



# Four Part Summer Series

Part I: Detox

Dr. Jerry Dreesen DC, CCSP

Special Guest: Caitlin Strunk  
Biogenesis

**Back To Action Chiropractic Clinic and Massage • [www.backtoaction.com](http://www.backtoaction.com) • (425) 670-2600**

Thursday, June 14, 2012

# Agenda

- Review: What is Toxicity?
- Steps To Take
- Caitlin: Biogenesis Products
- Q&A - Open discussion for questions

# What it Feels Like To Be



- Tired, sluggish, lethargic
- Trouble concentrating/staying focused
- Headaches
- Joint pain

# What it Feels Like To Be



- Catch colds easy
- Trouble sleeping
- Bad breath
- Unpleasant body odor

# What it Feels Like To Be



- Frequent gas, bloating, indigestion
- Allergies / Food sensitivities (Food-poison)
- Skin problems: Acne, Psoriasis, Eczema
- Constipation / Other G.I. irregularities

# What it Feels Like To Be



- Depression
- Irritability
- Recurrent Respiratory problems
- BACK PAIN

# What it Feels Like To Be



- Mood changes
- Hemorrhoids
- Sinus congestion

- Tired, sluggish, lethargic

- ...staying focused

# TOWNS

dor

- Frey

- Allergies / Food

changes

- Skin problems: Acne, rashes

- Hemorrhoids

- Constipation / Other G.I. irregularities

- Sinus congestion



# Why Detox?

- Out of the more than 100,000 commercially used chemicals, more than 25,000 (25%) are known to be hazardous to human health.
- Biopsies of human fat cell show elevated levels of toxins such as styrene, 1,4-dichlorobenzene (moth balls, house deodorizers), and xylene (gasoline, paints).
- Detoxification is a great way to revitalize your eating habits and jump start a weight loss program.

# Detoxification Benefits

You may experience the following....

- More energy
- Weight loss
- Improved gastrointestinal function
- Better sleep
- Improved health and vitality

# Do No Harm...

Detoxification is a complex process and requires intake of the essential nutrients

- Avoid water fasting detox programs!
- Avoid laxative programs!
- Avoid cheap detox programs!

# What Is Detoxification?

- Happens in the LIVER
- Helps convert toxins into safe, water soluble compounds that can be excreted

# Detox: Phase 1 of 2

## **Phase 1**

In the first phase, specific enzymes metabolize toxins in one of two ways. The toxins are either converted to water-soluble forms that can be excreted by the kidneys (urine) or the toxins are converted to their “activated” forms which can then be conjugated and excreted in phase 2.

Necessary nutrients: *B vitamins, vitamin C, vitamin E, antioxidants*

# Detox: Phase 2 of 2

## **Phase 2**

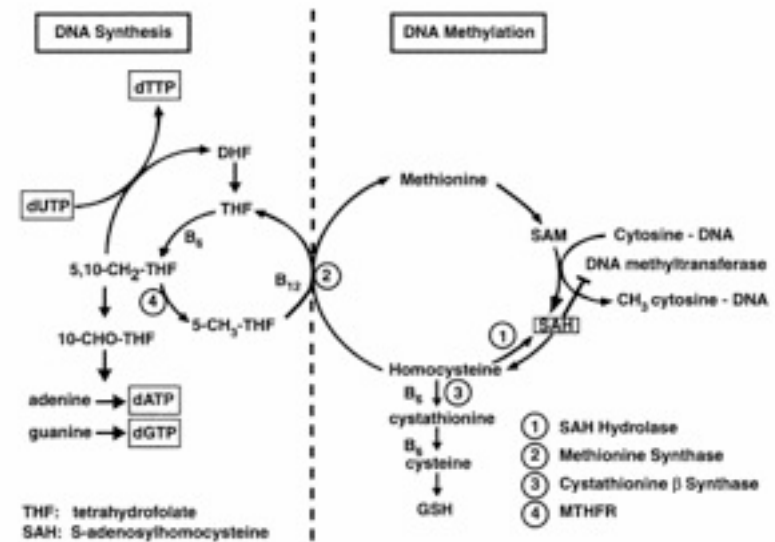
In phase 2, the activated toxins from the first phase are conjugated (combined) with water-soluble compounds, allowing the toxin to be safely eliminated from the body.

