When Toxins Attack Nerves
When Toxins attack the Nerves

Having suffered a toxic injury during my career as an air-crew member, and the fact that I am still suffering from various symptoms after inhaling toxic fumes onboard aircraft for years, while flying for a major European airline, I have over time learned how to look after myself to improve my health and be able to, at least to a degree, enjoy life again.
My first advice is: spend the money on valid blood tests and other useful analysis methods that will give you proof and evidence of neurotoxic injury. Go to reputable, knowledgable experts. After that, you can, with a little initiative, do a whole lot for yourself without spending a lot of money. The money you save which you would have spent for the professional's fee before even receiving and therapy or having to buy their usually very expensive products, you can spend for healthy foods and therapies and supplements you can get elsewhere at more affordable prices. 

But first some information.

**Symptoms**

During and after flights you have symptoms and are not feeling well, you are even in pain - but your physician can not find a reason?

You could be suffering from a form of environmental health issue similar to sick-building-syndrome: "sick-aircraft-syndrome"; a poisoning from chemicals and toxins you have inhaled on board. If you have been on a flight where you experienced visible fumes or smoke, or very pungent smells without smoke, you could be suffering, after inhaling such contaminated cabin air over a long period of time and on many flights, from ill-health as a result which, in aviation circles is called 'Aerotoxic Syndrome', a term coined by three renowned scientists in 2000.
Extreme fatigue
Concentration problems
Word finding problems
Tingling in hands and feet
Tremor
Breathing/ lung issues
Palpitations
Sleep issues
Itchiness/ rashes
Dizziness
Tinnitus
Headaches
Vision problems (tunnel vision)
Hairloss
Aching and weak muscles (like when you have a flu)
Joint pain
Digestion issues
Sudden allergies
Sinus issues
Nose bleeds

All of these symptoms or some of them, can lead to (biomonitoring) findings of organophosphates and other neurotoxins in bodily fluids and tissue. Organophosphates (OP) are neurotoxic agents contained in i.e. jet-engine oils, kerosine fumes, insecticides (spraying on board to certain destinations and residual spraying), hydraulic oils, flame retardants etc. Crew and passengers, especially frequent flyers are constantly in danger of accumulating, by inhalation (and each breath is a new, an additional dose), a slowly but surely lethal amount of these neurotoxins in their system, which will deposit itself in the fatty tissue, in the brain, pancreas and so on. This will lead to constant uncomfortable symptoms and chronic ill-health.
For this to happen one does not need to be exposed to a visible 'fume event', during which you can see smoke-similar fumes in the cabin; but by regular flying over a longer period of time you will be inhaling with each breath you take, many doses of so called low level amounts of chemical 'fumes' which are often described as 'old, dirty socks' or 'wet dog' smells but can also smell 'electric' or not at all, but all of which actually contain certain neurotoxic agents. (long term low level exposure = LTLL)

Frank Cannon, lawyer in the well-documented case of a pilot’s premature death, which was brought in connection with contaminated cockpit air says: “(Also) very important is the issue of genetic variability between individuals”, and that some people have a DNA coding that means they lack the necessary enzymes to detoxify properly or at all.

He continues: “The rule emerges that if you are unable to detoxify between flights at a rate, which is equal to or greater than the rate at which you are re-intoxicated by repetitive, successive and cumulative exposures, you will become extremely unwell. Minimum safety levels are a fallacy, with no known basis”, he said. “Real neurotoxic injury is caused by long-term low-level exposure. When a plane lands, the passengers get off, but the crew turn around and do the same thing all over again, day in day out.”

**Damage of the central nervous system**

There are indications that even if there are no acute symptoms, exposure to organophosphates at low levels, which is constantly being denied by the industry as not being possible, can cause central nervous system effects and even severe damage, as several human studies have found out in nerve conduction and neuropsychiatry problems (Christopher M. Morris et al).
Every major body system can be adversely affected by toxic substances, but the nervous system is particularly vulnerable. Many toxic substances can interfere with and alter the normal activity of the nervous system. Some produce effects that occur immediately and can last for several hours. Examples include an alcoholic beverage or fumes from a can of paint. The effects of other neurotoxic substances may appear only after repeated exposures over weeks or even years: e.g., regularly breathing the fumes of a solvent in the workplace. Some substances can permanently damage the nervous system after a single exposure, i.e. organophosphorous pesticides or metal compounds. Many neurotoxic substances can cause death when absorbed, inhaled, or ingested in sufficiently large quantities. Neurotoxic substances play a significant role in the development of some neurological and psychiatric disorders.


**Vulnerability of the Nervous System to Toxic Substances**

"The nervous system is particularly vulnerable to toxic substances because:

Unlike other cells that make up the body, nerve cells, or neurons, normally cannot regenerate once lost—toxic damage to the brain or spinal cord, therefore, is usually permanent.

Nerve cell loss and other regressive changes in the nervous system occur progressively in the second half of life—toxic damage may therefore progress with aging.
Certain regions of the brain and nerves are directly exposed to chemicals in the blood, and many neurotoxic chemicals cross the blood-brain barrier with ease.

The peculiar architectural features of nerve cells, with their long processes, provide a vast surface area for chemical attack and are therefore inherently susceptible to chemical interference.

The dependence of the nervous system on a delicate electrochemical balance for proper communication of information throughout the body provides numerous opportunities for foreign chemicals to interfere with normal function.

Even minor changes in the structure or function of the nervous system may have profound consequences for neurological, behavioral, and related body functions." (SOURCE: P.S. Spencer, personal communication, 1989.)

**Naturopathic Medicine works**

Our particular problem is though, that we are not dealing with the regular everyday accumulation of toxins or acidity from foods or beverages, smoking, alcohol and drugs consumption, but that we have to try and remove stored residue: deposited, highly toxic chemicals in our cells and tissue, that we otherwise would in no way ingest voluntarily. Because they are agents found in synthetic oils used for engines, and pesticides and fungicides to kill insects.
Individualised health care draws equally from scientific evidence and the unique mind, body and spirit of the patient. Naturopathic medicine is or should be complementary to conventional medicine, and is dedicated to the study and celebration of holistic health and healing. It is committed to empowering patients to retain control over their health and wellbeing.

There are many anti-detox voices out there, who insist that one cannot detox toxins. Well, the only thing I and many others can say is, that after doing all these detox measures, we certainly feel a great difference; an improvement, less or no more symptoms. Apart from that, all the scientists I have personally spoken to, will either confirm and also advise same or will say: you must be doing something right, if you feel better.

In our particular case we must seek to remove the toxins gently to avoid the onset of repeat symptoms – which is not always possible. In natural medicine the patient must do his or her part. It is important to continue with the detox process even if and when you have uncomfortable symptoms, it usually does mean that the toxic waste is shifting. The process is made a bit more difficult due to the fact that these neurotoxins lodge and build up in the fatty tissue, to which also the brain, the pancreas and other organs belong.

Also nowadays, the nano-technology (tiniest of tiny particles) may be causing an additional huge problem since these tiniest of particles can cross each and every natural barrier in our body. Including the blood-brain barrier which should protect the brain from such toxins!

Bear in mind that you may lose some weight, which is not the ultimate goal we are wanting to achieve, but comes along with the change of lifestyle habits – and may come as an added bonus for some. But, by losing weight we lose body fat which, by melting away, will help take a lot of toxic waste with it.
AEROTOXIC SYNDROME

The toxic waste can mimic certain symptoms and pop-up illnesses (e.g. diabetes or other endocrine abnormalities) due to the toxic overload throwing everything off balance.

The human body is able to restore and maintain health if one does not load it with chemicals. The western medicine physician’s role should be to support the body’s abilities with natural, non-toxic therapies, and to assist the patient in creating a healthy environment and lifestyle. Sadly, more often than not, they revert to medication and try to diagnose the symptoms using their list of ‘approved’ illnesses that have been given some fancy name with symptoms to match. Often enough it has happened that a diagnosis of e.g. ‘Parkinson’s Disease’ or flu, or even MS has been given, or, not good at all: psychosomatic illness, which is a very stretchable and unclear diagnosis, instead of first ‘poisoning’, followed by ‘Aerotoxic Injury/Syndrome’. They often diagnose without thinking ‘outside-of-the-box’.

Naturopathic practitioners and physicians seek for and treat the underlying cause of a disease, using therapies that are safer and effective. Symptoms are viewed as expressions of the body’s natural attempt to heal, which can be hard to comprehend sometimes. Since the goal is to identify and treat the cause, naturopathic physicians avoid, and consider harmful, treatments that obscure the cause by suppressing symptoms.

The human body and mind are fully integrated aspects of a person’s overall being. Each patient is a unique whole, and requires individualised and comprehensive consideration for healing to occur. With or without conventional methods, medication etc.

The naturopath’s most important role is to empower the patient to reclaim command over his or her own health. The physician strives to instil the patient with hope.
Do not plan any kind of renovation in your house, no painting, wallpaper, new carpets, new wooden or plastic furniture or flooring. Do not use any pesticides, rose sprays and similar products in your houseplants or garden, or on your pets (e.g. flea collars).

To begin with, avoid everything you can that could make your condition worse at all cost – this will have some major impact on most lives, so be prepared!

Ultimately, it is the patient not the physician who achieves healing. And I have to be very clear about one thing: without you doing your part fully by following the advice given 100 percent you will, more likely than not, not achieve the result you would like. So please be prepared and willing.

First and foremost avoid using, touching, ingesting, applying and inhaling chemicals – our body is NOT made to metabolise SYNTHETIC and toxic material!

This means: get rid of body and hair care products, household cleaning materials, detergents, fabric softeners, and any paints and similar products you may have put aside to use later. This may seem like a waste, but I imagine most of you have heard or read that hundreds of chemicals, including neurotoxins are in those products. So you are topping up your system with them through your skin. Get stuck in to books and magazines that tell you all about how you can do all of this the natural way. Ladies, you can get fragrance-free make-up, hair sprays, deodorants and even organic lipsticks, mascara and cleansers. Pay heed to where you buy clothing for yourself and your kids. Cheap clothes are usually full of formaldehyde. Also, well-known brands have been found guilty of chemical overload. Wash them 2-3 times before wearing. Quit smoking: if you can’t or don’t want to (!), think again.
DETOX basic Wisdom:

- Exposure STOP - AVOID all Chemicals
- Drink 2-2.5 litres of unpolluted water daily
- Drink herbal infusions
- Eat organic foods
- Less or no meat
- 1-2 ‘green’ drinks daily
- Light exercise
- No smoking
- No alcohol
- No dairy products
- No sugar or artificial sweeteners
- Only take medications you have to take
- Avoid chemicals
- Support with: see following list
Support with:

- Hot sea-salt baths
- Dry body brushing
- Infra-red light sauna
- Sauna
- Salt grotto
- Lymph-massage/massage
- Head and shoulder massage
- Reflexology
- Breuss massage (Dorn Therapy)
- Traditional Chinese medicine: Acupuncture, Tui Na
- Biofeedback
- Micronutrients (specific combination, not just any)
- Detox food plan

One, or better two, of these therapies per week would be advisable. If you can’t go for an appointment, at least substitute with 2-3 hot sea salt baths at home.

As we grow older the indigestible residue and synthetic material accumulated through wrong food, medication, environmental toxins, electro-smog as well as alcohol, nicotine and caffeine are stored deep in our tissue instead of being expelled as is normally the case through the liver, kidneys, skin and lungs.

Toxic overload can often show with pimply skin and black spots, headaches, bloating, constipation and possibly growths. When such toxic waste is not removed our immune system becomes sluggish and dysfunctional.
A regular detox to remove harmful toxic waste left over from alcohol, nicotine, amalgam (‘silver’ fillings), fluoride (toothpaste), food additives and medication can be helpful. People often try some form of diet, of which there are plenty to be found on the Internet and in magazines, all praising their approach to be the best, and that they detox. Also, fasting will be one, which comes highly recommended by some to be the one and only thing to do. It is not advisable to do either, since diets tend to be ‘crash diets’, and fasting should only be done under supervision! Diets based on only carbohydrates or only proteins are also not advisable.

In our case of organophosphate poisoning or Aerotoxic Injury/Syndrome our immediate goal is not to lose weight, but to release toxic waste. As mentioned before you will lose some weight. But, the brain and liver are also fatty tissue, and they can’t lose weight, but the toxins in them must go.

A 'detox' involves the following basics to start with:

No sugar, no caffeine, no alcohol, no nicotine or any other form of recreational drugs. If you have such a 'habit' (drugs) please get professional help before starting this.

If you are a heavy smoker, start by reducing and ease off of the nicotine within a timeframe. Set a goal. Do not use patches since you still give your body nicotine through them. And definitely do not switch to electric cigarettes. Yes, it can be done, I stopped smoking, I know!

You must also pay attention before using certain herbs that are recommended, since some may be potent medicinal herbs and could interfere with your medication.
If you are taking medication for a particular illness (blood pressure, diabetes, and so on) I repeat: Do not stop your medication without consulting your physician!

If you are used to lots of sugar (and products with a lot of sugar) the same thing applies, ease off.
If you are a user of artificial sweeteners, PLEASE stop that ASAP, ease off the products (cokes, sodas, diabetic products) you ingest – this is one of the most toxic compounds you are putting in to your system.

If you are a meat eater, please ensure you reduce your meat intake during the detox phase to three to four portions per week. Use organic lean beef or organic poultry, no pork. No cold cuts, sausages, salami and so on.

