

DETOXING YOUR MIND & BODY

FROM

A

TO

Z



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DETOXING YOUR MIND AND BODY FROM A TO Z

Every day, we're bombarded with toxins in the form of chemicals, preservatives, negative thoughts, people, and conditioning. Over time, these toxins can create symptoms, illnesses, conditions, and even disease. They're also the reasons why we may be feeling overweight, overwhelmed, exhausted, and unhappy.

I'm sure this isn't the first time you've heard about detoxing, but this type of detoxing is a bit different. First of all, you're not just detoxing from the toxins in the foods you've been eating. Eliminating chemicals and preservatives in your food can definitely make a big difference in how you look and feel, and it's a great start. Yet, even with the cleanest diet, if your relationships are toxic, if your mind is filled with toxic thoughts, and if you're living in a toxic environment, it's unlikely you'll have the level of health, energy, and happiness you deserve.

Now, I know it's not realistic to make too many changes all at once, so here's what I suggest.

Find a few of the suggestions below that resonate with you. Look for the suggestions you can easily incorporate into your day, right away. Begin with making those changes first and, once they've become a regular part of your daily routine, come back to this list and take on a few more. Before long, you'll be detoxing from everything that doesn't serve you for some new and healthy habits that do.

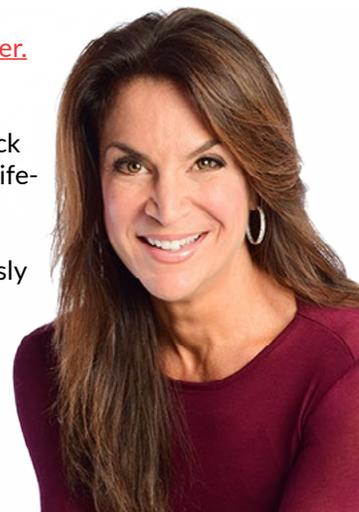
Sound good?

I understand how toxic your life may have become because I've been there. After lots of mistakes, challenges and obstacles, I've learned what works and can't wait to pass along that information to you. It's time to create a body, lifestyle, and life you love. Here's a little about me (so you know who wrote this in case you're interested J), then we'll detox from A to Z.

ABOUT THE AUTHOR

Debi Silber, MS, RD, WHC, FDN, President/CEO of Lifestyle Fitness, Inc. and founder of www.DebiSilber.com is a recognized health, empowerment and personal development expert. She's a speaker, coach, and author of the Amazon #1 Bestselling book: *The Unshakable Woman: 4 Steps to Rebuilding Your Body, Mind and Life After a Life Crisis*, as well as 2 books recommended by Brian Tracy, Marshall Goldsmith, Jack Canfield, and many more. Debi's led countless others to achieve their ultimate body, mind, image, and lifestyle; inspiring them to transform into their personal and professional best.

In addition to being a highly credentialed and awarded health expert, Debi has her own line of deliciously healthy nutrition bars and shakes, has also contributed to FOX, CBS, The Dr. Oz show, TEDx, The Huffington Post, Shape, Self, Health, Working Mother, Forbes, Psychology Today, WebMD, Yahoo Shine, Ladies Home Journal, MSN, Woman's World, and Glamour. She regularly speaks at association meetings, corporate events, conferences, Universities, and women's leadership retreats, offering simple solutions that create lasting change physically, emotionally, and psychologically. Debi is THE secret behind some of the healthiest, most influential, charismatic, and successful professionals today.



Ok, now it's time to detox. Scan this list looking for the few ideas you can immediately implement.

Here we go...

ALCOHOL: Alcohol lowers serotonin and norepinephrine levels. It depresses the brain and nervous system. Alcohol speeds up the breakdown and elimination of valuable antioxidants from the body, especially folate. Low levels of folate have been linked to increased incidences of depression. Alcohol also impairs judgment, causing you to say, eat, and do things you'll only regret later. Detoxing from alcohol gives your body a break and allows your brain and nervous system to function better.