Necessary nutrients: *Sulfur compounds, glycine, glutathione, taurine, cysteine*

# Detoxification



## Glutathione cycle



# Detoxification







**So now what?**

# Detox Diet Recommendations

- Reduce or Eliminate:
  - Processed/refined foods (high in chemical preservatives, artificial colors & flavors, sugar, hydrogenated oils, low in fiber, and high in fat)
  - Non-organic foods (contain pesticide, herbicide, and hormone residues)
  - Large fish – bioaccumulation: heavy metals, PCBs, etc. (Ensure your supplements are toxin free.)
  - Allergenic foods – gluten, dairy, soy protein, eggs, peanuts, shellfish



\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

# Special Guest



- Caitlin Strunk
- Washington State Representative
- Passionate about Nutrition
- Background in Competitive Sports

Remember that a detox diet is a great opportunity to experiment with exotic fruits, vegetables, and grains. It is also excellent for sharpening your nutrition-label reading skills.



\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

<b>Food Group</b>	<b>Allowed foods</b>	<b>Avoid these</b>
Dairy Products	Dairy substitutes only: Rice, almond, cashew milk	Milk cheese, cottage cheese, yogurt, ice cream, cream, non-dairy creamers, soy milk
Grains/Starches	Avoid all grain products on the 8 day detox. Sweet potato, yams, squash	Corn (all products containing corn), gluten grains (e.g. wheat, barley, rye, spelt, kamut), white potato, oats, arrowroot, tapioca, rice, buckwheat, millet, quinoa, amaranth, teff
Protein Foods	Eat organic when possible - chicken, turkey, lamb, lentils, wild salmon, mackerel, sardines, trout, halibut	Beef, pork, cold cuts, frankfurter, sausage, canned meat, tuna, eggs, egg whites, shellfish, soy products
Vegetables	All vegetables (fresh, frozen, or juiced) except for nightshade	Creamed vegetables, nightshades (e.g. potatoes, bell peppers, tomatoes, eggplant)
Fruits	Fresh, frozen, water-packed fruit, diluted fruit juice	Undiluted fruit juice, fruit drinks, cocktails, tomatoes, strawberries, citrus fruits (e.g. orange, lemon, lime, grapefruit)
Soup	Vegetable-based broths, vegetable soups, chili soup, made with turkey or chicken	Canned or creamed soups containing gluten grains/flours  Avoid high-salt soups
Beverages	Pure water, herbal teas (non-citrus, non-strawberry)	Milk, dairy-based drinks, coffee, black tea, cocoa/chocolate, alcohol, soft drinks, sweetened drinks, citrus or strawberry drinks
Fats/Oils	Olive, sesame, walnut, flax, canola, avocado	Margarine, shortening, commercial salad dressing containing trans-fats, mayonnaise, butter
Nuts/Seeds	Almond, cashew, flax seed, walnut, pecans, pumpkin seed, sunflower seed, coconut  Nut butters/oils/flours made from above	Peanuts, peanut butter, pistachios
Sweeteners	Xylitol, brown rice syrup, fruit sweeteners, stevia, pure maple syrup.  Limit to 2 tsps per day.	Brown sugar, honey, molasses, corn syrup, all artificial sweeteners (e.g. sucralose, saccharin, aspartame, etc.), all refined sugars

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

# At the Grocery Store....



- Read all labels carefully. Look for added sweeteners, cornstarch, gluten, or whey (derived from dairy).
- Stock up on pre-shelled allowed nuts and nut butters.
- Try out different dairy substitutes, such as almond, hemp, or rice milk.
- Avoid commercial dressing and sauces. Use healthy oils such as safflower, sunflower, sesame, and olive with added spices as a substitute
- Look for organic, unprocessed versions of allowed sweeteners. Remember to limit intake to less than 2 tablespoons/day

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

# At the Grocery Store....

- Try products that contain amaranth, oats, quinoa, millet, brown rice or buckwheat.
- Aim to consume all produce in its whole, unprocessed form. Avoid juices.
- If purchasing meats, use only fresh or frozen varieties that have not undergone any additional processing.