It will always be a bit more difficult for a meat eater to change their habits, but you can do it!
Reduce, better even avoid for the time being: milk, cheese, yoghurt and butter. Dairy products seem to cause mucous build-up or irritate and cause inflammation due to lactose and casein intolerance.
Introduce plenty of fresh, filtered, de-chlorinated water and unsweetened herbal teas (a total minimum required is around 2- 2.5 litres per day).

One to two glasses of fresh water with some fresh lemon juice upon awakening, followed by two cups of stinging nettle or dandelion tea in the mornings will already do a lot for you.
Start slowly by adding bitter foods, i.e. salads with chicory, endives, radicchio, frisée and rocket, as well as gently steamed vegetables (broccoli, sprouts). For your sweet tooth, eat fruit.
Then continue after about one week of adjustment, which you may notice through some bloating, or diarrhoea, or headaches, with the introduction of foods, herbs and fruit I have listed as examples in the following. You will find plenty of cookbooks if you need help with their preparation, or for ideas. For a personalised detox, nutrition and supplementation plan you can also contact me.

One more thing before you start: you might have setbacks; setbacks are only ever devastating when one thinks they’ll last forever. Small or even big setbacks in how you feel are possible, to be expected and normal.

Introduce the New

Introduce the new into your life and welcome it with an open mind, no matter how miserable you may feel. Bear in mind that it is being done to help improve your health and subsequently your quality of life. Do not ever say you can’t do it – if you do, you won’t!

Treatments and therapies are excellent to support the detox process, especially when chosen carefully for that purpose. I am introducing a few of those I have tried myself and have found very beneficial.
In Ayurveda a person is viewed as a unique individual made up of five primary elements. The elements are ether (space), air, fire, water and earth. Just as in nature, we too have these five elements within us. When any of these elements are present in the environment, they will in turn have an influence on us. The foods we eat and the weather are just two examples of the presence of these elements. While we are a composite of these five primary elements, certain elements are seen to have an ability to combine to create various physiological functions.

Panchakarma

Panchakarma is a lengthy treatment offered wherever you find an Ayurveda centre worldwide. It can be quite ‘heavy’ on the system especially if you are not used to detox, but it is highly effective and I do not know anyone who didn’t say afterwards how much better they felt and that the effect lasted up to six or more months. The added benefit here is that you are supervised during the various steps and administrations, which is a good thing and there is or should be always an Ayurvedic physician available. Panchakarma includes the removal of toxins accumulated in the entire body and involves the use of herbal infusions in and through all orifices.

Oil Pulling

Oil pulling is a technique that involves swishing a tablespoon of sunflower seed oil in your mouth for about 5-8 minutes. This action draws out toxins in your body, primarily to improve oral health. It removes bacteria, strengthens your gums, and helps whiten teeth a little. After spitting it out, carefully scrape your tongue clean and thoroughly brush your teeth as usual (use aloe vera or other herbal toothpaste or baking soda if possible).
For the sceptics: an Ayurvedic doctor studies five and a half years including a one-year internship. The curriculum includes studying and teaching of modern anatomy, physiology, principles of medicine, preventive and social medicine, pharmacology, toxicology, forensic medicine, ENT, ophthalmology, principles of surgery, etc., along with Ayurveda topics.

**Traditional Chinese Medicine – TCM**

Yellow Emperor’s Inner Canon, the oldest received work of Chinese medical theory, was compiled around the first century BCE on the basis of shorter texts from different medical lineages. Written in the form of dialogues between the legendary Yellow Emperor and his ministers, it offers explanations on the relation between humans, their environment, and the cosmos, on the contents of the body, on human vitality and pathology, on the symptoms of illness, and on how to make diagnostic and therapeutic decisions in light of all these factors.

Traditional Chinese Medicine is a broad range of medical practices sharing common concepts including various forms of herbal medicine, acupuncture, massage, exercise and dietary therapy. It is primarily used as a complementary or alternative medicine approach.

TCM gives detailed prescriptions of these patterns regarding their typical symptoms, mostly including characteristic tongue and/or pulse findings. An example:

‘Up Flaming Liver Fire’:

Headaches, red face, reddened eyes, dry mouth, nosebleeds, dry or hard stools, profuse menstruation, sudden tinnitus or deafness, vomiting of sour or bitter fluids, expectoration of blood, irascibility, impatience, aggressiveness, red tongue with dry yellow fur, slippery and string-like pulse.
This description is very close to what an aerotoxic victim’s liver points feel like, and symptoms we as poisoned people have.

For the sceptics: the Doctor of Traditional Chinese Medicine is a ten-semester study programme that deeply explores areas of medicine such as psychology, oncology, gerontology, acupuncture, detox, research and the classic texts that first recorded the principles of this powerful and ancient system of medicine.

Please ensure that your TCM, Ayurvedic or herbal practitioner is fully qualified and licenced to practise. Herbs are potent natural healers and must be prescribed, blended and administered carefully and the manual therapies must be given skilfully.

Tui Na Massage

Tui Na Massage is based on a full TCM case history using the four examinations to identify a complaint, an underlying pattern and treatment principles. Techniques are at the heart of any system of bodywork. They are what define its feel and therapeutic qualities. Most textbooks on Chinese massage list between thirty and seventy 'shoe fa' (hand techniques). The massage therapist can apply hand techniques to particular areas, channels, or acupressure points, achieving similar results to acupuncture needles. Equally important is the way the techniques are carried out. The Chinese practitioner says that the hand technique must be gentle and soft, yet deep and penetrating. The strokes must be applied rhythmically and persistently. The controlled use of very deep, moving pressure is one of the secrets of Tui Na massage.

I have experienced huge benefits from this type of massage. The very deep controlled pressure technique ‘on the spot’ is amazing! The best treatment I received was from a blind Chinese therapist who later on taught me the technique.
Acupuncture

Acupuncture is a therapy most have heard about. It is about the stimulation of specific acupuncture points along the so-called meridians along the body using very thin needles.

Acupuncture is particularly effective for pain relief, nausea and vomiting after surgery or chemotherapy. Both the World Health Organisation (WHO) and the National Institute of Health recognise that acupuncture can be a helpful part of a treatment plan for many illnesses. A partial list includes: addiction (such as alcoholism), asthma, bronchitis, carpal tunnel syndrome, constipation, diarrhoea, facial tics, fibromyalgia, headaches, irregular menstrual cycles, poly-cystic ovarian syndrome, lower back pain, menopausal symptoms, menstrual cramps, osteoarthritis, sinusitis and spastic colon (often called IBS or irritable bowel syndrome). You can safely combine acupuncture with prescription drugs and other conventional treatments.
Massage is generally considered part of complementary and alternative medicine. It’s increasingly being offered along with standard treatment for a wide range of medical conditions and situations. Studies of the benefits of massage demonstrate that it is an effective treatment for reducing stress, pain and muscle tension. Studies have found massage may also be helpful for:

- Fibromyalgia
- Headaches
- Insomnia related to stress
- Lymphatic blockages

I regularly availed of full body massages, just to help remove tension and of course activate the circulation flow to remove toxins from the tissue.

Reflexology

Reflexology is a manual therapy focusing on the soles of the feet by applying pressure with the thumbs and fingers on certain points to stimulate organs, nerve endings and energy pathways to promote health. History has it that similar techniques are recorded in China and Egypt, but one will also find that in Ayurveda the feet are treated with pressure techniques. Though reflexology works on different principles to Western medicine, and there is little ‘scientific’ evidence to back up its effectiveness, my clients, and hundreds of thousands of others worldwide, insist that their general health and wellbeing improved. I think that is evidence enough. The belief is that reflexology stimulates the body into healing itself by improving circulation, reducing stress, pain and restoring natural balance.
Reflexology also stimulates the lymphatic system. It cleanses the body of toxins and impurities and also stimulates the production of endorphins, leading to an improved immune system and sense of wellbeing.

After my first reflexology session I was hooked – the experience of pure relaxation (I always fell asleep a few minutes into the treatment and afterwards walked away goggle-eyed, I was so relaxed) is a huge benefit for your body system; that alone, if nothing else, helps tremendously to release toxic waste.

Our blood needs to flow freely throughout the body to carry oxygen and nutrients to all the cells and by removing the waste products of toxins. By reducing stress and tension, reflexology allows the cardiovascular system to flow more naturally and easily.

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Biofeedback

When you raise your hand to wave to a friend, or lift your foot to take another step up the stairs, you control these actions. Other body functions like heart rate, skin temperature and blood pressure are controlled involuntarily by your nervous system. You don’t think about making your heart beat faster or to breathe. It just happens.

One technique can help you gain more control over these normally involuntary functions. It’s called biofeedback, and the therapy is used to help prevent or treat conditions, including migraine headaches, chronic pain, incontinence and high blood pressure.
The idea behind biofeedback is that by harnessing the power of your mind and becoming aware of what’s going on inside your body, you can gain more control over your health.

Chronic pain. By helping you identify tight muscles and then learn to relax those muscles, biofeedback may help relieve the discomfort of conditions like lower back pain, abdominal pain, temporomandibular joint disorders (TMJ) and fibromyalgia.

Headaches. Headaches are one of the best-studied biofeedback uses. Muscle tension and stress can trigger migraines and other types of headaches, and can make headache symptoms worse. There is good evidence that biofeedback therapy can relax muscles and ease stress to reduce both the frequency and severity of headaches. Biofeedback seems to be especially beneficial for headaches.

Anxiety. Anxiety relief is one of the most common uses of biofeedback. Biofeedback lets you become more aware of your body’s responses when you’re stressed and anxious. Then you can learn how to control those responses.
Therapeutic Apheresis

Quite a few aerotoxic victims have availed of ‘therapeutic apheresis’, and where some immediately reported huge improvement in how they felt, others had to have several treatments before noticing a longer lasting effect. But this could depend on the severity of toxic load. However, according to some doctors with whom I personally agree, the toxins don’t just accumulate in the plasma (plasma = extra cellular fluid, which is the only part cleaned by the apheresis machine), they also accumulate inside our body’s cells and tissue where they block all sorts of normal cell function which is not cleaned by apheresis. I have spoken about the storage in fatty tissue previously. To regain health, those intracellular toxins have to go.

Plasmapheresis: Within the plasma are contained antibodies and antigen-antibody complexes that may contribute to the deleterious effects of autoimmune diseases. Removal of the plasma (and replacement with saline solution) will help to reduce circulating antibodies and immune complexes. In rare circumstances excess blood proteins are present that may cause circulatory problems.

You may know the other type of this filtration-cleansing technique called dialysis, which cleanses e.g. a person’s non-functioning kidneys. The difference is in the filters used and the amount of times the procedure is repeated, plus of course the evaluation of the exchanged fluid.

I have, on several occasions of toxic symptoms episodes that happened due to some unexpected exposure, had 2-3 saline solution drips administered, plus some pure oxygen, and added glutathione, and on one occasion an i.v. anti-histamine which helped me a lot. I have not done the apheresis myself.
Colon Cleansing Methods

Although the liver cleanse is an age-old practice, the modern liver cleanse has been widely promoted and made known once again worldwide mainly by Dr Hulda Clark (www.drclarke.net). The bile duct system is a gigantic tree with lots of interconnecting branches. There are miles of bile ducts in the liver. The liver cleanses itself by making bile and sends its toxins with the bile into the intestine. It is made of water, cholesterol, bile acids and its salts, proteins, bilirubin and fatty acids. It is produced by the liver cells and is stored in the gallbladder. Dr Clarke did not invent this cleanse (to my knowledge) particularly for a detox of chemicals/poisons, but as a general health cleanse. But, taking from the list of benefits just a few, improved lymphatic function and removal of mycotoxins from the liver, allowing it to function better – there’s nothing wrong with that! Once again I am reminded of ‘star wars’ between the allopathic world, who tend to rip it apart and ridicule it, and on the other hand those who have actually benefited from doing this liver cleanse. Many clients of mine tried it and all reported back with positive results.

The body naturally produces wastes from its own biological processes. In addition, as we now know, we are exposed to a multitude of deadly elements.

If my experience is any indication, and should you hopefully decide to do something for your body, you stand at the threshold of an amazing experience of wellbeing.

The colon walls are not made of rock and have a downside, they are not leak proof. They can absorb toxins from the faeces. These toxins then travel into the blood circulation. Since the liver filters all the blood, toxins absorbed into the bloodstream through colon walls put a strain on the liver. Can you see why colon cleansing is so important?

Earlier on I mentioned the Panchakarma colonic cleanses, here are a few more:
Fasting, for example, which is not appropriate for everyone, yet can be one of the best colon cleansing methods for some. But please, fasting must be done under supervision! Hydro Therapy is also good, but not enough. The Coffee Enema by the Gerson Method, which I used in the beginning upon recommendation of one of my physicians, can be done at home if you don’t want to go for hydro/colonic therapy, which can be a bit intimidating and embarrassing. Herbal detoxification also has pros and cons everyone should know about, but is in the meantime my favourite, and has many more pros than cons. Even lots of dietary fibre or bulk colon cleanse products may or may not be right for you.

You could also choose a herbal concoction called ‘Essiac’ which you can make yourself like I did, or just freshly juiced wheat grass, once or twice per day. I found the best method for me was a twice per year twenty-one-day detox with herbs and herbal tinctures, and in between those a daily double dose of fresh wheat grass, which gave me a lot of my energy back!

It is important not to use over-the-counter products that cause diarrhoea; these do not cleanse the bowels properly.

You will of course notice some difference in bowel movements after changing your food plan to more of what I have recommended. Especially if you start taking a green juice/smoothie with wheat grass first thing in the morning. But that is not quite enough since a lot of (really yucky) mucous plaque is stuck to the colon walls loaded with toxic waste, causing inflammation; this needs to be removed. Some additional help can only achieve this through one of the above-mentioned herbal methods. Personally I do feel most comfortable and have been most successful with methods working from the inside out, starting in the mouth.
Good Gut Bacteria

Probiotics are live bacteria and yeasts that are good for your health, especially your digestive system. We usually think of bacteria as something that causes diseases. But your body is full of bacteria, both good and bad. Probiotics are often called good or helpful bacteria because they help keep your gut healthy.