ARTIFICIAL SWEETENERS: Artificial sweeteners are linked to cancer, birth defects, stroke, and autoimmune disease. Artificial sweeteners throw off your ability to detect if you're hungry or full, so we tend to eat more. They're also neurotoxins, which means they impact your brain, making it harder to detect and be satisfied with the natural sweetness in certain foods.

BAD ENERGY: When you're around the negative energy of others, it's almost impossible to avoid absorbing it. Take a break from the energy vampires, naysayers, and pessimists and watch your mood lighten and perspective improve.

CAFFEINE: Caffeine is found in coffee, tea, soda, and chocolate. Caffeine impacts sleep, keeps you inflamed, dehydrates you, and raises cortisol levels, which drives fat storage to the middle body. Caffeine is a stimulant; it increases anxiety and insomnia, slows the absorption of nutrients, and prevents you from getting back to a regular and healthy sleep cycle. Detoxing from caffeine helps reset cortisol levels and reduces the feeling of being "tired and wired". Detoxing quickly from caffeine can lead to detox symptoms such as headaches, so it's helpful to wean off slowly; going from coffee to ½ caffeinated coffee, and ½ decaf (which is still around 40% caffeinated) and transitioning to decaffeinated herbal and flavored teas.

DAIRY: Dairy is found in milk, yogurt, kefir, cream, cheese, cream cheese, cottage cheese, butter, buttermilk, and casein. Unfortunately, many cows have been exposed to hormones, antibiotics, live in inhumane conditions, and are given a genetically modified diet of corn and soy, which the cow is unable to tolerate. They then get sick and require antibiotics just to kill the infections, while their milk needs to go through homogenization and pasteurization where it's heated to a very high temperature in order to make it safe for human consumption. By that time, we're not receiving the benefit from the milk and are consuming a product with grains, antibiotics, hormones, and more.

Dairy products (once it goes through the pasteurization, and homogenization process) makes it an acidic product and throws off our pH balance. We want a more alkaline environment and the acid from milk prevents the absorption of other nutrients, while leaching alkaline substances from our bones so they become more acidic, frail and weak. So, while we've always heard "milk does a body good", it all depends on the milk; how it's been handled and processed. Dairy is a highly allergenic food/liquid. Detoxing from dairy helps reset growth hormone, can reduce or eliminate symptoms of a dairy sensitivity like inflammation, symptoms from leaky gut, congestion, pain, skin issues, and so much more.

EXERCISE: Exercise helps regulate appetite, balances blood sugar, makes cells more sensitive to insulin, promotes a feeling of control and accomplishment, puts you in a better mood, helps you sleep better, improves libido, clarity, energy, digestion, and circulation. Exercise also slows aging, improving cognitive brain function, because it increases blood flow to the brain while creating an

environment for healthy changes to occur.

Not all exercise is created equal however. Burst training or HIIT (high intensity interval training) blasts fat and teaches your body to burn vs. store fat. Burst training workouts also take a fraction of the time as traditional cardio workouts and are better for you because long, slow cardio sessions create overuse injuries in certain joints and raise cortisol which, over time, leads to symptoms of adrenal fatigue/dysfunction (suppresses the immune system, increases irritability, fat storage, fatigue, throws off your hormones, increases insulin resistance and more.) Exercising regularly with the right type of fitness program, including time to heal and recover, helps reset blood sugar, insulin, digestion, sleep, and more...while making you look lean, sleek, toned, and great overall!

ELECTRONICS: Taking a break from electronics, whether that's for a day or even for just a few hours, gives you an opportunity to detox from the disruption your devices can cause to your circadian rhythm. Daylight and dark signals the body to ramp up or wind down, so disrupting this natural flow with artificial lighting throws off the depth and quality of your sleep. Eye and neck strain, along with anxiety, and the assumption that you're probably more sedentary with all that time spent on your devices, is a recipe for poor health. Detox for a day, a weekend or maybe even an hour... are you feeling withdrawals yet?

