

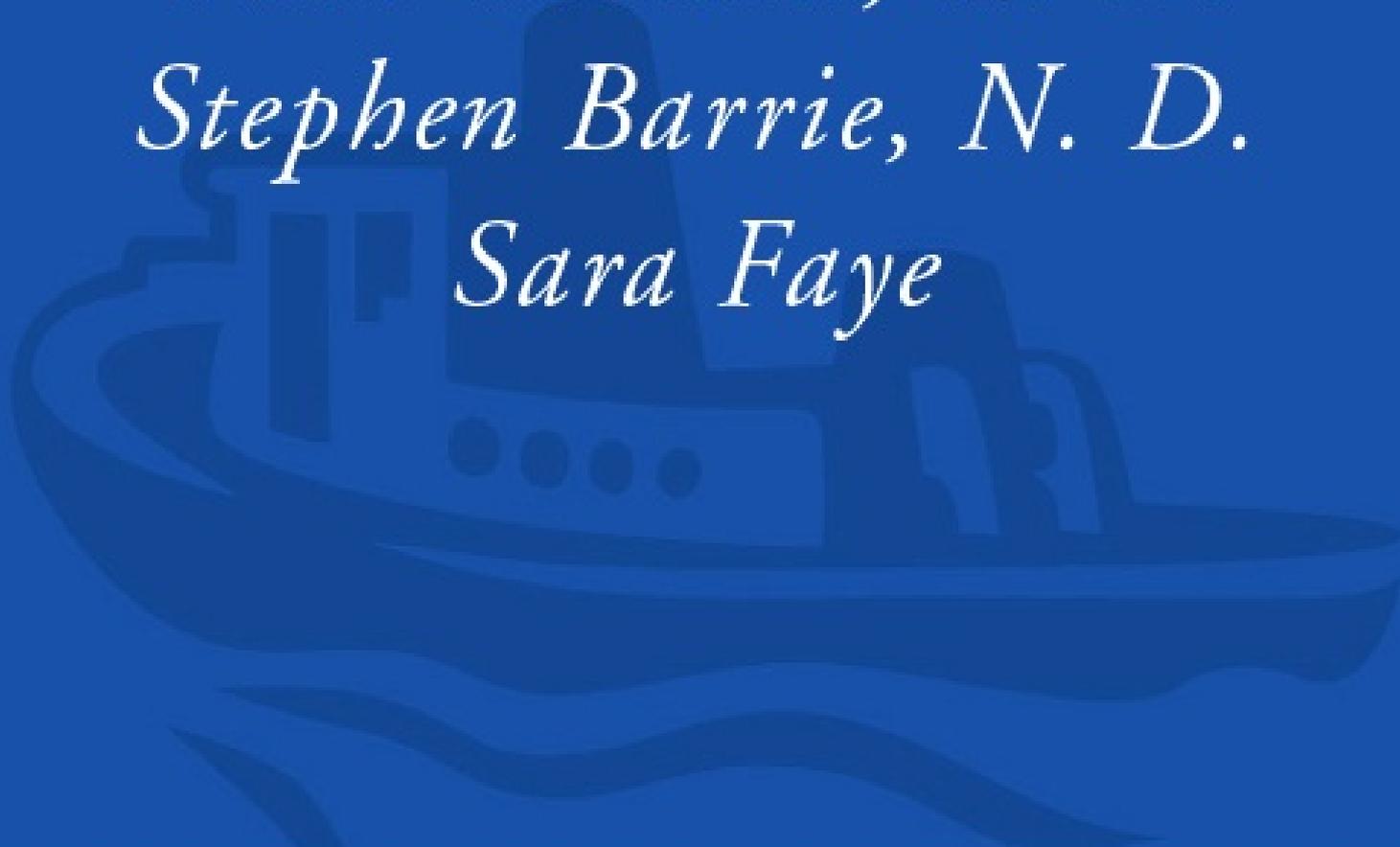
7-DAY DETOX MIRACLE

Revitalize Your Mind and Body
with This Safe and Effective
Life-Enhancing Program

Peter Bennett, N. D.

Stephen Barrie, N. D.

