The following is a comprehensive detox guide from start to finish in order to cleanse, regenerate, and rebuild the body. This will include best practices for moving the lymphatic system, which is the real immune system of the body, parasite and heavy metal detoxification, and home, lifestyle and nutrition modifications in order to maximize benefits.

External Detox

Before we begin with the internal detoxification process, we will first begin with external environmental factors that hinder our detoxification process on a daily basis. The following are best practices for home modification to ensure a safe and clean environment.

1. EMF Protection

Electromagnetic fields (EMF) are produced by electronic devices and power lines. The potential dangers of EMF exposure include:

1. **Health Concerns**: Some studies suggest a link between high levels of EMF exposure and health issues like headaches, fatigue, and sleep disturbances, though conclusive evidence is still debated.
2. **Cancer Risks**: There are ongoing discussions about possible connections between prolonged exposure to EMFs and certain types of cancer, especially with radiofrequency (RF) radiation from cell phones.
3. **Impact on Children**: Children may be more vulnerable to EMF exposure due to their developing bodies, raising concerns about long-term effects.
4. **Electromagnetic Hypersensitivity**: Some people report sensitivity to EMF, experiencing symptoms like anxiety, dizziness, or skin irritation, though this condition lacks a definitive scientific basis.

While research is ongoing, it's generally advised to minimize unnecessary exposure, especially from devices like cell phones and Wi-Fi routers.

Best Practices To Reduce EMF Exposure

1. If possible, try to ensure that the distance between yourself and your source of Wi-Fi router is as far as possible. Make sure it is set up in a different room from where you sleep and spend a majority of your time.
2. Use your cellphone on speakerphone or with wired headphones away from direct contact with your face or skin. Also try not to carry your device in your pocket or lap. Do not sleep with it in your bed or under your pillow, preferably plug it in an outlet on the other side of the room before going to sleep.
3. Attempt to limit the use of things such as AirPods and other Bluetooth radiation devices

Best Practices To Repel EMF Exposure
The following are things to incorporate in order to repel EMF frequency transmission:

1. **Distance**: Maintain a distance from devices that emit EMFs, such as keeping your phone away from your body and not sleeping with it under your pillow.
2. **Limit Usage**: Reduce the time spent on wireless devices like smartphones, tablets, and laptops. Use wired connections when possible.
3. **Airplane Mode**: Use airplane mode on your devices when not in use, especially at night.
4. **Shielding Products**: Consider using EMF shielding products like cases for phones or special fabrics that block radiation.
5. **Turn Off Devices**: Switch off Wi-Fi routers and other electronic devices when not in use, especially at night.
6. **Use Wired Connections**: Opt for Ethernet cables for internet access instead of Wi-Fi to minimize exposure.
7. **Room Design**: Arrange your living space to create EMF-free zones, particularly in bedrooms.
8. **Grounding**: Some believe that grounding techniques, like walking barefoot on natural surfaces, can help mitigate EMF effects.

While the effectiveness of some of these methods is still debated (allegedly), they can help you manage your overall exposure.

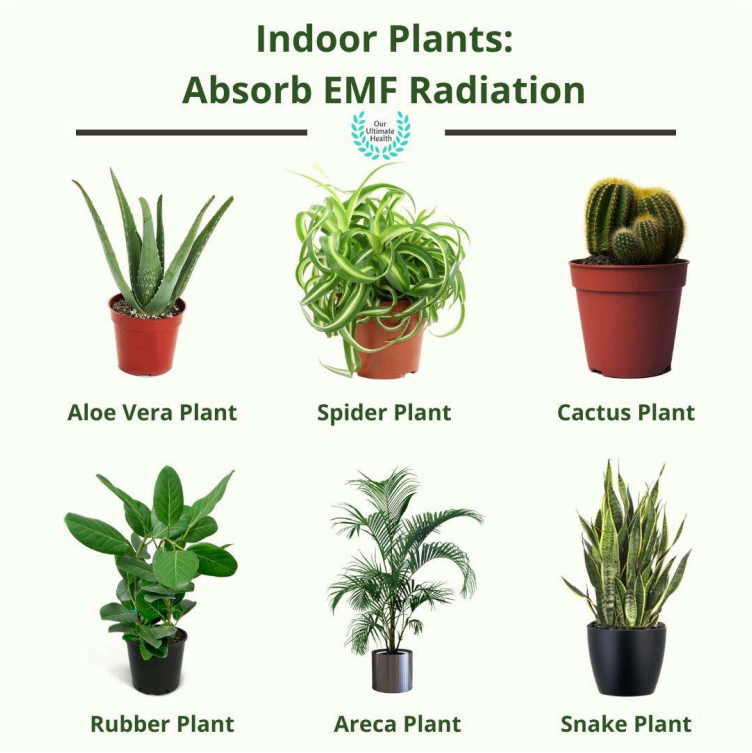
Products to Reduce and Repel EMF Exposure

House Plants

House plants such as the snake plant, cactus, aloe vera, and spider plant have been confirmed to absorb EMF radiation and combat the harm caused by radiation

emissions, as well as detoxifying the air. These plants are readily available and can be purchased at local nurseries, as well as many department stores or Amazon.

- I have a linked a few below for online purchase.



Orgonite Pyramids

An orgonite pyramid is a crystal pyramid made of resin, metal, quartz, and other crystals that is said to absorb negative energy and convert it into positive energy. The pyramids are believed to emit positive energy and create a calming, peaceful environment. Think of an orgonite pyramid as a filter for toxic energy in the atmosphere (like positive ions from EMFs).

How it works: As negative energy moves through the device, it's exposed to electromagnetic friction, an environment created by the mixture of metal shavings and crystals in resin. This force reorganizes the energy into a more harmonious wave length as it exits the pyramid.

Here are 8 common benefits of orgone:

- Neutralize EMF radiation
- Clear negative energy
- Aid in meditation
- Support restful sleep
- Enhance lucid dreaming
- Relieve stress
- Purify the atmosphere
- Detoxify water
- Improve plant growth

These are widely available in various sizes, Crystal composition, and price. You can sit them in areas of high radiation or in rooms of frequent use. They also make for amazing decoration and conversation pieces. You can get them by looking on shop such as Etsy, Amazon and eBay also have them as well as many of your local crystal or holistic stores

[Missing Links]

EMF Blocking Stickers

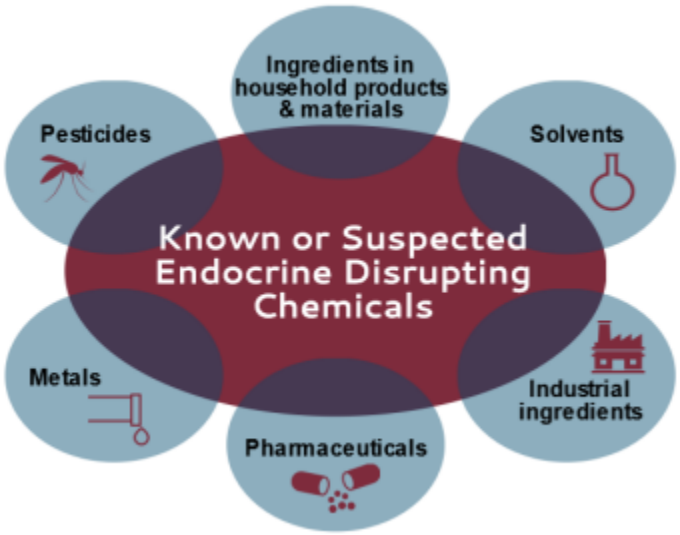
EMF stickers are small adhesive patches or devices claimed to reduce exposure to electromagnetic fields (EMF) from electronic devices. They often contain materials or technologies that proponents say can neutralize or shield against EMF radiation. Users typically place them on smartphones, laptops, or other electronic devices. Evidence supporting their effectiveness is ongoing, but the best way to minimize EMF exposure is through distance and reducing usage of devices. Always approach such products with a critical mind and consider evidence-based solutions.
Simply type in "EMF radiation stickers" anywhere that you purchase items and they will be available online.

[Missing Links]

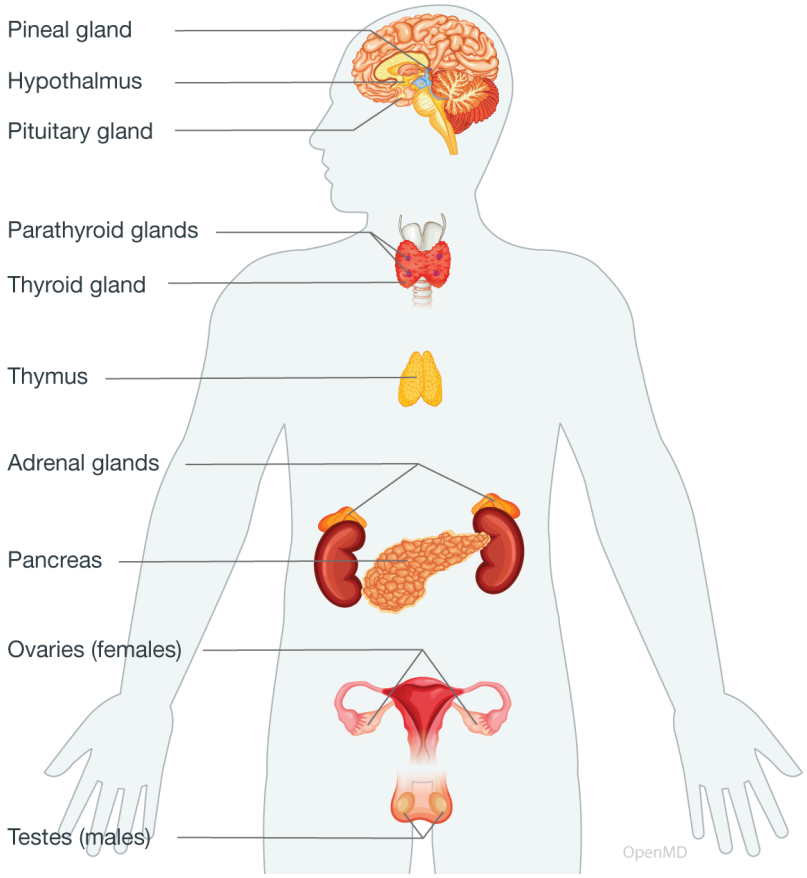
2. Household cleaning products & fragrances

This is one of the more unknown, but definitely very prevalent, disruptors of the detoxification process of the body.

The chemicals we use to clean our environment every single day, combined with the various sprays and fragrances that we use to perfume afterward have a grave residual effect on our bodies.
Products such as Lysol, Comet, Febreze, Glade plug-ins, candles, and car air fresheners are all full of endocrine disrupting chemicals.



Your endocrine system is the system in your body that regulates and controls the production and function of your hormones. Think of hormones as instructions that tell your body to carry out every function of your daily life. When these hormones (instructions) are disrupted, it throws the body out of harmony and eventually leads to various so-called diseases. Here is a visual of the endocrine system:



Hormone Function

Hormones play crucial roles in various physiological processes in the body. Here are some key functions:

1. **Regulation of Metabolism**: Hormones like insulin and glucagon help control blood sugar levels and overall metabolism.
2. **Growth and Development**: Growth hormone is essential for physical growth and development, especially during childhood and adolescence.
3. **Reproductive Functions**: Hormones such as estrogen and testosterone regulate reproductive functions, including menstrual cycles, sperm production, and libido.
4. **Mood and Stress Response**: Cortisol and adrenaline are involved in the body's response to stress, influencing mood, energy levels, and alertness.
5. **Homeostasis**: Hormones help maintain homeostasis, regulating body temperature, fluid balance, and electrolyte levels.
6. **Immune Function**: Certain hormones influence immune responses, helping the body defend against infections.
7. **Appetite and Digestion**: Hormones like ghrelin and leptin regulate hunger and satiety, influencing eating behavior.
8. **Sleep Regulation**: The hormone melatonin regulates sleep-wake cycles and circadian rhythms.