FERMENTED FOODS: Fermented foods are a great source of probiotics, which improve internal gut health. Your gut is known as your "second brain" and the healthier it is, the better every system runs. About 80% of your immune system is in your gut, so strengthening your gut and in turn, strengthening the immune system, is a great way to prevent against illness and disease. Fermented foods like sauerkraut and kimchi, along with unsweetened versions of fermented dairy (like kefir), can be a great addition to a healthy diet. A quality probiotic supplement or drink can be great too, just start slowly to avoid any digestive disturbances.

FIBER: Fiber helps control blood sugar, helps prevent against heart disease and stroke, fills you and keeps your system running smoothly by helping to create a healthy digestive tract. Fiber also helps improve your skin, and helps with weight loss because it gives you a sense of fullness. Increasing fiber helps stabilize insulin and reduces cortisol levels. Insoluble fiber (the kind found in vegetables) is indigestible and adds bulk to stool and helps with elimination. Soluble fiber helps with blood sugar control. You can get your daily requirements for fiber (working up gradually to 35-45 grams per day) through vegetables, fruit, chia, flax or a fiber blend that can be added to shakes or green drinks.

FORGIVENESS: One of the most powerful ways I know to shed a toxic lifestyle is to make peace with it and leave it behind. How? Through the power of forgiveness. Whether you're forgiving yourself or others, forgiveness sets YOU free.

FRUCTOSE: Fructose is the leading source of calories in the US. It taxes the liver and increases your risk for diabetes, because it can create insulin resistance and obesity. Fructose elevates triglycerides and LDL's too. Fructose can also increase your risk of cardiovascular disease, liver disease, cancer, and arthritis. While fruit has amazing nutrients, fiber, phytochemicals, and more, we want to focus on the low glycemic fruits that won't spike insulin, tax the liver or trigger cravings. When we eat lower glycemic fruits and less fructose, we reset our levels of leptin and lower our likelihood for certain lifestyle diseases.

GLUTEN: Gluten is a sticky protein found in wheat and wheat products (bagels, pasta, cereal, bread, pancakes, etc.). Our bodies can't tolerate gluten, yet we eat it constantly. Many people think

that higher fiber options are better (e.g., wheat bread instead of white bread) but they can often be worse!

Grains have a protective mechanism preventing them from damage, called lectins. Just like an animal has claws, sharp teeth, venom or a strong odor to stay safe, grains have lectins to offer protection against invasion, weather, etc. These lectins are often high in higher fiber grains. They prevent the absorption of vital nutrients and aren't meant for us to ingest. Symptoms from gluten can be abdominal pain, bloating, depression, diarrhea, joint pain, fatigue, irritability, skin issues, and growth issues, to name a few. Gluten isn't just found in bread or bread products.

Here are some hidden sources of gluten:

- Coffee creamer
- Sausages
- Baked beans
- Brown rice syrup
- Pickles
- Soups
- Instant coffee
- Sauces
- Breadcrumbs
- Gum
- Cold cuts
- Condiments
- Gravy
- Flavored tea
- Soy sauce
- Salad dressing
- Hot dogs
- Lots of beauty products and low-quality supplements contain gluten, too.

Detoxing from gluten helps reset the thyroid, reduces inflammation, improves energy, digestion, and helps just about every bodily process function better.

GRATITUDE: An attitude of gratitude tells the universe you're grateful and appreciative for the abundance you have, and more that's on the way. That energy of gratitude and positive expectation floods your body with endorphins: "feel good" hormones and chemicals. With a sense of gratitude, you'll subconsciously look for "evidence" to prove why you have every reason to be grateful, which creates a sense of wellness and abundance... and leads to abundance in the areas of your life that matter most. Meditation, yoga, journaling, or simply finding quiet time to reflect daily, are practices which improve your gratitude muscle.

