Reclaim your health

Through Nutritional Detoxification
A Different Approach to Health and Wellness

Destruction of microorganisms, or the suppression of symptoms.
OR

Change the environment of the body (Terrain) in which the disease was created.
What has You Stuck?

- Do you feel Sluggish?
- Do have bloating and Puffiness?
- Do have heartburn?
What has You Stuck?

- Sleep disturbances?
- Do you have headaches?
- Do you have fatigue?
What has You Stuck?

• Tired in the middle of the day?
• Just can’t loose weight?
• Moodiness that drives you crazy?
What has You Stuck?

• Skin conditions?
• Belly fat?
• PMS?
Where to Begin?
Functional Medicine

Find the core imbalances

Restoring the Body to Health
Nutrition
Exposure Pathways

Past Operating Practices

Air
Soil
Water

Hazardous Substances

Biota

People

Direct Contact with Soil

NorthBay.org
Physical Activity
INFLAMMATION

- Cancer
- Cardiovascular
- Neurological Diseases
- Autoimmune Diseases
- Arthritis
- Alzheimer's Disease
- Pulmonary Diseases
- Diabetes
What is Your Total Toxic Body Burden?
The importance of DETOX
Reclaim Your Health

Lower the Risk for Disease ~ Age Gracefully

- Detoxification
- Rebalancing
- Restoring
#1 Health of the Gut
In one gram of stool, we have more bacteria (microbiome) than there are stars in the known universe, that's a lot of microbial DNA!

Dr. Jeffrey Bland
Gut – Brain Connection

Depression – Anxiety – Foggy Brain
#2 Detoxing the Liver
#3 Cellular Health Mitochondria
#4 Epigenetics
Influence of Environment and Genes

- Environmental Toxins
- Noise
- Fast Pace- High Stress
Influence ~ cont’d

- FOOD!!!!!!!!!!!!!!!
- Time in the sun
- Poor sleep habits
Influence ~ cont’d

• Pharmaceuticals
• Fewer support systems
• Very little Bodily Movement
#5  Food is the Most Pervasive Influence on Health
Food is your #1 Medicine
Inflammatory Foods

GMO/ Processed Foods

DO YOU ALSO EAT THESE WITH THAT MASK ON ?!
Inflammatory Foods
GMO/ Processed Foods

- Wheat
- Corn
- Soy
- Dairy
- Refined Sugar
Food Myths

Fats Causes Heart Disease
Carbohydrates/Sugar, not fat, is the root of Heart Disease
Food Myths

Artificial Sweeteners are safe sugars for diabetics, and promoting weight loss
Repair V.S. Damage

- Maximize live organic foods
- Eliminate processed/GMO foods
- Intermittent Dietary fasting
Repair V.S. Damage ~ cont’d

- Fasting of old habits
- Sauna
- Lymphatic massage
Repair V.S. Damage ~ cont’d

- Cleanses (physical, emotional, mental)
- Sunbathing
- Physical exercise
Repair V.S. Damage ~ cont’d

❖ Adequate rest

❖ Breathing exercises

❖ Letting go of aggressive, reactive behavior

❖ Have fun

❖ Laugh every day
It is in Your Hands

“A change in a un-healthy habit leads to a change in Health”
Class 1
IT IS NOT

1. Calorie counting
2. Fad/weird diet
3. Food Substitutes
4. Deprivation
5. One time deal
6. Take a pill and get healthy
7. Take a supplement and get healthy
IT IS

- Super charging your body
- Invigorating your body
- Cleansing your body
- Restoring Metabolic Balance
Class 1A

Emotions and Food:

- Influence thinking, actions and HABITS.
Mind over Medicine
Scientific Proof That You Can Heal Yourself
Dr. Lissa Rankin M.D.

What does your body need in order to heal?

What would your chronic health issue tell you?

How can you change the cycle of Emotional eating.
Change Your Habits
Change Your Life
Class 2
Restoring Your Health
Now and for a Lifetime
Class 3

1. Food Re-Introduction

2. Food Triggers

3. Establishing new habits
Class Pricing

• Class 1 & 2 are a pair  $85
  – Class 1: Introduction to the Detoxification Program
  – Class 2 Restoring Your Health: Now and For a Lifetime ~ 3rd week of your Detox Program

• Class 1A: Emotions and Food (optional) $35.00

• Classes 1,1A, & 3 together $110

Any recommended medical nutrient supplements are not included in these prices.
“A habit is something you can do without thinking - which is why most of us have so many of them.”

1. Drink Enough Water
2. Eat Real Food- 1/3 of your food uncooked
3. Eat Protein For Breakfast
4. Work on building a Strong Digestion
Habits ~ cont’d

5. Change your sleep habits

6. Start a habit of Breathing Deeply

7. Read and/or say one Daily Affirmation daily

8. Consistent Bodily Exercise
Habits ~ cont’d

9. Get Some Sunshine

10. Touch the Earth

11. Make sure You Laugh Every Day

12. “You've got a bad eating habit if you go grocery shopping and use a grocery cart in 7-Eleven.”
Habits ~ cont’d

13. Read Something
14. Avoid Obesogens
15. Set an Intention- Dream Board
If you do what you’ve always done, you’ll get what you always got. *Mark Twain*
You can Restore Your Body to Health
Thank you!

Eric Hassid M.D.
Karin Grumstrup, RN, NP

NORTH BAY
Functional Medicine

707.624.8530    NorthBay.org
The 12 most pesticide-contaminated foods

1. Avocados
2. Sweet corn
3. Pineapples
4. Cabbage
5. Frozen sweet peas
6. Onions
7. Asparagus
8. Mangoes
9. Papayas
10. Kiwi
11. Eggplant
12. Grapefruit
13. Cantaloupe
14. Cauliflower
15. Sweet potatoes

Dirty Dozen
1. Apples
2. Strawberries
3. Grapes
4. Celery
5. Peaches
6. Spinach
7. Sweet bell peppers
8. Imported nectarines
9. Cucumbers
10. Cherry tomatoes
11. Imported snap peas
12. Potatoes

Clean Fifteen
1. Avocados
2. Sweet corn
3. Pineapples
4. Cabbage
5. Frozen sweet peas
6. Onions
7. Asparagus
8. Mangoes
9. Papayas
10. Kiwi
11. Eggplant
12. Grapefruit
13. Cantaloupe
14. Cauliflower
15. Sweet potatoes