

Easy

3
Step

Bio-Detoxification

*A Program Designed to Address the
Most Common Underlying Causes
of Chronic Health Challenges*

Goals as a Practitioner:

- Restore balance and homeostasis
- Treat the underlying causes of pain, inflammation and chronic health issues

Pain, Inflammation and Chronic Health Issues

- Remove ongoing triggers (both identified and potential)
 - Decrease the total toxic load
- Optimize GI health
 - Remove pathogens
 - Control dysbiosis and repair the inflamed gut wall
- Identify potential antecedents
 - Genetic markers and family history
- Modify mediators
 - Correct nutritional deficiencies and oxidative stress
- Introduce anti-inflammatory diet (oligoantigenic diet)
- Optimize fatty acids and eicosanoids synthesis
- Vitamin D – proinflammatory epidemic
- Phytonutritional modulation of NF-kappaB
- Restore structural integrity and remove subluxation
- Chondro-support
- Botanical analgesics: White Willow bark, Boswellia and Devil's Claw
- Proteolytic enzymes for acute/chronic pain and inflammation

Challenging Patients in Today's Environment

- Don't always fit conventional ICD #9 diagnosis
- Multi-focus complaints
- Failure to respond to conventional therapies (pharmaceuticals and surgery, etc.)

Today's Typical Patient Presents

- Chronic Fatigue
- Malaise
- Weakness
- Headaches
- Depression
- Chronic Backaches
- Muscle Aches & Pains
- IBS
- PMS/Menopause Symptoms
- Anxiety/Insomnia

They usually see an alternative provider – because no conventional therapy has helped them.

What Conditions are Associated with Increased Gut Permeability?

- Rheumatoid Arthritis
- Ankylosing Spondylitis
- Food Allergy
- Asthma
- Acute Gastroenteritis
- Trauma
- Post Surgery
- Chronic Dermatological Conditions
- Endotoxemia
- Alcoholism
- Urticaria
- Eczema
- Pancreatic Dysfunction
- Celiac Disease
- Inflammatory Bowel Disease
- Schizophrenia
- Crohns
- Cystic Fibrosis

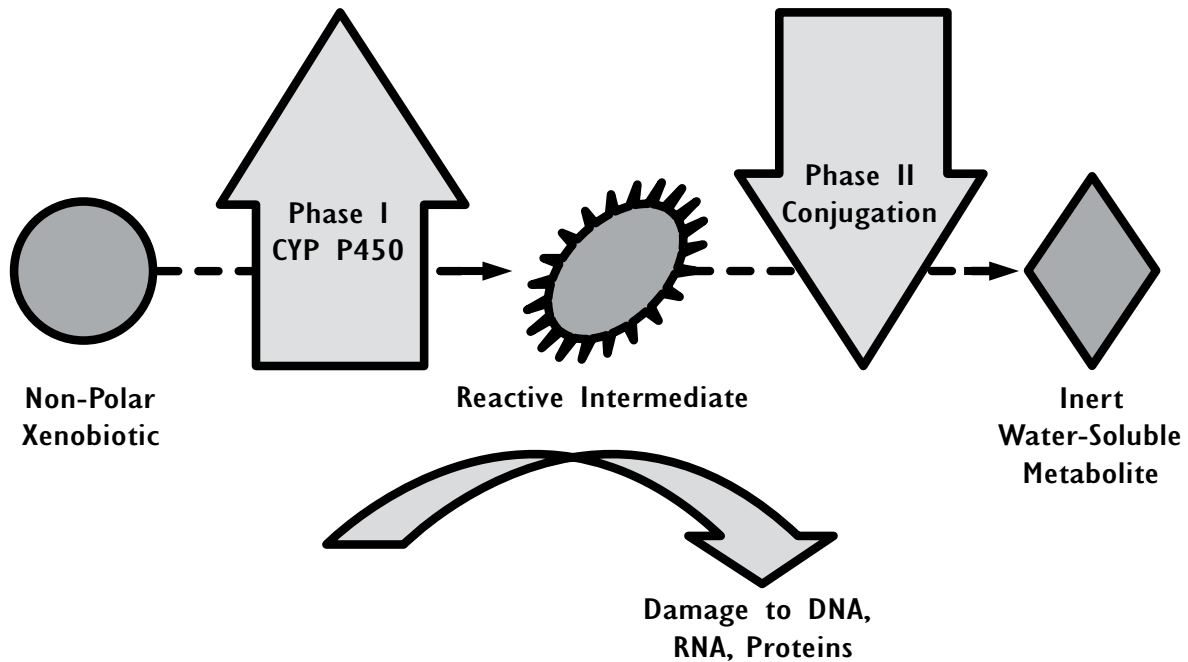
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Phase I And Phase II Systems in Balance

- Balance requires adequate supporting nutrients.
- Imbalance can contribute to chronic degenerative diseases.
- If Phase I and Phase II are not balanced, mitochondrial energy production is reduced and kupffer cells are activated, initiating inflammation.
- Imbalance between Phase I and Phase II enzymes can increase ROS production and bioactivation, leading to tissue damage.

Imbalanced Detoxification



Causes of Impaired Bio-Detoxification

- Overwhelming toxic load (exogenous + endogenous)
- Impaired excretion (constipation or decreased transit time; renal dysfunction)
- Inefficient fuels (macronutrient imbalance)
- Deficiency of detoxifying substances (antioxidants, cofactors, conjugating agents)
- Dysregulation of detoxifying enzymes

Excessive Nutrients Can Limit Bio-Detoxification

- Excessive sugar inhibits detoxification
- High glucose intake increases uptake of carcinogens
- Excessive sodium limits detoxification
- High saturated fat diet can alter cytochrome P450 activity

Impaired Bio-Detoxification

- Dysbiosis (overgrowth of pathogenic microorganisms)
- Increased production of beta glucuronidase
- Short chain fatty acid deficiency (butyrate)

Phytochemicals, Detoxification & Disease Prevention

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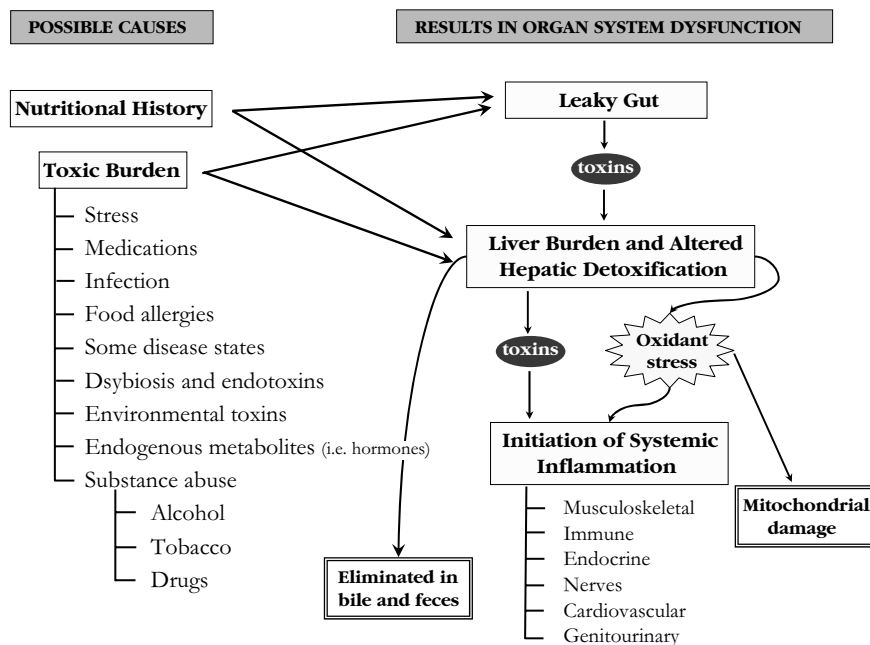
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Brooks, J.D., et.al., Potent Induction of Phase 2 Enzymes in Human Protate Cells by Sulphoraphane, Cancer Epidemiol Biomarkers Prev (2001) Sep; 10(9):949-954.