Sara Faye





PRAISE FOR *7-DAY DETOX MIRACLE*

“An unfortunate reality of modern life is our high level of toxic exposure. Environmental pollution from industrial waste, build up of metabolic poisons due to nutritional deficiencies, antibiotic-induced abnormal bacteria in the gut, all add to increased toxicity and decreased health. The guidance and wisdom offered by Doctors Bennett and Barrie provide a welcome pathway to detoxification and restored vitality.”

—Joseph E. Pizzorno Jr., N.D.,
president, Bastyr University and author of *Total Wellness*

“Physicians will lose their fear of the process after reading this book for they will understand it better. They will be able to treat their patients who are following detox programs recommended by their naturopaths more effectively. This is a valuable book. I know detoxification programs work for I have witnessed this over the past thirty years.”

—Abram Hoffer, Ph.D., M.D., author of *Smart Nutrients*

“This book is an excellent ‘how to and why’ regarding environmental toxicity and detoxification. It is a valuable addition to the library of all clinicians and a clearly written guide for patients.”

—Mitchell V. Kaminski Jr., M.D.

7-DAY DETOX MIRACLE

**Revitalize Your Mind and Body
with This Safe and Effective
Life-Enhancing Program**

REVISED 2ND EDITION

**PETER BENNETT, N.D.
STEPHEN BARRIE, N.D.
SARA FAYE**



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*To all of our teachers
who imparted the importance
of personal effort and self-motivation
in the pursuit of Knowledge*

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FOREWORD

The term “detoxification” means many things to different people. To the doctor specializing in toxicology it means the treatment for patients suffering from drug and chemical overdose, for the pharmacologist it means the mechanism by which the body metabolizes pharmaceutical substances and eliminates them from the body, for the environmental scientist it means the way that substances in the environment are decontaminated, for the chemically dependent person it means a treatment program designed to rid them of their drug addiction. In the context of the book *7-Day Detox Miracle* by Drs. Peter Bennett and Stephen Barrie, both naturopathic physicians of international distinction, it means the process whereby people who have chronic health complaints due to the low grade “poisoning” of their metabolism. As is eloquently described in this book, this low grade “poisoning” is something that happens to many of us as we accumulate toxins from a polluted environment, lifestyle habits such as smoking, excess alcohol and caffeine consumption, faulty diet, medications, stress, and too little activity.

What makes *7-Day Detox Miracle* such an important book is that it represents the clinical wisdom and experience of two doctors who have successfully practiced natural medicine over the past fifteen years that includes the use of science-based detoxification programs. Their clinical experience in the use of the approach described in *7-Day Detox Miracle* makes this book much more than a theoretical and interesting approach to improving health. Rather it is a tried and proven program for people who are looking for a way to get rid of chronic health complaints such as fatigue, low energy, digestive complaints, muscle aches and pains, and a myriad of other aggravating symptoms.

As a nutritional biochemist who has been involved in research focused on the better understanding of how nutrition influences the body’s detoxification process, I found Drs. Bennett and Barrie’s book to represent a significant contribution to making this concept more accessible to the average person who can benefit from its application.

Biochemists often speak in very specialized jargon that makes their message hard to understand. Drs. Bennett and Barrie have made a major accomplishment by weaving together in understandable terms the basics of the physiological and biochemical processes of detoxification with their clinical experience in how this information can be used for improved health. The most amazing distinction of the book is that they have done this without

compromising the integrity of either the science or the easy reading style of the book.

By using case histories and clinical experiences the story of the *7-Day Detox Miracle* unfolds. From our experience at our Functional Medicine Research Center, our clinical staff has found that a nutritionally supported detoxification program can help improve the health and functional vitality of many people who are “walking tired.”

Although no single program is successful for all people, *7-Day Detox Miracle* does provide a very well-formulated and clinically evaluated approach to accessing the power of our own body’s detoxification and recuperative abilities. It is interesting that nutritionally based detoxification is not considered a standard approach in medicine even though it has been demonstrated to reduce migraine headaches, improve the muscle pain of fibromyalgia, and improve sleep in many studies. This may be a result of the fact that medicine today is based upon the presumption that “don’t fix it until it’s broken.” A person may not be sick enough yet to be seen as “broken” during this age of managed care, but rather may be suffering from a significant reduction in their quality of life due to chronic symptoms for which *7-Day Detox Miracle* could be of great value.

