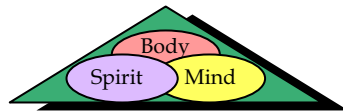


Chapter 9. Cleansing/Detoxification



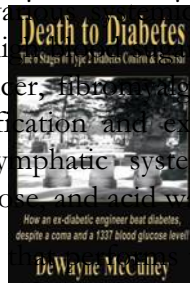
The Need for Cleansing/Detoxification

After some people have started eating properly and exercising on a consistent basis, they find that they reach a “wall” and either are unable to lower their blood glucose level below a certain point or lose more weight. In most cases, this is due to the body’s toxic load preventing metabolism and energy production. For the people who are not eating properly and exercising on a consistent basis, their toxic load is definitely affecting their health and preventing metabolism and energy production.

Cleansing/detoxification is a set of normal biochemical processes performed by the body to prevent and fight disease on a continual basis and to keep the body as healthy as possible. This cleansing/detoxification is optimized when we eat healthy foods the majority of the time. However, in our fast-paced world, it can be difficult to find the time to prepare healthy meals, especially, given the easy availability and accessibility of convenience and fast foods. Unfortunately, our bodies pay a heavy toll for eating unhealthy convenience foods, fast foods, and processed foods. To compound the problem, our bodies are also bombarded with chemicals and pollutants on a daily basis from the air, water and environment. Under this heavy barrage of toxins, the cells become sick and the human body eventually reaches a point where it is no longer capable of flushing toxins and acid waste on its own. As the toxins and acid waste accumulate in the cells, blood, tissues, and organs, they trigger an increase in inflammation, the formation of pathogenic bacteria, fungus and mold, and lead to a state of poisoning commonly referred to as toxicity.



Common symptoms of toxicity include headaches, fatigue, increased allergy symptoms, overall aches and pains (particularly joint pain), and digestive discomfort. These symptoms occur when the body has become so clogged with toxins that it can no longer perform necessary functions effectively. Toxins are generally acquired in one of three ways: through things we ingest (such as foods, drinks, drugs, etc.); through external sources (such as the air we breath, radiation, environmental chemicals, etc.); and, internally by the body's own metabolic processes. Over the past decade, extensive research has found that if the body's detoxification system is sluggish, toxins will accumulate, slowing down cellular energy production and increasing the number of tissue-damaging free radicals. In addition, pathogenic bacteria continue to multiply faster than the immune system can kill them and remove their debris, creating an overloading and clogging of the lymphatic system and various organs. This can eventually lead to various diseases/ailments such as chronic fatigue, weight gain, high blood pressure, high cholesterol, heart disease, cancer, fibromyalgia, and Alzheimer's. In the meantime, the body's detoxification and excretory organs (e.g. colon, kidneys, liver, gallbladder, lymphatic system) struggle to effectively remove the toxins, excess glucose, and acid waste.

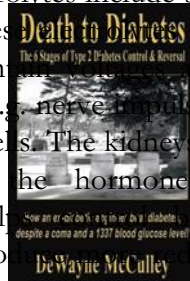


The **liver** is the primary organ of the detoxification. The liver accomplishes this by using specific enzymes to transform the toxins into intermediate chemicals; and, other enzymes to transform the intermediate chemicals into harmless water-soluble substances that are then excreted in the bile or urine. But, if the liver becomes sluggish, clogged, or impaired, these toxins can begin to accumulate in the body's tissues and blood. Consequently, it is very important that the liver is kept as healthy as possible. Ironically, when we don't feel well, we take an over-the-counter or prescription drug, which is toxic and only puts more stress on an already deteriorating liver and suppresses the symptoms, making us think we're okay.