When our hormones are disrupted, our bodies' ability to detoxify is also disrupted, leading to imbalances of some hormones and deficiency of others. When our hormones are disrupted, our entire lives are disrupted. So in order to truly detoxify ourselves, we must start with eliminating the things in our everyday lives that are slowly disrupting our hormones day by day, use by use.

So, let's start down the wonderful road of throwing away all of the things in our homes that are causing our hormones (instructions for existing healthily) shall we? Now I understand some of these things may be difficult for you to be willing to let go, but please understand that the small adjustments can be the things that can end up helping or harming. The choice is ours to make. So for starters, let's start with everything that we spray into the air.

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Dangers of Toxic Cleaning Products

1. **Chemical Exposure**: Many cleaning products contain harmful chemicals that can irritate the skin, eyes, and respiratory system.
2. **Endocrine Disruption**: Some ingredients can interfere with hormone function, leading to reproductive and developmental issues.
3. **Allergies and Asthma**: Fragrances and harsh chemicals can trigger allergies or asthma attacks in sensitive individuals.
4. **Environmental Impact**: Toxic cleaning products can harm aquatic life when they enter water systems and contribute to pollution.

Best practices for home cleaning products and fragrances:
Remove highly toxic products and cleaning chemicals and replace them with plant-derived cleaning products.

1. **All-purpose cleaner ingredients:**
    - Distilled water and white vinegar (2:1 ratio)
    - Castile soap (small amount)
    - Lemon, orange, mint, tea tree (or your essential oil of choice)

    This is all-purpose cleaner and can be used to clean any space without the worry of endocrine disrupting chemicals.

2. **Dish detergent.** When washing dishes, opt for Castile soap or a plant-derived dish soap, as large commercial dish soaps have hormone disrupting chemicals.

3. **Laundry detergent.** Use fragrance free, Castile soap, or a plant derived laundry detergent. Borax and Castile soap combined with essential oils is a highly effective natural laundry detergent.

4. **Air Fresheners.** The removal of plug-ins, synthetic air fresheners, and candles not derived from beeswax optimally. These are proving to be the biggest hidden culprit of endocrine disrupting hormones as we inhale them day by day, week by week.

    Instead opt for the use of a diffuser with essential oils of your choice, natural incense such as Palo Santo or frankincense. Eucalyptus mint crystals are also another great alternative

5. **Body fragrances.** Removing lotions, soaps, shampoos, toothpaste, and body sprays (including colognes and perfumes), that are not made from natural essential oils and plant-based products.

    Look for things that are sulfate and phthalate free and remember that the skin is a sponge and not a shield. Whatever you put on your skin goes into your bloodstream, so always for the most natural products with the least ingredients.

Links for Natural Cleaning Products and Fragrances:
[Links]

Cookware and Dining Materials

Another hidden danger that gets constant everyday use in our lives is the use of toxic cookware and dining materials. Many of the plastics and Teflon anti-sticking pans and accessories that we use can be linked to many of our issues with hormone disruption and detoxification.

Teflon and certain plastic cookware can pose risks related to endocrine disruption.

Here are the key concerns:

Teflon (PTFE)

- **PFOA**: Historically, Teflon was made with perfluorooctanoic acid (PFOA), which has been linked to endocrine disruption and other health issues. While most manufacturers have phased out PFOA, concerns about its past use remain.
- **Degradation**: At high temperatures, Teflon can release toxic fumes that may affect health

Plastic Cookware

- **BPA**: Many plastics contain bisphenol A (BPA), which can mimic estrogen and disrupt hormonal balance. Although some products are now BPA-free, alternatives may still contain similar chemicals.

- **Heat Leaching**: Heating plastic cookware can cause harmful chemicals to leach into food, particularly if the plastic is not labeled as microwave-safe or heat-resistant.

General Risks

- **Hormonal Disruption**: Endocrine disruptors can interfere with hormone production, leading to various health issues, including reproductive problems, developmental issues, and increased risk of certain cancers.
- **Cumulative Exposure**: Long-term exposure to these substances through cooking can contribute to health problems over time.

Recommendations

- **Use Alternatives**: Consider stainless steel, cast iron, or ceramic cookware as safer alternatives.
- **Read Labels**: Choose products that are labeled as free from harmful chemicals like PFOA and BPA.
- **Avoid High Heat**: If using Teflon or plastic, avoid high cooking temperatures to reduce the risk of chemical release.

Overall, being informed about cookware materials can help mitigate health risks associated with endocrine disruption.

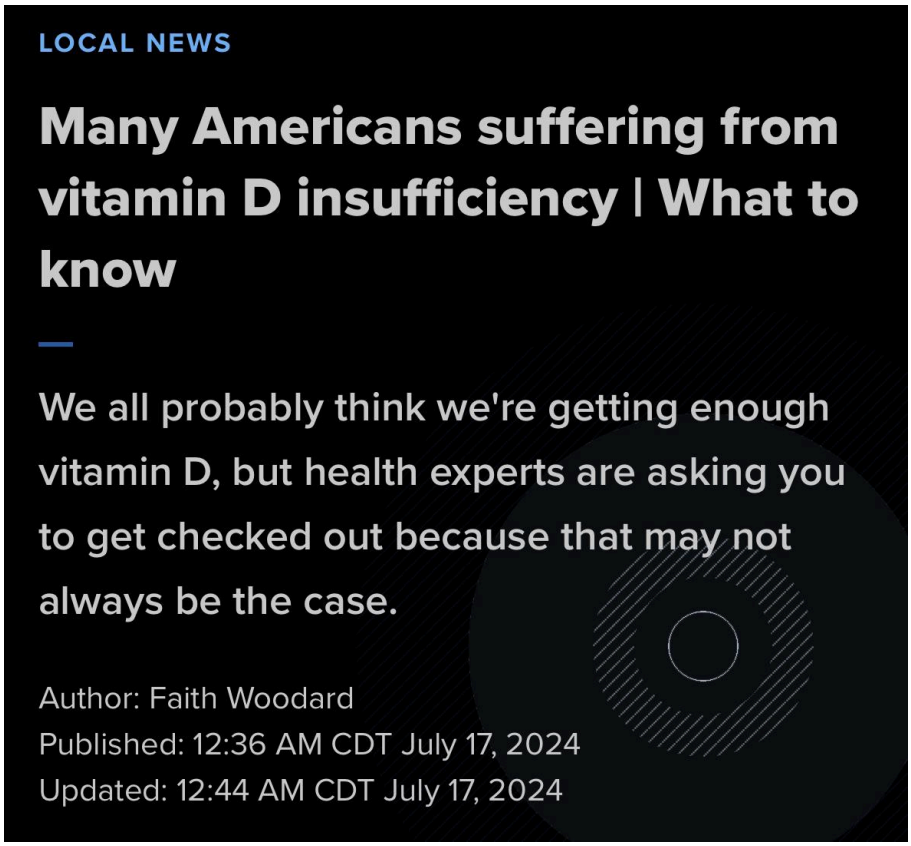
Internal Detox

Now that we've begun to clean up our environment, we can now focus on our bodily detoxification. We will begin from the outside and work our way in with the most vital and common ways our body detoxes to the most specific. Understand that detoxification should not be looked at as an annual grand event or something that we do sparingly for a day or two and continue on with our toxic laden lives. We are constantly being bombarded by all types of chemicals in our food, water, clothing, skin and body care products, and even the air we breathe in. We consume a little bit of toxins in our food here, drink a little water with toxins there, apply a little toxic lotion here, and eventually over time we manifest a toxic overload by the subtle everyday accumulation of these chemicals into our bodies. Remember that it is virtually impossible to completely avoid all of these things without living in a bubble (unless it's plastic, then you're just in a toxic bubble). With that being said, as we are being consistently exposed to toxins, we should also consistently include

daily practices that help us pull these things out of us. Many of the practices that we help you are absolutely free of charge and take nothing more than a little time and effort, but make a colossal difference in the prevention from toxic overload manifesting itself as various types of dis-ease in the body. Here are just a few vital aspects and practices to help internally detoxify.

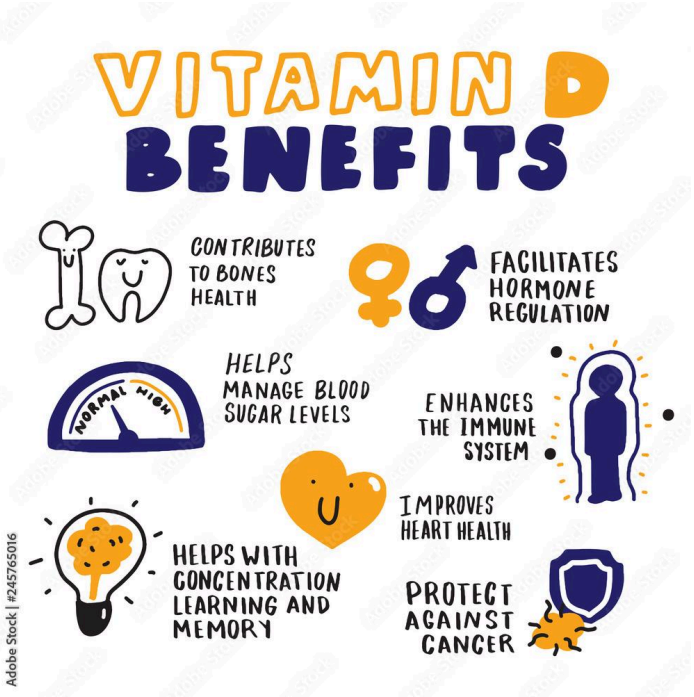
1. Sunlight (Vitamin D)

This may be the most pivotal yet overlooked factor of the detoxification process that most people have no idea about. The reason people are sicker than ever is mainly because they are more sedentary than ever, which means they are indoors more than ever. Think about the fact that in the main scheme of humanity, the concept of buildings is fairly new. For millennia, humans have survived primarily outdoors under exposure to the elements and most importantly, the sun. Fast forward to today, where we wake up indoors, work indoors, exercise indoors, eat indoors, learn indoors, transport ourselves indoors in the form of cars, it is no accident that about 90% of people in America are vitamin D deficient.



The skin is the largest organ of the human body, and you are a collection of over 100 trillion cells. Every single cell in your body has what is called a vitamin D receptor (VDR). The only vitamin that the body can produce on its own is **vitamin D**. It is synthesized in the skin when exposed to sunlight, specifically ultraviolet B (UVB) rays. While dietary sources can also provide vitamin D, sunlight exposure is

the primary way the body generates it. This means that the cells that make you have an antenna that searches out natural ultraviolet light. Natural light is the only thing that your cells can use in order to create vitamin D (which is really a hormone, remember that endocrine system again?). We are constantly surrounded by artificial light which our bodies cannot use in order to create this vital hormone, causing a conflict with arguably the most vital hormone. Even fire mimics the same type of impression upon us that sunlight has on a smaller scale, so even doing things such as sitting around a campfire has been shown to have benefits for the brain and body. We have to get back to natural light in a world that's consumed by artificial lighting at every turn.



Health Issues linked to Vitamin D deficiency:

1. **Bone Problems**: It can cause weakened bones, increasing the risk of fractures and conditions like osteoporosis in adults and rickets in children.
2. **Weakened Immune System**: Low levels of vitamin D may impair immune function, making you more susceptible to infections.
3. **Fatigue and Mood Changes**: Deficiency can contribute to fatigue and is linked to mood disorders, such as depression.
4. **Muscle Weakness**: It may lead to muscle weakness and pain, affecting mobility and overall strength.

5. **Chronic Diseases**: Some studies suggest a link between low vitamin D levels and increased risk of chronic diseases, including heart disease and certain cancers.

Maintaining adequate vitamin D levels is important for overall health.

With that said, one of the first and easiest things to do in order to begin to detoxify is to get more direct and intentional sunlight. By direct intentional sunlight, I mean where the sun is directly impacting your skin with nothing in between it. You can begin with as little as 10 minutes per day and work your way up over time, but optimal direct sunlight exposure per day is around two hours. This will begin to regulate your hormones and circadian rhythm, which is vital for an effective detoxification process.

The most effective areas on the body to get sunlight are the chest and the back as they have the greatest surface area on the body. But there is also a claimed benefit to exposing as much of the body to sunlight as possible.

