

# DETOXIFICATION PRIMING THE PATHWAYS

## DIET SHIFT

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- What to Include
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- Nutritional Support

## DIGESTIVE

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- Fiber
- Enzymes
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- Nutrients
- Binding
- Castor Oil Packs
- Enema & Gallbladder
- Ditch Toxins

## FUNCTIONAL TESTS

- Food Sensitivity
- Heavy Metals (HTMA)
- Environmental Toxins
- Myco Toxins
- Glyphosate Test
- Organic Acids (OAT)

## NOURISH FUNCTIONAL HEALTH

As a Nutritional Therapist, we partner to bring your body to homeostasis through nutrition and lifestyle adjustments.

## 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 DETOX?

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.

## TOTAL TOXIC-LOAD



“Toxic load” refers to the volume of toxic substances that have been accumulated in the body at any given time and the overall burden it places on the body systems and vital organs. Toxins come from countless sources, many of which we are not even aware of. Environmental threats, chemicals, and radiation are three of the most common categories. If you start a detox without priming your detoxification pathways - you are at risk of harming your organs.

Visit our [Nourish Shop](#) for an easy way to Ditch toxins and Switch.

# DIET SHIFT

## Include



**Nutrient Dense Foods:** Organic fruits & vegetables, gluten free grains in moderation, nuts & seeds, cold-pressed oils (olive, avocado, sesame), coconut oil, raw butter or Ghee, wild caught fish, organic, grass fed protein sources, herbal teas, fresh pressed vegetable juices, fermented foods & increase raw food consumption.

## Eliminate



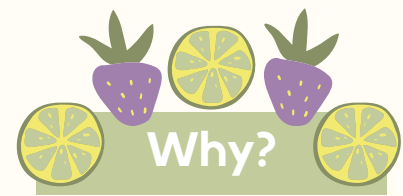
Processed foods, processed sugar, white flour & gluten containing grains, artificial ingredients, chemical additives, excess caffeine, hydrogenated oils/ vegetable oils, dairy products, soft drinks, GMO foods. Fast foods of all kinds.

**Nourishing Tip:** Be very mindful of sugar in-take. Think fresh, whole foods - not processed box foods.

## Nutritional Support



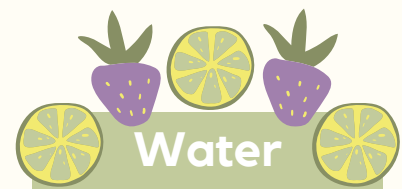
**Supplements:** Supplements can be an extremely important part to supporting your body during a detox. Certain vitamins and minerals are needed for our detoxification pathways to work properly. Reach out for a **Supplement Consultation** if you would like guidance. We offer professional grade options and a discount to you.



Food provides ALL living things with the chemical building blocks they need to grow, reproduce & detoxify. Food serves as a source of raw materials from which the cells of the body can synthesize new molecules.



Choose organic, GMO Free, free-range, grass-fed and wild caught fish whenever possible.



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.

# DIGESTIVE

## Fiber

Fiber works by grabbing a hold of toxins and pulling them out through bowel elimination. Two types of fiber:

**Soluble** - dissolves in water; good for constipation or diarrhea.

Example: pectin, psyllium, flax seeds.

**Insoluble** - also good for constipation, bulks stools. Example: cellulose, hemicellulose, lignans.

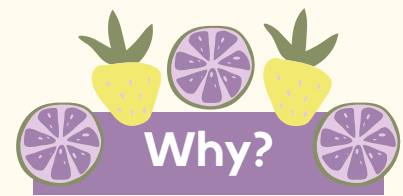
## Probiotics

Probiotics can improve transit time and help reduce overgrowth of less desirable gut bacteria. They can help increase stool frequency and improve stool consistency (Bristol Stool Scale). We love spore-based forms and taking them at night.

**Nourishing Tip:** Try not to snack in between meals - leave at least 4 hours between each meal. Helps with the motor motility of your gut.

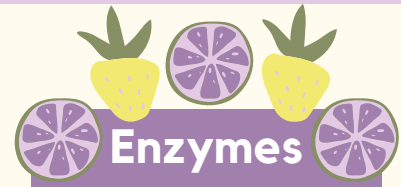
## Address Constipation

Improving bowel motility is a key aspect of detoxing. The bowel is where the liver dumps its toxins and it must be eliminated in a timely manner to avoid re-absorption of those toxins. Work to increase to a minimal of one-bowel movement a day prior to increasing active detoxing.



## Why?

The bowels are a major pathway of elimination. The liver & gallbladder release toxins in the bowel to be removed from the body. Sluggish bowels can lead to re-toxification from the chemicals & waste intended to be removed.



## Enzymes

Digestive enzymes, HCL & bile acids support detoxification & motility by assisting the breakdown of foods. Increases nutrient absorption.



## Water

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.

# LIFESTYLE

## Sleep

Sleep is a critical component of detox. Adequate sleep allows your brain to reorganize, recharge, and eliminate toxins that accumulate throughout the day. It allows your organs and muscles to take a break, so they can rest and address repair. If you have significant sleep issues - this is something that should be addressed. Reach out - we have helped many reset their sleep.

