

Detoxing Tips for a Modern World

Recipes and Quick Reference Guide

Daily Practices to Support Detoxification

- Eat organic. More on food below.
- Drink plenty of plain water. Add cut fresh fruit and vegetables for flavor if needed. Eight glasses a day is a good start for most people.
- Move your body. Daily walks as a minimum but any activity that encompasses full-body movement is important to enable your lymphatic system (waste disposal) to work.
- Sweat. Toxins are eliminated through your skin. Heavy exercise will accomplish this, but saunas and hot yoga are good too.
- Optimize your gut health and bathroom regularity. Constipation causes toxins to be reabsorbed in your gut. You must get the waste out regularly. This requires enough fiber (through eating vegetables and other plant-based foods), drinking water and may require a high-quality probiotic.
- Prioritize restful sleep. Stop eating at least 3 hours before bedtime. Find ways to relax without electronics at least an hour before bed. 7-8 hours is optimal for most people in a dark, quiet, cool room.

Useful Supplements

Being nutrient deficient in general contributes to toxicity as your body needs a range of vitamins and minerals to operate optimally and all processes are connected. But here are some to prioritize (quality brands listed at the end):

- Vitamin B-complex. All the B vitamins are important and work together so a combination supplement is a good place to start. But niacin (B₃) and cobalamin (B₁₂) might need higher amounts than in a typical combo depending on your current health and nutrition.
- NAC (N-acetyl-cysteine) helps enhance your glutathione production which is critical for the liver to carry out its detoxification processes.
- Zeolites are nano-sized particles that can attach particularly to heavy metals even in the brain and help carry them out of the body. Available as a tasteless spray you just squirt in your mouth. Safe for kids.
- Magnesium is needed in hundreds of processes but so many people are deficient. Magnesium Glycinate is particularly helpful to support detoxification.
 - Taking a bath in Epsom salts (Magnesium sulfate) can be helpful particularly if you're detoxing too fast and having a bad reaction.



Food Essentials

AVOID

- Ultra-processed food. If it comes in a box or a packet read the ingredients carefully. If you cannot visualize the items growing in nature then toss it.
- Anything with added sugar.
- Conventionally grown fruits and vegetables. Review the Environmental Working Group's latest [Dirty Dozen list](#) of the most contaminated foods.
- Factory-farmed animals and fish. Seek out organically raised grass-fed animals and wild-caught fish.
- Alcohol. Metabolizes to formaldehyde and puts too much strain on the liver which needs to focus on eliminating all the chemicals you can't avoid.

ADD

- Plenty of greens like arugula, parsley, cilantro, spinach, as well as spirulina or chlorella if you can find clean sources.
- Cruciferous vegetables like broccoli, cauliflower, Brussels sprouts
- Microgreens are fun to grow at home and add to salads (all types from various vegetables as the seeds sprout)
- Allicins like onions, garlic, and leeks
- Granny Smith (green) apples, lemons, cucumber (see recipe below)
- Seaweed (all types) – high in iodine which can help draw toxins out of the body

3-Day Detox Plan

The best solution for our modern lifestyles is to be supporting detoxification daily with the tips already mentioned. But if you feel the need for a focused kick-start to the new you, this 3-day plan is a good option (even for just a day or two):

- An hour after waking: Lemon water
- Breakfast: Detox green juice (best to have waited 12-14hrs since you last ate)
- Snack: Cucumber, celery and carrots (chopped into sticks)
- Lunch: Seaweed salad
- Optional snack: Activated (sprouted) nuts and seeds
- Dinner: Detox soup with Chia pudding for dessert



Lemon Water

- 12oz filtered (or spring) water
- Juice of ½ a lemon
- (optional) ½ inch ginger root
- Instructions: Squeeze the lemon juice into the room temperature water. Finely grate the ginger and add to the lemon water.

Detox green juice

- 3-4 (organic) celery stalks washed, leaves removed
- 1 small (organic) cucumber, skin well washed
- 2 (organic) kale leaves (curly or lacinato), stalks included
- Handful of fresh (organic) parsley
- ½ lemon or a whole lime (peeled)
- 1 (organic) grannie smith apple
- Instructions: Juice all the ingredients together in a cold=press juicer and drink right away.

Seaweed Salad

- 1-2 (organic) cucumbers chopped into small pieces
- 1 (organic) carrot grated
- 1 ripe (organic) avocado chopped
- Microgreens such as alfalfa, watercress, broccoli sprouts
- Handful of fresh cilantro or parsley (organic)
- 1 sheet nori seaweed chopped
- 1 tablespoon sesame or pumpkin seeds
- Dressing: Mix the juice of 1 lemon with 1 tablespoon of tamari (GF soy sauce) and 1 tablespoon finely grated ginger.

