Putting It All Together

The Functional Detoxification Program

Benefits of Detoxification

- Benefits to your patients
  - Enhanced energy
  - Weight loss
  - Improved mood
  - Better sleep
  - Decrease in inflammation

- Benefits to your practice

Detoxification - Background

- Cleansing and purification rituals have been around for thousands of years.
  - Ayurveda
  - Ancient Greeks
  - Native Americans
  - Natural Hygiene Movement
  - Eclectic Herbal Traditions

- All major religions incorporate cleansing
Traditional/ Conventional Approaches to Detoxification

- Fasts & “cleansing” diets
  - Spring water
  - Fruit/vegetable juices
  - Lemonade/ cayenne pepper (“Master Cleanser”)
  - Urine (“The Waters of Life”)
- Liver “flushes” (olive oil + lemon juice)
- Sweat lodges; Spas
- Cathartics; Purges; Enemas
- Elemental Diets
  - Ensure

The Five Stages of Functional Detoxification

1. Identify and remove the obstacles to cure
2. Increase general circulation
3. Enhance elimination
4. Heal the gastrointestinal tract
5. Stimulate the liver and gallbladder

Case Study:
P.W.: 52 year old CEO.

- CC: “feels sick” all the time: chronically fatigued and achy; recurrent headaches; chronic nasal congestion and recurrent sinusitis (worse in winter); chronic gas/bloating, loose stools
- Lifestyle: 3-4 glasses wine/day +/- beer/vodka; at least 2-3 Excedrin or ibuprofen every day; rich diet—pasta, heavy sauces, prime rib
- PMH: 2-3 years prior sprayed weeds in yard, felt “toxic” afterwards, never completely recovered
Case Study:
P.W.: 52 year old C.E.O.

- Detox Questionnaire: 88 (high score is > 50)
- Laboratory findings
  - Intestinal hyperpermeability
  - Intestinal Dysbiosis and Bowel Toxemia
  - Imbalanced phase I and II detoxification
  - Oxidative Stress (Elevated Oxidata test and lipid peroxides on comprehensive detox profile)

Case Study:
P.W.: 52 year old C.E.O.

- Treatment plan:
  - Clean up diet
  - Restore bowel health
  - Functional Detox Program
  - Support pathological detoxification
- Long term follow up:
  - Gradual but eventually marked improvement
  - Detox questionnaire dropped over time

Functional Detoxification Program

- Prepare the organs of detoxification
- Treatment is focused on:
  - Diet & nutritional therapy
  - Attitude & behavioral modification,
  - Exercise,
  - Hydrotherapy
  - Acupuncture, manipulation, massage & counseling can also be helpful.
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**Functional Detoxification: Diet, Nutrition & Positive Attitude**

- Benefits of using medical foods

- Help correct the following:
  - Impaired liver detoxification
  - Help with endotoxicity (dysbiosis, malabsorption, maldigestion)
  - Help with exotoxicity (chemical dependency, environmental exposure)

- Positive Attitude

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**Breakdown of Functional Detoxification Program**

- A 21-day detoxification program

- Week 1 – Focus on supporting the organs of elimination

- Weeks 2 and 3 - Building a health promoting diet

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Expected Results

- Significant reduction in unwanted symptoms
- Motivated to make changes in their day to day lives
- Lasting results.

Week 1 Diet & Treatment Plan: Supplements

- Prescribe supplements to support the organs of elimination.
- Use N.A.Q.
- Use Detox Questionnaire
## Supplements for 1° Support

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<thead>
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<th>Organ</th>
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<th>Dosage</th>
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<tr>
<td>Liver</td>
<td>MCS Livotrit Plus</td>
<td>1-2 3X/day and 4 at bed</td>
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<td></td>
<td>1-2 3X/day</td>
<td>2 bottles</td>
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<td>Gall-Bladder</td>
<td>Beta Plus or TCP</td>
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<tr>
<td></td>
<td></td>
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<td>3 bottles</td>
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## Supplements for Additional Support

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<td></td>
<td></td>
<td>As option to flax fiber in shake</td>
<td>1 bottle</td>
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<td></td>
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<td>4 oz container</td>
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## Supplements for Additional Support

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<td>1 tab 4X/day</td>
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<td>Endocrine</td>
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<td></td>
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<td>15 drops/day</td>
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<td>Adrenal</td>
<td>Cytozyme-AD</td>
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Supplements for Additional Support

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<td>Cytozyme-F</td>
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<td>Multi-Mins</td>
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Week 1 Diet & Treatment Plan: Detox Shake

- Replace processed foods with the Detox Shake.
- Support their body’s detoxification & elimination systems.
- Create a solid foundation
  - Provides all the essential nutritional needs
  - Enhances liver detoxification
  - Enhances intestinal detoxification function.

