

30 Day Whole Body Detox

1. Most important step is to reduce average daily toxin exposure, so your body can focus on the big stuff
 - Take a break from alcohol, caffeine, smoking, sugar, fast food, processed food
 - Switch to natural cleaning and personal hygiene products
2. Adequate water intake, aid hydration w/electrolytes (small dash pink salt is full of electrolytes)
 - 12 cups per day for women
 - 16 cups per day for men
3. Daily detox smoothie
 - Just water and whole fresh fruits and veggies, no ice, no dairy
 - Use blender, not a juicer
 - Mix it up daily with different combinations of these foods: celery, spinach, apple, lemon, pineapple, berries, dandelion greens, purple cabbage, beet, carrot, cucumber, cilantro, parsley, ginger, turmeric
4. General healthy foods to focus on: eggs, salmon, fruits, vegetables, brown rice, bone broth, avocado, cultured yogurt, nuts, grass-fed free range meats, kombucha
5. Address constipation if needed
 - Ideal is about 2 formed bowel movements per day
 - Increase fiber, magnesium, aloe, prunes, figs, flax seeds
 - May need enema or short term laxatives, consult doctor
6. Promote sweating & circulation
 - Exercise, walking, yoga, massage, infrared sauna
 - Do at least one of these every day and mix it up
7. Do whatever you can to reduce stress and/or increase stress relieving activities
 - Being out in nature, meditation, acupuncture, massage, talking with a friend or therapist
 - Stress increases inflammation and lowers immunity
8. Supplements that aid detox: barley grass powder, spirulina, Atlantic dulse, glutathione, milk thistle, charcoal, active vitamin B complex, probiotics