Probiotics are naturally found in your body. You can also find them in some foods and supplements. Traditional diets around the world have typically included raw and fermented foods teeming with bacteria, including many beneficial strains. From yoghurt to kefir, to sauerkraut to fermented fish, cultures around the world include good gut bacteria in their diet. You will notice a difference in how your bowels work and how you feel if the bacteria balance is healthy. I took, along with the herbal cleanse, daily portions of good bacteria. If you are a person who has constipation problems, adding probiotics to your diet on a regular, even daily, basis can be helpful.

Dorn Treatment

You may find that you also have back issues, tight muscles, sciatic nerve pain, frozen shoulders, stiff neck and so on. The Dorn therapy is a non-invasive, gentle yet very effective treatment, which will help alleviate those problems by freeing up and loosening those stiff areas. I prefer it to chiropractic sessions which I find too rough and require many more treatments. The gentle Dorn and Breuss treatment releases tension and allows tissue to release toxins, especially the Breuss spinal massage. You must try that, it is wonderful and effective!
In Dorn therapy, meridian lines are referred to, which are connecting lines between the acupuncture points. Energy flow can be inhibited by tension or strengthened by treatment and can work backwards or forwards. Also, medical professionals use the Dorn method in their practice. It is very successful and a widely known treatment not only in German-speaking parts of Europe but also elsewhere. It is well accepted; some health insurers even pay for this treatment.

Other Excellent Treatments without a Therapist’s Involvement

Sauna

Although I personally prefer the infra-red light sauna to the regular sauna, some might enjoy the hotter sauna more. Just be aware that a prolonged stay in a sauna may lead to the loss of electrolytes from the body. Regular sipping of water or fruit juices during the sauna reduces the risk of dehydration. Sauna has been recommended for reducing symptoms in chronic fatigue syndrome, fibromyalgia and rheumatoid arthritis. The sauna releases lots of toxic waste through the skin by sweating. You can aid that, especially if you are a poor sweater, by dry brushing your skin. Please try not to wear a bathing suit, if you want to cover yourself use a bath towel. One to two sessions per week are advisable.
Far Infra-Red Sauna

Infra-red rays are waves of energy, which are totally invisible to the naked eye and are capable of penetrating deep into the human body, where they gently raise the body’s temperature and activate major bodily functions. Some recent experimental and clinical scientific studies from Japan have shown that far infra-red therapy results in more rapid wound healing that was independent of changes in blood flow and skin temperature. Far infra-red therapy helped this healing by stimulating a group of cells called fibroblasts to make more collagen, which is a very important part of good wound healing and tissue building.

The gentle tissue warming has also been shown to help improve the ‘health’ of the cells, which if left untreated may increase the risk of other health disorders. One to three sessions per week.

The Salt Grotto

That salt caves were healthy, a Polish physician discovered as far back as 1843. Men working in salt mines were a lot less sick or did not suffer from respiratory issues compared to coal miners or the general population. The microclimate, which is produced within the salt caves, is very effective for the cleansing of the respiratory system, the blood and whole body; they are great for your everyday health, relaxation and wellbeing. These sessions where you are surrounded by rock or even Himalayan crystal salt will help:
- Ease stress;
- Reduce joint and inflammation pain;
- Ease insomnia;
- Assist your muscles to recover from physical exhaustion and fatigue;
- Strengthen your immune system;
- Clear your head.

These sessions mimic the wonderful healing effects of the natural salt caves and other salt rich environments. All places where the negative ions in the air help to rebalance your physical and energetic systems are good for you. In addition to the restorative benefits of these sessions they provide therapeutic benefits that can also support and revive your respiratory and other pulmonary health issues, such as:

- Chronic ear/nose/throat ailments;
- Asthma;
- Bronchitis and sinusitis;
- Allergy symptoms;
- Emphysema and COPD;
- Cold and stuffy head;
- Skin ailments: acne, eczema, psoriasis and dermatitis.

As you can see, many of the symptoms an aerotoxic victim has are covered, and I can confirm that it really does help. After experiencing the fantastic effects myself I built a small salt grotto room in my health farm, which was very busy being used not only by myself but also by people coming for help with respiratory and skin issues.
Exercises

Most aerotoxic victims are stressed out, some become anxious and are afraid of what might happen with them. Most cannot sleep properly anymore and become over tired and restless. For this I recommend one or the other of the following exercises. They are gentle and will not cause additional stress on your system.

Yoga
I will only mention a few of the many wonderful benefits that yoga offers, which in my opinion are most helpful.

Most of us take shallow breaths and don’t give much thought to how we breathe. Yoga breathing exercises focus on the breath and teach us how to take deeper ones, which benefits the entire body. Certain types of yoga breathing can also help clear the nasal passages and help calm the central nervous system.

Concentrating intently on what your body is doing has the effect of bringing calmness to the mind. And of course stress reduction. Physical activity is good for relieving stress, and this is particularly true of yoga.

If you don’t feel like doing yoga you should consider doing at least breathing exercises. Proper breathing is hugely beneficial. Take up singing, it teaches you how to breathe properly! I would love to sing, but my dogs get very worried when I do...

By making a conscious decision to focus on our breath for a part of each day, we can make it so that we regularly breathe deeper without having to think about it at all. Post sticky notes around your home as reminders; when you see them, breathe deeply. Breathing deeply for just a few minutes every day will improve your mental outlook and physical health.
Meditation

I began meditation practices when I was sixteen. Although I haven’t been consistent I do use meditation a lot. Sometimes it is just about sitting in nature under a tree or lying on the grass allowing your thoughts to travel into the dream world of your imagination. The term daydreaming can also refer to a form of meditation, as long as you do not think about your shopping list and chores to do! Add breathing exercises to your daydream and some ‘progressive muscle relaxation’ (PMR) and you will relax. This is essential to help detox.

Progressive muscle relaxation is a technique that involves tensing specific muscle groups, then relaxing them to create awareness of tension and relaxation. It is termed progressive because it proceeds through all major muscle groups, relaxing them one at a time, and eventually leads to total muscle relaxation.

Meditation has been linked to larger amounts of grey matter in the hippocampus and frontal areas of the brain. More grey matter can lead to more positive emotions, longer-lasting emotional stability, and heightened focus during daily life. Meditation has also been shown to diminish age-related effects on grey matter and reduce the decline of our cognitive functioning, which is another part of our problems.

One of the things meditation has been linked to is improving rapid memory recall.

Positive Thinking

In general I am a positive, optimistic person and also have the gift of being able to motivate others. Still, once in while during the worst phases of horrible symptoms from the aerotoxic poisoning, sometimes it went downhill and I also used some methods to reactivate my positive thinking abilities. It always worked.
Some studies show that personality traits like optimism and pessimism can affect many areas of your health and wellbeing. The positive thinking that typically comes with optimism is a key part of effective stress management. And effective stress management is associated with many health benefits. If you tend to be pessimistic, don’t despair – you can learn positive thinking skills. Positive thinking doesn’t mean that you keep your head in the sand and ignore life’s less pleasant situations. Positive thinking just means that you approach unpleasantness in a more positive and productive way. You think the best is going to happen, not the worst. Positive thinking can even start with self-talk, which is the endless stream of unspoken thoughts that run through your head. These automatic thoughts can be positive or negative. Catch yourself with negative thoughts or just single words even, and change them into positive ones.

Nordic Walking

I took up Nordic walking because of all the additional benefits compared to regular walking and because the sticks helped me over the time period when I was too weak and wobbly without them; I had balance problems and needed the support; the other benefit is that the whole body is moving using them.

Nordic walking exerts beneficial effects on the resting heart rate, blood pressure, exercise capacity, maximal oxygen consumption and quality of life in people with various diseases and can thus be recommended to a wide range of people as primary and secondary prevention.

Recent studies by the Cooper Institute, Dallas, showed that Nordic walking burned more calories, increased oxygen consumption, and can be up to 46 percent more efficient than normal walking. The increase of oxygen is the most important factor in my opinion; it helps ‘clean’ and re-freshen the cells. Enjoy as much fresh air as possible and, if you can, walk in forests, or up mountains where the air is full of goodness. Go for a walk after a thunderstorm and in the rain.
There is a tangible freshness and a specific smell of the outdoors following the drama of a big thunderstorm. Apart from the ozone and the pleasant petrichor scent that has been created when the rain hits the ground. Some plants secrete oils during dry periods, and when it rains, these oils are released into the air.
So take deep breaths!

Orthomolecular Medicine

One of the most important parts of finding your way back to health, energy and wellbeing is by taking certain, very much needed, supplements, so called micro-nutrients. When I say ‘very much needed’, it applies to aerotoxic victims. In practically all cases nutrients have been depleted from the toxicity in the cells, nerves and tissue and need to be refilled.

Professor Müller-Mohnson gave me a very high dose which helped, and which I missed when I didn’t take them. Fifteen years later when I got the acute second dose of contaminated cabin air, I needed supplementation again, this time a different combination. In the meantime the quality of such products had improved drastically, so had the prices for top quality, but please do not make the wrong decision, do not buy cheap supermarket brands.

“It is the preservation of good health and the treatment of disease by varying the concentrations in the human body of substances that are normally present in the body.” [sometimes adding: “and are required for health” ]
(Freeman, New York, 1986)

Orthomolecules are primary in medical diagnosis and treatment. The safe and effective use of nutrients, enzymes, hormones and other naturally occurring molecules is essential to assure a reasonable standard of care in medical practice.
Founded on the science of molecular biochemistry, orthomolecular medicine establishes that genetic factors affect not only the physical characteristics of individuals, but also their biochemical environment. Orthomolecular medicine, as conceptualised by double Nobel laureate Linus Pauling, aims to restore the optimum environment of the body by correcting molecular imbalances on the basis of individual biochemistry. Linus Pauling first used the term orthomolecular meaning ‘correct molecule’, in 1968. (www.orthomolecular.org)

**Vitamins, Minerals, Enzymes, Amino Acids**

The following list of choice micro-nutrients is to help replenish the ones that have been used up or are needed in a higher quantity due to the effects of Aerotoxic Syndrome, and to help regain your health by strengthening the immune system. The descriptions are kept short, but can be looked up for further in-depth information, as listed in the reference list (see Maryland University). We have discovered that specific combinations and amounts (dosage) are vital for each individual, so please make sure to discuss this with one of our experts or a professional of your choice, who is well versed in orthomolecular medicine and toxicology. Most of them have benefits which help improve, or get rid of symptoms you may be experiencing, and are very helpful when taken regularly, since, due to the lack of them the above mentioned symptoms as are experienced with Aerotoxic Injury/Syndrome are likely to stay, or worse even increase. In the fight against the poisoning your body will have used up most, if not all, resources and micro-nutrients stored in its cells, so replacement is essential!
B1-Thiamine

Thiamine is found in both plants and animals and plays a crucial role in certain metabolic reactions. Your body needs it to form adenosine triphosphate (ATP), which every cell of the body uses for energy. Symptoms of thiamine deficiency are fatigue, irritability, depression and abdominal discomfort. People with thiamine deficiency also have trouble digesting carbohydrates. Good dietary sources of thiamine include whole grain or enriched cereals and rice, legumes, wheat germ, bran, brewer’s yeast and blackstrap molasses. For several months I drank 1 cup of hot water with blackstrap molasses; it tasted horrible at first, but I got used to it. It’s a cheap and healthy B1 source.

B2-Riboflavin

In addition to producing energy for the body, riboflavin also works as an antioxidant by fighting damaging particles in the body known as free radicals. Free radicals can damage cells and DNA. Several studies suggest that people who get migraines may reduce how often they get migraines and how long they last by taking riboflavin. The best sources of riboflavin include brewer’s yeast, almonds, organ meats, whole grains, wheat germ, wild rice, mushrooms, soybeans (milk), yoghurt, eggs, broccoli, Brussels sprouts and spinach. Flours and cereals are often fortified with riboflavin. I eat a lot of Brussels sprouts and broccoli, in fact daily, also organic yoghurt and eggs. Careful with milk, which I do not recommend due to the mucous producing effect it can have, which clogs up the system, or you might be lactose intolerant without knowing it. But you can get lactose-free dairy products these days. See how you manage without them and notice the difference.
B3-Niacin

Symptoms of mild deficiency include indigestion, fatigue, canker sores, vomiting, depression and Alzheimer’s disease. Population studies show that people who get higher levels of niacin in their diet have a lower risk of Alzheimer’s disease. B3 is found in beets, brewer’s yeast, beef liver, beef kidney, fish, salmon, swordfish, tuna, sunflower seeds and peanuts. Bread and cereals are usually fortified with niacin. In addition, foods that contain tryptophan, an amino acid the body converts into niacin, include poultry, red meat, eggs and dairy products. Do not take unless prescribed by your medical or naturopathic health care practitioner.

B6-Pyridoxine

Symptoms of serious deficiency include muscle weakness, nervousness, irritability, depression, difficulty concentrating and short-term memory loss. Good food sources of vitamin B6 include chicken, turkey, tuna, salmon, shrimp, beef liver, milk, cheese, lentils, beans, spinach, carrots, brown rice, bran, sunflower seeds, wheat germ and whole grain flour. Definitely all those mentioned symptoms are noticeable when one is poisoned!
B12

If you find that you are always tired or you actually suffer from chronic fatigue, there’s a good chance that you’re not getting enough vitamin B12 in your diet. Vitamin B12 helps provide your body with energy. Try using it if you always feel sluggish and/or tired. Adding more vitamin B12 to your diet is good for your health, but it’s also good for your brain. Studies have shown that vitamin B12 can actually improve your mental capacity and help you to stay stable emotionally. As a vegetarian, although ova-lacto, I like adding B12 once in a while.

