

The Holistic Truth

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Solutions to Your Resolutions

Detoxification & Body Composition

The New Year is a time of new beginnings and setting goals. Often, ushering in a new year inspires people to direct renewed focus on their health and longevity, aiming for improved physical and emotional well-being. For some individuals this means changing their diet, for others it could include adhering to a new exercise regimen, and taking high quality nutritional supplements and herbs to assist in reaching their objectives.

One common New Years' resolution is to improve physical fitness in combination with weight loss, also known as "body composition." Body composition refers to the amounts of muscle, bone, and fat in the body. Those with a higher percentage of body fat are more likely to suffer from health problems such as insulin resistance, type 2 diabetes, fatty liver, PCOS (polycystic ovary syndrome), metabolic syndrome, and cardiovascular disease. Higher body fat also places excess stress on joints, muscles, and bones, potentially exacerbating pain, arthritis, & injury. Distribution of fat also affects health, with 'apple-shaped' bodies (fat concentrated around the abdomen) conferring a higher risk of cardiovascular disease than 'pear-shaped' bodies (fat concentrated in thighs and buttocks).

The good news is that body composition can be modified by diet, exercise, and supplements. With persistence, these interventions may improve insulin and leptin resistance, metabolism, glucose uptake, muscle to fat ratio, and weight loss. Simply losing weight is not the goal. Remember, body weight is less important than body composition in terms of disease risk.



Detoxification

A great way to kickstart weight loss and improvement of body composition is to embark on a detoxification program. A detoxification protocol may assist your body with mobilizing and excreting toxins. We are exposed to a multitude of chemicals which may act synergistically to have negative effects on our health, including inability to lose weight! Also, chemical and heavy metal exposure can interfere with immune system function and compromise fetal development, cognition, nervous system function, and detoxification pathways.



Diet, lifestyle changes, and nutritional supplements can support the body's organs of detoxification and elimination (liver, bowels, skin, and lungs) to make the most of the cleansing process. By supporting these organ systems, any toxins that are mobilized in the body can be effectively excreted. In addition to herbs and nutrients, detox programs may include exercise, breathing exercises, skin brushing, lymphatic massage, employing the use of saunas if tolerated, and more. The detox experience can also be used as an opportunity to cleanse on emotional and spiritual levels. Please do NOT initiate a detoxification program if you are pregnant or nursing, or currently

undergoing chemotherapy. If you're taking prescription medications, discuss the safety of 'detoxing' with your healthcare practitioners.

Dietary changes are a core part of detoxification (as well as weight loss). People with special health concerns may need to adjust the diet accordingly, such as those with diabetes or hypoglycemia, who may need more protein in the form of pastured meat, wild game, or fish. People with arthritis may want to avoid nightshades. The foods eaten on a detox diet should be hypoallergenic, simple, and preferably organic. Drink plenty of water and make sure you're having regular daily bowel movements.

Overview- What to eat and drink on a detox protocol:

- Raw, steamed or roasted vegetables, organic cold pressed oils, legumes, gluten-free grains, fresh fruit and vegetable smoothies (preferably in a blender or Vita Mix so that you obtain all of the fiber. 2nd best would be fresh juices from a juicer. 3rd choice would be bottled juices.).
- Eat plenty of foods that aid in elimination/detoxification such as beet, artichoke, onion, garlic, leek, shallot, dark leafy greens, sprouts, romaine lettuce, sea vegetables, daikon radish, turnip, fig, apple, banana. Fruit should be fresh, not canned, frozen or dried. Frozen is second-best.



Foods and Drinks to Avoid

Remove any potential allergens from your diet, as well as foods that are difficult to digest:

- Meat and poultry (except special populations)
- Eggs and dairy (milk, cheese, butter, yogurt)
- Gluten-containing grains: Wheat, Barley, Rye, Farina, Semolina, Bulgur, Kamut, Matzo meal, Spelt, Triticale
- Yeast, Corn, Soy, White rice, white potatoes, white flour
- All fried foods and lard
- Soy sauce, sugar, MSG, food additives & preservatives
- Alcoholic beverages, cigarettes, & all intoxicating substances
- Coffee, decaf coffee, energy drinks, soda pop

Supplements for Detoxification

Nutritional Frontiers offers several products specifically formulated to supply important nutrients needed during cleansing,* and are intended as a complement to diet and lifestyle changes.



Pro Lean Greens is a tasty greens powder that can be mixed in beverages. This product combines nutrient-rich vegetables, fruits, and herbs with digestive enzymes, fiber, spirulina, chlorella, and probiotics. With antioxidants, Eleutherococcus, bee pollen and milk thistle, Pro Lean Greens supports the immune and detoxification systems.*



Super Shake protein powder is a hypoallergenic formulation that comes in various flavors and provides 21 grams of protein per scoop. It is derived from rice, pumpkin, and pea protein, making it an excellent option for those on a hypoallergenic diet. Super Shake contains medium chain triglycerides (MCTs) which are easily metabolized fatty acids that provide a quick energy source for the body.* Fibersol-2™ is an easily digestible soluble fiber source to help with bowel regularity and to bind toxins in the gastrointestinal tract.*



Liver/Gall Bladder tincture is a liquid herbal extract designed to support optimal functioning of these 2 organs, which are crucial for detoxification and healthy digestion. This tincture contains milk thistle, an herb renowned for its protective and restorative effects on the liver. It has been used to treat people with fatty liver disease, cirrhosis, alcoholic liver damage, and exposure

to chemical pollutants. This tincture also contains burdock and dandelion roots, traditionally thought to have an affinity for the liver and gall bladder. Other supplements for detoxification may be suggested by your natural healthcare provider based on individual needs.

