

# **HEALTHY & HOLISTIC DETOX CHALLENGE GUIDE & WORKBOOK**

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### INTRO & WELCOME:

Supporting detoxification in our body, through the liver, gut, lymph and skin, is a fantastic way to improve how you look, feel and function as a whole. When our detox pathways are "clogged up" it can show up as symptoms like digestive issues, fatigue, hormone imbalances & more.

If you are having trouble losing weight, feeling bloated all the time, trouble focusing, having consistent headaches or migraines – these can all be signs your body needs support.

Our physiology will affect our physique – meaning, what is going on internally will dictate how we look (and feel/function!)

One of our body's most underappreciated organs is the LIVER. The liver has to process EVERYTHING your body intakes (consciously or not).

Liver Functions: Detoxification of your entire system including metabolites, protein synthesis, metabolism regulation, hormone regulation, & production of chemicals for digestion. It does SO much for our body & with today's toxic environment (food, air etc) it is critical to support our liver's natural processes.

However, we don't need to undertake drastic measures to "cleanse" our systems. Our bodies have an amazing ability to detoxify themselves, and we can use common herbs to assist that natural cleansing process. When it comes to a (spring) detox, think in terms of gentle supportive tactics for cleansing, not deprivation and drastic measures.

Juices, teas, cleanses & detox kits...take this, drink that, and they market that you will get your dream bod like THAT. Uh uh...it unfortunately doesn't work that way. And remember – Going on a detox is great, but healthy lifestyle changes are even better!

Before you get into taking action – let's brainstorm first. Grab a sheet a paper (or ok, even Notes on your phone) and spend a few minutes jotting down ideas of where you want to get started.

### Questions to ask yourself:

"What is currently NOT serving me and my health?"

What/where have I been wanting to make a change in?"

"What in my environment would I like to change (clutter, products etc)?"

"What mental and emotional stress do I need to let go of?"

"What habits do I need/want to start implementing (or improve consistency) with?"

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Detoxing can mean improving your physiology – but from a holistic approach – it can also mean getting rid of toxic people, relationships, and environments.

It can be creating less clutter, donating items, cleaning & organizing, creating more physical space. Your mental load and your environment (i.e. your house, workspace) are two areas we don't address enough – but they have a huge impact on our health!

Less clutter, less energy spent on crappy people – less stress – and a happier, healthier you!

FIRST: REMOVING & REDUCING as many toxins as possible

SECOND: Lifestyle changes & habits with our body & mind to support natural detoxing

Here are the areas we will be focusing on:

Nutrition

Water & Hydration

Movement/Exercise

Non-Toxic Natural Products

Supplements & Misc Tactics

Gut & Liver Support

Healthy Environment

Mental & Emotional Health

### THE TOP 10 BEST “DETOX” PRACTICES:

**1 Drink more water:** Did you know that water makes up approximately 65% of our bodies? Adequate water intake is necessary for proper body functioning. It is a natural detoxifier for our bodies, as it helps replenish balance within our cells and to flush out toxins. Drinking more water will increase energy levels, improve digestion, circulation, and organ functioning. It also reduces bloating, improves skin tone, and increases mental clarity. Drink up!

**2. Eat your veggies:** Being healthy isn't always about eating less...it is about fueling your body with the nutrients in the proper quantities. Vegetables contain high levels of micronutrients (vitamins & minerals) that are essential for overall well-being. They are also high in fiber and low in calories, which provide satiety and aids in proper digestion & energy balance. Try adding 1 cup of veggies to your dinner or have a colorful salad with lunch. Try incorporating 1 new vegetable a week to your meals.

**3. Reduce your sugar intake:** Highly processed foods containing white sugar, flour, trans fats and/or GMOs are highly inflammatory to our bodies, increase insulin & blood sugar levels,

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fatigue, and provide little nutrients! Other foods to consider would be dairy and vegetable oils. Aim to reduce and ultimately eliminate all these “foods”.

**4. Get moving:** Physical activity will improve circulation, energy levels, digestion & strength & endurance. The more you move the energy you gain! Sweating is a natural way of removing toxins from the body. Regular exercise also increases serotonin levels (aka the happy hormone) so you will be fitter AND happier!

**5. Prioritize Sleep:** Sleep and proper recovery is one of the most underrated factors when it comes to naturally balancing your hormones, improving energy, and detoxing. Sleep is when our body removes toxins, grows & restores energy & cellular balance. Prioritizing sleep is crucial to truly optimal health. Aim to get a consistent 7-8 hours a night. Set up a nightly routine that will help train your body to get ready for bed.

