

Smart Life Forum

www.smartlifecycleforum.org

Thursday, July 15 2010 at 7pm

Dr. Adiel Tel-Oren MD, DABFM, DACBN, DC, CCN

on

Understanding Detoxification

SHORT PRESENTATION by Eric Olsen and Charlene Arrigale

ARE YOU LOOKING FOR THE FOUNTAIN OF YOUTH?

Eric Olsen and Charlene Arrigale, a health and fitness team will speak on lifestyle and dietary choices with emphasis on Acid/Alkaline body pH balance. Charlene Arrigale, C.N.C, the previous owner of Elk Grove Vitamins, currently consults at Apple Health Foods and Back in Health Chiropractic, both in Redwood City. Eric Olsen, is a 30 year health and fitness advocate/motivational speaker with a passion for living disease free. Changes in lifestyle and making better dietary choices initiates better eating, thinking, and living when combined with fitness, for balanced wellness and energy. Eric and Charlene will demonstrate how to create easy pH balanced foods. The demonstration will focus on green vegetable drinks, concentrated liquid sea salt, coconuts, and secret recipes for longevity.

FMBR (Foundation for Mind Being Research)

is taking a break for the summer. More information at FMBR.org .

Presentation Location:

Cubberley Community Ctr.
Room H1

4000 Middlefield Rd.

Palo Alto, CA

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Meet Dr. Adiel Tel-Oren



Dr. Adiel Tel-Oren (known as “Dr. T”) was born in Jerusalem, Israel, where he currently authors books, sees patients in 15 clinics, and lectures extensively several times a year. Prior to obtaining his two doctorate degrees (in Chiropractic & in General Medicine), he studied for the Master’s Degree in Conducting, taught music, and performed as a professional musician and soloist on three continents.

Dr. T is a holistic scientist, author, innovator, and educator – consulting for medical laboratories and professional medical product manufacturers, formulating new products, designing Green Buildings, and lecturing to doctors and the public worldwide on Natural Principles, Health, Medicine, Nutrition, and Sustainability. He is a licensed European Medical Doctor (trained in Europe and in the USA), a US-licensed, Board-Certified Nutritionist and professor with the International & American Association of Clinical Nutritionists, and board-certified by the American Board of Functional Medicine, Boards of Oxidative Medicine and Chelation Therapy, Clinical Board of Nutrition, and the American Board of Disability Analysts, and a Doctor of Chiropractic - retired from active US practice in 2001. He is also President Emeritus and Professor of Medical Sciences & Functional medicine with the University of Natural Medicine.

Dr. T has been traveling extensively, offering medical care and studying nutrition practices in Africa, East and South Asia, Europe, the Americas, and the Tropics. He is the Founder or Co-Founder of several non-profit Health and Sustainability programs worldwide. This includes the Center for Community Development in Nepal (with its Community Health Program that cares for 200,000 Nepali villagers); The Israeli Center for Functional Medicine; The Eco-Sphere Green Community Project in Wisconsin; and the Ecopolitan Eco-Health Network with its numerous communities in the USA - supporting healthy lifestyle, Intensive Healing Retreats, Tropical Escapes, Foraging trips, Eco-Raw Restaurants, Clinics, University Degrees and Certification Programs, and Humanitarian Eco-Trekking adventures. Dr. T is also founder of the world's first hypoallergenic Gluten Free/Dairy Free vegan bakery (www.greenbakery.net).

Future Speakers:

August 19, 2010, Nick Delgado, PhD, on “Overcoming Inflammatory Pain, Disease & Fatigue”

September 16, 2010 Russell Jaffee, MD, PhD, on “A Conversation about Physiology-- First the Alkaline Way”

About Smart Life Forum

Smart Life Forum, Inc. is a 501(c)(3) California nonprofit corporation whose primary mission is to provide credible health education to the public with an emphasis on optimal wellness, anti-aging medicine, and longevity.

Annual memberships in Smart Life Forum, Inc. and charitable donations are tax deductible to the extent allowed by law. For information on how to join or make a donation, please visit our website: www.smartlifeforum.org.

For questions, please contact Mike Korek at (650) 941-3058.

Main Presentation:

Understanding Detoxification -- Introduction

By **Dr. Adiel Tel-Oren**

(Compiled & summarized by **Anna Coulter**)

Detoxification is a proactive ongoing process by which the body decreases the impact of toxins on the biochemistry, the cellular function and the integrity of the body. There are many crucial aspects of detoxification that are not well-known, leading to the existence of many inefficient detoxification programs that are promoted by professional health care providers and laypeople alike.

Toxins are usually fat-soluble (some are water-soluble) chemicals that require specific activities by the body before they can be eliminated. Most of the toxins that affect our body are called xenobiotics. These refer to chemical compounds or molecules that are foreign to our biological system.

