

Smart Life Forum

SmartLifeForum.org

presents

Elson Haas, M.D.

on

NUTRITION & DETOXIFICATION

Thursday, Jan. 17, 2008,
7:00 PM

Cubberly Center, Rm H-1
4000 Middlefield Road
Palo Alto, CA

FUTURE SPEAKERS_

February 21 TBD

March 20, Karl Knopf, EdD,
Fitness for Seniors

April 15, Stephen Strum, MD
Related Health Issues to
Prostate Diseases

FMBR meeting January 25: Dr. Ralph B. Allison, MD, is a retired psychiatrist, from Santa Cruz, who will be speaking on Multiple Personality Disorders and Spiritual Teachers. He will discuss his experience with patients manifesting Multiple Personality Disorders. One of his patients introduced him to her "Inner Self Helper", which he decided is the dissociated essence of his patient.

Dr. Allison is a graduate of UCLA and completed his psychiatric residency at Stanford Medical Center. For more information see: www.fmbr.org

Meet The Speaker

Dr. Elson Haas is a long time practitioner, founder (1984) and director of Preventive Medical Center of Marin, an Integrated Healthcare Facility in San Rafael, California (see <http://www.pmcmarin.com/>).

He is also the author of many books in the areas of health and nutrition, such as *Staying Healthy with the Seasons* and *The New Detox Diet*, and *Staying Healthy with Nutrition*. (See www.elsonhaas.com for more information).

Dr. Haas is a visionary philosopher-physician who has developed a model of *Integrated Health Care* over the past 25 years of medical practice with patients he motivates and guides toward positive lifestyle balance to help create optimum health. He also has more than 35 years of

patient-care experience integrating natural therapies into family practice and his San Rafael clinic offers one of the only alternatively-oriented programs that also works within the insurance system.

Main Presentation

Introduction To Nutrition & Detoxification

The simplest way to understand symptoms and disease integrates Western linear thinking, Chinese medicine and its philosophy of yin and yang, and the naturopathic approach to health and illness. Problems in the body (and mind) often arise from either **deficiency**—where we are not acquiring sufficient necessary nutrients to meet our needs and body functions—and **congestion**, where we are having excessive intake, both from reduced eliminative functions and the over-consumption of foods or non-food substances, such as caffeine, alcohol, nicotine, refined sugar and food chemicals.

People who are **deficient** may experience such problems as fatigue, coldness, hair loss or dry skin, and they need to be **nourished with wholesome foods to aid healing**. **Congestive** problems, however, are more common in Western,

industrialized civilizations. Many of our acute and chronic medical diseases and dilemmas result from the clogging of our tissues and tubes, and the suffocating of our cells and vital energy. Colds, flus, cancer, cardiovascular diseases, arthritis and allergies are all examples of congestive disorders. These medical problems may be prevented or treated at least in part and often dramatically by embarking on a process of **cleansing** and **detoxification**. The incorporation of dietary changes, including consumption of more fresh fruits, vegetables and water while reducing animal fats and proteins and eliminating any damaging substance abuses is the beginning of the rejuvenation process for the human body. This was discovered long ago and is still true today even though medical science may make light of it in deference to the quick solution to major diseases.

Consider the **cleansing/fasting/detoxification process** (they are different degrees of the same process of reduced toxin intake and enhanced toxin elimination) to be **the missing link** in Western nutrition, and a key to the health and vitality of our civilization. In over 25 years of medical practice, Dr. Haas has utilized extensively, various detoxification programs along with other healing and rejuvenation practices for both himself and literally thousands of patients; he truly believes that cleansing and detoxification is virtually one of the most powerful healing (real healing of ailments and not just suppression of symptoms) therapies that he's seen.

Dr. Haas has written extensively about *detoxification*, as can be seen in the last section of his ***Staying Healthy With Nutrition*** textbook and as the focus of his most recent book, ***The NEW Detox Diet: The Complete Guide for Lifelong Vitality***, wherein he discusses both the medical and health factors of the vitalizing cleansing process. What he attempts to do in his writing and practice, is to place your health and that of your family back into

your hands, because so much of it *is* up to you. It really matters how you live: what you do, what you eat, and what you think and feel. Take hold and do what you can to be vital and healthy. It is really worth it!

Now, let's continue with a bit more on *Acid-Alkaline Concepts about Health*.

