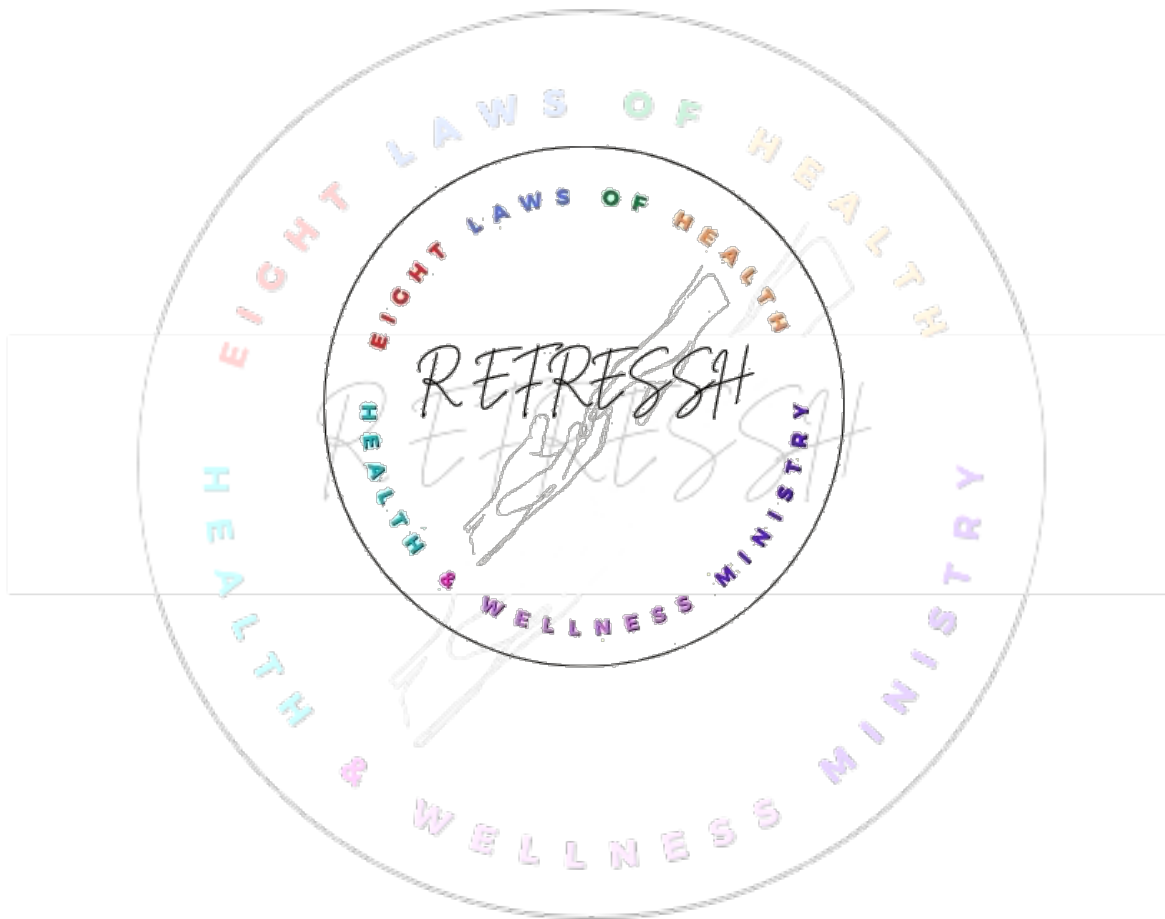


Truro Session 4: Cleansing on Every Level: Detoxing the Body, Mind, and Liver

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MAIN TOPICS

- The Power of Detoxification & Cleansing
- Detox Juice. Fasting
- The Liver's Role in Detoxification
- Emotional Toxins
- Environment and Lifestyle Toxins
- Releasing Stored Toxins
- Key Takeaways

The Power of Detoxification and Cleansing

"I will praise thee; for I am fearfully and wonderfully made: marvelous are thy works; and that my soul knoweth right well." Psalms 139:14

The Need for Detoxification & Cleansing

- **Detoxification** is the body's natural process of eliminating toxins
- **Cleansing** supports this function by reducing the intake of harmful substances and increasing the consumption of nourishing, healing foods

What is Detoxification?