I am very pleased that Drs. Bennett and Barrie have written this very helpful book that will make the power of nutritionally based detoxification more accessible to countless people.

*Jeffrey S. Bland, Ph.D., President,
Institute for Functional Medicine*

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No book can be written without the enthusiasm and contribution of other people. The librarians at Healthcomm were very helpful finding and sending research material; John Furlong, N.D., was very focused in providing salient research; Jeff Bland, Ph.D., was inspiring in his vast knowledge of the subject; Paula Bishop was amazing at generating graphics with no time and very little guidance; Brad Rachman, D.C., was a wonderful source of ideas and organization; and Jennifer Riden at Prima successfully navigated a complex edit.

PREFACE TO 2ND EDITION

After interviewing hundreds of people who tried this program and after using this book in my clinic with all our patients, I have made several revisions, updates, and additions in this new edition. Happily, I found that most people found the first edition easy to use and the program effective. Some even said that it changed their lives by reversing long-standing health problems and giving a new sense of control. We were very pleased to hear that many people who used this program lost the weight that they needed to and that they kept that weight off.

A wonderful response to the first edition was that many medical doctors recommended this program to their patients. I had calls from people who had beneficial results after their doctors told them to try detoxification. This confirms that some physicians are integrating alternative strategies into their conventional health care. Appendix D provides information on referrals to medical doctors who will supervise you in this program.

May everyone enjoy good health,
Peter Bennett

PREFACE

Detoxification is a process of cleaning, nourishing, and resting the body, from the inside out. It works because it addresses the needs of individual cells, the smallest units of human life. Disturbed cellular function is the basis of disease, poor health, and lowered physical and mental performance. This medical strategy is commonly employed by doctors of naturopathic medicine who understand organ systems and organ function at the cellular level. The approach expresses a “global,” inclusive whole-body perspective. It is a form of medicine that replaces the reductionist model of treating single body parts or organs separately with an ecosystem view of human health, a synergistic web of mind, body, and spirit.

Detoxification medicine is an ancient concept that appears as part of many healthcare systems around the world. In Europe, detoxification is considered a valid medical therapy and is offered at many health spas, under the supervision of mainstream medical doctors. As a treatment, detoxification is more important today than ever before because, in addition to the health problems humans have been experiencing for thousands of years, we are now exposed to a huge variety of environmental poisons. The seven-day detoxification plan described in this book offers you these time-tested detoxification techniques in a simple do-it-yourself form developed to deal with new environmental toxicity syndromes. This type of detoxification should not be confused with the process of helping people break free of their dependency on alcohol and drugs.

We call our method the EcoTox program. It’s built on the core concepts of resting the immune and detoxification systems and the organs of the digestive tract while at the same time promoting elimination. We were taught about the validity of detoxification medicine from doctors who have been using it successfully with their patients for over 50 years. Scientific research supports our own years of clinical experience. This is a safe and effective method to enhance the body’s own self-healing mechanisms. If you’re sick, detoxification can help. If you’re well, it will make you feel even better. That’s why we refer to the therapy as the seven-day miracle. It can cure many chronic health problems and alleviate the symptoms of others; protect the body from disease; restore and enhance vitality; allow you to look your best; and ensure your ability to maintain optimum health.



Health and Detoxification

- **The EcoTox Detoxification Program**
- **What Is Health?**
- **The Defense Mechanism Model and Detoxification Medicine**
- **Take Charge of Your Health**

Why do we lose our health? What causes certain organs and systems to change, to move away from normal, healthy function? These are questions that concern all of us. Susceptibility to disease and illness is the result of inherited weaknesses, environmental exposures, and lifestyle stresses. These obstacles create changes in the cells of the body and affect our struggle to attain and maintain good health.

A certain wisdom is built into every life form, each of which is highly sensible and organized. Each life form is a resilient ecosystem reflecting a larger cosmic intelligence. Humans, as they have evolved, have adapted to their environment over the past five million years. Until modern times, the stresses of everyday life were fairly constant and predictable. These consisted of hunger, thirst, cold, heat, and bacteria-based diseases.