The **colon** (or large intestine) is important to cleansing and detoxification because it removes the unwanted fecal waste and other toxins. Discomfort in the colon usually manifests itself as something such as diarrhea or constipation. Unfortunately, our response to this is usually a

drug, such as a laxative, to “force” the elimination of the fecal waste. But many of the other toxins are left behind and reabsorbed into the bloodstream attacking the tissues and organs, and producing their own pathogenic bacteria that attack the body’s weakest points. These attacks manifest themselves in the form of aches and pain in the back, joints, stomach, and head, and, then onto the other tissues and organs. This leads to more discomfort and more drugs, followed by more diseases, stronger drugs, hospital visits, and eventually death – unless the toxins are removed.

The **kidneys** are important to cleansing and detoxification because they filter the blood (210 quarts a day) by eliminating toxins and waste materials from the blood, and for maintaining the electrolyte balance by selectively eliminating some electrolytes while retaining others, according to the body’s needs. Electrolytes include sodium, potassium, magnesium, calcium and chloride. These are important because they are used by the cells to maintain balance across the cell membranes and carry electrical impulses (e.g., nerve impulses, muscle contractions) across themselves and to other cells. The kidneys also help regulate other bodily functions by secreting the hormone renin, erythropoietin, and prostaglandin. Renin helps control blood pressure, erythropoietin stimulates the body to produce red blood cells, and prostaglandin helps control blood pressure, muscle contractions, and inflammation.



The high levels of glucose in the blood and the accumulation of acids in the kidneys cause the formation of kidney stones and ultimately cause kidney cells to die. Because kidney cells cannot be regenerated or repaired, the remaining cells have to work that much harder to filter substances from the blood. To help with the filtering process, the heart increases the flow of blood plasma to the kidneys, which in turn elevates blood pressure. As the kidney cells continue to die, the risk of kidney failure increases dramatically.

The **lymphatic system** is also important to cleansing and detoxification. As the blood circulates, providing nutrients and oxygen to all parts of the body, the lymphatic system accumulates dead bacteria and toxins that need to be removed. Lymphatic vessels are situated intricately alongside

blood vessels, relying upon body movement to move the lymph fluid around to collect and drain away toxins and dead bacteria through the lymph nodes and skin (pores).

If the colon, liver, kidneys, lymphatic system, and other body systems are working properly, the body will cleanse and detoxify itself to get rid of the toxins. And, as long as the body is provided with the proper nutrients, the body will continue to cleanse and detoxify itself.

However, if you have a systemic degenerative disease/ailment such as diabetes, high blood pressure, high cholesterol, heart disease, indigestion, or constipation, then, your body and its cells are sick and full of toxins, and are unable to cleanse and detoxify properly. Consequently, you will need to eat “live” super foods to help your body with the cleansing and detoxification until your body is healthy enough to perform the cleansing and detoxification on its own.



If you want to further accelerate the cleansing and detoxification process, you should drink at least 2 cups of raw vegetable juices (with 1 tbsp. ground flaxseed or wheat grass powder), followed by 2 cups of filtered water at least 2 times each day. Within a few days you should notice an increase in your regularity (bowel movements) and a change in the texture of your fecal waste. Then, depending on your health, in two to three weeks you should notice an increase in your energy level and a reduction in your cravings for the “dead” processed foods. These are indicators that your body is cleansing and detoxifying itself and initiating the healing process. To further accelerate this healing, and depending on the severity of your health state, it may be necessary to use wholefood supplements and organic herbal products to nourish the colon, liver, gall bladder, lymph nodes, and kidneys while protecting them from oxidative damage during the cleansing/detoxification process.

Why is cleansing/detoxification necessary? Let’s take a car that has not had an oil change or engine tune-up and has been running on cheap fuel for several years. If you switch from the cheap fuel to a higher-octane “super” fuel, the car may run a little better, but it will still run sluggish. Once you change the oil and air filters and tune up the engine, the car will run even better. The same principle applies to the human body – if

you clean the filters (the kidneys and liver), then, this will help them to remove the buildup of toxins and waste and kill the pathogenic bacteria and parasites so that the body will run better.