- The body's built-in system to remove waste through the liver, kidneys, skin, lungs, and digestive system
- Supports cellular repair and function, digestion, tissue repair and overall vitality

Why is Detoxing Important?

- Accumulated toxins from processed food, environment, pollution, chemicals, and stress can accumulate in the body, leading to inflammation, sluggish digestion, fatigue and chronic disease
- Cleansing helps reset the body, improve energy, and strengthen immunity.

The Difference Detoxing & Cleansing Between

- **Detoxification** is the body's internal system of breaking down and eliminating toxins
- **Cleansing** is a process of supporting detoxification through specific foods, juices, herbal remedies, hydration, and lifestyle changes.

Benefits of Detoxing & Cleansing

- Increase energy and mental clarity
- Improved digestion and gut health
- Clearer skin and reduced inflammation
- Strengthened immune function
- Balanced hormones and improved mood

Methods of Detoxification

- **Juice Cleansing** - nourishing while flushing toxins
- **Herbal Support** - liver and kidney flushing
- **Hydration and Fasting** - water and herbal infusions to enhance elimination
- **Restorative Movement** - sweating and lymphatic drainage through exercise

Detoxing Naturally

- Hydration plays a key role in flushing toxins
- Detox juicing aids in digestion and elimination
- Herbal support enhances detoxification
- Nutrient-dense foods support detox pathways

Detox Juice Fasting

What is Fasting?

Fasting is:

- The elimination of food
- Healing to the body
- The ability of nature to do the work of healing in the fastest way possible
- A process that releases a hormone - Adiponectin that stimulates the immune system
- Is better than medicine
- Is a cleaning process in which the body eats itself, **autophagy**, a cellular cleanup process that removed damaged cells and strengthens immune defense.
- A process that eliminates impurities such as mucus, inflammation, fat, diseased cells or tissues, uric acid, cholesterol, calcium carbonate, abscesses and even tumors
- Does not cause any nutritional deficiency to the body.

Benefits and Results of Fasting

- Vital organs get a complete rest
- The digestive tract is emptied and disposes of putrefactive material
- The organs of elimination catch up with their work
- Normal physiological chemistry is established with secretions
- Diseased tissues are absorbed
- Youthful condition of the cells and tissues is restored

- Energy is conserved
- Assimilation is increased
- The mind is cleared and strengthened
- Bodily functions are improved
- Body will lose 1 pound a day
- Taste buds change
- Desire to eat healthy, wholesome, nutritious foods

Detox Juicing: Fruits and Vegetables

- **Fruits** are the cleansers of the body including the blood and digestive tract
- **Vegetables** are the regenerators and contain complete proteins of the highest value for our bodies
- Both are packed with vitamins, minerals, antioxidants and enzymes that support the body's natural detoxification process
- They help flush toxins, support liver function, aid digestion, and provide hydration and nourishment

Key Benefits for Detox Juicing

- **Hydration:** Fresh juices provide essential hydration, helping the kidneys and lymphatic system flush out waste
- **Alkalizing the Body:** Fruits and vegetables help reduce acidity and create a balanced pH, which supports cellular function and overall health.
- **Supporting the Liver:** Beets, lemons and cruciferous vegetables - broccoli, cabbage, kale - contain compounds that enhance liver detoxification.
- **Boosting Digestion:** Fresh juice contains enzymes that improve digestion and gut health. Ginger and pineapple sooth digestive discomfort and reduce bloating.
- **Eliminating Toxins:** specific fruits and vegetables act as natural diuretics - cucumber, celery, parsley - helping remove excess fluids and waste.

