



August 2005 e-Newsletter:

The Importance of Detoxification

A toxic environment and its effect on our health is of much greater concern now than it has ever been before. Toxins include any substance that creates irritating, harmful effects and stress on normal bodily functions. Convenience and profit has driven many industries into creating toxins unlike anything our bodies have dealt with before and that are virtually unavoidable.

Case in point: On August 12, 2005, The Chicago Tribune reported that [The Environmental Working Group] tested the umbilical cord blood of 10 newborns and found each baby averaged 200 contaminants in its blood, including mercury, fire retardants, pesticides and a chemical found in Teflon pots and pans.

Even when giving your body the vital nutrients it needs both by making smart dietary choices and by supplementing what may be missing in today's foods, detoxification is an integral part of maintaining good health. Nutritional support is simply not enough without the safe removal of harmful substances from your body.

Due to the sheer volume of toxins in our modern world, as well as the kinds of toxins we face, it has become too much for our body's natural cleansing process to handle on its own. Thankfully, there are natural and effective herbs that are perfectly designed to assist us in this important cleansing process.

One of our body's methods of dealing with toxins is to store them in our body fat. Therefore, the more excess body fat you have, the more toxins you may be carrying around. This is one reason why when losing weight you might not feel very well. As you burn up that excess fat, toxins are released into your bloodstream that can cause fatigue, exhaustion, allergic reactions and might just make you feel a little sick.

Removing toxins from your body doesn't have to be a big complicated thing. Daily cleansing can be achieved gently and effectively, without any negative effects. Of course it is always important to keep your body as cleansed as possible from damaging toxins, but at no time is it more important than when you're burning excess body fat during weight loss, daily exercise or exertion.

Keeping your body cleansed during weight loss will help you feel less fatigued, more energetic and clear headed. Your body will work more effectively as it sheds excess fat and builds lean muscle. If you've never used an herbal cleanser before, you may notice some mildly negative effects during your initial cleanse as your body rids itself of stored toxins, but it's normally short lived and you'll feel much better in no time.

There are five exceptional herbs that together provide the very best, most effective and safest cleansing possible.

Burdock Root – This herb is best known for its beneficial effect on the skin. It can help circulation to the skin and cleanses the epidermal tissues. It has been reported to destroy bacteria and fungus cultures. It's also known to be a "blood purifier" and can aid in the

elimination of excess fluids from the body.

Sheep Sorrel – This herb has also been shown improve skin disorders. It is rich in vitamin A, B-complex, C, D, K, and E. It has been shown to strengthen the immune system by adding to the production of white blood cells. It can also increase oxygen content in the blood and it aids in digestion.

Slippery Elm Bark – This herb has been known to reduce ulcer pain and has extraordinary cleansing properties. It lubricates which helps membrane linings and joints. It can also help relieve inflamed areas and has been reported to have antibiotic and anti-microbial effects.

Turkish Rhubarb Root – This herb has been used in China for more than 2,000 years. It has excellent cleansing properties, especially in the liver. And has even been known to have antibiotic, anti-microbial and anti-tumor properties.

Cat's Claw Bark - This herb possesses anti-inflammatory properties and has been shown to boost the immune system, the intestinal system and the cardiovascular system.

Together these five herbs are the very best, most effective, gentle and natural way to cleanse your body of toxins that can cause you harm. They can be taken in either tea form or capsule form. Your body will use both forms just as effectively. Some people have used the tea form topically, for blemishes, skin problems and even burns, with wonderful results!

Please mail your questions to Brian at prof-nutrition@sbcglobal.net.

Below is an excellent brownie recipe. Low in carbs and delicious!

Cake Style Brownies

INGREDIENTS

8 oz. bitterweet chocolate (70-74% cocoa)
12 Tbs. (3/4 cup) unsalted butter
1/2 cup sugar
2 tsp. vanilla extract
3 large eggs
3/4 almond "flour" (a bit expensive, but has a much better taste and is better for you than soy flour)
1/2 cup chopped nuts (walnuts or pecans)

PREPARATION

1. Preheat oven to 350F.
2. Grease an 8-inch square pan with butter.
3. Melt the chocolate and butter together in a double boiler.
4. Mix in the sugar and vanilla extract.
5. Mix in the eggs, one-at-a-time.
6. Mix in the almond flour and the nuts.
7. Pour the batter into the greased pan and bake for approximately 25 - 30 minutes.

* You can substitute soy flour for the almond, but we recommend using any soy product sparingly.

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