

## **The Cleansing Response – Physiological Reactions to Glyconutrients**

By Dr. Reg McDaniel, MD and Spencer Hunt of [www.ifoundhealth.com](http://www.ifoundhealth.com)

Your cells and your digestive system need water. It is recommended that you increase your intake of water, and that you consume the glyconutrients with (or right after) a meal. It is recommended that for your first few months, that you take an increased amount of the glyconutrients. Some people may experience a slight cleansing response. The following are help tips from Dr. Reg McDaniel, the man who was invited to speak to the Colorado State Senate about the relationship between stem cells and glyconutrients.

As you begin to change your diet and supplement your diet with our exclusive health-building products, positive changes begin to happen within your body. The ideal reaction is the gradual development of an increased sense of well-being. At first you will notice that you do not tire so easily. You will have more sustained energy during the day, and you will not become tired so early in the evening. As sense of well-being increases, you may begin to feel more emotionally and psychologically secure. Little things do not bother you as they once did. Your old patterns will begin to change from "grumpy" ones to "happy" ones. However, in a significant minority, a number of uncomfortable reactions may occur as you begin to physiologically balance your body chemistry and revitalize your immune system through the support of cellular communication. It is not easy for your body to adjust overnight to a long history of inappropriate diet.

The longer the deficiencies have existed, the more prevalent the response is likely to be. Corrective responses that may occur are associated with: fever, rash or hives, excessive gas, runny nose, headaches, insomnia, increased thirst, weakness, lethargy, loss of appetite, nausea, diarrhea, fever blisters, dry mouth, canker sores, constipation, dizziness, nervousness, and various body aches and pains in joints and muscles. When these reactions occur, you can be assured your body is making positive changes toward an improved state of health. If you recognize these as the cleansing response, it will be easier to accept them as steps on the road to better health. These conditions are a small price to pay for long-lasting benefits.

### **Reasons for Reactions**

#### Immune Response

When your body is exposed to long periods of emotional, physical and environmental stress (heavy metal, petrochemical, other chemical exposures) combined with an inappropriate diet, your natural defense system can become compromised and less efficient. When the immune system is restored, the reactions may come in the form of flu-like symptoms.

#### Toxic Dump

The human body has an amazing cleansing system for eliminating toxins that accumulate in the body. This system can also become inefficient and allow toxins to build up and be stored, especially in body fat, rather than be eliminated. Once this natural cleansing system begins to work more efficiently, reactions can occur. These reactions result from the stored toxins begin released faster than the liver, kidneys, skin and lungs can remove them from the body. These reactions can include loss of appetite, nausea, headaches and swelling in various lymph glands throughout the body.

### Allergic-Type Reactions

These reactions can be caused by a deficiency of hydrochloric acid in the stomach and/or by dysfunctional or exhausted liver and adrenal glands. An allergic-type reaction can include skin rashes and shortness of breath.

#### What To Do

1. Attempt to drink at least one half your body weight in ounces of water, or a combination of fruit and vegetable juices, per day. This will help flush out the toxins and support the cleansing of the kidneys.
2. Increase your intake of fruits, vegetables, and bran from cereals. This can help accelerate the removal of toxins of any type.
3. Include an activity component in your daily routine. Walking for 15 minutes is a good place to start. Exercise is another good way to support detoxification.

If the reaction is too strong for you to tolerate, you can reduce or even discontinue the supplements for a couple of days, and then gradually build back up to the recommended amounts. This routine may need to be repeated, depending on the depleted condition of your body and the amount of repair needed at the cellular level.

### **MY AILMENTS BEFORE TAKING GLYCONUTRIENT PRODUCTS**

Draw a line to the part of your body that you are experiencing a symptom or problem of any kind and write down the problem you're having. Put all your problems down and around the drawing, everything from aches and pains, skin conditions and diagnosed diseases.

Don't forget to include the date you started adding these glyconutrients to your diet.  
\_\_\_\_\_ day \_\_\_\_\_ month \_\_\_\_\_ year