The science of toxicology is what helps us understand how the body detoxifies, how the process can help or harm the body, and how we enhance the process. We need to understand that detoxification takes place in all the cells of the body on a regular basis. The liver is the principle organ that detoxifies the body. Specialized detoxification also takes place in other tissues including the lining of the gastrointestinal tract, the skin, the lungs, the kidneys, and all other cellular tissues.

Exotoxins are toxins that come from outside of the body like prescription drugs, over-the-counter drugs, recreational drugs, agricultural chemicals, pesticides, herbicides, fungicides, artificial fertilizers, food additives, household and “body-care” chemicals, general air pollutants and other contaminants.

Endotoxins are toxins that come from within our own body as products of cellular metabolism within our tissues and intestinal tract. We are exposed to endotoxins from metabolizing our own hormones and from microbes growing excessively inside our gastrointestinal tract. Endotoxin exposure is increased because of the use of antibiotics, steroids, food-borne hormones/steroids/growth hormones, hormone mimickers in our environment, and digestive disturbances including leaky gut syndrome (which allows both endotoxins and exotoxins present in our gut an easier entry into our circulation).

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Many popular detoxification programs, often called mistakenly "Cleansing Programs," fail to address the basic scientific requirements for an effective deep-tissue release of toxins. Therefore, people must be educated about the science before they can make informed decisions about the detoxification process and how to enhance it safely. Additionally, there are various medical conditions that predispose individuals to becoming "pathological detoxifiers" – these conditions must be addressed before a person embarks upon a science-based detoxification program. Finally, there are serious medical disorders that are often ignored (and allowed to progress) while people try "detoxification" as a remedy. This is unwise, since the underlying conditions must be addressed before any detoxification program can be effective or appropriate.

How toxic are we? How well am I detoxifying? Today most (if not all!) people have moderate to severe need for detoxification. There are self-tests (questionnaires), which can give you an idea of your toxic burden, based on various symptoms that you have experienced during the preceding month. Beyond that, you can undergo non-invasive laboratory tests (in urine, stool, and blood), to obtain more accurate information about your liver metabolism and detoxification capabilities. There are useful screening tests like the Organic Acid Test (OAT) and the Digestive & Metabolic Stool Panel, which demonstrate the levels of our toxic exposure (both endotoxins and exotoxins) and our nutritional ability to handle toxins. Genetic tests (functional genomics) can reveal possible weaknesses in metabolizing specific toxins based on chromosomal variations.

Many other steps exist in the entire detoxification process, in addition to aforementioned three phases within the liver and kidneys. These other steps add to the complexity of a science-based proactive detoxification enhancement. In order to achieve success, proper detoxification requires that we observe all the principles supporting each and every one of these steps. Ignoring even one of them may cause the process to be highly inefficient or even to stop it entirely (worse yet, it might cause pathology).

We support the detoxification process with a clean diet focusing on organic fruits and vegetables and a small amount of seeds (nuts, seeds, gluten-free grains, and legumes)- in order to obtain all the nutrients necessary for optimal detoxification over a long period of time. Veggies from the onion and garlic family, crucifers, and green leafy vegetables play an important role in Phase-II detoxification within the liver. Dark leafy greens have the highest nutrient density. Potassium rich foods like oranges, tomatoes, squash, bananas, lima beans, prune juice, raisins, other dried fruits, potatoes with the skin, avocados, olives, coconut oil, as well as most colorful organic fruits and vegetables help prevent excessive acid build-up in our tissues, supporting healthier detoxification. Before preparing the foods, if they were obtained in a commercial supermarket (and not grown in your own pristine garden), it is good to soak fresh food in food-grade hydrogen peroxide and clean water to eliminate any toxic residues and pathogens.

To detoxify the tissues, we want to consume hypoallergenic or oligo-antigenic foods for at least 3 months. This will reduce inflammation and water retention within the tissues, which is crucial to allow the toxins to diffuse out of the tissue. We avoid all the major allergens and inflammation-causing foods. This means: no animal products (including all dairy and egg products), gluten, soy, peanuts, and corn. In some individuals, it may be necessary to eliminate other food offenders specific to each person. A simple blood test can assess sensitivity to 150+ foods, 20 molds, and 10 environmental chemicals - making the elimination process easier for those who can afford it.

- **Dairy** products are the first to go. They contain arachidonic acid which causes inflammation. The proteins in dairy (e.g. casein) are immunogenic. They are the worst protein you can put in your body - leading to immune reactions in most people - which contribute to auto-immune disease - and to opiate-receptor bindings in many people with compromised digestion, leading to mental, behavioral, and learning disorders.