\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

# Products



- **BioCleanse Plus** -  
**Made with rice, pea, and chlorella protein**
  - A pleasant-tasting, comprehensive cleansing formula that provides biologically active vitamins and minerals with specialty nutrients to support detoxification. This product is a low-allergen base and serves as a balanced meal supplement during the course of the program. Product should be mixed with plain water or another approved liquid, such as almond milk
- **BioCleanse Capsules (optional)**
  - Provide additional nutritional support that will assist the neutralization and removal of toxins and metabolic waste. May be used in conjunction with the BioCleanse Functional Food
- **Ultra Fiber Plus**
  - A powdered dietary fiber supplement with soluble fiber, insoluble fiber, and freeze-dried *Lactobacillus acidophilus* to support healthy intestinal function and elimination
- **Ultra Greens pH**
  - Blends vegetables, enzymes, grasses, and blue-green algae in a delicious, fruit-flavored powdered beverage

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



# BIOCLEANSE PLUS

- Great tasting, vegan formula made with pea, rice and chlorella proteins
- Complete Detox shake with Phase 1 & 2 Nutrients
- Specialty nutrients for digestive & intestinal health include; vegan probiotics, digestive enzymes, cold milled flax seed, milk thistle, & green tea leaf extract
- Shake can be a meal replacement
- Multi Vitamin / Mineral Core



# BIOCLEANSE CAPSULES

- These Capsules can be used in conjunction with the BioCleanse Plus Shake when a more intense cleansing is desired.
- In a powdered beverage there is a limit to the amount of support nutrients that can be included and still produce a palatable product.
- We have overcome this obstacle by producing this complimentary product.
- Only specialty nutrients are included, which will enhance the removal of toxins



# ULTRA FIBER PLUS

Who should use Ultra Fiber Plus?

- Individuals experiencing constipation
- Anyone who consumes a low dietary intake of fiber
- Individuals requiring nutritional support the maintenance of healthy cholesterol levels & heart health
- Individuals requiring probiotic supplementation; there are 15 million freeze dried, human strain *Lactobacillus acidophilus* per serving



# ULTRA GREENS PH

- Blend of 13 different vegetables, sea grasses, phyto nutrients and enzymes
- Helps to balance pH levels
- Great way to get your greens
- Loaded with Antioxidants
- Tastes like Fruit Punch



# BIO LAX

- Gentle, non habit forming, non stimulant laxative
- Beneficial for those on HCG who “don’t have” 50 calories to spare on Ultra Fiber Plus
- Suggested serving is 2-4 capsules as needed, depending on the size of the person and the severity of the situation
- Dandelion root helps with digestion
- Ginger to settle the stomach
- Works quickly, 6-8 hours

Magnesium (citrate)	100 mg
Konjac root (glucomannan)	900 mg
Chia seed ( <i>Salvia hispanica</i> )	450 mg
Guar gum	450 mg
Dandelion root ( <i>Taraxacum officinale</i> )	300 mg
Ginger root ( <i>Zingiber officinale</i> )	300 mg
Cape aloe ( <i>Aloe ferox</i> )	200 mg



# BIO LIV

- Phytonutrient & Antioxidant liver protection
- Enhanced liver detox capacity
- Lipotropics – Folic Acid, Choline, B12, methiomine, & inositol
- Help protect against fatty acid & cholesterol in liver
- Botanical Base – noteworthy for their hepatoprotective properties

Vitamin B6 (pyridoxal 5'-phosphate)	4.5 mg
Folate (calcium folinate)	108 mcg
Vitamin B12 (cyanocobalamin)	9 mcg
Magnesium (citrate)	27 mg
Choline (bitartrate)	200 mg
Liver (abgland)	150 mg
DL-methionine	100 mg
Inositol	100 mg
Betaine (HCl)	50 ma

Dandelion root ( <i>Teraxacum officinale</i> )	50 mg
Green tea leaf ( <i>Camellia sinensis</i> )(50%)	50 mg
L-taurine	50 mg
Milk thistle seed powder ( <i>Silybum marianum</i> )	50 mg
Ox bile (bovine)	50 mg
Tumeric root extract ( <i>Curcuma longa</i> , 95%)	50 mg
Beet root ( <i>Beta vulgaris</i> )	25 mg
Black radish root ( <i>Raphanus sativus</i> )	25 mg



