

Raw Yoga Immersion



Yoga & Nutrition for Detoxification

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"The Doctor of the Future will give no medication, but will interest his patients in the care of the human frame, diet and in the cause and prevention of disease. "
~ Thomas Edison

What is Detoxification?

Each day as we breath, eat and drink we ingest various toxins. Toxins are in the very air we breath. We ingest toxins through the food we eat including mercury in fish, pesticides in fruits and vegetables, and hormones in milk and meat. We're also exposed to toxins through the processed foods we eat each day which contain many unnatural additives and preservatives. Our bodies, however, are built with an amazing ability to naturally and effectively eliminate toxins through numerous elimination paths including sweat, urine and feces. It's estimated that our skin alone has the capacity to eliminate over one pound of waste per day through sweat, which also promotes weight loss.

The problem is that in today's environment not only are we exposed to larger quantities of toxins increasing the burden on our bodies, but we also utilize many products that severely limit our bodies natural ability to eliminate toxins. For example, the majority of the commercial skin care products on the market today contain animal fats and other unnatural ingredients that clog pores limiting our ability to eliminate toxins through sweat. Additionally, as we consume many natural and unnatural products that are not easily digestible, we tend to clog our intestines limiting our ability to effectively eliminate toxins through this outlet (a healthy person should have 1-3 easily flowing bowl movements per day). As this fecal matter builds up over time, its estimated that the average adult has between 5 and 10 pounds of compacted fecal waste within their bowels.

Therefore, to live a healthy life not only should we take steps to avoid as many toxins as possible, we should also help our bodies eliminate the toxins we can't avoid - this is known as detoxification! As our bodies are built to be able to do this naturally, the first step is to return our bodies to optimum detoxification performance! Beyond this, many may choose a more intense detoxification process to help eliminate waste build-up on a more periodic basis.

What are the Symptoms?

One of the immediate benefits of detoxification is a higher energy level. The build-up of toxins in our body can compromise our health, physical appearance, and energy level! Symptoms of high levels of toxicity are numerous and can include headaches, poor sleep, depression, tiredness, weaker immunity, nausea, dull skin, excess weight, constipation, spots, acne, mouth ulcers, lower immunity, allergies, anxiety, wrinkles, age spots, stress, eczema, psoriasis, hormone imbalance, etc. Reducing the level of toxicity in the body will improve one's body function, immune system, and general state of health helping to address above symptoms!

Source: <http://www.naturalhealthcarestore.com/detox.htm>

How Does the Body Detoxify Naturally?

There are three main systems within the body that provide detoxification: circulatory system, digestive system and lymph system

- **Circulatory:** pumps blood, delivers oxygen, takes waste away from cells
- **Digestive:** processes the food we eat, separating nutrients from waste and eliminating anything the body doesn't need.
- **Lymph:** collects intracellular fluid from throughout the body and transports it to the lymph nodes where anything harmful (such as bacteria or other contaminants) can be removed before the lymphatic fluid is returned to the bloodstream.

There are a few main ways in which the body detoxifies via excreting toxins including:

- **Elimination ~ Excrement and Urination** ~ It's estimated that the average adult has between 5 and 10 pounds of compacted fecal waste within their bowels.
- **Sweat** ~ It's estimated that our skin alone has the capacity to eliminate over one pound of waste per day through sweat (<http://ahha.org/articles.asp?Id=113>).
- **Breath** ~ Helps transport nitric oxide, which dilates or expands the lungs and blood vessels, from nasal passages to the lungs. Improve drainage of the lymphatic system which eliminates toxins. Reduces stress and the production of cortisol which would otherwise curb nonessential body functions such as immune function and digestion, critical components of detoxification.
- **pH** ~ Proper pH balance is essential to health. However, most bodies are acidic due to diet, environment, and stress among other factors. Acidity leads to toxicity, which leads to microform (fungus, yeasts, bacteria and mold) overgrowth, which leads to illness and disease. An overly acidic body cannot detoxify properly.

What Are Toxins? How do we Accumulate Toxins in the Body?

What is a toxin - A poisonous substance, especially one produced by a living organism. Toxins can be products or byproducts of ordinary metabolism, such as lactic acid, and they must be broken down or excreted before building up to dangerous levels.

- **Food** ~ The largest culprit of toxins in the average Americas daily life is processed foods. Processed foods are full of if not 100% made from unnatural chemicals and additives that create symptoms ranging from cravings and weight gain to poor digestive health and food allergies.

But it's not just packaged food to avoid. Conventional produce is also full of pesticides. In fact, over one billion pounds of pesticides are used on food in the US alone. These pesticides have been linked to symptoms ranging from muscle cramps and heart rate changes to irritability to emotional instability. [1]

- **Water** ~ Most water contains arsenic, fluoride, chlorine, prescription drugs and a host of other unhealthy toxins. [Unsafe Toxins Found in Drinking Water at Thousands of U.S. Schools](#); [Toxic chromium found in Chicago drinking water](#); [Antidepressant drugs found in drinking water](#)
- **Environment / Air** ~ From fumes and carcinogens produced by factories, to automobile exhaust, to indoor pollutants from aerosol products, wood stoves, gas stoves and more, the air we breathe is no longer as pure as it was intended to be. With every breath we take we breathe in not only vital oxygen but also many toxins the body now must work to eliminate. [Environmental Illness - Toxic Chemicals in Our Environment](#); [Toxic Air Neglected Communities](#)
- **Skin Care Products** ~ Our bodies absorb directly into the bloodstream close to 60% of the topical products with which the skin - our largest organ - comes into contact. Today, hormone

therapy treatments and smoking cessation medications are often prescribed as patches applied directly to the skin as many drug manufacturers recognize the benefits of exploiting these skin absorption rates. These medications pass first through the skin and then directly enter the bloodstream.



- **Parasites** ~ Studies show that an estimated 85% of our population have one or more types of parasites. Our body is host to many parasites, viruses, and bacteria. Each rob us of our energy and eat the foods and supplements we consume. They cause accumulation of toxins leading to illness and disease.
- **Stress** ~ “When you perceive a threat – anything from a confrontation with an angry motorist to an unexpected tax bill from the IRS – your SNS (sympathetic nervous system) is activated almost immediately. Your blood pressure goes up and your heart beats harder, bringing extra blood to the large muscles of the legs and arms to allow you to defend yourself or flee from trouble (hence the terms fight-or-flight). Blood clots more easily in case you are injured. White blood cells stick to the walls of the capillaries, ready to be mobilized if any wounds incurred get infected. Energy sources, including sugars and fats are mobilized to give you plenty of fuel. If you’ve ever had a near miss- like almost getting hit by a bus – you know the stress response kicks in almost immediately, then takes a while to wear off.

If your stress response system if functioning well, once the threat has passed, your body shifts into restorative mode in which the parasympathetic nervous system (PNS) dominates over the SNS. Your blood pressure and heart rate return to normal. Stress hormone levels drop, as do blood sugar levels and measures of blood clotting. In the modern world, most of the “threats” we face are no longer physical. Typical contemporary stressors - worries about relationships, problems at the job, and abstract concerns about money, security, happiness, and fulfillment – tend not to be resolved quickly, so the stress response system either stays activated or is repeatedly reactivated. When that’s the case, your built in protection system can turn on you and cause disease.” From Yoga As Medicine by Timothy McCall, M.D.

Sources: <http://bodyecology.com/articles/top-5-sources-of-toxins.php>

Reducing Toxins by Using Natural Cleaning Products

Creating your own natural cleaning products will not only help to reduce your exposure to toxins within your home environment but it will also save you money! Here are some examples of natural cleaning recipes and the products these recipes can replace:

- Replace Clorox ~ (Estimated Cost Savings ~ Costs \$0.60 instead of \$3.99 in the store)
 - 2 cups warm water
 - 2 teaspoons borax
 - 1/4 cup white vinegar
 - 1/4 cup Liquid Miracle II, Castile, or another all natural soap
- Replace Windex ~ (Estimated Cost Savings ~ Costs \$0.01 instead of \$2.50 in the store)
 - 4 cups water
 - 10 -15 drops of Miracle II Liquid Soap
- Replace Dishwasher Detergent ~ (Estimated Cost Savings ~ Costs \$1.00 instead of \$2.50 in store)
 - 1 cup table salt
 - 2 cup borax
 - 2 cup baking soda
 - Use ~ 2 tablespoons per dish load
- Replace Pledge ~ (Estimated Cost Savings ~ Costs \$0.04 instead of \$4.00 in the store)
 - 2 cup water
 - 1 cup vinegar
 - a few drops of essential oil (citrus, lemon, or grapefruit)
 - for dry wood add 1 teaspoon of olive oil
- Replace Soft Scrub ~ (Estimated Cost Savings ~ Costs \$0.80 instead of \$3.50 in the store)
 - 2 parts baking soda
 - 1 part dish soap
 - mix until it looks like frosting
 - cleans dishes, grease, & ovens
- Replace Lysol basin, Tub, & Tile Cleaner ~ (Est. Savings ~ Costs \$0.04 instead of \$4.00 in store)
 - 2 cups water
 - 1/4 cup vinegar (will dissolve hard water deposit & soap scum)
 - soak orange or grapefruit peel in vinegar (for smell)

Parasites ~ Gauge Your Risk of Invasion

Here are some tell tale signs that your internal environment is prone to receive unwanted invaders.

- Lack of appetite
- Poor vision
- Itchy rectum
- Fatigue
- Intestinal malfunction
- Foul breath
- Bloating
- Yellow skin
- Sleep problems
- Poor memory
- Irritability
- Unexplained weight gain
- Skin problems

What is your current risk for invasion from parasites?

Do you have any of the following symptoms of or precursors to invasion? Count all of the symptoms and precursors you might have.

- Bloating
- Foggy Memory
- Food Cravings
- Mild Nagging Headache
- Anal Itching
- Insomnia
- Bronchitis
- Tiny Red Abrasions That Itch
- Rash
- Irritable or Grumpy
- Pet Bird
- Eat Sushi
- Malabsorption
- Gas
- Allergies
- Chronic Fatigue Syndrome
- Abdominal Cramping
- Anemia
- Candidiasis
- Coughing
- Fever
- Restlessness
- Pet Cat
- Pet Dog
- Pet Ferret
- Crave Sweets

If you have 3 or fewer of the above symptoms, your health risk is medium. If you have 4 to 7 of the above symptoms, your health risk is high. If you have 7 or more of the above symptoms, your health risk is extremely high.

Primary Foods

What is a Primary Food?

We have a philosophy about food—it's that everything we consider as a source of nutrition is really just a secondary source of nourishment.

The foods you eat are secondary to all the other things that feed you—your relationships, career, spirituality, and exercise routine. Those are the things we call primary foods.

All that we consider today as nutrition is really just a secondary source of energy.

Remember when, as a child, you were playing outside, having fun? Suddenly, your mother announced dinner was ready, but you were not hungry at all. The passion of play took all of your attention.

Sometimes we are fed not by food but by the energy in our lives.

These moments and feelings demonstrate that everything is food. We take in thousands of experiences in life that can fulfill us physically, mentally, emotionally and spiritually.

We hunger for play, touch, romance, intimacy, love, achievement, success, art, music, self-expression, leadership, excitement, adventure and spirituality.