Enter the new millennium. Everything about our environment has changed radically. Now we must cope with new sources of toxins. Since the industrial revolution, thousands of chemical compounds never seen before have been introduced into the environment. We're constantly exposed to multiple toxins found in our medications, food, water, and air. Each one poses serious health risks, and little is known about how they interact and the ways in which two or more toxins, acting together, impact our health. We have mercury fillings in our teeth and ecosystem, anaerobic bacteria in our root canals, abnormal (bacterial) flora in our guts from antibiotics, lead in our bones from the years when leaded gasoline fueled our cars and machines, and drugs in our bloodstream that throw liver metabolism out of balance. This proliferation of toxic sources demands, more than ever, that we consider detoxifying our bodies. Toxins that damage the cells of the body are invisible and insidious.

They break down the “invironment” of all body systems at the cellular level. This happens slowly, day by day, year after year, and so is difficult to detect until the actual onset of disease.

Disease from toxicity is caused by the presence of bio-chemicals that poison the blood and spread via the circulatory system. As a result, cells and tissues are literally “swimming” in a contaminated environment. Detoxification is a treatment regimen that cleans the blood and removes toxins from the body.

Detoxification enzyme systems in our cells have evolved that allow us to survive as we come into contact with thousands of toxic substances every day. They provide us with the natural ability to transform poisons into nontoxic elements that the body can reuse or eliminate. This is a type of biological alchemy, a mysterious and wonderful process that takes place on a daily basis—in our sleep and while we work. We aren’t even aware of the miracle that’s going on in every cell of our body.

Since this book is a primer in detoxification, it is important to distinguish three main areas of detoxification medicine:

1. Heavy metal exposure (lead, mercury, and cadmium)
2. Pesticide and organic solvent residues (PCBs) stored in human fat tissue
3. Altered intestinal ecology

Each of these areas of detoxification (metals, pesticides, and gut ecology) has its own medical literature base, and generally these areas are not thought of as related. The cells in our bodies don’t know that medical science considers these different areas of toxicology as separate. Our cells are bathed in an environment that mixes all three classes of toxins, which have the potential to cause disease in our bodies.

It has been through our clinical experience, not medical research, that we have understood the importance of a multiple-intervention detoxification therapy. A complete detoxification therapy should include (1) dietary therapy to reduce intestinal membrane inflammation and altered bowel flora, (2) nutritional supplements to increase Phase 1 and Phase 2 liver detoxification and stimulate bile flow, and (3) sauna therapy to enhance the reduction of fat-stored pesticide metabolites.

This multiple-intervention therapy stimulates the function of the liver, spleen, lymphatics, and digestive tract (reticuloendothelial system). Medical science has described this system as a filtering organ that provides very important immune and regulatory functions. To date, there are no medical textbooks, surgical procedures, or drugs that create a process to enhance the function of this extremely important “blood cleaning” organ system. The work by naturopathic physicians and other holistic medical practitioners who use detoxification therapy represents an attempt to open up the concept of a medical specialty in “reticuloendotheliology” and a need for more research and clinical application of therapies that work with the reticuloendothelial

system. The complete mechanisms by which detoxification therapy works need to be fully uncovered by medical science.

Detoxification is not a new way of healing. It isn't a New Age concept floated out on a weekend workshop, it isn't the latest healing fad flown in from the East, and it isn't a process that's foreign to your cells. Rather, detoxification is the way in which the body heals itself—an internal cleansing process that takes place continuously. It is truly miraculous. Detoxification medicine is a medical strategy for eliminating the obstacles to health. Just as antibiotics are a strategy for ridding the body of harmful bacteria, detoxification medicine is used to remove the toxins that disturb the cells' ability to function normally. At the same time, cells receive nutritional support to maximize their activity. This enhances the body's own self-healing mechanisms.

We're constantly exposed to multiple toxins found in our medications, food, water, and air. Each one poses serious health risks.

The toxin and the organism can be thought of as two samurai ready for battle. Both are biochemically alive and well trained. The contest is to see which is stronger. The strength of a toxin, or its toxicity, depends both on how effectively it blocks critical cell functions and on the cell's ability to deal with the toxin's life-blocking strength. Each cell's capacity to deal with toxins varies greatly, and many factors conspire to alter these variables. Inherited physical weaknesses, lifestyle stresses, and environmental exposure change a cell's capacity to break down toxins. This is what accounts for the fact that one person gets sick and another, subject to the same conditions, does not.