There are no links for any products for this section, take it upon yourself to get more sunlight as much as you can. This alone will begin to create a great difference.

2. Breathing

Sweating and breathing are the two forgotten detoxification superpowers that each one of us have now underutilized on a daily basis. These are two ways that the body loves to detoxify itself allowed to do so properly and consistently.

Beginning with breathing, the average human takes about 20,000 breaths per day, yet most of us are doing it completely wrong. So we will start from the beginning of the breathing process and work our way down. One of the first adjustments we can make in order to help our bodies detoxify properly is to ensure that we are breathing through our nose only whenever possible. A simple way to remember this, is that only your nose is a part of your respiratory system, and your mouth is a part of your digestive system. The reason we have hairs inside of our nose and not our mouth is to help filter and block many of the environmental toxins we inhale every day thousands of times. Our noses are our filters and humidifiers for oxygen from the outside world that every single one of our cells needs to function properly. It also produces nitric oxide, which once again is a vital part of healthy hormone function. When we inhale through our mouth instead of our nose, we are inviting a host of bacteria, pathogens, and debris from the air into our bodies filter free. Simply put, being more mindful of breathing through your nose (particularly when

inhaling), is one of the easiest detoxification fixes anyone can make.

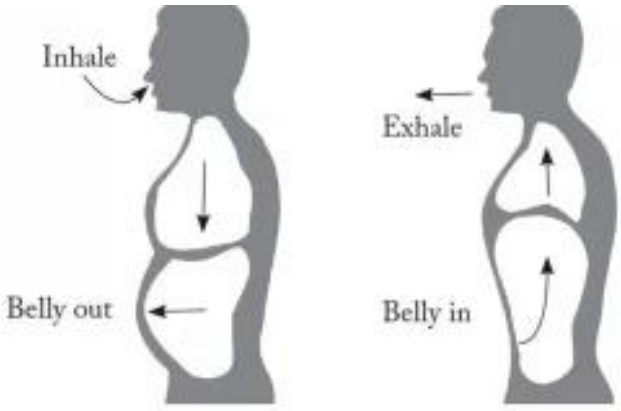
HEALTH AND WELLNESS

The surprising benefits that come from breathing entirely through your nose

Daryl Austin
USA TODAY

Published 8:00 a.m. ET Sept. 21, 2021 | **Updated 12:56 p.m. ET June 2, 2023**

The next part of breathing properly is deep, diaphragmatic breathing. Most people are what I like to call chest breathers, which means the depth of their inhalation usually stops in their upper chest, causing them to typically have accelerated breathing patterns and resting heart rates. By not consistently breathing deeply we do not allow our lungs to fully expand or our diaphragm (which is a muscle) to exercise by fully pushing up, causing eventual chronic lack of oxygen within the body. A simple fix for this is try to make sure that every time you inhale through your nose that your stomach is pushing out.
This is an indication that you are breathing deeply down into the bottom of the lungs which will allow for more oxygen intake, which will lead to overall health improvement.



Simple breathing tips to promote relaxation and improve respiratory health:

1. **Deep Breathing**: Inhale deeply through your nose, allowing your abdomen to expand. Exhale slowly through your mouth. Repeat for a few minutes.

2. **Diaphragmatic Breathing**: Focus on using your diaphragm. Place one hand on your chest and the other on your belly. Breathe in deeply, aiming to raise your belly hand rather than your chest hand.
3. **4-7-8 Technique**: Inhale through your nose for 4 seconds, hold your breath for 7 seconds, and exhale through your mouth for 8 seconds. This can help reduce stress and anxiety.
4. **Box Breathing**: Inhale for 4 seconds, hold for 4 seconds, exhale for 4 seconds, and hold again for 4 seconds. This rhythmic pattern can help calm your mind.
5. **Nasal Breathing**: Breathe in and out through your nose rather than your mouth. This can filter and humidify the air, promoting better oxygen exchange.
6. **Mindful Breathing**: Take a moment to focus solely on your breath, noticing the sensation of inhaling and exhaling. This can enhance mindfulness and relaxation.

Bonus Tip
The Wim Hoff breathing exercise is one that I do regularly and is great for anyone that desires to get into more effective breathwork. There are many variations and ability levels from beginner to advanced that can be found on YouTube and other places by typing in "Wim Hoff breathing exercise." If you get a chance, also look into Wim Hoff himself and all of the amazing world records he holds predominantly based on his ability to regulate the body with effective breathing. Fascinating lad he is.

Incorporating these techniques into your daily routine can improve both physical and mental well-being.

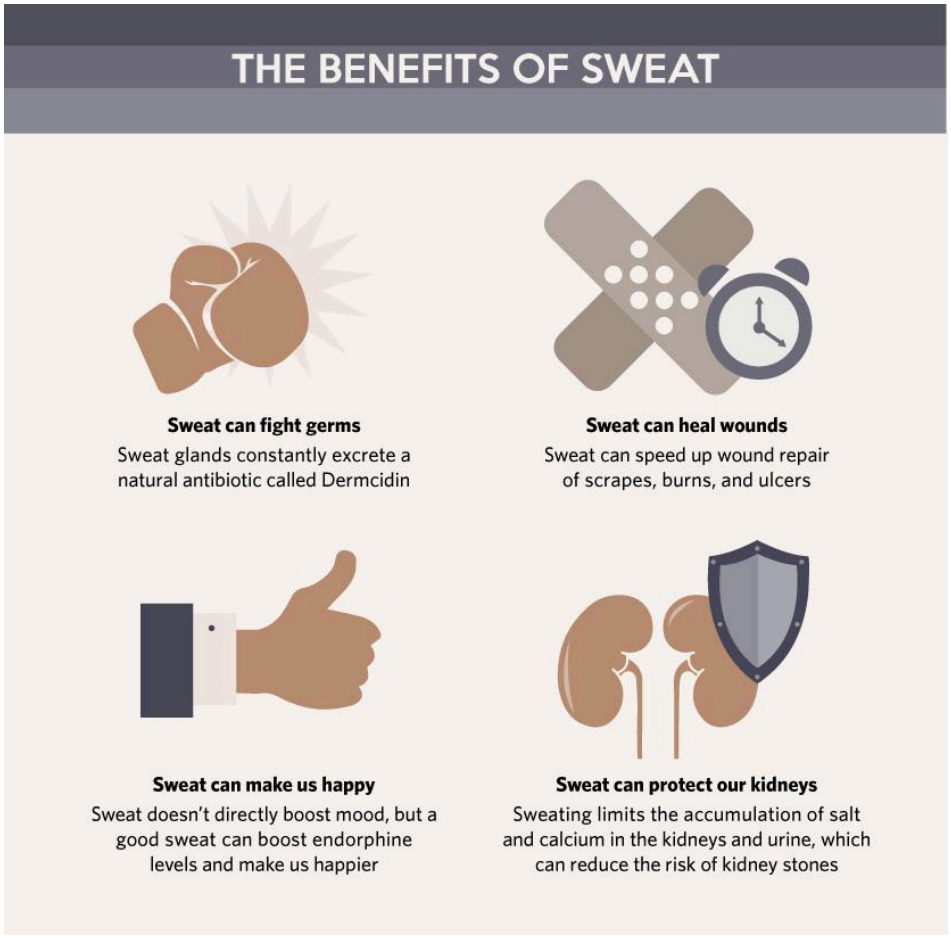
3. Sweating

Sweating is a superpower. Not only is it a survival mechanism used to cool the body down, it is also a main way that the body removes toxins. One of the main causes for the uptick in obesity and disease could potentially be linked to the lack of sweating the average person does today compared to generations ago. Keep in mind that humans have spent most of their time outside for most of their existence.

Prior to restaurants, grocery stores, and DoorDash, the only way for you to survive was to grow your own food or to hunt. And the only way to do either of those was to be outside for sustained periods of time. This in turn caused people to sweat due to constant movement combined with sunlight (notice how all this is starting to connect).

Health Benefits of Sweating:

1. **Temperature Regulation**: Sweating helps cool the body down, preventing overheating during exercise or in hot environments.
2. **Detoxification**: While the liver and kidneys primarily detoxify the body, sweating can help eliminate some toxins and waste products through the skin.
3. **Skin Health**: Sweating can unclog pores, helping to remove dirt and oils, which may lead to clearer skin.
4. **Improved Circulation**: The process of sweating can enhance blood flow and circulation, promoting overall cardiovascular health.
5. **Stress Relief**: Physical activities that induce sweating, such as exercise, can reduce stress and improve mood by releasing endorphins.
6. **Weight Management**: While sweating alone doesn't lead to significant weight loss, it often accompanies physical activity that burns calories and supports weight management.
7. **Electrolyte Balance**: Sweating helps regulate electrolyte levels in the body, which are crucial for muscle function and hydration.



Incorporating regular exercise and staying hydrated can enhance these benefits.

Prior to being inside working sedentary, clerical, and technological jobs that require a little to more actual physical movement, the Agricultural and Industrial Revolutions demanded jobs that were labor intensive which also led to humans sweating more. Humans sit more today than they have in their entire existence which is now being studied as correlating with life expectancy. This is a fancy way to say that allegedly the more sitting equals the more sickness. And to add my personal layer to this, this correlates with the more sitting equals the less sweating.

Our great grandparents may have began to eat a lot of the things we do now, but combined with the fact that most of it was not nearly as chemical ridden as it is today for many years of their lives, they were counteracting this with being outside more and having jobs that required high physical activity, which in turn would lead to sweating. Even subtle differences down to the lack of air conditioning (which is why it's always hot in grandma's house), our ancestors were sweating a lot of the

Health

6 Serious Health Effects of Sitting All Day, According to Doctors

Scientists say it increases your chances of blood clots, depression, and even cancer.

BY KATE ROCKWOOD AND BETH JAMES

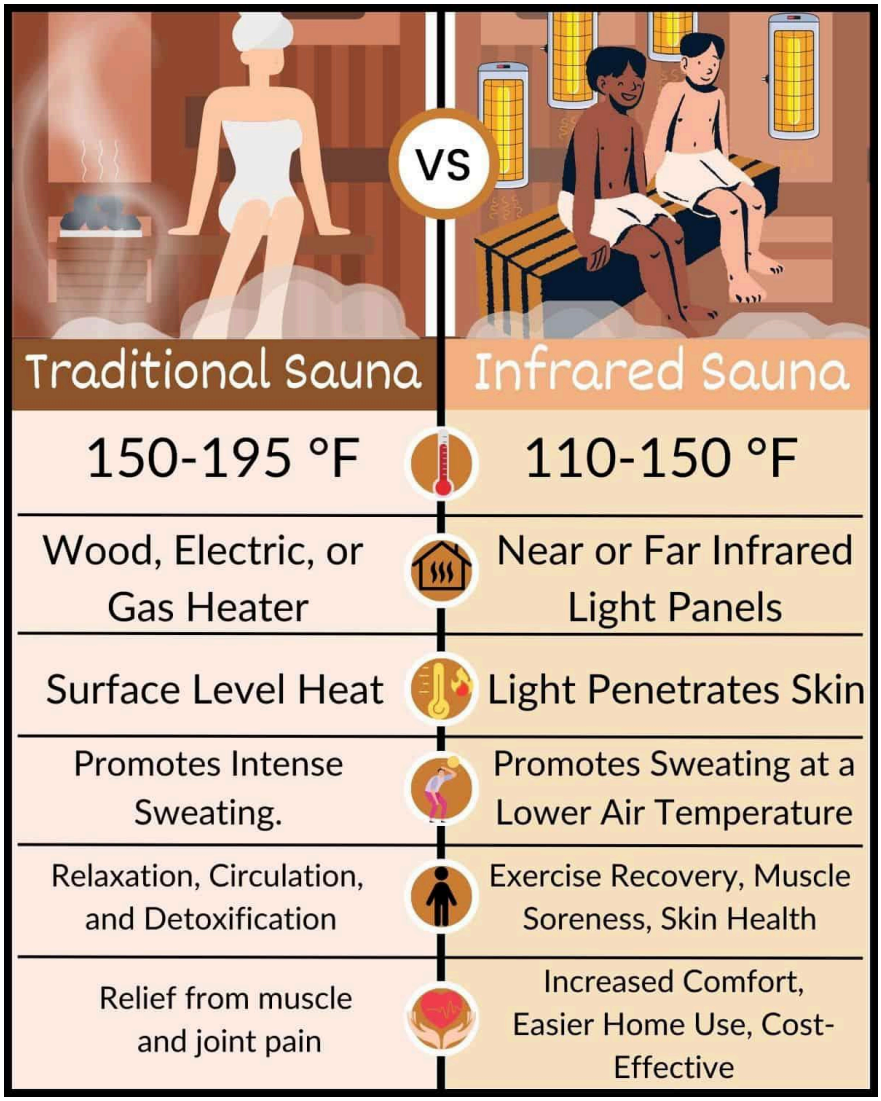
things out that we are not.

