

After Winter Detox

With a Powerful Spring Cleansing Program

Clean Up Your Diet Clean Up Your Body



Richard Collins, MD

Susan Buckley, RDN,
CDE

What is “detoxification?”

- Detoxification refers to the elimination of poisons or toxins
- According to the Environmental Protection Agency we are exposed *to literally tens of thousands of chemicals and contaminants every day*
- Our bodies have a built-in natural detoxification system – they detox *continuously as a natural function*



- Although food and water provide essential nutrients, they can also serve as **mechanisms for toxin delivery**
- Toxins include heavy metal, polycyclic aromatic hydrocarbons (cereals, meat cooked over open flame), phthalates/plasticizers, organochlorine pesticides, dioxins, PCBs, etc

Toxins – Unknown Effects on Humans

- Of the **more than 70,000 synthetic chemicals in commercial use** today, only a small fraction have been adequately examined for toxic effects in humans
- Each year, over **4 billion pounds** of toxic chemicals are released into the environment by industry
- Over **1.2 billion pounds** of pesticides are used in the U.S.
- Despite limited scientific information, **there is solid evidence of the hormone (endocrine) disruption in cosmetics and personal care items**
- Federal and state regulations are frequently not written or implemented in ways protective of human health and the environment

Persistent Organic Pollutants

- Persistent Organic Pollutants (POPs) are organic pollutants that remain in the environment **through our food system**
- Persistent organic pollutants (POPs) are toxic chemicals that adversely affect human health and the environment around the world
- They are resistant to environmental degradation through chemical and biological means – **they stay in the environment – they don't break down**

POPs

- Because they can be transported by wind and water, most POPs **generated in one country can and do affect people and wildlife far from where they are used and released.**
- They **persist for long periods of time** in the environment and can accumulate and **pass from one species to the next through the food chain**

POPs

- Many POPs are currently or were in the past used as pesticides
- Others are used in industrial processes and in the production of a range of goods such as solvents, polyvinyl chloride, and pharmaceuticals
- POPs are present in the greatest amounts in our diets in **animal fats**, while foods of **plant origin have lower levels of POPs**. **POPs accumulate in fat tissue**

- According to the Environmental Protection Agency (EPA) National Human Adipose Tissue Survey, a program that collected toxins in fat tissue from cadavers and elective surgeries from 1970-1987, **five of the most toxic chemicals were found in 100% of samples**
- These were Octachlorodibenzodioxin, polychlorinated dibenzodioxins, styrene, 1,4-dichlorobenzene, xylene and ethylphenol
- 9 more chemicals were found in 91-98% of the samples, including benzene, toluene, ethylbenzene, DDE (a breakdown of DDT, the pesticide **banned in the United States in 1972**), 3 dioxins and one furan.



- **Animal products** provide concentrated sources of POPs: 100% of beef is contaminated with DDT, and 93% of processed cheese, hot dogs, bologna, turkey and ice cream.
- DDT in over **70% of 4 years olds**, probably received through breast milk

Phenols/BPA



- Bisphenol A (BPA): One of the world's highest volume of production chemicals
- Uses: Polycarbonate plastics and canned food linings, also used in dental sealants
- **Health effects: Known endocrine disruptor, linked to cancer, diabetes, obesity, thyroid disruption, birth defects, brain development disorders, miscarriage...**
- CDC detected BPA in 92.6% \geq 6 years old

- Researchers suspect that BPA and phthalates may act as **environmental obesogens**, and interfere with female reproductive health and have an **association with breast cancer**
- Studies have identified those who are overweight or obese likely have greater levels of POPs, given the tendency of POPs to **accumulate in fat**, although they are found in the general population as well
- Although research is limited, some researchers argue that average exposure to POPs is high enough to lead to the development of metabolic disorders
- Additional conditions associated with POPs include thyroid disease, diabetes, fertility issues, impaired pediatric development, cardiovascular disease and cancer

BPA alternatives?

