



Vitalia HEALTHCARE

Improve Your Health and Lose Weight In 7 Days!

After the summer, the next season change (Fall) is a great time to detoxify your body. In the fall, many people start to feel the effects of drinking too much alcohol and eating more junk food during the summer. Those few pounds gained start to show, the body feels sluggish, and now its time to get back to work or school routine. This is one of the best times to do a cleanse. A 7 day detox can improve your health, increase your energy and jump start your weight loss.....

Why do we need to cleanse?

Because we are toxic!

Did you know.... Symptoms of fatigue, difficulty concentrating, constipation, bloating can all be due to toxicity....?

Toxins are everywhere; in the air we breathe, food we eat, water we drink. They are harmful to our body, and contribute to diseases, including cancer.

Columbia University School of Public Health reports 95% of cancers are caused by diet and environment.

In the last 50 years, 80,000 new chemicals have been created by our industries. Only ¼ of the 80,000 have long term safety data. More than 3000 chemicals are deliberately added to our food, in the form of colorings, preservatives and pesticides.

Our home environment is more toxic than the outdoors; think of new carpets, cleaning solutions, air fresheners, furniture sprayed with fire retardants....

Each year the Environmental Protection Agency reviews 1700 new chemicals that industries want to introduce. 90% are passed without restriction; many have no long term safety data. Example: Lead; in 1971 the US Surgeon General declared blood Lead levels of 40 mcg/dl was safe. Today we know any detectable lead can cause neurological damage and lower IQ in children.

Are we toxic?

Between 2005 and 2007, Environmental Defence commissioned a study: Toxin Nation Report. This study looked at blood and urine samples from Canadians across the country to determine how polluted we are. They tested for 88 chemicals including heavy metals, PCB's, pesticides, and chemicals that leach from plastics. From their testing, they detected 60 of

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the 88 chemicals in these children and adults. In fact, children were more polluted than adults. These harmful chemicals include phthalates (cause reproductive problems such as PMS, infertility, cancers), Parabens from cosmetics (known cancer causing) and solvents from cleaners and household products (known cancer causing).

Please visit www.toxicnation.ca for full articles and lots of great information on toxicity in Canadians.

One study looked at 4-5 month pregnant women, measuring toxicity levels in amniotic fluid. 1/3 of the women tested had significantly elevated levels of dioxins, DDT, and toxic metals in their umbilical fluid. Methylmercury from fish and amalgam fillings can cross into the developing baby. I urge all pregnant women to avoid larger fish such as halibut, tuna and shellfish (all bottom feeders). It is also advised to remove all silver amalgam fillings before one gets pregnant by a biological dentist. I recommend Dr Omar Kassam at www.yaletowndental.com.

Environmental Defence looked at umbilical cord blood collected from 10 infants in the US from 2007-2008. They found 232 toxic chemicals. These included Bisphenol A, fire retardants and chemicals from synthetic fragrances www.toxicnation.ca

In an article written in National Geographic Magazine, the author had his blood mercury levels checked before and after eating fish. Before his meal, his blood mercury levels were 5mcg/liter. He ate halibut for dinner and swordfish for breakfast. His mercury levels more than doubled to 12 mcg/liter after eating fish. Mercury is a known neurotoxin. We hear that this small amount is safe. But the problem is that these toxins are stored in our body and, over time, lead to damage.

Now we know we are toxic, what can we do about it?

#1: Avoid toxic exposure by eating organic food, limiting processed foods, clean up our home environment and use natural cleaners, detoxify our body!

A good cleanse will detoxify your body and provide nutrients to help your body's trillions of cells to repair and regenerate.