Chronic Health Problems Inflammation Related to the GI-Liver Connection

Inflammation Related to the GI-Liver Connection

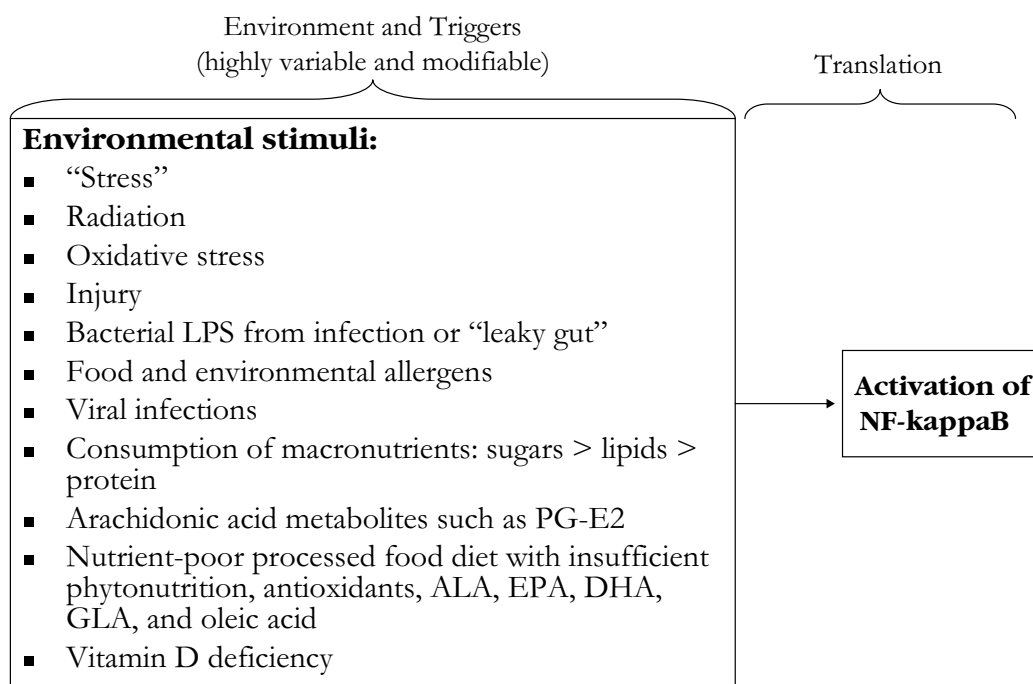


NF-kappaB

A Proinflammatory Transcription Factor

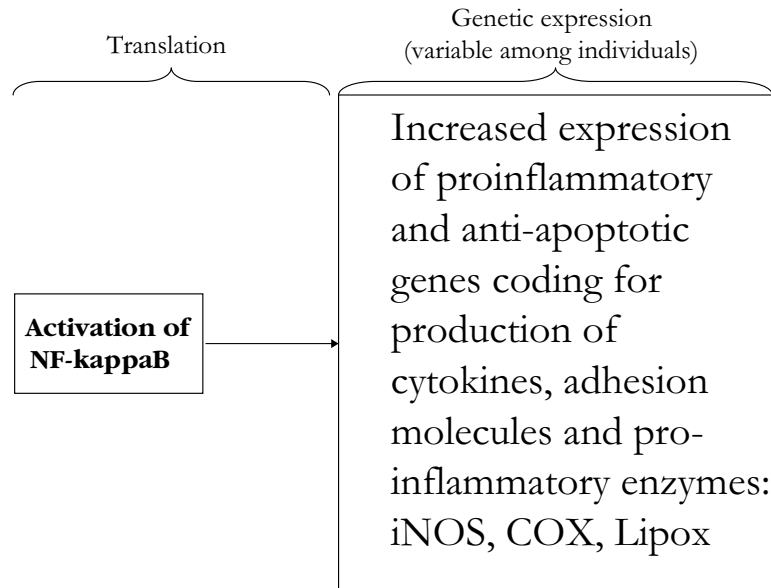
- Binds to DNA, stimulating production of TNF-a, IL-6 and other inflammatory cytokines (IL-15)
- Activated by infection (LPS), oxidative stress, AGEs, trans-fat, inflammatory cytokines (INF-a, TNF-a)
- Increased in cancer and chronic inflammatory disease

“Negative” Environmental Triggers Activate NF-kappaB

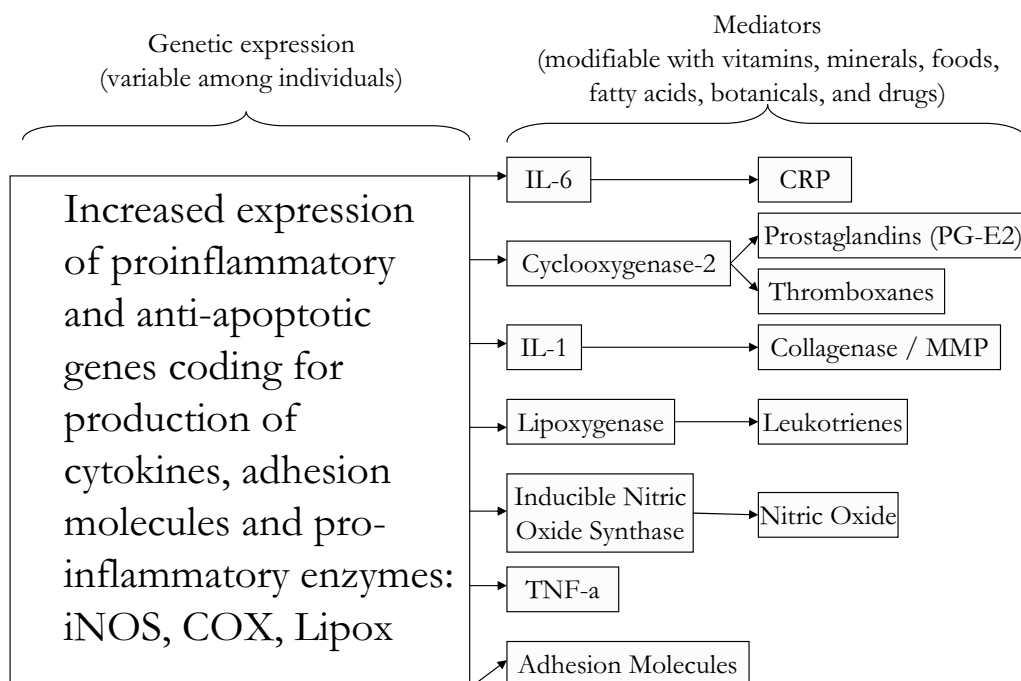


NF-kappaB Activates Genes Which Promote Inflammation

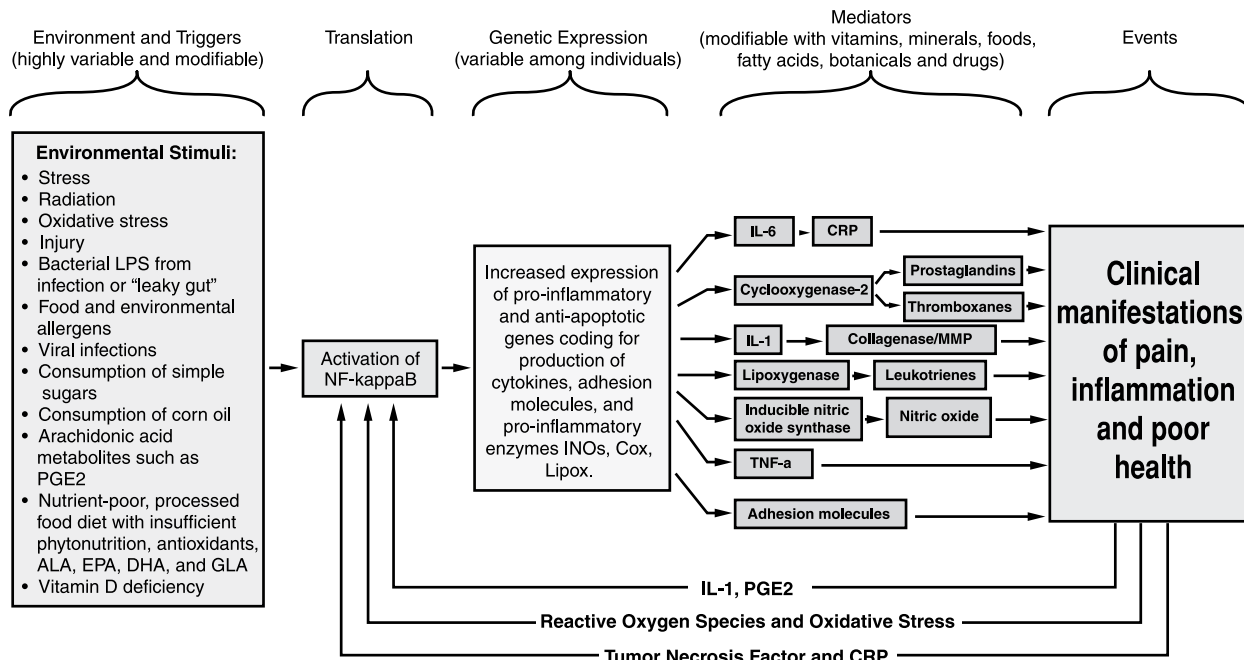
Promote Inflammation



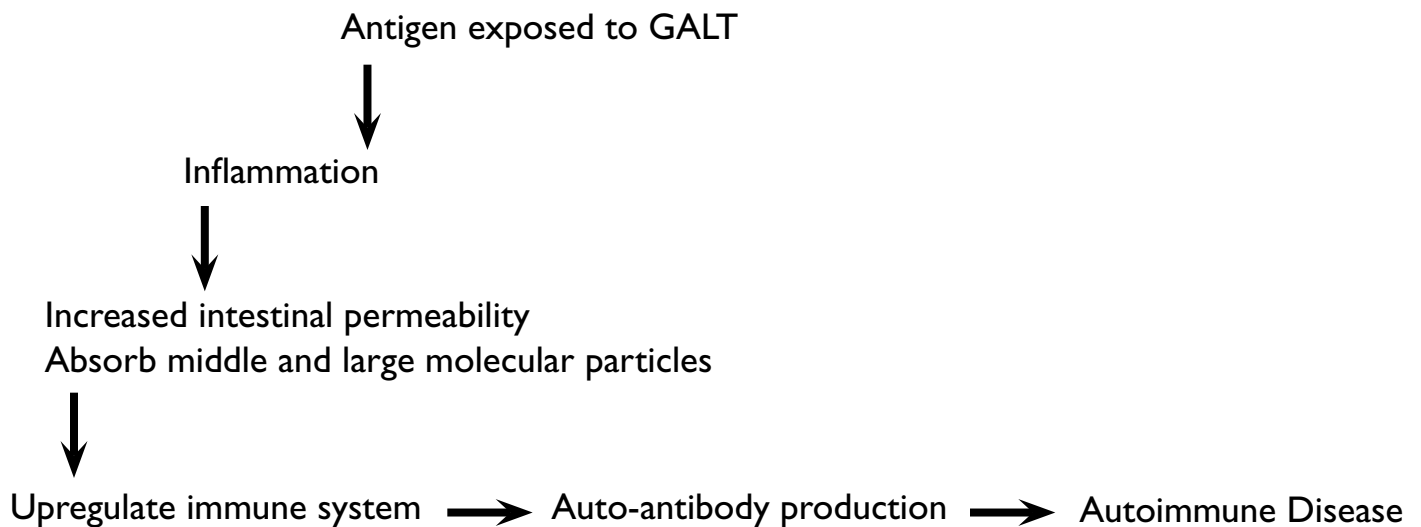
NF-kappaB Activated Genes Cause Inflammation