Detox Soup

- 4 cups filtered (or spring) water
- 4 medium sized zucchini chopped
- (Optional) 3 celery stalks chopped
- 1 cup fresh (organic) green beans



- 1 bunch fresh parsley including stems and leaves
- 3 medium tomatoes
- 3 garlic cloves chopped
- Real salt (1-2tsp) OR 1tbsp organic miso paste
- Fresh or dried herbs such as thyme, rosemary, oregano, basil
- Instructions: Simmer all ingredients in a large pot for at least 30 minutes. Blend in a blender or with a stick immersion blender. Serve warm or at room temperature.

Chia Pudding

- 1 cup almond or coconut milk (home made or if store bought make sure it excludes “gums” or carrageenan).
- 2 teaspoons of chia seeds
- 1 tablespoon of hemp seeds
- 1 teaspoon ground cinnamon
- Instructions: Combine ingredients in a glass jar and shake well. Refrigerate for at least 30 minutes. You may want to add a few berries for an extra treat.

Where Toxins Lurk

Fixing your food is the most important step in detoxification so your food becomes your medicine to support your detoxification systems and not adding to the burden. But here’s a checklist to get you started of other places to work on to reduce your toxic load. Resources provided at the end.

Personal Care

- Make-up
- Shampoos and conditioners
- Soap
- Lotions and body oils
- Toothpaste and mouthwash
- Clothes made from unnatural fibers

Household

- Cookware – non-stick pans in particular
- Plastic containers



- Laundry detergent
- Cleaning supplies
- Furniture treatments
- Pest control
- Mattresses and bedding
- Carpets especially new ones
- Mold due to untreated moisture can give off mycotoxins

Other

- Pharmaceuticals (including vaccines of all kinds)
- Electronics (electro-magnetic frequencies are a form of toxin creating damage to the human body) especially cell phones that we have in close proximity and blue tooth headphones.
- Dry-cleaning chemicals
- Car exhausts
- Chemicals used on golf-courses or farmland you live close to

NOT an exhaustive list.

Resources

General

- Environmental Working Group. *EWG.org*. Consumer information on products such as food, cosmetics, water, and sunscreen with helpful databases and guides.
- Center for Science in the Public Interest. *cspinet.org*. Information on additives in food and other healthy living topics.
- Campaign for Safe Cosmetics. *SafeCosmetics.org*. Advocacy and information.
- Shield Your Body. *ShieldYourBody.com*. Products to help protect you from EMFs.
- Aquasana. *aquasana.com*. Water filtration products including whole house/business.
- Multipure. *multipure.com*. Smaller water filters.
- IQair. *iqair.com*. Information and products dedicated to air pollution, monitoring, and purification.
- Truly Free. *trulyfreehome.com*. Cleaning products without toxic chemicals.



Apps

- Yuka: scan the food in your cupboards or personal care products to see an independent rating of any toxic ingredients.
- Think Dirty: scan household, beauty and other personal care products to see toxic ingredients.

Supplements

- Touchstone Essentials. thegoodinside.com. Zeolites products for cellular and whole body detox particularly from heavy metals.
- Other high-quality brands:
 - Designs for Health. designsforhealth.com
 - Garden of Life. gardenoflife.com
 - Jarrow Formulas. jarrow.com
 - Pure Encapsulations. pureencapsulations.com
 - Thorne Research. thorne.com

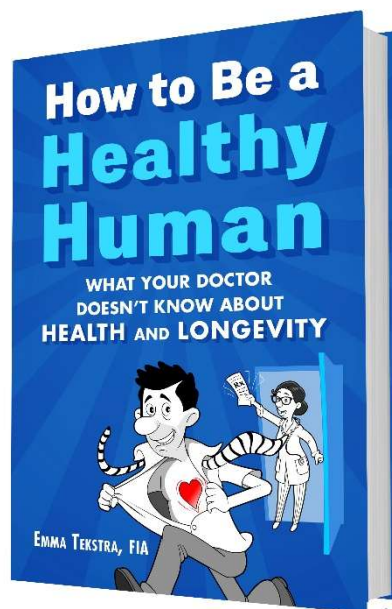


Illustration from Chapter 4 of How to Be a Healthy Human; What Your Doctor Doesn't Know About Health and Longevity – We are like the frog bathing in the water as it gradually heats up: he won't jump out. We don't notice all the toxins around us as each single exposure is imperceptibly small but the cumulative exposure is what breaks down our body.