Acid-Alkaline: A Key to Health and Longevity

The concepts of congestion/toxicity and deficiency/depletion relate to the acid-alkaline poles. General ideas about illness and health really relate to the relative states of *acidity*, and the congestion, irritation and inflammation that come from this imbalance. The acidity in the body tissues arises from the over-intake of too much acid-causing foods. This acidity causes the breakdown and degeneration of tissues over time. *The Detox Diet* (below) consists of steamed vegetables and fresh fruits, water and alkaline drinks, which helps to balance the body and decrease these acid wastes. The body then lowers its inflammatory and pain states and begins to feel better, more flexible, and more youthful.

The acid-alkaline state is crucial to what scientists call the **biological terrain** of the body, or the state of the body's tissues and functions. He believes that it is this terrain that affects whether or not we are healthy. Parasitic, fungal, and other infections are secondary to imbalances of the terrain—diet, stress levels, and other aspects of lifestyle can profoundly influence it. Since animal products, refined foods (sugars and flours), and most nuts and seeds are more acidic in their chemical makeup, they create acid residues when metabolized in the body. **Acid-generating foods** contain higher amounts of the minerals **phosphorus**, **sulfur**, **chlorine**, and **iodine**, while the more **alkaline-generating foods** contain higher levels of **calcium**, **magnesium**, **potassium**, and **sodium**. These include most high water-content fruits and

vegetables, as well as some grains (millet and quinoa) and almonds.

Over time, the consumption of an animal-product based diet creates an acidic state of the tissues, with chronic toxicity as congestion, irritation, inflammation, and degeneration. The end-point of this process is the many painful and terminal diseases people experience as they age.

Over the years Dr. Haas has measured and had patients follow their own pH, or acid, levels—assessing their blood, urine, and saliva, and then monitoring any changes, especially in urine and saliva—to chart their course of healing. There is clearly a strong correlation between body fluid pH and the level of health or disease of the individual. If our tissues accumulate more acid, the kidneys attempt to release acid and withhold bicarbonate, which makes the blood more alkaline.

Acid states appear in people with acute and chronic inflammatory and pain syndromes, congestive disorders that include recurrent infections as well as allergies, and the degenerative diseases such as cancer, cardiovascular problems, and diabetes. Once these chronic degenerative diseases have set in, they are more difficult to treat or correct. When Dr Haas has been able to assess and rebalance an individual's biochemistry, he has seen the lessening of symptoms, the halt of disease progression, and even the reversal of some conditions—and I have experienced this with thousands of patients.

And now the ***New Detox Diet***, or more clearly and initially referred to as ***The Alkaline Detoxification Diet***, is a smooth, easy-to-follow, long-range transitional, healing program. It is the great biochemical balancer for the person consuming the typical western diet, a diet

that he has worked diligently to try to change both personally and professionally.

Other Aspects of Detoxification

Our General Detoxification Systems include:

Gastrointestinal: liver, gallbladder, colon, and the whole GI tract; **Urinary:** kidneys, bladder, and urethra; **Respiratory:** lungs, bronchial tubes, throat, sinuses, and nose; **Lymphatic:** lymph channels and lymph nodes; **Skin and dermal:** sweat and sebaceous glands and tears.

Levels Of Dietary Detoxification

- BASIC DIET
- REDUCE TOXINS DAILY: ingesting fewer congesting foods and more nourishing ones; for example, decrease drugs, sugar, fried foods, meats, dairy, etc. Take one to seven days to complete this phase.

Fruits, Vegetables, Whole Grains, Seeds, and Legumes

- Raw foods
- Fruits and vegetables and their juices
- Specific juice diets, master cleanser, apple, carrot, and greens, etc. (see Chapter 3: *Fasting and Juice Cleansing*.)
- Water

THE DETOX DIET as taken from the book, ***The New Detox Diet*** by Elson M. Haas, MD

Special Guidelines For The Detox Diet

- Chew your food very well and take enough time to eat.
- Relax a few minutes before and after your meal.
- Eat in a comfortable sitting position.
- Eat primarily steamed fresh vegetables and some fresh greens.
- Take only herbal teas after dinner.

The Detox Diet Menu Plan

Morning (upon arising): Two glasses of water (filtered, spring, or reverse osmosis), one glass with half of a lemon squeezed into it.

Breakfast: One piece of fresh fruit (at room temp), such as apple, pear, banana, grapes, or citrus. Chew well, mixing each bite with saliva.

15–30 minutes later: One bowl of cooked whole grains—specifically millet, brown rice, amaranth, quinoa, raw buckwheat, or buckwheat. Flavoring can be two tablespoons of fruit juice for a sweeter breakfast taste, or use the "*better butter*" mixture mentioned below with a little salt or tamari for a deeper flavor.

Lunch (Noon-1 P.M.) One–two medium bowls of steamed vegetables; use a variety, including roots, stems, and greens; e.g. potatoes & yams, green beans, broccoli, cauliflower, carrots, beets, asparagus, kale, chard, and cabbage. CHEW WELL!