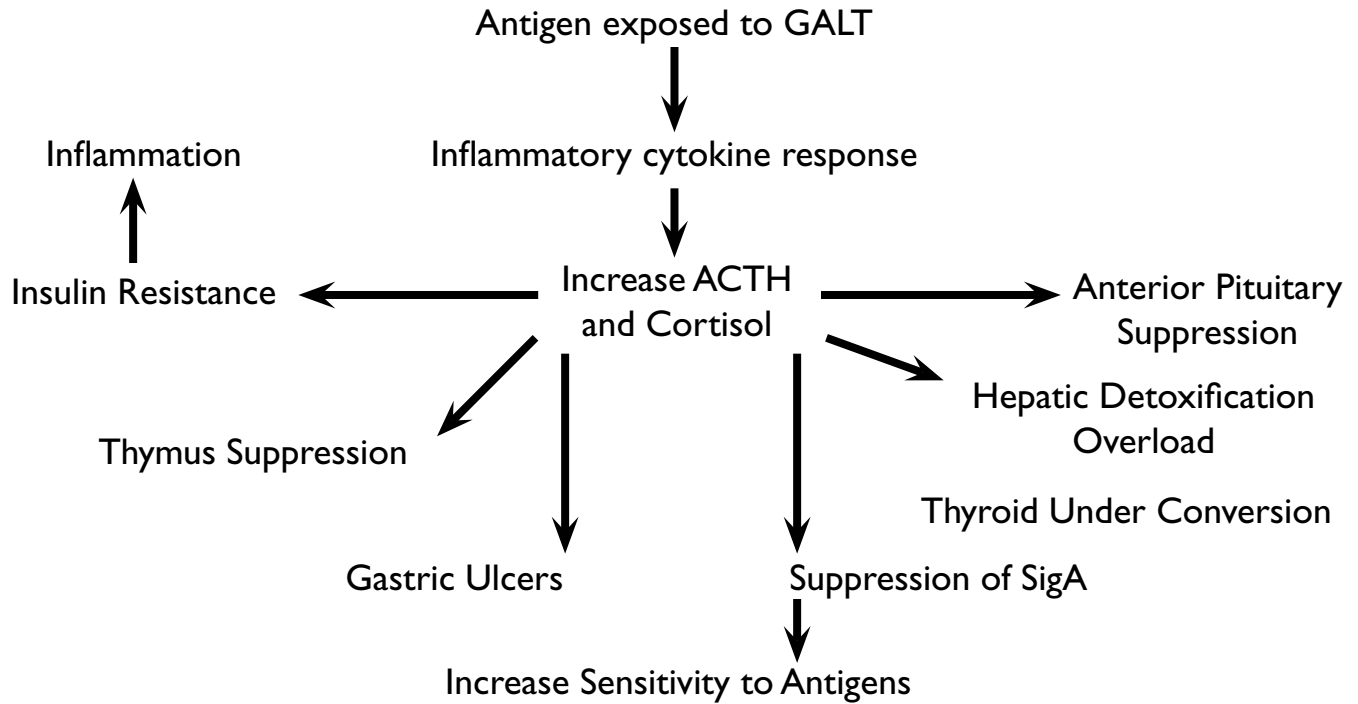
NF-kappaB The Gateway to Inflammation



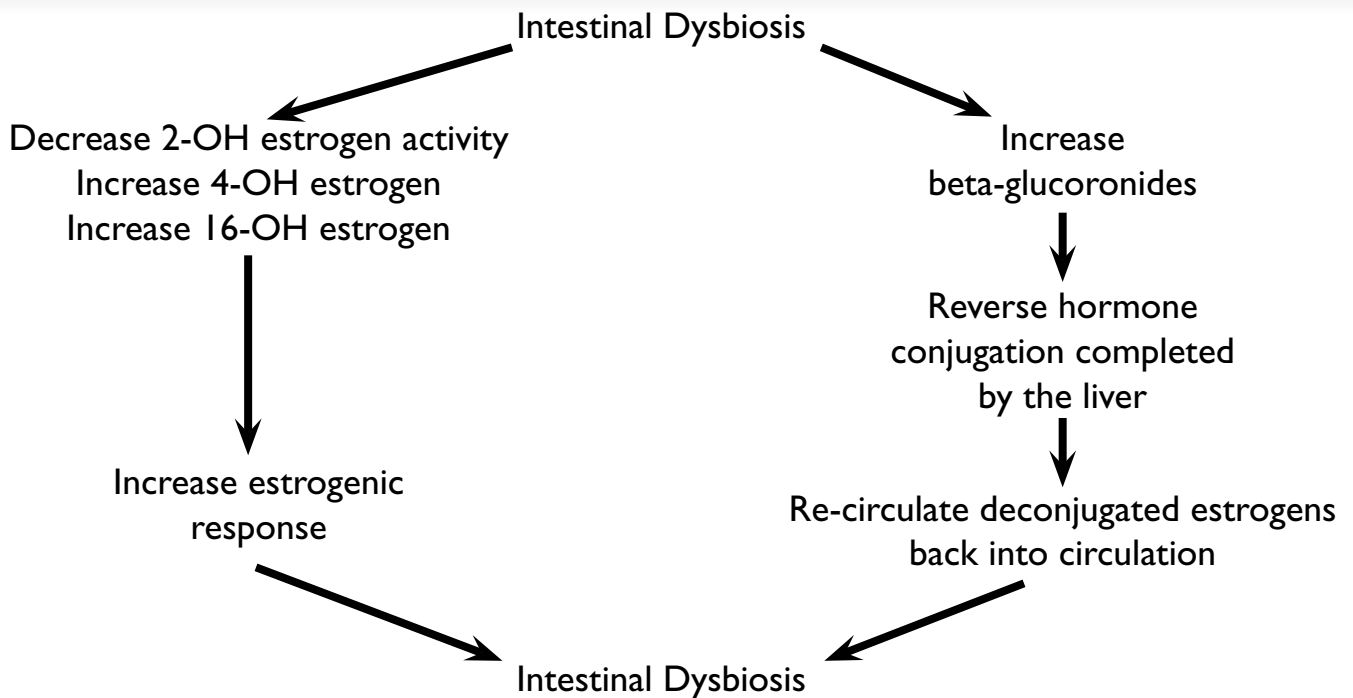
Autoimmune Disorders and GI Dysfunction



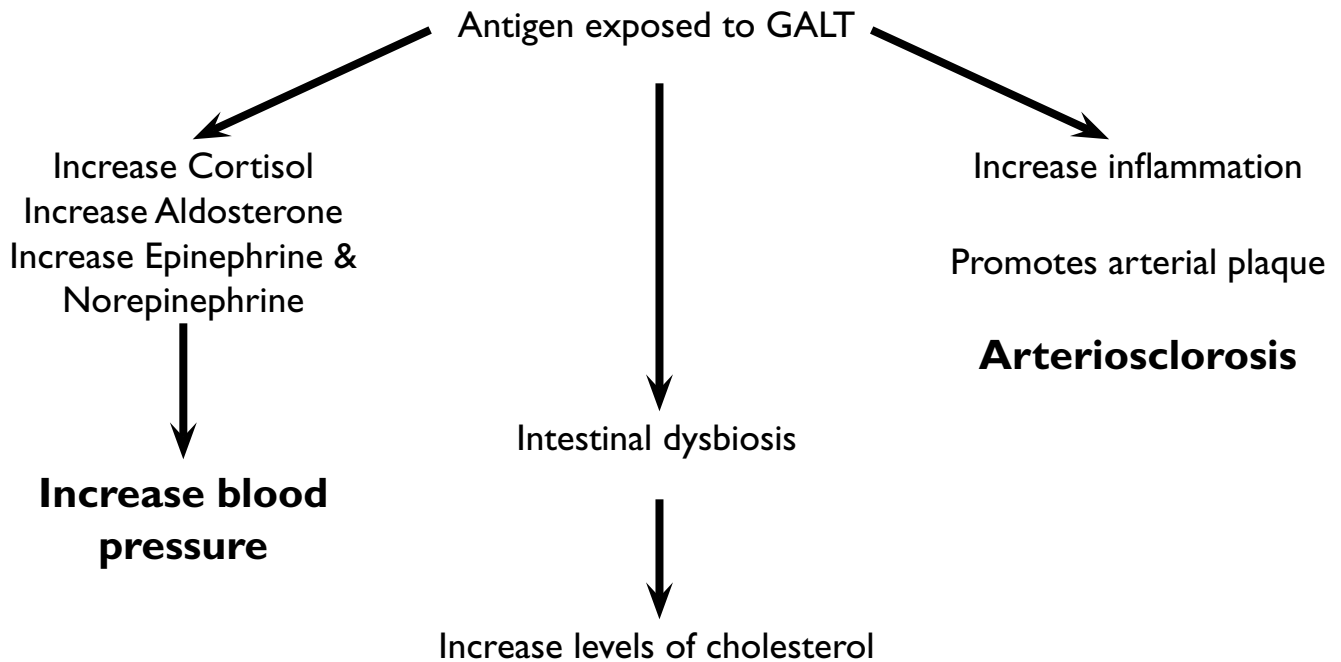
Adrenal Stress Syndrome & GI Dysfunction