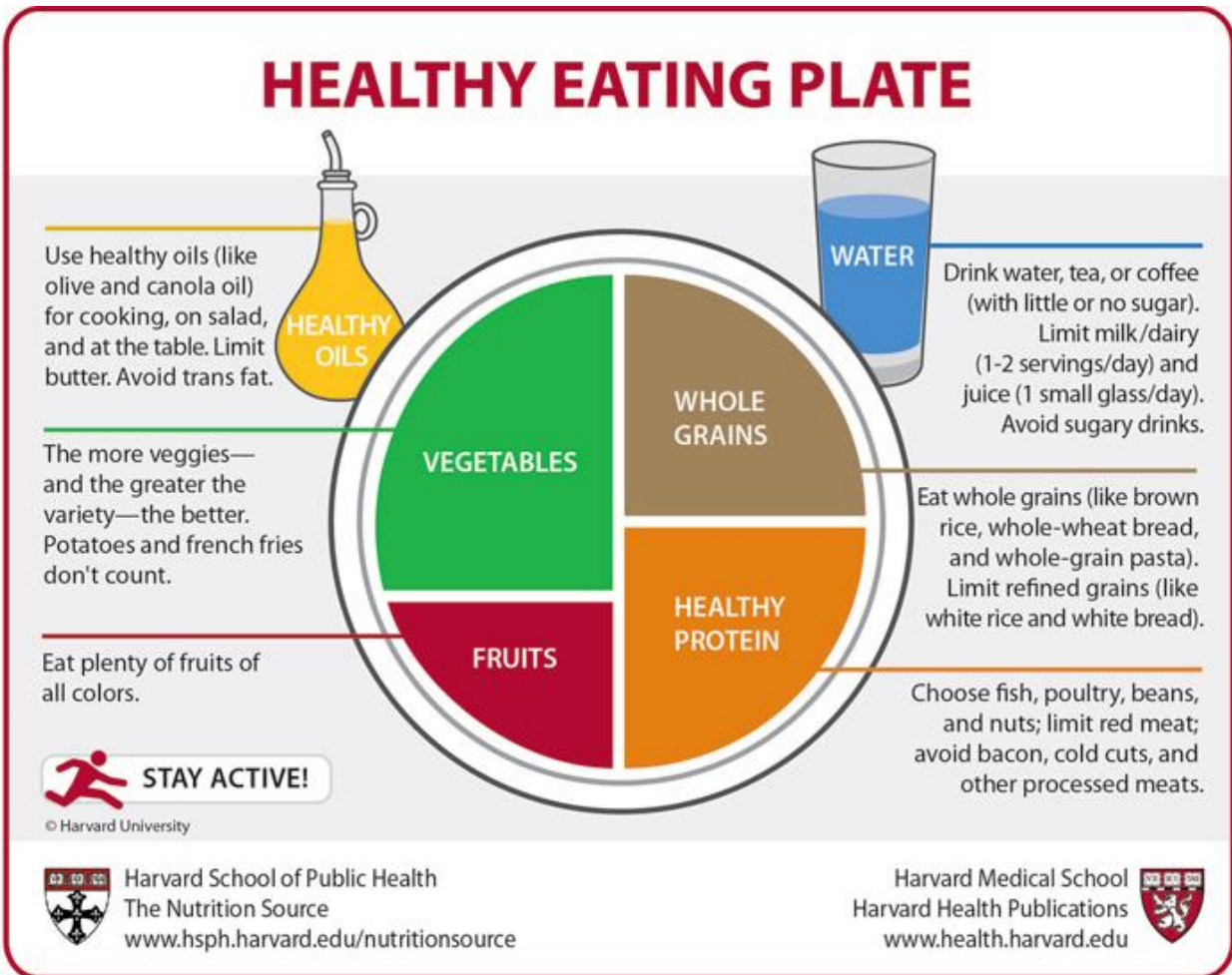
All of these elements are essential forms of nourishment. The extent to which we are able to incorporate them determines how enjoyable and worthwhile our lives feel.

People experienced improved health by leaving a dysfunctional career or falling in love or overcoming addictions. There's more to health than the foods we eat. Yes, it's good to eat your vegetables, but relationships, career, spirituality and exercise is food for the soul.

Sometime we are fed not by food but by the energy in our lives. Healthy relationships, regular physical activity, a fulfilling career and a spiritual practice can fill your soul and satisfy your hunger for living

Institute for Integrative Nutrition Plate





Bio-individuality

Personal tastes and preferences, natural shapes and sizes, blood types, metabolic rates and genetic backgrounds all influence what foods work best for each individual. This approach takes all these factors into account to create a personalized way of eating.

Crowding Out

Most nutrition experts give their clients a list of foods to avoid, which explains why so many people are turned off by nutrition. Crowding out adds more to your diet rather than cutting back.

These are the "big concepts" that I have found have the largest impact on my clients.

However, there are also a lot more detailed concepts you can play with. But remember, in the spirit of bio-individuality, these are not hard-and-fast rules that work for everyone. Try your own take on them and see if they might be useful for you.

12 Steps for Healthy Living

1. **Drink more water:** There is no right amount of water to drink, but generally the bigger and more active you are, the more you should drink. By increasing the amount of water you drink you can significantly reduce cravings, aches and pains and increase your energy.
2. **Experiment with Cooking and Food:** Personal tastes and preferences, natural shapes and sizes, blood types, metabolic rates and genetic backgrounds all influence what foods work best for each individual. This approach takes all these factors into account to create a personalized way of eating
3. **Increase whole grains:** Trust me it's not these types of carbohydrates that have led to the obesity epidemic, but rather the processed goods like doughnuts. Whole grains are some of the best sources of nutritional support and provide long-lasting energy.

Whole Grains ~ Whole grains have been a central element of the human diet since the dawn of civilization. They are some of the best sources of dietary fiber and B vitamins and provide long-lasting energy.

4. **Increase sweet vegetables:** People forget that these exist and they are the perfect medicine for the sweet tooth. Instead of depending on processed sugar, you can add more naturally sweet flavors to your diet and dramatically reduce sweet cravings.
5. **Increase leafy green vegetables:** These are seriously lacking in the American diet and they are most essential for creating long-lasting health. More specifically they help eliminate depression, improve liver, gallbladder and kidney function.
6. **Experiment with protein:** The majority of Americans eat way too much protein and mostly in the form of animal meat. Try other forms like beans or soy.
7. **Eat less meat, dairy, sugar and processed foods; consume less coffee, tobacco and salt:** Did you notice I said eat less instead of don't eat? If I told you not to drink coffee or chocolate you would want it all the more. By increasing your whole grains, vegetables and water you will naturally crowd out the more processed items.

Salt ~ Although salt is not inherently bad, most Americans consume more than double the daily recommended amount of sodium. Experts agree that diets high in salt are a major contributor to high blood pressure.

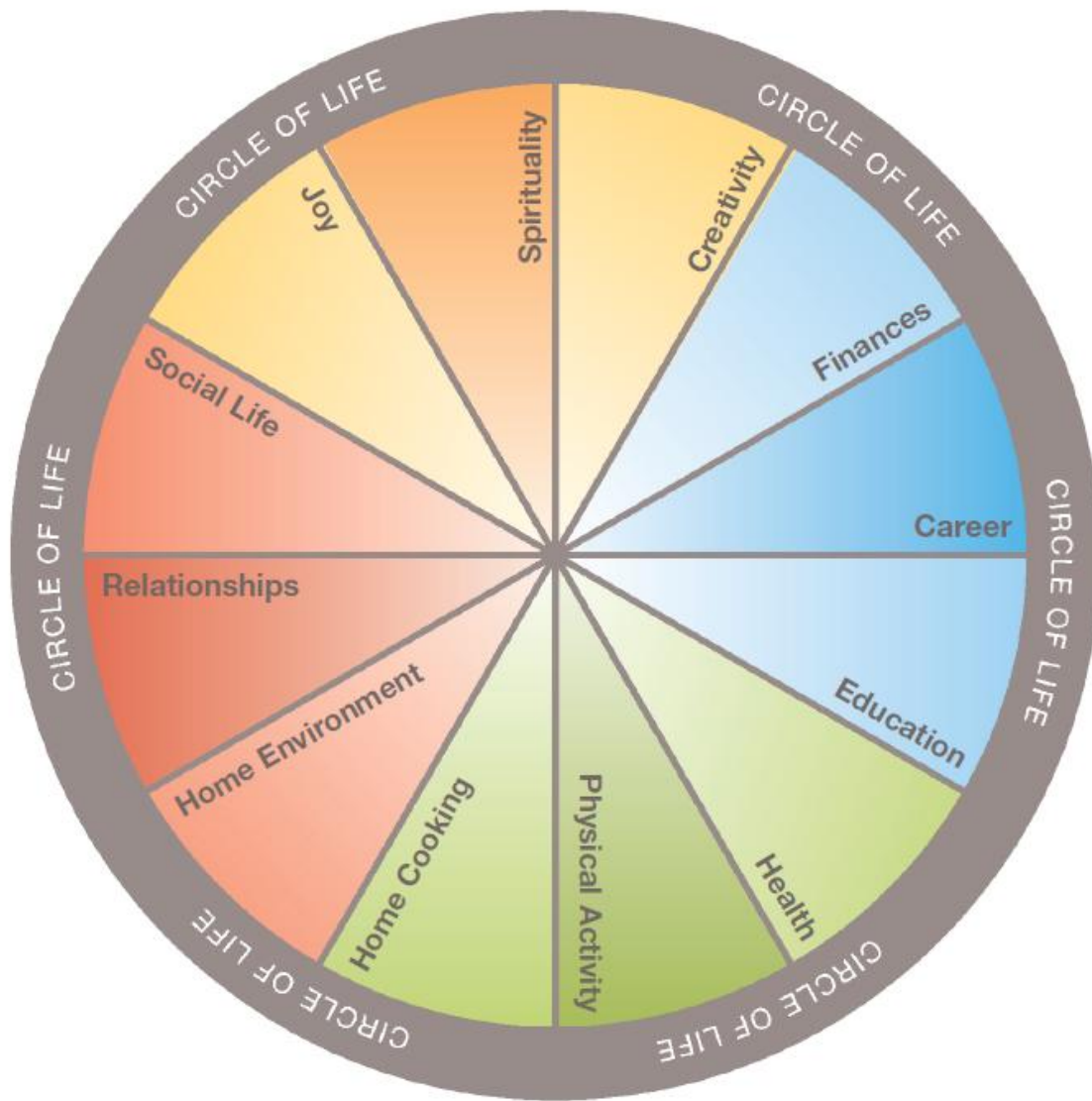
8. **Develop easy self-care habits:** People get so wrapped up in their busy lives that they forget to take care of themselves. This can be something as simple as a reading a book, exercising or taking a hot shower
9. **Have healthy relationships:** I call love and friendship the ultimate Super Food. Supportive relationships and friendships can nourish your soul. What's more is when you feel friendship and happiness you are more likely to eat better. Reach out to that one person who makes you feel is a friend and experience nourishment.
10. **Find physical activity:** You don't need to spend hours at the gym. What gets you moving?
11. **Find work or a volunteer service commitment that you love, or a way to love the task you are assigned:** So many of us spend time doing things that are unfulfilling and end up stressed out which leads to a slew of health problems.
12. **Develop a spiritual practice:** Some people freak out when I tell them this, but it's really about connecting with yourself. You don't need to start going to church or praying every day. Maybe being spiritual means taking a walk. Finding a spiritual practice can help you slow down and appreciate the non-material things in life.

This is the most laid back health program ever, but it really works. You don't need to follow the steps in order and you can do one step a week. Pick the step that you are most interested in trying. Have you

wanted to try a yoga class? Go for it! I also recommend that you don't do it alone. Everyone has someone in their life that also wants to improve their health. Who is that for you? You can be each other's supportive coach and hold each other accountable for making the small changes to improved health.

Circle of Life

This exercise will help you discover which primary foods need attention to create more balance in your life. The circle has twelve sections. Place a dot on the line for each section to designate how satisfied you are with that aspect of your life. A dot placed towards the center of the circle indicates dissatisfaction, while a dot placed towards the periphery indicates ultimate happiness. When you have placed a dot on each line, connect the dots to see your Circle of Life. Now you have a clear visual of any areas that may need your attention. You will complete this exercise again next month to see if your circle has become more balanced.



