



## HEALTHY DETOX

### The Essentials

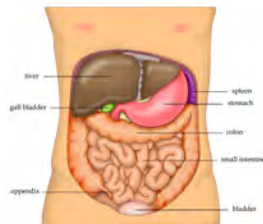
### What is Detox?

- **NOT** a special diet like a cleanse or fast
- Daily process occurring primarily in the liver
- Removes toxins from blood
- Effective detox is necessary for good health and to reduce disease risk



### Meet Your Liver

- Eastern medicine teaches that liver disfunction is the root cause of most illness
- A workhorse responsible for processing blood, glucose storage, cholesterol management, proteins -> amino acids, and much more...
- Produces bile critical for fat absorption, toxin elimination via stool



## Toxins...The More You Know

- Harmful compounds made by bacteria, plants or animals, AND produced by human activity and introduced into the environment via air, food, water
- Also endogenous usually from compromised digestion, inefficient metabolism, or poor detoxification
- Toxins not eliminated from the body stored in tissue (fat, muscle, brain) or recirculated through the body
- Detox efficiency affected by age, environment, chronic disease, diet/lifestyle, genetic variants

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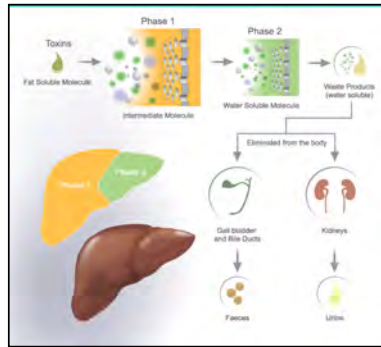
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## Liver Detox Phases

- Phase 1—Transformation
- Phase 2—Conjugation  
\*free radical risk if IMs do not complete Ph2
- Successful completion of phases is nutrient dependent



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## What's Your Toxic Load?

1. Air: pollution, tobacco/fireplace smoke, fragrances, indoor air quality
2. Unfiltered Water: drinking, cooking
3. Medications: OTC, prescribed
4. Endotoxins: body's metabolic processes, hormones, microorganisms
5. Conventional foods: GMOs, hormones/AB/ in animal foods, herbicides, pesticides
6. Caffeine and Alcohol (\*liver prioritizes detoxing alcohol)
7. Excess sugar: HFCS
8. Ultra-processed, convenience foods, dining/take-out: preservatives, additives, industrial oils, chemicals in packaging
9. Household: cleaners, food storage/cooking
10. Personal Care: body, beauty

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Phase 1	Key Nutrients*	Foods
	vitamin A	Liver, egg yolks, whole dairy, cod liver oil
	vitamin C	citrus, red bell pepper, strawberries, tomatoes, broccoli, cabbage, spinach
	vitamin E	nuts, seeds, whole grains, soybeans, avocado
	selenium	Brazil nuts, mushrooms, organ meats
	zinc	oysters, beef, lamb, nuts, seeds, legumes
	magnesium	dark leafy greens, nuts, seeds, brown rice
	B-complex vitamins	dark leafy greens, mushrooms, cauliflower, broccoli, asparagus, beets, organ meat, fish, shellfish, poultry, eggs, whole dairy

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Phase 2	Key Nutrients	Foods
	B-complex vitamins	see above
	sulfur	meats, fish, egg yolks, onions, garlic cabbage, Brussel sprouts, kale, turnips (all alliums, cruciferous vegetables)
	amino acids—glycine, glutamine, cysteine (these 3 make glutathione, a major detox/antioxidant nutrient), taurine	bone broth, meat, organ meats, seafood, poultry, spinach, whole dairy, alliums and cruciferous vegetables
Synergistic Herbs and Spices for all Phases		Foods
		green tea, turmeric, cilantro, milk thistle, dandelion, chlorella/spirulina, bitter foods

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## Every Day Detox Essentials

1. Buy unprocessed, whole foods and prepare most meals at home
2. Limit alcohol, sugar, white flour foods
3. Get quality dietary fats—EVOO, avocado, fatty fish, ghee, coconut oil
4. Hydrate with filtered water and herbal tea
5. Nourish your microbiome with probiotic foods
6. Eat dinner early and set an early bedtime
7. Poop every day!




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## Up Your Detox Game

- **Aim to get at least 25 grams of fiber everyday.** High fiber foods include avocado, raspberries, pears, almonds, steel cut oatmeal, chickpeas, winter squash, broccoli, chia seeds
- **Identify and resolve any food sensitivities** by keeping a food journal and monitoring symptoms, or testing suspected foods by doing a trial elimination
- **Exercise,** practice yoga or lymphatic massage, use saunas
- **Reduce toxins in your environment** by replacing with nontoxic options with the help of EWG resources

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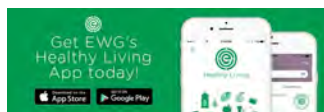
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## Resources

- Environmental Working Group (nonprofit and consumer advocacy)
- Consumer guides on tap water/database, body and household cleaning products, Dirty Dozen/Clean 15. Favorites include the Decoder for Meat and Dairy Labels, Home Guides, Tapwater Database



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## Detox Support

- N-acetyl-cysteine (NAC), 500-1,000 mg/day—increases glutathione production
- Vitamin C (food-based), 1,000-4,000 mg/day—antioxidant to quench free-radicals
- B-vitamin complex—phases 1 and 2 support
- Magnesium Glycinate, 200-400mg—phase 1 enzymes, stress support/sleep (take before bed)
- Supplement Brand Recs—Thorne Research, Pure Encapsulations, Paleo Valley (vitamin C complex)

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## More Support

- Detox teas that include burdock root, dandelion root, ginger, licorice root, cardamom seed, and/or cinnamon bark
- Milk Thistle (silymarin), 200 mg/day (taken before bed), Gaia Herbs
- Digestive Bitters, 1/2 dropper with meals, Urban Moonshine



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## Change up your morning coffee routine... Dandelion Root Latte

- 1 cup filtered water
- 3-4 roasted dandelion root tea bags
- 1/2 cup full fat coconut milk
- pinch of ground cinnamon and grated nutmeg
- sweetener of choice (optional)

Bring water to boil and pour over tea bags in a mug. Let steep for at least 5 minutes. While tea is steeping heat coconut milk in a small saucepan.

Add brewed tea and milk to a blender and blend. Or, froth milk using a frother and then stir together with brewed tea. Garnish with spices. Enjoy!



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