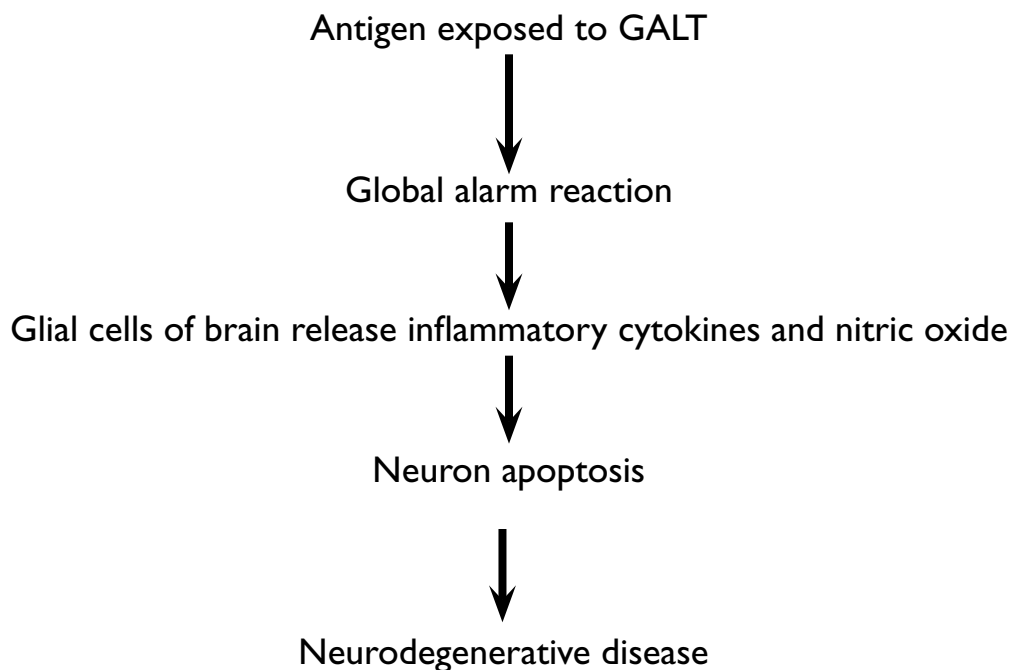
Estrogen Dominance and GI Dysfunction



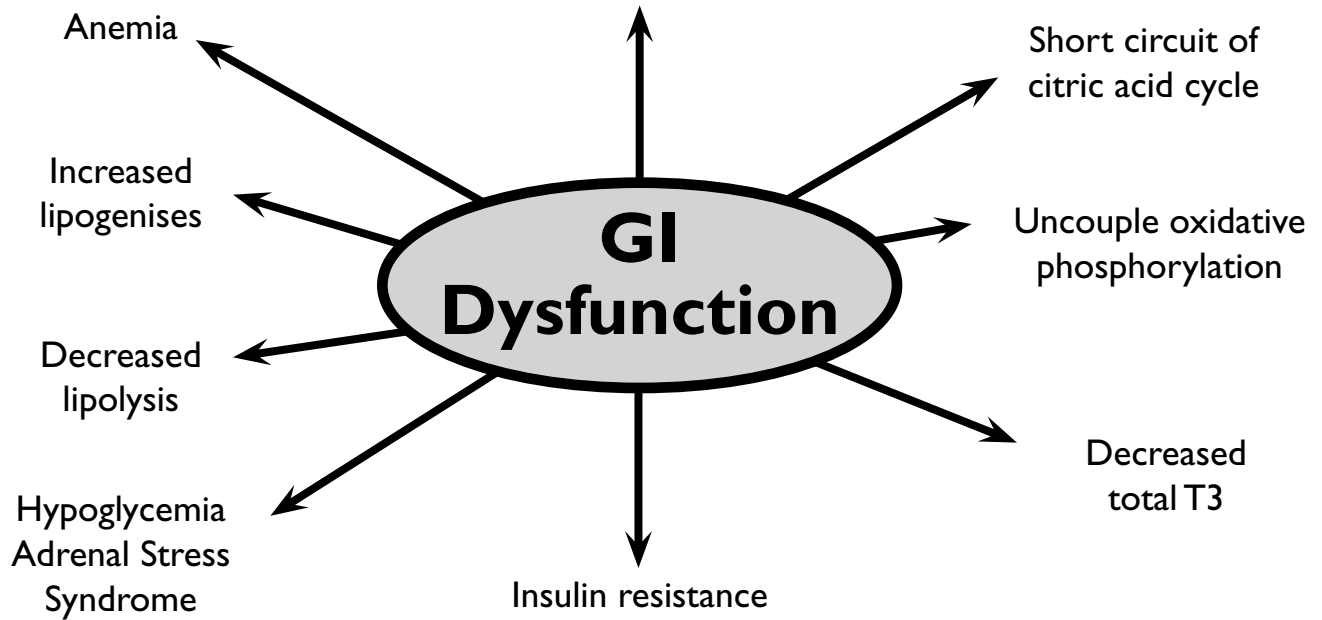
Cardiovascular Disease and GI Dysfunction



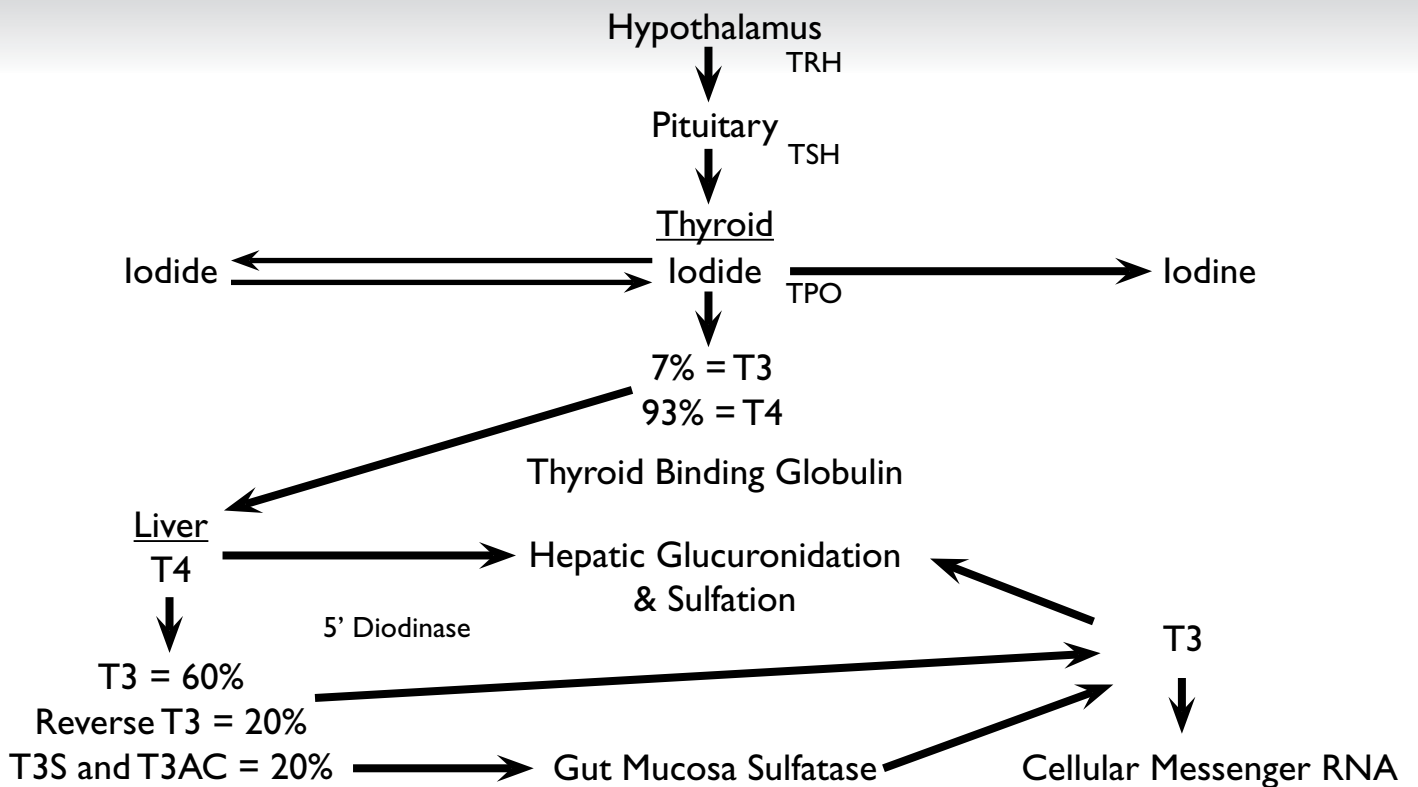
Neurodegenerative Patterns and GI Dysfunction



Chronic Fatigue Syndrome and GI Dysfunction



Hypothyroidism and Dysbiosis



Pain and Inflammation and Chronic Health Problems

Remove the Sensitive Seven

- Dairy
- Wheat
- Sugar
- Corn
- Soy
- Eggs
- Peanuts

Introduction of Oligoantigenic Diet “The Anti-inflammatory Diet”

	Foods to Include	Foods to Exclude
Fruits	Unsweetened fresh, frozen, water-packed, or canned; unsweetened fruit juices except orange	Oranges
Vegetables	All fresh raw, steamed, sautéed, juiced, or roasted vegetables	Corn, creamed vegetables
Starch (Non-gluten)/Bread/Cereal	Brown rice, oats, millet, quinoa, amaranth, teff, tapioca, buckwheat, and products made from these and rice, potato flour, or arrowroot	Wheat, corn, barley, spelt, kamut, rye (be sure to check all packaged and processed food labels for these grains)
Legumes	All beans (except soy), peas, lentils	Soybeans, tofu, tempeh, soy milk, other soy foods
Nuts & Seeds	Almonds, walnuts, sesame (tahini), sunflower, pumpkin seeds; and butters made from these	Peanuts, peanut butter, cashews, cashew butter
Meat, Fish & Eggs	All canned or fresh fish, chicken, turkey, wild game, lamb	Beef, pork, cold cuts, frankfurters, sausage, canned meats, eggs, shellfish
Dairy Products & Milk Substitutes	Milk substitutes, such as rice milk, almond milk, oat milk, coconut milk, other nut milks	Cream, yogurt, butter, ice cream, frozen yogurt, non-dairy creamers, margarine
Fats	Cold-presser pressed olive, flaxseed, canola, safflower, sunflower, sesame, walnut, pumpkin, almond oils	Shortening, processed (hydrogenated) oils, mayonnaise, spreads
Beverages	Filtered water, herbal tea, seltzer, or mineral water	Soft drinks, alcoholic beverages, coffee, tea, other caffeinated beverages
Spices & Condiments	All spices (unless excluded): cinnamon, cumin, dill, garlic, ginger, carob, oregano, parsley, rosemary, tarragon, thyme, turmeric, vinegar	Chocolate, ketchup, mustard, pickle relish, chutney, soy sauce, barbecue sauce (be sure to read condiment labels carefully)
Sweeteners	Brown rice syrup, fruit sweetener, blackstrap molasses, stevia	White or brown refined sugar, honey, maple syrup, corn syrup, high fructose corn syrup; desserts made with these sweeteners; candy

Cordain L. The Paleo Diet Mayo Clin Proc. 2004 Jan; 101-8.