So the modern day solution (of course if you can't get outside and sweat the old-fashioned way), is the sauna. Just about 60 minutes per week in the sauna has been studied vastly to decrease the risk of many of the common mortalities associated specifically with cardiovascular disease, sweating improves circulation. If you are a gym goer as I am, if there is a sauna, I highly suggest the use of it.

Health Benefits of Saunas

1. **Relaxation and Stress Relief**: The heat promotes relaxation, helping to reduce stress and improve overall well-being.
2. **Improved Circulation**: The heat dilates blood vessels, enhancing blood flow and circulation, which can support cardiovascular health.

3. **Detoxification**: Sweating in a sauna helps eliminate toxins from the body through the skin.
4. **Muscle Relaxation and Recovery**: Heat can soothe sore muscles, reduce tension, and aid in recovery after exercise.
5. **Skin Health**: Saunas can improve skin appearance by promoting sweating and cleansing pores.
6. **Respiratory Benefits**: The warm air can help relieve respiratory issues and improve lung function.
7. **Potential Weight Loss**: While the immediate weight loss is primarily water weight, regular sauna use may support overall weight management when combined with a healthy lifestyle.
8. **Improved Sleep**: The relaxing effects of sauna use can promote better sleep quality.



Incorporating sauna sessions into your routine can enhance both physical and mental well-being.

I typically do about 20-30 minutes after every workout, (every other day) and the afterward feeling is a top tier experience every single time. The sauna also has a positive effect on other hormones in the body such as dopamine and cortisol. There are also smaller personal saunas available that I will link below which you can use at home. But whether you use a sauna or sweat the good old-fashioned way, as long as the mission is accomplished, you win. Sweat more, you'll be glad you did.

Rebounder

Bonus tip: Get a rebounder. A rebounder is a small personal trampoline, the reason you want a rebounder is because jumping opens every lymphatic gate inside of the body, and it is the best way (combined with sprinting) to get the lymphatic system moving. Here are some of the best rebounders based on reviews.

As we move forward, I want you to think of the lymphatic system as the cleanup system of the body. It assists in transporting waste out of the body by gently brushing alongside every single cell to move away what may be causing harm inside of the body. It works in conjunction with the lymph nodes, liver, kidneys, adrenal glands, etc, which all function mainly as the reason why we are still alive. When this system is stagnant, the waste gets backed up inside of us. Think of it as a world where all the garbage men stop coming to pick up the trash. The horror. This is the inception of all of what we call disease. A stagnant lymphatic system that is temporarily incapable of removing waste from the body.

Now that we've covered some of the outside lower leverage basics, we can now focus on some internal detoxing.

4. Parasites and Heavy Metals

This escalated quickly, but understand that this entire book is completely for entertainment purposes. None of it is true and please consult your local healthcare provider. I am simply telling a story because I know this can be a creepy topic for some people.

But suppose there were these organisms that could only survive off of a host. It had to be attached to something living in order to give life to itself. It could be extremely small and unnoticeable and potentially in water, food, and even when we exposed ourselves to certain organisms from animals or walking barefoot in certain places. Once these things found their way inside of a host, they would begin to eat the byproducts of what the host ate, grow and reproduce inside of the body. This could be an alleged reality that most humans are unknowingly living under. It is alleged that around 3.5 billion people worldwide are affected by them.

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SCIENCE | JULY 31, 2024

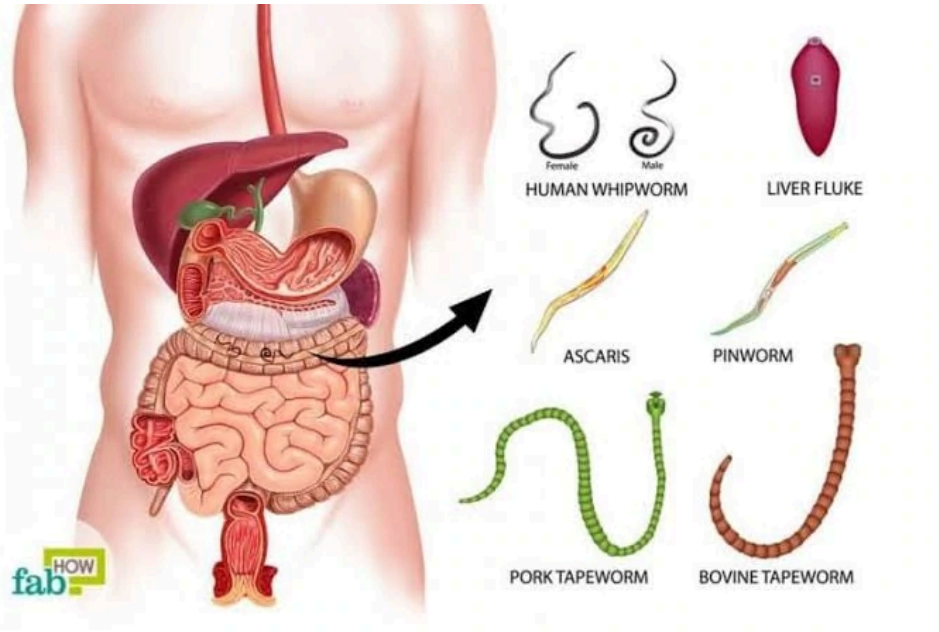
Parasites Are Everywhere. Why Do So Few Researchers Study Them?

Aging parasitologists are working hard to inspire more students to enter the field

A jar containing *Ascaris*, a parasitic worm that affects over one billion people worldwide Hannah Richter

There is no way to completely avoid them, and over time humans have developed a sort of symbiotic relationship with them. The real problem lies in when we allow too

many parasites to exist within us or certain types that may be more aggressive and express themselves through the body in different ways. That is another story for another day, but some of the common types of parasites include tapeworms, hookworms, fluke worms, helminth worms, etc. A quick search will reveal to you that these parasites have been found from anywhere on a microscopic level, to those multiple feet long inside of the human intestinal tract. If they are not consistently detoxified out of the body, they could allegedly run the risk of causing ail types of bodily harm.



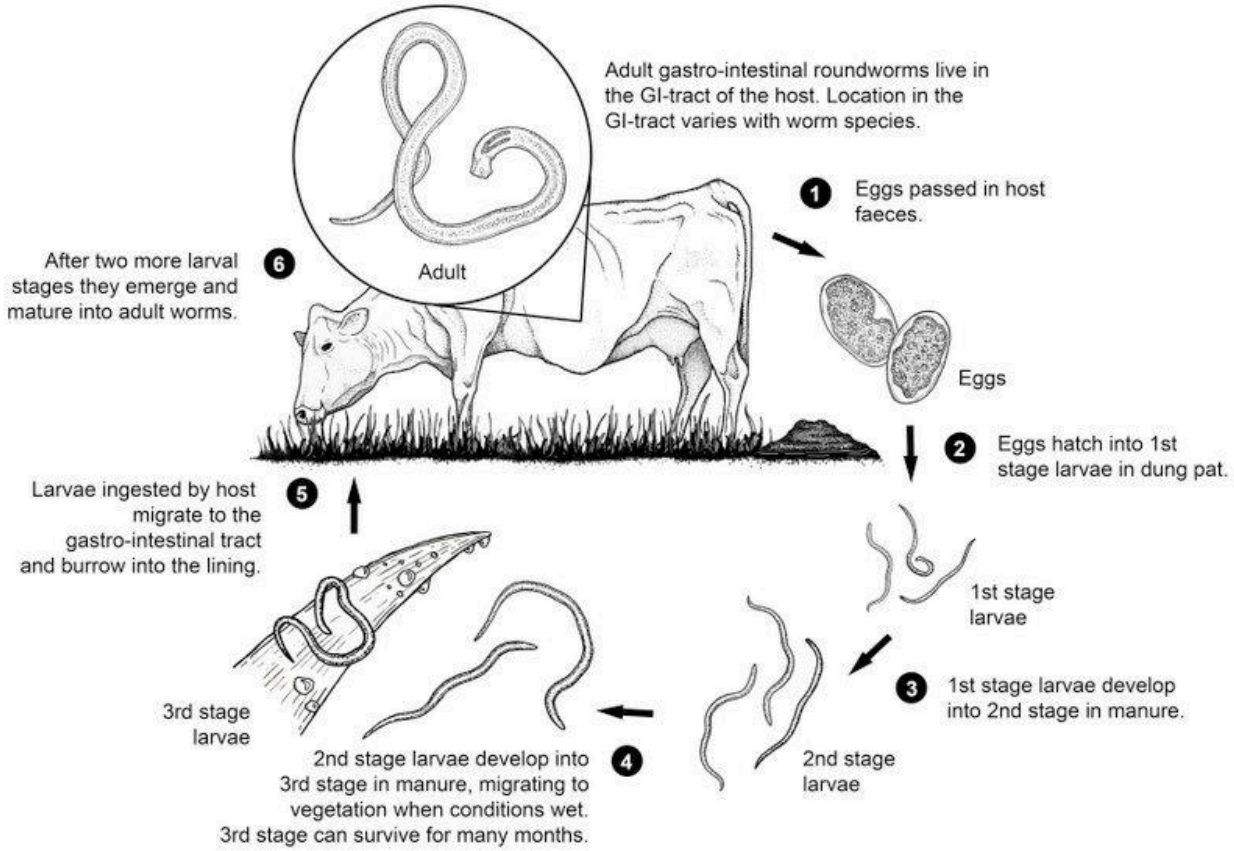
They’re present in tap water, contaminated foods (pork and fish), unwashed produce, and lake water. They cause anything from mild discomfort and bloating to severe illness, mood disorders, and even risk of death.

Parasites can have simple life cycles where they mature and reproduce in a single host, or complex life cycles where they require multiple hosts. Complex life cycles can involve a definitive host and one or more intermediate hosts. In simpler terms, you can get them directly from something you contact (usually through food), or you can also get them from something that came in contact with them that you then may come in contact with.

How Parasites Can Enter Your Body

Let me walk you through a simple story of how parasites commonly enter a host. Let’s say we have a cow. And this cow comes in contact with parasites or their larvae (eggs) in contaminated grass, soil, or water where parasites and their larvae are commonly found. The cow eats or drinks the contaminated thing, and then ingest the parasites or their larvae. Once inside these eggs begin to hatch and attach themselves to the digestive system of the cow with its mouth (which usually consists of sharp hooks, hence the term “hookworms”). The only way these

parasites are able to survive is by absorbing nutrients from the cow's digestive system. Fast-forward to the point where this cow is slaughtered and sold for its various parts as cuisine The parasites and eggs are still in the tissues of the now slaughtered cow that is sold off to be prepared as a steak or a cheeseburger for example. If it is prepared improperly (usually in the form of undercooking), whatever consumes the cow has now also consumed the parasites and or larvae.



This is just one of the many common instances in which parasites make it from animals into our bodies. House pets including cats and dogs are also a common transmitter of parasites to humans through licking themselves clean and then licking humans and contact with the fecal matter.

