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## TOPIC OF THE MONTH

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### **Stop the Detox – Retox Toxins and Detoxing**

The topic of detoxing has gotten more important over the last several years as toxins in our environment continue to increase at alarming rates. As we see Americans' health decline rapidly we need this wake up call. I have been listening to an 8 day online detox summit (hosted by Deanna Minich, PhD and the Institute of Functional Medicine); hearing the latest research about toxins and how to detox, along with learning more about ancient traditions that we have lost touch with that helped our bodies detox and provide nutrients to give our bodies strong immune systems to resist disease. Below are my notes from the summit (which I found the entire summit to be greatly beneficial) along with simple solutions that you can do now to not only help your body detox toxins but to also reduce your toxic exposure.

In the words of Kelly Brogan, MD

“As citizens of this capitalist nation, we cannot rely on corporate-sponsored news media for the truth. We must source it from trusted [independent outlets](#), [informed experts](#), and even going to the [available science](#), ourselves. It is time to reclaim our health, and that of our families, once and for all.”

And it is really not that difficult to take your health into your own hands :) It's just a learning experience and some lifestyle adjustments.

Our worst toxins:

- ☯️ Plastics - Endocrine Disruptors (more information below on that).
  - ☯️ which surprisingly includes cosmetics . . . which is a bit scary since the plastics are broken down into smaller and smaller pieces — known as nano particles — the smaller the plastics get the easier it is for them to get through our pores and into our bloodstream.
- ☯️ Insecticides and herbicides (glyphosate in round up weed killer being the worst)
- ☯️ Mercury in our air and seas, among other environmental toxins. A simple solution here . . . TREES and PLANTS :) Plants are air filters, they clean our air, this is especially important in urban areas. Walk through my back yard which is lush with trees and plants and instantly you feel better.
- ☯️ pharmaceuticals - the less the better. Most drugs are toxins, it is estimated that 75% of prescriptions are not necessary; other more natural foods and herbs which support our immune system and do not leave behind toxic residue are more effective and safer.
- ☯️ Household items and cleaners including cosmetics and lotions, etc. (Cosmetics show up here again, for example lipstick has lead in it!) The average American woman who uses deodorant with aluminum, make-up containing plastics, lotions with preservatives, grocery store shampoos and hair products, etc. puts 62 known toxins on or in her body before she even walks out the door in the morning.



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- ॐ Sugar and wheat . . . yes sugar especially is a toxin — albeit a dose dependent toxin, meaning very small amounts may be safe just as very small amounts of mercury and lead our body can clear out. Honey seems to be the best sweetener, and it has microbial properties.
- ॐ Processed oils (cause inflammation in our bodies)
- ॐ Flame retardants - highly toxic, especially when on fire . . .
- ॐ Teflon - this is a known gender bender (endocrine disruptor), more information on gender benders below. Cook on Iron, stainless steel, or ceramic. Avoid stain guards (they are made from teflon), and avoid canned foods (many cans are lined with teflon).
- ॐ Sick Buildings . . . Many work places are enclosed circulated toxic dead air boxes . . . with fluorescent lights . . . From copiers, printers, cleaning or manufacturing chemicals to the air conditioned recirculated air most work places are not healthy. The fact that many offices don't have buildings where you can open a window is very sad. Fresh air improves our brain function and is more "nutritious" for our body. Fluorescent lights are now thought to be a higher cancer risk than sunshine (the sun by the way, is not cancerous! Only if you have been badly sunburnt do you have to worry about getting cancer from the sun). In actuality the SUN IS HEALTHFUL. We get Vitamin D from the sun. People who work outdoors for a living have lower rates of skin cancer than people who work under fluorescent lights.
  - ॐ When I teach in a corporate location the first thing I do when I inspect the room for practicing in is turn off the fluorescent lights, open curtains or blinds (amazing how many people don't even open their blinds!, and if possible open a window or door for fresh prana filled air.

Clearly we are exposed to more toxins than we have ever been. We are bombarded with toxins in our foods, our air, our workplace, and our homes by the use of cosmetics and household cleaners while sealing our homes tight for energy efficiency not allowing the toxins to dissipate.

For a while we can detox detox, detox detox, detox detox . . . but after so long of this our systems get weary, we get weaker at detoxing and the toxins start to multiply in our bodies — leaving us feeling sluggish and not operating at our best, and eventually leading to disease.