Detox Shake- Ingredients

- 1-2 scoops Medical Food Supplement
- 1-2 scoops Whey protein
- 1 ½ - 2 cups Water, rice milk, or almond milk
- 1 –2 Tbsp. Ground flax seed fiber
- ½ - 1 cup Organic Fruit - fresh or frozen (examples: berries, peaches, plums, pears)
- 1-3 tsp. Liquid EFA
- 1-2 tsp. Liquid Lecithin (or 2 Tbsp. granular)
- ¼ tsp. Probiotic
Detox Shake- Ingredients

Optional Ingredients:
- ½ - 1 tsp. raw honey, agave syrup, maple syrup, organic unsulfured black strap molasses
- 1 scoop of powdered greens
- ½ teaspoon of cinnamon
- 1 – 2 tbsp of toasted wheat germ
- 1 – tbsp of oat bran

Detox Shake- Directions

- Blend all ingredients together.
- Let sit for a few minutes and then blend again, adding water to achieve desired consistency.
- Make minor changes in the above recipe as desired to create a meal that you will enjoy.
- Option: Blend a full days supply. Keep refrigerated and mix the shake prior to pouring.

Supplements for Detox Shake

Average usage

- Week 1: 4 servings/day
- Weeks 2 & 3: 2 servings/day

Amount of Supplements Needed

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<tr>
<th>Medical Food</th>
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<td>EFA liquid</td>
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<td>Lecithin</td>
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<td>Probiotic</td>
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Medical Food Supplements

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<td>Fast and Be Clear</td>
<td>Allergy Research</td>
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<td>Biocleanse</td>
<td>Biogenesis</td>
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<td>Cleardetox</td>
<td>Pure encapsulations</td>
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<tr>
<td>Metabolic cleasne</td>
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<td>Paleocleanse</td>
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Whey Supplements

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Green Supplements

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<td>Designs for health</td>
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<td>Bioalkalizer</td>
<td>Biogenesis</td>
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Detox Shake - Week One Servings
Days 1, 2 and 3
- 5 shake servings per day; plus fruits (not canned) and veggies (steamed, sautéed or raw) as desired.
- Drink 1 cup of water per hour.
- O Blood Type persons must, instead of a Detox Shake, have a meat (stock only) and veggie soup for dinner (no starch).

Detox Shake - Week One Servings
Days 4, 5, 6, and 7
- 3 (or more) shake servings per day, with 4th meal of vegetables (may use any fruit or veggie listed below - cooked or raw).
- Again, O Blood Types (only) have meat stock or veggie soup for dinner.

Week One Diet Plan
- Some general recommendations:
  - Eat fruits and vegetables that are organic, in season, locally grown, ripe, and fresh
  - Eat large servings of fresh fruit and vegetables in addition to the detox shake servings.
  - If your patients are getting bloated or have gas have them separate fruits, vegetables and the shakes.
Week One Diet Plan - Fruit

- Eat between meals especially - fresh and frozen fruit (locally grown best).
- If you are able to purchase organic, do so.
- Good choices of fruit include:
  - Apples, grapes, pears, peaches, nectarines, plums, grapes, berries, melons, pineapple, mango, banana, fresh figs, etc.

Week One Diet Plan - Vegetables

- The following vegetables are good choices for a detoxification program:
  - Juiced or raw grated beets, carrots, Jerusalem artichokes, turnips, parsnips and rutabagas mixed with parsley or other greens.
- Also consider the following:
  - Sprouts, cabbage, peppers, tomatoes, Brussels sprouts, celery, kohlrabi, string beans, broccoli, cauliflower, and especially lots of assorted greens.

Week One Diet Plan - Herbs and Juice

- **Herbs**: Basil, tarragon, fennel, parsley, dill, garlic, ginger, etc.
- **Juice**: Juice any raw vegetables 1 or more times/day, 1-cup servings drink slowly. Sip and swirl this nutritional bonanza in your mouth to aid in digestion.
**Week One Diet Plan - Foods to eliminate**

- Eliminate all dairy products.
- Avoid all meat and fish.
- Eliminate gluten containing grains (wheat, spelt, kaput, oats, rye, barley, amaranth, malts) and corn.
- Eliminate beans, nuts, and seeds.
- Avoid all processed, fried and refined foods.
- No salt, sweets or spices (i.e. pepper)

**Week One Diet Plan - Foods to avoid**

- Avoid all alcohol-containing products.
- Also avoid all caffeine-containing beverages.
- Coffee substitutes from gluten-containing grains should be avoided.
- Drink at least two quarts of water, preferably filtered, daily.

