox as a vehicle to jump start into a plant-based lifestyle.
 - Once in a plant-based lifestyle, an annual detox is recommended or as needed (e.g. when sick, during flu season, after eating unhealthy food, etc.)

Notes

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