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- **Gluten** is highly immunogenic and affects a large segment of our society (many of whom are unaware of their problem). As well as being another contributor to autoimmune diseases, it acts on opiate receptors in our brain making us dysfunctional. This happens because often gluten is not sufficiently broken down in the digestive tract and is absorbed as large molecules that are similar in structure to opium and morphine. Gluten containing foods like wheat, barley and rye are causing a stress response and therefore are addictive.
- **Yeast** like Baker's yeast in breads, etc. might produce an immune reaction, and should be avoided during the detoxification program. Most people today have an imbalance in their gut, which leads to overgrowth of certain microbes, including many types of yeast. Some of them cross into the circulation leading to an immune reaction. Eating additional yeast may accelerate this reaction in susceptible individuals. Nutritional yeast is a different kind of yeast, but it should also be avoided during a detoxification program because of cross-reactivity.
- **Soy and peanuts** are allergenic legumes containing a lot of polyunsaturated fat, which can easily become rancid or peroxidated. Their proteins are very immunogenic. We have to eliminate all "hidden" soy products like Nama Shoyu and Braggs Liquid Amino. Soy proteins also impact the opiate receptors and affect the whole body. Choose other legumes like lentils and garbanzo beans.
- **Corn** is everywhere. Corn syrup, high fructose corn syrup, corn meal, corn flour, corn grits...it is hidden in many packaged foods and processed foods. Corn is one of the major allergenic foods of modern society. A big industry has evolved around corn and soy and their genetically modified versions. Most of them contain abnormal proteins.
- **Egg** protein is also allergenic and pro-inflammatory as a result. It does not matter much if eggs are organic or not, completely avoid them during detoxification.
- **Flesh** is high on the food chain and is full of toxins: endotoxins, hormones, antibiotics, pesticide residues, insecticides, herbicides, fungicides, water-born pollutants, all of which are accumulating in the animals that are exposed to these substances. It is also high in arachidonic acid, increasing inflammation.
- **If you have been eating the same nuts, seeds, legumes, or grains** (or anything with relatively high amounts of protein, which is the major allergenic macronutrient) **on a daily basis**, your body may be already allergic or sensitive to them. In general, they need to be rotated. If you suspect a reaction with any such foods, avoid them entirely during an effective detoxification.
- **Other than that**, avoid processed foods, smoking, alcohol, drugs and other toxic exposures. Stay away from foods you know you react to. Additionally, we need to reduce our exposure to endotoxins by taking care of our digestive tract.

Additional support. We want to help the elimination of toxins by sweating a lot (while conserving minerals), activating the lymph system in various ways, getting more oxygen and clean air, staying physically active, reducing electrical pollution, and being in nature. These are discussed in greater detail within our Science-Based Detoxification Program.

For a potent detoxification program, additional supplements are extremely important (All of the products below can be ordered through Nutrition Dynamics (1-800-444-9998, or www.nut-dyn.com), a distributor of professional products for health care professionals only. If you are a Certified or Licensed Health Care Provider, you may be able to open your own professional account.

1.) **AdvaClear** is a capsule product that contains all the known nutrients necessary for a bi-functional detoxification process. It is specifically designed to balance Phase-I and Phase-II pathways in the liver. The different metabolic pathways can be enhanced or slowed down depending on the body's needs. It's a great product to take for regular day-to-day detoxification support. It includes ingredients such as artichoke leaf extract, watercress, and ellagic acid from pomegranates, all of which are supportive of the detoxification process and reducing the likelihood of pathological detoxification.

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- 2) **Ultra Clear Plus pH**, a remarkable medical food that can accomplish a lot within a period of just 4 to 6 weeks, is proven to result in an even more powerful detoxification process within the liver. It contains a high amount of healthy potassium that increases the pH of the urine so that the kidneys can eliminate toxins more effectively at Phase 3 of the detoxification. If you experience "detox" symptoms, take additional AdvaClear to support Phase-II more and slow down Phase-I.
- 3) **UltraClear Sustain** is beneficial for those with leaky gut syndrome and can be taken in preparation for detoxification.
- 4) **Glutagenics and Endefen** contain different factors that are necessary for the healthy growth of the microorganisms of the gut plus seal a leaky gut.
- 5) **Prebiotics and probiotics (e.g. Ultra Flora Plus DF)** can be effective in reducing the incoming toxins from the gut.
- 6) **Renagen DTX** can support and protect the kidneys during the detoxification process, especially in people who have kidney problems.

In summary. You cannot become healthy until you meaningfully and proactively detoxify your tissues. You need appropriate nutrients for this process. Many people are trying to detoxify through juicing or water fasting. Those approaches will temporarily reduce the incoming toxins into the body; however, you are not going to detoxify deep tissues in the long run. On any fast, there will be a loss of some nutrients and minerals. Gradually your detoxification process will become more and more sluggish and toxins released from the wasting tissues will simply re-distribute into more critical organs like the brain. Programs like the Master Cleanse help to avoid incoming food-borne toxins as well as alkalize the urine effectively, but they are deficient of the necessary nutrients for a real proactive detoxification and they add sweeteners that burden the liver and cause potential long-term problems. For best results, you can consume several sweet and savory smoothies, which provide the nutrients you need. You may want to add some fruits, veggies, a little bit of seeds, and supplementation supporting the liver. To get great results, it is crucial that you observe all the physiological steps present in the detoxification process. **Detoxify metabolically, and get started on your journey to greater wellness!**