- Your "BPA-free" plastic product may be no safer than the product it replaced, says a new UCLA study that [analyzed the impact of a common BPA alternative on zebra fish embryos.](#)
- The most common replacement is BPS (Bisphenol S)
- They have some of the same concerns



- Foods high in **animal fats** tend to be **higher in toxins and lower in antioxidants**
- Conversely, **foods rich in antioxidants** and lower in fats aid in **reducing overall toxin levels and support detoxification overall**
- Nutrition modifications can be a key way to reduce overall toxin levels and the risks associated with these environmental contaminants



- **Why some people retain more toxins than others:**
 - 1. Increased exposures
 - 2. Genetic differences in Phase I & II enzymes (polymorphism)
 - 3. Nutrient deficiencies (B6, Mg, Se)
 - 4. Heavy metals
 - 5. Intestinal dysbiosis/overgrowth

What is detoxification?

- Our **liver, lungs, kidneys, gastrointestinal tract** and skin all work to eliminate toxins that we take in
- For the most part they do a pretty good job
- Today, huge amounts of contaminants from food, water, environment may present too tough a challenge for our built-in detoxification system
- Our **detox system** becomes less efficient and symptoms may begin to occur

What is detoxification?

- When food and water leave the stomach, they enter small intestine
- Mix with digestive enzymes
- Enzymes break down fats, proteins and carbohydrates into simple compounds
- Some compounds go to liver to be metabolized
- Others carried away by the lymph – part of the immune system

What is detoxification?

- Whatever is left travels through the large intestine or colon, where water is removed and bowel movements are formed
- If toxins in food and water cannot be destroyed by digestive enzymes or detoxified by the liver, or eliminated by the immune system, they **begin to build up**
- As toxins accumulate, every part of the body is affected

What is detoxification?

- Metabolism slows down – overweight/obesity
- Energy is decreased – fatigue
- Immunity lowered
- Chronic diseases can develop
- Weight loss becomes more difficult



Toxic Overload

- It is possible that toxic overload contributes to more serious conditions such as:
- Autoimmune diseases
- Inflammatory/rheumatoid arthritis
- Neurological disorder (Parkinson's and Alzheimer's)



Detox Diet

- Most of the so-called “detox” diets and supplements on the market aren't regulated by the FDA
- Potentially harmful, especially if they're very low-calorie or contain diuretics and laxatives that flush your body of potassium and other crucial nutrients
- Most of what you lose is **water weight** that comes back when you are rehydrated
- Other weight loss can be muscle!

Detox Diet

- Without adequate protein your body takes it from its most available source – your own muscle tissue
- Muscle is your built-in calorie furnace
- The more muscle you have, the more calories you burn
- Dramatically slashing calories can actually **slow** your metabolism in just a few days

Detox Diets

- Your metabolism slows way down to preserve your muscle and basic bodily functions
- When you go back to eating normally, you gain weight faster and from fewer calories



Detox Diets

- Research has found that after just a few days of cutting calories too low the body stops producing a crucial growth hormone call IGF1 and reduces thyroid and other hormones
- **Quality of life issues** – eat too little:
- tired all the time, sex drive disappears, always hungry
- What good is a hot body if you can't summon the energy to use it!