Coenzyme Q10

CoQ10 is a substance that’s found naturally in the body and helps convert food into energy. CoQ10 is found in almost every cell in the body, and it is a powerful antioxidant. Antioxidants fight damaging particles in the body known as free radicals, which damage cell membranes, tamper with DNA and even cause cell death. Scientists believe free radicals contribute to the ageing process, as well as a number of health problems, including heart disease and cancer. Antioxidants, such as CoQ10, can neutralise free radicals and may reduce or even help prevent some of the damage they cause. Primary dietary sources of CoQ10 include oily fish, such as salmon and tuna – careful where they come from, they can be contaminated! Organ meats (such as liver from grass fed animals only, if at all) and whole grains (organic) are also good sources. Most people get enough CoQ10 through a balanced diet, but supplements may help people with particular health conditions. For a long time I took 250mg of coQ10 (Ubiquinol) daily, which was a great help; without it I had no energy.
Every organ in the body, especially the heart, muscles and kidneys needs the mineral magnesium. It also contributes to the make-up of teeth and bones. Most important, it activates enzymes, contributes to energy production and helps regulate calcium levels, as well as copper, zinc, potassium, vitamin D and other important nutrients in the body. Symptoms of magnesium deficiency may include agitation and anxiety, restless leg syndrome (RLS), sleep disorders, irritability, nausea and vomiting, abnormal heart rhythms, low blood pressure, confusion, muscle spasm and weakness, hyperventilation, insomnia, poor nail growth and even seizures.

A few studies suggest that taking magnesium supplements could help prevent migraine headaches. Sources of magnesium include, for instance, tofu, legumes, whole grains, green leafy vegetables, wheat bran, Brazil nuts, soybean flour, almonds, cashews, blackstrap molasses, pumpkin and squash seeds, pine nuts and black walnuts. Also, peanuts, oats, beet, spinach, pistachio nuts, oatmeal, bananas, baked potatoes, chocolate (dark or black chocolate only) and cocoa powder. Many herbs, spices and seaweeds supply magnesium, such as seaweed, coriander, dill, celery seed, sage, dried mustard, basil, cocoa powder, fennel seed, savory, cumin seed, tarragon, marjoram and poppy seed.
Selenium

Selenium is an essential mineral found in small amounts in the body. It works as an antioxidant, especially when combined with vitamin E. Antioxidants like selenium help fight damaging particles in the body known as free radicals. Selenium plays a role in thyroid function and many studies suggest that the body needs selenium in order for the immune system to work properly. Selenium, along with other minerals, can help build up white blood cells, which boosts the body’s ability to fight illness and infection. Brewer’s yeast and wheat germ, liver, butter, fish (mackerel, tuna, halibut, flounder, herring, smelts) and shellfish (oysters, scallops and lobster), garlic, whole grains, sunflower seeds and Brazil nuts (4-5 daily suffice) are all good sources of selenium.

Zinc

Zinc is an essential trace mineral, so you get it through the foods you eat. Next to iron, zinc is the most common mineral in the body and is found in every cell. It has been used since ancient times to help heal wounds and plays an important role in the immune system, reproduction, growth, taste, vision and smell, blood clotting, and proper insulin and thyroid function. Zinc also has antioxidant properties, meaning it helps protect cells in the body from damage caused by free radicals. Best sources of zinc are oysters (richest source, but careful where they come from), red meats, poultry, cheese (Ricotta, Swiss, Dutch Gouda), shrimp, crab and other shellfish – again, be careful where they come from as I’m afraid they are prone to being contaminated! Other good, though less easily absorbed, sources of zinc include legumes (especially lima beans, black-eyed peas, pinto beans, soybeans, peanuts), whole grains, miso, tofu, brewer’s yeast, cooked greens, mushrooms, green beans, tahini, and pumpkin and sunflower seeds.
Ginkgo

Ginkgo has a long history of being used in traditional medicine to treat blood disorders and improve memory, and it’s best known today as a way to potentially keep your memory sharp. There is some scientific evidence to back that up. At first, doctors thought it helped because it improves blood flow to the brain. Now more studies suggest it may protect nerve cells that are damaged in Alzheimer’s disease. A number of studies have found that ginkgo has a positive effect on memory and thinking in people with Alzheimer’s or vascular dementia. I have used ginkgo as a great helper during my worst brain-fog days, and find it very effective.

Ginseng

Ginseng has been used in Chinese medicine for thousands of years. The name ‘ginseng’ refers to both American and Asian or Korean ginsengs, which are made up of similar chemicals. Siberian ginseng, on the other hand, is a completely different plant and does not have the same active ingredients. Asian ginseng seems to be an antioxidant. Antioxidants help rid the body of free radicals, substances that can damage DNA. People who take ginseng often say they feel more alert. Several studies report that Asian ginseng may slightly improve thinking or learning. Asian ginseng is sometimes called an ‘adaptogen’, something that helps the body deal with physical or mental stress.
Glutathione-S-transferase is the most powerful internal antioxidant and liver protector. It can be depleted by large amounts of toxins and/or drugs passing through the liver, as well as starvation or fasting. It has been widely researched and is validated by over twice the number of scientific articles than vitamin C has. Nutritional authorities have stated that they believe glutathione to be as indispensable to the maintenance of our system as food, water and oxygen. Mitochondria provide energy to the cells throughout the body, without them our cells would die and we would quickly deteriorate and age. Glutathione detoxifies your blood and battles the free radicals that attack your mitochondria, saving your body from oxidative stress. Glutathione plays a vital role in protecting the body from premature aging as well as diabetes.

There are a few vegetables that are higher-grade glutathione boosters. These include asparagus, avocados, broccoli, spinach and tomatoes. Cruciferous vegetables in the mustard family, such as Brussels sprouts, cabbage, cauliflower and kale, have also been noted to be super foods for glutathione production. Fresh meats and eggs are also bursting with crucial amino acids. Non-denatured whey protein has been mentioned as useful in the quest for a higher level of glutathione.

Omega-3

Omega-3 fatty acids are considered essential fatty acids: they are necessary for human health, but since the body can’t make them you have to get them through food. Omega-3 fatty acids can be found in fish, such as salmon, tuna and halibut, as well as in other sea foods including algae and krill, some plants, and nut oils. Also known as polyunsaturated fatty acids, omega-3 fatty acids play a crucial role in brain function, as well as normal
growth and development. Omega-3 fatty acids are highly concentrated in the brain and appear to be important for cognitive (brain memory and performance) and behavioural function. Another difference between fish oil and krill oil is that krill oil also contains the antioxidant astaxanthin. Research shows that, due to astaxanthin’s potent antioxidant activity, it may be beneficial in cardiovascular, immune, inflammatory and neurodegenerative diseases. Some research supports the assumption that it may protect body tissues from oxidative and ultraviolet damage – you can find excellent information on Dr Mercola’s website under ‘articles’. I by far prefer krill oil due to the cleaner environment where it is harvested and its higher potency in omega-3. Some studies have shown that krill oil may be 48 times more potent than fish oil. Two different studies have shown that taking 800 to 900mg of DHA per day for sixteen to twenty-four weeks resulted in significant improvements in memory, verbal fluency scores and rate of learning. An experiment, which I conducted on myself, by taking 3x2 capsules a day, gave me a marked improvement of brain function. (See also further along ‘coconut oil’.)

Vitamin C

Our bodies are not able to produce vitamin C nor can they store it. It is essential that you eat plenty of fruit and vegetables that have a high source of the C-vitamins. Mangoes, papayas, pineapple and berries to mention a few, and broccoli, all colours of peppers, tomatoes – but remember, wash them well and try to buy organic produce.
Vitamin E

Vitamin E is a fat-soluble vitamin found in many foods, fats and oils. It is also an antioxidant. Symptoms of serious vitamin E deficiency include muscle weakness, loss of muscle mass, abnormal eye movements, vision problems and unsteady walking. The richest source of vitamin E is wheat germ. Other foods that contain a significant amount of vitamin E include liver, eggs, almonds and walnuts, sunflower seeds, cold-pressed vegetable oils, including olive, safflower, canola, dark green leafy vegetables like spinach and kale, beet, collard, mustard, turnip, sweet potatoes, avocado, asparagus and yams.

Vitamin D3

Vitamin D is also involved in regulating the immune system and cells. Getting the proper amount of vitamin D may help prevent several serious health conditions. There are two dietary forms of vitamin D: cholecalciferol and ergocalciferol. These are naturally found in foods and are added to milk. Not all yoghurt and cheese are fortified with vitamin D. Food sources of vitamin D include cod liver oil (best source). Cod liver oil often contains very high levels of vitamin A, which can be toxic over time. Ask your health care provider about this source of vitamin D. Fatty fish such as salmon, mackerel, sardines and herring, vitamin D-fortified milk and cereal, and eggs (organic only) are also useful sources. Your body makes vitamin D when your skin is exposed to the sun. But remember that suntan lotions also have plenty of chemicals in them, so personally I don’t use those any more. Just don’t get burned by staying too long in the sun and avoid the midday sun!
And by the way: If you think you are safe because of the term ‘hypoallergenic’ (and this applies to all your cosmetic products etc.), don’t! The term means ‘below normal’ or ‘slightly’ allergenic. It is used to describe items that cause or are claimed to cause fewer allergic reactions. The term lacks a medical definition.

Regarding SPF factor: Some sunscreen chemicals can penetrate the skin and potentially cause more cell damage than they prevent. When exposed to UV radiation, some sunscreen ingredients generate reactive oxygen species, a class of free radicals that can damage DNA throughout the body. Reduced exposure to ultraviolet light in sunlight can contribute to vitamin D deficiency.

L-Tyrosine

Tyrosine is one of the most important amino acids, which is used in the synthesis of structural proteins. Although proteins are made up of different other amino acids, tyrosine is considered to be the most important one, because it is used in the production of neurotransmitters. Some researchers say that tyrosine directly affects the brain. Tyrosine is involved in so many vital functions that it is considered to be an all-purpose amino acid. The body tries to manage and balance the level of tyrosine, depending on the life circumstances of the individual. A high level of stress on a daily basis may result in the depletion of tyrosine from the body. To keep the level of tyrosine in the body at a normal level, foodstuffs rich in tyrosine should be taken. Tyrosine can reduce depression, mood disorders, Parkinson’s disease and in some cases Alzheimer’s. Dietary sources of tyrosine are dairy products, meat, eggs, fish and oats.
Our body generates free radicals, reactive oxygen species and reactive nitrogen species by various endogenous systems, exposure to different physiochemical conditions or pathological states. A balance between free radicals and antioxidants is necessary for proper physiological function. If free radicals overwhelm the body’s ability to regulate them, a condition known as oxidative stress ensues. Free radicals thus adversely alter lipids, proteins and DNA, and trigger a number of human diseases. Hence application of external sources of antioxidants can assist in coping with this oxidative stress.

They play a part in the work of the white blood cells called phagocytes, which ‘eat’ bacteria and other pathogens in the body. They also are believed to be involved in a process called redox signalling where they are thought to act as cellular messengers. Free radicals are ‘free’ because they float around until they stabilise, and ‘radical’ in the sense that there are a wide variety of molecules from which they can take an electron. The damage doesn’t stop there, as the new molecule, i.e. a piece of a cell wall, is now also missing an electron and has become another free radical. This snowball effect can wreak havoc on healthy tissue.

Oxidative stress means an imbalance between pro-oxidants and antioxidant mechanisms. This results in excessive oxidative metabolism. This stress can be due to several environmental factors such as exposure to pollutants, alcohol, medications, infections, poor diet, toxins, radiation etc. Oxidative damage to DNA, proteins, and other macromolecules may lead to a wide range of human diseases. (What are Antioxidants? Dr Ananya Mandal, MD. www.news-medical.net/health/What-are- Antioxidants.aspx)
Antioxidants from Food

Control of Free Radicals

Normally, various beneficial compounds known as antioxidants control free radical formation naturally. When there is deficiency of these antioxidants damage due to free radicals can become cumulative and debilitating. Antioxidants are capable of stabilising, or deactivating, free radicals before they attack cells.

There are several nutrients in food that contain antioxidants. Vitamin C, vitamin E and beta-carotene are among the most commonly studied dietary antioxidants.

Antioxidant Deficiencies

A diet low in fats may impair absorption of beta-carotene and vitamin E and other fat-soluble nutrients. Fruits and vegetables are important sources of vitamin C and carotenoids. Whole grains and high quality vegetable oils are major sources of vitamin E.

Many plant-derived substances are known as ‘phytonutrients’, or ‘phytochemicals’. These also possess antioxidant properties. Phenolic compounds such as flavonoids are such chemicals. They are found in fruits, vegetables and green tea extracts etc.
Alpha-lipoic acid is an antioxidant that is made by the body and is found in every cell, where it helps turn glucose into energy. Antioxidants attack free radicals, waste products created when the body turns food into energy. Free radicals cause harmful chemical reactions that can damage cells in the body, making it harder for the body to fight off infections. They also damage organs and tissues.

When antioxidants in the body are used up as they try and get rid of free radicals, evidence suggests that alpha-lipoic acid could help regenerate other antioxidants and reactivate them again. If you are healthy, your body produces enough alpha-lipoic acid. ALA is found in red meat, organ meats (such as liver) and brewer’s yeast.