GUILT: Guilt is one of the most useless emotions. We can spend decades reliving something we should have or could have done differently. But, you did the best you could with the information you had available to you at the time so, detox from the guilt. Some of us seem to be wired for guilt (guilty of that one!) and "toxic mom guilt" is something I still find myself struggling with from time to time. Sometimes we can feel guilty wherever we are: when we're working we can feel guilty we're not with the kids, when we're with the kids we're feeling guilty we're not doing more work. It's endless. So, become more aware of what you're feeling guilty about. Then, realize it's only secreting stress hormones leading to illness and do your best to let some of that guilt go.

HAPPINESS: Studies find that happiness is good for our health. It boosts your immune system; making you more resistant to illness and disease. Try smiling, giving, sharing, compassion, and gratitude to detox the negativity and include more joy.

INVEST: Invest your time, energy, and expense in creating a life you love. Does that mean creating a special place for a daily practice, books to teach you more about a topic you love, or investing more of your time into learning how to eat well and exercise?

JEALOUSY: This emotion can eat you up alive if you let it. Besides that, it's feeding that small

version of you, because the highest and best version of you knows there's nothing to be jealous of. You're perfect just the way you are. Jealousy can be blinding and can have you interpret something in a way that the healthy and happy version of you never would. To help the best of you emerge, start detoxing from jealousy whenever you see it rear its ugly head.

JOY: Joy is that feeling that bubbles up from within when you're on track, connected, and aligned with living your purpose. When you're freely giving from a place of abundance, you're benefiting all within your care and reach. It's easy, effortless, and our natural state when we shed layers of old habits, fear, insecurity, past conditioning, etc.

KITCHEN APPLIANCES: Invest in the right appliances to make healthy cooking simpler and more fun. Would you cook more if you had a slow cooker, spiralizer or food processor? Healthy meal planning helps detox an unhealthy body and the right tools can help.

KALE: Over the last few years, this mighty plant has gotten lots of well-deserved attention. Super healthy, filled with amazing nutrients like iron, vitamin A and K, including more kale in your diet is a great step toward healthy detoxing. Adding kale to salads, smoothies and more will help improve your cardiovascular health, reduce inflammation, and is a powerful antioxidant.

LAUGH: There's no mistake why laughing feels so good. It's so good for you! Not only is it working your abs by contracting your muscles, but laughter tells your stress response that you're out of danger and all is well.

LOVE: Hands down, love is the most powerful force there is. It allows us to physically heal, it forgives the unforgivable, it breaks down barriers, and transforms us at the core. Toxic thoughts and behaviors don't stand a chance when they're bombarded with the strength of love.

MEDIA: Detoxing from negative media gives you an opportunity to stop flooding your mind with images and words that make you feel nervous, anxious, and afraid. Fear, anxiety, and discomfort lodge into your subconscious mind and shows itself in your actions, habits, choices, and behaviors. We are what we think and see, so bombarding your brain with negativity only leads to more of the same.

NARCISSISTIC PEOPLE: Steer clear of these energy vampires because their toxic behaviors will suck the energy right out of you. Understand that their driving need for ego fulfillment is coming from a place of scarcity and lack however, so having compassion is a healthy response, if that helps.

OPEN YOUR HEART: Going through life bitter and resentful because of a painful past prevents you from living a life of love and joy. Toxic thoughts marinate and grow in this unhealthy internal environment. Consider forgiveness to set yourself free.

PROBIOTICS: An unhealthy gut flora can lead to leaky gut, insulin resistance, diabetes, skin issues, fatigue, and mood issues. An unhealthy gut also reduces your resistance to illness, so you're more likely to get upper respiratory infections and colds. Liver disorders, skin issues, and food sensitivities can also be tied to an unhealthy gut. Probiotics help to strengthen the gut by strengthening the immune system (about 80% of our immune system is in the gut), and helps improve every symptom, illness, and disease associated with poor gut health.