Detox Diets

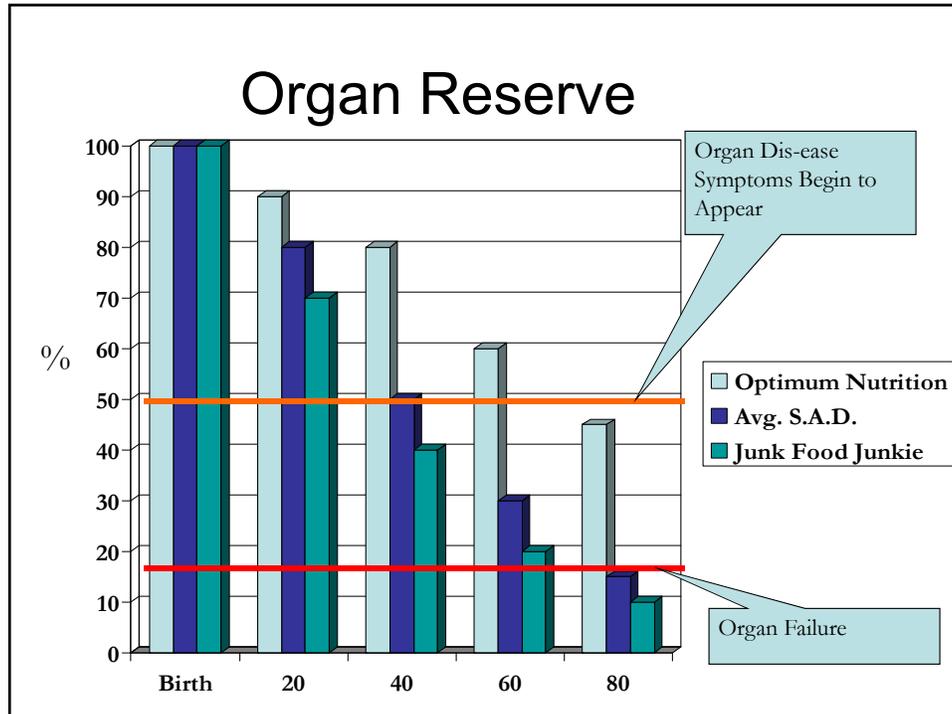
- Not all detox diets are bad!
- Done in a healthy way, detoxing can give your body what it needs to clean out and can feel like a fresh beginning
- Can help you identify your “reactive” foods
- Most people eat way more food than they need which taxes the **liver and kidneys** – **our body's natural detoxifiers**

Detox Diets

- A healthy detox **gives your digestive system a break**
- Eliminating added sugars, saturated fats and alcohol also rids your diet of things that can **exacerbate health issues**
- A healthy detox also allows your body to fight environmental assaults that find their way into the body

Symptoms that may be relieved with a detox program

Digestive problems	Irritability
Headaches	Joint pain
Bad Breath	Itchy skin
Weight Loss Resistance	Fatigue
Constipation	Diarrhea
Skin Rashes	Poor concentration
Chronic Sinusitis	Heartburn/GERD
Muscle Pain	Insomnia



Cleansing / Detoxification – Why?

- Exposure to toxic substances
 - External
 - Food additives, chemical solvents, heavy metals, pesticides, herbicides, drugs, alcohol, allergens (can be foods, GMO)
 - Internal
 - Bacteria and yeasts



Food is not what it used to be!

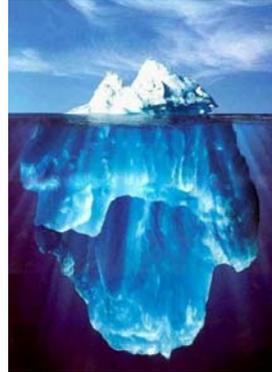
- Fast food strawberry milkshake **contains 59 ingredients – but no milk & strawberries**
- DDT found in 70% of 4 year olds, 100% of beef, 93% of processed cheese, meats, turkey and ice cream!
- Over 3000 food chemicals on the GRAS list.
- Each person ingests **several pounds** of chemical toxins each year!
- **Children are more susceptible**



- VANILLA REDUCED FAT ICE CREAM: Milk, Sugar, Cream, Nonfat Milk Solids, Corn Syrup Solids, Mono- and Diglycerides, Guar Gum, Dextrose, Sodium Citrate, Artificial Vanilla Flavor, Sodium Phosphate, Carrageenan, Disodium Phosphate, Cellulose Gum, Vitamin A Palmitate.
- STRAWBERRY SHAKE SYRUP: Sugar, Corn Syrup, Strawberry Flavor, High Fructose Corn Syrup, Natural and Artificial Flavor, Pectin, Citric Acid, Potassium Sorbate (Preservative), Caramel Color, Calcium Chloride, Red 40.
- WHIPPED CREAM: Cream, Nonfat Milk, Corn Syrup, Sugar, High Fructose Corn Syrup, Contains Less Than 1%: Mono-And Diglycerides, Carrageenan, Polysorbate 80, Beta Carotene (Color), Natural (Dairy and Plant Sources) and Artificial Flavor, Mixed Tocopherols (Vitamin E) to Protect Flavor. Whipping Propellant (Nitrous Oxide).
- MARASCHINO CHERRY: Cherries, Water, Corn Syrup, High Fructose Corn Syrup, Sugar, Malic Acid, Citric Acid, Natural (Plant Source) and Artificial Flavors, Sodium Benzoate and Potassium Sorbate (Preservatives), Red 40, Sulfur Dioxide as Preservative (Contains Sulfites).