Ashwagandha

Ashwagandha is used to treat a number of disorders that affect human health including central nervous system (CNS) disorders. Ashwagandha contains many useful medicinal chemicals, including withanolides (steroidal lactones), alkaloids, choline, fatty acids, amino acids and a variety of sugars. While the leaves and fruit have valuable therapeutic properties, the root of the ashwagandha plant is the part most commonly used in Western herbal remedies. Medical researchers have been studying ashwagandha for years with great interest and have completed more than 200 studies on the healing benefits of this botanical. Adaptogens are substances (a combination of amino acids, vitamins and herbs) that modulate your response to stress or a changing environment. Adaptogens help the body cope with external stresses such as toxins in the environment, including the ability to significantly improve liver function, and it can help stabilise cortisol levels. This helps stimulate the T3 and T4 hormone synthesis (thyroid). I have made excellent progress using Ashwagandha, it gives me energy and an all-over feeling of wellbeing.
Artichokes help the liver function at its best, which in turn will help your body purge itself of toxins and other things it doesn’t need to survive. It ups the liver’s production of bile, and since bile helps break down foods, which helps your body use the nutrients inside them, an increase in bile production is typically a good thing.

Apples are full of wonderful nutrients. You get fibre, vitamins, minerals and many beneficial phytochemicals such as D-glucarate, flavonoids and terpenoids. All of these substances are used in the detox process. One flavonoid, phlorizidin, is thought to help stimulate bile production, which helps with detox as the liver gets rid of some toxins through the bile. Apples are also a good source of the soluble fibre pectin, which can help detox metals and food additives from your body. It’s best to eat only organic apples as the non-organic varieties are among the top twelve foods that have been found to contain the most pesticide residues. Nevertheless I always peel them!

Almonds are an excellent source of vitamin E. They are also high in fibre, calcium, magnesium, and useable proteins that help stabilise blood sugar. (Possible allergen.)
Asparagus helps to detoxify the body, it is said to help your heart stay healthy and is a general anti-inflammatory food. The second century physician Galen described asparagus as ‘cleansing and healing’ and research indicates that eating asparagus can act as a diuretic and possibly prevent kidney stones. According to an article titled Chemical constituents of Asparagus, published in the journal Pharmacognosy Review, asparagus helps flush out the kidneys. It has an excellent effect, I love asparagus and when it’s in season I cannot get enough of it and eat it with boiled potatoes and herbs, and a little bit of melted, organic butter.

Basil

Basil has anti-bacterial properties, and is full of antioxidants to help protect the liver. The active ingredients are terpenoids. It supports the functioning of the kidneys and acts as a diuretic to help the body expel unwanted toxins. A single serving of beets can do more for your health than most foods in the produce aisle. Not only can they boost your energy and lower your blood pressure, but eating beets in the long-term can help you fight cancer, reduce arthritic pain and boost your brain. Beets contain a unique mixture of natural plant chemicals (phytochemicals) and minerals that make them superb fighters of infection, blood purifiers and liver cleansers. They also help boost the body’s cellular intake of oxygen, making beets excellent overall body cleansers. When you’re detoxing, beets will help by making sure that the toxins you’re getting out actually make it out of your body. I found that I was craving beetroot at some stage, and also drank juice from beet on a daily basis.
Broccoli specifically works with the enzymes in your liver to turn toxins into something your body can eliminate easily. Broccoli contains a very powerful anti-cancer, anti-diabetic and anti-microbial called sulforaphane which helps prevent cancer, diabetes, osteoporosis and allergies.

Broccoli Sprouts

Now, everybody knows how good broccoli is for you. Even better are broccoli sprouts. They are an exceptionally rich source of inducers of cellular enzymes for ‘detoxifying’ chemical compounds. Some of these compounds are potent enhancers of phase II enzymes, which speed up the detoxification of electrophiles and reactive oxygen metabolites. At the present time, I believe, broccoli sprouts are not being grown commercially. However, you can grow them yourself quite easily.

Burdock

Traditionally, burdock has been used as a ‘blood purifier’ to clear the bloodstream of toxins, as a diuretic (helping rid the body of excess water by increasing urine output), and as a topical remedy for skin problems such as eczema, acne and psoriasis. Burdock as a root vegetable possesses considerably stronger antioxidant activity than common vegetables and fruits. Recent studies confirm that burdock has pre-biotic properties that could improve health. (For supporting information see University of Maryland, ‘Burdock’. This root is a major key player in the colon cleansing kit I mention, and is part of the essiac concoction I also spoke about.)
Cabbage

In addition to cleansing your liver, cabbage, especially red cabbage, will help your elimination process, which in turn helps you expel the toxins, getting them out of your system. It contains sulphur, which is essential when it comes to breaking down chemicals and removing them from your body. Cabbage is a source of an ingredient called indole-3-carbinol, which is a natural chemical that seems to boost DNA repair in cells.

Cilantro

Cilantro, also known as coriander or Chinese parsley, contains an abundance of antioxidants. Cilantro helps mobilise mercury and other metals out of the tissue so it can attach to other compounds and allow it to be excreted from the body. It also contains an antibacterial compound, which laboratory tests have shown is twice as effective as the commonly used antibiotic drugs. (See also ‘Detox Herbs’ further on.)

Cinnamon

Cinnamon is antimicrobial and also restrains the growth of fungi and yeast, making it potentially useful in the treatment of, for instance, allergies. The oils from cinnamon contain active components and have been well researched. Cinnamon’s essential oils also qualify it as ‘antimicrobial’ and have been studied for its ability to help stop the growth of bacteria as well as fungi, including the commonly problematic yeast called candida. Cinnamon has a very high antioxidant value. I have cinnamon practically every day, first thing on my porridge in the mornings. Real cinnamon is a tan colour, whereas cinnamon cassia is a reddish brown to dark brown, and has been going through the scientific press lately, mentioning too high contents of coumarin, which seemingly may be harmful. So again just pay attention to what you are buying.
Coconut Oil

Coconut oil is good for the immune system. It strengthens the immune system because it contains antimicrobial lipids, lauric acid, capric acid and caprylic acid which have antifungal, antibacterial and antiviral properties. The human body converts lauric acid into monolaurin which research has supported as an effective way to deal with viruses and bacteria that cause diseases. Coconut oil helps in fighting harmful bacteria. Liver: Medium chain triglycerides and fatty acids help in preventing liver diseases because those substances are easily converted into energy when they reach the liver, reducing the workload of the liver. They also prevent the accumulation of fat in the tissue. Saturated fatty acids: Most of them are medium chain triglycerides, which are said to assimilate well in the body’s systems. Lauric acid is the main contributor, and represents more than forty percent of the total, followed by capric acid, caprylic acid, myristic acid and palmitic acid. I know of some crew members who have noticed huge improvements by using coconut oil in high doses in connection with a ‘ketogenic’ diet (high in fat). The fat used is a high dose of clean cholesterol, known as medium chain triglycerides. I have tried this (just the coconut oil, not the ketogenic diet itself) in addition to using high doses of krill oil (3x2 capsules per day) and noticed big improvements in my brain function.

Cranberries

While they are more popular as fruits that help prevent urinary tract infections, cranberries are antibacterial and are known to remove many different toxins from your body. Cranberries feature a rich profile of anti-inflammatory nutrients, provide immune and cardiovascular support, as well as promote digestive and bladder/kidney health. Do not use the usually sweetened (added sugars) cranberry juices!
Fennel

The fennel bulb is high in fibre. In addition to its fibre, fennel is a very good source of folate, a B-vitamin that is necessary for the conversion of a dangerous molecule called homocysteine into other benign molecules. Potassium, found in high levels in fennel bulbs and seeds, is an electrolyte, which means that it facilitates increased electrical conduction throughout the body. This includes connections within the brain, which is a veritable switchboard of electric currents. Potassium can help increase brain function and cognitive abilities through this quality. Fennel is a vasodilator, which means more oxygen reaches the brain through which neural activity can work more effectively.

Dandelion Leaves

Dandelions are considered a powerhouse food full of nutrients that are essential for anyone. Dandelion root is known to act on the liver and pancreas as it helps strain and filter toxins and wastes from the bloods and it has beneficial effects on liver complaints which have been well documented by both Asian practitioners and Western medicine physicians. They are a rich source of minerals and provide a variety of phytonutrients. They have a high source of super-antioxidants that support the cleansing of the digestive tract. Try adding dandelion leaves (rucola) to your salad. I always add handfuls to pasta dishes and rice meals just stirring under when the food is ready so they don’t lose their healthy properties. If you live in the country you can pick fresh dandelion leaves, but pick young leaves and wash well of course. The dandelion leaves will have a more bitter taste than rucola. Chop and dry them and make a tea, 1 cup every morning, instead or as a change from stinging nettle tea (not longer than 21 days, then take a break).

Fennel

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Flaxseed

When detoxifying your body, it is essential to ensure toxins are eliminated properly. Ground flaxseed provides a wonderful source of fibre that helps to bind and flush toxins from the intestinal tract and colon. They are also an excellent source of omega-3 oils. Try consuming two tablespoons of ground flaxseed in lemon water every morning or sprinkle it over your porridge.

Garlic

Many detox diets list garlic as a crucial piece of the puzzle. The reason is that garlic boosts the immune system as well as helping out the liver. One good thing about garlic is that you can up your intake without having to worry if your body is going to get used to it or build up a resistance, although it might be so effective that it could drop your blood pressure if it is low already, which happened to me and made me feel very ill. Sulphur is found in high quantities in garlic, which makes it a good detox food and its antibiotic properties help heal your body.

Ginger

Alongside turmeric, ginger is one of the most potent disease-fighting plants. Ginger has broad-spectrum antibacterial, antiviral, antioxidant and anti-parasitic properties. In 2013, a study also found that female athletes who took three grams of ginger or cinnamon every day had a significant decrease in achy muscles. The pain-relieving potential of ginger appears to be far-reaching. Along with help for muscle and joint pain, ginger has been found to help the severity of migraine headaches and the queasiness when pregnant or other forms of nausea.
Goji Berries

Unique among fruits because they contain all essential amino acids, goji berries also have the highest concentration of protein of any fruit. They are loaded with vitamin C, and contain more carotenoids than any other food; they have twenty-one trace minerals. Boasting 15 times the amount of iron found in the famous spinach, they also have calcium, zinc, selenium and many other important trace minerals and with all that there is no doubt that they are a nutritional powerhouse. In traditional Chinese medicine, the goji is said to act on the kidney and liver meridians and to help with lower back pain, dizziness and eyesight. They are most often consumed raw, made into a tea or extract, or as an ingredient in soups.

**Green tea** is a great addition to any detox programme because of its high antioxidant value. It is the least processed tea and provides the most antioxidant polyphenols, which are believed to be responsible for most of the health benefits linked to green tea along with two widely studied compounds found almost exclusively in green tea which are: epigallocatechin gallate (EGCG) and L-theanine. The Memorial Sloan Kettering Cancer Center lists L-theanine benefits as having anti-tumour, anti-obesity and neuroprotective agents against stroke and Alzheimer’s. It is said that L-theanine increases levels of the neurotransmitters serotonin, dopamine and GABA, thus improving recall, learning, and positive mood. Another part of the body that responds positively to theanine is the liver.

It won’t suffice to drink several cups of green tea though, but I have been taking green tea capsules for a very long time now and find them very beneficial. (Please also refer to ‘Herbal Teas’ further on.)
Kale

Kale helps the detoxification system. New research has shown that the ITCs (isothiocyanates) made from kale’s glucosinolates can help regulate detox at a genetic level. This vegetable is so good for you that it is often recommended to patients that are following a doctor-recommended diet when fighting kidney or liver disease. It’s packed with so many antioxidants and has anti-inflammatory properties as well, not to mention all of the vitamins and minerals it contains. Leafy greens are likely the number one food you can eat to regularly help improve your health. They’re filled with fibre along with important vitamins, minerals and plant-based phytochemicals that can help protect you from diseases. I love kale and cook it with other vegetables, then eat it along with steamed potatoes or rice, or use it in my green juices.

Lemon Grass

This is a herb that is used as a natural way to cleanse several organs at once. It not only helps the liver but also the kidneys, the bladder and the entire digestive tract. (Please refer to ‘Herbal Teas’ further on.)

Lemons

This wonderful fruit stimulates the release of enzymes and helps convert toxins into a water-soluble form that can be easily excreted from the body. In addition, they contain high amounts of vitamin C, a vitamin needed by the body to make glutathione. Glutathione helps ensure that Phase II liver detoxification keeps up with Phase I, helping to reduce the likelihood of negative effects from chemicals. Drinking lemon water, which is alkaline-forming, first thing in the morning will help balance out acidity build up. They also have an excellent effect in detoxing the liver. I drink the juice of at least one lemon every day in my water.
Olive Oil

Some liver cleanses out there call for olive oil mixed with grapefruit juice and Epsom salt (see ‘Liver Cleanse’) in order to trigger your liver to expel gallstones. Your best choice is unrefined olive oil, which does not undergo chemical refining. ‘Extra virgin’ olive oil should have the aroma of olives but it can also have the fragrance of simply ripe olives. The slightest hint of mustiness or metallic smell is a sign that something is wrong and you must not use it. Another tip from me: Check the source and do not save money on this product. Cheap oils are often mixes!