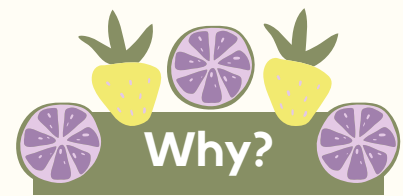
## Excercise

Exercise increases the metabolic rate enhancing elimination of waste through breathing, sweating and increased circulation. Movement improves bowel and kidney elimination. Increases lymphatic flow and drainage.

**Nourishing Tip:** Work with a Nutritional Therapist or a Health Coach has shown to increase success in reaching your health goals.

## Stress

Everyday stresses can play a big role in our health. Chronic stress is implicated in blood sugar issues, insomnia, weight challenges, heart issues, & stomach problems, ect. We often do not realize we are stressed. Pay attention to your daily stress and take notice where you can begin to lower. Journaling can help.



Our everyday choices can be a roadblock in not allowing a health condition to shift for the better. It is important to recognize daily choices add to our staying stuck. Work to recognize the areas of your life that may be holding you back.



Toxins can be excreted from the body through sweat without taxing the liver and kidneys. Exercise & sauna increase sweating. Extra hydration is needed.



Epsom Salt baths are an easy and cheap tool to add. The benefits are numerous - relax=lower cortisol, sweat=detox, sulfate=liver magnesium=relax/sleep.

# LIVER

## Nutrients

Eat organic & grass fed foods. Avoid alcohol and drugs. **Include:** beets, dark leafy bitter 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. Be sure to always drink enough clean filtered water to help flush the body.

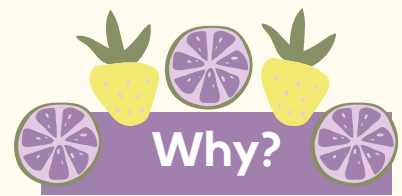
## Castor Packs

Castor oil can help move the bowels, recycle more glutathione in the liver, and promote neurotransmitter production for a better mood. It involves using a warm castor oil compression your skin, commonly over your liver.

**Binding Toxins:** Is very important to avoid the reabsorption of toxins. (charcoal, apple pectin, clays)

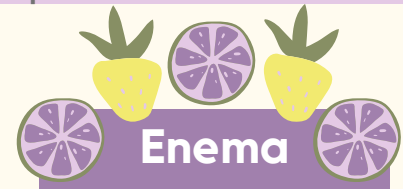
## Ditch Toxins

The liver normally removes and breaks down most drugs and chemicals from your bloodstream. Breaking down toxins creates byproducts that can damage the liver. Although the liver has a great capacity for regeneration, constant exposure to toxic substances can cause serious, sometimes irreversible harm.



## Why?

The liver is the gateway to health. The liver primarily processes nutrients from food, makes bile, removes toxins from the body and builds proteins. It metabolizes many drugs. It breaks down fat and produces cholesterol.



## Enema

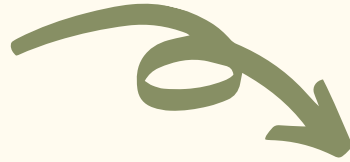
Coffee enemas are thought to stimulate bile flow and the production of glutathione, a detoxifying antioxidant. Must always use organic coffee and distilled water.



## Gallbladder

The gallbladder stores bile. Bile for digestion and absorption of fats and fat-soluble vitamins in the small intestine. Add in foods: Beets, artichoke and dandelion greens.

## TEST FOOD SENSITIVITY (IGG)



Those suffering from digestive disorders, such as irritable bowel syndrome (IBS) or eosinophilic esophagitis, often find they have some type of food reaction that contributes to their symptoms. Those with IBS who performed an elimination **diet based on IgG** antibodies to specific foods (a test that we and many other functional medicine practices regularly use) were found to exhibit an overall decrease in symptoms. The most common foods excluded were yeast, eggs, cashews, dairy, and gluten. Interestingly, many of those same foods can be a trigger for those experiencing eosinophilic esophagitis. Dietary avoidance shows that food can play a large role in eosinophilic esophagitis.

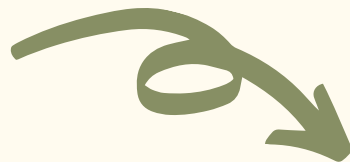


## MORE REASONS TO EAT ORGANIC

### Did you know? Organic diet lowers glyphosate?

According to a new study reported by Environmental Health News, if people switch to an all-organic diet, the levels of the most widely used weedkiller in the world swiftly and dramatically plummet in their bodies. The levels of glyphosate, the main ingredient in Bayer's Roundup herbicide, dropped quickly just a few days after the adults and children began their transition to an all-organic diet. On average, the levels of glyphosate and its breakdown product aminomethyl phosphonic acid fell by more than 70 percent in both children and adults, with reductions seen after just three days of an organic diet.

## DITCH & SWITCH FOR YOUR FAMILY



### Did you know? Endocrine disruptors have the ability to interfere with our reproductive systems.

The recent article posted 3/10/21 titled, "Spermageddon": How items you use every day are contributing to a decline in fertility, - talks about the possible link to endocrine disruptors and the ever-growing fertility challenges people are facing. Endocrine disruptors are useful chemicals for our daily life, Professor Swan says, but they can also be harmful, so its important to pay attention.

**Stop the influx of Toxins by Ditching & Switching. We have an easy guide available that can make this process easier.**