Detoxification – Why?

- Symptoms associated with a toxic overload or food sensitivities:
 - Headaches, migraines
 - Muscle aches and pains
 - Joint pain
 - Allergy or flu-like symptoms
 - Low energy, chronic fatigue
 - Irritability, mental confusion
 - Hives, eczema, itching
 - Overly sensitive to odors or fragrances

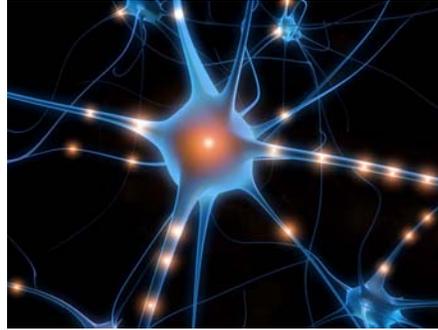


Common Health Problems with Possible Toxic Triggers

- | | |
|----------------------------|-----------------------|
| • Alzheimers | • Colitis |
| • Allergies | • Cancer |
| • Arthritis | • Eczema |
| • Asthma | • Fibromyalgia |
| • Autoimmune Disease | • Liver Disorders |
| • Behavior Disorders | • Multiple Sclerosis |
| • Chronic Fatigue Syndrome | • Parkinson's Disease |
| | • Psoriasis |

Our Cells

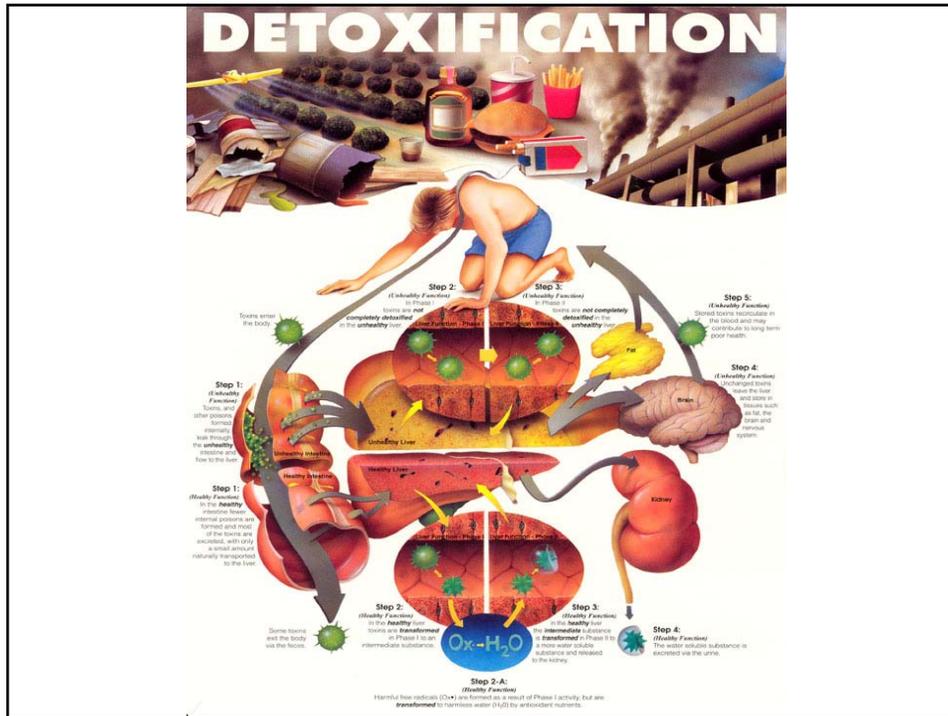
- Lack of nutrients, insufficient oxygen, poor waste removal, and buildup of dangerous chemicals in the cell's environment inhibit cell function.