**Important Considerations in Week One**

- Irritability and fatigue are indications that detoxification is bogging down.
- Nausea or flu-like symptoms may result from heavy liver or gall bladder toxin clearing.
- Resolve with a heaping teaspoon of toxin-absorbing ground flax seeds or ¼ tsp of pure pectin, mixed with 1-2 cups of water on an hourly basis.
Adverse Symptoms

- Patients should report adverse symptoms such as constipation, diarrhea, abdominal cramping, fever, rashes, headaches, depression, fatigue, cold/flu or any infections to your office immediately.
- Uncomfortable symptoms are often relieved by increasing water, fiber, or by having a shake.

Home Care Treatments

- Exercise:
  - Walking – 15-20 minutes/3 times per day.
  - Free-weight exercise

- Drink plenty of water

- Home spa treatment

- Consider constitutional hydrotherapy or a wet sheet wrap (see handout)
Home Care Treatments

- Massage therapy: to move toxins out of muscles and tissues.
- The Enema: cleanses the colon, the main source of toxins.
- Breathing exercises
- Acupuncture, chiropractic, osteopathy and counseling can all be very helpful adjunctive therapies.
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**Lymphatic Cleansing Exercises**

**Objective:** Fast absorbing and decomposing the toxins in the lymph and blood through manual lymphatic drainage. Slow blood flow to the lymph nodes and improve lymphatic drainage. Improve the tone of the connective tissue and improve the resistance to cell invasion.

**Dosages:**
1. 15 minutes
2. One set of 5 exercises
3. 3-4 times a day

**Equipment:** None

**Procedure:**
- **Exercise 1:** Kneading around the neck and head
- **Exercise 2:** Kneading the back and arms
- **Exercise 3:** Kneading the abdomen and pelvis
- **Exercise 4:** Kneading the legs and feet
- **Exercise 5:** Kneading the lower back and sacrum

**Comments:**
- These exercises can be performed by the patient or a therapist.
- They can be done in a quiet environment, preferably in the morning.
- The patient should lie on a table or a comfortable surface.

**Breathing Exercises**

**Purpose:** To improve oxygenation, reduce stress, and enhance overall health.

**Instructions:**
- **Exercise 1:** Deep breathing
- **Exercise 2:** Square breathing
- **Exercise 3:** Alternate nostril breathing

**Comments:**
- These exercises can be performed anywhere, anytime.
- They help in reducing stress and improving mental clarity.
- The patient should practice these exercises regularly for best results.

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Free-weight/Dumbbell workout

The goal of this workout is to increase muscle mass, improve overall body strength, and enhance physical fitness. Each exercise is performed for a specified number of repetitions, followed by a controlled rest period. The entire workout is repeated 3 to 5 times, depending on the individual's fitness level and goals.

1. **Squats**
   - Start with your feet shoulder-width apart, knees bent, and hands on your hips.
   - Lower your body as if you were sitting into a chair, keeping your back straight.
   - Return to the starting position, repeating for a specified number of repetitions.

2. **Bench Press**
   - Lie on a bench with your back flat, feet flat on the floor, and hands holding a dumbbell.
   - Lower the dumbbell to your chest, keeping your elbows close to your sides.
   - Push the dumbbell back to the starting position, repeating for a specified number of repetitions.

3. **Pull-Ups**
   - Hang from a bar with your palms facing your legs, fingers pointing away from your body.
   - Pull yourself up until your chin reaches the bar, then lower back down.
   - Repeat for a specified number of repetitions.

4. **Dumbbell Rows**
   - Sit on a bench with your back straight, holding a dumbbell in each hand.
   - Pull one dumbbell up to your chest, then repeat on the other side.
   - Alternating for a specified number of repetitions.

5. **Russian Twists**
   - Lie on a bench with your back straight, knees bent, and feet flat on the floor.
   - Hold a dumbbell in one hand, lift your legs off the floor, and twist your body to the side.
   - Return to the starting position, repeating for a specified number of repetitions.

6. **Jumping Jacks**
   - Start in a standing position.
   - Jump up and down, alternating between clapping and non-clapping.
   - Repeat for a specified number of repetitions.

7. **Burpees**
   - Start in a standing position, then lower into a push-up position.
   - Push up, then jump up, bringing your hands above your head.
   - Repeat for a specified number of repetitions.

8. **Leg Press**
   - Sit on a leg press machine with your back flat, feet on the footrest, and hands on the handles.
   - Push the footrest back as far as possible, then return to the starting position.
   - Repeat for a specified number of repetitions.

9. **Leg Curls**
   - Sit on a leg curl machine with your back flat, feet on the footrest, and hands on the handles.
   - Curl your toes towards your body, then return to the starting position.
   - Repeat for a specified number of repetitions.

