



# GliSODin Skin Nutrients

LOMBARDI PLASTIC SURGEY CENTER  
Anthony Lombardi, M.D., F.A.C.S.  
Laurie Lombardi, C.N.  
32 Corbett Way  
Eatontown, NJ 07724  
(732) 460-9555  
<http://www.laurielombardi.com>  
<http://www.doctorsofcosmeticsurgery.com>

Detoxification is a process where the body releases harmful toxins that can accumulate over time. Toxins can include heavy metals, chemical toxins, microbial compounds, and bi-products of protein metabolism.

This product was specially formulated to promote detoxification through the liver, kidneys, intestinal tract, and skin to promote optimum health. Many studies have shown that poor health and oxidative stress can lead to blemished, discoloured and dull skin, as well as premature aging. GliSODin Skin Nutrients- Advanced Detoxification Formula contains potent antioxidants and botanical extracts to prepare the body to handle environmental stresses, and rejuvenate, protect, and maintain the body and mind.

### **What can happen during the process?**

During some detoxification processes, toxins are released from tissues and build up in the bloodstream en route to being excreted, temporarily causing a worsening of symptoms before they are completely excreted.

Symptoms = headache, breakouts, fatigue, moodiness, bowel disturbances

When you eliminate or cut back on certain foods, your body eliminates toxins. Your body will try to expel toxins in any way it can: from your liver, via bowel movements, and through your skin's pores.

While you are detoxing, your body focuses on releasing toxins, so you might feel under the weather because you have all of this garbage traveling throughout your body.

Think of it as deciding to clean a very dusty house for the first time in years. When you start sweeping the dust, it's going to get into the air and make it hard to breathe. You'll feel better when you've gotten all the dust out, of course.

The same goes for trying to brush away toxins in your body, you will feel the ill effects of dredging toxins up and out. However, by day three these symptoms will subside, and your energy level, will increase, and your skin will begin to appear more radiant, and you will feel less bloated. Eating well throughout the duration of the detox is important; you achieve the best results following the eating program designed for you.

This is most often associated with die-off of toxin-producing organisms, like yeasts, fungi, parasites, and bacteria, but may theoretically occur with release of other kinds of toxins.

### **A properly functioning liver is vital to health.**

#### **What is the liver and how does it function?**

The liver is your largest internal organ and it performs many functions including detoxification of the body. The liver works by both filtering toxins directly and by altering toxins so that they can be removed at other stages of detoxification. The liver filters toxins from one quart of blood every minute. After the liver processes these endotoxins (produced in the body), exotoxins (from outside the body) and other wastes, they are sent to the kidneys and colon for elimination.

#### **Detox Program**

When participating in a cleansing program it is important to nourish your body with healthy foods and drink plenty of water to assist in the detoxification process. Although the Advanced Detoxification Formula will initiate toxin elimination on its own, it is recommended to follow a healthy eating plan. We recommend following a nutrient dense eating plan to support the Advanced Detoxification Formula to maximize your results.

#### **Foods to Avoid**

- White sugar (pop, candy, ice cream, desserts)
- White flour (white bread, crackers, pizza dough, pasta, buns)
- Alcohol (excluding red wine however limit to 2 glasses per week)
- Trans fats
- Fried food
- Pre-packaged convenience food

#### **Foods to eat in Moderation (2-3 times per week)**

- Wheat products (Couscous, whole wheat bread)
- Meat (steak, chicken, pork)
- Fruit juice (jarred or canned)
- Corn
- Peanuts and peanut butter
- Dairy products

- Eggs
- Shellfish
- Soy milk
- Condiments (ketchup, vinegar, mustard, relish, soy sauce)
- Coffee

### **Healthy Foods to Consume**

- Vegetables (leafy greens, squash, beets, chilli peppers, onion, garlic, broccoli, cauliflower, turnip, fennel, carrots, ginger)
- Fruits (berries, grapes, cherries, pineapple, papaya, apples, pomegranate, peaches)
- Whole grains (brown rice, bulgur wheat, millet, whole-rye bread, Ezekiel bread, spelt bread)
- Legumes (lentils, chickpeas, beans, hummus, black beans, tahini)
- Fish
- Healthy fats (Avocado, olive oil, sunflower oil, walnut oil, sesame oil)
- Raw nuts and seeds
- Sprouts
- Rice pasta
- Tofu/tempeh
- Spices (turmeric, cayenne, ginger, oregano, garlic, basil, dill, cilantro, cloves, cinnamon, garma marsala, curry)
- Tea (herbal tea)
- Fresh juice