Liver – Workhorse & Detoxifier

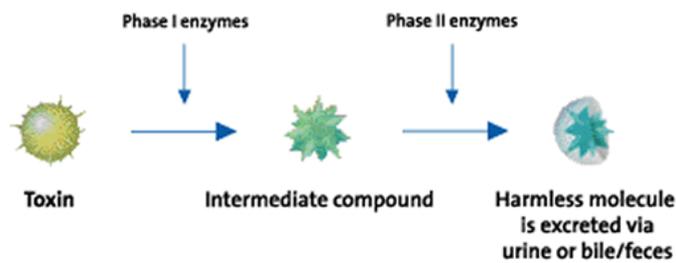
- The liver performs over **400 functions in the body**. These include:
 - Filtering the blood and **eliminating harmful chemicals**
 - Breaking down and building proteins
 - Regulating fat and carbohydrate blood levels to feed cells
 - Controlling hormone balance
 - Producing immune system molecules
 - Making bile which breaks down fats in the digestive tract
- When the **liver is overburdened**, it cannot perform all of its work properly, and the repercussions can be seen in all body systems.





Liver - The Detox Machine

- Filters 2 quarts of blood every minute
 - Removes and alters substances
 - Prepares them for elimination



Organs of Detoxification:

- Liver (first process)
- Colon
- Kidney
- Skin
- Lungs



Liver Detox

- Doing a liver detox where you support those pathways for detoxification is like sending your liver on a 3-week vacation to Aruba!



Detoxifying - SAFELY

- As toxins are being released from storage (fat tissue) they potentially cause toxic reactions in the body.
- This process also creates a large amount of free radicals.
- ***Supporting this process with the right nutrients / binders / liver support is crucial!***
- It makes the detox process faster, more efficient, less damaging, less side effects!

Why Not Just Fast?

- **Fasting** is harmful due to **induction of Phase I enzymes, leading to the potential overproduction of toxic intermediates, a lack of antioxidants to quench free radicals and a lack of nutrient cofactors for Phase II reactions**
- Another harmful detox practice is the use of high colonics and laxatives, which can lead to complications such as sepsis, intestinal perforation, dehydration, renal failure and pancreatitis

Needed Nutrients

- Liver needs taurine, glutathione and other amino acids to detox
- If you fast and don't get these from your diet, your body will break down muscle tissue to find them
- Also need antioxidants from food to combat free radicals created when you detox
- Must eat clean foods to detox properly



Cleansing - Benefits

- Impact all levels of physiology
- Increased energy
- Reduce aches & pains
- Clear thinking
- Weight loss
- Pinpoint food allergens
- Take charge of your health
- Create new eating habits



SPRING CLEANING



Preparation



- Cut back / eliminate coffee, caffeine
- Cut back / eliminate sugars
- Drink more water (64 oz per day)
- Drink more herbal teas, esp. decaf green tea
- Cut back / eliminate alcohol
- Eat more veggies
- Decide to make time, plan for this important process! ***It may be the best health investment you've ever made!***
- Consider journaling; make it a personal growth experience!

Foods to INCLUDE

- **Whole fruits and diluted juices** except oranges, grapefruit, lime, lemon, grapes. Apple cider vinegar OK
- **Dairy substitutes:** rice and nut milks such as almond milk, coconut milk
- **Fresh fish, chicken, turkey, wild game, lamb, organic, grass-fed lean beef**
- **Non-gluten grains:** brown rice, millet, quinoa, amaranth, buckwheat
- **Dried beans,** split peas and legumes