10. **Step-Ups**
    - Stand on a step or platform.
    - Step up and down, alternating between each foot.
    - Repeat for a specified number of repetitions.

**Notes:**
- Perform each exercise with proper form and control.
- Rest briefly between exercises and longer between sets.
- Increase the number of repetitions or sets as your fitness improves.
- Consult with a healthcare professional before starting any new exercise program.

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The Emotions

By expressing our emotions healthily through various mediums, we can develop a better understanding of our feelings and relationships with others. Expressing ourselves in a positive and constructive manner can lead to personal growth and emotional health.

*Optional*: Incorporate relaxation techniques, such as meditation or deep breathing, to enhance overall emotional well-being.

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Massage and Detoxification

Massage is a proven method for promoting physical and emotional well-being. It helps to relieve stress, improve circulation, and enhance overall health. Detoxification, on the other hand, involves removing toxins from the body, improving digestion, and cleansing the bloodstream.

*Massage Techniques:*
- Long strokes on the back, arms, and legs
- Continued pressure on specific pressure points
- Soft kneading and circular motions on the scalp
- Cross-fiber strokes on the muscles

*Detoxification Techniques:*
- Sauna therapy to sweat out toxins
- Herbal teas to aid in digestion
- Juicing to eliminate excess toxins
- mejorar the immune system
- Yoga and meditation to promote relaxation

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Weeks 2 and 3 of the Detoxification Plan

Week 2 & 3 - Treatment Plan

- **Nutritional supplements**: Continue with the supplements from week one
- **Detox shake**: Continue with the detox shake
  - Servings: 1 – 3/day as meals
  - Drink 1 cup of water/hour
- **Diet Plan**:
  - Eat fruits and vegetables as desired, with 1 – 2 meals of vegetables.
  - Your patients can reintroduce foods with a higher digestive energy quotient.

Week 2 & 3 - Diet Plan

- Consider the fruits and veggies listed in the handout
- Follow blood type recommendations:
  - O Blood Type individuals may include a small serving (4 oz.) of fish (esp.) or poultry with dinner and have their soup at lunchtime beginning with week 2.
  - The other types may introduce animal products during week 3, or late in week 2 after nourishing vegetarian meals have been added.
Adding Food Back in during Week 2 and 3

- Add back first the foods that they desire the most, as long as they are on the list below.
- They may add other items not on this list following week 3.
- It is important that they consume foods with a high level of awareness.
- They should be encouraged to check their heart rate before and after with the pulse test.

Week 2 & 3- Fruits & Vegetables

- **Fruit**: same as week 1.
- **Vegetables**:
  - They can add heavier, starchier foods in weeks 2 & 3, e.g. cooked root vegetables: potatoes, yams, sweet potatoes, beets, carrots, Jerusalem artichokes, turnips, parsnips and rutabagas.
  - Continue the raw (in salads) steamed, or stir-fried veggies from week 1 like sprouts, peas, avocado, cabbage, peppers, tomatoes, Brussels sprouts, celery, kohlrabi, string beans, broccoli, cauliflower & assorted greens.

Week 2 & 3- Other foods

- **Grains**
- **Nuts/Seeds**
- **Beans and Legumes**
- **Herbs**
- **Juice**
Activities

- They should be encouraged to increase their levels of exercise and other activities.
- They should continue with the home spa instructions i.e. the hot shower followed by a cold rinse.
- You should instruct them to continue with any of the other home care treatments recommended during week one.

Beyond The 21-Day Detoxification

Continuing the detox plan

Daily Detox- Diet

- Eat heavy foods (dinner) early, i.e., prior to 7:30 - 8:00 p.m.
- Retire between 10:00 and 11:00 p.m.
- Eat high fiber fruits as evening snacks.
- Daily detoxification of the intestines
- Detox shake on a daily basis
- Lifestyle
  - Exercise daily
  - Cold after hot shower
Monthly Detox Plan

- Signs showing need for ongoing detoxification:
  - Headaches
  - Irritability/mood swings
  - P.M.T
  - Sleep disturbances
  - Appetite changes
  - The tongue becomes coated
  - Digestion and elimination is altered.

Monthly Detox Plan

- Encourage your patients to do three days of Clinical Detoxification/month
- Increase detoxification supplements
- Remember to drink a lot of water (8 - 10 glasses per day) to flush out the toxins.
- Include lifestyle changes on a regular basis
- Encourage rest and recuperation

Summary
The Functional Detoxification Program
Dr. Dicken Weatherby

The Functional Detoxification Program
- Minimize exogenous toxic exposure
- Insure adequate hydration
- Improve circulation of the blood and lymph
- Enhance elimination
- Improve digestion and assimilation by healing the G.I. tract
- Enhance liver and gallbladder function
- Assist and balance endogenous biotransformation of toxicants