

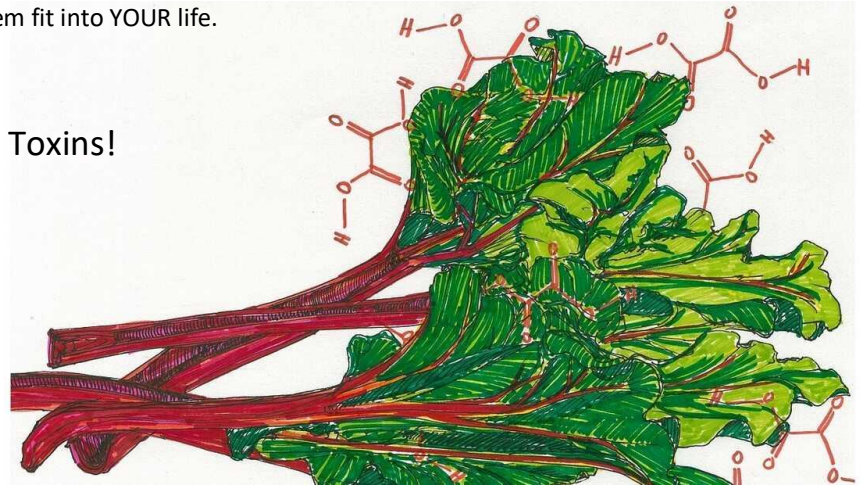
## The 2024 Daybreak Summer Nutrition Seminar Series

### Lesson 11- The Most Delicious Poison- Detoxifying Plants!

#### Part 1- The Rules of the Course/Review Last Week's Lesson

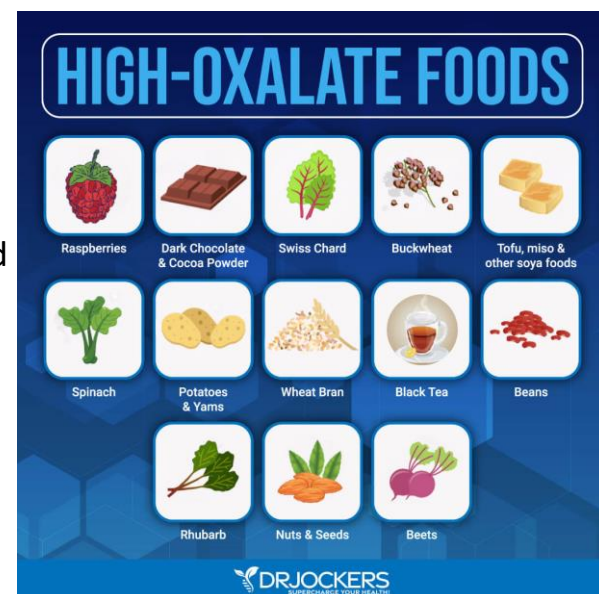
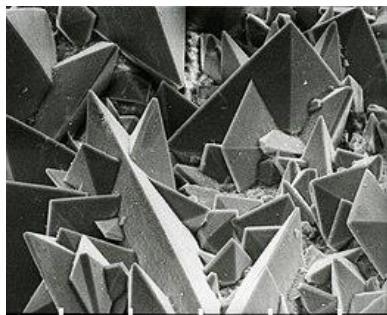
- 1) I am the all-knowing nutrition wizard-guru-ninja, I'm always right (Eye roll).
- 2) "The goal is to keep the goal the goal".... So, what's yours?
- 3) YOU are in charge of your health. Do NOT outsource it to someone else.
- 4) Understand the principles and make them fit into YOUR life.
- 5) Have fun!

#### Part 2- Botany 101- All Plants Have Toxins!

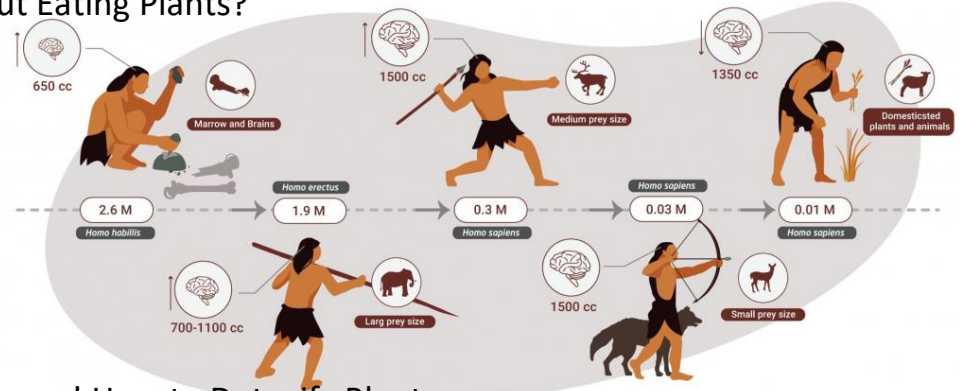


#### Part 3- Deficiencies and Surpluses

#### Part 4- Plant Toxins- Oxalates, Lectins, and Phytic Acid



## Part 5- Will You Die Without Eating Plants?



## Part 6- Humans Are Omnivores! How to Detoxify Plants.

**Percentage of patients who resolved or improved chronic health problems consuming an animal-based diet:**

- 89%** :Autoimmune disease
- 93%** :Obesity and increased body weight
- 80%** : Low body weight
- 93%** :Hypertension
- 98%** :Diabetes and Insulin resistance
- 97%** :Gastrointestinal disorders
- 88%** :Endocrine problems
- 96%** :Brain fog

## Homework- Respect Plants!!

### Resources-



Belinda S Lennerz et al Curr. Dev. Nutr.  
2021 Harvard Medical School

Boundless Body Radio- Eat Like a Human with Returning Guest Dr. Bill Schindler! 223

<https://www.buzzsprout.com/1244183/9674639>

Boundless Body Radio- Toxic Superfoods with Returning Guest Sally K. Norton! 310

<https://www.buzzsprout.com/1244183/10891782>

Boundless Body Radio- More Plant Toxins with Oxalate Expert Monique Attinger! 370

<https://www.buzzsprout.com/1244183/11633413>

Boundless Body Radio- The Great Plant Based Con by Jayne Rees Buxton! 303

<https://www.buzzsprout.com/1244183/10885983>

Boundless Body Radio- The Plant Free MD Dr. Anthony Chaffee! 261

<https://www.buzzsprout.com/1244183/10376244>