Giardia is highly contagious and the parasite itself reproduces in the small intestine and causes giardiasis (Getty)

Dog owners warned over parasitic infection that pets can pass to humans

The infection is highly contagious and can be passed from dogs to humans and vice versa – vet lists six signs you may have it

By **Charlotte Smith**
07:00, 13 Jul 2024 | **UPDATED** 10:21, 13 Jul 2024

People are being warned to watch out for signs of a parasitic infection that dogs can pass on to humans. Giardiasis can lead to

The harsh reality is that we are all more likely than not to have parasites, and in order to address the problem it must first be acknowledged.

Signs of parasites can vary depending on the type and location in the body, but common symptoms include:

1. **Digestive Issues**: Bloating, gas, diarrhea, or constipation.
2. **Fatigue**: Persistent tiredness or weakness.
3. **Weight Changes**: Unexplained weight loss or gain.
4. **Skin Problems**: Rashes, itching, or hives.
5. **Nutritional Deficiencies**: Anemia or deficiencies in vitamins and minerals.
6. **Abdominal Pain**: Cramping or discomfort.
7. **Changes in Appetite**: Increased or decreased hunger.
8. **Sleep Issues**: Insomnia or disturbed sleep patterns.
9. **Mood Changes**: Anxiety or depression.
10. Strong cravings for sugary or sweet foods
11. Skin ailments such as acne, hives, rashes, or eczema
12. Random food sensitivities / allergies
13. Persistent digestive issues (bloating, gas, cramps, discomfort after eating,

Parasite life cycle

The parasite life cycle typically involves several stages:

1. **Egg Stage**: The parasite starts as an egg, often laid in the host or environment.
2. **Larval Stage**: The eggs hatch into larvae, which may need to develop in an intermediate host or environment before becoming infective.
3. **Infective Stage**: The larvae mature into a form that can infect a new host, often through ingestion or direct contact.
4. **Adult Stage**: Once inside a host, the parasite matures into an adult, capable of reproducing and continuing the cycle.
5. **Transmission**: Adult parasites release eggs, which can then be excreted and spread back into the environment, allowing the cycle to start anew.

This cycle can vary significantly between different types of parasites.

Learning the stages of parasites is important for several reasons:

1. **Diagnosis**: Understanding the life cycle helps in identifying the type of parasitic infection and determining appropriate measures to take.
2. **Prevention**: Knowledge of how parasites develop and spread aids in implementing effective prevention measures, such as hygiene practices and environmental control.

Common Parasites

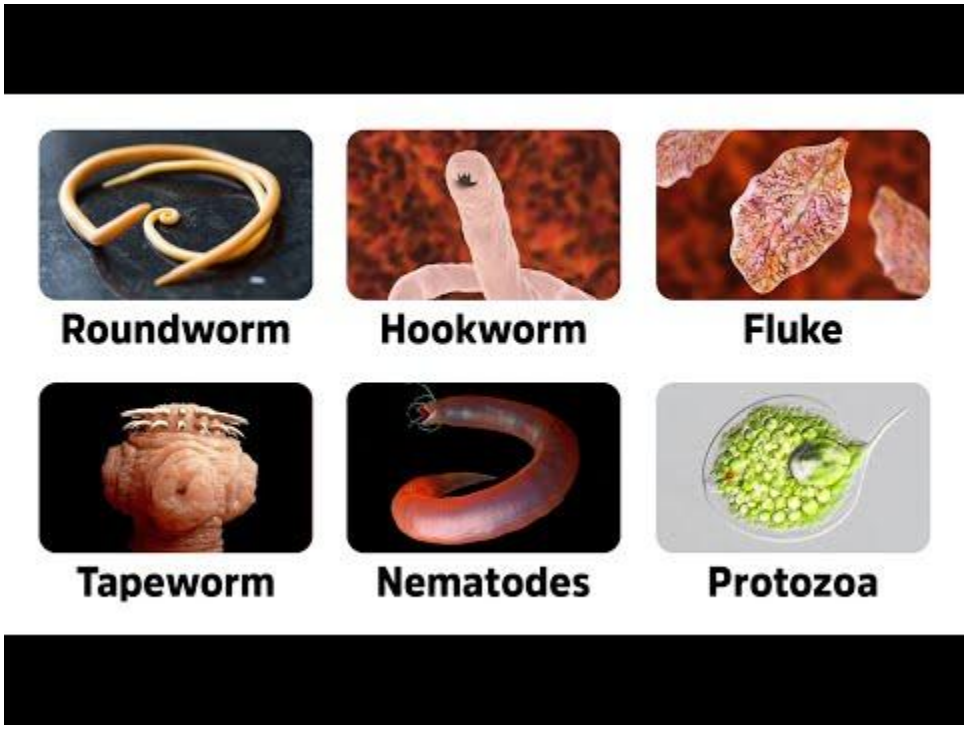
Here are some of the most common parasites in humans and their transmission methods:

1. Giardia lamblia:
- Transmission: Contaminated water, food, or surfaces. Often spread in areas with poor sanitation.
2. Entamoeba histolytica:
- Transmission: Ingesting contaminated food or water. Common in areas with inadequate sanitation.
3. Ascaris lumbricoides (roundworm):
- Transmission: Ingesting eggs from contaminated soil, food, or water, often due to poor hygiene.
4. Toxoplasma gondii:
- Transmission: Ingesting undercooked meat or contaminated water, and from cat feces.
5. Plasmodium spp. (malaria):
- Transmission: Bites from infected female Anopheles mosquitoes.
6. Schistosoma spp. (blood flukes):
- Transmission: Contact with contaminated freshwater, where the larvae penetrate the skin.
7. Hookworms (Ancylostoma duodenale and Necator americanus):

- Transmission: Larvae in contaminated soil can penetrate the skin, often through bare feet.

8. Lice (Pediculus humanus):

- Transmission: Close personal contact and sharing personal items like combs and hats.



Understanding these parasites and their transmission routes is crucial for prevention and control measures. This also sheds light on the fact that we all are in potential contact with parasites on a daily basis. There is no way around it, we just need to adopt the best practices externally and internally in order to control it.

Detoxing Parasites
The following are a few of the best reviewed products that help with parasitic detoxification:

The Parify Kit
3 Bitters
Zeolite Detox Pack

Here are some herbs that may help address parasitic infections at various stages:

1. **Wormwood (Artemisia absinthium)**

    - **Anthelmintic:** Wormwood has long been used to expel intestinal parasites, particularly roundworms, tapeworms, and hookworms.

- **Digestive Aid:** It can stimulate appetite and promote digestion by increasing bile production.
- **Antimicrobial:** Wormwood has antibacterial, antifungal, and antiviral properties, supporting overall gut health.

Wormwood Herb

2. **Black Walnut Hull (Juglans nigra)**:

- **Antifungal and Antiparasitic:** Black walnut hulls are believed to have natural antiparasitic properties, particularly against intestinal worms. They are also thought to help cleanse the gut.
- **Supports Digestive Health:** It may help promote the health of the digestive tract by improving the elimination of waste and toxins.
- **Rich in Nutrients:** Black walnut hulls contain tannins, which have antimicrobial properties and can support overall immune function.

Black Walnut Hull

3. **Cloves**

- **Antiparasitic:** Clove is known for its ability to kill parasite eggs, preventing re-infection. It is also thought to support the elimination of intestinal parasites.
- **Antioxidant and Anti-inflammatory:** Cloves are rich in antioxidants and have anti-inflammatory properties, which can support overall immune function and help reduce inflammation in the digestive tract.
- **Digestive Support:** Clove has been traditionally used to improve digestion, alleviate nausea, and reduce bloating.

Cloves

Here's a simple recipe for making wormwood, clove, and black walnut tea:

Ingredients:

- 1 teaspoon dried wormwood
- 1 teaspoon dried clove buds
- 1 teaspoon black walnut hulls (dried and crushed)
- 2 cups water
- Honey or lemon (optional for taste)

Combined Benefits:

When taken together, these three herbs are commonly used as part of a "parasite cleanse" or to support overall gut health. The combination is believed to work synergistically:

- **Parasite Cleansing:** Black walnut hull and wormwood work together to expel parasites, while clove targets the eggs, helping to prevent reinfestation.
- **Digestive Support:** They may improve digestion, reduce bloating, and enhance nutrient absorption.
- **Immune Boosting:** The antimicrobial, antifungal, and antioxidant properties of these herbs may help strengthen the immune system and protect against infections in the gut. These can be taken in tea, tincture or capsule form. The Black CloveWood Capsules available on my website Living Roots Holistic Health contain all 3 organic ingredients and are available below:

Black CloveWood Capsules

Caution:

While these herbs are commonly used in traditional medicine, they should be used with caution, especially in high doses or over extended periods. Overuse can lead to side effects such as nausea, vomiting, or diarrhea. It's always advisable to consult with a healthcare professional before using these herbs, particularly if you have underlying health conditions or are taking other medications.

4. **Neem**

- **Effective Against**: A range of parasites.
- **Action**: Antimicrobial and antiparasitic properties help disrupt parasite reproduction.

Neem Oil

5. **Oregano Oil**

- **Effective Against**: Various parasites and bacteria.
- **Action**: Contains carvacrol and thymol, which have antiparasitic effects.

Oregano Oil

6. **Pumpkin Seeds (sprouted)**

- **Effective Against**: Tapeworms and other intestinal worms.
- **Action**: Contains compounds that can paralyze parasites and facilitate their elimination.

  Organic Sprouted Pumpkin Seeds

7. **Turmeric**
- **Effective Against**: Various parasites.
- **Action**: Curcumin has anti-inflammatory and antimicrobial properties.

8. **Dandelion**
- **Effective Against**: Intestinal parasites.
- **Action**: Supports liver health and may aid in detoxifying the body.

  Dandelion Root Powder

9. **Pau d'Arco**
- **Effective Against**: Fungal infections and parasites.
- **Action**: Contains lapachol, which may help combat infections.

  Pau d'Arco

Usage and Considerations:
- **Consultation**: Always consult with a healthcare professional before starting any herbal treatment, especially for severe infections.
- **Quality**: Use high-quality herbal supplements from reputable sources.
- **Holistic Approach**: Combine herbal treatments with proper hygiene and dietary changes for better effectiveness.

These herbs may support the body in fighting parasites, but they should not replace medical treatment when necessary.

The herbs can be taken as a tea, tincture, or in capsule form when applicable. There are also many parasite kits and products that contain these herbs and tinctures, I will list some of the best I have found below.

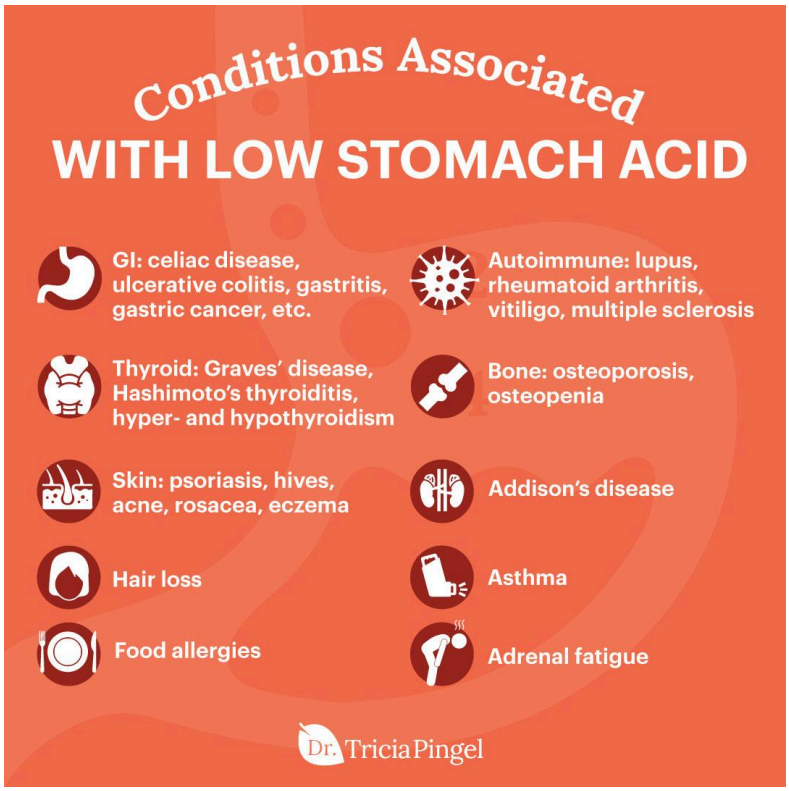
Foods To Combat Parasites

Think of food as your body's secret weapon in the battle against intestinal parasites. Instead of constantly relying on intense detox methods over short periods of time, nature's pantry offers an arsenal of tasty options to be enjoyed daily that can kick parasites to the curb, like garlic, pumpkin seeds, and papaya. These foods are like tiny, natural ninjas—garlic with its anti-parasitic powers, pumpkin seeds that trap and expel worms, and papaya that helps break down

parasites' defenses. Why should food be your first line of defense? Because it's gentle on your system, supports your digestive health, and won't leave you feeling like you've just had a run-in with a chemistry set. Plus, it's a lot easier to enjoy a garlic-infused meal than it is to swallow a handful of pills!
The following foods that may help combat parasites:

1. **Garlic**: Contains allicin, which has antimicrobial and antiparasitic properties.
2. **Pineapple**: Contains bromelain, an enzyme that may help kill parasites.
3. **Papaya**: The seeds contain compounds that can help eliminate parasites.
4. **Ginger**: May help improve digestion and has antimicrobial properties.
5. **Coconut**: Contains medium-chain fatty acids that may have antiparasitic effects.
6. **Fermented Foods**: Such as kefir (coconut) and sauerkraut, which support gut health and may help the body fight infections
7. **Leafy Greens**: Nutrient-dense and can support overall health, helping the immune system.
8. **Cayenne Pepper** - helps improve overall circulation and digestion of food

****Bonus Tip****
One of the main problems most people are knowingly facing today is their inability to digest food due to weak hydrochloric acid. To be brief, people have weak stomach acid, which does not allow them to digest food properly, which leads to poor nutrient absorption and detoxification as well. A simple way to improve stomach acid that has helped me is by taking a shot of lime juice (preferably small seeded key lime) and cayenne pepper (as much as tolerable, I use around 1/4 tsp) on an empty stomach. This will greatly assist the digestive system and potentially help with digestive issues. The brand of cayenne pepper that is preferred to be used is Simply Organic as this brand was found to contain less contaminants than other brands.



Incorporating these foods into a balanced diet can support your body's defenses against parasites, but they should not replace medical treatment when necessary.

5. Heavy metals

Now you may be wondering, what in the world does metal and parasites have in common? I'm glad you asked. First, you must also understand how common heavy metals are and what they are considered. So before I give you all of the science behind it, I simply want you to think of heavy metals inside of the body as microscopic pieces of metals that float around in the lymphatic fluids that the parasites use as a shield and hide in order to survive. Keep in mind these organisms are highly intelligent. So the more heavy metals inside of the body, the more hiding places for parasites inside of the body. Now, let's nerd out a little bit.

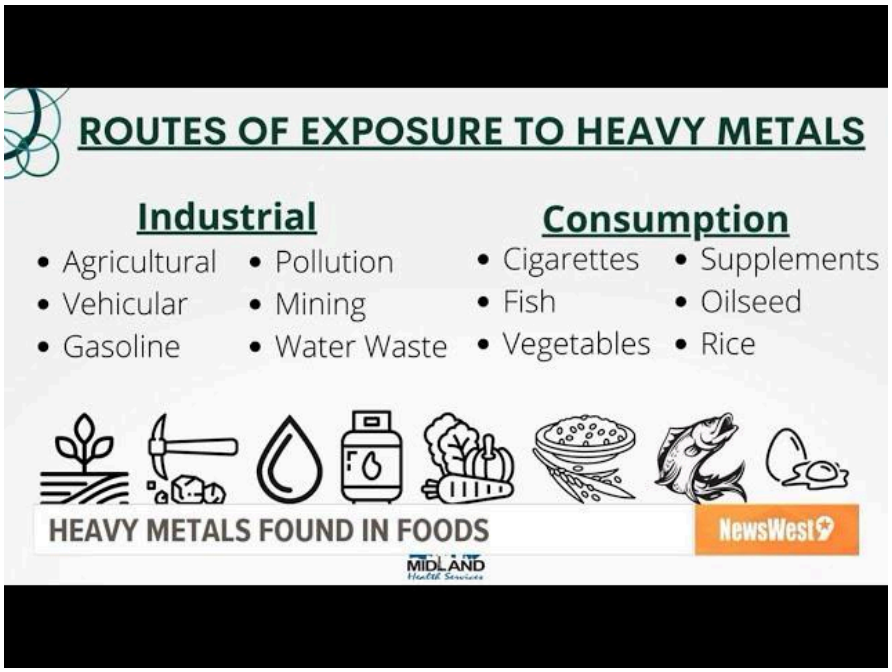
What Are Heavy Metals?

Heavy metals are dense metallic elements that can be toxic to humans and the environment, even at low concentrations. Common heavy metals include:

- **Lead**
- **Mercury**
- **Cadmium**
- **Arsenic**
- **Nickel**
- **Chromium**

How Humans Accumulate Heavy Metals

1. **Food**: Consumption of contaminated fish (especially larger species) and poultry, vegetables, and grains grown in polluted soil.
2. **Water**: Drinking water contaminated with heavy metals from industrial runoff, mining, or lead pipes.
3. **Air**: Inhaling polluted air, particularly in urban areas or near industrial sites.
4. **Occupational Exposure**: Workers in certain industries (like construction, mining, or battery manufacturing) may encounter heavy metals through inhalation or skin contact.
5. **Consumer Products**: Some cosmetics, furniture, and toys can contain heavy metals, leading to ingestion or dermal absorption.
6. **Household Dust**: Dust containing lead from old paint or pipes can accumulate in homes, posing a risk, especially to children.



Health Impacts of Heavy Metals

Imagine your body as a well-oiled machine, running smoothly with all the right parts working together. Now, imagine a bunch of rusty old nails, pieces of lead, and a bit of mercury crawling into the engine. That's what heavy metals like lead, mercury, and cadmium do to your body—slowly gunking up the works. These sneaky invaders can damage your brain, kidneys, and nervous system, making you forget things (hello, brain fog), tire easily (hello, exhaustion), and even mess with your mood (hello, irritability). Heavy metals can also make your immune system cranky and less able to fend off invaders. In short, they're like that one guest at a party who eats all the snacks, hogs the TV, and leaves your body feeling a little… off. Time to kick them out!Heavy metal exposure can lead to various health issues,

including neurological damage, kidney dysfunction, respiratory problems, and increased cancer risk. Reducing exposure is essential for health.

Science of The Total Environment
Volume 928, 10 June 2024, 172260

Prevalence rates of neurodegenerative diseases versus human exposures to heavy metals across the United States

Melanie Engstrom Newell [a b c], Ayesha Babbrah [a b d], Anumitha Aravindan [a b], Raj Rathnam [a b d], Rya Kiernan [a b], Erin M. Driver [a b], Devin A. Bowes [a b], Rolf U. Halden [a b c d e f g 1]

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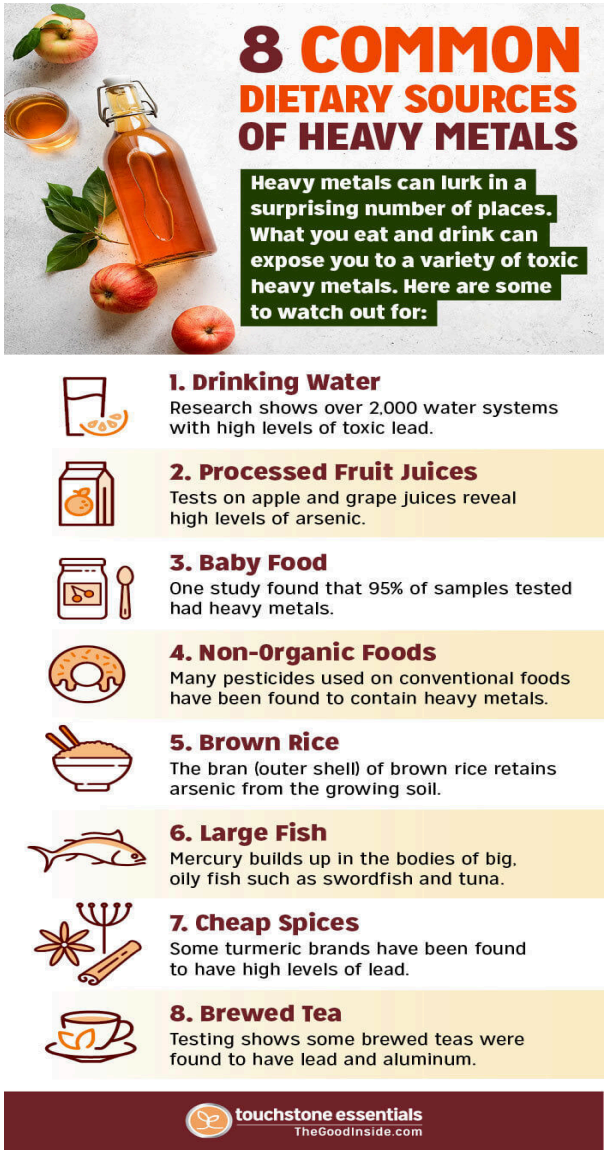
https://doi.org/10.1016/j.scitotenv.2024.172260

Foods with Heavy Metals
Certain foods can contain higher levels of heavy metals due to environmental contamination or farming practices. Here are some examples:

1. **Fish**- **Large Predatory Fish**: Species like tuna, shark, swordfish, and mackerel can accumulate high levels of mercury.
2. **Shellfish**- **Certain Types**: Oysters, clams, and mussels can absorb heavy metals from polluted waters.
3. **Rice**- **Brown Rice**: Can accumulate arsenic from soil and water, especially in areas with contaminated groundwater.
4. **Leafy Greens**- **Spinach and Kale**: May absorb lead and cadmium from contaminated soil.
5. **Root Vegetables**- **Carrots, Beets, and Potatoes**: Can take up heavy metals from the soil, particularly if grown in contaminated areas.
6. **Certain Fruits**- **Apples and Pears**: May have higher levels of lead if grown in polluted environments.
7. **Cocoa and Chocolat**e- **Dark Chocolate**: Some sources of cocoa may contain cadmium.
8. **Processed Foods**- **Certain Snacks**: Foods that contain additives or colorings may also have trace heavy metals.

To minimize exposure, it's advisable to source food from reputable suppliers and to be mindful of consumption, particularly with high-risk items.

Now that we know what heavy metals are, where they are around us, and what foods have the most of them, let's talk about how to get them out of our bodies. This should be done alongside detoxifying for parasites.

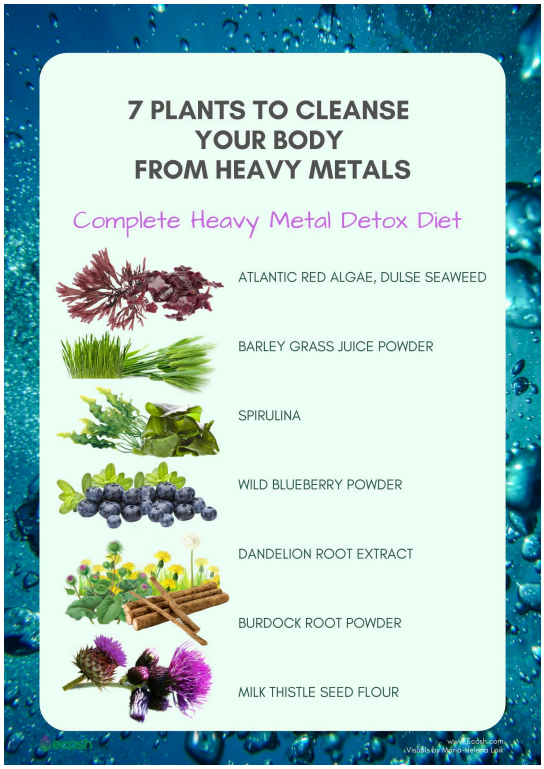


Herbs To Remove Heavy Metals

Here are some natural herbs that may help remove heavy metals from the body:

1. **Cilantro (Coriander)** - Known for its ability to bind to heavy metals like lead and mercury, helping to facilitate their elimination.
2. **Chlorella** - A type of green algae that can absorb heavy metals and is often used in detoxification protocols. Chlorella Powder

3. **Garlic** - Contains sulfur compounds that may help detoxify heavy metals and support liver health.
4. **Milk Thistle** - Supports liver function and may help in detoxifying the body, including heavy metals. Milk Thistle
5. **Dandelion** - Acts as a diuretic and supports liver health, potentially aiding in the removal of toxins.
6. **Turmeric** - Contains curcumin, which has antioxidant properties that may help protect against heavy metal toxicity.
7. **Nettle (Stinging Nettle)** - Supports kidney function and may aid in the excretion of toxins, including heavy metals. Stinging Nettle Leaf
8. **Spirulina** - A blue-green algae that may help bind and remove heavy metals from the body. Spirulina Powder



These can also be taken in the form of tea (dandelion, milk thistle, nettle) or tincture. Chlorella and spirulina can be consumed in powder form (combined with distilled water) or tablet form. Cilantro and turmeric can be easiest implemented through using when cooking or eating.