Onions

This unassuming kitchen staple is as healthy as it is tasty. It’s brimming with sulphur-containing amino acids, which efficiently detox the liver. Raw onions deliver the most health benefits. The total polyphenol content of onion is not only higher than its fellow allium vegetables, garlic and leeks, but also higher than tomatoes, carrots and red bell pepper. Onions have been shown to inhibit the activity of macrophages, specialised white blood cells that play a key role in our body’s immune defence system, and one of their defence activities involves the triggering of large-scale inflammatory responses. My grandmother taught me my first lessons with onions, using poultices on my chest, and she made me inhale onion steam when I had colds, eat onion pie and onion soup, and she made onion syrup to sooth sore throats.
Seaweed

Seaweed may be the most underrated vegetable in the Western world. Studies at McGill University in Montreal showed that seaweeds bind to radioactive waste in the body so it can be removed. Radioactive waste can find its way into the body through some medical tests or through food that has been grown where water or soil is contaminated. Radioactivity is something aviators are exposed to every day they fly! Seaweed also binds to heavy metals to help eliminate them from the body. In addition, it is a powerhouse of minerals and trace minerals. But, always check where it is from – you don’t want pre-contaminated seaweed!

Turmeric

Curcumin, the compound that gives turmeric its yellow colour, is a very interesting product because it inhibits Phase I while stimulating Phase II detox. The rate at which your detox pathways function depends on your genes, your age, your lifestyle and of a good supply of nutrients during the detox process. Curcumin is used a lot in Ayurvedic medicine to treat liver and digestive disorders. Turmeric has specifically been studied and extensively so in relation to the positive effect that it has on the liver. Curcumin seems to be a potent antioxidant that can neutralise free radicals due to its chemical structure. As a high antioxidant spice, turmeric protects the body and helps prevent disease. Curcumin also boosts the activity of the body’s own antioxidant enzymes. It is important to know that one must take Curcumin together with piperine (or black pepper) to activate the metabolising process, otherwise most of the goodness in the Curcumin is simply unrecognised by the system and goes straight out again. Literally hundreds of studies have been conducted with, to my knowledge, all positive results! I take it in capsule form regularly plus of course in my curries.
Watercress

Give your liver a big boost with the cleansing action of watercress, which can be added to each and every salad you make. When you’re making smoothies for your detoxing this is a great green to blend in with others. It helps to release enzymes in the liver that help it get rid of toxic build-up.

Wheat grass

Clinical studies have confirmed that wheat grass juice and wheat grass extract have healing properties. Wheat grass juice’s abundance of alkaline minerals helps reduce over-acidity in the blood and is a powerful detoxifier and liver protector. It also cleanses the organs and gastrointestinal tract of mucous plaque. Wheat grass stimulates the metabolism and the body’s enzyme systems. It also helps reduce blood pressure. Nutritionally, wheat grass is a complete food that contains huge amounts of earth elements. I take one frozen dose every morning, definitely one of the best things I discovered on my journey to better health and detox! You can easily grow it yourself. If you buy frozen wheat grass, make sure how they freeze it (shock freezing) so it has as many of the nutrients left as possible.

Healthy Proteins

There are plenty of reasons to eat more meat-free meals: they are nearly always cheaper, lower in calories, and better for the environment, never mind the fact of them being easier on your system.
It’s easy to get enough protein without eating animals, but doubters often have another concern: are these meat-free protein sources complete? The term complete protein refers to amino acids, the building blocks of protein. There are twenty different amino acids that can form a protein, and nine that the body can’t produce on its own. These are called essential amino acids – we need to eat them because we can’t make them ourselves. In order to be considered ‘complete’, a protein must contain all nine of these essential amino acids in roughly equal amounts.

Yes, meat and eggs are complete proteins, and beans and nuts aren’t. But humans don’t need every essential amino acid in every bite of food in every meal they eat; we only need a sufficient amount of each amino acid every day. But even then, if we go one day without one or the other building block (amino acid) we usually do not crumble to pieces.

The following are excellent protein sources:

Quinoa

This protein-packed grain contains every amino acid, and is particularly rich in lysine, which promotes healthy tissue growth throughout the body. Quinoa is also a good source of iron, magnesium, vitamin E, potassium and fibre. It looks a bit like couscous and is as versatile as rice, but quinoa has a richer, nuttier flavour than either of them.

Buckwheat

Many people think that buckwheat is a cereal grain; it is actually related to rhubarb and sorrel, making it an excellent substitute for grains for people who are sensitive to wheat or other grains that contain protein glutens. Also, buckwheat flowers are wonderfully fragrant and are very attractive to bees that use them to produce a strongly flavoured, dark honey. Buckwheat is also a good source of magnesium.
Hempseed

Hemp is a high protein seed containing all nine of the essential amino acids (like flax). It also has high amounts of fatty acids and fibre as well as vitamin E and trace minerals. It has a well-balanced ratio of omega-3 to -6 fats, and is a great replacement for those who do not wish to use krill or fish oil for the omega-3 contents.

Chia

Chia is an edible seed that comes from a Mexican desert plant. ‘Chia’ means strength, and legend has it that the cultures in South America used the tiny black and white seeds as an energy booster. That makes sense, since chia seeds are a highly concentrated food containing the very much needed omega-3 fatty acids, fibre, antioxidants and calcium.

Soy

Soy is a legume and used in tofu, soy milk and as a dairy and meat substitute. It is also used in fermented foods such as miso, natto and tempeh, which are a staple in Asian countries. Over 90 percent of soy is produced in the U.S.A. and, as seems, is genetically modified; it has been widely reported that the crops are sprayed with the herbicide Roundup, the most widely used herbicide in the world, with glyphosate, the active ingredient which was classified as ‘probably carcinogenic to humans’, which was released in a report on Friday, 21st March, 2015 by cancer researchers who are affiliated with the World Health Organisation.

Whole soybeans contain large amounts of manganese, selenium, copper, potassium, phosphorus, magnesium, iron, calcium, vitamins B6, B2 and B1, and vitamin K. Whole soybeans are rich in micro-nutrients, but they also contain phytates which block absorption of minerals.
I do not do well on soy products anymore, so I limit its intake to a few times per month. I am not sure if it might be because I managed to get ‘sprayed’ soy products, or if it is for another reason. Of course, if you do well with it, please add it to your food plan, two to three times a week. Please make sure it is GMO and pesticide and herbicide free! Do not use soy oil at all for this reason.

Microprotein (Quorn)
This also does not agree with my system anymore; it can be due to an allergen such as egg, milk and gluten; please check it out and try for yourself. I did very well with it for a long time, but when my health got worse after the second poisoning I couldn’t eat it any more. Both soy and quorn would be good protein sources and meat replacements.

Rice
Arsenic warnings are going around like wild fire! Rice tends to absorb arsenic more readily than many other plants. Arsenic has two chemical forms, inorganic and organic (the latter of which can be less toxic), and is naturally part of the minerals in the earth’s crust. (Note, organic is a chemistry term and should not be confused with food sold as ‘organic’.) Arsenic also has been released into the environment through the use of pesticides and poultry fertiliser. Therefore, it’s in soil and water. Make sure you can determine the source where the rice came from.
Beans - Lentils

More than just a meat substitute, beans are so nutritious that the latest dietary guidelines recommend we triple our current intake from one to three portions per week. This difference in fibre content means that meat is digested fairly quickly whereas beans are digested slowly, keeping you satisfied longer. Plus, beans are low in sugar, which prevents insulin in the bloodstream from spiking, causing hunger. When you substitute beans for meat in your diet, you get the added bonus of a decrease in saturated fat. (Eat right, Feel awesome, D. J. Blatner.) Rice and beans in a meal together have the same protein as meat.

Lentils are the non-meat source of iron. Iron deficiency is the most common nutritional disorder in the world, according to the World Health Organisation. Not getting enough iron in your diet can deplete your stores and cause you to feel weak and tired. Lentils are a good source of iron, with 3.3 milligrams in a 1/2-cup serving. However, your body can’t absorb as much of the iron from plant-based lentils as it does from meat sources. Eating your lentils with a food rich in vitamin C, such as peppers, can help improve absorption. I even found lentil flour based pasta and pancake mix, and love it!

About Salt

Salt is not only critical to your life, but it is one of the basic elements which your body needs. The relationship between salt and your health is so intricately involved as to make them impossible to be disentangled. Without salt, you could not exist. Essentially, every cell in the human body is dependent on the
presence of sodium. We find sodium diffused throughout the fluid between cells. Each cell in our body is like a small ocean containing salty water. Inside our cells we find primarily potassium. These two minerals, sodium and potassium, need to be in constant, dynamic balance so the cells can exchange incoming energy with outgoing, depleted energy. Salt increases conductivity in nerve cells for communication and information processing. It enhances the absorption of nutrients through the intestinal tract. It helps clear mucous plugs and sticky phlegm in the lungs, particularly in asthma, and it helps clear up congestion of the sinuses. To name just a few benefits. But, and again a word of caution, this does not mean that you should use excess amounts of salt and, when you do, use high quality salts like Himalaya salt or unwashed sea salt (unprocessed without added chemicals, iodine and moisture absorbents etc.). If to date you have refrained from all salt, try and introduce that bit into your daily diet, you will notice a difference. I did. There are a massive amount of studies that contradict the notion that salt raises blood pressure and causes other illnesses.

**Nuts and Seeds**

Almonds

They are packed with vitamins, minerals, protein and fibre, and are associated with a number of health benefits. Just a handful of almonds, approximately one ounce, contain one-eighth of our necessary daily protein. Almonds are a source of vitamin E, copper, magnesium and high quality protein. There are potential risks associated with the consumption of almonds. Allergy to almonds is actually rather common, so you might want to get that tested if you are worried about it. Almonds may be eaten on their own, raw or toasted. They are also the ingredients of several different dishes. Almonds are available sliced, flaked, slivered, as flour, oil, butter, or as almond milk. I love almond butter and almond milk.
Brazil Nuts

These tasty treats are packed with selenium, which is key to flushing mercury out of your body. The body uses selenium to make ‘selenoproteins’, which work like antioxidants preventing damage to cells and there is a growing body of evidence to show it has a key role in our health. Four to five Brazil nuts a day they say, covers your selenium.

Cedar Nuts/Pine Nuts

Cedar nuts contain a complex of B vitamins, which normalise the activity of the nervous system. They are a source of micro- nutrients such as copper, cobalt, manganese and zinc. As the richest source of lecithin they are comparable only to soybean. Cedar nuts are also a rich source of iodine.

Cashews

Are rich in minerals like copper, magnesium, zinc, iron and biotin. They are actually a low-fat nut and, like olive oil, they have a high concentration of oleic acid. According to Dr Andrew Saul, one big handful of cashews provides one to two thousand milligrams of tryptophan, which will work as well as prescription antidepressant.
Hazelnuts

Are rich in vitamins B1, B2, B3, B5, B6 and B9. We rely on the B vitamins to dismantle proteins, fats and carbohydrates, thereby providing us with the energy we need to function. Our nervous system needs amino acids in order to function, and amino acids require vitamin B6. Hazelnuts are rich in vitamin B6. Moreover, vitamin B6 is necessary for the creation of myelin, the insulating sheath of the nerve that increases the speed and efficiency of electrical impulses, allowing the nervous system to operate optimally. Allergy to hazelnut is often found in patients with hay fever (allergic rhinoconjunctivitis) and tree pollen allergy.

Walnuts

Walnuts are extremely good for your heart and brain. Pecans have loads of vitamins and minerals like vitamins E and A, folic acid, calcium, magnesium, copper, phosphorus, potassium, manganese, B vitamins and zinc.

Peanuts

Peanuts are not actually nuts, they are legumes. For people with nut allergies, the distinction is particularly important, since many individuals with nut allergies can eat peanuts safely. Conversely, people who are allergic to peanuts can often eat nuts. They are a plant protein and a rich source of minerals like magnesium, phosphorus, potassium, zinc, calcium, sodium, etc. A peanut allergy is perhaps the most serious food allergy you can develop. Peanut allergy sufferers are at high risk of serious allergic reactions that can actually be life threatening, even if the first episode of peanut sensitivity was not severe. If you suspect you have a peanut allergy, you need to get tested by an allergist immediately and avoid all nut products until the allergy is determined as legitimate or not.
Peanuts are susceptible to contamination of aflatoxin produced by a fungus, *aspergillus flavus*, which is very toxic.

Peanut butter

It’s packed with nutrition. A serving of peanut butter has the powerful antioxidant vitamin E, bone-building magnesium, muscle-friendly potassium, and immunity-boosting vitamin B6. Research shows that eating peanuts can decrease your risk of heart disease, diabetes and other chronic health conditions. One study published in the *Journal of the American Medical Association* found that consuming 1 ounce of nuts or peanut butter (about two tablespoons) at least five days a week can lower the risk of developing diabetes by almost 30 percent. It’s got the good fat – peanut butter is chock-full of heart-healthy monounsaturated fat. Attention: possible peanut allergies!

**Here are the healthiest seeds:**

Flaxseeds are definitely at the top of my list, especially if you do not want to use krill oil. Two tablespoons of ground flaxseed per day is ideal and easy to add to porridge or smoothies. Cold-pressed organic flax oil is the best source of parent omega-3s (better than fish oil, also because fish oil can be contaminated). Flaxseeds

Hemp seeds

Hemp seeds are a certified super food. They are high in protein and fibre (excellent for sluggish digestion), with balanced omega-3 and -6 fatty acids. I also add one to two tablespoons to my salads or in my porridge.
Sunflower seeds

Sunflower seeds also help prevent heart disease and cancer with phytochemicals, folate, vitamin E, selenium and copper. Don’t eat them raw; grill or bake them until they turn light brown.

Pumpkin seeds

Pumpkin seeds are great for your immune system with lots of antioxidants (carotenoids), omega-3 fatty acids and zinc.