Even small amounts of toxins, such as pcbs (plastics) in our water add up; the research shows that there is not enough plastic residue in our water to kill us if we drink a glass . . . **before these substances were approved for use they were never tested long term. As it turns out, it is the long term, low level exposure that is slowly killing us.**

What we are experiencing as a direct result of consuming these toxins low level, long term:

- ॐ Chronic Inflammation - chronic inflammation negatively effects your arteries (heart disease), your immune system (leading to cancer and auto-immune diseases among other illnesses), increased body fat, destruction of nerve cells leading to diseases such as Alzheimer's, it makes our joints inflamed leading to arthritis, and it even effects your small airways that transport air to the lungs which may cause an asthma attack or bronchitis.
- ॐ Diabetes and Blood Sugar Issues - the toxins mess with our signaling between our pancreas and other organs.
- ॐ Cancer
- ॐ Auto Immune Diseases like MS, Lupus, Rheumatoid arthritis, eczema, etc.
- ॐ Decimation of our good bacteria leading to digestive issues, bloating, inability to detox.



- ॐ Endocrine disruptors (gender benders); ex. girls reaching puberty younger and younger, boys developing “breasts”, reproductive issues, birth defects, cancers of our endocrine organs such as the thyroid.

**Constant exposure to noxious chemicals and airborne irritants — even if it's a low dose — confuses your immune system. Some people are naturally better detoxifiers and can withstand more exposure before they have symptoms. Others need more support. Learning as much as you can about the products you use, the food you eat, the buildings you live in and the water you drink is crucial to preventing or fighting inflammation and disease.**

### **Solutions not just problems!**

It's really not that difficult or complicated. Health . . . **KEEP YOUR IMMUNE SYSTEM HEALTHY.** This is your best defense, our body is able to handle limited exposure to toxins, one of our biggest problems with toxic overload is pharmaceuticals and GMOs negatively effect your immune system. Foods can boost our immunity or make us vulnerable, here are few tips to boost immunity with foods:

- ॐ Avoid all processed foods! If it comes in a box, it is most likely dead or poisoned food.
- ॐ Eat whole foods and use foods as your vitamins: **A plant is a complex of thousands of biomolecules, many of which are countervailing, so if there's one effective compound for your heart that may have a toxic effect on your liver, it usually contains a countervailing compound so that it doesn't harm your liver, for example. It's the interplay of chemicals that make the plant work. This is why we have side effects and what conventional medicine is largely missing, and not only pharmaceuticals come with side effects, but also vitamin and mineral supplements. If you use the whole food, you will not have side effects.**
- ॐ Eat lots of vegetables, especially leafy greens. Leafy greens help our body detoxify. Each meal should consist primarily of vegetables.
- ॐ Fermented foods! Probiotics that increase our gut bugs aka our gut micro biome. These beneficial bacteria help our body digest and detox. New researches is saying the gut is actually the first brain. **Treating the gut brings about better results quicker.** Treat your gut!
  - o Good fermented foods are: plain grass fed yogurt, grass fed organic cottage cheese, kombucha, sauerkraut, kimchee, olives, miso soup
- ॐ Eat less grains and sugars. I try to avoid most wheat except for naturally leavened bread made from ancient grains that have not been hybridized (McGrath's bakery [mcgrathsbakehouse.com](http://mcgrathsbakehouse.com))
- ॐ **Eat Omega3's to reduce inflammation.** Latest studies showing plant based sources are actually better utilized by our bodies than fish oil.
  - o Alpha-linolenic acid is one of the primary fatty acids found in various seeds, nuts and grains. Some of the highest levels are found in chia seeds (64%), kiwi fruit seeds (62%), [flax seeds](#) (55%) and [hemp seeds](#) (20%). Other good sources



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include [walnuts](#), pumpkin seeds, [sesame seeds](#), olives, [kale](#), [spirulina](#), [spinach](#).  
Greens, greens, greens.

- 36 Avoid all GMOs, request it be labeled and then do not buy it. If you must eat processed foods the PLU code might be helpful; supposedly if the PLU code is 5 digits beginning with an 8 then it is a GMO food. (5 digit code beginning with 9 is supposed to be organic, 4 digit code is supposed to be conventionally grown (code for chemical exposures!))
- 36 DO NOT BUY CHEAP FOODS!! Cheap foods are toxic. Cheap foods actually cost you more money in the form of doctor bills and pills.