Usage Considerations

- Always consult with a healthcare professional before starting any herbal regimen, especially for heavy metal detoxification.
- Combining these herbs with a balanced diet and adequate hydration can enhance their effectiveness.

Foods To Remove Heavy Metals

Here are some of the best foods that may help remove heavy metals from the body:

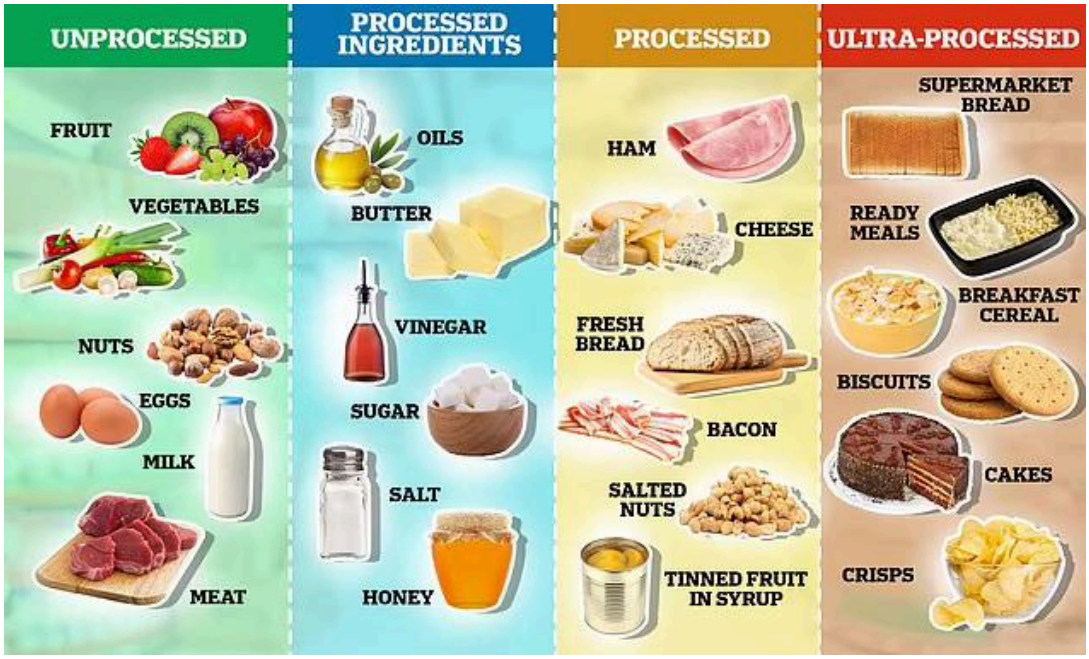
1. **Leafy Greens (organic)**
- Vegetables like spinach, kale, and Swiss chard are high in fiber and nutrients that support detoxification.
2. **Cruciferous Vegetables (organic)**
- Broccoli, cauliflower, and Brussels sprouts contain compounds that may enhance liver detoxification.
3. **Beets (organic)**
- High in antioxidants and compounds that support liver function and detoxification.
4. **Ginger (organic)**
- Supports digestion and may help in detoxification processes.
5. **Berries (organic)**
- Blueberries, strawberries, and raspberries are rich in antioxidants that can combat oxidative stress caused by heavy metals.
6. **Nuts and Seeds**
- Hemp Seeds, sesame seeds (tahini) walnuts, and Brazil nuts contain healthy fats and nutrients that support overall health and detoxification. (Always soak nuts in distilled water overnight before eating to remove toxins)

Incorporating these foods into a balanced diet can support the body's natural detoxification processes. Always consult a healthcare professional for personalized advice, especially if heavy metal exposure is a concern.

Foods to limit or avoid

If there's anything that we can and should limit or even better avoid altogether is processed food. Processed food is exactly as it sounds, anything that went through a process (typically in a factory) before it was consumed. An easy rule of thumb is anything that comes in a bag, container, can, or box had to go through a process in order to get there. Of course, there are levels and there are minimally processed foods thus you can eat, but the more ingredients it has, the more I suggest it is avoided.

Processed foods are foods that have been changed from their original form to make them easier to store, cook, or eat. This can include things like frozen meals, snacks, and sugary cereals.

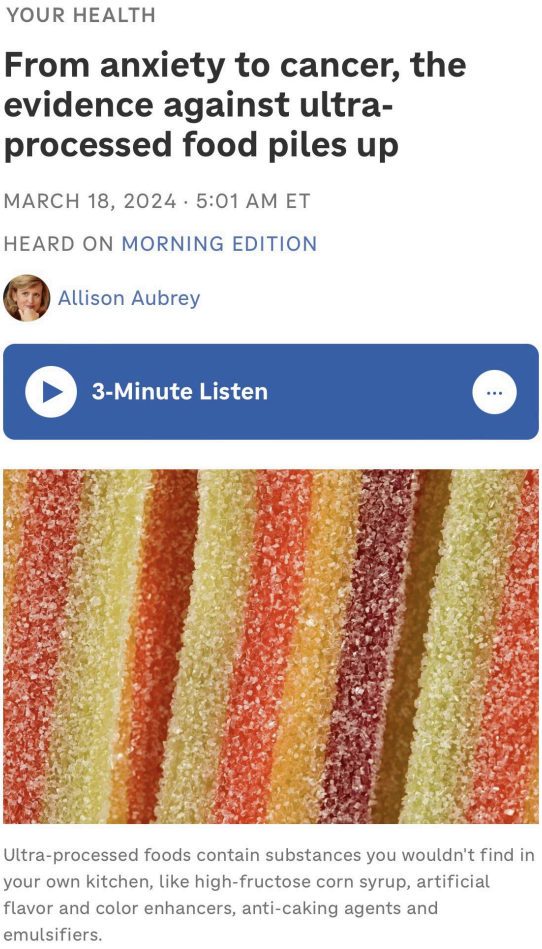


Dangers of Processed Foods:

Ultra-processed foods pose several health risks, including:

1. **Nutritional Deficiencies**: These foods often lack essential nutrients and are low in vitamins and minerals, contributing to poor overall nutrition.
2. **Weight Gain**: High in sugars, unhealthy fats, and calories, ultra-processed foods can lead to weight gain and obesity.
3. **Increased Risk of Chronic Diseases**: Consumption is linked to higher risks of heart disease, diabetes, and certain cancers.
4. **Addictive Properties**: Many ultra-processed foods are designed to be highly palatable, which can lead to overeating and cravings.

5. **Impact on Gut Health**: These foods often contain additives and preservatives that can disrupt gut microbiota, affecting digestion and overall health.
6. **Inflammation**: High levels of refined sugars and unhealthy fats can promote inflammation in the body.
7. **Mental Health Effects**: Some studies suggest a link between ultra-processed food consumption and mental health issues, such as depression and anxiety.



Limiting intake of ultra-processed foods and opting for whole, minimally processed foods can support better health outcomes.

Here's a list of some of the most processed foods:

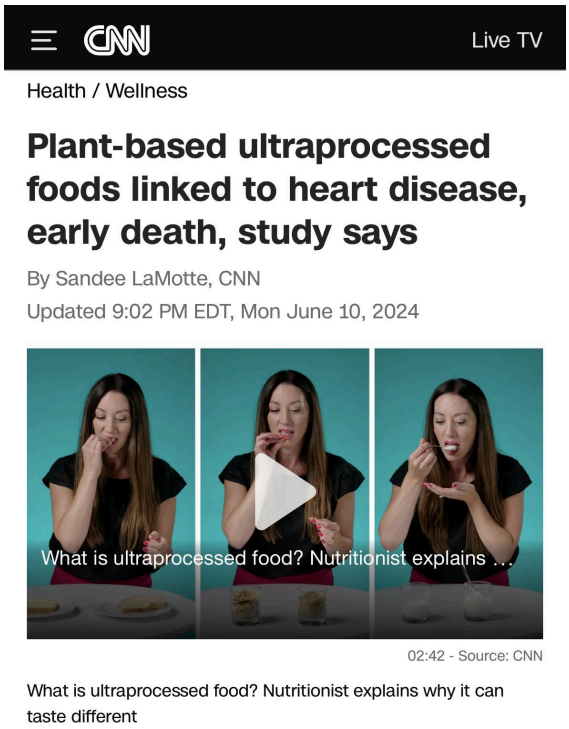
1. **Sugary Snacks**: Candy, cookies, and pastries.
2. **Fast Food**: Burgers, fries, and fried chicken.
3. **Processed Meats**: Sausages, hot dogs, and deli meats.
4. **Instant Noodles**: Packaged ramen and instant soups.
5. **Frozen Meals**: Pre-packaged dinners and convenience meals.
6. **Sodas and Sugary Beverages**: Soft drinks and energy drinks.
7. **Chips and Snack Foods**: Potato chips, cheese puffs, and pretzels.
8. **Breakfast Cereals**: Highly sweetened cereals and granola bars.

9. **Condiments and Sauces**: Ketchup, mayonnaise, and salad dressings.
10. **Packaged Baked Goods**: Store-bought bread, muffins, and cakes.

These foods often contain additives, preservatives, and high levels of sugars, unhealthy fats, and sodium, which can negatively impact health when consumed regularly.

Bonus Tip

This also includes plant-based and vegan processed foods as well. There is a new craze of assuming that just because something is plant-based that it is healthy. The best way to avoid this is to remember that the front is for entertainment and the back is for education. Do not pay attention to what any food package says on the front, and instead always turn it over and look at the actual ingredients. Less ingredients is always the best option, but a great rule of thumb is that any ingredient you see that you have no clue what it is, should be avoided. Especially ingredients such as high fructose corn syrup, natural flavors, maltodextrin, aspartame, cane, sugar, and food dyes (red 40, yellow 6, etc.) to name a few should be avoided as much as possible.



6. Fasting & Detoxification

As we near the end of this detoxification guide , the final thing I would like to leave you with is the importance and the benefits of fasting. Fasting is the intentional abstaining from food (and/or drinks) for prolonged amounts of time. There are

many different types of fasts such as dry fasting (consuming nothing at all), fruit fasting (only consuming fruit), raw fasting (my personal favorite, consuming fruits, vegetables, nuts, and seeds only). Regardless of what you choose to do, the moral of the story is that we could all benefit from eating a little (a lot) less in America. It is no accident that we live in the most obese developed country in the history of modern civilization, which can mainly be attributed to the fact that we eat so much fake food and we eat it from breakfast to dinner.

Health Benefits of Fasting
Fasting offers several health benefits, including:

1. **Weight Loss**: Fasting can help reduce calorie intake, promote fat loss, and boost metabolism.
2. **Improved Insulin Sensitivity**: Fasting may enhance insulin sensitivity, reducing the risk of type 2 diabetes.
3. **Cellular Repair**: Fasting triggers autophagy, a process where cells remove damaged components, promoting cellular health.
4. **Heart Health**: Fasting may lower blood pressure, cholesterol levels, and inflammation, contributing to better heart health.
5. **Enhanced Brain Function**: Fasting can promote the production of brain-derived neurotrophic factor (BDNF), supporting brain health and function.
6. **Longevity**: Some studies suggest that fasting may increase lifespan and promote healthy aging.
7. **Improved Metabolic Health**: It can help regulate hormones involved in metabolism, improving overall metabolic health.
8. **Mental Clarity**: Many people report improved focus and mental clarity during fasting periods.