Sesame seeds

Sesame seeds are a good source of calcium, magnesium, zinc, fibre, iron, B1 and phosphorus. They can lower blood pressure and protect against liver damage. Sesame seeds have also been linked to prevention of many diseases like arthritis, asthma, migraine headaches, menopause, osteoporosis and may even reduce PMS symptoms. Tahini is a ground sesame seed paste that’s a popular ingredient in Middle Eastern dishes we eat, like houmous.

Apricot seeds

Apricot seeds (aka apricot kernels), apple seeds and other bitter fruit seeds contain amygdalin (aka vitamin B17), which has incredibly powerful anti-cancer properties.
Houmous

One of the healthier options for dips is the Middle Eastern houmous made with chickpeas, olive oil, garlic, lemon juice and tahini, which is a sesame seed paste (see above). It provides you with protein and a number of essential vitamins and minerals. Each serving of houmous provides folate, as well as small amounts of vitamin A, thiamine, riboflavin, niacin and vitamin B6. Folate is essential for producing new cells, including red blood cells and DNA.

**Note: if you are not sure if you have a nut allergy, particularly to peanuts and hazelnuts, get it tested!**

Fruit

Mangoes

Mangoes can help to alkalinise the whole body by helping to flush out toxic acids and rebuild the alkaline reserves. Mangoes are packed with enzymes and are a pro-biotic food, meaning they contain compounds that stimulate and feed the good bacteria in the intestines which greatly aids in digestion and assimilation. Mangoes contain a significant amount of pyridoxine (B6), which is vital for the synthesis of serotonin and dopamine in the brain. In some countries mangoes are eaten right before bed as a natural sleep aid.

Vanilla Beans

Vanilla beans are a highly prized medicinal fruit of the vanilla planifolia orchid and have several health promoting properties. Vanilla has a calming effect on the nervous system and is an effective treatment for anxiety and stress. The aroma of vanilla
beans alone has been shown to increase feelings of relaxation and happiness. One of the major medicinal compounds in vanilla beans is called vanillin, which in small doses is known to greatly aid digestion, decrease headaches and provide relief for an upset stomach. Vanilla beans contain trace minerals such as zinc, iron, calcium, magnesium and iron. They also contain anti-inflammatory and pain-relieving properties and are particularly beneficial for fatigue, muscle and joint pain, neck and back pain, nausea and swelling.

Blackberries

Blackberries are nutritionally packed with vitamins C, E, A and K, minerals magnesium, potassium, manganese, copper, and antioxidants such as ellagic acid. Blackberries contain powerful anti-carcinogenic agents making them one of the top ORAC fruits available and one of the best fruits to eat to help prevent cancer. The anthocyanins in blackberries (which give them their dark colour) have the ability to significantly reduce inflammation, which benefits autoimmune diseases and cardiovascular diseases.

Avocados

This wonderful fruit is packed with antioxidants, helps lower cholesterol and dilates the blood vessels while blocking artery-destroying toxicity. Avocados contain the nutrient called glutathione, which blocks at least thirty different carcinogens, while helping the liver detoxify synthetic chemicals. I love avocados, either with a sprinkle of salt or vinaigrette or just on a slice of wheat-free bread or rye Knäckebrot.
Bananas

Bananas are one of the most nutritional and healing fruits readily available today. They are 76 percent water and are packed with vitamins, such as vitamins C and B6, and minerals such as potassium, copper and manganese. This high water/nutrient ratio makes them a great electrolyte food. Bananas are also an excellent ‘brain food’, great for heavy thinkers and are known to help strengthen the nervous system. Bananas contain powerful anti-fungal and antibiotic compounds as well as protease inhibitors, which can help stop viruses in their tracts. A banana a day...

Melons

Melons are an amazing fruit that has over 19 vitamins and minerals that help to boost the immune system, detoxify the organs, and deeply hydrate and alkalinise the body. Since melon is a pre-digested food, meaning it does not require any digestion in the stomach and can pass straight through to the intestines for assimilation, it is best eaten on an empty stomach alone for breakfast. The high vitamin C content in melons is critical for immune system support and to fight bacterial and viral infections.

Cherries

Cherries are a medicinal powerhouse fruit that are packed with vitamins A, C and E, and minerals such as iron, copper, zinc, potassium and manganese. The high levels of anthocyanins and antioxidants found in cherries make them an excellent food to help the body fight against neurological diseases, diabetes, and cancers.
Grapes

Grapes have been called the ‘queen of fruits’ due to being one of the most nutritious and medicinal foods available since ancient times. Grapes are a rich source of vitamins A, C and B-complex, and minerals such as calcium, magnesium, copper, boron, manganese, iron, selenium and potassium. Grapes contain high amounts of powerful antioxidants known as bioflavonoids, resveratrol and anthocyanins. These phytochemicals are anti-inflammatory, anti-viral, anti-microbial, anti-aging and anti-cancerous, and provide protection against anaemia, degenerative nerve diseases, heart disease, viral and fungal infection. Please wash and dry them very well, they are heavily sprayed; try to get organically grown grapes!

Please be careful with berries in general, they easily turn blue-mouldy. Some moulds can cause allergic reactions and respiratory problems, and some in the right conditions produce mycotoxins, which are poisonous substances that can make you sick.

**Wheat and the Gluten Scare**

Many demonise wheat gluten these days, but with the obvious exceptions of sufferers and the gluten intolerant people, it is nothing to be afraid of, but you must make sure it is organically grown. Standard wheat harvest protocol in the United States is to drench the wheat fields with ‘Roundup’ several days before the harvesters work through the fields, as withered, dead wheat plants are less taxing on the farm equipment and allows for an earlier, easier and bigger harvest. Pre-harvest application of the herbicide Roundup (please refer to above-mentioned article under ‘Soy’) and other herbicides containing the deadly active ingredient glyphosate to wheat and barley as a desiccant was suggested as early as 1980. In synergy with (the) disruption of the biosynthesis of important amino acids via the shikimate pathway, glyphosate (active ingredient in Roundup) inhibits the cytochrome P450 (CYP) enzymes produced by the gut micro-biome. (Source: The Healthy Home Economist)
and Dr Stephanie Seneff).

**Carbohydrates**

I have never been a fan of low-carb diets. Carbohydrates have been given a bad reputation, which is wrong! Our bodies and brains need carbohydrates to work effectively. Of course, not all carbohydrates are good.

First of all, fruits, dairy and vegetables are all sources of carbohydrates. And when it comes to starches, there are indeed good carbs and the bad, for instance cakes, biscuits, white breads etc.

Eating good carbs in place of refined ones can reduce your risk of the diseases that can be caused by bad carbs (diabetes, heart disease etc.). A study published in the *Journal of Nutrition* found that eating three servings of whole grains a day helped people reduce their total body fat and abdominal fat.

Whole-grain foods, especially those without added sugars, are good carbohydrates because they are high in fibre and nutrients. The healthiest sources of carbohydrates, unprocessed or minimally processed whole grains, vegetables, fruits and beans, promote good health by delivering vitamins, minerals, fibre and a host of important phytonutrients. Try this for adding healthy carbohydrates to your detox programme/diet:

Start the day with whole grains. Try a hot cereal, like steel cut or old-fashioned oats (not instant oatmeal), or a cold cereal (organic) that lists a whole grain first on the ingredient list and has no added sugar.

**Whole Grains**

Studies show that eating whole grains instead of refined grains lowers the risk of many chronic diseases. While benefits are most pronounced for those consuming at least three servings daily, some studies show reduced risks from as little as one serving daily. The message: every whole grain in your diet helps! The bran and fibre in whole grains make it more difficult for digestive enzymes to break down the starches into glucose. I rinse all grains well under warm water before cooking them; it helps remove some of the starch.
If you can’t resist eating bread, use whole grain breads for lunch or snacks. Are you confused about how to find whole grain bread? Look for bread that lists as the first ingredient whole wheat, whole rye, or some other grain, and states that there are no added sugars, preservatives or colourants – and even better, one that is made with whole grains. Even better than that, bake your bread yourself, it’s easy enough!

Instead of bread, try a whole grain in salad such as brown rice, couscous or quinoa. Pass once in a while on potatoes, and instead bring on the beans. Beans and other legumes such as chickpeas provide a healthy dose of protein.

Choose whole fruit instead of pre-fabricated juice. Or juice fresh fruit yourself, which I have recommended elsewhere to do anyway once, if not twice a day, as your all green power drink!

Dairy Products

Although not typically considered carbohydrate foods, dairy products do contain some carbohydrates in the form of lactose, a type of sugar. As long as you choose dairy products without added sugars, such as plain (raw) milk, yoghurt or kefir. Kefir is a unique cultured dairy product that is one of the most probiotic rich foods on the planet and has incredible medicinal benefits for healing issues like leaky gut. Its unique name comes from the Turkish word ‘keif’, which means ‘good feeling’. These would be good carbohydrates, except if you know that you are lactose intolerant – do get at test done if you are not sure, otherwise you might miss out on some lovely dishes thinking you are lactose intolerant when in fact you are not! If possible, stay off too much dairy, since it can clog the system, as mentioned before. The casein in cows’ milk can clog and irritate the body’s entire respiratory system. Dairy products are implicated in almost all respiratory problems. I noticed a big improvement when I refrained from eating these products; I used to be a big cheese and yoghurt eater! I took a long break from these products, and am at the moment re-introducing some, only organic, little by little...
Sweeteners

Refined sugar is definitely considered a ‘bad’ carbohydrate. Use good organic honey. The main thing to remember when it comes to honey is that not all honey is created equal. Your average domestic ‘Grade A’ type honey found in the supermarket is likely highly processed and full with sugar. Unrefined honey contains an abundance of various antioxidants that can have major implications for health. Manuka honey is expensive, yes, but is said to have antibacterial and a natural antibiotic effect.

Studies have revealed that e.g. the consumption of buckwheat honey increases the antioxidant value of the blood. You could replace refined sugar with an identical amount of maple syrup, which will cut the total sugar content by a third. Avoid at all cost high fructose corn syrup.

Potatoes

One large spud baked with the skin on contains about 1,600 milligrams of potassium, nearly half the recommended amount for an entire day and almost four times as much as a medium banana, famous for its potassium content. It is an essential electrolyte key to hydration and has lots of fibre. They also have plenty of manganese and vitamins B6 and C. I eat lots of spuds! Mainly boiled, then I might add avocado (guacamole) and lots of fresh chopped herbs and some organic butter or coconut oil, or I add curry instead of herbs with a side salad. There are plenty of varieties. In Germany you can go to the ‘Kartoffel Hotel’ – the ‘Potato Hotel’; I think they used to offer only potato dishes, nowadays it’s ‘mainly’ potato dishes and they use them in their wellness department as wraps too, that’s how good potatoes are for you!
Bad Carbs

- Sugar is in practically everything ready-made!
- White flour
- White bread
- White flour pasta
- White rice
- Bread rolls
- Croissants
- Burger buns
- Tortillas and wraps
- Breadcrumbs
- Bread sticks
- Cookies and biscuits
- Pizza dough

Detox Herbs

I am a herb lover, and believe in their healthy properties and health benefits! I will drink any herb as a ‘tisane’ or ‘infusion’, mix various herbs and flowers and will also use them as a poultice or in the sauna in the water for steam. My grandparents taught me herbal uses when they started taking me on mountain tours as a toddler; I used to sit in the hay-basket on granddad’s back, and they taught me while gathering wild herbs!

You can grow them yourself, even without a garden, on your windowsill or in your kitchen. I have listed a few here. If you are interested in more information you can always Google them and find well-documented articles and even scientific studies about these particular plants.
Bitter herbs help improve Phase I and II detoxification. Bitter herbs are the cornerstone of herbal medicine. A range of physiological responses occur following stimulation of the bitter receptors of the tongue. The bitter taste stimulates the specific bitter taste buds at the back of the tongue to stimulate the parasympathetic nervous system to trigger a number of reflexes. These reflexes are important to the digestive process and general health.

Parsley
Those pretty green leaves don’t just make your plate look nice. Parsley boasts a huge amount of beta-carotene and vitamins A, C and K to protect your kidneys and bladder. A diuretic herb, parsley can help prevent problems such as kidney stones and bladder infections and keep our body’s ‘plumbing’ running smoothly by causing it to produce more urine. The flavonoids in parsley have been shown to function as antioxidants that combine with highly reactive oxygen-containing molecules (called oxygen radicals) and help prevent lack of oxygen-based damage to cells. In addition, extracts from parsley have been used in (animal) studies to help increase the antioxidant capacity of the blood. I love a pile of fresh chopped parsley on boiled potatoes or a slice of organic homemade bread with butter and on my big bowls of mixed salads. It grows easily and makes a lovely decoration plant too!

Dandelion
Dandelion is a mild bitter herb used as a blood cleanser and diuretic, which is also said to lower cholesterol and blood pressure.

Yarrow
Yarrow is a flowering plant that produces a mild bitter herb used as an astringent and cold remedy. The entire herb can be used.
Milk Thistle

Milk thistle, also a bitter herb, helps with general liver problems including jaundice, hepatic pain and swelling. Flavonoids discovered in milk thistle seed add to the significant liver regenerating and protecting qualities found in other parts of milk thistle. Flavonoids contained in the herb help stabilise cell membranes and control cell function. Milk thistle is also thought to be beneficial for the following problems: acute viral hepatitis, metabolic disease, continual-persistent hepatitis and cirrhosis of the liver.