**Be a hunter gatherer ...** I am a hunter gatherer, I get my vegetables from my garden and from a local farmer who's CSA I support (Jade Family Farm), I get my dairy from a local organic grass fed dairy that delivers :) (Apple Valley Creamery), I get my eggs from a friend who has chickens loved and named that hunt and peck and eat the best food, I get my cheese from a cheese shop in the West Shore Farmers market (Weavers) that sells raw european cheeses and from a local dairy at the Camp Hill farmers market (Keswick Creamery) that makes their cheeses with organic grass fed dairy, I get my bread from McGrath's bakehouse (they deliver each Tuesday to Cornerstone) . . . at the grocery store I mostly buy non food items . . .

Other food information that is helpful

- 36 You really need to know your farmers! For example: The USDA approved the use of chicken manure from Perdue as fertilizer for **organic** foods .... The Problem with this is Perdue feeds their chickens GMO feed .... !
- 36 **If** saturated fat would effect heart disease negatively, it is theorized that it's not the fat, it's the toxins that are stored in the fat (fat attracts) that could be the link to heart disease. And it is not the foods so much that cause problems but the way the foods are manufactured today. Part of the problem with the 7 countries study proving meat and saturated fat caused heart disease was not so much the meat themselves, but how we raise our cattle. Feeding the cows foods their body was never meant to digest, keeping them in an enclosed, tight, toxic environment, and abusing them makes for sick meat. It is the difference between how we raised our meat many generations ago and today that has made our food make us sick. Take the old saying "you are what you eat" and step further to: **"Your are what you eat, eats too"!**
- 36 Not that I eat cereal, but i did when i thought it was healthy many years ago, and i liked grape nuts :) . . . so if you do eat cereal, grape nuts has put on the front of their box "GMO free". Silly, but this is one of the first main stream cereal boxes that will host this boast on the shelves of places like wal-mart. ich. If consumers choose more grape nuts after this update, it will help send the message to the food manufacturers that we do NOT want GMOs in our food. There is hope. If you do buy anything in a box, if it says GMO free, support that advertising.

Other tips to Detox and avoid toxins: Detox is only the starting point.

- 36 Nature. Science proves, when we garden we feel better, we breathe fresh air that is purified by the plants, we ground and absorb negative ions from the earth, we let the wind blow through our hair; Spirit is in the wind
- 36 Sweat lodges and saunas. Sweat and purify. Sweat helps the body detoxify, sweating is an important bodily process. One of the reasons a good ashtanga practice usually leaves you drenched in sweat :)



- ॐ Water purifies. Stay hydrated and enjoy dips in cool lakes, ponds, oceans, streams, rivers.
- ॐ Intermittent fasting - Have daily or weekly periods of detoxing, including at least one major 3-6 day detox each year. You won't die if you don't eat for half a day . . . I personally like my daily detox; I eat most of my food between Noon - 3:00pm most days. I may eat a some light cooked vegetables or soup after teaching at night as the rigorous ashtanga adjustments leave me a little hungry sometimes. Other than that I don't eat after 3:00 or 4:00 until noon or 1:00pm the next day. Your digestive and detox pathways are similar — especially the liver is involved in both. If you are constantly digesting, you do not get to detox. With the contamination of our foods detox time each day is important. You will get used to enjoying the feeling of being light and clean. Some of you may have a 2 week adjustment period — especially if your body is a sugar burner, once you train your body to burn fat this detox time is easy. Burning fat as fuel is healthier for the body. How do you know if you are a sugar burner or a fat burner? Do you find yourself having to have some type of food every hour or 2? If so, you are a sugar burner. You will have some suffering in the transition; but hang in there it will be for the best. Short term inconvenience for long term improvement.
- ॐ Walking barefoot. More information is currently coming in on the importance of grounding. As we absorb negative ions from the earth they remove inflammation in our body. As we know from the information above, reducing inflammation in our body reduces heart disease and other illnesses.
- ॐ Filter your shower water (chloramine and fluoride). Bathing and showering, sadly, can be toxic if you have city water. Chloramine is ammonia and bleach . . . what happens when you mix together ammonia and bleach . . . you die. Now maybe there is not enough in there that one shower will kill you, but repeated long term exposure may kill you slowly . . . and you can not use chloramine water for fish tanks . . . (or for my worms) . . . fish die when you give them chloramine water, what does that tell you?
- ॐ Don't put anything on your skin you can't eat. What we put in our mouth is detoxed by the liver; while your skin does protect you from many pathogens, what can get through your pores goes directly to your bloodstream without being detoxed by the liver. I use oils on my skin, I make my own toothpaste and deodorant, I have not worn any make up for 10+ years, and I choose to not suffocate my fingernails and toes with polish.
- ॐ Keep your house warm but crack a window that is far away from thermostat. This way you allow bad air out and good air in. An important window to keep cracked is one by your bed, and also one by the place you spend the most time in in your home.
- ॐ MEDITATION :) has been shown to reduce stress which helps your body detoxify and avoid heart disease. The meditation can be as short as 5 minutes and as long as 20 minutes done once or twice per day.
- ॐ Yoga and exercise - Sitting kills. It is very important to move your body to help lymphatic flow, venous blood return, keep nerve pathways clear, make your heart pump and clean out your arteries, stimulate bone density, and reduce depression. Exercise or yoga does not have to be long and hard, movement all day long helps (every 15 minutes get up from your desk and move!), if you do have exercise time make it the most beneficial; short duration with intervals of high intensity. About 20 minutes. Yoga is also wonderful as it moves the body, removes stress, while each pose has specific effects on certain organs and systems in our body.
- ॐ Sick Buildings - Check your workplace! Do what you can to get out from fluorescent lights, get fresh air by your desk, don't sit for longer than 15 minutes, don't eat office foods, make your desk ergonomic.





