Why “Detox”?

Benefits of lowering our body’s toxic load:

- Weight loss
- Clear skin
- Mental acuity
- Reduced stress
- More energy
- Improved immune function
- Better digestion
- Reduced cravings

Liver

What Does the Liver Do?

Clears the blood of drugs and other poisonous substances.

Without a properly functioning liver, toxic substances will remain in our bodies, affecting the functioning of other organs and our overall health.

Failing liver function can manifest as weakness, fatigue, nausea and vomiting.

Liver

Daily Habits To Support Liver Function

- Drink a cup of warm water with lemon juice lemon juice (~2 tbsp) first thing in the morning.
- Eat more leafy greens – e.g. kale, spinach, chard.
- Eat more cruciferous veggies – e.g. broccoli, cauliflower.
- Use Milk Thistle supplement
- Reduce alcohol intake
- Reduce packaged and processed foods (liver has to process the chemicals in these products, adding to its workload)

Colon

Daily Habits To Support Colon Detox

- Ensure adequate fiber intake – balance both soluble and insoluble fiber.
- Drink apple and carrot juice, or eat them raw.
- Practice twisting yoga poses to aid digestion and peristalsis.
- Include physical activities in your daily routine.
- Eat more cruciferous veggies – e.g. broccoli, Brussels sprouts, cauliflower, bok choy.
- Use probiotics to ensure colon health.
- Get enough Vitamin D.