

5 Truths About Detoxification

1

"Detox" Defined

The word "detox" is often misused in the wellness industry. Our bodies have a natural detoxification system that works to eliminate toxins and waste products, such as used hormones, on its own. The liver, kidneys, lungs, gut, and skin play important roles in this process.

2

Toxin Sources

All humans are exposed to toxins every day, both from outside sources & naturally made inside our bodies.

Chemical:

- Air
- Cleaning Products
- Mold
- Heavy Metals
- Water

Biological:

- viruses, fungi, bacteria
- Metabolic:**
 - high insulin or uric acid
 - chronic disease inflammation

Internal: emotional, physical, trauma, stress

Food & Soil:

- Food additives, coloring, preservatives
- Hormones & antibiotics
- Sweeteners
- Pesticides, herbicides

3

Personalized Differences



frequency of bowel movements, urination, sweat



nutrients you eat



genetics

existing health condition

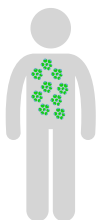


toxic burden: frequency & amount of toxin exposure



4

Body Fat Protects



When toxin levels are high, your body creates body fat to protect your organs, which can cause weight gain or a weight loss plateau when losing weight rapidly. This is one reason why eating nutrient-dense foods is important during weight loss, especially if eating less food.

5

Nutrient Support

Your body uses specific nutrients to support detox functions.

Fiber: aim for 30-35 grams per day

Glutathione: Bok choy, Brussels sprouts, cabbage, cauliflower, cucumber, green beans, okra, kale, avocado

Antioxidants: garlic, onions, soy, pomegranate, artichoke hearts, citrus fruits, berries, green tea, herbs, spices