PROTEIN (TOXIN FREE): Organic, hormone free, antibiotic free meat/poultry, wild fish. Eating protein sources fed an unnatural diet of corn and soy, living in unnatural conditions and treated inhumanely puts us at risk for many illnesses, symptoms, and conditions. Remember, we're not just eating the animal but we're eating what the animal ate. An unhealthy animal can only be unhealthy to us. GMO foods (fed to the animal) create gut inflammation in us. Eating only healthy versions of these protein sources resets estrogen and prevents many of the problems associated with eating foods that are genetically modified.

QUESTION: Question your toxic thoughts as you become aware of them. Do they help? Are they serving a purpose? Are they keeping you safe, or stuck and small? Just because they're there, doesn't mean you have to listen. Thank them for sharing and send them on their way.

RELATIONSHIPS: Detoxing from negative, critical, judgmental, and pessimistic people boosts your immune system (increases your resistance to illness/disease), improves your self-esteem, sense of well-being, happiness, confidence, joy, reduces stress, and is just much better for you physically/mentally/emotionally. How do you know if someone is good or bad for your health? Check how you feel when you're with them. If you're inspired, feel supported, energized, and happy for spending the time with that person, they're good for your health. On the other hand, if you feel deflated, uninspired, drained, and exhausted after spending time with someone, you can be sure they're igniting your stress response, which creates physical, mental, and emotional wear and tear.

SOCIAL MEDIA: Sure, you're keeping up with your friends and followers but seeing pictures and posts that seem as if everyone but you are living a picture-perfect life can be hard. First, remember that people are posting what they want you to see, which may not necessarily be the entire picture. Are you seeing a picture of a loving couple... and didn't know the hard times they're working through? Are you envious of a group of friends who seem like they're living the perfect life... yet they finally managed to get together because it's been a series of challenges, health struggles, and tragic scenarios that kept them apart? Are you judging that picture of that woman who looks like she has it all, and she's trying to convince herself of that same idea too? Things aren't always what they seem so, detoxing from social media every so often can help you disconnect... yet reconnect with what matters most.

SUPPLEMENTS: With our typical diets, even with a healthy diet, it's almost impossible to get all the vitamins, minerals, and nutrients we need. As far as supplementation goes, it's great to cover the basics with a professional grade multi-vitamin and a quality fish oil supplement. Poor quality supplements can contain ingredients that are allergenic, poorly absorbed, and can be a waste of money. If budget is an issue, best to supplement with less, but use quality. The right professional grade, quality supplements can support your liver, digestion, aid in detox, absorption of nutrients, support your adrenals, and so much more.

SLEEP: Deep, quality, restorative sleep improves melatonin levels. When our melatonin improves, our immune system improves, we reduce inflammation and free radical damage, which plays a big role in cancer. A lack of sleep contributes to premature aging by interfering with growth hormone, drives fat storage, and increases stress hormones. Quality sleep improves clarity, muscle growth, memory, reduces soreness and fatigue, reduces inflammation and muscle damage, increases hormone balance, contributes to higher antioxidant levels, lowers tension, and reduces depression.

STRESS REDUCTION: Reducing your stress turns off the stress response, which allows your body to heal. Stress hormones create physical, mental, and emotional wear and tear; wreaking havoc

on every organ and system we have. Turning off the stress response tells the body it's out of danger. Everything has a chance to rebalance, begin to heal, and regain homeostasis. Meditation, writing in a journal, deep breathing, having a soothing cup of tea, taking a warm bath, and even laughing are all great self-soothing techniques that shut off the stress response.

SUGAR: Sugar is toxic. It provides empty calories your body quickly stores as fat, it's highly addictive, is linked to just about every chronic disease, increases insulin resistance, lays the groundwork for diabetes and obesity. It increases your risk for hypertension, kidney disease, elevates triglycerides, and fuels tumor growth. Sugar taxes and damages your liver, creates free radicals, increases inflammation, increases cravings, and makes you feel powerless around food.

