

## Step Four – Healthy Maintenance Principles for Life

Congratulations you've made it to the final step; which by the way is the beginning. You see these maintenance principles/tasks are designed to be a part of your life for the rest of your life. This is where you support your body by giving it what it needs in order to maintain balance and stay disease free. I know you've heard the phrase, "Death starts in the colon", and it's true. That phrase simply means that when you eat dead foods (*processed, preservatives & too much salt and sugar*) your cell reproduce using those foods causing the organ it's attached to will start to degenerate and eventually malfunction. In the Body Transformation world, LIFE starts in the colon because you will consume foods that promote life.

### A. Detox & Cleanse:

Before you start your lifestyle management program, take the steps to get your digestive system and organs ready by cleansing and detoxing by chelation methods. I realize many people use those terms interchangeably; in addition to confusing it with fasting. I want to make sure you know the difference between them. Detoxing/chelation is a method of getting toxins like: lead & mercury poisoning from the blood stream, calcium build-up out of the arteries, preservative toxins out of the liver from processed foods consumption, and the removal of parasites like; worms and yeast. Detoxifying and chelation are accomplished by use of different herbs; supplement and medicinal teas that bind to these toxins and help excrete them from the body more efficiently. Cleansing is a method of exposing the digestive system and colon to concentrated nutrients that adjust the pH balance causing bad bacteria and stubborn fecal matter to pass more efficiently. Cleansing is accomplished by consuming medicinal herbs & teas, and supplements. Please note some programs provide a dual action of detox and cleanse in one kit. During any detox or cleanse program, better results are realized when the diet is restricted to the consumption of: distilled water, cold water fish (*salmon, herring & mackerel*), organic fruits & vegetables and the eliminating of "ALL" other forms of sugars, dairy and unfortunately red meats. After cleansing, invest in an effective probiotic to replace the good bacteria into the digestive system. Fasting on the other hand is used in spiritual strengthening by eliminating food and consuming liquids to quiet the flesh in order to hear the voice of God more clearly. There are different types of fast as described in the bible, and God's guidance is highly recommended. When it comes to detoxing and cleansing, once or twice a year should be effective now that you are living a healthier lifestyle; otherwise quarterly would be ideal. I have provided a few links to the detox and cleanse programs I've used and highly recommend. One of the most important benefits of cleansing is to increase absorption of nutrients.

Before I leave this subject I must share another method of detox not related to the body, but centered on personal "toxic" relationships. These are relationships you have with individuals (*family or friends*) that create a spiritual heaviness, increase anxiety when in their presence or you just simply feel better when they are not around and you don't miss them when they leave. I'm not suggesting you eliminate them out of your life totally, but removing them from the front row of your life's theater may be a good idea. Let them know you are taking on a lifestyle change and give them a date and time limit of your availability for conversation or fellowship. In other words, make them dance by the beat of "your" drum; you can thank me later! 😊

## **B. Colonoscopy Vs. Colonics:**

Here's a couple of topic that appears to be a little confusing for many, and I want to shed a light on them both. WebMD.com defines a **Colonoscopy** as a test that allows your doctor to look at the inner lining of your large intestine (*rectum and colon*). He or she uses a thin, flexible tube called a colonoscope to look at the colon. A colonoscopy helps find ulcers, colon polyps, tumors, and areas of inflammation or bleeding. This procedure is covered by medical insurance either as preventive or diagnostic. You'll need to refer to you medical policy to determine how it's covered. Also, this particular procedure does not provide healing, disease reversal or reliving of pain or discomfort. Its sole purpose is to identify and diagnose a medical condition. A **Colonics** or colon hydrotherapy is a colon irrigation procedure similar to enemas. It refers to the use of water gently used for internal cleansing of the large intestines without drugs or chemicals. Some therapy use herbs mixture with other liquids to remove toxins and bacteria. Colonics help keep the colon clean to prevent stagnated fecal matter & bacteria from forming cancerous cells, polyps, tumors and inflammation or bleeding. Colonics on the other hand are not covered by medical plans; therefore, you have to pay out of pocket for the procedure. When you weigh the cost of cancer treatment versus the cost of a colonic procedure to prevent cancer, it's well worth the investment. Scheduling a colonoscopy annually is a great idea as a free preventive visit just to make sure all is well. On the other hand, getting a colonics once or twice a year can help ensure your colonoscopy results are clean as a whistle.

