

## DETOXIFICATION

- What causes a Toxic state?
- Key organs... Sluggish colon? Liver? Kidney? Skin?  
Body signals that are toxic. brown spots, acne, psoriasis, eczema, breathe, sweat
- ORAC...Oxygen...Radical...Absorbance...Capacity
- Cruciferous food....focus on it....estrogen inhibitor...sulfur stops free radical damage
- Minimize leftovers as your primary food source?
- Do not combine food incorrectly...promote digestion. No cold water with meals
- A healthy body, with the toxins minimized will heal itself. Your body can rehab itself.

### Steps to DETOXIFY

Avoid toxic consumption of food and drink...avoid power drinks/bars

Drink water...avoid soda...dairy...artificial drinks

Eat whole food veggies greens ...raw...steamed...not boiled

Minimize wheat grains. No white rice...only brown rice

Bowel movements naturally ...iodine? Water? Veggies?

Castor oil pack weekly to start: AVAILABLE at [www.druglessdoctor.com](http://www.druglessdoctor.com)

### Adjustments

Lymph drainage...also bounce on ball or mini-trampoline

Colonic irrigation

Exercise...helps blood and lymphatic flow, reduces the impact of estrogen on the body.

Herbs! You can use Advanced Naturals as a program six/seven month program.

Dr. Bob's ABC's Apple...Beet...Carrots

What supplements? First, do not eat with reckless abandonment then take a handful of supplements and think you are healthy!! The following products are available the ones with ® are from Standard Process, (G) is from GAIA Herbs, (B) from Biotics, (ON) Omega Nutrition, (MS) Miscellaneous. Please email me what products you may wish to obtain. Consultations by phone are available. Go to [www.druglessdoctor.com](http://www.druglessdoctor.com) for details.

Livaplex ®....liver support

Livotrit (B) Plus....herbs for the liver

Milk Thistle (G)....herb for liver

Dandelion Root (G)....liquid great for the liver

Yellow Dock (G)...liver herb...good for skin

Hepatrophin ®...restores liver function

Cruciferous Complete ®.... Green food for detoxification

Green Alchemy (MS)... Green food for detoxification

AF Betafood ®...thins bile

Flax Powder (ON)...colon

IPS (B)...leaky gut

Flax Oil (ON) ...reduces inflammation

Protefood ®...source of protein to combine

Robert DeMaria DC, NHD  
[www.druglessdoctor.com](http://www.druglessdoctor.com)

NOTES

---

---

---

