

# Nutritional Detox: Living a Cancer Free Life

- *Nutrition Coaching*
- *Customized Liver and Colon Cleanses*
- *Herbal Detox Protocols*
- *Guided Juice Fast Programs*



At any given time, everyone has cancer cells in their bodies, so what causes these cells to multiply and thrive? Cancer cells may proliferate in an acidic environment. The body becomes acidic when it is burdened with environmental pollutants, an acidic diet, a stationary lifestyle and negative thought patterns.

We expose ourselves to environmental pollutants by living near chemically treated lawns and parks, by cooking with aluminum pots and pans, by placing mercury amalgams in our teeth, by contracting parasites, by breathing in molds and bacteria in places like libraries and offices with recycled air. Being exposed to environmental pollutants is part of living in our society so **what we can do to support the body in detoxifying these harmful elements is to eat a slightly alkaline diet and perform yearly herbal cleanses.**

Our internal environments become acidic when our diet consists primarily of the 5 acidic food groups: meat, dairy, sugar, yeast, and gluten grains (wheat, rye, barley, and spelt). The alkaline foods which bring oxygen into the cells are predominately your vegetable kingdom. Dr. Bernard Jensen D. C., a founding father of Iridology, suggests a 6-2-1-1 protocol to slightly alkalinize the body from a state of acid, disease, and inflammation to a place of improved health and wellness. The daily protocol consists of 6 servings of vegetables ( at least 50% raw), 2 fruits, 1 gluten free starch (brown rice, potatoes, millet, quinoa, etc), and 1 protein at 1 cup serving sizes. Dark leafy green vegetables are natural heavy metal detoxifiers, a source of fiber for colon health, and potent alkalizers which support anti-oxidant function, an important element to a cancer free life. An anti-oxidant supplement consisting of selenium, zinc, manganese, copper, Vitamin E, C, A and D also supports immune health and detoxification. **To increase your**

- Naturopathic Consultations
- Nutritional & Detox Coaching
- Personalized Hormonal Balancing Herbal Blends
- I-ACT certified Colon Hydrotherapy
- Manual Lymphatic Drainage
- Ionic Foot Bath Treatments

## From Scratch Wellness

Located in Haven Wellness Center  
603 Geneva Road • St. Charles, IL  
2nd location in Mundelein, IL  
**630-945-3867**  
www.fromscratchwellness.com



**intake of anti-oxidants, substitute coffee which is acidic with green tea which provides powerful plant anti-oxidants.**

Yearly herbal cleanses are beneficial to improve detoxifying capacity and function of organs such as the liver, colon, and kidneys. **We clean out our homes and cars but we never clean out the inside of our bodies. Detox cleanses are an important adjunct to living a cancer free life.** Consult your natural health practitioner to determine which cleanse is best suited for you.

Our bodies require movement to stay healthy. Movement increases circulation and releases endorphins which improves our emotional state, reduces stress, and assists detoxification through sweating and by stimulating bowel health. Find a form of exercise that you really enjoy so it becomes something you look forward to. Try qigong in Huntley, salsa dancing in Naperville, or kayaking down the Fox River. Getting out of our comfort zone or exercise rut can be invigorating.

Negative thought patterns create molecules of emotion which our body uses in building our physical health. What we think becomes our reality and acidic thoughts are just as impacting on our health as acidic foods. To break negative thought patterns consider working with a life coach, read *The Work* by Byron Katie, or listen to other empowering speakers. Our thoughts become things, choose the good ones.

For more information on nutritional coaching and herbal detox programs contact Jennifer Stanley, traditional naturopath with From Scratch Wellness Services at [www.fromscratchwellness.com](http://www.fromscratchwellness.com) or call 630-945-3867.

**ALL INFORMATION FOR EDUCATIONAL PURPOSES ONLY**

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Jennifer Stanley

Jennifer Stanley, Traditional Naturopath, graduated from Midwest University of Naturopathic Medicine. Jennifer Stanley is certified through the American Naturopathic Certification Board as a Traditional Naturopath. She is also an I-ACT certified colon hydrotherapist. She owns From Scratch Wellness Services located within the Haven Wellness Center in St. Charles and also has an office in Mundelein. Jennifer Stanley offers naturopathic and customized nutritional consultations, colon hydrotherapy and manual lymphatic drainage. For more information contact Jennifer Stanley at 630-945-3867 or [www.fromscratchwellness.com](http://www.fromscratchwellness.com)