



## **Diet and Nutrition**

For The Environmentally Sensitive Person:

How to Boost your Immune System

By Lau'ana Lei

## **Introduction**

There are two main approaches to healing disease from a holistic perspective. These are, first, detoxification and second, immune system improvement. LL's Magnetic Clay Baths are excellent for detoxification. They pull from the body metals and chemicals, which inhibit immune function. But detoxification is only half the solution. While the metals and chemicals are being removed, the body must be built back up to support a strong immune system. This article focuses on products that work well with the clay baths and provide support for quick recovery and regeneration.

When the body is terribly compromised from metals and chemicals, it is difficult to clear out all toxins. A weakened system continuously allows toxins to leach from the intestines back into the body. These toxins also block the absorption of food and supplemental nutrients, often resulting in digestive problems such as candida (yeast infections), parasites, allergies, memory and attention disorders, leaky-gut syndrome, and, through a snowball effect, many other serious diseases. Like a vicious cycle, these problems make it tough for the body to release toxins and begin the regeneration process.

## **The Correlation of the pH Factor and Leaky Gut Syndrome in Relation To Chronic Disease**

The imbalance of pH, acidity and alkalinity in the body, is a key factor in chronic illness. Our western diets often cause the body to be too acid. When the pH factor is balanced between 7.0 and 7.4, the body is able to clean itself and dump metals and chemicals. But if a person suffers from another condition called "leaky gut syndrome," maintenance of a balanced pH is not enough to stave off illness. If you have metal/chemical toxicity and are 'sick and tired of being sick and tired,' IT IS VITALLY IMPORTANT to check for a leaky gut problem.

Leaky gut syndrome is an advanced stage of toxicity characterized by lesions in the walls of the intestinal system, which allow toxins to be reabsorbed into the body instead of being eliminated through the normal procedure. This syndrome causes a breakdown, not only in the digestive system, but in the entire immune system as well. Many people are aware that parasites, allergies and memory loss, to name only a few symptoms, are associated with metal and chemical toxicity, but it is the rare individual who understands the influence of leaky gut syndrome on these common chronic ailments. When the toxic load reaches a level where the organs are also implicated, there is no place for the toxins to go except through the skin. Skin rashes are surefire signal that it is time to check for a leaky gut.

A visual analogy helps here. Imagine a goldfish with toxic organs swimming in a bowl of dirty, murky water. When the fish emits toxins into the water, it gets even dirtier. This is similar to what happens when our toxic bodily organs try to dump metals and chemicals into our bloodstream, which is already full of infections, viruses and parasites, etc. The result is known as a "healing crisis," which is to say that one becomes sick from the overload while detoxifying. Why should anyone already suffering from a chronic condition have to suffer even more during the "healing" process? My suggestion is that we detoxify slowly, COMFORTABLY, and in accordance with the body's priorities.

## **Programs for Helping the Leaky Gut, Balancing the pH and Improving Cellular Nutrition**

These are the steps I recommend if you are chronically ill and don't seem to be improving:

Take a test to find out if you have a leaky gut spreading toxins throughout your body. A urine test from your doctor or from the Great Smokies Diagnostic Laboratory (888-891-3061) will provide that information.

Check for jawbone infections (cavitations) or infected teeth, which might be creating a systemic infection in the body....but that is the subject for another article.

Seal the leaky gut, so that the toxins are contained within the intestinal tract, with natural remedies such as golden seal herb, concentrated aloe vera, apple pectin, colostrum and slippery elm herb (follow the instructions on the products' bottles or check with your health practitioner. A basic ounce of aloe vera before each meal may be a good way to start; continue it for 6 months to improve your intestinal lining).

The next step, after sealing the gut, is to clean up the floating toxins or "body pollution." This is done by balancing the pH so that it is between 7.0 and 7.4. Then, as the toxins clear up, a person starts to feel better. This is accomplished in two ways.

First, eat a diet of alkaline foods. Use pH strips (found in a drug or health food store) to check your pH factor during the day in order to determine the affect of the various foods (see some of our recipes below).

Start using the products mentioned below to balance the pH and clean up the body toxins. They help absorption of nutrients at the cellular level.

Start eating some of the alkaline foods, drinks and recipes suggested below.

### **Recommended Companies and Products for Alkalinity, pH Balance and Nutritional Absorption**

At the top of my list is CELLFOOD produced by Lumina, winner of the 1997 Advanced Technology Award. It is a wonderful, unique product for chemically sensitive people. This one ounce bottle, which makes 22 quarts of super-energized dietary supplement, seems to do it all! It is a cell food containing only the finest natural plant substances, which has: 78 ionic minerals, 34 enzymes, 17 amino acids and many electrolytes. It features an exceptional cell-oxygenating process that balances the body on the physical, electrical, chemical, biological, emotional and psychological levels!

CELLFOOD normalizes the pH, enhances energy levels, improves the digestive process, promotes parasite elimination, relieves allergies, helps one be alert and able to concentrate, and finally, repairs and rebuilds tissues. Because the particles are tiny, 4 to 7 nanometers in size, the nutrients are quickly and efficiently absorbed at the cellular level; this is especially important because metal and chemical toxins block the absorption of nutrients in food and supplements. Indeed, CELLFOOD addresses so many health issues.