***The information provided is not intended to diagnose or treat any health condition. Please consult with your doctor or naturopathic doctor before starting any new supplement program or detoxification program. If this is the first time you're attempting a liver cleansing diet, eliminate coffee, alcohol, sugar and cigarettes the week before to prepare you for the detox and reduce side effects. If you're on medication speak to your healthcare professional before detoxing. Pregnant or breast-feeding women and children under 12**

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should not undertake a detox program. Stop the program if abdominal pain, nausea or vomiting is present, or if you develop diarrhea. *

7 Day Detox: Follow the guidelines below for 7 days.....

#1: Diet. Avoid the following foods:

1. **-Corn, Gluten (Wheat, Rye, Barley, Oats, Spelt, Kamut), Soybean products, tuna, halibut, swordfish, shellfish, beef, pork, all dairy products, sugar, coffee, black tea, honey, condiment sauces that usually contain sugar and preservatives. Avoid fried foods and processed foods.**
2. **-Focus on colorful fruits and vegetables, organic chicken, organic turkey, salmon, cod, snapper, beans, brown rice, quinoa.**
3. **-Include good fats like fish oil, flax oil, avocado, nuts, and seeds.**
4. **-Drink at least 2 liters of clean filtered water per day.**
5. **-Avoid all white products including white potatoes. Eat yams or sweet potatoes instead.**
6. **-Avoid alcohol and tobacco**
7. **-Include cruciferous vegetables such as broccoli, brussel sprouts, cabbage, and cauliflower as these provide nutrients for liver detoxification.**
8. **-include root vegetables such as turnips, artichokes, beets, garlic and onions to aid liver detoxification**

#2: Include detoxifying supplements:

Choose a combination of nutrients to support all organs of elimination:

1. **-Milk thistle for liver support**
2. **-Probiotics for healthy digestive system**
3. **-Turmeric in supplement form or fresh for liver detoxification**
4. **-Antioxidants such as lipoic acid, NAC, Vitamin C, Magnesium citrate**
5. **-Drink green tea for antioxidant support**
6. **-B complex**
7. **-If constipated, include magnesium citrate in powder form to cleanse the bowels.**



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Other nutrients include extra B5, extra B6, B12, folic acid, selenium and glutathione

What next?

After completing a cleanse, many people will continue their weight loss simply by continuing some of the "good food habits" adopted during the cleanse. Many find their body's metabolism works more efficiently, causing them to burn calories better, resulting in continued weight loss.

After completing the cleanse, you can slowly start to reintroduce some of the foods back into your diet. Pay attention to how you feel when reintroducing foods. For example, if you experienced less gas and bloating when avoiding dairy, do the symptoms return when reintroducing dairy?

Continue avoiding foods that do not provide nutrients, just empty calories. These include white grains, sugar, processed foods, and fried foods.

Be especially careful when reintroducing caffeine. Many people experience a strong reaction, including heart palpitations.

What can Vitalia Health Care offer you?

Vitalia Health Care offers medically supervised detoxification programs individualized for your specific health needs. Through a 1 hour assessment, our doctors will customize a detoxification program for you based on your current health, genetic history, occupation, and toxic exposure. We offer state of the art diagnostic testing to determine your levels of toxic metals, vitamin/mineral needs and how well your body is able to detoxify.

Our in house treatments include intravenous administration of vitamins and minerals, intravenous administration of antioxidants such as glutathione, chelation therapy to remove heavy metals, hyperbaric oxygen therapy to detoxify the lungs and organs (www.hbotcanada.com), and ionic foot detox treatments to detoxify the body (www.vitaliahealthcare.ca/ionic-cleanse)

At Vitalia Health Care, we provide 1 to 4 week detoxification packages that fit your needs and lifestyle.

Many extended benefit programs provide coverage for Naturopathic Medical Care. Please consult with your benefits provider to find out if you are covered!



BODY COMPOSITION ASSESSMENT

Great place to start if you want to determine the health of your body, including how toxic you are!

In 15 minutes we can determine:

- Your body fat % and lean muscle mass
- If you are drinking enough water
- How toxic you are
- How healthy your cells are
- What is your real age vs your body age: For example, are you 30 but your body is showing markers that are closer to a 35 or 40 year old

This can help you set your health goals.

The assessment can also be repeated at a later time to see what progress you have made.

Free assessment and review with Dr Alibhai for those that mention they heard us on the BEAT. (A \$40 value)