No form of table sugar or artificial sweetener is healthy. Stevia (not truvia or pure via), xylitol or erythritol are acceptable alternatives. Detoxing from sugar resets insulin, reduces cravings, increases satiety, and reduces binge eating, energy highs and crashes, and allows your body to regain health, energy, and vitality.

Sugar is often disguised as:

- Agave
- beet sugar
- Blackstrap molasses
- Brown sugar
- Cane sugar
- Cane juice (or evaporated cane juice)
- Caramel
- Corn syrup
- Fructose
- Fruit juice concentrate
- High fructose corn syrup
- Honey
- Maple syrup
- Raw sugar
- Rice syrup
- Sucrose
- Table sugar

TOXINS: Toxins are everywhere. There are environmental and chemical toxins (found in our air, water, makeup, cleaning products) as well as the many toxins found in genetically modified, non-organic, processed and packaged " Frankenfoods". Toxins slow down the body, impair performance, suppresses immune function, increase inflammation, increase oxidative stress, increase free radicals and free radical damage. Detoxing from toxic cleaning products, beauty products, GMOs, and processed food while drinking clean water resets estrogen, thyroid, insulin, and leptin levels.

UNITY: One way to reduce a toxic mind and body is by surrounding yourself with like-minded people working toward the same common goal. There's strength in unity, and you may need that to change some of the toxic behaviors and habits that have been built up over the years. Find a community you resonate with and unite.

VULNERABILITY: You may have heard that there's strength in vulnerability and it's so true. Sure, it's easy to act like a tough guy, but it's usually the ones with the hardest exterior that are the most fragile and think they have the most to lose by sharing who they really are.

WATER: Drinking plenty of clean, filtered water prevents dehydration which is associated with fatigue, digestive problems, weight gain, heart and circulatory problems, urinary tract infections, chronic fatigue, and premature aging. Drinking enough water improves metabolism, skin, mental clarity, digestive issues, and sets the tone for a healthy body and mind. If you're not a fan of drinking plain water, lemon water is an amazing detoxifier, or choose healthy iced tea, lemonade (with lemon

juice and stevia) or water with fresh cucumbers or berries.

XYLITOL: Xylitol is a sugar alcohol used as a sweetener. When trying to detox yourself from sugar, xylitol can be used to help the process of detoxing.

YES: When detoxing your mind and body, start saying yes to things that bring you joy, passion, and purpose. It's so easy to say no, but in saying yes more often to the things that make you happy, you're slowly detoxing yourself from the things that drive you farther away from what you want, and what truly makes you happy.

YOU: Sometimes you just need to detox from all your own rules, expectations, habits, behaviors, and routines. We're so habitual and can live most of our lives on autopilot, doing the same thing day after day, and of course, have the same result. If it's all working for you that's great, but detoxing from your rules, what's comfortable and familiar, may just allow something new and exciting to emerge.

Z... Hmm, zebra, zipper, Ziploc? Um, surround yourself with zebras because they're pretty, wear pants that zip to keep your eating in check, and use Ziploc baggies to portion snacks you find difficult to control. There, I did it! J

I know you have a lot going on and the thought of adding even one more thing into your already over-extended day seems like a challenge and, I hear you. Running a business, having 4 kids, 6 dogs, and being in a PhD program, I understand how hard it can be to include even one more item onto your list. The great news is, there are some really simple solutions that yield big results.

It's time you had a lean, fit body filled with energy and vitality. It's time you had a mindset that propels you to be, do, and have more. It's time you had a lifestyle that supports your growth. It's time to feel great again so, let's talk to see if/how I can help. Text the word SCHEDULE to the number 38470 to get onto my calendar.

So looking forward to speaking with you!

Happy Detoxing!



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