Optimize Fatty Acids (Metabolism)

- Omega-3 fatty acids: from flax oil and fish oil; generally these have health-promoting benefits; these fats are generally deficient in American diets.
- Omega-6 fatty acids: from vegetable, corn and nut oils, beef, liver, pork, lamb, turkey, and chicken; increases cancer and inflammation; American intake is high.
- Omega-9: Oleic acid is found in olive oil; reduces inflammation, CAD and cancer risk; American intake is low.

Step I

Easy 3-Step Bio-Detoxification

Step I - (Optional)

Decreasing Inflammation ~ 6 - 7 Days or More

Addresses 3 of the most common underlying causes of chronic health challenges

Structural Problems

Hidden Food Allergies

Acute / Chronic Inflammation

Step I of the Easy 3-Step Bio-Detoxification program is focusing on reducing acute/chronic inflammation. This is accomplished by the following combined approach.

Common food allergens are removed from the diet and your healthcare practitioner may prescribe chiropractic, acupuncture or body work to realign the spine and restore the free flow of energy throughout the body. Anti-inflammatory nutritional supplements are used to inhibit the inflammatory response mechanisms.

This step lasts 6 to 7 days or more and is immediately followed by Step 2, which is the detoxification period. It is very important to follow the principles of the diet as closely as possible.

Acute:

A. Intenzyme Forte™ 5 x tid
(1 bottle - 100 tablets)

B. Bio-Allay® 4 x tid
(1 bottle - 120 capsules)

Chronic:

A. Beta-TCP™ 5 x tid
(1 bottle - 180 tablets)

B. Bromelain Plus CLA™ 4 x tid
(1 bottle - 100 tablets)

Step 2

Easy 3-Step Bio-Detoxification

Step 2

Utilizes the 10-Day Bio-Detox Kit #1091

Metabolic Cleansing ~ 10 - 20* Days

Addresses 4 of the most common underlying causes of chronic health challenges

Toxic Overload

Harmful Bacteria

Heavy Metal Toxicity

Leaky Gut

Step 2 of the Easy 3-Step Bio-Detoxification Program consists of a thorough detoxification program designed to eliminate toxins and harmful bacteria from the body.

This phase lasts either 10 or 20 days depending on the toxicity level, and is immediately followed by Step 3, which is a rebuilding and repair period. It is very important to follow the principles of the diet as closely as possible.

Bio-Detoxification Kit Contains:

- **Bio-Detox Pack™** - 30 packets of mixed supplements, 1 with each meal
- **NutriClear™** - Serves as a metabolic clearing support formula.
- **Whey Protein Isolate™** - Soothing to the gut. High quality source of protein
- **Dr. Abbas Qutab's Anti-Inflammatory Diet**

*** This step can be repeated when warranted.
Order 2 kits if choosing a 20 day detoxification plan.**

10-Day Bio-Detoxification Program

For: _____

Date: _____

Supplement	Purpose	Upon Arising	With Breakfast	Mid Morning	With Lunch	Mid Afternoon	With Dinner	Before Bed
NutriClear® Day 1-10	<p>Use as meal replacement for breakfast and lunch. 2 scoops of NutriClear® in 16 oz. of pure water.</p> <p>Optional: 1 scoop Nutri-Clear® in mid-afternoon if desired.</p> <p>Drink as much water and decaf herbal tea as desired.</p> <p>Heals both liver and intestines in detox and rehabilitation.</p> <p>PLEASE READ SHEETS ON DETOXIFICATION REACTIONS.</p>		2 Scoops		Light Lunch	2 Scoops	Healthy Dinner	
Whey Protein isolate	<p>Mix 1 scoop with NutriClear® drink (above)</p> <p>Provides added protein along with immunoglobulin</p>		1 Scoop			1 Scoop		
Detox Packs™	Provides nutrients to support detoxification		1 Pack		1 Pack		1 Pack	

Additional Recommendations

For dinner each day choose either poultry or fish (not fried).

Eat as many vegetables or salads as you would like. Use extra virgin olive oil and vinegar for dressing.

Dietary Reminders

- Chew foods well (20-30 times per bite).
Drink your solids and chew your liquids.
- Eat foods in whole forms as much as possible - Whole foods, as provided by nature, (either raw or cooked), especially eat raw foods with every meal. The best raw food is salad.
- Eat only when you are hungry and calm. If you have a poor appetite, reduce sugars and starches and your appetite and digestion will improve.
- Do not overeat, it overloads digestion. Smaller, more frequent meals are best.
- Eat animal source foods in moderation.
- Drink at least 6-10 tall glasses of pure water daily. Most overeating occurs as a result of dehydration.
- Avoid hydrogenated or partially hydrogenated fats, preservatives or artificial colors and foods that cause reaction, like wheat and dairy.

Step 3

Easy 3-Step Bio-Detoxification

Step 3

Regeneration & Repair Stage

Addresses 2 of the most common underlying causes of chronic health challenges

Cell Malnourishment

Joint Damage

Step 3 of the Easy 3-Step Bio-Detoxification Program is focused on rebuilding and repair after the Step 2 detoxification. It is designed to provide the necessary building blocks the body needs to repair damaged cartilage, joints and tissue.

This phase lasts 30 days or more depending on the severity of the condition. It is very important to follow the principles of the diet as closely as possible.

Step 3 diet and supplements are essential to maintain optimal wellness.

Mandatory:

- **Optimal EFA's®** - Strategically balanced essential fatty acid formula, 2 capsules tid
- **ProMulti-Plus®** - High protein multi-vitamin and mineral, 2 capsules tid
- **Lactozyme™** or **BioDoph-7 Plus™** - Probiotic for GI support, 2 capsules before bed

Optional:

- **ChondroSamine-Plus® & S™** - Comprehensive joint support, 3-4 capsules/day on empty stomach
- **Bio-D-Mulsion Forte®** - Emulsified vitamin D3 for enhanced uptake, 1-3 drops/day
- **KappArest™** - NF-kabba-B downregulation, 2 capsules tid

10-Day Bio-Detox Kit

Each 10-Day Bio-Detox Kit contains:

- 2 - **NutriClear®** containers *
- 1 - **Bio-Detox Packs™**
- 1 - **Whey Protein Isolate****
- 1 - Detox shaker cup

Each Bio-Detox Pack™ contains:

- 2 tabs **A.D.P.®** – Anti-fungal, anti-bacterial, anti-amoebic, used for gut cleaning.
- 2 tabs **Bromelain Plus CLA™** – digests food reducing allergens, also used to digest eggs of parasites.
- 1 tab **Livotrit Plus®** – Combination of Eastern and Western botanicals naturally high in plant based antioxidants. Used to detoxify, protect and regenerate the liver.
- 3 tabs **Beta-TCP®** – opens the biliary tree and allows toxins to exit the body via intestines.
- 1 capsule **BioProtect™** – full spectrum antioxidant that will regenerate the body's natural antioxidants, as well as provide antioxidants to protect the body as free radicals are released from fat storage.
- 2 capsules **Optimal EFAs Caps®** – balanced EFAs promote gut healing and reduces systemic pain and inflammation.
- 1 capsule **MCS-2®** – updated “Metabolic Clearing Support” to further liver detoxification. Provides vitamins, minerals and botanicals necessary for advanced liver detoxification.

Product Code #1091

* **NutriClear®** may be substituted by **NutriClear-S®**

** **Whey Protein Isolate** may be substituted with **Rice Protein Isolate**



“This is why I chose Biotics Research...”