Research has shown that our ability to detoxify our internal environments bears a direct relationship to our susceptibility to disease. If your detoxification mechanisms are weak, you'll be more prone to early aging, heart disease, cancer, and chronic degenerative diseases. Both prevention and treatment depend on your capacity to detoxify. Detoxification protects the nervous, cardiovascular, and immune systems. By learning how to enhance your body's ability to detoxify, you'll be better able to stay healthy and feel young.

Using current medical research and traditional naturopathic detoxification therapies, we have put together a seven-day plan, which we'll refer to as the EcoTox detoxification program—a system of diet (with foods and supplements you can readily find at grocery or health food stores) and exercises and activities to stimulate circulation (which you can do at home alone or with a

friend to give you a hand). This program as outlined here in this book helps you minimize your risk for disease as a result of toxicity syndromes and uses natural detoxification mechanisms to promote healing. Here are some relevant definitions to help you understand some important detoxification concepts.

Toxicology is the study of the effects of noxious or harmful substances on living organisms.

Biochemical toxicology is the science of biochemical mechanisms that transform molecules from toxic to nontoxic states.

Xenobiotics are chemicals or molecules that are foreign to biological systems.

The process of detoxification is the therapeutic biochemical, physiological, and nutritional approach to decreasing the impact of xenobiotics on the cellular physiology.

Toxicity describes the disturbing influences of a xenobiotic on cell physiology and the mechanisms or abilities of the body to deal with a poison.

The EcoTox Detoxification Program

The term *EcoTox* describes the overall concept of our approach to detoxification. *EcoTox* is a combination of the words *ecology* and *toxin*. Ecology is the science concerned with the relationships between organisms and their environments. In environmental studies, ecology is the study of the detrimental effects of modern civilization on the environment with a view toward preventing or reversing those effects through conservation.

Used together, ecology and toxin suggest a link among health, the environment, and the actions of toxins. As a word and a concept, *EcoTox* goes beyond the simple notion of detoxification, embodying a new definition of health equilibrium based on the weblike connections between the outer environment we live in and the inner environment of our bodies. It incorporates the core concepts of holistic medicine, preventive medicine, and wellness medicine and focuses on the need to bring harmony to our cellular biochemistry through detoxification methods. This approach to health care contributes to youthful vitality, longevity, and wellness, and it can alleviate chronic disease. Although our approach goes beyond just detoxification, keep in mind that whatever you can do to help your body detoxify and eliminate exposure to toxins may be of benefit. The guidelines that make up our detoxification strategy work by “turning on” and supporting the body’s own mechanisms for managing and eliminating toxins and metabolic waste. We’ll present these in detail in [chapter 8](#).

Case History

Alice was seventy-two years old and had been bothered by abdominal pain, obesity, and fatigue for several years. Her doctors diagnosed gall bladder disease and told her she needed surgery. She followed their instructions and although her gall bladder was removed, her pain and problems persisted. Her energy continued to decline despite the use of vitamins, prayers, and positive thinking.

After an initial evaluation, we placed Alice on our detoxification program with daily observation at our clinic. Initially her energy was low, and she experienced headaches and dizziness as her body adjusted to the change. After a few days, however, her complexion changed from its chronic pasty color to a healthy glow, her mind and memory cleared (helping to relieve her fatigue), and her abdominal pain completely disappeared.

We discovered her problem was rooted in what she ate. In all of her seventy-two years, she had never missed a meal, and she had overwhelmed her digestive system with too much food. In addition, she had irritated her intestinal tract by eating foods that we found she was allergic to. Like many people, Alice was unaware that if you have a sensitivity or allergy to certain foods, the reactions caused by exposure to them can have toxic consequences. Alice now avoids these foods, which were toxic to her system. She continues to lose weight while eating the foods that satisfy her and make her feel well.

No matter what disease or health problem you suffer from, detoxification medicine can help because it encourages vital organs and organ groups such as the brain, the kidneys, the liver, the cardiovascular system, and the immune system to function at full capacity and can even amplify their performance. Not everyone will experience relief from all their aches, pains, and problems in one week, but after seven days of stimulating cellular detoxification, many of those who use this program feel better. They report having more energy, improved digestion, and enhanced mental faculties.