CELLFOOD may be found at your local health store, or call 1-800-257-3315 for sources. I recommend that the chemically sensitive person start slower than what is recommended on the bottle— start at perhaps 2 or 3 drops a couple of times a day and gradually work up to the 8 drops in a glass of water, 3 times a day, which is the recommended dose. (Retail for \$24.95)

### **Recipes and Foods for the Chemically Sensitive**

We recommend these recipe books to help you in your detoxification process. Dr. Ted Baroody's *Alkalize or Die* states the pH of almost every type of food. His recipes have been figured for their pH value. This book, which can be found in most health stores, is a great help when you go food shopping (800-260-4050). Another great recipe book for chemical/metal toxicity is *Toxic Immune Syndrome Cookbook* by W.R. Kellas, Ph.D. It contains yeast free, hypoallergenic recipes to support the immune system. His line of products is geared for the environmentally sensitive diet (619-632-9042). We also recommend *Ageless Remedies from Mother's Kitchen* by Hannah Kroeger (800-225-8787). The following simple recipes and foods from her book have been helpful to many.

**METAL POISONING:** Green beans and zucchini squash. Eat these two vegetables exclusively for three days. She claims it will rid your body of metal poison. Buehler's Soup – Green beans, zucchini squash, celery, and parsley in equal parts. Cook and add seasonings. Eat for three days. Assists in removing toxic metal poisoning.

Squash and strawberries help to remove arsenic poison; they are extra good for smokers as they help remove other metallic poisons.

**FALLOUT:** Toast one slice of bread very brown. Butter it and put cinnamon on it. If you like you may use brown sugar. This counteracts radiation.

**LEAD POISONING:** Take 1 tablespoon grated red cabbage three times daily. Foods rich in zinc are helpful for counteracting lead.

**MERCURY POISONING:** Cilantro and chlorella, are known for removing mercury. Cilantro is easily contaminated; be careful in your choice. The organic 'clean' chlorella has been known to remove mercury from the gut, while cilantro removes mercury from the brain. Cilantro is available in drops also. NDF, a combination of liquid chlorella and cilantro is reported to "have no side effects" by the DAMS (national organization against mercury amalgams) newsletter. It is a nano-colloidal easily absorbed product available from BioRay (310-473-1813). We are told that Nature's Balance has a 'clean' chlorella-cilantro extract (800-858-5198).

**CADMIUM:** Vegetables from the cabbage family help remove cadmium.

**NICKEL:** Poppy seeds. Can be taken in rolls, cake or with honey. Take one teaspoon of poppy seeds with honey by mouth twice a day.

**JUICES:** Morinda (864-241-2010) has a nutritional, organic, immune-boosting product from the fruit, noni, grown in Tahiti. It is great for digestion, focusing attention and numerous other ailments. An ounce or two a day is usually sufficient. Another great juice for detoxifying metals is organic unsweetened cranberry juice.

**TEAS:** Teas for radiation toxicity are made from thyme and willow leaves. A metal detoxification tea is Calli, made of organic blends of green and black teas by Sun Rider (813-431-3305). From the same company comes Fortune Delight tea for toxins trapped in fat cells. Fresh organic ginger tea is good for digestion, gas, bloating, boosting energy, relieving body acid and nausea, all symptoms of metal and chemical toxicity.

**WATER:** Good, clean water is vital for a healthy diet. Water filters that regulate pH are now available. Prill Water is known to remove chlorine, fluoride and carcinogenic contaminants from water through a one-time purchase of 'crystal beads'. It was researched specifically for nuclear radiation, which it effectively clears. It has wonderful effects when taken internally as a drinking water. We suggest using 4 ounces or more with our specially formulated metal/chemical detox clay baths to enhance your detoxification process.

**CHEWING YOUR FOODS:** And of course, chew, chew, chew your food.

According to Lino Stanchich in his book, *POWER EATING PROGRAM*, it is chewing our food at least 50 times each mouthful that really makes all the difference in having good health.

### Sources of Information

ALKALIZE OR DIE book -- 800-260-4050

TOXIC IMMUNE SYNDROME COOKBOOK and Dr. Kellas's formulas 619-632-9042

Meta Matrix Laboratories CUSTOMIZED nutritional program information 828-279-8802

Leaky Gut Syndrome Test Kit – Great Smokies Diagnostic Laboratories

Body Balance Division 888-891-3061 Extension 5.

NDF - a liquid product containing chlorella and cilantro for detoxing mercury.

No side effects. Bio-Ray 310-473-1813

"Clean" chlorella: detoxing mercury from the gut. Nature's Balance at 800-858-5198.

Premier Laboratories 1-800-370-3447 for tested products free of toxic metals and chemicals.

Noni Juice- immune boosting fruit and organic nutrition, not recommended for those with candida unless tested for it, although the product is excellent for diabetes 864-241-2010

PRILL Water – high frequency cleansing water 828-253-9219

MODIFLAN Brown Seaweed - www.modiflan.com 415-661-5762

AGELESS REMEDIES FROM MOTHER'S KITCHEN – 1-800-225-8787

Lau'ana Lei's **Balancing Chart**

*This article "Diet and Nutrition For The Environmentally Sensitive Person" was written and compiled by Lau'ana Lei. Lau'ana Lei is a world traveler and writer on environmental and health issues. She is a frequent radio guest and speaker at environmental conferences. After overcoming her own "bout" with heavy metal/chemical toxicity, she now offers and shares from her own experiences. This article may be printed without alteration in its original form and distributed and shared for non commercial use to help those adults and children challenged with lead toxicity.*