# DETOX PHASE: SAMPLE MENU



Days 1 & 8	Days 2-7
<p><b>Breakfast:</b> Mix BioCleanse Plus (1 scoop), Ultra Fiber Plus (1 scoop), Ultra Greens pH (1 scoop) in 10 oz. water to desired consistency.</p> <p>Mixed berries (½ c.), almonds (2 Tbl.)</p>	<p><b>Breakfast:</b> Mix BioCleanse Plus (2 scoops), Ultra Fiber Plus (1 scoop), Ultra Greens pH (1 scoop), mixed berries (½ c.) in 14 oz. water to desired consistency.</p>
<p><b>Snack:</b> BioGenesis UltraLean Spice Bar (1)</p>	<p><b>Snack:</b> Celery sticks (5), hummus (2 Tbl.)</p>
<p><b>Lunch:</b> Mix BioCleanse Plus (1 scoop) in 4 oz. water to desired consistency.</p> <p>Mixed green salad (1 c.), olive oil (1 Tbl.), vinegar (1 Tbl.)</p>	<p><b>Lunch:</b> Mix BioCleanse Plus (2 scoops) in 8 oz. water to desired consistency.</p> <p>Mixed green salad (1 c.), olive oil (1 Tbl.), vinegar (1 Tbl.)</p>
<p><b>Snack:</b> Mix BioCleanse Plus (1 scoop), Ultra Fiber Plus (1 scoop), Ultra Greens pH (1 scoop) in 10 oz. water to desired consistency.</p>	<p><b>Snack:</b> Mix BioCleanse Plus (2 scoops), Ultra Fiber Plus (1 scoop), Ultra Greens pH (1 scoop) in 14 oz. water to desired consistency.</p>
<p><b>Dinner:</b> Grilled chicken breast (3 oz.), steamed asparagus (8 pieces), cooked chopped carrots(½ c.)</p>	<p><b>Dinner:</b> Broiled salmon (4 oz.), steamed broccoli tossed (1 c.) with garlic (1 tsp.), cooked squash(½ c.)</p>

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

# Helpful Tips



- Always have a bag or two of frozen cooked chicken chunks in the freezer for a quick addition to a meal.
- Have an assortment of plain canned beans in the cupboard
- Buy precut veggies or cut them up in advance and store them in a container in the fridge. This will make for quick and easy stir-fries during the week.
- Keep a variety of frozen fruit such as berries, peeled bananas (cut into quarters before freezing) and tropical fruits in the freezer to have a variety of fruit on hand for making smoothies.
- Buy precut and bagged wild green salad mixes and spinach. Easy for last-minute salad fixings.
- Have a bottle of your favorite homemade salad dressing made with quality cold-pressed oils and herbs on hand in the fridge.
- Plan ahead. Take a few minutes in the evening to prepare lunch and snacks for the next day.
- Make extra dinner to pack for a quick and hearty lunch the next day or as a carry over for the next evening.

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.





# Sample Reintroduction Chart

Day 1 Allergen Intro	Day 2 Symptoms	Day 3 Symptoms	Day 4 Symptoms
Gluten <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3			
Dairy <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3			
Eggs <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3			
Corn <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3			
Soy <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3			
Night shade vegetables <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3			
Food coloring/ preservatives <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3			

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

# Part One: Detox



**Congratulations!**

**You are on your way to better Health and  
Vitality!**



# Detox Kits

## 8 & 21 DAYS



A GREAT-TASTING AND EFFECTIVE DETOX PROGRAM FOR ULTIMATE PATIENT COMPLIANCE

### 8-Day Detox Kit

**Products:**

- 1 BioCleanse *or* BioCleanse Plus
- 1 Ultra Fiber *or* BioLax
- 1 Ultra Greens pH

### 21-Day Detox Kit

**Products:**

- 2 BioCleanse *or* BioCleanse Plus
- 1 BioCleanse Caps
- 1 Ultra Fiber *or* BioLax
- 1 Ultra Greens pH

# Dextox Kit 10% Special

Call today and order your kit! 425-670-2600



# Four Part Summer Series

## “Lunch and Learn”

Part I: Detox	June 12
Part II: Weight Loss	June 26
Part III: Inflammation	July 10
Part IV: Ergonomics	July 24

Dr. Jerry Dreesen DC, CCSP  
Special Guest: Caitlin Strunk

**Back To Action Chiropractic Clinic and Massage • [www.backtoaction.com](http://www.backtoaction.com) • (425) 670-2600**