Foods to INCLUDE

- **Nuts and seeds:** walnuts, pumpkin, sesame and sunflower seeds, hazelnuts, pecans, almonds, cashews, nut butters (almond, tahini)
- **All raw, steamed, sautéed, juiced or baked vegetables** (except those on excluded list)
- **Cold pressed olive and flaxseed oils, expeller pressed safflower, sesame, sunflower, walnut, canola, pumpkin and almond oils**



Foods to INCLUDE

- Drink at least 6-8 cups of **filtered water** per day. Herbal teas acceptable. Transports waste out of body.
- **Spices:** All spices (cinnamon, dill, garlic, ginger, rosemary, thyme etc., vinegar)
- **Brown rice syrup, molasses, stevia** are OK to use as sweeteners (in small amounts)



Foods to EXCLUDE

- **Fruits:** Citrus: Orange, grapefruit, lime, lemon. Grapes.
- **Dairy and eggs:** milk, cheese, eggs, cottage cheese, cream, yogurt, butter, ice cream, frozen yogurt, non-dairy creamer
- **Grains:** Wheat, barley, oats, spelt, kamut, rye, triticale. Corn.
- **Beef, pork, cold cuts, hot dogs, sausage, canned meats, eggs, shellfish**

Foods to EXCLUDE

- **Peanuts and peanut butter, pistachio nuts**
- **Mushrooms, corn, all nightshades** including: tomatoes, potatoes (sweet potato and yams are allowed), eggplant, peppers (green, red, yellow), ground cayenne and paprika
- **Chocolate, ketchup, mustard, relish, soy sauce, BBQ sauce, other condiments**
- **Butter, margarine, shortening, processed oils, salad dressings, mayo and spreads**

Foods to EXCLUDE



- **Alcohol, coffee and other caffeinated beverages, soda** (regular and diet)
- **Soybean products:** soy sauce, soybean oil, tempeh, tofu, soymilk, soy yogurt, textured vegetable protein
- **Refined sugar, white/brown sugar, honey, maple syrup, corn syrup, high fructose corn syrup, evaporated cane juice**

A Realistic Clean Living Program

- Environmental Working Group Dirty Dozen/Clean 15 (smartphone app)
- Organic dairy, “clean” organic, grass-fed meats
- Low toxin fish – Monterey Bay Aquarium Seafood Watch
- No/Low GMO
- Local foods
- Glass containers
- Clean personal/home care products: EWG

Remember

- Try to buy as many **organic** items as possible – free of herbicides, pesticides, antibiotics, hormones & other chemicals
- **Do NOT skip meals** – eat every 3 – 4 hours
- Drink **lots of fluids** – at least 64 oz of filtered water per day
- Get **plenty of sleep**
- Practice **stress reduction**



Remember

- Eat 5-6 small meals per day
- To maintain a healthy and stable blood sugar level, eat **protein/carb/fat at each meal**
- Don't eat carbs by themselves (fruit, rice cakes, etc)
- Keep fruit to **2 servings per day**. Too much fruit can spike blood sugar – especially for insulin – resistant patients
- **Lots of vegetables**. Loaded with antioxidants and fiber to move toxins out of system
- **Pre-plan your meals!**

Remember



- Can add **psyllium** if feeling stuck. 1 tsp in 8 oz water before bed and 1st thing in morning
- Power up on Detox Friendly Foods
- To boost your multi-tasking detoxification processes, enjoy these foods which supply key nutrients to speed toxin removal:
- **Rice bran** (soluble fiber), **dark greens** (folate) **avocado** (glutathione), **Brazil nuts** (selenium and methionine), **broccoli**, **cabbage**, **cauliflower** (sulfphoraphane).