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ॐ Ewg.org !! A very awesome website to see where toxins are in many different products.

If you do need a doctor:

- ॐ Try a naturopath; I know a reputable one in our area, Jessica Shoemaker with Natural Paths to Wellness in Camp Hill. [www.naturalpathstowellness.com](http://www.naturalpathstowellness.com)
- ॐ try acupuncture
- ॐ massage has more benefit than its given credit for.
- ॐ I think we should use the Chinese doctor theory - you pay your doctor when you're healthy when you're sick you don't pay him until you are well.
  - o The word doctor comes a Latin word that means teacher not healer.
- ॐ If you find a good doctor, he can start to asses you during a consult, by looking at you, shaking your hand, asking you questions. You don not always need to be poked and prodded.

Bottom line reduce your toxins and eat lots of nutrient dense, clean, seasonal, varietal foods, get outdoors, breathe deep and make time for meditation, do yoga :) Avoid traditional doctors, hospitals, pharmaceuticals and grocery store foods.

## Functional Medicine

In the detox summit all the doctors were about functional medicine. Functional medicine is basically modern day western ayurveda :) It take into account each person's individuality and looks at underlying causes of disease such as toxin exposure, food allergies, using food and herbs instead of pharmaceuticals, lifestyle changes that promote health, individuality — treating each person differently based on un-intrusive diagnostics that show what a person may be lacking or what is causing a disease or pain, or if there is a particular high level of metal or toxin in someone. Functional medicine practitioners spend time with their patients, listening and looking for signs of imbalance that lead to disease among genetic, environmental and lifestyle factors that can influence longer term health. Functional medicine doctors start to diagnose you from the first hand shake, seeing your skin, teeth, if you are stressed, etc. Functional medicine supports the unique expression of health and vitality for each individual.

And, OMG, politics and "corporat-ism (money) must have gotten who wrote about functional medicine in wikipedia . . . wikipedia basically says functional medicine is ineffective! Ridiculed using food as medicine, and even had a jab in there about individualizing medicine! Who paid to put that in there?

## Juicing, Blending? Or just eating whole foods?

Nutribullet is my medicine . . . Not that I am promoting the NutriBullet . . . any blender will do. The NutriBullet is just smaller and cuter and easier to clean :) There is a lot of discussion about whole foods vs. juicing. Research is leaning toward the benefit of the whole food (see discussion above about whole foods and countervailing compounds found in whole foods), the reason that juicing is falling out of favor with some functional medicine doctors is because it strips the fiber from the food; fiber is what feeds our gut micro biome. In the micro biome research it seems we acquire gut bugs but they don't stick around . . . well if you have a guest and you don't feed them they are gonna have to leave to go get some food . . . so blending may be a better options. Yet still some researchers are saying chewing the whole food brings about more benefit and extra digestive enzymes . . . however if you have an imbalance you may need a certain nutrient in larger amounts to help correct it, but as you know you want the whole food . . . so blending certain herbs and vegetables that are high in the



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particular needed nutrient, and then chewing what you blended so you eat it instead of drink it seems to enhance the effect. So I have decided to use the NutriBullet as my “pill maker”. I just did it today :) I had sushi last night and to help my body rid itself of any mercury I blended cilantro and coconut water only, and chewed it as I drank it. Cilantro is one of the best chelators of mercury.

