

Pretox Newsletter

Welcome to The Gleason Center's Detox Program! This is your chance to reset your health and get on the right track.

We are always asked "How can I best prepare for the 21 day detox program?". First, you need to start to withdraw from those foods and beverages that are causing you problems. If you are a big coffee or alcohol drinker start to reduce your intake to avoid headaches the first few days.

You are also going to avoid all grains and sugars during your three-week detox so we suggest that you start to wean yourself off these problematic foods.

- Grains include bread, pasta, crackers, pretzels, etc.
- Sugars include soda, fruit juice, dried fruit, and sweet fruit.

If your diet has been bad, you may need to take an additional supplement to open up your bile duct and gall bladder. Toxins exit your body through these "drains" and you will want to make sure they are open. We suggest taking a supplement called LV-GB (Draino) at each meal to thin your bile and open up the ducts.

It is also important to prepare yourself physically and mentally. If you already exercise, continue your regular routine. If you have been sedentary we suggest that you start to take a short walk or exercise bike session every day to improve vascular and lymphatic circulation.

Mental preparation is also important so continue or return to your relaxation practice. This may include yoga, breathing exercises, contemplative prayer, visualization or affirmations. There is an APP called Relax lite that you can download. It is a simple but effective guided breathing program. It only takes a few minutes per day, I even do it while on my morning commute.

Dr. Weessies and I, along with the entire staff here at The Gleason Center, are looking forward to detoxing with you and to start or restart you on your Personal Path to Health!

Sincerely,
Dr. Daniel Gleason, DC