Remember

- Keep a **diary of symptoms** throughout this process and note any changes
- After 2-4 weeks **add back foods one at a time** in a pure form (corn on the cob, not cornflakes; shredded wheat, not wheat bread)
- Allow **48 hours** between adding new foods
- Consume plenty of the added food: 2-3 servings each day

Adding Foods Back In

- Observe changes in symptoms/signs upon adding back in foods
- If you react, **eliminate it entirely for the time being and wait until reaction has completely cleared before adding in the next food**
- If there is no reaction to a food after eating it regularly for 48 hours, add in the next food

Adding Foods Back In

- Add foods back into your diet in this order:
- Dairy (milk)
- Wheat (100% wheat products)
- Eggs (whole fresh eggs)
- Peanuts (whole peanuts)
- Corn (corn on the cob or canned corn)
- Soy (canned whole soy beans)
- Cocoa (sugar-free cocoa powder or plain cocoa beans)



Adding Foods Back In

- Yeast (tsp of baker's yeast or brewer's yeast per serving)
- Citrus fruits
- Tomatoes



What to Expect

- Your body is **rebuilding and repairing itself**
- Some people feel great right off the bat
- Other people feel worse before they feel better
- May experience fatigue, headache, aches and pain
- **Allow your body to do its work**



Living a Detox Lifestyle

- Detoxification is a **continuous process** that body depends on for survival
- Natural and synthetic chemicals are processed by this complex system of cells, organs, and organ systems to keep you healthy in the face of a **continuous barrage of toxic materials**
- Try to keep your body's toxic burden low and your detox mechanism working for the long haul

Notes on Plastic

- Heating foods in plastic releases harmful chemicals
- **Never heat your food in plastic**
- Use glass or ceramic instead
- Use BPA (Bisphenol A) free plastic bottles and aluminum cans
- BPA is a hormone disrupter

Water



- Water quality varies from place to place
- Chlorine and lead are the two most common contaminants in water.
- Chlorine produces by-products can contribute to cancer and birth defects. The chemical itself may contribute to heart disease.
- Lead is toxic even in small amounts. High-level lead poisoning can cause organ damage and stunt the nervous system, leading to mental retardation.
- Pharmaceuticals have been found in drinking water
- **Water filters** - Carbon filtration is probably the most popular system. Removes chlorine, toxic organic molecules, and heavy metals. Do your homework.

Skin

- Skin is **largest organ** in the body
- To aid in helping the body detox – use a natural fiber shower brush or loofah to massage the body and slough off dead skin cells before you shower or bathe
- Consider using a **shower filter**



Physical Activity

- May want to curb very strenuous activity
- Walking, gentle aerobic activity stimulates movement of lymph fluid, oxygenates cells, supports the lungs and encourages sweating to remove toxins via the skin
- Consider yoga – stretches and twists massage internal organs, promoting detox



Mental Detoxification

- Cleansing of the mind of negative thought patterns is essential to health as well
- Practice relaxation techniques: yoga, meditation, tai chi, progressive relaxation
- Relax . . .breathe . . . Go for walks
- This is a time to take care of yourself – you are a priority, if only for a short time

Sample Menu Plan

BF: Brown Rice cake

w/almond butter, fruit, herbal tea

Snacks: veggies with hummus; apple
w/almond butter

L: Salad w/chicken, slice of GF bread

D: Wild Salmon

Broccoli, noodles (GF) w/garlic & olive oil



Sample Menu Plan

- BF: Cereal: Cream of rice, quinoa flakes, crispy brown rice or puffed millet mixed with rice or almond milk, sliced banana or berries
- Snacks: Apple with almonds
- Lunch: 2 brown rice cakes with hummus or sliced turkey, avocado and cup of lentil or bean soup
- Dinner: Stir-fried vegetables with chicken or fish

Basic Salad Dressing

- Use on salads, cooked vegetables and raw vegetables
- Mix in jar:
- $\frac{1}{4}$ cup olive, flaxseed, walnut or sesame oil (can use combination)
- 1-2 Tablespoons apple cider vinegar
- 1 Tablespoon water
- $\frac{1}{4}$ tsp dry mustard, salt, pepper, garlic cloves crushed. Add to taste oregano, basil, dill or parsley
- Shake well in jar and keep refrigerated



Alkaline Broth

- Helps reduce acidity in the body
- Choose a combination of vegetables equaling 2 cups: celery, green beans, zucchini, spinach, parsley
- Place vegetables in a soup pot with water to cover. Bring to boil. Simmer 45 min.
- Strain and keep broth. Drink during the day. Keeps in refrigerator up to 3 days