If you are overweight by more than 20 pounds, more than likely, you are carrying as much as ten pounds of fecal matter packed in your colon. If you are also struggling with high cholesterol or high blood pressure, then, your body is carrying extra fluid/waste in your cells and tissues. Consequently, cleansing the liver and kidneys, your body's primary filters, will help the body to better release this extra fluid/waste. This will thin out the blood, hydrate cells, break down fats, absorb protein, convert glycogen to glucose, turn on the body's natural healing mechanisms, and, in most cases, lower blood pressure, inflammation, cholesterol, glucose levels, and body weight.

Types of Toxins



Toxicity (poisoning) of the body occurs gradually over a period of years and goes unnoticed, due to the liver, colon, kidneys, and other excretory organs being able to remove most of the toxins. But, eventually, one or more of these excretory organs begins to break down, primarily due to the environment and poor diet, causing higher-than-normal accumulated levels of these toxins in the body. The major types of toxins are metals, organic chemicals, food additives, internal metabolic waste products, and negative emotions.

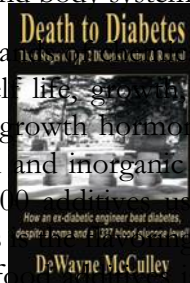
Metal toxins include lead, mercury, cadmium, arsenic, aluminum, fluoride, chlorine, bromine, barium, copper, iron, manganese, selenium and other elements. Some of these metals such as copper, iron, and manganese are needed in small amounts by the body. Others, such as lead, mercury, cadmium and arsenic, have no known function in the body. Heavy metal pollution is mainly due to industrial processes, car exhausts and pesticides. These not only contaminate the air, but are also absorbed by the crops and water supplies. We are therefore eating and drinking, as well as breathing, these toxins. Other sources include the lead solder in tin cans, mercury fillings, fluoride in the water, contaminated fish (particularly near the coast), antacids, aluminum pans

and cosmetics. The main effects of heavy metal toxicity are on the brain and central nervous system, affecting mental ability, co-ordination and behavior.

Organic chemicals include pesticides, herbicides, insecticides, solvents, household cleaners, detergents, formaldehyde, petrochemicals, adhesives, perfumes, dental materials other than metals, toxic substances on fabric, in building materials, furniture, plastics, residues in drinking water, air, packing materials, most food additives; gases and fumes from cars, factories, paints; and, chemicals formed in cooking (i.e. from pans, oils and the burning or frying of food); and drugs of all kinds, including prescription, over-the-counter, recreational, e.g. pain medication, aspirin, alcohol, tobacco. These substances often impair the liver's ability to detoxify, but may impact the kidneys, brain, immune system, energy production and other organs and body systems.

Food additives include thousands of substances that are added to food for flavor, color, shelf life, growth disease protection, texture and other reasons. There are growth hormones and antibiotics given to animals every day; agricultural and inorganic contaminants added to the farmland; plus more than 3,000 food additives used in our food today. The largest group of food additives are synthetic coloring agents, which are synthetic chemicals. Another group of food additives are synthetic coloring agents, and most of these are also synthetic chemicals. Most of these food additives are usually made from petroleum or coal tar products. Other food additives include preservatives (such as hydrogenated oil), refined sugars, bleaching agents, emulsifiers, texturizers, humectants and ripening agents, such as ethylene gas, which is sprayed on bananas to make them ripen faster. The main effects of these toxins are on the nervous system and liver, but many of them also have an effect on the endocrine system and respiratory tract, and most of them are carcinogenic (cancer-forming).

