



# *natural detox secrets*

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key cellular nutrition



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**AT BEST, MOST OF THESE  
DETOXES ARE A TEMPORARY FIX.**

**AT WORST, THEY DO NOTHING  
AND ARE A TOTAL WASTE OF  
YOUR MONEY!**



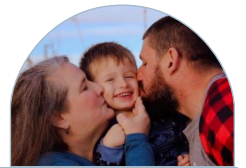
People have a lot of questions about detoxification. Detoxes have become a huge money-making industry. People are doing enemas and other forms of cleanses constantly to try to tackle their health problems.

The problem is that with a lot of these detoxes, they're what you can call too far downstream. That is, the problem exists at a cellular level. So even if you make a choice to support, for example, your liver health, it doesn't address the deeper issue of your damaged cells.

At best, most of these detoxes are a temporary fix. At worst, they do nothing and are a total waste of your money!

So let's talk about natural forms of detoxification -- not only for those who have lost their health, but for those who want to maintain their well-being, too. It's all about making sustainable shifts in your lifestyle. Adding in a form of a cleanse can be what moves the needle closer to health for you.

# 1 - REMOVE EMPTY CALORIES



“I am down 20 lbs. My blood pressure is down. No pain in my joints anymore and the inflammation has gone way down. I do not need naps during the day any longer. I am not using my handicap plate to park I am parking out farther to walk to the store. It amazes me so very much!”

-Denise B.

The Standard American Diet is rich in empty calories and doesn't have enough nutrients. When people don't get good nutrients, it results in that uncontrollable hunger that just won't go away! We are an overfed, undernourished nation.

When you eat a nutrient-dense diet, you'll experience improved digestion and be able to absorb nutrients at the cell level. The absorption of these nutrients is key -- you can eat all the healthy foods you want, but if your cells aren't healthy, they won't be able to take in those nutrients.

By removing these empty calories, you can inundate your body with rich, healing foods that will help you restore your health at a cellular level.

Some examples of nutrient-rich foods that you should try to work into your diet include:

## COCONUT OIL

What makes coconut oil so special is that it contains medium-chain triglycerides (MCT), which are more rapidly metabolized (burned) as fuel than other fats. This means that instead of being stored as fat, the calories contained in MCT are converted into fuel for immediate use by organs and muscles.

## OLIVES

Olives are full of Vitamin E and antioxidants. These help fight the free radicals in your bloodstream that may be the cause of some of the effects of aging, as well as certain cancers.

## APPLE CIDER VINEGAR

ACV helps your body to break down and derive nutrients from fats and protein. This will lead to a faster metabolism and more vitality. It also contains the fiber pectin, which has been shown to increase a person's sense of fullness while also decreasing their desire to overeat or snack. Plus, studies show that ACV helps control blood sugar levels.

## ORGAN MEATS

Organ meats are packed with a number of important nutrients like iron, thiamin, folate, selenium, phosphorus, zinc, CoQ10, and several of the B vitamins. Many of these nutrients improve metabolism and promote the production of collagen and elastin, which make you look younger.

## SPINACH

Studies show that an extract in spinach called thylakoids decreases food cravings by 95% and increases weight loss by 43%. One study showed that taking thylakoids reinforces the body's production of satiety hormones, which leads to better appetite control.

## 2 - GET AMPLE SUNLIGHT



Contrary to popular belief, a moderate amount of sunlight isn't detrimental to your health.

You've been told for most of your life that being out in the sun will give you skin cancer.

But there was a time in our country, not long ago, where people were outdoors for most of the day. Despite all this contact with direct sunlight, it was rare to ever develop skin cancer.

Yet today, when we're not outside as often and slathering our bodies with SPF, it's the most common form of cancer.

In civilizations close to the equator, where there is far more sunlight, skin cancer is still rare.

*Get 10-15 minutes a day in the sun -- no SPF is required!*



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I would like to thank Dr. Bill Cole & his team of folks. Everyone was so wonderful, patient, professional, and fun to work with during the program! My WINS are I have little pain, no ringing in my ears, able to do more, able to exercise, and I feel so much better. I have also lost 38.7 lbs, am sleeping better, my neck/throat area doesn't feel like I have that lump in it, and I am not losing my voice as much. Trust the program!

-Fran E.