Green Drinks ~ Smoothies & Juices

Kale Lemonade ~ Makes 16-30oz of Kale Lemonade in a Juicer

- 2 handfuls of kale
- 1 peeled lemon
- 1 green apple
- 3 stalks of celery
- 1 thumbnail size of ginger to taste

Green Juice ~ Makes 16-30oz of fresh juice in a Juicer

- 2 handfuls of greens spinach, romaine, kale, Swiss chard etc.)
- 1 bunch of flat leaf parsley
- 2 cucumbers
- 1 peeled lemon or lime
- 2 green apples
- 3 stalks of celery
- 1 thumbnail size of ginger to taste

Green smoothie (Blender)

- 1 handful of greens (spinach, romaine, kale, Swiss chard etc.)
- 2 ripe bananas or 1 whole mango
- 1 cup of blueberries/mixed berries
- A blender full of filtered water

Why Add Oil or Protein to Smoothies? Add a healthy oil or protein to your fruit smoothies to reduce the spike in blood sugar levels and the bodies insulin response. Slowing down the breakdown of the fruit sugars will also add to how long you can starve off hunger with a smoothie. Great options include olive oil, coconut oil, flaxseed oil, flaxseed meal, and chai seeds. How does adding proteins or oil to your smoothies slow down the absorption of sugar helping to stabilize the insulin response? As food is introduced to your digestive system, the body starts its complex process of digestion and absorption of nutrients. When carbohydrates (fruits) are consumed, the body breaks these fruits down into sugars which are absorbed into the bloodstream where they serve as fuel to the body. As blood sugar levels rise, the body increases insulin production introduced into bloodstream to help deliver these sugar molecules to the body's cells. Adding healthy fats or protein will significantly decrease the rate at which these sugars are absorbed, both stabilizing the bodies insulin response, and allowing these smoothies to last longer as a food source in your body! Sources: <http://www.livestrong.com/article/555706-does-mixing-proteins-with-carbs-reduce-insulin-response/>; <http://www.livestrong.com/article/387143-carbohydrate-value-of-fruits-vegetables/>

Consider Adding Aloe to Smoothies! Aloe Vera could be considered a superfood, the leaf is filled with a gel containing at least 75 nutrients, 20 minerals, 12 vitamins, 18 amino acids, and 200 active enzymes. These compounds have tremendous benefit and potential in external and internal applications. Aloe is known to help eliminate ulcers, has hypoglycemic activity and anti-obesity effects, and is a powerful antioxidant. Sources: <http://www.globalhealingcenter.com/natural-health/benefits-of-aloe-vera/>

Why Wheat Grass?

The structure of wheatgrass is similar to hemoglobin, the protein in red blood cells that carries the oxygen to the blood. A metallic atom is the only difference between the two. Human blood carries the iron element in chlorophyll. Wheatgrass provides chlorophyll and contains a wide variety of vitamins, minerals, amino acids and enzymes. The nutritional value of wheatgrass can have up to a ratio of 1:23 compared to vegetables.

Green Alternatives for the Field

Amazing Grass Freeze Dried Wheat Grass/Green Super Foods <http://www.amazinggrass.com>
Spirulina & Cashew Bar: <http://rawrev.com>

Why Coconut Water?

For more than 4,000 years, coconut water has been revered as a natural source of nutrition, wellness, beauty and hydration. In times of famine and war, coconut water has been used as an intravenous fluid and saved many lives. It's the only natural substance that can be safely injected as plasma into the human blood stream. Now modern science has validated its effectiveness, especially as a natural sports drink. Coconut Water contains the five essential electrolytes that give your body everything it needs to stay hydrated and perform at your best. One drink has more potassium than a banana – 15 times more than most sports drinks – to prevent cramping. Drink Coconut water before or during a workout for the natural energy you need for optimal performance. After a workout, it replenishes and re-hydrates you to speed recovery.



Other Sources: <http://articles.mercola.com/sites/articles/archive/2011/11/27/coconut-water-ultimate-rehydrator.aspx>

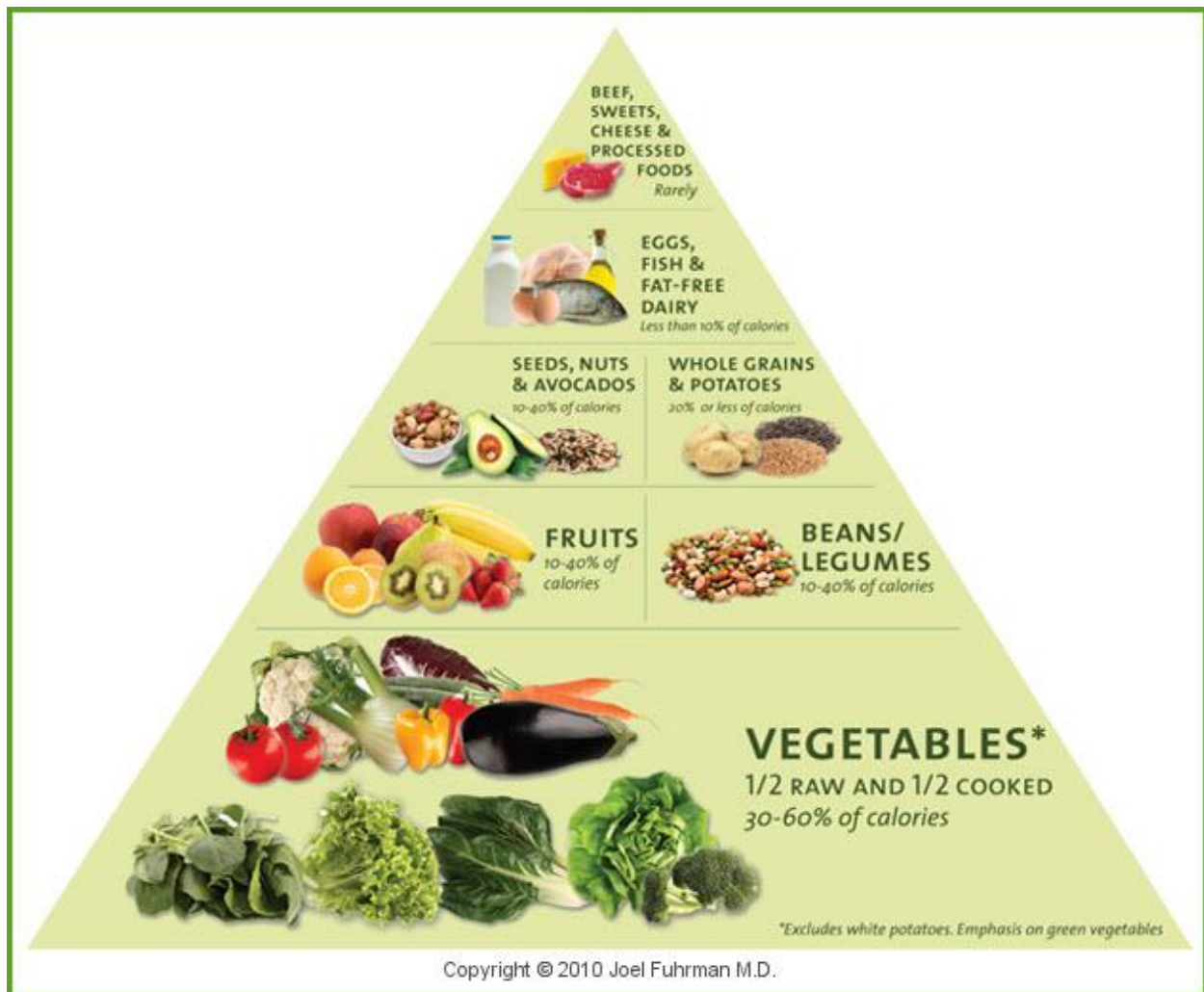
Natural Electrolyte Drinks ~ Just Say NO to Gatorade

Another great natural drink mixture to consider to replace electrolytes is a blend of green tea, salt, honey, fresh squeezed lemon or another citrus fruit, and mint. If you'd like you can also add some **Cayenne Pepper** to the mix! This all natural and tasty blend is caulked full of nutrients and electrolytes.

Nutrient Density Pyramid

What is Nutrient Density? Have you heard the term “Nutrient-Dense” to describe foods and beverages? Nutrient-Dense foods provide vitamins, minerals and micronutrients with relatively few calories. Fruits, vegetables, seeds, nuts, legumes, Ancient Grains and Super Foods are the most Nutrient-Dense foods on planet earth. Candy, soft drinks and many supplements are full of empty calories that lack vitamins and minerals. Use Green Smoothies and Juices as a way to reduce cravings, lose weight, get energized and REBOOT your system.

By Dr. Joel Fuhrman



ANDI Scores

Dr. Fuhrman has completely revised his ANDI (Aggregate Nutrient Density Index) scoring system to provide a more accurate picture of each food’s nutritional quality. Dr. Fuhrman originally developed the ANDI scoring system to rank foods according to micronutrients per calorie, including vitamins, minerals, and as many known beneficial phytochemicals as possible. Since the original calculation of the ANDI scores new information has come to light regarding certain beneficial phytochemicals, such as angiogenesis inhibitors, organosulfides, isothiocyanates, and aromatase inhibitors. Dr. Fuhrman has incorporated this information into a revised algorithm that more accurately reflects the nutritional value of each food.

| | | | | | |
|----------------------|------|-----------------|-----|-------------------|----|
| Kale | 1000 | Cantaloupe | 100 | Skim Milk | 36 |
| Collards | 1000 | Kidney Beans | 100 | Walnuts | 34 |
| Bok Choy | 824 | Sweet Potato | 83 | Grapes | 31 |
| Spinach | 739 | Black Beans | 83 | White Potato | 31 |
| Broccoli Rabe | 715 | Sunflower Seeds | 78 | Banana | 30 |
| Chinese/Napa Cabbage | 704 | Apple | 76 | Cashews | 27 |
| Brussel Sprouts | 672 | Peach | 73 | Chicken Breast | 27 |
| Swiss Chard | 670 | Green Peas | 70 | Eggs | 27 |
| Arugula | 559 | Cherries | 68 | Peanut Butter | 26 |
| Cabbage | 481 | Flax Seeds | 65 | Whole Wheat Bread | 25 |
| Romaine Lettuce | 389 | Pineapple | 64 | Feta Cheese | 21 |
| Broccoli | 376 | Chick Peas | 57 | Whole Milk | 20 |
| Carrot Juice | 344 | Oatmeal | 53 | Ground Beef | 20 |
| Cauliflower | 295 | Pumpkin Seeds | 52 | White Pasta | 18 |
| Green Peppers | 258 | Mango | 51 | White Bread | 18 |
| Artichoke | 244 | Cucumber | 50 | Apple Juice | 16 |
| Carrots | 240 | Soybeans | 48 | Swiss Cheese | 15 |
| Asparagus | 234 | Pistachio Nuts | 48 | Low Fat Yogurt | 14 |
| Strawberries | 212 | Corn | 44 | Potato Chips | 11 |
| Pomegranate Juice | 193 | Brown Rice | 41 | American Cheese | 10 |
| Tomato | 164 | Salmon | 39 | Vanilla Ice Cream | 9 |
| Blueberries | 130 | Almonds | 38 | French Fries | 7 |
| Iceberg Lettuce | 110 | Shrimp | 38 | Olive Oil | 2 |
| Orange | 109 | Avocado | 37 | Cola | 1 |
| Lentils | 100 | Tofu | 37 | | |

Joel Fuhrman, M.D.