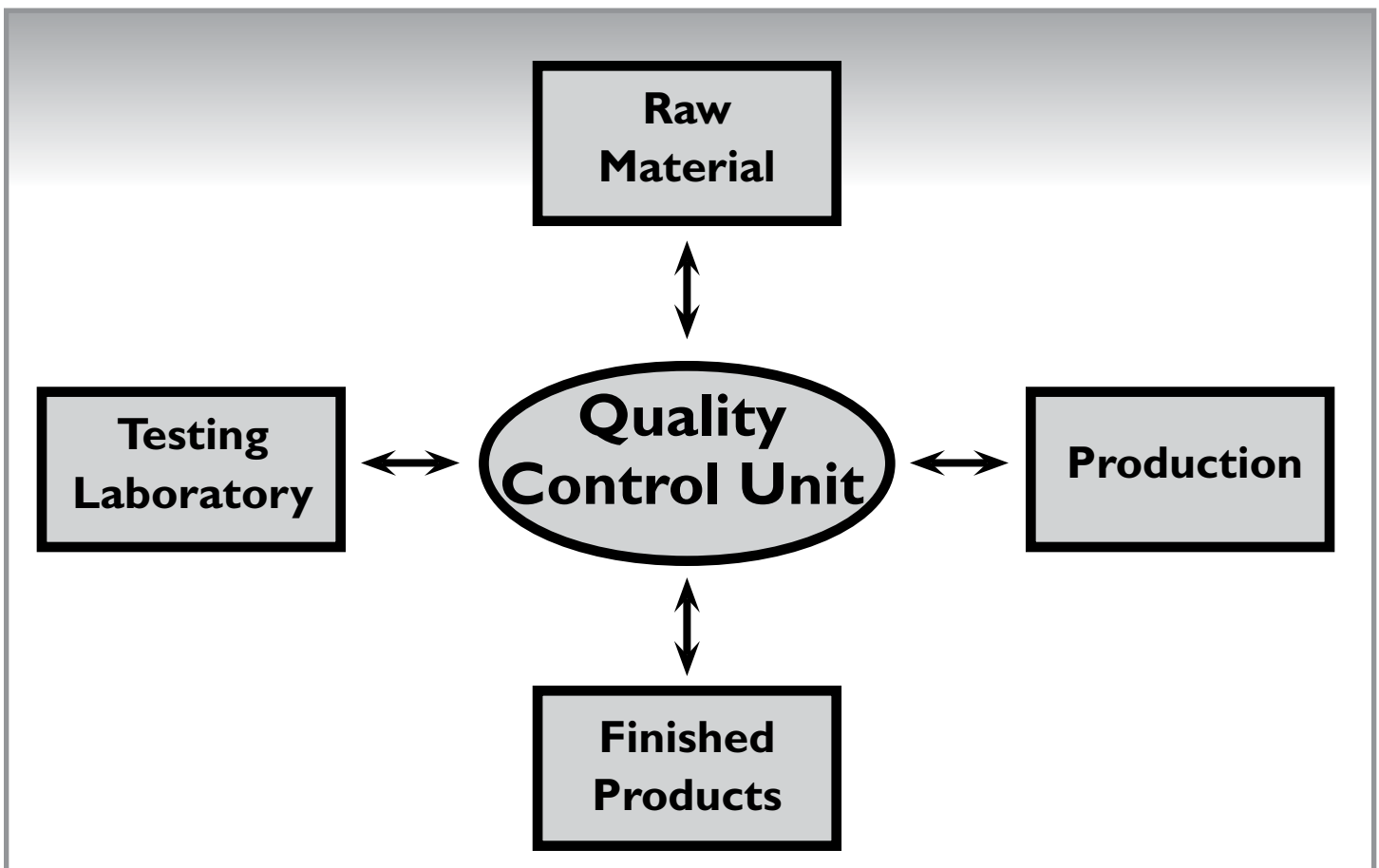
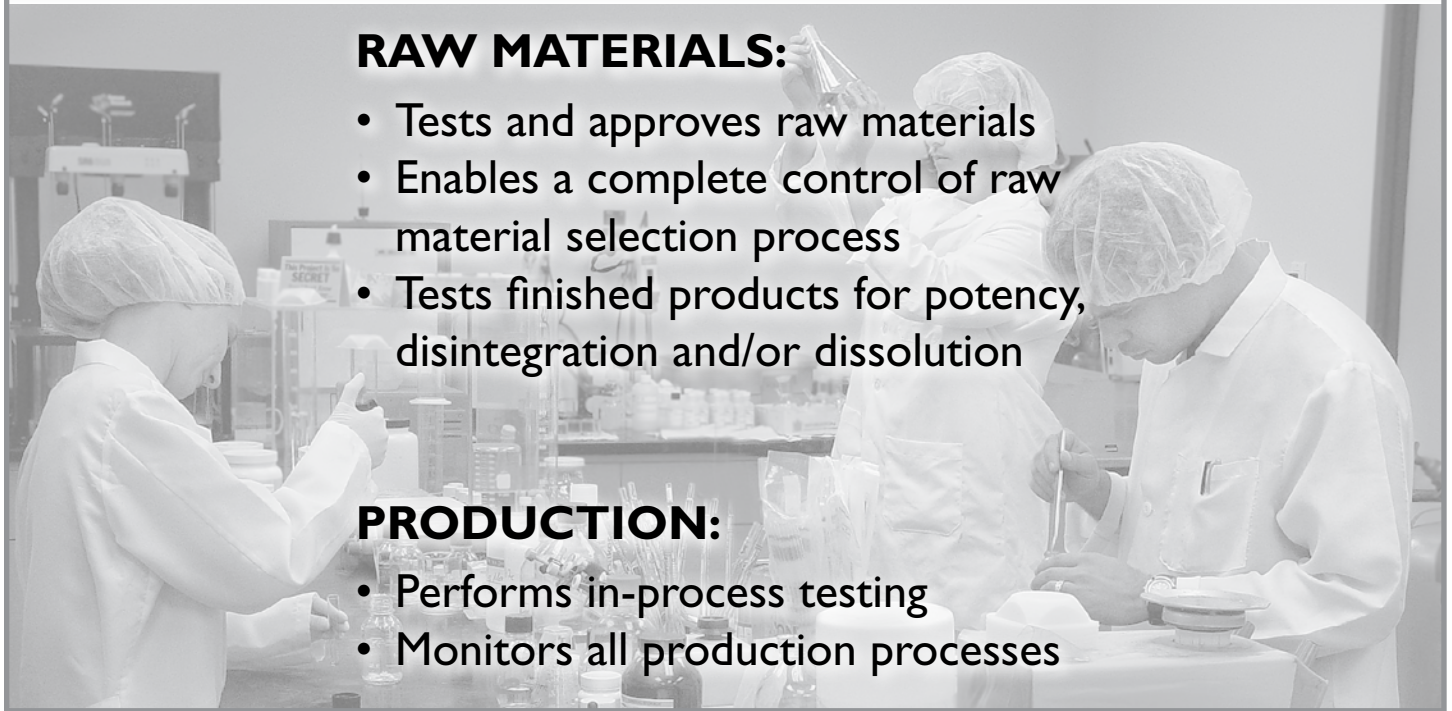
Quality Control Laboratory Staff

RAW MATERIALS:

- Tests and approves raw materials
- Enables a complete control of raw material selection process
- Tests finished products for potency, disintegration and/or dissolution

PRODUCTION:

- Performs in-process testing
- Monitors all production processes



Biotics' Carefully Researched Products ...

- Are the result of over 30 years of research and development
- Are produced in a state-of-the-art manufacturing facility
- Are manufactured according to strict guidelines and control specifications

“My choice, Biotics Research...”

~ Dr. Abbas Qutab



Very Important!

Understanding the Healing Crisis

A healing crisis is any of a wide range of symptoms that may occur during the course of healing. Typically, the onset of these symptoms is very rapid. You may experience some symptoms immediately after a treatment, or up to 2 to 3 days later. The worst of the symptoms may last as little as a few hours or as long as several days. The longer the symptoms last, the stronger the healing crisis. But it is also characterized that when the symptoms have passed, you will feel better than prior to the crisis.

Most patients do not understand the healing crisis because of their experience with conventional medicine. Where the focus of conventional medicine is on eliminating discomfort and curing disease, holistic medicine seeks to address the underlying cause of pain and illness. It aims to balance the body's energy flow so that the body can restore itself to a healthy state.

Disease is a long, gradual process that occurs over time with stages of progressively ill health preceding it. It moves from less serious physical complaints to more serious ones, and then moves inward to deeper levels. Sometimes minor ailments are driven deeper into the body and become more serious with drug therapy, which suppresses the symptoms, but weakens the immune system. For example, you may first experience a skin problem, which seems to clear up. Later, the disease may progress inwardly to become asthma. Sometime after that, you may even develop depression.

Increasing a person's health reverses the disease process, almost like putting a video of your disease on rewind. You must move through previous states of health and that is when old symptoms crop up, occurring in reverse order of their original appearance. The person with the skin problem may re-experience some depression, followed by some asthmatic episodes, and later on, the skin problem may re-occur.

The aching body, headaches, nausea and fatigue often felt during a healing crisis are primarily the effects of detoxification. In the healing process, the body is working to eliminate its storage of toxins; materials that have been collected in the colon, the tissues and in individual cells. In a sense, the body becomes temporarily more toxic until the toxins are excreted.

Once you understand that some discomfort is normal, and that symptoms can be a positive sign that healing is taking place, there are a number of things you can do to help your body during a healing crisis. First, try to follow your prescribed program correctly. Taking medications, such as antihistamines, aspirin or other painkillers, delay the healing process and may actually prolong the discomfort.

NOTE: If your healing crisis is too intense or causing excessive discomfort, please consult your healthcare practitioner about the feasibility of altering your dosing schedule.

Very Important!

Understanding the Healing Crisis (cont.)

Sufficient rest is very important since your body is under a great deal of stress during the healing process. Similarly, your diet should consist of light, easy-to-digest meals and heavy, hard-to-digest foods should be avoided. Plenty of hot water should be taken throughout the day.

Exercise is often helpful especially if the crisis presents itself on an emotional level. Because many toxins leave the body through the skin, light brushing of the skin with a natural bristle brush can help stimulate blood and lymph flow. Soaking in a warm bath with Epsom salts or Sea Complex Bath™ salts may also be helpful.

Reducing environmental stresses can help a healing crisis pass more quickly. Take a good look at your daily stress level. Your diet, smoking habits, alcohol intake and other lifestyle elements may need to be changed.

Attitude can be one of the most beneficial factors in coping with healing crisis. A positive attitude will allow you to relax and to recognize that the symptoms are temporary and your treatment is on target.

Keep the lines of communication open with your doctor. Report your symptoms and allow the healthcare practitioner to help you if your symptoms become intolerable. Adjustments in the degree or frequency of treatments may be possible to lessen your discomfort.

The road to good health is an exciting and rewarding journey, but like any worthwhile endeavor, it has some challenges. The healing crisis is an opportunity for you to understand the process your body is going through to reach a state of health. Despite symptoms, you should experience more areas of improvement than discomfort. These brief episodes of symptoms should be considered signs of progress and an indication that you're on the road to good health.

Hypo-Allergenic / Anti-Inflammatory Diet Basics

Food to Avoid

All gluten-containing foods including wheat, rye, oats and barley, which are commonly found in breads, pasta and other products from refined flour.

The most common allergies are caused by this group of foods. By avoiding these foods for a few weeks, your system gets a chance to relax and clear itself out. You may not even know that you have an allergy to these foods because the symptoms may be so subtle.

Alcohol, caffeine (coffee, black teas and sodas) and soy milk, soda and fruit drinks that are high in refined sugars.

Both alcohol and caffeine are hard on the liver. So give your liver a vacation!

Pork, cold cuts, bacon, hot dogs, canned meat, sausage and shellfish.

Meats, unless organic, are typically high in nasty ingredients such as estrogens, antibiotics and others typical of processed foods.

Corn and tomato sauce (whole fresh tomatoes are OK).

These are common allergens and can contribute to pain and inflammation.

All dairy (milk, cheese, butter, yogurt, etc.)