Body Composition

After completing a detoxification program for 1-3 weeks or as suggested by your healthcare practitioner, you may ease into a program geared towards improving body composition and promoting healthy, sustainable weight loss.

For many people, the Mediterranean Diet is an appropriate choice for optimizing body composition. The Mediterranean Diet emphasizes intake of vegetables, legumes, and fruit. Grains should be unrefined, and possibly gluten-free, depending on the person. Fresh, unprocessed food is a must, and fish, eggs, and poultry are consumed in moderate amounts. Good fats like olive oil, nuts, seeds, avocado, and fatty fish (like wild salmon and sardines) are emphasized. Pastured red meat may be consumed monthly or more often in small amounts, according to the precepts of the Mediterranean Diet. If tolerated, organic dairy in the form of cheese or yogurt can be eaten on a daily basis. While the Mediterranean Diet allows for grain intake, many people find that they do better in terms of weight loss and glucose-insulin regulation by limiting grains. In addition to diet, lifestyle interventions like exercise and smoking cessation are essential for improving body composition. Individual preference, access to certain types of exercise facilities, and of course ability and talent dictate which exercise plan is best for a particular person. Exercise and diet are the backbone of good health and should be the first place to start when aiming to improve fitness and body composition. Nutritional supplements, such as those described below, can add an extra boost!

Supplements for Body Composition

Best Whey Protein by Nutritional Frontiers provides essential and non-essential amino acids to support healing, muscle building, muscle and tissue recovery, energy, and immune health. Whey protein is a great source of precursors for glutathione production. Whey protein also provides alpha-lactalbumin and immunoglobulins for immune system support. Best Whey Protein comes in many flavors and mixes easily for smoothies or shakes. Other powders such as Fibersol-2™ can be added to promote regular bowel movements and support glucose and lipid control.* Best Whey Protein is also excellent for athletes and body builders.* This supplement is low carb, so it could be appropriate even for people with diabetes or insulin resistance. Whey protein is dairy-derived and may not be appropriate for people allergic to dairy, for whom Super Shake is a perfect alternative.



Pro Oranges is one of several all-natural fruit & vegetable-based juice powders offered by Nutritional Frontiers. Pro Oranges was designed to enhance energy, endurance, and cognitive function.* It also serves as a great adjunct to weight management programs and optimizing glucose metabolism.* Among the many specially selected ingredients in Pro Oranges are Green Coffee Bean extract, DMG, taurine, inositol, Fibersol 2®, and white panax ginseng. Green Coffee Bean Extract acts as an antioxidant, reduces muscle fatigue, slows the release of glucose into bloodstream after a meal, and increases energy.* An adaptogenic herb, Korean White Panax Ginseng helps the body tolerate stress.* Pro Oranges has a small amount of caffeine so you might want to avoid using it late in the day or in children.

Power Fuel was designed to support mitochondrial function and can be used before workouts as well as other times. Power Fuel contains many important nutrients to reduce fatigue. CoQ10 (coenzyme Q10) is a critical antioxidant used by mitochondria and involved in the formation of ATP which provides cellular energy. D-ribose is also thought to increase cellular energy and malic acid may alleviate muscle pain. Acetyl-L-carnitine can help restore mitochondrial content and possibly improve glucose intolerance, insulin resistance, arterial hypertension, and heart



function. Bromelain & protease are digestive enzymes. When taken between meals, they are helpful in reducing inflammation. DMG (Dimethylglycine Hydrochloride) modulates cytokine production, acting to reduce inflammation. It is also anti-oxidant. Rhodiola rosea is an herb that promotes cognitive function, athletic performance, endurance, & weight loss. It is categorized as an adaptogen, meaning it supports the adrenal glands and stress response. Be sure to discuss prescription medicines use with your natural health care practitioners so they can advise you of potential interactions.



Super Kreatine contains a buffered form of creatine called Kre-Alkalyn® along with L-glutamine, chromium picolinate, DMG, R-alpha lipoic acid, taurine, vanadium, and L-carnitine tartrate. Super Kreatine does not cause water retention or a bloated look that sometimes can happen as a 'side effect' of high-dose creatine supplementation. According to studies by its manufacturer, Kre-Alkalyn® intake improved VO2 max, an indirect measure of a person's maximal capacity to do aerobic work. High oxygen consumption is a characteristic of endurance athletes. These studies also suggested that users of Kre-Alkalyn® increased weight lifting ability, lowered cholesterol & triglyceride levels, and was safe and non-toxic.

In conclusion, we at Nutritional Frontiers encourage you to embrace your New Years' resolutions for better health and are happy to offer support and resources to help guide you on your journey!

**These statements have not been evaluated by the FDA. The products referred to are not intended to treat, cure, or prevent any disease.*

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