Key Takeaways

- Detox juices rid our organs and body of toxins that have built up over time.
- Detox juicing helps to reset our bodies and provides the nutrients to nourish and strengthen our immune system.
- Fasting rids the body of any and everything that is wrong in the body and allows it to reset.

Understanding Detox Beyond the Physical

The Liver's Role in Detoxification

- The liver is your body's main detox organ, constantly working to break down toxins and waste
- The liver filters and processes everything - food, environmental toxins, medications, emotions via cortisol, stress hormone
- The process happens in two critical steps - Phase 1 and Phase 2
 - Both phases must work efficiently for detoxification to be successful
- Signs your liver is overburdened:
 - Fatigue
 - Skin issues
 - Sluggish digestion - SpH acidic = diluted liver; SpH alkaline = congested liver
 - Hormonal imbalances
 - Brain fog
- The liver is directly linked to gut health via bile production for digestion and elimination

The Liver's Detox Phases

Phase 1: Transformation - The Activation Phase

- The liver uses enzymes to transform toxins into intermediate compounds
- These intermediate compounds are often more toxic than the original substance - so phase 2 must quickly follow to neutralize them
- Phase 1 is highly nutrient-dependent, requiring antioxidants and nutrients like
 - B Vitamins, Glutathione, Vitamin C, Flavonoids - berries, apples, kales, citrus, etc
- What triggers Phase 1:
 - Alcohol, caffeine, medications, environmental toxins, pesticides, smoke, processed foods, some herbs.
- Caveat: if Phase 1 works faster than Phase 2, these intermediate toxins build up and cause oxidative stress, damaging cells and tissues

Phase 2: Conjugation - The Neutralization Phase

- The liver adds substances like sulfur, methyl groups or amino acids to the toxins, making them **water-soluble** so they can be safely eliminated through **urine, sweat, bile or stool**.
- This phase relies heavily on nutrients, including:
 - Sulfur compounds from garlic, onions, cruciferous vegetables
 - Amino acids - glycine, taurine, glutamine
 - Antioxidants - glutathione, selenium, zinc
 - Plant-based compounds like chlorophyll and polyphenols

Phase 2 Pathways include:

- Glutathione conjugation - attaching it to toxins
- Methylation - adding methyl groups
- Sulfonation - adding sulfur groups
- Amino acid conjugation - binding toxins to amino acids
- Caveat: If Phase 2 is sluggish, due to poor nutrition, chronic stress or toxin overload, the liver cannot keep up, leaving harmful toxins circulating in the body

Why Balance Matters

- Phase 1 is like opening the floodgates
- Phase 2 is the cleanup crew that neutralizes and safely removes what Phase 1 started.
- If Phase 1 is faster than Phase 2, the result is a backlog of toxic intermediates, which can lead to headaches, fatigue, skin problems, hormone imbalances inflammation
- Supporting both phased is key to effective detox
- A nutrient-dense, whole plant food diet is essential for liver health

Analogy: Washing Dishes

- Phase 1: scraping the plates and rinsing off the gunk
- Phase 2: Washing, sanitizing and drying the dishes
- Caveat: If you only rinse and pile up dirty dishes, the kitchen is still a mess

Glutathione

- The body's master antioxidant and detox agent
- It is a tripeptide, meaning made from three amino acids:
 - glutamate
 - cysteine
 - glycine
- Produced by consuming
 - Sulfur-rich foods - cruciferous vegetables, garlic, onions
 - Selenium - Brazil nuts
 - Food rich in precursor amino acids - legumes, seeds, leafy greens

Key Points

- Detox isn't just about food and fasting - emotional, environmental and lifestyle toxins play a huge role in your overall health
- The liver is the master organ of detoxification, but your mind, nervous system and emotions all impact its efficiency
- The mind-body connection is inextricably linked - emotional/spiritual well-being and physical body

- A holistic, whole-body-and-mind detox approach is vital for overall health and wellness

Emotional Toxins: Stress, Trauma & Their Impact on Detox

Caveat

- Detoxification is not just physical - its emotional and mental too
- Unresolved emotions, chronic stress and past trauma build up and create an internal “toxic load” that impacts the liver, digestion, hormones and overall health.