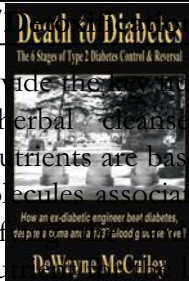
Metabolic waste products include natural toxins (by-products of metabolism and energy production); intestinal putrefaction byproducts such as mercaptan (a natural substance released from decaying matter) and hydrogen sulfide (from the breakdown of sulfur-containing proteins in the intestinal tract); exotoxins from E. coli and various infections in



the bladder, mouth, lymphatic system, etc.; and, other metabolic end-products such as accumulated lactic acid due to impaired oxygenation, hydration or circulation.

Emotional toxins include exposure to negative, violent, fearful, angry, envious, selfish or devious thoughts from the people in your life. Emotional toxins are produced by toxic relationships, which occur within dysfunctional families, work environments, co-dependent relationships, friendships, educational environments, community endeavors and other environments. Studies indicate that negative feelings trigger stress hormones such as cortisol, leading to poor eating habits and eventually poor health. This can lead to problems with weight gain and the cardiovascular system (constricted arteries, overworked heart muscle), causing a heart attack or stroke.

Nutrients for Cleansing/



The following sections provide the key nutrients that you should look for when purchasing any herbal cleanser, detoxifier, or wholefood supplement. Most of the nutrients are based on information from clinical references and the key molecules associated with the organs responsible for cleansing and detoxification. For example, phosphatidyl choline is identified as a nutrient for the liver because it is a key building block of the liver cells and other cell membranes.

Use wholefood, natural and herbal products that contain a synergistic blend of these nutrients instead of purchasing them separately. Work with an experienced herbalist or other knowledgeable healthcare professional to ensure you select high quality products. As a precaution, review the ingredients of any product that you consider purchasing with your doctor and pharmacist. If the product does not provide a detailed list of its ingredients, do not purchase it.

Note: If you are unable to find quality wholefood, natural and herbal products, consult a nutritionist or consumer lab, or talk to your (healthy) friends for reliable resources. If necessary, search on the web if you know what you're looking for or refer to the Resources section (page 374) in the Appendix as a starting point for reliable manufacturers.

Colon/Gastrointestinal System

If the colon is backed up (e.g. constipation) when the liver empties its toxins into the colon for removal, the liver deposits the toxins into fat cells, and the toxins are retained in the body. Consequently, colon cleansing/detoxification can provide relief from the buildup of these toxins and illnesses such as colds, flu, constipation, diarrhea, breath and body odors, fatigue, headaches, sinusitis, allergies, hemorrhoids, weight problems, digestive difficulties, back and muscle aches, knee pain, poor eyesight, poor memory, stress, etc. The human body cannot expect to have a quick mind or vitality for living when it is polluted with waste. Benefits from colon cleansing include a dramatic relief of aches and pains in the back, chest and joints; a dramatic increase of energy and mental awareness; overwhelming joy, incredible insight, and even better sex. Proper colon cleansing/detoxification can promote improved assimilation of food and nutrients leading to better health.

The following is a list of the key ingredients that help to cleanse, detoxify and nourish the colon.

- Bentonite clay, charcoal, apple pectin, psyllium husk: provide needed bulk fiber for removal of compacted fecal matter, mucosal plaque, intestinal parasites and toxins. Bentonite clay acts as a bulk laxative by absorbing water to form a gel that carries out toxins such as pesticides and heavy metals and helps to carry them out of the colon, preventing them from being reabsorbed in the colon.
- Chlorella: contains high levels of chlorophyll, which is one of the greatest nutrients for cleansing the bowel and other elimination systems, such as the liver and the blood. Chlorella contains amino acids, enzymes (including pepsin for digestion), vitamins, minerals, carbohydrates; and, RNA and DNA, the building blocks of life. Chlorella is marine algae comprised of a fibrous, indigestible outer shell that has been proven to actually bind with pesticides like PCBs and heavy metals like mercury. Chlorella helps to remove metabolic wastes in tissues and provides support to the liver.
- Flaxseed, psyllium seed, slippery elm bark, marshmallow root: reduce inflammation and irritation of intestinal walls to facilitate healing. Ground flaxseeds absorb water and expand in the colon, allowing



toxins and mucus to be removed. In addition, flaxseed has been found to help lower cholesterol and blood pressure levels.