Supporting Supplements



- Medical Foods Shakes (optional)
 - Take 1 – 3 shakes per day; contains rice protein and vitamins/minerals/herbs
- Fish Oil (omega 3 fatty acids)
- Extra detox support caps (optional)
- Multi-vitamin/mineral

Medical Foods

- Provides extra nutrients that support liver detoxification
- **Nutrients that enhance Phase I and Phase II detoxification**
- Rice protein (low allergy potential)
- Vitamins, minerals
- **Glutamine, glycine, cysteine** that help support Phase II detox

Added Detox Support

- Detox supplements
- Promotes body's detoxification activities with **blend of vitamins, minerals and phytonutrients**
- Supports activities of several liver detoxification **enzymes**
- Silymarin from milk thistle, catechins from decaffeinated green tea, artichoke leaf extract, ellagic acid from pomegranate extract, N-Acetylcysteine, choline

After The Detox

- Stay clear of your “reactive” foods
- Try to eat as “clean” as possible: lots of fruits/vegetables/whole grains/ healthy fats and lean proteins
- Stay away from processed foods
- Continue to drink lots of water – stay hydrated!
- Keep added sugars to a minimum!

How to Reduce Exposure to Environmental Toxins

- Environmental toxins are everywhere in our environment and some studies suggest that long-term exposure may be harmful to our health
- Fortunately, there are dietary and lifestyle practices that can reduce our exposure

Tips for reducing your exposure to BPA and phthalates:



- Prepare food from scratch whenever possible
- Store foods in glass or metal containers rather than plastic
- Never heat foods in plastic containers or dishes
- **Do not place plastics in the dishwasher or microwave**
- Avoid plastics with the recycling codes 3 (contains phthalates), 6 and 7 (contains BPA)
- Avoid leaving plastic water bottles in warm places, such as your car on a hot summer day
- When using tap water, running cold water for 1 minute prior to catching the water for cooking or
- consumption can reduce the toxins that may leach into water from pipes

Tips for reducing your exposure to Persistent Organic Pollutants

- Reduce your intake of animal **fat**
- Reduce intake of higher fat, animal-based foods, such as **fish, meat, dairy, and eggs**
- Trim fat and/or opt for low-fat or lean cuts and products
- **Broil, bake, or grill**, allowing fat to cook off
- Choose **organic** when you can and note that washing food cannot reduce toxin levels
- Reduce intake of fish higher in POPs (PcBs):
- Fish that are bottom feeders, such as catfish
- Large freshwater fish that are higher up on the food chain
- If you eat canned fish, purchase it in water not oil

- Choose **wild caught fish or sustainably farmed seafood** (including fish)
- Support the body's own detoxification pathways with adequate nutrition
- Increased excretion of contaminants may be augmented with:
 - **Sweating** from exercise or by sauna
- Binding toxins with specific products such as green tea, chlorella, or cholesterol/fat reducing agents (animal studies).
- Increasing **fiber** intake may bind toxins, decrease fat absorption, and aid in overall GI function.

Jump Start Your Health in 2016!

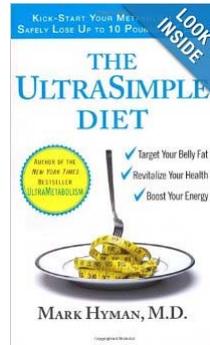
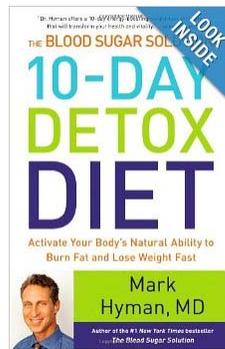
- **Spring Cleansing** with a gentle, supported detox program
- **Follow up** with a whole foods diet
- **Make it a Lifestyle Change!**

*Watch your body
respond quickly –
with improved
health and vitality!*



Resources

- Ultra Simple Diet – Mark Hyman MD
- 10-Day Detox Diet – Mark Hyman MD



•Let's Get Cooking!