Dairy products are most likely to cause allergies and can increase pain. Stay away from creamy salad dressings (ranch, creamy garlic, etc.) as they contain dairy.

Foods high in fats and oil, including peanuts, refined oils, margarine and shortening.

This diet was designed to lessen the burden placed on your system by eliminating many foods, including those high in fats and refined and processed oils.

All refined sugar products (candy bars and other junk food).

Refined sugar slows the process of detoxification and weakens the immune system.

Any other foods not listed on these pages that you know you are allergic to.

Give your healthcare practitioner a list of foods that you know you are allergic to.

Hypo-Allergenic / Anti-Inflammatory Diet Shopping List

Vegetables	Asparagus	Brussel Sprouts	Celery
	Avocados	Cabbage	Cucumbers
	Beets	Carrots	Eggplant
	Broccoli	Cauliflower	Green Beans

Fruits	Apples	Grapes	Pears
	Bananas	Honeydew Melon	Plums
	Blueberries	Oranges	Strawberries
	Cantaloupe		

Protein	Skinless chicken breast
	Turkey breast
	Flank steak
	Eggs (omega-3, free-range, hormone free)

Fish	Halibut	Orange Roughy	Pollock
	Tilapia	Perch Cod	Mackerel
	Salmon	Anchovies	Herring
	Red Snapper	Sardines	

Misc.	Raw almonds and other nuts, excluding peanuts
	rice, millet, buckwheat, tapioca, teff, or any other non-gluten grains
	Nut butter (not peanut)
	Oil and vinegar

Drinks	Organic Decaffeinated Coffee
	Green Tea
	Herb Tea
	Non fluorinated / chlorinated water

Note: Use vegetarian protein substitute if desired.

Frequently Asked Questions

Q1. What are NutriClear® and NutriClear-S®?

A1: NutriClear®? and NutriClear-S®? are chemically defined foods, designed to support the nutritional needs of a wide spectrum of patients - even those who are sensitive to certain foods or chemicals. **NutriClear®** and **NutriClear-S®** have been formulated with the highest quality ingredients and are compatible with vegetarian foods, some of which you are likely to be allergic or sensitive to.

NutriClear®? and NutriClear-S® are often used as meal replacements in cleansing or “metabolic clearing” programs. Metabolic clearing refers to the processes responsible for eliminating toxic substances that have built up in the body. Most people encounter toxic agents in their work or home environment, due to pollutants in air, water and beverages, and of course, foods. Drugs and alcohol also contribute to the toxic burden, as do potentially harmful materials generated by intestinal bacteria. Removing accumulated toxic materials enables the body to recover from imbalances, and therefore enables it to work more efficiently. **NutriClear-S®** is designed for those patients for whom soy is beneficial, or, who have a preference to soy over rice.

Q2: How can NutriClear® and NutriClear-S® help balance the body’s chemistry?

A2: Specific nutrients can help improve your nutritional status in a variety of ways:

- Help to convert fat and carbohydrate to energy, while maintaining muscle tissue. Some nutrients, such as amino acids, function as building blocks, others are enzyme helpers (cofactors that function as metabolic “spark plugs”), and others function as fuels to run the body’s machinery. When these are limited by inadequate diet or problems with digestion or absorption, nutritional imbalances and reduced ability to repair “wear-and-tear” can occur.

Key nutrients:

B vitamins – niacin, riboflavin, pantothenic acid

Trace elements – zinc, copper, manganese

Amino acids – rice protein (**NutriClear®**) or soy protein (**NutriClear-S®**), together with lysine and threonine

Fuels and essential fatty acids – canola oil, rice carbohydrate

- Help eliminate potentially harmful substances. **NutriClear®** provides a full range of nutrients that support the processing and disposal of waste materials and other potentially harmful materials. The liver functions as the body’s major waste disposal unit and specific nutrients can help in this role.

Key nutrients:

Niacin, riboflavin, pantothenic acid, zinc, cysteine, glutathione

Frequently Asked Questions (cont.)

- **Help protect the body against free radicals and oxidation.**

Pollutants such as ozone and nitrogen oxides, cigarette smoke and other substances, lead to the formation of free radicals – “pyromaniac molecules”, that randomly attack cells and increase the body’s need for substances called antioxidants. Antioxidants serve to block or inactivate free radicals.

Key nutrients: Natural mixed carotenoids, vitamins C & E, N-Acetyl Cysteine, selenium, glutathione.

- **Help improve intestinal health.**

The intestinal lining is the primary barrier against foreign materials. When the intestine is compromised, digestion and nutrient absorption decrease, and the intestine may become “leaky,” allowing unwanted substances to enter the bloodstream.

Key nutrients: Trace minerals, B-complex vitamins, L-glutamine (an amino acid) and quercetin (bioflavonoid).

Q3. *How much weight can I expect to lose on the Bio-Detoxification program?*

A3: NutriClear® drink and other supplements in the bio-detoxification program are not formulated for weight loss. However, fluid retention or bloating is a symptom of toxicity. As people begin to detoxify, they will lose retained fluids, which may result in the loss of 2 to 10 pounds.

Q4. *What happens if my symptoms worsen during the Bio-Detoxification Program?*

A4: If your symptoms get worse, it’s due to the healing crisis. Please read Dr. Abbas Qutab’s article on “healing crisis”, carefully. Remember to drink 3-5 pints of water, not to overexert physically, and to allow yourself to be “sluggish” while your body is detoxifying. After you detoxify, you will regain your vitality.

Q5. *What side effects can I expect?*

A5: Individual response to cleansing programs is highly variable due to personal differences in biochemical makeup, stress levels, toxin build-up, and medical histories. Individuals sometimes experience headaches, joint pain, mood swings, constipation or other side effects. These side effects are commonly associated with cleansing programs and usually dissipate within a week to 10 days. Notify your healthcare provider if you develop any adverse symptoms, or encounter discomfort while using this product with your individualized program.

Q6. *When should I begin to feel better?*

A6: Your medical history, including the use of medications, exposure to toxic materials in the workplace, and your age can affect the rate of improvement. A slower response time might be expected for older patients. Most people begin to feel better within one to two weeks on the cleansing program; others may take a longer time to see an improvement in their symptoms.

Frequently Asked Questions (cont.)

Q7. *Can I mix my NutriClear® drink in juice?*

A7: Ideally, it is best to mix it in bottled spring or purified water, and only add fresh fruit if necessary. Many people enjoy the additional flavor fruit can provide, and sometimes people need extra phytonutrients, which are found in organic blueberries and wild berries. Therefore, the drink may be blended with these fruits. My clinical practice shows diluted organic pear juice is the least likely to cause a reaction while on the bio-detoxification program.

Q8. *Why recommend white rice instead of brown rice?*

A8: Nutritionally, brown and white rice are very similar. The chief advantage of brown rice is its high fiber content and B-vitamin levels. However, it has been found that individuals are less likely to experience a larger “reaction” to white rice than to brown. Brown rice contains lecithin, like phytohemagglutinin, a large plant protein, which can stimulate agglutination, or sticking together, of red blood cells and the proliferation of lymphocytes associated with the allergic response. If you don't like standard white rice, I suggest trying basmati rice, which is an excellent choice among types of white rice because of its delicious taste and nutritional profile.

Q9. *Is it OK to exercise while I am on the Bio-Detoxification program?*

A9: Yes, clinical experience has shown that some individuals experience reduced energy and stamina due to the body's detoxification process. If you exercise regularly, give yourself permission to ease up on the time and intensity of your workout. If you do not exercise regularly, it may be best to wait until you have finished the detoxification program. However, it is okay to go for a walk and enjoy nature.

Q10. *What is the reason for putting me on a restricted or elimination diet during the Bio-Detoxification program?*

A10: One of the purposes of the bio-detoxification program is to potentially remove all allergenic foods from your diet, and allow you to choose from a group of healthy and organic foods to which you are less likely to be allergic. The foods allowed are based on the scientific literature available, and do not contain any ingredients that could interfere with the cleansing process. This helps to put less stress on the digestive system and support the liver detoxification.

Q11. *What are the main foods I will be avoiding?*

A11: The bio-detoxification booklet will take you through the approach step by step and will also provide you with breakfast, lunch, and dinner recipes. However, for informational purposes, those foods mentioned on page 24 are the main foods to avoid during the bio-detoxification program.

The Anti-Inflammatory Diet

Foods to Avoid

Why?

- | | |
|---|---|
| 1. All gluten-containing foods like wheat, rye, oats, and barley, which are commonly found in breads, pasta, and other products from refined flour. | 1. The most common allergies are caused by this group of foods. By avoiding these foods for a few weeks, your system gets a chance to relax and clear itself out. You may not even know you have an allergy to these foods because the symptoms may be so subtle. |
| 2. Alcohol, caffeine, including coffee, black teas, sodas and soymilk. All soda and fruit drinks that are high in refined sugars. | 2. Both alcohol and caffeine are hard on the liver, and this is going to be your liver's vacation. |
| 3. Pork, cold cuts, bacon, hot dogs, canned meat, sausage, and shellfish. | 3. Meats are typically high in nasty things like estrogens, antibiotics, and other ingredients utilized in processing. |
| 4. Corn and tomato sauce.
(fresh, whole tomatoes are ok) | 4. These are common allergens. |
| 5. Eggs and all dairy (milk, cheese, butter, yogurt, etc.). | 5. Dairy products are most likely to cause allergies. |
| 6. All fruit and fruit juices. | 6. Fruit and fruit juices are high in sugar content. |
| 7. Foods high in fats and oils, including peanuts, refined oils, margarine, and shortening. | 7. This diet was designed to lessen the burden placed on your system by eliminating many foods, including those high in fats and refined and processed oils. |
| 8. Any other foods not listed on these pages that you know you are allergic to. | 8. Give your healthcare practitioner a list of all foods that you know you are allergic to. |

Personal Shopping List

Expanded Food List Choices

You may eat the foods listed below on any days (days 1 - 10). Always keep in mind not to eat the same foods every day. Eat a variety of foods, and always rotate the meals.