Source: <http://www.drfuhrman.com/library/andi-food-scores.aspx>

Calorie Density

Calorie density (CD) is the number of calories per pound for each food. This chart helps explain our “crowding out” theory. Notice that CD is lowest in unprocessed plant foods. By filling up on these foods, a person can balance their blood sugar and have less hunger pangs. This will naturally crowd out other food choices and late night binges. It will help keep calorie consumption low, and create natural weight loss.

| Vegetables | Calorie Density | Fruit | Calorie Density |
|---|------------------------|---------------------------|------------------------|
| celery | 65 | cantaloupe | 140 |
| lettuce | 65 | berries | 140 |
| cucumber | 70 | papaya | 180 |
| broccoli | 130 | peach | 200 |
| kale | 130 | orange | 210 |
| onion | 155 | pear | 270 |
| carrot | 195 | apple | 270 |
| corns | 390 | banana | 420 |
| potato | 490 | | |
| yam | 525 | | |
| Beans + Products | Calorie Density | Grain | Calorie Density |
| tofu | 270 | oatmeal, plain | 280 |
| black beans | 600 | buckwheat | 420 |
| chickpeas | 740 | brown rice | 500 |
| | | whole-wheat pasta | 560 |
| | | sourdough bread | 1,240 |
| Nuts | Calorie Density | Dairy Products | Calorie Density |
| peanuts | 2,640 | cottage cheese 2% fat | 410 |
| peanut butter | 2,650 | cottage cheese regular | 1,580 |
| almonds | 2,670 | cheddar cheese | 1,820 |
| walnuts | 2,910 | butter | 3,250 |
| pecans | 3,030 | | |
| Fruits & Seafood | Calorie Density | Meat & Chicken | Calorie Density |
| lobster | 450 | chicken breast | 750 |
| king crab | 460 | pork tenderloin | 750 |
| cod | 480 | sirloin | 870 |
| halibut | 520 | top round | 950 |
| shrimp | 630 | prime round | 975 |
| salmon | 810 | veal | 980 |
| tuna | 830 | choice rib eye | 1,020 |
| ARTIFICIAL, CHEMICALIZED, JUNK FOODS | | | |
| white bread | 1,210 | oreo cookies | 2,200 |
| pretzels | 1,770 | kit kat bar | 2,290 |
| chocolate-chip cookies | 2,140 | plain potato chips | 2,400 |
| granola bar | 2,140 | margarine, oil | 3,250 |
| Sources: | | | |
| 1) Excerpted from “The Pritikin Principle”, The Calorie Density Solution, The Healthy Way to Lose up to 7 Pounds a Week. By Robert Pritikin, Time-Life Books. | | | |
| 2) Institute for Integrative Nutrition | | | |

The Eight Causes of Cravings

The body is amazing. It knows when to go to sleep, wake up, go to the bathroom, maintain 98.6 degrees, and tighten the eyes when the light gets bright. It knows the miracle of pregnancy and childbirth. Your heart never misses a beat. Your lungs are always breathing. The body is a supercomputer, and it never makes mistakes.

Look at the foods, deficits and behaviors in your life that are the underlying causes of your cravings. Many people view cravings as weakness, but really they are important messages meant to assist you in maintaining balance. When you experience a craving, deconstruct it. Ask yourself, what does my body want and why?

The eight primary causes of cravings are:

1. **Water.** Lack of water can send the message that you are thirsty and on the verge of dehydration. Dehydration can manifest as a mild hunger, so the first thing to do when you get a craving is drink a full glass of water. Excess water can also cause cravings, so be sure that your water intake is well balanced.
2. **Lack of primary food.** Being dissatisfied with a relationship or having an inappropriate exercise routine (too much, too little or the wrong type), being bored, stressed, uninspired by a job, or lacking a spiritual practice may all cause emotional eating. Eating can be used as a substitute for entertainment or to fill the void of primary food.
3. **Yin/yang imbalance.** Certain foods have more yin qualities (expansive) while other foods have more yang qualities (contractive). Eating foods that are either extremely yin or extremely yang causes cravings in order to maintain balance. For example, eating a diet too rich in sugar (yin) may cause a craving for meat (yang). Eating too many raw foods (yin) may cause cravings for extremely cooked (dehydrated) foods or vice versa.
4. **Inside coming out.** Often times, cravings come from foods that we have recently eaten, foods eaten by our ancestors, or foods from our childhood. A clever way to satisfy these cravings is to eat a healthier version of one's ancestral or childhood foods.
5. **Seasonal.** Often the body craves foods that balance the elements of the season. In the spring, people crave detoxifying foods like leafy greens or citrus foods. In the summer, people crave cooling foods like fruit, raw foods and ice cream, and in the fall people crave grounding foods like squash, onions and nuts. During winter many crave hot and heat-producing foods like meat, oil and fat. Cravings can also be associated with the holidays, for foods like turkey, eggnog or sweets, etc.
6. **Lack of nutrients.** If the body has inadequate nutrients, it will produce odd cravings. For example, inadequate mineral levels produce salt cravings and overall inadequate nutrition produces cravings for non-nutritional forms of energy like caffeine.
7. **Hormonal.** When women experience menstruation, pregnancy or menopause, fluctuating testosterone and estrogen levels may cause unique cravings.
8. **De-evolution.** When things are going extremely well, sometimes a selfsabotage syndrome happens. We crave foods that throw us off, thus creating more cravings to balance ourselves. This often happens from low blood sugar and may result in strong mood swings.

What is Raw Food

A raw food (also called living food) diet is an uncooked vegan diet, which consists of berries, fruits, vegetables, roots, nuts, germinated seeds and sprouts. Plants are rich natural sources of antioxidants in addition to other nutrients. In addition, the live food also contains enzymes which act as catalyst for detoxification and absorption of nutrients. Under Naturopathy, juices of certain vegetables and fruits are used as cancer fighting foods.

Green Leafy Vegetables

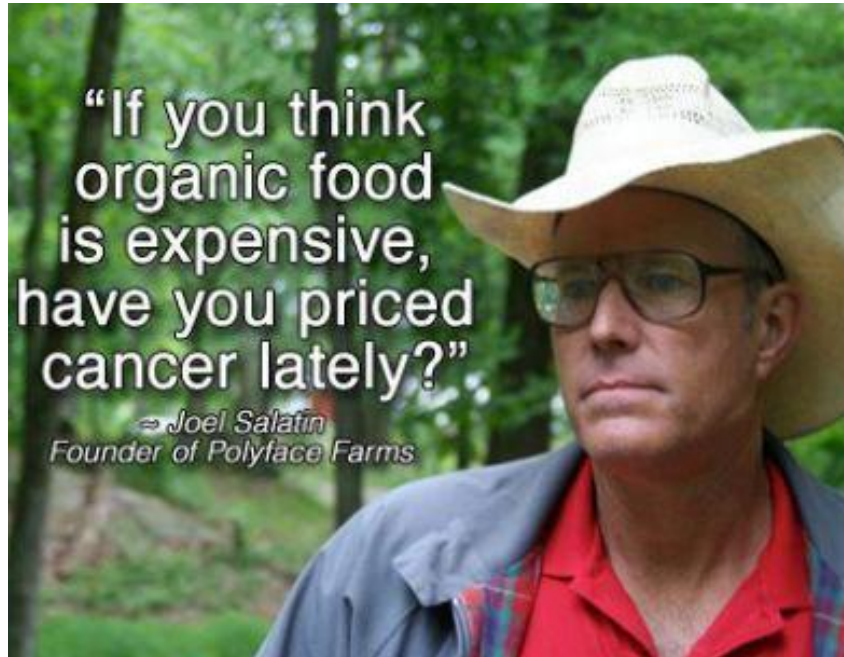
These are probably the most important group of foods. Green leaves are the best source of alkaline minerals, contain the best fiber, have many calming, anti-stress properties, and are the best source of chlorophyll. Chlorophyll is a blood-builder and one of nature's great healers. Green, leafy foods are the most abundant foods on earth. In July of 1940, a comprehensive report written by Dr. Benjamin Gurskin, director of experimental pathology at Temple University, that focused on 1,200 patients treated with chlorophyll was published in the American Journal of Surgery. On the power of chlorophyll, he said, "It is interesting to note there is not a single case recorded in which improvement or cure has not taken place." In 1950, Dr. Howard Westcott found that just 100 milligrams of chlorophyll in the diet neutralized bad breath, body odor, menstrual odors, and foul-smelling urine and stools.

Enzymes

One of the most enzymatically active locations that exist in nature is found in the mouth of a child eating cooked food. If cooked food is eaten, the body attempts to adapt by increasing the enzyme content of the saliva in order to begin breaking down cooked food as quickly as possible. This adaptation lasts as long as the body has enzyme reserves. As we age, our reserves decrease. Doctor Meyer and his associates at Michael Reese Hospital, Chicago, found that the enzymes in the saliva of young adults was 30 times stronger than in persons over the age of 69. Without the proper enzymes to break down our foods, we begin to accumulate undigested materials in our system. This leads to weight gain, inflammation, stagnation, digestive distress, and fatigue. The saliva of a raw-food eater contains far less enzymes than that of a person who eats cooked food. This is because raw foods contain enzymes and salivary enzymes are not as strongly needed for digestion. Our enzyme reserves correlate to our vitality.

Organic Food

In 1993, Doctor's Data Lab of Chicago did a study published in the Journal of Applied Nutrition (Vol. 45, Issue # 1). For over two years, researchers collected foods, such as apples, corn, peas, and potatoes from the organic foods stores and regular supermarkets in the Chicago area, just like a typical shopper. Their lab test results showed that, by weight, organic produce contained at least twice the nutritional mineral content of regular supermarket produce, and far less dangerous heavy-metal residues, such as aluminum, lead, and mercury.



Source: <http://swarthmorecoop.wordpress.com/2012/06/04/price-of-organic-produce-v-price-of-cancer-33-2/>

Pesticides

On March 9, 2003, The New York Times reported that 68 pesticide ingredients have been determined to cause cancer. The National Academy of Sciences released a finding which was written in USA Today on June 28, 1993, which stated, "By the time the average child is a year old, s/he will have received the acceptable lifetime doses of 8 pesticides from 20 commonly eaten foods." Pesticides are unacceptable at any level, and definitely should be avoided on our food.

OVERVIEW ~ Super Foods...What are they?

Superfoods are a class of the most potent, super-concentrated, and nutrient-rich foods on the planet. Extremely tasty and satisfying, superfoods have the ability to tremendously increase the vital force and energy of one's body, and are the optimum choice for improving over-all health, boosting the immune system, elevating serotonin production, enhancing sexuality, cleansing, and alkalizing the body. Nourishing us at the deepest level possible, they are the true fuel of today's "superhero."

Top 10 Superfoods and Tonic Herbs

1. Cacao (Raw Chocolate) -- The seed of a fruit of an Amazonian tree, cacao is the highest antioxidant food on the planet, the #1 source of magnesium, iron, chromium and is also extremely high in PEA, theobromine (cardiovascular support), and anandamide ("bliss chemical"). Raw Chocolate balances brain chemistry, builds strong bones, is a natural aphrodisiac, elevates your mood and energy.

2. Goji Berries (Wolfberries) -- Used in traditional Chinese medicine for over 5,000 years, goji berries are regarded as a longevity, strength-building, and potency food of the highest order. This superfood contains 18 kinds of amino acids, all 8 essential amino acids, up to 21 trace minerals, high amounts of antioxidants, iron, polysaccharides, B & E vitamins, and many other nutrients.
3. Maca -- A staple in the Peruvian Andes for thousands of years, this adaptogenic superfood increases energy, endurance, strength, and libido. Dried maca powder contains more than 10% protein, nearly 20 amino acids, and 7 essential amino acids. As a root crop, maca contains five times more protein than a potato and four times more fiber.
4. Hemp Products eaten their RAW form -- Packed with 33 % pure digestible protein, rich in iron, amino acids, and vitamin E as well as omega-3's and GLA. A perfect food.
5. Spirulina and Blue-Green Algae -- The world's highest source of complete protein (65%), spirulina provides a vast array of minerals, trace elements, phytonutrients and enzymes. Blue-green algae is a wild-grown superfood with a 60% protein percentage, but is equally or exceedingly higher in other components. Both are vital superfoods.
6. Bee Products (honey, pollen, and propolis) -- Bee pollen is the most complete food found in nature containing vitamin B-9 and all 21 essential amino acids, making it a complete protein. Honey, in its organic/wild, raw, unfiltered states is rich in minerals, antioxidants, probiotics, enzymes, and one of the highest vibration foods on the planet.
7. Camu Berry - Highest Vitamin C source on planet. Great for rebuilding tissue, purifying blood, and enhancing immunity, and energy.
8. Sea Vegetables (seaweeds including: kelp, dulse, nori, hijiki, bladderwrack, chlorella, etc) -- Rich in life-giving nutrients drawn in from the ocean and sun, sea vegetables help remove heavy metals, detoxify the body, provide numerous trace minerals, regulate cholesterol, and decrease the risk of cancer. Seaweeds benefit the entire body, and are especially excellent for the thyroid (high iodine), immune system, adrenals, and hormone function.
9. Medicinal Mushrooms (Reishi, cordyceps, maitake, shiitake, lion's mane, etc.) -- High in polysaccharides and super immune enhancing components, medicinal mushrooms are one of the most intelligent adaptogenic herb/superfoods on the planet! They have also been proven effective in healing cancer and a variety of other ailments.
10. Powerful Supplements -- MSM, Beauty Enzymes, Blue Mangosteen, Marine Phytoplankton, Activated Liquid Zeolite, Ormus, MegaHydrate, Crystal Energy, Krill Oil.