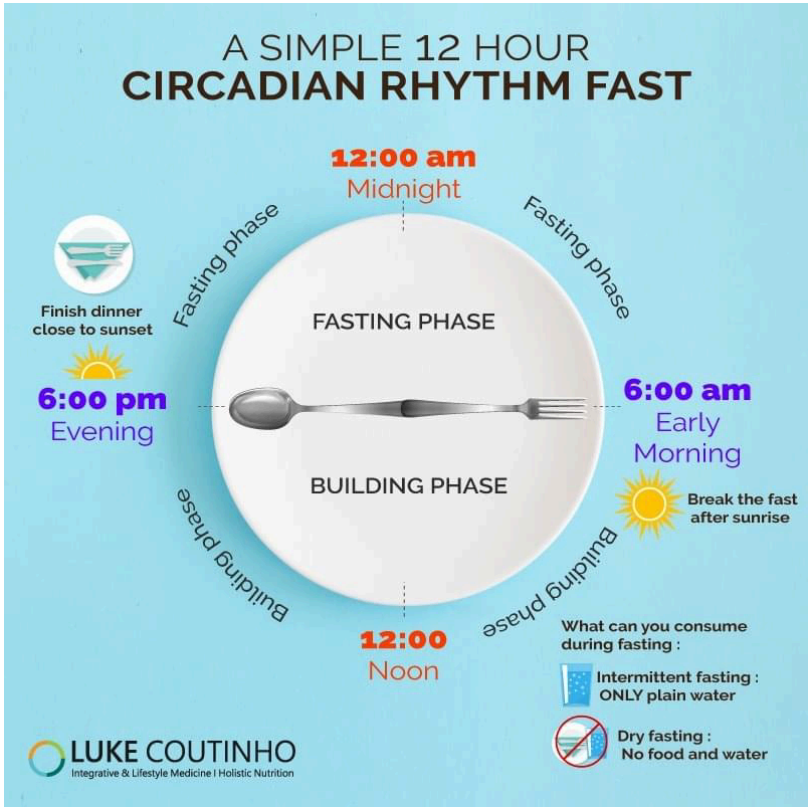
This is why many of the stories of many great prophets usually involved them going on a fast to gain clarity and to provide the body the ability to focus itself on other things such as detoxification. Every single time that we eat, especially depending on what we eat, it takes a large amount of energy for our bodies to turn the food into a liquid, extract the nutrients (if any), and prepare the rest to be removed as waste. The blood from our limbs rushes to our digestive system in order to aid in this process. This is why we often get sluggish and sleepy after eating, especially if it is a big meal or a bunch of processed unhealthy food. It is your body telling you that it needs so much energy to digest the food, that it will even put you to sleep if it needs to. The tougher a food is to break down, the worse it is for our bodies. When we fast, we are giving our digestive system a break, and the energy we would normally use to digest that unnecessarily large lunch can now be used for more important functions in the body such as repair.

Tips for Fasting
Here are some tips to help with fasting:

1. **Start Gradually**: If you're new to fasting, begin with shorter fasts (e.g., 12–16 hours) and gradually increase the duration.
2. **Stay Hydrated**: Drink plenty of water throughout your fasting period to stay hydrated and curb hunger.
3. **Plan Your Meals**: Focus on nutrient-dense meals during eating windows to ensure you get adequate nutrition.
4. **Avoid Sugary Foods**: Steer clear of high-sugar and processed foods before fasting, as they can lead to cravings and energy crashes.
5. **Keep Busy**: Engage in activities to distract yourself from hunger and make the fasting period feel shorter.
6. **Listen to Your Body**: Pay attention to how you feel. If you experience severe discomfort, consider adjusting your fasting approach.
7. **Incorporate Herbal Teas**: Non-caffeinated herbal teas can help curb hunger and provide hydration.
8. **Get Enough Sleep**: Prioritize sleep to help regulate hunger hormones and support your overall health during fasting.
9. **Be Mindful of Caffeine**: If you consume caffeine, do so in moderation, as it can lead to dehydration and jitters.
10. **Consult a Professional**: If you have health concerns, consult a healthcare professional before starting any fasting regimen.

Circadian Rhythm Eating

The body goes through a natural rhythm of detoxification and utilization every single day. One of the primary reasons we sleep is actually to detoxify the body, which begins for us in the evening as the sun is going down and ends around 11 AM. Around noon, the body is primed to begin digesting and utilizing energy from food eating around that time. We are designed to consume our heaviest while the sun is out and to rest once the sun goes down. This is considered the circadian rhythm of the digestive system and allows the body to function optimally while not constantly being bombarded with the task of having to digest food all day every day.



Benefits of Circadian Rhythm Fasting

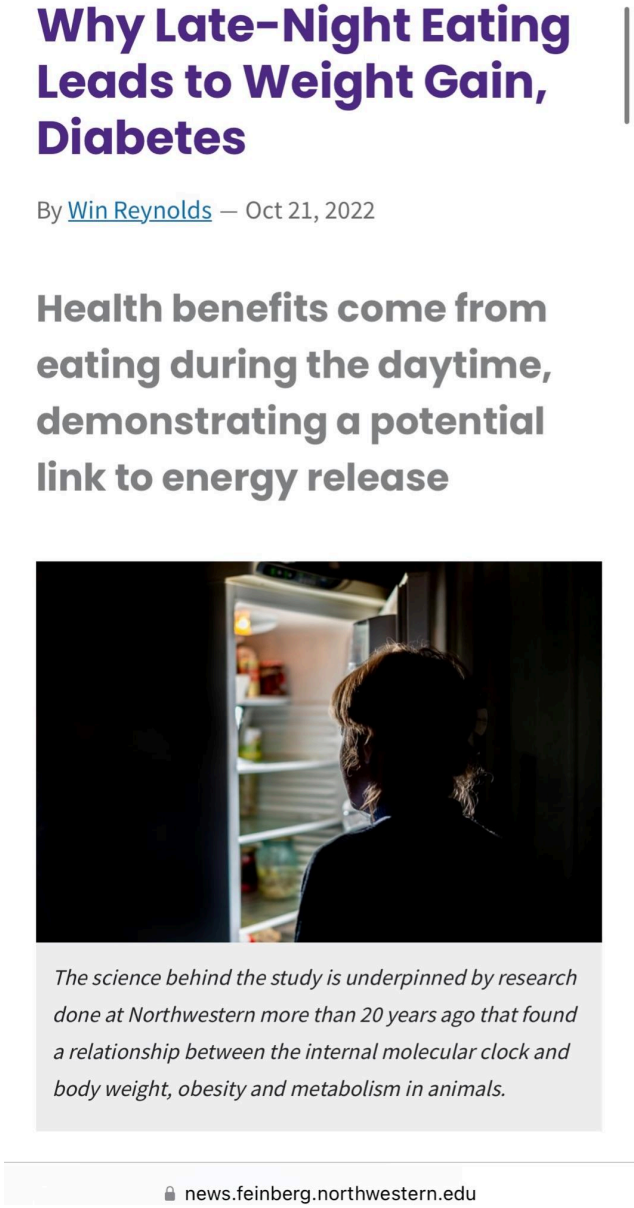
1. **Improved Metabolism**: Eating during daylight hours can enhance metabolic processes, allowing the body to better utilize energy from food.
2. **Better Digestion**: The digestive system is more efficient during the day when the body is active. Eating late at night can disrupt digestion and lead to issues like acid reflux.
3. **Weight Management**: Fasting during the night and eating during the day can help regulate hunger hormones, potentially reducing cravings and aiding weight loss.
4. **Enhanced Sleep Quality**: Late-night eating can interfere with sleep. Eating earlier supports better sleep quality by allowing the body to focus on rest rather than digestion.
5. **Hormonal Balance**: Aligning food intake with circadian rhythms can help regulate hormones like insulin and cortisol, which play crucial roles in metabolism and stress response.

Why It's Bad to Eat Late

- **Disrupted Sleep**: Eating late can lead to poor sleep quality and disturbances due to increased metabolism and digestion.
- **Increased Risk of Health Issues**: Studies suggest that late-night eating is linked to obesity, diabetes, and cardiovascular diseases.

Importance of Eating While the Sun Is Out

- **Natural Light Influence**: Exposure to natural light during the day can boost mood and energy levels, making it a more optimal time for eating.
- **Alignment with Body Clock**: The body is naturally programmed to digest food more efficiently during daylight hours.



Why Late-Night Eating Leads to Weight Gain, Diabetes

By Win Reynolds — Oct 21, 2022

Health benefits come from eating during the daytime, demonstrating a potential link to energy release

The science behind the study is underpinned by research done at Northwestern more than 20 years ago that found a relationship between the internal molecular clock and body weight, obesity and metabolism in animals.

news.feinberg.northwestern.edu

Avoiding a Heavy Breakfast

- **Avoiding Energy Slumps**: A heavy breakfast can lead to a rapid increase and subsequent drop in blood sugar levels, causing fatigue.
- **Easier Digestion**: Lighter meals in the morning can promote better digestion and provide sustained energy throughout the day.

It is best to start the day with things, such as fruit, juice, smoothies, tea, and water. This gives the digestive system a chance to work most efficiently. Think of it

as giving your gut a gentle wake up versus waking it up abruptly and forcing it to immediately perform a difficult task. Your heaviest meal should be during lunch instead of dinner, or at the very least attempt to eliminate any late eating (after 7-8 PM). The later we eat, the harder we cause our bodies to use energy working during sleep to attempt to digest food rather than repair and detoxify. Eating late at night also negatively affects quality of sleep since you are not able to enter your proper deep sleep REM cycles

Circadian rhythm fasting can optimize health by synchronizing eating habits with the body's natural rhythms, promoting better metabolism, digestion, and overall well-being.

Remember that the concepts of restaurants and grocery stores are fairly new on the timeline of total human existence. We transitioned from being more hunter gatherer based, to a more agricultural based/home cooked society, to a fast food society. The constant and the convenience of food is taking its toll on humans, and all we have to do is look around to see the effects firsthand. Diseases that exist today did not exist 100 years ago, and ironically foods that exist today also did not exist 100 years ago. In order to detoxify properly, we must begin to look more closely at what we consume, and how often we consume it.

Final Note

Please remember that there is so much more that could be said about all of these topics, but the goal of this was to offer a short and simple guide for those looking for ways to improve their lives, but don't know where to start. Unfortunately we were not educated the way we should have been about the things we consume and the things our bodies need to experience in order to function optimally. So the fact that you have the courage to take your life back into your own hands in order to experience life's greatest currency which is good health, you are a hero for every generation after yourself. Even if you don't change everything at once, taking one step is better than thinking about ten. It will be the small changes you make in your everyday life that will have the greatest effect when you look back.

As someone who was also not aware of this information for many years of my life, I would be remiss to not honor and thank some of my greatest teachers who have influenced my mind and spirit in so many ways. These amazing humans have many lectures and interviews available on YouTube and social media, and by simply typing in any of the following names, I hope you are as inspired as I was.

I would like to honor Dr. Llalia Afrika, Kaba Kamene (Booker T. Coleman), Dr. Delbert Blair, Dr. Sebi, Yah'ki Awakened, Mfundishi, Dr. Robert Morse, Professor Arnold Ehret, Dr. Hulda Clark, Dr. Joe Dispenza, Dr. Napoleon Hill, Queen Afua, Dr. Barbara O'Neill, and so many others who have influenced me directly and indirectly.

The greatest human act is to inspire, and I am forever grateful for the existence of you all mentioned and those that were unintentionally omitted. You are the shoulders of the giants which I have used your knowledge to help pass on. May these words leave the reader in a better condition than which they were found. Peace and blissings.