- Garlic (raw/aged): provides microflora balance to the gastrointestinal tract and strengthens the immune system.
- Herbs effective in killing parasites: include garlic, black walnut hulls, clove stems, cranberry extract, grape seed extract, fennel, goldenseal, pumpkin seeds, sage, thyme, and wormwood.
- Oxygen-based colon cleanser: uses specialized ozonated magnesium oxides to reduce the solid toxic mass into a liquid or gas form. The best way to melt away compacted matter is through an oxidation reduction reaction. Oxygen therapy removes old, impacted fecal matter as it detoxifies and cleans the entire colon. By thoroughly cleansing the intestinal tract, it allows room for a normal bowel process.
- Peppermint leaf: helps to move gas that is created during a deep intestinal/bowel cleanse and reduces spasms.
- Probiotics: help to replenish the population of friendly bacteria in the colon after cleansing.
- Senna, ginger: help to strengthen the colon muscle and increase peristalsis.

Note: Colonic hydrotherapy strengthens the colon as it helps to remove the accumulated stool and other debris, but it should only be performed by a licensed and experienced healthcare professional.

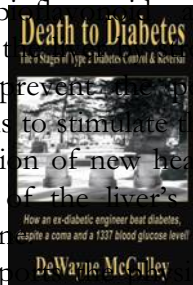
- Whole foods: include green, leafy vegetables, dark-colored fruits, and organic whole grains that contain fiber to help eliminate toxins and other waste products.
- *Note:* Stop taking laxatives, and other similar products that do not stimulate the normal peristalsis action, but create a dependency for their use and fail to help cleanse and detoxify the body properly.
- *Note:* These herbal nutrients should not be used too frequently – to prevent any dependency or harm to your gastrointestinal system, including your intestinal villi.
- *Note:* The colon is surrounded by a layer of fat called the omentum, which stores fat and can become very large in overweight people.



- Aloe vera: contains polysaccharides, enzymes, glycoproteins, amino acids, vitamins and minerals that help to support the immune system and detoxify the digestive system.
- Artichoke: contains potent polyphenols (bioflavonoids, caffeoyl-quinic acids) that work to cleanse the liver and provide antioxidant protection while it releases accumulated toxins. Artichoke increases the production of bile in the liver to aid in the digestion of fats, which can relieve bloating, gas and other uncomfortable symptoms of indigestion. Artichoke is an excellent source of fiber, and contains magnesium, folate and Vitamin C.
- Barley/wheat grass, dandelion root, wormwood: contain nutrients that increase bile and help to clean the liver and bile ducts to allow excess cholesterol to leave the body. They help to flush fat deposits from the liver and prevent the formation of gallstones.
- Cilantro: is known as Chinese parsley and refers to the leaves of the coriander plant. It is a natural chelation agent that helps to flush out excess flames in the stomach and generally enhances digestion. In recent years, modern science has discovered that cilantro is a natural chelation agent that is very helpful in removing heavy metals such as lead, mercury and aluminum from the body.
- Dandelion root: is one of the most powerful herbs for herbal liver tonics (with milk thistle) that helps to increase the production and the flow of bile. It also prevents liver congestion by helping to flush out fat deposits.
- Epsom salt: contains magnesium sulfate, which serves to relax and dilate the bile duct so that larger stones can pass through during a liver flush. The Epsom salt also serves to evacuate the small and large intestines of feces.
- Extra virgin olive oil, barberry: stimulate the liver, the gallbladder and the production of bile. Extra virgin olive oil specifically stimulates the gallbladder and bile duct to contract and expel its contents.
- Garlic: kills bacteria, fungi, and other harmful pathogens, and helps to increase intestinal microflora. Also, binds with cadmium, mercury, and lead and removes these metals from the body to prevent cancer. Aged garlic has shown to provide even better health benefits.