Macro versus Micro Nutrients

There are two types of nutrients which we need for our survival, micronutrients and macronutrients. This division is based on the quantity of a nutrient the body needs. We need micronutrients in small amounts and macronutrients in large amounts.

Macronutrients are the nutrients that provide calories or energy needed for growth, development, metabolism and all body functions. Macro means large therefore macronutrients are the nutrients we need in the largest amounts.

Micronutrient are nutrients that the human body needs in minute amounts so that it can function properly. Although, micronutrients are needed only in small amounts, their deficiency leads to critical health problems.

<http://www.macronutrients.net/micronutrients-vs-macronutrients/>

Brief Overview of Vitamins & Minerals

Vitamins ~ Organic compounds which means they contain carbon, essential for life. Either water soluble or fat soluble meaning they either need water or fat to be digested and absorbed.

Water soluble vitamins include (all are B-vitamins except for vitamin C):

- Vit C
- Thiamin
- Riboflavin
- Niacin
- B6
- B12
- Folic acid
- Biotin
- Pantothenic acid

Fat soluble vitamins include:

- Vitamin A
- Vitamin D
- Vitamin E
- Vitamin K

Minerals ~ Categorized as either major or trace dependent upon how much our body needs. Trace minerals are needed just as much for function but they are needed in much smaller amounts than major minerals.

Major minerals include:

- Calcium
- Phosphorus
- Potassium
- Sodium
- Chloride
- Magnesium
- Sulfur

Trace minerals include

- Iron
- Iodine
- Zinc
- Chromium
- Selenium
- Fluoride
- Molybdenum
- Copper
- Manganese

Minerals are inorganic, they do not contain carbon. They are much more simple in structure than vitamins. Therefore they are much less vulnerable to damage from heat, light, cooking, processing etc. They can be bound to other substances, such as oxalates in spinach and tea and phytates in legumes and grains, making them unavailable for digestion by the body.

Why Whole Food Supplements versus Vitamins?

Our Bodies Absorb Only 10% of Most Vitamins Taken Orally ~ According to the Physicians Desk Reference approximately 10-20% of vitamins and minerals taken in pill form are actually absorbed by the body. Because of this low rate of absorption typical multi-vitamins are not enough for us to obtain the vital nutrients our bodies need. <http://www.pdrhealth.com/>

Use Whole Food Supplements to Complement your Diet? With Whole Food Supplements we feed our bodies the entire food product containing all of the desired nutrients as opposed to using extracted and/or concentrated nutrients. With concentrated nutrients and standard multivitamins, our bodies don't recognize the substance as food and can't easily absorb the vitamins. As mentioned above the absorption rate of standard multivitamins is as low as 10-20% while Whole Food Supplements on the other hand provide closer to 100% absorption rates.

The Differences Between Synthetic and Natural Vitamins by Dr. Group

"Vitamins, vitamins, vitamins. Whether we get them from our daily diet, from sunshine, or from store bought capsules or liquids, vitamins are vital to our health and to the proper functioning of our bodies.

Vitamin deficiencies lead to a wide range of problems spanning from anorexia to obesity, organ malfunction, confusion, depression and fatigue.

However, whether or not your vitamins are hurting you is another story. What people are not aware of is all vitamins are not created equal, and most are actually synthetic.

What is a "Synthetic" Vitamin?

The type of vitamins that are the most beneficial is up for debate. A healthy, organic diet should provide a good amount of nutrients that the body needs, but supplements can help ensure that we are getting a healthy dose of specific vitamins.

The problem is that many vitamin and mineral supplements are manufactured synthetically with chemicals and do not come straight from their natural sources. They are made to mimic the way natural vitamins act in our bodies. Natural vitamins are derived directly from plant material containing the vitamin, not produced in a test tube.

Many synthetic vitamins lack the transporters and co-factors associated with naturally-occurring vitamins because they have been "isolated." The Organic Consumers Association emphasizes that isolated vitamins cannot be used or recognized by the body in the same way as the natural version.

The natural form come in packages with other vitamins, enzymes and minerals that control the way the body recognizes, metabolizes and uses them to make what it needs.

Isolated vitamins can't always be used by the body, and are either stored until you obtain or create the nutrients required to use them effectively or are excreted. Synthetic vitamins are also devoid of necessary trace minerals and must use the body's own mineral reserves which may lead to dangerous mineral deficiencies.

Did You Know? More than 95% of all the vitamin supplements sold today fall in to the synthetic category.

What's the Big Deal About Synthetic Vitamins?

Synthetic versions of vitamins contain chemical compounds that were not meant for human consumption and do not occur in nature. Evolution has dictated that we eat the food we can gather from the earth, not the food we create in a lab.

We might not always get what we're expecting from synthetics. The synthetic version of Vitamin E is often referred to as the dl- form. The dl- form is a combination of the d-form (which, by the way, is the naturally occurring form) and the l-form. No big deal, right?

Well it might not be, except that the body doesn't actually use the l-form- we excrete it! I must note here that this applies only to vitamins and not amino acids or sugars. Fat soluble vitamins in their synthetic form are especially dangerous because they can build up in your fatty tissues and cause toxicity. The reason that the synthetic form is more dangerous is because you get a high, concentrated dose of the vitamin rather than the amount that you would get from a food-based form.

- Vitamins A, D, E and K are all fat soluble
- Fat soluble vitamins are found naturally in butter, fish oils, nuts, and green leafy vegetables
- Excesses of fat soluble vitamins are stored in the liver and fatty tissues
- Most people do not get sufficient amounts of fat soluble vitamins from their diet

How do I know if the vitamins I'm buying are synthetic or natural?

The Organic Consumers Association has published an ingredient chart to help consumers identify natural vs. synthetic vitamins. Many vitamin producers want you to believe that you are getting a "natural product" because it seems more wholesome to take "natural" vitamins.

Unfortunately, vitamins can be labeled as natural if they contain as little as 10% of the natural form of the vitamin. This means that your "natural" vitamin could contain 90% of synthetically produced chemicals! B-Vitamins and Vitamin C are also usually synthetically produced.

Common Synthetic Vitamins to Avoid:

Look for clues on your vitamin's label that offer insight into the origin of the vitamin.

- Vitamin A: Acetate and Palmitate

- Vitamin B1 (Thiamine): Thiamine Mononitrate, Thiamine Hydrochloride
- Vitamin B2 (Riboflavin): Riboflavin
- Pantothenic Acid: Calcium D-Pantothenate
- Vitamin B6 (Pyridoxine): Pyridoxine Hydrochloride
- Vitamin B12: Cobalamin
- PABA (Para-aminobenzoic Acid): Aminobenzoic Acid
- Folic Acid: Pteroylglutamic Acid
- Choline: Choline Chloride, Choline Bitartrate
- Biotin: d-Biotin
- Vitamin C (Ascorbic Acid): Ascorbic Acid
- Vitamin D: Irradiated Ergosterol, Calciferol
- Vitamin E: dl-alpha tocopherol, dl-alpha tocopherol acetate or succinate

*NOTE: The “dl” form of any vitamin is synthetic

Other Toxic Ingredients to Avoid In Supplements

- Magnesium stearate (or stearic acid) inhibits immune response
- Monosodium Glutamate (MSG) disguised as “natural flavors”
- Carnauba wax is used in car wax and shoe polish
- Titanium dioxide is a carcinogen

Sources:

Natural Healthcare Store <http://www.naturalhealthcarestore.com/researchskinabsorbs.htm>

Dr. Group <http://www.globalhealingcenter.com/natural-health/synthetic-vs-natural-vitamins/>

Yoga for Detoxification

- Yoga systematically stretches and compresses every part of the body, keeping above systems healthy.
- A well rounded yoga practice facilitates removal of carbon dioxide, waste products and lymphatic fluid.
- Yoga breathing assists in clearing out carbon dioxide, stimulates organs of digestion, retrains diaphragm
- Improved diaphragmatic movements massage the abdominal organs improving their function
- Yoga provides mental detox from negative thinking patterns.
- Vinyasa yoga increases blood flow which speeds up the metabolic process of the vital organs and glands, mobilizing toxins for elimination
- Hot Yoga : heat stimulates fat receptors, activating fat stores and facilitating fat loss, releasing fat soluble toxins
- Hot Yoga: sweating through the largest organ in the body detoxifies the body
- Hot Yoga: heat has healing properties as it stimulates white blood cell production and improving the immune system For those unable to stand long hours in the heat or can't get access to a hot yoga class, some simple postures can help.

Twists

Poses that involve twists help to massage the internal organs, help squeeze out stale blood and when released help fresh blood flow into the organs. Twists also help to improve digestion.

Forward Folds

Forward bends in general improve the blood circulation, aid digestion and calm the emotions. This asana cures stomach pains and tones the liver, the spleen and the kidneys. Removes stomach pain during menstrual cycles. The heartbeats are slowed down and the spinal nerves rejuvenated. Depression/sadness is removed from the mind when held for two minutes or more. Great for anxiety, people suffering from ADD, ADHD, as it soothes the brain cells. One should feel calm and cool and the eyes should start to glow and the mind feels at peace.

Inversions ~ A Key Component of Detoxification

What is an Inversion?

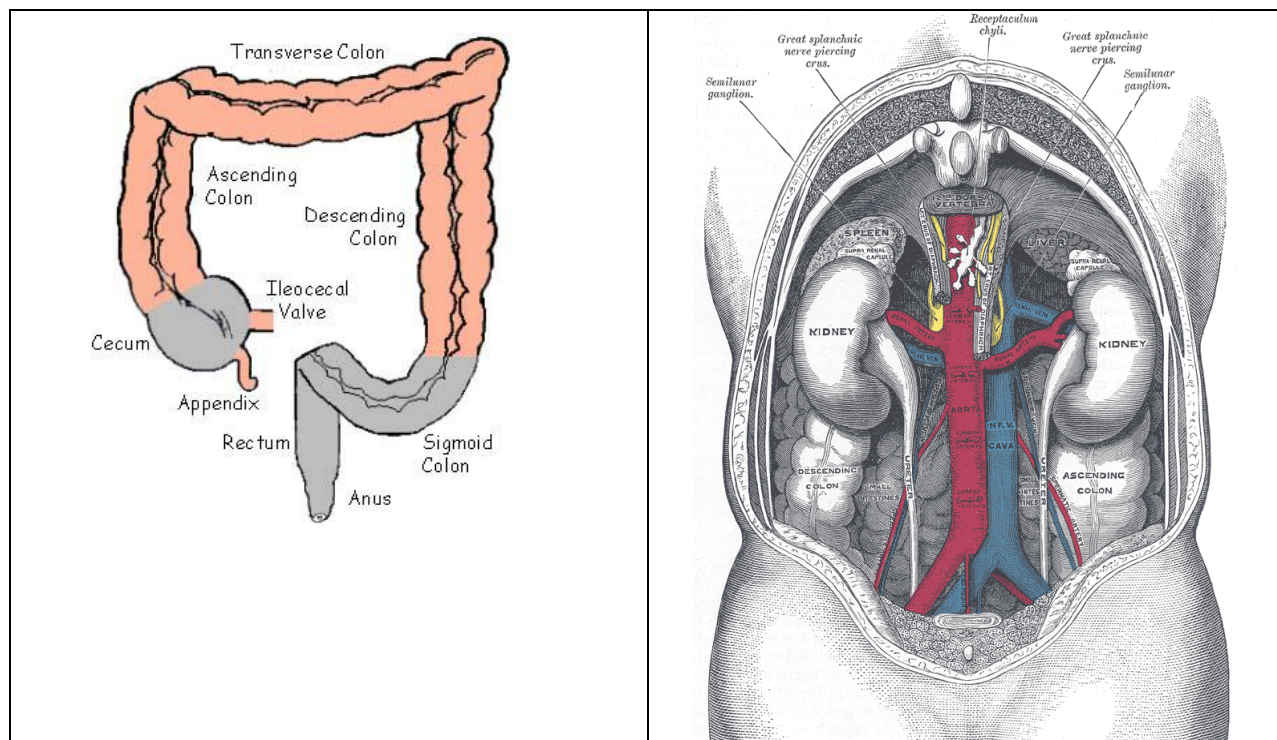
Technically, any pose that places your heart higher than your head is considered an inversion. So, while we logically think first of handstand or headstand, many more simplistic poses can

provide the many benefits of inversions. For example poses as simple as down dog are considered inversions as your head is placed below your heart. Other poses include standing forward folds, humble warrior, grounded warrior, standing splits, extreme leg stretch, and even child's pose with your knees together.

