

“Detoxification” by Dr. Pam Popper

When people begin making positive changes in their diet and drinking a lot of water, it is not unusual for them to experience detoxification. One of the most common symptoms is gas, bloating and diarrhea or constipation, particularly if the individual is using the Juice Plus capsules and making the Juice Plus Complete Shake.

One of the reasons for this is that during the years when people consume a diet deficient in water and fiber the colon accumulates a lot of waste because it does not have the proper materials to clean itself out properly on a regular basis. Increasing water and fiber intake begins to ‘chip away’ at the accumulated fecal mater, causing gas and diarrhea.

The more uncomfortable someone is, the more toxic they are, generally speaking. There are two options, and which one is best determined by the personality of the individual. Some people would like to get the detoxification process over as soon as possible. Others have more difficulty dealing with the symptoms and should reduce the number of capsules and/or reduce the amount of everything added to the shake and gradually increase the dose until their bodies can tolerate good food.

Increasing water consumption to an appropriate amount usually does cause more trips to the bathroom, particularly in the beginning. Eventually this reduces after the body has had a cleaning out.

Some people get sick, which is natural since all of the toxins stored in the fat tissue are now circulating in the system. The fat tissues are the storage depot for all of the pharmaceutical and over the counter drugs that have been taken, and food additives, coloring agents and other negative things that have been consumed.

It is not unusual for people to develop rashes or skin disorders, since some of the stored “garbage” may come out through the skin. I have known former cancer patients whose experienced chemotherapy drugs they took 10 years ago coming through their skin when they converted to a high-fiber, high-water diet.

It is common to ask how long the unpleasant symptoms will last. This varies from person to person, based on how long they have been taking less than adequate care of themselves, how much body fat they have, and how sweeping the changes are that they are making. A person who makes a complete shift to a plant-based diet and begins an exercise program at the same time will detoxify faster than a person who begins the process more slowly.

Also, it is not unusual to experience detoxification several times during a few-year period. Changing your lifestyle is like peeling an onion, and as the body heals and rebuilds it may, from time to time, continue to purge.

The hard part is getting someone to stick it out until the symptoms resolve. But, it is always better to have the “stuff” out rather than in, and discontinuing will only mean starting the process over again at some future time. There really is no short cut.

About Dr. Pam Popper

Pamela A. Popper, is a naturopath and nutritionist, graduating from Central States College of Health Sciences, and the founder and Executive Director of the Wellness Forum, a chain of health and wellness centers located throughout the United States and the Far East.

In addition to creating the courses used in the Wellness Forum Centers, Pam is the author of several books and textbooks on the subject of health and nutrition, as well as three cookbooks. She has created nutrition and lifestyle programs which are approved for continuing education units for medical professionals and her programs are offered for credit in universities and teaching hospitals.

Dr. Popper's interest in health and wellness of children led her to form the Wellness Forum Foundation in 2000. The Foundation provides educational programming for teachers, as well as grants for teaching material and food samples for classroom use. The Foundation's goal is to help children understand the importance of a healthy diet and its impact on health.

Over 300 corporations and government agencies have utilized Pam's programs to improve health and wellness for their employees.

Pam and her associates have provided both individual and group counseling about health to tens of thousand of people in many locations. Pam is a sought-after lecturer who has addressed groups as small as 20 and as large as several thousand across the Unites States, Canada, Europe and the Far East.