Stress and the Liver Connection

- The liver also processes emotional energy
- Chronic stress triggers **high cortisol**, which reduces bile flow and slows liver detoxification
- Stress weakens digestion (reduced stomach acid, slower motility), leading to poor elimination of toxins through the colon

Trauma & Nervous System

- Unresolved **trauma** can leave the body stuck in **fight-or-flight mode** - sympathetic dominance
- **Detoxification** becomes **secondary** because the body prioritizes survival
- Digestion is **suppressed**, nutrient absorption reduces, and toxins are locked in tissues rather than clearing them

Emotional Suppression = Physical Congestion

- **Emotions** like anger, grief and fear, tend to store in the liver - especially anger and resentment
- When emotions are **not processed** and dealt with, the liver becomes energetically and physically congested
- This leads to slower detoxification, poor fat metabolism and increased risk of gut imbalances

Signs of Emotional & Stress Toxins

- Digestive complaints that flare with stress - bloating, nausea, irregular bowels
- Skin issues - eczema, acne, rashes
- Unexpected fatigue or brain fog
- Feeling “stuck” emotionally or creatively
- Hormonal imbalances - irregular periods, PMS, hot flashes
- Cravings for sugar, salty or fatty foods (emotional soothing)

Breaking the Emotional Toxin Cycle

- **Acknowledge & Process Emotions**
 - Journaling, therapy, breathwork, prayer, creative expression, Bible reading, Faith in God
 - Don’t just “move on” - move through your emotions
 - **Activate the Vagus Nerve**
 - The vagus nerve connects brain, gut and liver
 - Daily deep breathings, singing, humming and gentle movement all tone the vagus nerve, helping shift out of stress mode
 - **Herbs & Food to Support Stress & Emotional Detox**
 - **Liver-lovers:** dandelion, burdock, milk thistle, lemon balm
 - **Nervous system calmers** - lemon balm, chamomile, passionflower, ashwagandha
 - **Nourishing foods:** leafy greens, cruciferous vegetables, beets, berries, avocados, whole grains
- Mind-Body Detox Practices

Mind-Body Detox Practice

- Grounding - barefoot in grass, sand, etc
- Stretching and Exercise
- Emotional release journaling
- Self-massage over the liver area
- Gentle detox baths with Epsom salts + herbs or essential oils
- Affirmations for liver & emotions - “I release all that no longer serves me well.”

Environment & Lifestyle Toxins: Hidden Burdens on Your Liver

- **Environmental Toxins** are chemicals, pollutants and harmful substances that we are exposed to through air, water, food and everyday products.
- They **accumulate** in the body over time, overloading the liver and interfering with detox pathways

Common Sources

- **Air pollution:** car exhaust, industrial emissions, pesticides
- **Water contamination:** heavy metals, chlorine, fluoride, pharmaceutical residues
- **Food Toxins:** pesticide residues, herbicides, scented candles, laundry detergents with synthetic fragrances
- **Personal care products:** skin and hair care, cosmetics - parabens, phthalates, synthetic fragrances, formaldehyde
- **Plastics:** BPA, microplastics and phthalates in packaging, food containers and water bottles
- **Heavy Metals:** mercury in dental fillings or fish, aluminum in deodorant and cookware, lead, cadmium
- **Lifestyle Toxins** are habits, behaviors and choices that burden your detox system over time.
- They are created in how we live

Examples

- **Lack of sleep:** the liver performs its deepest detox work when we are sleeping
- **Toxic relationships/environments:** Emotional toxicity creates physiological stress that burdens the liver
- **Poor diet:** processed foods, excess sugar, refined foods and oils, artificial sweeteners - not sufficient calcium in diet
- **Dehydration:** Lack of pure water slows toxin elimination through the kidneys and colon
- **Overuse of medications:** NSAIDs, antibiotics, antacids, pharmaceuticals - all stress the liver
- **Sedentary lifestyle:** lack of movement reduces lymphatic drainage and natural detoxification

- **Chronic stress:** increases cortisol, which disrupts digestion, liver function and gut health

Why This Matters!

