

Real-Life Detox

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The health information in this book is designed for educational purposes only. It's not a substitute for medical advice from your healthcare provider, and you should not use it to diagnose or treat a health problem or disease. It's designed to motivate you to work toward better health, and that includes seeing your healthcare professional regularly. If what you've read raises any questions or concerns about health problems or possible diseases, talk to your healthcare provider today.

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Part One:

How to Cleanse and Detox



Why You Need This Book

Real-Life Detox is designed to help you feel better, have more energy, and reduce your risk of serious disease, depending on how you integrate the information into your everyday life. I'll also give you the science behind it in a way that's easy to understand. I'm going to tell you what's real and what's not when it comes to detoxifying your body.

Let's face it: there's a lot of confusion about detoxification programs. Some use a crazy concoction of foods, spices, and herbs; most that I've seen confuse a digestive cleansing program with a detoxification program. While the two may seem to be related and the process may seem similar, they're two different things.

And then there are the healthcare professionals. They're firmly entrenched in science-based medicine and can't understand why we would need to do anything extra to accomplish what the body is supposed to do anyway. They read about the lemon juice, maple syrup, and cayenne pepper "cleanse" and think that's what detoxification is all about. And yet, they have to know that the detoxification process that takes place in the body is legitimate: it uses the same systems that the body uses to eliminate pharmaceuticals when they're done working in our bodies. Whether that detoxification system works well is the question they don't seem willing to acknowledge.

Speaking of the detoxification process, I'm going to explain how that works. In the process, I'll answer many questions about detoxification. Let me give you a few:

- Can you really help your digestive system stop the bloating and overall lousiness you feel?

- Are there special nutrients that you need during a detox program?
- Can herbs really help with the detoxification process? What does the science show?
- What nutrients can you eat every day to help regularly detoxify your body?
- Can you reduce the risk of diseases by eating a better diet—not for just a day, three days, or a week, but for the rest of your life?

That’s a pretty ambitious list, but that’s what I’m going to cover in this book.

When I gave this book the title *Real-Life Detox*, I wanted you to understand that this book will be easy to read, easy to follow, and easy to incorporate into your real life. The goal is to help you feel better, have more energy, and maybe, have fewer health issues—all while keeping your real life moving forward.

We have a tendency to try to fix things, especially our bodies, in a short period of time. I’m sorry, but that’s just not possible in most cases, and that includes detoxifying our bodies. I believe adding small changes to your lifestyle on a regular basis is the most effective way to help you get and stay healthy. However, that doesn’t mean that you can’t do something slightly dramatic, let’s say over a weekend, that can help get you pointed in the right direction.

If you’re familiar with the now-retired comic strip “Cathy,” there was a significant strip on New Year’s Day many years ago. It went something like this: Cathy had set New Year’s resolutions to eat better, lose weight, and exercise. When she woke up New Year’s Day, she ate a donut. Well, that blew her

diet for the day. Because the day was shot, the week was shot. And because she blew the week, the month was blown. And because the month was gone, she had messed up the entire year. Game over.

That's the way too many of us approach how we treat our bodies, but when it comes to detoxifying your body, there's no all in or all out. I believe you can make small changes that will have a profound effect on your body:

- You can have more energy.
- Your digestive system can feel better.
- You can optimize your detoxification system.

Not by drinking lemon juice with maple syrup and cayenne pepper, sitting in a sweat lodge, or eating half your lawn, but by making small changes in what you eat and making those changes a regular part of your lifestyle. That's what *Real-Life Detox* is all about.

How to Use This Book

I've thought a long time about the organization of this book. If you read my weekly messages or have attended one of my seminars, you know I'm always concerned with *why*: Why detox? Why cleanse? Why try to eliminate problem foods from your diet? On and on. I realized a little while ago that might not be the most important thing to some of you—you may just want to know what to do and how to do it, so that's the way the book is organized: Part One is *what* and *how to*, and Part Two is *why*.

In Part One, each chapter will give you a summary of the concept; then I'll explain what to do and how to do it. I'll also explain the elements of other cleansing and detox programs that aren't really necessary.

When we're done with the *what* and the *how*, I'll give you the *why* for each part as supported by the benefits to your health and the science in Part Two, but you really need to know only what and how—you can skip the why for now and get on with your detox. But the science is really fascinating, so I hope you'll check out Part Two as well.

Part Three contains the recipes you'll use in the detox program and later in your daily life to keep your detoxification system working effectively.

I'm approaching this process in a straightforward and simple way: food first, nutrients in supplement form second, and if the science warrants it, herbs as well. Those are my priorities in putting together this practical and easy-to-use book.