



## PREPARATION BEFORE YOU DO A DETOX

### WHAT IS DETOX

Detox, short for detoxification, is the body's natural, ongoing process of neutralizing and eliminating toxins. Toxins are substances that can potentially harm body tissue, such as waste products that result from normal cell activity and chemicals that we are exposed to in our environment, food, and water. The liver, intestines, kidneys, lungs, skin, blood, and lymphatic systems work together to transform toxins to less harmful compounds and excrete them from the body.



### WHAT HAPPENS DURING A CLEANSE

Your liver then dumps these toxins into your upper GI tract as part of a bile mixture used for digestion. This reintroduces these toxins into your digestive system, where they can be quickly reabsorbed through intestinal walls and cause acute toxicity where you are essentially being “re-poisoned” with the same exact toxins your liver just pulled out of your blood. Your kidneys also remove many toxins and flush them out of your body through urine. This is why kidney function is so crucial to your health.

It is a good idea to prep your body for at least 30 days prior to any detox/cleanse. You will have a safer, more successful cleanse with less side effects.



## NOURISHING TIPS

### HYDRATION IS THE KEY

- Drink clean, filtered water
- Drink 1/2 your body weight in ounces
- Add lemon to your water
- Add a pinch of sea salt to water for added minerals

- Eat organic & grass fed foods
- Avoid alcohol and drugs
- Include beets, dark leafy greens and cruciferous vegetables
- Eat plenty of foods high in b-vitamins, vitamin A, zinc & magnesium
- Add targeted nutrients such as, milk thistle, ginger & phosphatidylcholine

### SUPPORT KIDNEY & LIVER

### GET BOWELS MOVING

- Emphasize fiber -rich foods
- Drink more water
- Eat prunes
- Increase Magnesium

### GET LYMPH & BLOOD FLOW MOVING

- Dry brush skin
- Rebound
- Take epsom salt baths
- Take brisk walks daily