This book gives you a blueprint for health. It is a program that can be individualized to your particular weaknesses to help prevent disease and cure chronic illness. We can't promise that everyone who's sick will be cured after following the program for seven days. But we can assure you that, at the very least, you'll be closer to wellness, with fewer, less troublesome symptoms and more internal strength to combat illness. You can apply the ideas outlined in this book and become your own health advocate by taking charge of your own wellness program. You could save hundreds or even thousands of dollars in medical expenses during your lifetime by using detoxification therapy.

Just as toxins are ravaging the environment around us, they are destroying the human body's internal biochemical and biomechanical atmosphere. To heal the damage they inflict, you need to intentionally re-create a normal, healthy, balanced internal ecology in your body. This is as profound and as thrilling as the restoration of a damaged ecosystem by conservation agencies. You're the conservation warden who watches over the ecology of your mind and body. Detoxification is the first phase of your personal restoration program.

What Is Health?

Everyone has different definitions of health and disease, and no single definition for either term fits all cultures, ages, and individuals. If you're twenty-five years old, your definition of health will likely have changed by the time you're seventy-five. Disease is a state in which certain cells in the body cannot perform the job they are meant to do. Symptoms are a sign that cells are damaged and function has been lost. So a good working definition of health is that it is proper cellular function expressed as optimum physical, mental, and emotional performance.

Conventional medical training programs focus mainly on pathology, drug and surgical therapies, and symptom management. The job of the physician and the medical-care delivery team is to take over where the body has failed. The body's ability to self-heal is generally not accounted for, an attitude that's reflected in the public's understanding of diagnosis, sickness, and health.

By learning how to enhance your body's ability to detoxify, you'll be better able to stay healthy and feel young.

Once you understand that your body is designed to regulate and repair itself, you'll be ready to look at health care in a new way. You'll never again be willing to settle for a therapeutic approach that focuses simply on naming your illness and suppressing your symptoms. Detoxification is the tool you can use to fight disease and promote health, strengthening your body cell by cell and revitalizing its ability to heal itself.

Mind–Body Health

A relationship exists between health, the activity of the mind, and toxins in the environment. Toxins affect the ways in which we think and feel, and thoughts and feelings affect the ways in which we process environmental toxins. It's a two-way street. Negative mental states—expressed as anxiety, panic, anger, depression, neurotic behavior, self-deprecation, self-destructive feelings and tendencies, and a weak will to live—can be triggered by conditions of toxicity, and they also hinder the ideal functioning of your built-in detoxification system. The brain produces hormones and substances in response to stressors, and these substances disrupt the body's delicate biochemical balance, changing the ways in which organs and systems operate. It's known, for example, that stress hormones slow down the activity of detoxification enzymes in the liver.

Mental and emotional strain contributes to almost every known disease: autoimmune disease, infectious disease from viruses or bacteria, cancer, and even skin diseases. All acute, chronic, and degenerative diseases are affected by one's mental and emotional state. Medical research has verified the effects of positive and negative thinking in heart disease and cancer, the leading causes of death in North America. For example, it has been established that even low levels of stress trigger the onset of angina. We also know that attitudes and emotional states are critical in fighting disease. The opposite is also true. Laughter, hope, acceptance, and the reduction of emotional and mental suffering speed the course of healing and decrease pain. If you can consistently visualize a state of wellness, you are more likely to achieve that state of wellness.

Therefore, to remain healthy every person should develop strategies for stress management and for maintaining a positive attitude, taking advantage of techniques such as therapy, support groups, and meditation. Every doctor's health care approach should reflect this scientific reality.

To get the most advantage from detoxification medicine, you must have a lifestyle and an outlook that support positive emotional states and that reduce negative emotions. We've included some techniques later in this book to help you.

The Defense Mechanism Model and Detoxification Medicine

The body has a natural defense mechanism that always attempts to protect the most important organs. This defense mechanism is not any single organ or structure in the body. Rather, it's the cumulative result of many internal systems, including the immune system and the brain, working in cooperation to set health priorities and shield critical organs from disease. The defense mechanism directs and controls the ways in which we fall ill and become well.