What are the Benefits of Inversions?

- **Inversions reverse the aging force of gravity** as you are upside down.
- **Inversions can relieve back pain** by helping to create better posture and spinal mobility. Some inversions use gravity, coupled with the weight of your head (~10lbs) to gently align and give traction to the spine. This would include handstand, forearm balance, and traditional headstand (hands clasped, entire forearm resting on the ground, shoulders engaged to kept head from fully resting on the floor). Tripod headstand may not provide this particular benefit as tripod requires the entire weight of your body to be placed directly on your head with your hands on the floor to help with balance.
- **Inversions Improve Brain Function.** Increased blood flow to the brain nourishes brain cells with more oxygen and nutrients which are required for optimal brain function. Inverted poses are believed to increase concentration, memory, and awareness.
- **Inversions help to elevate mood and relieve depression.** Inversions balance hormones and your endocrine system (system of glands, each of which secretes different types of hormones directly into the bloodstream to regulate the body) and combats depression by re-balancing the adrenal glands, affecting physical and emotional health. Inversions increase circulation of blood and oxygen to the brain, release neurotransmitters, balance hormones, provide endorphin-releasing movements, and therapeutic postural correction. Inversions are a powerful tool in counteracting depression, premenstrual symptoms, moodiness, and SAD (Seasonal Affective Disorder).
- **Inversion enhances relaxation and promotes sounder sleep.** It is estimated that muscle tension is reduced by 35% during inversions. As such, anxiety, tension, and insomnia are typically improved with daily inversion therapy.
- **Inversions improve digestion and elimination.** Many yoga poses, such as twists, are known to help alleviate constipation by stimulating and massaging the colon. Inversions also help to relieve constipation. When standing upright, stool moving from the ileocecal valve through the ascending colon (the first section of the large intestine) must move against gravity. When inverted, stool entering the ascending colon is actually moving with gravity. Additionally, when inverted, the pressure of the stool against the walls of the colon also stimulates movement via a stronger peristalsis. Adding variations such as twists during inversions can also be a powerful tool to help encourage elimination.

Proper elimination can help eliminate fatigue, tension, anxiety, skin disorders (including acne, eczema, psoriasis, and rosacea), and bad breath.



- Inversion promotes lymphatic drainage and blood purification.** This healthy detoxification leads to a general feeling of well being and rejuvenation. Inversions boost the immune system as lymphatic cleansing is increased. It is claimed that inversions lead to the overall body function occurring more efficiently and effectively. At the very least we know that one of the bodies most important functions, elimination, is improved by inversions. **What is the benefit of improved lymphatic drainage?** The lymphatic system eliminates toxins from various body tissues and plays an important role in the overall health of the immune system. Generally, yogis view inversions as a vital part of any well rounded yoga practice as proper lymphatic circulation is vital to ones overall health. Additionally, it reduces edemous or swelling of the legs, relieves pressure in varicose veins, and hemorrhoids. Greater circulation also improves the skins “glow” and tone as blood flow to the head, facial capillaries, and hair follicles delivers greater amounts of oxygen and nutrients, the body’s natural beauty treatment. Increased lymphatic drainage and the resulting detoxification improves visual signs of toxicity including acne, cellulite, fluid retention, and varicose veins. The fully inverted position also helps prolapsed and protruding organs to return to their normal shape and position.

“In the course of a day spent upright (standing or sitting), the gravitational pull toward the feet is sufficient to promote leakage of lymph, mainly in the lower limbs, and the legs tend to swell. Limbs positioned below the heart that are physically inactive are more prone to this accumulation of lymphatic fluid.

To prevent swelling of the tissue, it is necessary to pump lymph back to the heart, where it will again join the blood supply in the vascular system. Inversions and exercise circulate lymphatic fluid, helping to drain toxins from the extremities and move them towards the lymph nodes. Lymph nodes filter the lymphatic fluid that is moving towards the heart. The lymphatic nodal system is imperative to immunity as it contains macrophage cells, which intercept and kill foreign bacteria, and lymphocytes, which manufacture antibodies in order to control foreign microorganisms. As inversions promote more rapid circulation of the lymph through the nodes, the rate of blood purification and detoxification increases, helping to revitalize and maintain youth and beauty.”
<http://www.evolutionhealth.com/omgym/Omgym-inversion-benefits.html>

Sources: <http://www.evolutionhealth.com/omgym/Omgym-inversion-benefits.html>
<http://www.thesolutionsdoc.com/newsletter/?id=46>

How Do Inversions Aid in Detoxification?

All inversions are generally viewed as helpful in the detoxification process as they reverse the flow of blood helping to body to circulate blood from the lower extremities back through the system to the heart and other organs that work to pull toxins from the blood and excrete them from the body. Inversions also add light pressure to the abdomen which aids in stimulating digestion. Additionally, any fully inverted pose, such as handstand, headstand, shoulder stand, or simply "legs up the wall" will help to drain accumulated lymph fluid from the lower quarter of the body including the feet and legs re-circulating it through the body which greatly benefits the immune system.

Inverted poses also help to soothe the nervous system and reduce stress. When we're not stressed, it's easier for us to choose healthier choices for our bodies (including good diet and exercise) which promote the body's natural detox efforts.

<http://en.wikipedia.org/wiki/Lymph>

Inversions for All Levels

Tripod Headstand (Sirsasana II)

- From Tripod – Ab Exercises by Lowering and Lifting
- From Wide Legged Forward Fold (Prasarita Padottanasana) - Ab Exercise by Lowering and Lifting
- Lift to Crow / Side Crow

Handstand Prep (Adho Mukha Vrksasana - Downward Facing Tree)

- Use a Strap to Build Strength and Form

- From Standing in Fully Engaged Tadasana or Mountain Pose (Feet and Legs Engaged, Tailbone Tucked, Abs Engaged, Shoulders Down and Back, Shoulder Blades “Kissing”)
- Place a Strap Around Your Arms Above the Elbow as Wide as Your Shoulders
- Press Arms Outward Against the Strap
- With Hands Flexed at Wrist as if Placed on the Floor Lift Arms to the Sky and Return to 90 Degrees (directly out from body) and Repeat until muscles are fully warmed.
- Exercise engages ALL muscles used in handstand without intimidation of being inverted.
- Use the wall 90 degrees right side up then upside down



- Place Hands Approximately 12 Inches Away from the Wall (fingers facing the wall); Lift One Leg and Kick the Other Leg Up into Handstand



DAVID MARTINEZ

- Flip Over into Back Bend (Be sure to have warmed the spine for a backbend prior, maybe even show students that the hand positioning is the same for handstand as for backbends)

Supported Headstand (Salamba Sirsasana), Forearm Balancing, and Scorpion

- Preparatory Exercises - Forearm Plank; Forearm Down Dog (lower chin/forehead to almost touch the ground between the hands and lift back to arms at 90 degrees), Turbo

Dog (from forearm down dog lift arms one inch off ground and repeat – can do one arm at a time)



“All poses, regardless of the challenge, are accessible to us. We simply do the work, show up with an open mind free of expectation and do our practice. The physical body continues to grow and as the mind frees itself the pose arrives.” ~Kathryn Budig

<http://blogs.yogajournal.com/challengepose/2011/03/challenge-pose-handstand.html>

<http://www.evolutionhealth.com/omgym/Omgym-inversion-benefits.html>

Targeted Organ Detoxification

Largest Internal Organs to Detox

- **Colon and Intestinal System** ~ The colon is one of the most important organs for proper detoxification. The colon absorbs nutrients that support all organs within your body, including other organs vital to detoxification such as the heart, liver, kidney, skin, etc. It also provides vital nutrients that support proper brain function. All twisting postures work to cleanse internal organs, eliminate toxins from the colon and improve digestion. These twisting poses constrict and squeeze digestive organs. When the poses are released fresh blood flows through the system cleansing your liver, kidneys and colon.
- **Liver** ~ The liver is the largest gland and solid organ in the body (British Liver Trust). A properly functioning liver is vital for optimal health. The liver has over 500 functions within the body. Some of the most important processes include storing iron and other vitamins and minerals, manufacturing bile, aiding in the breakdown of foods, converting food into energy, and eliminating toxins. Certain yoga poses help to promote liver health. Seated Twists help to massage the liver encouraging the release of toxins. Forward Bends such as Janu Sirsanana (head-to-knee forward bend) work to stimulate the liver, increase blood flow, and encourage detoxification. Abdominal Strengthening Poses that work muscles that support the abdominal cavity along the front of the body also target the liver (Boat, Full Wheel). Abdominal Stretching Poses such as sphinx, cobra, half frog and king pigeon can reduce strain on the liver and internal organs while stimulating abdominal organs.
- **Kidneys** ~ The kidneys do many things that keep you healthy, including cleansing and filtering the blood to remove wastes, stimulating production of red blood cells; regulating blood pressure, regulating various substances in your blood including minerals such as potassium, sodium, chloride, calcium, phosphorus, and helping to regulate the acidity of your blood through controlling how much water is in your body. Poses that help to activate the kidneys include Baddha Konasana (Bound Angle Pose), Navasana (Boat Pose), and Half Lord of the Fishes.

Liver & Kidney Detoxification

Yoga Postures to Detoxify the Liver & Kidney

- **Twists**
 - Half Lord of the Fishes Pose ~ Ardha Matsyendrasana
 - Marichi's Pose ~ Marichyasana III
 - Pose Dedicated to the Sage ~ Marichi, I Marichyasana I
 - Noose Pose ~ Pasasana
 - Revolved Head-to-Knee Pose ~ Parivrtta Janu Sirsasana
 - Gate Pose ~ Parighasana
- **Forwards Bends**
 - Standing Forward Bend ~ Uttanasana
 - Standing Split ~ Urdhva Prasarita Eka Padasana

- Wide-Legged Forward Bend ~ Prasarita Padottanasana
- Seated Forward Bend ~ Paschimottanasana
- Head-to-Knee Forward Bend
- Pose Dedicated to the Sage ~ Marichi I, Marichyasana I
- Head-to-Knee Forward Bend ~ Janu Sirsasana
- Revolved Head-to-Knee Pose ~ Parivrtta Janu Sirsasana
- Big Toe Hold Pose ~ Padangusthasana

Sources: Yoga Journal

Foods that Detoxify the Liver

Modern society is a sad state that produces many over-processed livers. When we overeat or eat processed or fried foods, and, anytime we are exposed to environmental pollutants or stress, the liver becomes overworked and overloaded. When the liver is taxed, it can't process toxins and fat in an efficient way. There are many foods that can help cleanse the liver naturally by stimulating the natural ability to clean toxic waste from the body.