— ” —

### 3 - AVOID PESTICIDES & HERBICIDES

Today's conventionally-grown foods are chock-full of damaging chemicals. Pesticides and herbicides are meant to kill insects and weeds, so what do you think they do to you?

Glyphosate, the active ingredient in Roundup, starts to damage your gut lining just four seconds after it enters your gut.

Glyphosate can even pick up toxins in the body and deliver them elsewhere, including your brain cells — where the toxins are tough to remove.

To be completely clear, even organic goods will have some glyphosate in them due to it entering our rain supply. But there's a huge difference between those trace amounts and having it poured on crops to kill weeds.



Buy organic when you can. Visit [ewg.org](http://ewg.org) to see the Environmental Working Group's list of the Dirty Dozen and Clean Fifteen to see which foods should always be bought organic. Then you'll know which you shouldn't compromise on, and which are okay to buy in conventionally-grown forms.

*Remember to keep in mind that organic produce isn't just less toxic -- it's also higher in antioxidants, which are what you need to decrease your inflammation levels.*



## 4 - ALLOW WASTE TO GET OUT OF YOUR CELLS

Toxins build up in our cells when our bodies aren't working like they should and flushing out these toxins. To get rid of the inflammation in our cells, you need to sweat. Exercise is a fantastic way to help the body eliminate waste products.

Plenty of people say, "I don't seem to sweat, even when I exercise."

If you don't sweat, it's a sign that something is wrong in the body. Infrared saunas are also a great option to start cleaning out the body's detox pathways. Sweating will get rid of the toxins through your skin.

You don't need to be a gym rat to start exercising, either. Start slowly, building up your activity level. If you don't exercise at all currently, a walk around your yard or your block is a good way to begin. Then start to increase your distance until you're putting on miles.

Burst training is another form of exercise that everyone should be doing -- work out your upper body one day, and lower body the next. You can find plenty of example exercise videos online if you're not sure where to begin.

All this movement means that you're helping your cells dispose of the waste they don't need to be holding onto.



**"Thank you Dr. Bill Cole for creating this program!** It has been the most complete program I've tried. I love the support and the training! **My inflammation is better, my joints are not as stiff and I can move more easily.** I

can get on the back of my husband's Harley without a step stool! So we have more together time and it's not stressful for me!!!

**My brain fog is almost gone and I'm much more focused!**

Lots of wins, more than I can list here. I am confident that I am on my path to much better retirement years!"

**CHERI B.**



## 5 - START FASTING

A fasting-focused lifestyle is an incredible way to jumpstart your healing and maintain your health. There are plenty of different forms of fasting so that you can find which is right for you.

The 24-hour fast is simple for most people. You can eat dinner, then don't eat again until dinnertime the next day.

Abstaining from food for a period of time will allow your body to redirect energy toward healing. It begins the process of autophagy, where your body burns up old, damaged cells and lays down new, fresh stem cells instead.

Autophagy is the natural process that occurs when your body doesn't have to expend energy digesting and assimilating food. It is the ultimate in anti-aging. When you're in a state of autophagy, that means your body gets rid of damaged, unhealthy cells and lays down new stem cells in their place.

*If you are struggling with any health problem or simply want to be at your best, fasting can be a very powerful way to get there.*

## 6 - DRINK ADEQUATE AMOUNTS OF GOOD WATER



We've replaced water with sugary beverages for much of our liquid intake. But these drinks do not help keep your system flushed and healthy, and they often contain ingredients that are detrimental to your health.

Moreover, you have to look at where the water from your faucet comes from. It's a great idea to invest in a quality water filter like a Berkey so that you don't have to worry about any chemicals in your water.

Not sure how much to drink? A good rule of thumb is to drink half of your ideal body weight in ounces every day. However, 60-80 ounces is sufficient for most people.

Keep in mind that tea, kombucha, or other beverages do not count toward your water intake.

# SEEM LIKE TOO MUCH TO TACKLE?

Don't start to get overwhelmed from this list -- it's not all as scary as it might seem at first.

Pick the one that you think might be the easiest for you.

Start with that, then build on it.

It's all those small changes that will add up to tremendous wins when it comes to your health.

*And always remember -- progress over perfection.*



## Having trouble managing your mindset?

Watch the **FREE TRAINING** & learn to regain control of your health

[Click Here!](#)