Dinner (5-6 P.M.) Same as Lunch

Seasoning—Butter/canola or flaxseed oil mixture. Make this "*better butter*" by mixing one half of a cup of cold-pressed canola oil (or olive or flaxseed oils) into a soft (room temperature) half-pound of butter; then place it in a dish and refrigerate. Use about 1t per meal or a maximum of 3t daily.

11 A.M. & 3 P.M. One to two cups of veggie water, saved from the steamed vegetables. Add a little sea salt or kelp and drink slowly, mixing each mouthful with saliva.

Evening: Herbal teas only; e.g. peppermint, chamomile, pau d'arco, or blends.

NOTE: You may feel a little weak or have a few symptoms the first couple of days; this will pass. Clarity and feeling good should appear by day 3 or 4, if not before. If during this diet, you start to feel weak or hungry, assess your water intake and elimination; if needed, you can eat a small portion of protein food (3–4 ounces) in the mid-afternoon. This could be fish, free-range, organic chicken, or some beans, such as lentil, garbanzo, mung, or black beans.

Here are a few other light, yet helpful, tips for Healthy Hygiene and New Year's Plans:

Healthy Hygiene Hints

1. Wash your hands several times daily—especially after eliminating, before handling food, after handling animals/pets, when you are sick with an upper respiratory problem (coughing, sneezing, or runny nose), or when you are in close physical contact with others. Also, clean up after a public encounter, such as hand-shaking, door-opening, or using public phones.
2. Bathe or shower at least once daily, more if you are sweaty or dirty, in a clean tub or shower; also, use environmentally friendly hygiene products and cleansers.
3. Exercise and sweat regularly to help cleanse your skin and move the lymphatic fluids.
4. Keep your nails clean, cut, and clear out dirt and germs that may get under them with hydrogen peroxide or a nail brush.
5. Do not put used utensils or your hands into group food.
6. Blow your nose and rinse out your nose and sinuses when you are congested.
7. Follow safe sex guidelines, especially with a new partner.
8. Make sure your diet and activity level facilitate at least one to two good bowel movements a day and clean yourself properly afterwards.
9. Keep your kitchen and refrigerator clean; wash counters and cutting boards regularly. Don't let germs breed in your trash bins—wash them regularly as well.
10. Minimize your use of and exposure to chemicals at home and in the workplace. Don't replace germs and dirt with chemicals.

10 Health Affirmations/ Resolutions for The New Year

1. I make caring for my health a priority in my life. My other top priorities are caring for others in my world and doing a quality job in my work.
2. I find and do the right exercise program for my body to stay (or get) fit and trim, and stick with it—to promote flexibility, strength, and endurance for life.
3. I eat a balanced diet of wholesome foods for my weight and body type (to maintain or achieve an optimum energy level).
4. I am aware of my food and substance weaknesses and abuses such as sugar, caffeine, or alcohol—and I take steps to avoid them or use them sparingly. From January into the warmer springtime months is an ideal detoxification period, depending on the climate and body warmth. See his book, *The New Detox Diet* for more information. Dr. Haas offers regular programs at his San Rafael office. (Call +1.415.472.2343 for info)
5. Since I personally have struggled with my own weight (because I just love food), here are my five specialized resolutions for keeping my body healthy:
 - a) I drink plenty of good, clean water—at least 2 quarts daily.
 - b) I focus my diet around vegetables, which are nutritious and low in calories.
 - c) I chew my food well. By eating more slowly, I feel more satisfied and nourished with less food and I experience better digestion.
 - d) I eat minimally or not at all after nightfall and ideally eat my main nutritious meals at breakfast, at midday, or by 6pm.
 - e) I exercise regularly to burn calories, enhance my circulation and stay positive and fit.
6. I allow myself enough sleep to rest my **body** nightly, thus recharging my batteries and supporting my immune strength to protect me from illness.
7. I take appropriate nutritional/herbal supplements for my body's ideal function and health. See his book, *Staying Healthy with Nutrition* for more information.
8. I maintain an attitude of health in caring for and loving my body such that I will follow healthy habits year around. My body is my only lifelong possession and I treat it in a loving way.
9. I pay attention to my emotions and stresses, and continue to develop non-aggressive ways to express my feelings and let go of stress.
10. I ask others, especially loved ones and co-workers, what they need from me and I do what I can to support them. Likewise, I let them know what I need as appropriate to each life situation. In other words, I care for others and allow them to care for me.

Stay Healthy!
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Sandra Goebel
855 Fremont St. #4
Menlo Park, CA 94025

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