In the past, I have discussed my favorite cleansing foods. This list is a little more specific and focuses mainly on foods that can help cleanse your liver. In addition to taking a liver-cleansing supplement, and performing at least two liver and gallbladder cleanses per year, eating the following foods is the best way to keep your liver healthy and functioning the way you need it to. I would encourage you to incorporate these liver cleanse foods into your weekly diet.

1. **Garlic** ~ Just a small amount of this pungent white bulb has the ability to activate liver enzymes that helps your body flush out toxins. Garlic also holds high amounts of allicin and selenium, two natural compounds that aid in liver cleansing.
2. **Grapefruit** ~ High in both vitamin C and antioxidants, grapefruit increase the natural cleansing processes of the liver. A small glass of freshly-squeezed grapefruit juice will help boost production of liver detoxification enzymes that help flush out carcinogens and other toxins.
3. **Beets and Carrots** ~ Both extremely high in plant-flavonoids and beta-carotene, eating both beets and carrots can help stimulate and improve overall liver function.
4. **Green Tea** ~ This liver-loving beverage is chock-full of plant antioxidants known as catechins, a constituent known to assist the livers overall functions. Green tea is not only delicious, it's also a great way to improve your overall diet. Learn more about the benefits of green tea.
5. **Leafy Green Vegetables** ~ One of our most powerful allies in cleansing the liver, leafy greens can be eaten raw, cooked or juiced. Extremely high in plant chlorophylls, greens literally suck up environmental toxins from the blood stream. With their distinct ability to neutralize heavy metals, chemicals and pesticides, these cleansing foods offer a powerful protective mechanism for the liver. Try incorporating leafy greens such as **bitter melon, arugula, dandelion greens, spinach, mustard greens and chicory** into your diet. This

will help increase the creation and flow of bile, the substance that removes waste from the organs and blood.

6. **Avocados** ~ This nutrient-dense super-food helps the body produce glutathione, which is necessary for the liver to cleanse harmful toxins. Recent studies indicate improved liver health when avocados are eaten regularly.
7. **Apples** ~ High in pectin, apples hold the chemical constituents needed for the body to cleanse and release toxins from the digestive tract. This, in turn, makes it easier for the liver to handle the toxic load during the cleansing process.
8. **Olive Oil** ~ Cold-pressed organic oils such as olive, hemp and flax-seed are great for the liver, when used in moderation. They help the body by providing a lipid base that can suck up harmful toxins in the body. In this way, it takes some of the burden off the liver in terms of the toxic overload that many of us suffer from.
9. **Whole Grains** ~ Grains, such as brown rice, are rich in B-complex vitamins, nutrients known to improve overall fat metabolism, liver function and liver decongestion. If possible, do not eat foods with white flour, instead try eating whole wheat alternatives.
10. **Cruciferous Vegetables** ~ Eating **broccoli** and **cauliflower** will increase the amount of glucosinolate in your system, adding to enzyme production in the liver. These natural enzymes help flush out carcinogens, and other toxins, out of our body which significantly lowers our risk of cancer.
11. **Lemons & Limes** ~ These citrus fruits contain very high amounts of the vitamin C, which aids the body in synthesizing toxic material into substance that can be absorbed by water. Drinking freshly-squeezed lemon or lime juice in the morning helps stimulate the liver.
12. **Walnuts** ~ Holding high amount of the amino acid arginine, walnuts aid the liver in detoxifying ammonia. Walnuts are also high in glutathione and omega-3 fatty acids which support normal liver cleansing actions. Make sure you chew the nuts well (until they are liquefied) before swallowing.
13. **Cabbage** ~ Much like broccoli and cauliflower, eating cabbage helps stimulate the activation of two crucial liver detoxifying enzymes that help flush out toxins. Try eating more kimchi, coleslaw, cabbage soup and sauerkraut.
14. **Turmeric** ~ The liver's favorite spice. Try adding some of this detoxifying goodness into your next lentil stew or veggie dish for an instant liver pick-me-up. Turmeric helps boost liver detox, by assisting enzymes that actively flush out known dietary carcinogens.
15. Artichoke ~
16. Asparagus ~
17. Kale ~
18. Brussel Sprouts ~

Liver Cleanser Soup (by Dr. Edward Group)

To maximize the liver's ability to detoxify and cleanse, choose a combination of foods which are high in naturally occurring sulphur and glutathione. Sulphur helps the liver cleanse harmful chemicals. The ingredients in the liver soup include:

- 1 Organic Beet (Chopped)

- 2 Organic Carrots (Chopped)
- 10 Organic Garlic Cloves (Minced) ~ High in Sulphur
- 1/2 Organic Onion (Chopped)
- 1 Teaspoon Himalayan Crystal Salt
- 1/2 Teaspoon of Organic Turmeric
- 1/2 Teaspoon of Organic Oregano

Please note that you may also add any of the ingredients listed above to the soup as they also each contribute to cleansing of the liver.

Sources: Dr Edward Group III DC, ND, DACBN, DABFM with Global Healing Center;
<http://www.globalhealingcenter.com/natural-health/liver-cleanse-foods/> ;
<http://www.globalhealingcenter.com/natural-health/foods-that-detox-the-body/>

Foods that Detoxify the Kidney

1. **Lemon Juice, Olive Oil, and Raw Apple Cider Vinegar** ~ This is one of the most effective remedies for kidney stones and associated pain. At the first symptom of stone pain, mix 2 oz of organic olive oil with 2 oz of organic lemon juice. Drink it straight and follow with a 12 ounce glass of purified water. Wait 30 minutes. Then, squeeze the juice of 1/2 lemon in 12 ounces of purified water, add 1 tablespoon of organic raw apple cider vinegar and drink. Repeat the lemon juice, water and apple cider vinegar recipe every hour until symptoms improve.
2. **Cranberry** ~ Cranberries are a rich source of quinine, which converts itself to another chemical constituent called hippuric acid in the liver. This hippuric acid helps in the elimination of toxins like urea and uric acid which have a tendency to accumulate and cause several disease conditions. A cup of cranberries run through the blender with an adequate amount of water and one spoon of freshly squeezed lemon juice will help work effectively as a kidney detox mechanism.
3. **Ginger Root & Turmeric Tea** ~ Ginger root is another extremely effective kidney detox and, for maximum benefit, one can add turmeric to the mix since turmeric has some excellent antiseptic properties too. Ginger root peeled and boiled with two to three pinches of turmeric powder, strained, filtered and consumed can work effectively in flushing toxins out from the kidneys. This tea can be consumed twice everyday post lunch and dinner since it is good for digestion, too.
4. **Grapes** ~ Any variety of organically cultivated fresh grapes is suitable for cleansing the kidneys. Grapes are a rich source of potassium, and potassium has the ability to stimulate alkaline blood regulation, ensure that the kidneys function optimally and maintain heartbeat. Grapes also help in cleansing the liver and kidneys by flushing out waste products like uric acid. A tall glass of fresh grape juice without adding water and sugar, if taken in the morning or afternoon, will ensure adequate kidney functioning. One can also eat fresh grapes regularly if it is not possible to run these in the blender everyday. Either way, grapes included in the regular diet help in kidney cleansing and detox.

5. **Pomegranate Juice** ~ We've all heard that pomegranates have many health benefits. But, more specifically, the seeds and juice of pomegranates can be considered another natural remedy for kidney stones. This may be related to their sour and astringent properties. Try eating organic pomegranates or drinking freshly-squeezed pomegranate juice.
6. **Celery** ~ Both the vegetable and the celery seed are great diuretics and kidney tonics. Regular use of celery seed, as a spice or as a tea, may prevent kidney stone formation. Celery is also a great source for folic acid. Just one cup of raw celery will give you approximately 34 mcg of folate, accounting for 8% of your daily needs.
7. **Basil** ~ A kidney tonifier, basil tea can be taken throughout the day for overall kidney health. If you have kidney stones try taking one teaspoon each of basil juice with raw honey daily for up to six months. It's believed that folk remedies with pure basil juice can help induce stone expulsion from the urinary tract.
8. **Apples** ~ Organic apples are one of the best natural foods you can eat. Organic apple juice is often used as one of the main ingredients in home remedies for kidney stones.
9. **Garlic** ~ Garlic is a natural diuretic that helps stimulate urine production and flush out the kidneys.
10. **Cucumbers** - Cucumbers also work as a natural diuretic and can help dissolve kidney and bladder stones.
11. **Sprouts** - Sprouts help flush out the kidneys because they contain so much water.
12. **Onions** ~ Onions have been reputed to help people pass kidney stones. The onions are boiled, then liquefied in a blender along with the water they were cooked in.
13. **Kidney Beans** ~ The shape of this bean may be indicative of its healing potential. An effective urinary home remedy for kidney stones, traditionally the pods were used as a medicinal decoction. Try removing the beans from inside the pods, and then boiling the pods in purified hot water for six hours. This liquid can be strained through cheese cloth, cooled and taken throughout the day for one day to ease kidney stone pain. **Soybeans, and Peas** ~ Kidney beans, soybeans, and peas contain a vital amino acid called arginine that helps cleanse the kidneys of ammonia.
14. **Uva Ursi** ~ Uva Ursi is a common folk remedy for kidney stones. Not only will it help fight off infection in the kidneys, but it may also help reduce pain and cleanse the urinary tract. 500mg three times a day is recommended for kidney stones.
15. **Horsetail** ~ A diuretic, horsetail tea is an effective natural remedy for kidney stones. Drink up to 3-4 cups of horsetail tea daily or 2 grams of the herb in capsule form daily.
16. **Dandelion Root** ~ Organic dandelion root is a great kidney tonic and cleanser. Taking up to 500 mg twice a day may be beneficial.
17. **Magnesium** ~ Studies show that people with recurrent kidney stones who took magnesium supplements had a 92.3 percent improvement rate in reduction of kidney stones. 300 mg of magnesium orotate is recommended daily for prevention and reduction of stones.

Sources: <http://www.globalhealingcenter.com/natural-health/remedies-for-kidney-stones/>;
<http://www.globalhealingcenter.com/cleansing/kidney-cleansing>; <http://www.livestrong.com/article/26197-detox-kidneys/>; <http://www.all4naturalhealth.com/kidney-detox.html>

12 High Fiber Foods That Cleanse Your Colon Naturally

1. **Beans** ~ Beans are one of the best high fiber foods you can add to your diet, as they are very high in insoluble fiber, which can help to lower cholesterol. One cup of black beans will provide you with approximately 60% of your daily recommended amount.
2. **Broccoli** ~ Broccoli is another great addition to your diet. It's naturally high in antioxidants, available year-round and is not only a great high fiber food, but also a good source of vitamin A, vitamin C and vitamin K. One cup of broccoli will provide you with approximately 20% your daily recommended amount.
3. **High-fiber cereal** ~ Modern technology has created high fiber cereals that actually taste good! Eat a bowl of high fiber cereal with skim milk for a nutritious and filling snack. Throw in strawberries and bananas for extra nutritional benefits.
4. **Apples** ~ While apples have only moderate fiber, they contain excellent phytonutrients that interact with the fiber to create the same beneficial effects as a high-fiber food, like lowering your blood fat levels. It's recommended that you buy organic apples when possible.
5. **Pistachios** ~ Raw nuts, especially pistachios, make a great snack. Just one ounce of pistachios contains three grams of fiber! And they're great for fatty oils, also.
6. **Artichokes** ~ Artichokes are extremely versatile, and just one large artichoke contains approximately 6-7 grams of fiber. They're also a good source of potassium, vitamin C and folate.
7. **Raspberries** ~ Not only are they tasty, but just one cup of raspberries contains six grams of fiber. They also contain 54% of your daily value of vitamin C. Berries are another food that is recommended you buy organic.
8. **Whole-grain flour** ~ Unlike its white counterpart, whole-grain flour has not been stripped of its fiber and other nutrients. In a 120-gram serving of whole grain flour, there are fifteen grams of fiber.
9. **Bananas** ~ One large banana will provide you with approximately 12-20% of your daily recommended amount of fiber, not to mention vitamin C and vitamin A. If you're feeling constipated, eating a banana may give you quick relief! And the great part? Bananas are the perfect snack for when you're on the go!
10. **Split peas** ~ In just one cup of cooked split peas, there is a whopping 16 grams of fiber. Want to up your fiber intake? Invest in split peas immediately, as one cup will provide you approximately 65% of your daily recommended amount!
11. **Avocados** ~ In just one medium-sized avocado, there are approximately 10-12 grams of fiber, not to mention a wide variety of other beneficial nutrients. The plus? Avocados are extremely versatile. Add a slice to a sandwich or whip up some guacamole!
12. **Pears** ~ One medium-sized pear has approximately 5-6 grams of fiber, just be sure you eat the skin! Fruit skin is a great source of fiber.

pH ~ What is pH and Why is it Important?