## **C. Supplementation (vitamin & minerals):**

Many people are not supplementing their diet with supplements simply because a lack of knowledge. I live a healthy lifestyle and I still incorporate supplements in my diet; especially vitamin C, D3 and fish oils. These three supplements alone help boost the immune system and have prevented me from being vulnerable to air born illnesses; especially around my office. Besides that, the soil used to grow our vegetables is not as nutrient dense as it was many years ago. The best thing you can do is find out where you are vitamin and mineral deficient. Spectra Cell Laboratories has been performing micronutrient testing for years using a patented technique called Functional Intracellular Analysis, which measures how an individual nutrient is being processed inside a cell. The test is performed on your lymphocytes, one type of white blood cell. Some researchers believe cellular analysis is superior to measuring levels of nutrients in serum or plasma because testing these latter two doesn't determine if the nutrient accomplished anything.

Here's a list of what's measured in the Spectra Cell test (*pour yourself another coffee—it's lengthy*):

### **Vitamin A**

#### **B complex vitamins**

B-1 (thiamine)

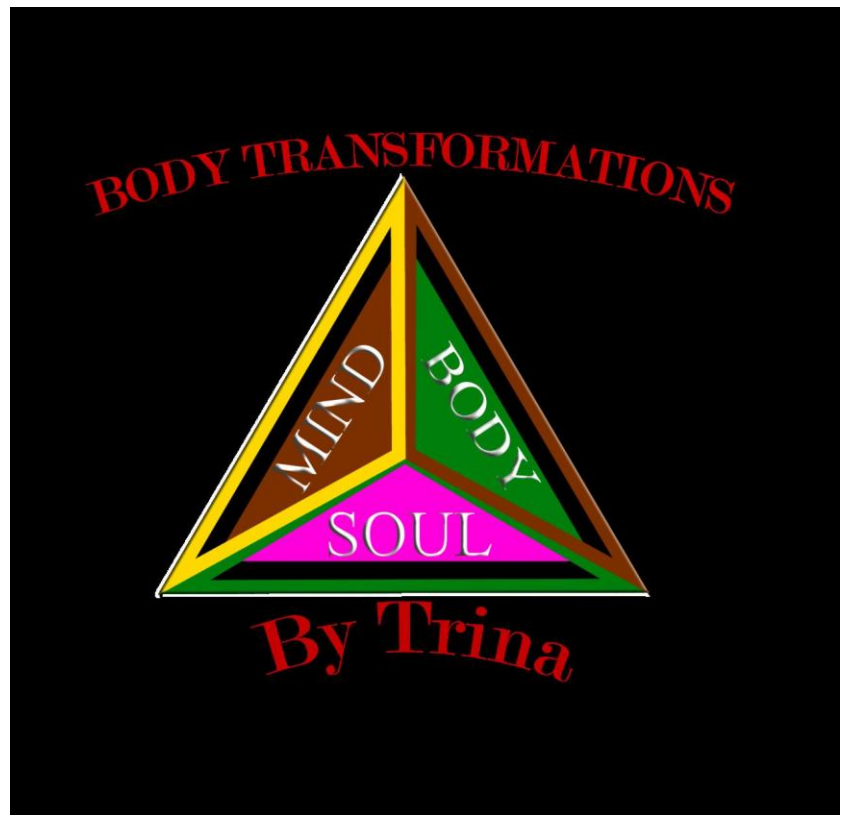
B-2 (riboflavin)

B-3 (niacinamide)

B-6 (pyridoxine)

B-12 (cobalamin)

Folic acid  
Pantothenate  
Biotin  
**Vitamin C**  
**Vitamin D**  
**Vitamin E**  
**Vitamin K**  
**Amino acids and metabolites**  
Serine  
Glutamine  
Asparagine  
Choline  
Inositol  
Carnitine  
**Fatty acids**  
Oleic acid  
**Minerals**  
Calcium  
Magnesium  
Zinc  
Copper  
Manganese  
**Antioxidants**  
Glutathione  
Cysteine  
Coenzyme Q-10  
Selenium  
Alpha lipoic acid



The test also measures these specific cellular functions:

**Carbohydrate metabolism** (*abnormalities point to increased diabetes risks*)

Glucose-insulin interaction

Fructose sensitivity

Chromium

**Total antioxidant function** - Low levels of antioxidants are linked to increased susceptibility to chronic degenerative diseases.

**Cellular immunity function** - measures your cell-mediated immune system performance (*T-cell proliferation*), a systemic measure of your general health (*higher = better*).

When the results are returned (I send them by email with the test attached, followed by a hard copy), Spectra Cell also provides a list of recommended supplements and dosing levels. If you have a lot of deficiencies, I generally encourage you to schedule a visit with one of my nutritionists. If you have just one or two low results, you can purchase the supplements right on line at The Vitamin Shoppe. This test is not covered by insurance because it is not used to diagnose a medical condition treatable by prescription drugs.

[www.BodyTransformationsByTrina.com](http://www.BodyTransformationsByTrina.com)