- L-carnitine: protects the liver from the harmful breakdown products of everyday fat metabolism. It helps to detoxify lactic acidosis and ammonia, both of which are very toxic to the liver; and, it helps in the metabolic breakdown of alcohol.
- Liver flush: stimulates a sluggish liver and promotes bile production. Use a 100% organic, additive-free supplement that contains many of the aforementioned nutrients. Ensure that you have the guidance of a professional, licensed herbalist (or naturopathic doctor) who can show you how to prepare and administer your own liver flush.
- Methionine, choline and carnitine: are lipotropic factors that help to reduce fatty infiltration of the liver. Methionine is involved in producing sulphur-containing compounds, which bind onto various toxins, making them more easily transported from the liver.
- Milk thistle: is the other major liver tonic (with dandelion root). It contains silymarin, a bioflavonoid antioxidant that provides protection and healing of the liver by strengthening the structure of the liver membrane to prevent the penetration of toxins; and, increasing protein synthesis to stimulate the regeneration of damaged liver cells and the generation of new healthy liver cells. Milk thistle supports the production of the liver's own powerful antioxidant enzymes, such as glutathione.
- Phosphatidyl choline: supports the chemical structure and health of the liver in its processing and excretion of chemical waste products. Just as calcium is important to the physical structure of the skeleton, phosphatidyl choline is important to the liver.
- Protein foods: include nuts, seeds, organic free range meats, organic eggs (from free-range chickens), wild salmon and other cold water fish, providing the essential amino acids, especially the sulfa-based amino acids that support the liver.
- Turmeric: contains essential oils and the powerful active ingredient curcumin, which is a strong anti-inflammatory and antioxidant that protects the liver. Curcumin increases the secretion of bile by stimulating the bile duct. Curcumin also protects the liver from detoxification, stimulating the gall bladder and scavenging free radicals. In conjunction with the adrenal glands, curcumin inhibits both platelet aggregation and the enzymes that induce inflammatory



prostaglandins. Curcumin also helps to break down fats and reduce cholesterol.

- Stop drinking alcohol because the alcohol, which is metabolized by the liver, damages and scars the liver tissue.
- Stop eating foods that contain trans fat (partially hydrogenated oil) because their toxic nature interferes with bile production and detoxification; and, increases the production of bad estrogen (estradiol) as people get older.
- Stop smoking because of tobacco carcinogens, which are toxic to the liver, lungs, and brain.
- Stop taking drugs including recreational, over-the-counter drugs, and prescription drugs (with your doctor's approval), especially cholesterol-lowering statins (e.g. Lipitor, Zocor), acetaminophens (e.g. Tylenol), NSAIDs (non-steroidal anti-inflammatory drugs) and blood pressure drugs because they can damage the liver and other organs.
- Stop high doses of a Vitamin E (alpha-tocopherol) supplement greater than 15,000 IUs daily, because it puts stress on the liver. A dose of 7,500 IUs of beta-carotene is preferred.



Kidneys

Cleansing/detoxification of the body can provide relief from ailments such as high blood pressure, urinary tract infections, and kidney stones. The following is a list of the key nutrients to cleanse, detoxify and nourish the kidneys.

- Apple cider vinegar (organic): contains nutrients that dilute the toxins in the bladder; and; help to remove acid crystals that collect in soft tissues and the joints (causing arthritis). Take a mixture of 2 tbsp. organic apple cider vinegar, 1 tbsp. raw honey and 1 cup of filtered water 4 times daily during a weekend so that the crystals can be flushed out of the body by the kidneys and other organs.
- Cranberries: contain phytonutrients that help to fight urinary tract infections. Specifically, cranberries contain concentrated tannins known as proanthocyanidins that prevent Escherichia coli (E.coli) bacteria from adhering to walls of the urinary tract. They also contain Vitamin C, which inhibits the growth of some bacteria by acidifying the urine.