Vegetable Choices:

Carrots, celery, yams, sweet potatoes, green beans, yellow wax beans, squash, broccoli, cauliflower, peas, mushrooms, cabbage, Jerusalem artichoke, avocado, beets, kale, Swiss chard, cucumber, asparagus, bok choy, brussel sprouts, spinach, chives, leeks, shallots, common artichoke, parsley, okra, etc.

Meat/Seafood Choices:

Note: Always try to buy organic meats. Chicken, turkey, duck, lean natural beef or lamb, Cornish game hen, fresh or water-packed tuna, halibut, salmon, haddock, or flounder. Seafood is okay, except shellfish, including shrimp, lobster, mussels and scallops. Shellfish could cause sensitivity reactions.

Choice of Grains:

White rice, tapioca, quinoa, 100% buckwheat, millet, teff and amaranth.

Choice of Dressings:

Extra-virgin olive oil with lemon or lime and dry herbs, including oregano and basil. Flax seed oil dressing. Oil and vinegar dressing.

Additional Condiments and Beverages:

Bay leaf	Dill	Marjoram	Caraway seeds
Dry mustard	Nutmeg	Chives	Garlic
Poppy seeds	Cinnamon	Ginger	Tarragon
Curry	Mace	Herbal teas (no citrus)	Cilantro

Easy 3-Step Detoxification Symptom Questionnaire

Rate each of the following symptoms based upon your typical health profile:

0 – Never or almost never have the symptoms
 1 – Occasionally have it, effect is not severe
 2 – Occasionally have it, effect is severe

3 – Frequently have it, effect is not severe
 4 – Frequently have it, effect is severe

Digestive

	Nausea or vomiting
	Diarrhea
	Constipation
	Bloated feeling
	Belching, passing gas
	Heartburn
	Total Score

Emotions

	Mood Swings
	Anxiety, fear, nervous
	Anger, irritability
	Depression
	Total Score

Eyes

	Watery, itchy eyes
	Swollen, reddened, sticky eyelids
	Dark circles under eyes
	Blurred, tunnel vision
	Total Score

Lungs

	Chest congestion
	Asthma, bronchitis
	Shortness of breath
	Difficulty breathing
	Total Score

Weight

	Binge eating/drinking
	Craving certain foods
	Excessive weight gain
	Compulsive eating
	Water retention
	Underweight
	Total Score

Energy / Activity

	Fatigue, sluggishness
	Apathy
	Hyperactivity
	Restlessness
	Total Score

Head

	Headaches
	Faintness
	Dizziness
	Insomnia
	Total Score

Ears

	Itchy ears
	Earaches, ear infections
	Drainage from ears
	Ringling in ears, hearing loss
	Total Score

Mouth / Throat

	Chronic Gagging
	Gagging, needing to clear throat
	Sore throat, hoarse
	Swollen or discolored tongue, gums or lips
	Canker sores
	Total Score

Skin

	Acne
	Hives, rashes, dry skin
	Hair loss
	Flushing, hot flashes
	Excessive sweating
	Total Score

Joints / Muscles

	Pain or aches in joints
	Arthritis
	Stiff, limited movement
	Pain, aches in muscles
	Weakness or tiredness
	Total Score

Nose

	Stuffy Nose
	Sinus problems
	Hay fever, allergies
	Sneezing attacks
	Excessive mucus
	Total Score

Mind

	Poor Memory
	Confusion
	Poor concentration
	Poor coordination
	Difficulty making decisions
	Stuttering, stammering
	Slurred speech
	Learning disabilities
	Total Score

Other

	Frequent illness
	Frequent, urgent urination
	Genital itch, discharge
	Total Score

	Total Score
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Add up the numbers to arrive at a total for each section, then add the totals for each section to arrive at the grand total. If any individual section total is **10 or more**, or the grand total is **14 or more** you may benefit from the Easy 3-Step Bio-Detoxification program.

Pain & Toxicity Assessment

Yes - No

Mark the symptoms you experience:

- Do you feel tired or fatigued?
- Do you experience early morning stiffness?
- Do you feel stiff after periods of rest?
- Do you feel dizzy, foggy-headed or have trouble concentrating?
- Do you experience cracking joints?
- Do you experience frequent back pain or headaches?
- Do you eat fast, fatty, processed or fried foods?
- Do you experience generalized aches and pains in the body?
- Do you experience frequent sinus problems?
- Do you use coffee, cigarettes, candy or soda to get “up”?
- Are you sleepy in the afternoon?
- Do you experience intestinal gas and bloating after meals?
- Do you bruise easily?
- Do you recover slowly from moderate exercise?
- Do you feel you don’t exercise enough or feel sluggish and need to lose weight?
- Do you have food allergies, or are often exposed to chemicals, sedatives or stimulants?
- Do you take pain relievers to get rid of aches and pains?
- Do you have a family history of arthritis or auto-immune disorders?
- Do your bowels move less than twice per day?
- Does “airing out” (opening windows) in your office/bedroom a few minutes each day make you feel better?
- Do you use regular municipal water (non-filtered) for your shower?
- Do you purchase food from the “normal” section of the grocery store, instead of buying organic fresh foods?
- Do you change/replace the filter for the heating/air conditioning twice a year?
- Have you thought about trying a cleansing program recently to rid your body of toxins?

Total your “Yes” and “No” answers

If your **Yes score totals 4 or greater**, your current symptoms might be due to toxic overload and may suggest you need the Easy 3-Step Bio-Detoxification Program to purify your system of toxins and experience **PAIN FREE** living.

Sample Recipes

Turkey Soup

¾ cup white rice or white basmati rice
1 medium onion, chopped
1 turkey hind quarter (about 3 pounds)
2 stalks celery with tips, sliced
2 ½ quarts water 1 green pepper, seeded and diced
1 tsp. salt
1 cup chopped Jerusalem artichoke
¼ tsp. pepper (optional)
½ tsp. dried basil

Rinse turkey and place in a 6-quart pot. Add water, bring to a boil and simmer 2 to 3 hours. Add remaining ingredients and continue to simmer 30 minutes.

Turkey Salad

½ cup sunflower or almond oil
¼ tsp. salt
⅓ cup lemon juice
⅛ tsp. Paprika
1 sprig parsley minced
1 cup cubed turkey
1 tsp. tarragon
2 cups cooked rice
1 tsp. dill weed
Almonds, pine or brazil nuts, or sunflower seeds

Gently toss all ingredients together. Cover and chill several hours.

Hurry-Up Hearty Hash

½ cup leeks or chives, chopped
½ tsp. salt
½ cup chopped pecans or pumpkin seeds
1 clove garlic, minced
¼ cup garbanzo or bean flour
2 tbsp. oil
2 cups cooked, mashed, winter squash or pumpkin

Combine all ingredients. Form into patties. If dry, add water. If too moist, add additional flour to desired consistency. Fry in lightly oiled skillet until nicely browned on both sides.

Hint: Save leftovers for tomorrow's breakfast, or freeze for future use.

Asian Chicken Wrap

1 lb. lean ground beef or turkey
16 Boston, bib or butter lettuce leaves
1 can 8 ounce water chestnuts
1 large onion (1 cup chopped)
2 Tbsp. minced garlic
1 Tbsp. tamari
2 tsp. bottled fresh ginger
1 Tbsp. rice wine vinegar
½ tsp red pepper flakes
¼ chopped green onions
2 tsp. Asian dark sesame oil

Brown meat and add the rest of the ingredients, simmer about 10 minutes. Wash lettuce and spoon mixture into lettuce leaves or add to a bed of chopped lettuce.

Spinach Salad

1 Tbsp. chives, chopped
⅓ cup olive oil
2 Tbsp. leeks, diced
¼ cup lime juice
½ cup chopped radishes
1 tsp. salt
1 bunch fresh spinach
¼ tsp. pepper
Garbanzo beans or toasted pumpkin seeds
1 tsp. Oregano
Savory or thyme

Mince chives, leeks and radishes until fine and pulpy. Set aside. Wash and drain spinach, tear into small pieces. Toss with dressing. Garnish with garbanzo beans or toasted pumpkin seeds.

Cucumber Dressing

4 tbsp. plain goat yogurt
1 tbsp. rice vinegar
½ cucumber, peeled, seeded and diced
1 tsp. dried dill weed
1 tsp. chopped chives or green onion tops, if desired
2 tsp. fresh lemon juice
salt and pepper

Mix in blender until smooth. I add other raw veggies and make a large salad.

About the Author

Dr. Abbas Qutab is the founder of Élan Vital Medical Centers located in Boston and Worcester, Massachusetts. Since first opening in 1989, these clinics have been the choice for many thousands of people around the world seeking complementary and alternative medicine treatments. Dr. Qutab also serves as consulting physician at the Brigham and Women's Faulkner Hospital in Boston.



Dr. Qutab holds Medical, Chiropractic, and Oriental Medicine degrees as well as a Ph.D. in Ayurvedic Medicine. He is one of very few physicians in the U.S. who has been awarded an honorary Sc.D. from the World Health Organization Chartered University for his work in promoting alternative medicine.

Dr. Qutab, a sought-after speaker for conferences and health expositions throughout the world, has taught thousands of physicians in Europe and in the U.S. on how to integrate alternative medicine into their practices. His speaking engagements include the World Health Organization Congress on Complementary Medicine and lectures at numerous hospitals such as the Dana-Farber Cancer Institute, Massachusetts General Hospital and UMASS Memorial Hospital.

Dr. Qutab is co-author of several books on Ayurvedic medicine and his latest book, "**Nitric Oxide, The Molecule of Life**" has been translated into several languages. He is board-certified in Naturopathic Medicine and has received several leadership awards for promoting complementary medicine. Dr. Qutab is on the advisory board of the Congressional Health Care Reforms Committee in Washington, D.C. and is currently the committee's Honorary Chairman for Massachusetts. In 2003, he received the "Physician of the Year" award for his active role in the NRCC of the National Healthcare and Medicare Reforms Committee.