- The liver is your body's primary filter
- It requires Oxygen, Water and Calcium to function optimally
- Every toxin from your environment, food and lifestyle passes through your liver for processing
- When toxin exposure overwhelms your liver, the result can be:
 - Fatty liver
 - Hormone imbalance
 - skin problems
 - Digestive issues
 - Fatigue and brain fog

Steps to Support Liver Detox

- **Whole Plant Food Diet:** eat the rainbow from 5 food groups: fruits, vegetables/herbs, nuts/seeds, grains and legumes
- **Proper Hydration:** the right amount at the right time
- **Bowel Regularity:** healthy elimination
- **Movement & Breathwork:** exercise
- **Emotional Detox:** prayer, Trust in God, releasing

Releasing Toxins Stored in Tissues & Emotions: A Whole-body, Whole-life Process

The Body Storage

- When the liver, kidney and colon are **overwhelmed**, the **body stores toxins** in tissues - particularly in **fat cells, joints, liver tissue** and **lymph nodes**.
- Toxins can sit in storage for years, contributing to:
 - Chronic inflammation
 - Muscle and joint pain

- Fatigue and brain fog
- Hormonal imbalances
- Autoimmune flares
- Skin eruptions when the body tries to eliminate

Detox Juicing & Castor Oil

- **Detox Juicing** with **proper hydration** helps mobilize these toxins so they can be excreted
- **Castor Oil Packs** - apply over liver for detox for several days
- **Caveat:** these elimination pathways - liver, colon, kidneys, lymphatic system - need to be supported, if not the toxins can just recirculate and settle back into tissues

Emotional Toxin Storage

- **Unprocessed emotions** - grief, anger, trauma, fear - also get stored in tissues
 - **Liver** - anger, frustration, resentment, bitterness
 - **Lungs** - grief, sadness
 - **Colon** - letting go, fear of release
 - **Kidneys** - fear, insecurity
- The mind-body connection indicates that your emotions directly influence your detox organs.
- **Emotional trauma** causes the body to stay in stress response (high cortisol) which slows detoxification and weakens digestion - especially bile flow from the liver

Physical Release Practices

- **Hydration:** Flush out mobilized toxins
- **Movement:** Sweat and move the lymph
- **Dry brushing:** Supports lymphatic detox
- **Herbal support:** Bitter herbs encourage bile flow and toxin release
- **Cleansing foods:** detox juices, leafy greens, fiber-rich foods bind to toxins and escort them out
- **Breathwork:** Deep breathing enhances lung detox
- **Sauna therapy:** Sweating releases fat-stored toxins

Emotional Release Practices

- **Journaling:** Get the emotions out of your head and onto paper
 - **Talking it out:** Therapy, counseling or trusted support circles
 - **Forgiveness work:** letting go of resentment to free the liver
 - **Mind-body therapies:** massage, reflexology
 - **Trusting God:** Prayer and God's promises in His work
- What or who are you holding onto that no longer serves you?**

- Daily practices for liver and emotional health
 - Whole plant food meal - eat the rainbow
 - Hydrate correctly - right amount at right time
 - use herbal teas and infused water
 - Regular bowel movements
 - Stress management and emotional awareness
 - Clean environment- home, personal products, water
 - Live Laugh Love
 - Listen to your liver - digestion, skin, energy and emotional changes tell the story

Key Takeaways

- The Liver is the Body's Master Detox Organ
- Detox is Required Physically and Emotionally
- Detox Pathways Work Together - Not in Isolation - liver, colon, kidneys, lymph, skin, lung and mind
- Environmental & Lifestyle Toxins are Everywhere - but you have control

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