Note: Avoid bottled cranberry juice, which contains refined sugar and high fructose corn syrup.

- Dandelion leaves: provide diuretic effects in treating urinary disorders and fluid retention without depleting the body of as much potassium as other diuretics.
- Goldenrod: increases the production of urine without reducing levels of important electrolytes.
- Horsetail: contains potassium and manganese along with several bioflavonoids, which cause the diuretic action, while the silicon content exerts a connective tissue strengthening and anti-arthritis action.
- Juniper berries: support the urinary system to maintain proper fluid balance.
- Lemons/limes: contain phytonutrients that help to flush the kidneys, relieving some of its workload. Lemons and limes contain Vitamin C, which inhibits the growth of some bacteria and acidifies the urine. Drink a glass of warm lemon water every morning.
Note: A tablespoon of organic apple cider vinegar in a glass of warm water will provide a similar benefit.
- Parsley: supports eliminating wastes from the blood and tissues of the kidneys; prevents salt from being reabsorbed into the body tissues; helps improve edema; reduces water retention, fatigue and scanty or painful urination; and, aids in the dissolving of kidney stones and gall stones.
- Uva ursi leaves: contain the glycoside arbutin, which kills bacteria in the urine. Arbutin is water-soluble so it is easily carried via the blood to the kidneys.
- Vegetable juices (raw): such as celery, cucumbers, parsley, lemons, limes, and cranberries are very beneficial to the health of the kidneys and the urinary tract. Optional: wheat/barley grass juice.
- Water (filtered): helps to cleanse the urinary tract of bacteria and dilute the concentrated toxins in the bladder. Water also increases urine flow to reduce the exposure time of the toxins in your bladder and prevent bladder infections.



Lymphatic System

Cleansing of the lymphatic system removes the toxins, dead bacteria and waste material, thereby allowing, oxygen and vital nutrients to flow freely through the bloodstream. This starts the rejuvenation, healing and rebalancing processes within the body. Cleansing of the lymphatic system can help address the following health problems: ear problems, edema, fatigue, headaches, high blood pressure, frequent infections, lupus, multiple sclerosis, obesity, puffy eyes, excessive sweating, and acceleration of the aging process. The following is a list of the key nutrients to cleanse, detoxify and nourish the lymphatic system.

- Echinacea: stimulates macrophage activity, which in turn helps to maintain a healthy lymph flow. Macrophages located in the lymph nodes help to destroy viruses and foreign invaders in the lymph fluid.
- Exercise: is key because the lymphatic system is powered by muscle movement. One of the most effective forms of exercise is jumping up and down (carefully) on a trampoline (with a handle bar) because it stimulates movement of the lymph fluid. Diaphragmatic deep breathing is also helpful.
- Protein: is critical to immune health and the ability to heal. The best protein sources for immune response are those with plenty of EFAs, e.g. wild salmon, sardines, tuna, sea vegetables and green superfoods such as spirulina, chlorella, and grass and sprouts.
- Red clover (blossom): cleanses the blood and the lymph by promoting urine and mucous production, improving circulation, and stimulating the secretion of bile. Red clover improves the blood's hemoglobin levels and the size and number of blood platelets.
- Saunas: help to increase the blood circulation and are deeply relaxing.
- Spicy foods: boost a sluggish lymph system and reduce mucous congestion, e.g. natural salsas, cayenne pepper, horseradish, ginger.
- Stop consumption of caffeine, sugar, dairy, alcohol: because they contribute to lymphatic stagnation and inhibit white blood cell activity, weakening the immune system.
- Vegetables (green): such as green onions, zucchini, celery, parsley, mustard greens, turnip greens, cabbage, green peppers, spinach, lettuce, broccoli, and homemade vegetable broth provide potassium, magnesium, chlorophyll, water, and other key nutrients.