PH is short for potential hydrogen which is the standard scientific measure for levels of acidity or alkalinity in organic material. You may be most familiar with references to PH balance in relation to (i) the pH balance of soil in agriculture necessary for a healthy crop or (ii) the pH

balance of aquarium water necessary for the health of fish. However, proper pH balance is also vital for humans! The pH balance of our bodily fluids is considered a measurement of our general state of health!

How Does pH Balance Relate to Us?

"One of my discoveries is that there is only one sickness, and that is the over-acidification of the blood and tissues caused by an inverted way of eating and living."

~ Robert Young, Ph.D. "Overacidity and Overgrowth of Yeast, Fungus and Moulds" Volume 20 Issue 5, 5/97

Without proper soil pH crop growth will slow as plants can no longer process essential minerals and nutrients appropriately. Often these plants will eventually weaken and die as they succumb to fungus and disease. For fish, improper water pH levels can lead to direct physical damage to the skin, gills and eyes. Additionally, fish have to maintain proper internal pH levels as even small fluctuations of blood pH can prove fatal.

Simply put, the same applies to humans! If our pH levels are not properly balanced we can no longer process essential minerals and nutrients appropriately. In order to function properly, our cells need to be slightly alkaline. Additionally, viruses, bacteria, and diseases tend to thrive in a more acidic environment but struggle to survive in an alkaline environment, therefore increasing our alkalinity will help to combat these conditions. Unfortunately, our diets tend to be more acidic leading to poor body function and unnecessary susceptibility to disease. An improper pH balance can not only severely impact your quality of life, but it can also shorten your life!

How is pH Measured?

pH levels range from 0.0 to 14.0 with a pH of 7.0 considered neutral (this is the pH of distilled water). A measurement above 7.0 is considered alkaline or basic while a measurement below 7.0 is considered acidic. A pH level above 7.0 (alkaline) also indicates an oxygen-rich environment, while pH levels below 7.0 (acidic) indicate an oxygen-deprived environment.

The pH scale is logarithmic, similar to the Richter scale which measures the intensity of earthquakes, and the decibel scale measures sound. So, given that 7 is generally considered a neutral pH level, a pH of 6 is ten times more acidic than 7, and a pH of 5 is one hundred times more acidic than 7, and a pH of 4 is one thousand times more acidic than 7. Conversely a pH of 8 is ten times more alkaline than 7, and a pH of 9 is one hundred times more alkaline than 7.

We Need Alkaline pH Levels to Live a Healthy Life

Healthy human body fluids typically register in a very narrow pH range. The pH of blood and tissues should be approximately 7.3 (slightly alkaline) while that of saliva and urine should be 6.8 to 7.0 (neutral). Readings below this range indicate excess acidity. Acid and alkaline conditions are intended to balance each other out, however, given today's environment our body tissues typically become too acidic setting the stage for disease. Acidosis is not in and of itself a specific disease, it's a general condition of the blood and the root of many different diseases and illnesses. If our blood pH drops much below a reading of 6.8, our body cells may cease to

function, change in structure, not regenerate, or die. Our ability to absorb essential nutrients or detoxify eliminating negative substances is greatly diminished. Additionally, research has shown that the body can't heal itself unless its pH level is slightly alkaline. Many if not most health problems indicate an overly acidic environment! (Source: Consumer Health Organization of Canada)

What Causes Acidic pH?

Unfortunately, in today's environment of high stress, less sleep, greater exposure to toxins, and eating on the run, most people are operating in an unhealthy acidic environment internally. Many doctors believe this to be a major contributing factor to increased illness and disease. When your body is too acidic, it will try to balance this state by utilizing existing alkaline minerals. However, if your diet doesn't contain sufficient balancing alkaline minerals, it will either build a more acidic environment or pull nutrients from other important areas such as pulling calcium from your bones leading to diseases such as osteoporosis.

Source: "pH power: maintain a proper acid-alkaline balance to curtail colds and keep inflammation in check" by Molly Spile, 11/05, citing a study published in The New England Journal of Medicine.

Alkaline Foods to Add to Your Diet

A good rule of thumb is that your diet should consist of only 20-25% acid forming foods and liquids and 75-80% of alkaline forming foods and liquids daily. For those with a serious disease, diets should be closer to 100% alkaline. This matches closely with another rule of thumb which is that we should consume approximately 70% to 80% of our food from fresh fruits and vegetables (raw foods) and only 20% to 30% from cooked foods (which tend to be more acidic).

More information on pH:

<http://www.livestrong.com/article/36150-foods-turn-acid-eat/>

Alkaline vs. Acidic Foods

| Adjust Your Bodies pH Level With an Acid and Alkaline Balanced Diet | | | | | | |
|---|---|--|-------------------|---|--|--|
| High Alkaline | Alkaline | Low Alkaline | FOOD CATEGORY | Low Acid | Acid | High Acid |
| Stevia | Maple Syrup, Rice Syrup | Raw Honey, Raw Sugar | Sweeteners | Processed Honey, Molasses | White Sugar, Brown Sugar | NutraSweet, Equal, Aspartame, Sweet 'N Low |
| Lemons, Watermelon, Limes, Grapefruit, Mangoes, Papayas | Dates, Figs, Melons, Grapes, Papaya, Kiwi, Blueberries, Apples, Pears | Oranges, Bananas, Cherries, Pineapple, Peaches, Avocados, Apricot, Cantaloupe, Raspberries, Strawberries | Fruits | Plums, Processed Fruit Juices | Sour Cherries, Rhubarb | Blackberries, Cranberries, Prunes |
| Asparagus, Onions, Vegetable Juices, Parsley, Raw Spinach, Broccoli, Garlic | Raisins | Carrots, Tomatoes, Fresh Corn, Mushrooms, Cabbage, Peas, Potato Skins, Olives, Alfalfa, Cauliflower, Eggplant, Peppers | Vegetables | Cooked Spinach, String Beans | Potatoes (without skins) | Chocolate, Cocoa |
| Cucumber | Okra, Squash, Green Beans, Beets, Celery, Lettuce, Zucchini, Sweet Potato | Soybeans, Tofu | Beans and Legumes | Corn, Olives | Pinto Beans, Navy Beans, Lima Beans | |
| | Carob | Chestnuts | Nuts Seeds | Lentils, Kidney Beans, Black Beans, Chick Peas | Pecans, Cashews | Peanuts, Walnuts |
| | Almonds | Canola Oil | Oils | Pumpkin Seeds, Sunflower Seeds | | |
| Olive Oil | Flax Seed Oil, Almond, Avocado, Coconut, Safflower, Sesame, | Amaranth, Millet, Wild Rice, Quinoa | Grains, Cereals | Corn Oil | White Rice, Corn, Buckwheat, Oats, Rye | Wheat, White Flour, Pastries, Pasta |
| | | | Meats | Sprouted Wheat Bread, Spelt, Brown Rice, Barley, Wheat/Oat Bran | Turkey, Chicken, Lamb | Beef, Pork, Shellfish |
| | | | | Venison, Cold Water Fish | | |

Note that a food's acid or alkaline-forming tendency in the body has nothing to do with the actual pH of the food itself. For example, lemons are very acidic, however the end-products they produce after digestion and assimilation are very alkaline so lemons are alkaline-forming in the body. Likewise, meat will test alkaline before digestion but it leaves very acidic residue in the body so, like nearly all animal products, meat is very acid-forming.

ALKALIZING MINERALS

Calcium pH 12 Magnesium pH 9 Potassium pH 14 Sodium pH 14 Cesium pH 14

Sources: Natural Health School (An Online Course in Herbalism, Nutrition & Natural Health) www.naturalhealthschool.com and http://home.bluegrass.net/~jclark/alkaline_foods.htm

Source: Natural Healthcare Store, Melanie Snyder

Additional Sources of Information:

<http://www.globalhealingcenter.com/water/water>

The Kitchen Table ~ Understanding Organic & Natural Food Labels

Organic ~ Organic refers to how agricultural products (fruits, vegetables, meat, dairy, grains) are cultivated. Organic farming steers clear of conventional methods of farming, which involve chemical fertilizers, insecticides, and animal antibiotics/growth hormones. According to the Mayo Clinic, organic farming opts instead for natural fertilizers, such as manure or compost, and uses beneficial insects and birds, while livestock are fed a diet of organic foods. If a food has a USDA organic label, it means that the product is at least 95 percent organic.

Local ~ Local food can be grown as close as your backyard to as far as 400 miles away, according to USDA's definition. Buying locally decreases "food miles," which is how far your food has to travel to get to your plate. This consequently lowers its environmental impact in terms of its fossil fuel and energy use, as well as the extra packaging used to keep it fresh while en route. According to Sustainable Table, local does not necessarily mean that the food is produced sustainably, which means you should always take a few moments to ask the farmer at your local farmers' market a few questions on how the food was produced.

Grass-Fed ~ The label "grass-fed" refers to cattle who are given an all-grass diet, as opposed to grains, soy, and processed products. Allowing cattle to graze on green pastures instead of industrial grain fields is a more humane livestock system. Furthermore, grass-fed meat and pasture-raised dairy products are higher in beneficial omega-3 fatty acids, making for a healthier choice as well.

Free Range ~ Free range refers to poultry (as the USDA only regulates poultry) that is allowed to roam freely outdoors. But according to PETA, the USDA does not regulate how long the animals can be outdoors or how much space they get. Furthermore, eggs that are labeled as free-range are not regulated either. In theory, free range is a good idea, but in reality it is difficult to know for sure whether the animal is actually being treated well, given the weak regulation system.

Cage-Free ~ Cage-free environments are ones that allow hens to live on the floor of a barn. Like the free-range label, regulation is an issue here as well. However, American Humane Certified has recently made efforts at regulating cage-free egg producers, and now nearly two-thirds of cage-free eggs sport the American Humane Certified (TM) label, according to Treehugger.

GMO-Free ~ A genetically modified organism is one whose DNA has been altered by genetic engineering, allowing for food production in a large-scale, more time-efficient manner. Many see it as harmful to alter an organism's natural biological process, raising food safety concerns, many of which we may not be aware of yet. Monsanto's GMO corn recently shed a light on these dangers when it was linked to organ failure.

Hormone Free ~ According to Sustainable Table, "two-thirds of American cattle raised in for slaughter today are injected with hormones to make them grow faster and America's dairy cows

are given a genetically-engineered hormone called rBGH to increase milk production." Hormones can have a number of health and environmental risks.

Factory Farming ~ Factory farming is the industrial practice of raising livestock on a farm that works the way a factory does, confining massive numbers of animals to tight spaces. Factory farms are not only cruel to animals, but they also contribute to climate change due to the large amounts of manure they create, polluting the soil, air, and water, according to the Humane Society.

Sustainable ~ Sustainable agriculture is a multi-layered approach to eating that links food, community and environment together. It requires one to consider how the food is produced, how the workers who produce the food are treated, and everything in between. The food must be produced organically and safely, while animal must be treated humanely, with their ecosystems kept intact. Eating locally is encouraged, as it lowers one's environmental impact while supporting the local economy, and by extension, helping the farmer maintain his livelihood.

Sources: Huffington Post