### **Anecdotal Evidence and Ask your Ancestors!**

With all the studies that made us believe what was good for us is bad and what is bad for us is good . . . it time to change this paradigm. This was a big discussion, we need a new way of reviewing these studies that are more accurate, that don't involve anyone with money or corporate interest, and also that the person creating the study does not get to post the results, sometime, however honest intentions are, researchers do a study because they have a preconceived idea, so the manipulate the data to support their idea . . . whether it really does or not. For example the 7 countries study that showed saturated fat was bad; 22 countries were actually studied, why were over half the countries eliminated? And again the study was done on grain fed animals . . .

Until we have a new model in place, don't be afraid of anecdotal evidence. For example gluten is in the headlines. Yes many people can not digest gluten, however some can. Lets first of all not make a blanket statement that gluten is bad for all, how about test it out on yourself. Don't eat gluten for a few days, then eat some gluten, see how you feel. Trust that. Try it with other foods and supplements and medicines that are safe to do that with.

When in doubt . . . ask your ancestors. It seems our cultures and traditions had many healthy and protective food traditions.

Don't trust some doctor that is outside your body, tune in and trust your gut and your heart.

### **Grains?**

And on the topic of grains, here is my experience. Perlmutter said in his interview that he can find no reason for the need for any grains in the body. However he is a scientific man, look at his book, very well written but its pretty hard to read beyond the first chapter. He is only looking at science in the body. It seems the emotional/human element might be missing . . . I have tried eliminating grains from my diet, on about the third day my stomach is just queasy nothing feels right in it . . . if I eat a small baked potato or piece of bread, *viola* I feel better. Perlmutter says that means you are addicted to grains . . . I am not so sure, there is some other research out there that shows women have a harder time eliminating grains than men . . . it may be a hormonal issue or an emotional issue, who knows. For now I will continue to enjoy my small amounts of “good” grains every few days.

**Natures solution to pollution is dilution.**

**I don't have discipline, I have passion**

**Food plus love equals health.**



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**MS Info** - My Mother has MS so this doctor was particularly interesting to me:

While listening to the summit, I paid particular attention to a doctor who's specialty is MS. She has it herself, degraded badly to a wheel chair. Feeling badly she could not heal herself with her own medicine (she was an allopathic dr). She then researched and found some studies on mice using vitamins and supplements that showed hope for MS. She figured out the mice dosage for humans and started taking the supplements. They slowed her progression, but did not reverse it. Frustrated she decided to take it a step deeper and figure out the foods that held these nutrients she was supplementing with .... So she cleaned up her diet to fresh vegetables and foods. Now you can't even tell she has MS. She went from wheel chair bound and only be able to sit by herself for 10 minutes per day ... slowly .... To now riding bikes with her family and having virtually no symptoms.

She used food and following the paleo diet to heal from MS. She did say it was slow, she did not see improvements overnight, but slowly each day she felt a little better :)

Her name is Terry Wahls, MD.

Her MS was a result of heavy metals and atrazine exposure. She's in Iowa, and exposed to herbicides all her life as well as lead in her drinking water.

Her food recommendations:

- ॐ Green leaves
- ॐ Cabbage onions mushrooms (sulphur family)
- ॐ Berries, beets, and vegetables of various colors, colored all the way through (for example a beet is red all through but not an apple). Eat rainbows so to speak.
- ॐ Sea salt and seaweed for minerals and iodine.
- ॐ Organ meats! Especially organic grass fed liver :) Every week.

The cabbage, onions, and mushrooms are important for the glutathione (an anti-oxidant in plants) which is a major detoxer. Eat more cabbage eat more iodine is what she just said. Cook with seaweed for seaweed flakes.

Personalizing is important too, so your needs may be slightly different but she says starting all MS patients on this type of diet has shown results.

She emphasized as 3 most important:

- ॐ Non starch vegetables
- ॐ Organic organ meats
- ॐ Seaweed

Her website [terrywahlsmd.com](http://terrywahlsmd.com). And she has books :) and she has the 'wahls diet' you can probably google and learn what it is.