Cilantro (Coriander)
Cilantro, bitter, is instrumental in helping the body rid itself of dangerous toxic metals that accumulate in organ tissues. The herb is a good source of minerals like potassium, calcium, manganese, iron and magnesium. Potassium is an important component of cell and body fluids that helps control heart rate. It is also rich in many vital vitamins, including folic acid, riboflavin, niacin, vitamin A, beta-carotene and vitamin C, which are essential for optimum health. Vitamin C is a powerful natural antioxidant and blood pressure. Iron is essential for red blood cell production.

Peppermint
Peppermint also belongs to the bitter herbs and has a soothing quality that helps with coughing associated with colds and flu. Peppermint oil can relax the smooth muscles of the GI tract, which is why it is so commonly a component of ‘over-the-counter’ medications. A number of studies have also shown it to be a great reliever of irritable bowel syndrome. Peppermint oil is very helpful as an aid for digestion. People often put a few drops of peppermint oil in a glass of water and drink it after their meal for its beneficial digestive properties. Peppermint oil is also a good tonic for those who have a low appetite, and it helps in treating motion sickness, nausea and upset stomachs.
Eucalyptus
Eucalyptus is another bitter herb that helps with lung cleansing. Eucalyptus essential oil is effective for treating a number of respiratory problems including cold, cough, runny nose, sore throat, asthma, nasal congestion, bronchitis and sinusitis. Eucalyptus oil is antibacterial, anti-fungal, antimicrobial, antiviral, anti-inflammatory and decongestant in nature, which makes it a good ingredient in many medicines that treat respiratory problems. One very important reason that many people use eucalyptus oil is that it creates a cooling and refreshing effect. Normally, people suffering from certain conditions and disorders are slightly sluggish. Eucalyptus oil removes exhaustion, mental sluggishness and rejuvenates the spirits of the sick. It can also be effective in the treatment of stress. Aside from mental exhaustion, eucalyptus essential oil is commonly used to stimulate mental activity and increase blood flow to the brain.

Stinging Nettle
Stinging nettle is known for its ability to resist microorganisms; it also possesses antioxidant properties. Taken as a tea, it has been found to help cure mucus congestion, skin irritations, water retention and diarrhoea. The beverage also helps stimulate the digestive glands of the stomach, intestines, liver, pancreas and gall bladder. Applied externally, nettle tea may relieve rheumatism in both people and animals, and makes a first-class gargle for mouth and throat infections; it helps to clear up acne and eczema and promotes the healing of burns.

Sarsaparilla
Sarsaparilla has detoxifying and anti-inflammatory properties, and contains saponins, which act as a diuretic, and it is used to promote healthy kidney functioning by stimulating detoxification through forced urination. Slightly bitter sarsaparilla binds with toxins and is used to improve liver function and cleanse the blood.
Herbal Tisanes and Infusions

Green Tea
Green tea is loaded with polyphenols like flavonoids and catechins, which function as powerful antioxidants. These substances can reduce the formation of free radicals in the body, protecting cells and molecules from damage. These free radicals are known to play a role in ageing and all sorts of diseases. One of the more powerful compounds in green tea is the antioxidant epigallocatechin gallate (EGCG), which has been studied to treat various diseases and may be one of the main reasons green tea has such powerful medicinal properties. Also, a compound called L-theanine has been studied extensively. It can also cross the blood-brain barrier intact, and register pharmacological effects directly. Theanine has been reported to raise levels of brain serotonin, dopamine and GABA, with possible improvement in specific memory and learning tasks. Green tea also has small amounts of minerals that are important for health. If you are coming off coffee, you could substitute the ‘missing’ caffeine with green tea! Personally I even take green tea capsules daily due to the high effect of green tea in protecting cells and the effects from the ingredient L-theanine60 are very noticeable. It also seems to help calm brain waves; it helped me sleep over a very long period of time.

White Tea
White tea is higher in antioxidants than most other teas. When brewed at a low temperature it’s also lower in caffeine than most teas. It has a very mellow flavour that appeals to some detoxers.

Rooibos
Rooibos is high in antioxidants. Flavour-wise, a great substitute for black tea or coffee. It’s also easy to blend with other flavours, including many of the detoxifying spices and herbs in this list. Rooibos is caffeine free.
Ginger
Ginger has long been considered to be warming, cleansing and beneficial to digestion, and a diuretic. It’s also enjoyable to drink. Some add lemon juice or zest to their ginger ‘tea’. Ginger also tastes great with masala chai (tea) spices.

Masala Chai Spices
Many masala chai spices (such as ginger, cloves, cardamom, cinnamon and black pepper) are considered to be detoxifying. Try making masala chai without milk or sugar for the most potential benefit. If you want to avoid caffeine, skip the black tea and boil the spices for an antioxidant-rich, flavoursome decoction, which you could also mix with Rooibos tea.

Peppermint
Peppermint invigorates without caffeine, so it’s great for those who are trying to reduce or eliminate caffeine in their diet. Some say it is cleansing, and traditionally it’s used to aid in digestion. If you like peppermint, you may also want to try its less common relative spearmint for a sweeter, mellower flavour.

Chamomile
Chamomile is incredibly soothing, especially during times of stress and when the tummy is upset.
Chrysanthemum Blossoms

The chrysanthemum is an important herb in both Japanese and Chinese traditional medicine. Some of the compounds in chrysanthemum are flavonoids like luteolin, apigenin and acacetin, choline and vitamin B1. It is also a good source of vitamins C and A, niacin, folic acid and pantothenic acid and is also rich in calcium, magnesium, potassium, iron and phosphorus. Chrysanthemum tea can help detoxify blood and calm the nerves. The herb also helps to correct imbalances that may affect the liver and also helps in dealing with kidney function, thus supporting their treatment.

Rose hips are high in vitamin C. They are also said to ward off headaches, which are a common side effect of poisoning and detoxification.

Parsley

To further praise this wonderful herb, like Japanese green tea, parsley is rich in vitamin C and is said to freshen the breath. Parsley is rich in poly-phenolic flavonoid antioxidants, and has been rated as one of the plant sources with quality antioxidant activities. Additionally, the herb is also rich in many antioxidant vitamins, including vitamin A, beta-carotene, vitamin C and vitamin E.

Fresh herb leaves are also rich in many essential vitamins such as B5, B2, B3, B6 and B1. These B-vitamins play a vital role in carbohydrate, fat and protein metabolism by acting as co-enzymes inside the human body.
Lemon Grass

In addition to its culinary usage, lemon grass offers a wide array of medicinal benefits and is in extensive demand due to its antibacterial, anti-fungal and antimicrobial properties across South-East Asia, as well as the African and American continents. The health benefits of lemon grass include relief from stomach disorders, insomnia, respiratory disorders, fever, aches, infections, rheumatism and oedema. The defensive antioxidant activity of the lemon grass herb helps in maintaining cellular health, nervous system, healthy skin and immune system, while also aiding in detoxification. It helps to combat fatigue, anxiety and body odour. It is a source of essential vitamins such as the B-range (see under ‘Parsley’). It also provides minerals such as potassium, calcium, magnesium, phosphorous, manganese, copper, zinc and iron. I love lemon grass tea!

Red Clover

Red clover is a wild plant belonging to the legume family. It has been used medicinally to treat many conditions like respiratory problems and skin irritations. It is believed that red clover purifies the blood by acting as a diuretic (helping the body get rid of excess fluid) and expectorant (helping the lungs clear mucous), and very important again by helping to cleanse the liver. Red clover has many natural nutrients including calcium, chromium, magnesium, niacin, potassium, thiamine and vitamin C.

Herbal Blends

There are many brands of detox blends, teas and tisanes out there. Some are recommendable, some aren’t; often enough there are artificial flavourings, especially in tea bags. Make sure they come from reputable companies and are organically grown and blended and don’t have any suspicious ingredients or added sugar or sweeteners! Tea bags must also be organic, very often they have been treated or bleached, and you will find plastic tea bags as well, which you do not want to use. I much prefer to use loose dried herbs and flowers which I pop into a tea-egg or
ceramic tea sieve, over which I pour the hot water and leave it to steam (covered) for up to 10 minutes. Then remove the sieve/tea-egg and enjoy!

**Please do not use plastic or foam cups to drink from!**
Polystyrene foam cups contain styrene – a chemical compound that is increasingly suspect. In the 12th edition of its Report on Carcinogens, the National Toxicology Program (NTP) stated that styrene is “reasonably anticipated to be a carcinogen”, and the International Agency for Research on Cancer has classified styrene as a “possible human carcinogen”. And most plastics leach hormone-disrupting chemicals.

**Summary of Suggestions**
Buy as much organic food as you can, and start using the above listed products; do not go overboard with too many different fruits or vegetables to begin with, and don’t think you have to have a fantastic variety of foods! It will take a bit of time if you are not used to eating a lot of vegetables and fruit.
Reminder: avoid sugar, and especially artificial sweeteners and alcohol. Reduce the amount of coffee and tea you drink. I know well how much aviators love to drink lots of coffee! Wean yourself down to 1-2 cups a day and use organic produce. If you do that you have already done a whole lot for your system.
Drink plenty of fresh energised water. I often hear: I can’t drink water! I’ll say bluntly: Get used to it! You water your plants, don’t you? Your body consists of about 65-75 percent water, and this needs to be replenished, and during detox uses more of it. It cannot function otherwise. Remember: without oxygen it’s about one minute before brain damage sets in, and severe brain damage after three minutes; without water one can survive about three days, before the system starts shutting down. You can do much longer without food.
Make a green smoothie or juice daily, especially if you do not eat lots of vegetables easily. You can get very high quality
greens in powder or frozen form these days, which you can mix into your first
glass of water in the morning and which, should you be crew or a regular
traveller, you can take with you.

You will discover, and become aware of, how sensitive your system has
become as the weeks pass. You will notice that your digestion is reacting and
you will take note to what it is reacting to in a negative way, and will in
future avoid that particular food. That is another reason why I recommend to
not go overboard with variety, so you can more easily determine culprits that
cause problems. When you do a colon cleanse you should try and do that in
your off days, best would be a one week space. If you do the twenty-one day
cleanse, you can take the products with you, they offer a travelling set for the
portions en route. The liver-gallbladder cleanse must be done at home, it
only takes three days altogether, but you want to be in your own space for
that.

If you have been diagnosed with Aerotoxic Syndrome (poisoning) and are
severely chemically damaged by contaminated cabin air, and even have
become a case of MCS or OPDIN, you are a person with serious problems for
living. If you are still flying or have taken on another job, you will probably
not be able to give it up for financial reasons, although you should!

You may have to move. You may lose friends and family. You will probably
have less energy, and realising such prospects is not going to be something
you enjoy looking forward to. You will need to spend some money and will
most likely not get it reimbursed by your insurances. You may not be able to
go to stores and other public buildings; you may even become completely
homebound, at least for a while. In short, you will have to give up a great
deal, or experience the continued deterioration of your health if you go on
living as you have been.
I know this sounds very rough, but the good news is, as you give up these things you will begin to feel better. In time, you may even feel really well and energised again. You may begin feeling almost ‘cured’, however you will have to be careful not to expose yourself to chemicals for the rest of your life.

I know. I did it. Learning by doing. This is often the case when we begin the journey of recovery to health. Before closing, here is an example of one of my days:

Morning

After some light yoga stretches, shower.
Cleansing of mouth with a herbal rinse (self-made), and nose with salt water. Two glasses of fresh water with or without fresh lemon juice. Take my first micro-nutrients.
Big glass of green juice, smoothie.
(Wait half an hour)
Porridge with ground linseed, cinnamon and honey or banana/egg pancake (no flour) with hemp seed. Herbal tea or water, later 1 cup of organic coffee.

Midday

I go for a walk with the dogs, and then have: Steamed vegetables with herbs or a home-made soup and in summer mixed salads, nuts and seeds. Water and herbal teas.
Micro-nutrients.
Perhaps a kefir or yoghurt with some fruit for dessert.
Late afternoon

Spiced chickpea pancake fried in coconut oil with some beetroot salad and lots of parsley.
Or a couscous or brown rice dish with chopped vegetables and herbs.
Fruit.
Micro-nutrients.
I never eat after 6pm.
Herbal tea or water with lemon juice.

Before bed (never after 10pm): cleanse mouth, do an oil pulling, brush your teeth using a paste made from coconut oil and baking soda, and scrape your tongue clean, then I spray an herbal essence in the mouth.

Author's final words:

I hope I have given you some useful information – it may not be complete in the sense of scientific studies and of course does not replace your licensed physicians advise! it is information based on my personal experience through all the ups and downs of trial and error by self-help and self-testing, until I managed to come up with a plan that had a lasting, positive effect, which often times can be more helpful. I then applied this to many clients of mine successfully.
I have taken this part and made some amendments from my book "The Air I Breathe - it's classified" which was published in 2015 in English and in 2016 in German; they are available on Amazon worldwide as Kindle download. In the book you will also read about my flying career, you will live with me through my biography, adventures and further explanation about how toxic air on aircraft affects passengers and crew.

It took me nearly three years to write my book 'The Air I Breathe - It's Classified' and many episodes of ill health - very often I practically had to start at the beginning. It is not easy to write when your brain is foggy and plays tricks on you, when you can't find certain words, don't remember what happened, on some days you seem to have forgotten all grammar, or simply because your head is so sore you cannot think straight. But, not only eating all the right things and adapting dose and variety of my micro-nutrients, the decision to live in the mountains was a very wise one and I feel much better. Fresh, unpolluted air is one of the major key players.

Author Info:
Bearnairdine is busy researching in the area of toxicology especially involving contaminated air on aircraft and related reasons; she is a victim of contaminated cabin air, an activist, a Natural Health consultant and author. She is the founder of "Global AEROTOXIC TEAM". She had to retire from her 20 year spanning flying career on medical grounds.

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