**6. Get R & R:** With our non-stop busy lifestyles, rest and down-time is usually pushed on the back burner (if it even exists!) Unfortunately many people deal with chronic stress (physical, mental, environmental and emotional).

High cortisol levels are linked to ALL major diseases, decreasing your overall health! High cortisol levels have been shown to decrease hormone production, which regulates your metabolism, moods, digestion, etc.

Reducing stress (and ultimately balancing your hormones) is critical for optimal wellness. Schedule time each day for you: it might include reading, meditation, prayer, or spending time with loved ones. Keep a gratitude journal or practice breathing techniques. Reduce or eliminate the stressors that you can control. Your Negative Nancy friend? Buh-bye! Find a new project or hobby that will keep you excited about. All these little things add up!

**7. Invest in Quality Supplements:** Even though the optimal way to nourish our bodies is through whole foods, we can't always eat the “perfect” diet with all vitamins and nutrients. Supplementation is a great way to fill the gaps between your diet. It ensures that you are intaking the proper nutrients that your body needs.

Whole-Food Based Multi-Vitamin

Whole food based guarantees that is not synthesized (and with a methylated form of B9 folate), and it is easier for your body to absorb it.

Omega 3 (with EPA & DHA)

Most common form is fish oil; 1000mg is the RDA for most adults. Look for labels that say “enteric coating” and “molecularly distilled” for better quality.

**Probiotics:**

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Your gut and digestive tract is full of organisms and bacteria. Probiotics are a type of "good" bacteria that you DO want in your GI tract, as it helps to fight off bad bacteria & foreign organisms. Adding in a probiotic supplement can dramatically improve your gut health, and can reduce IBS symptoms, bloating, etc.

### 8. Reduce the "hidden" toxins in our environment:

Some stressors may include:

Environmental toxins (chemicals & ingredients found in personal care & cleaning supplies, plastics etc).

Pollutants/Smog/Fumes

Alcohol, or tobacco consumption

Consistent use of OTC medications or antibiotics (like ibuprofen, excedrin etc)

### 9. Clear out the Physical and Mental Clutter:

As described above, brainstorm different things your house and workspace (even your car) needs some TLC. Also consider if there are relationships, people, or any responsibilities that you start to let go of, to better your overall health.

### 10. Miscellaneous Tactics:

These support the liver, gut and lymph systems, and can/should be incorporated alongside the other habits.

Dry brushing

Sauna use

Massage

Rebounding

Air filter & purifier for your home/workspace i.e. (Air Doctor)

Essential oils: frankincense, lemon, orange, tangerine, rosemary, geranium, juniper berry, cilantro

Herbs:

Dandelion

Yellow dock

Burdock

Chicory root

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### WHERE TO START:

1. Review the content and resources below in the guide. Print out what you feel is helpful to have on hand (i.e. the Checklists)
2. Watch the Welcome Video from me for more clarity and direction.
3. Start brainstorming of the areas of your life and environment that have potential to be cleaned up and changed to a better, cleaner alternative.
4. Decide where you can AND want to start making changes. My recommendation is to start with just a few areas and small changes - more is not always better!  
I want to include all of the areas that you CAN improve on, but you do not need to implement ALL of them (or tackle them ALL currently)

Focus on the biggest areas that you feel need the most help & just.get.started :)

5. Throughout the next 2 weeks, Fill in the Daily Checklist/BINGO card with the specific tasks you have started (and hopefully completed!)

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### ACTION STEPS:

Choose any of these to get started!

1. Brain dump/journal the areas of your lifestyle that need improvement
2. No alcohol for the challenge
3. Drink at least half your bodyweight in ounces of water per day
4. Get a stainless steel or ceramic water bottle (ditch the plastics!)
5. Throw out any trigger or junk food in your house
6. Do the Kitchen Clean Out
7. Add in veggies to at least 2x meals/snacks
8. Add in a source of healthy fiber: cruciferous veggies, beans, lentils, flax, chia, oats
9. Swap in better brands and/or organic items when shopping
10. Get at least a 30 min workout
11. Walk at least 8k steps a day
12. Create a list of areas of your environment to declutter
13. Clean out/de clutter one area of your house or work space
14. Arrange your work space with something positive & uplifting (photos, plants)
15. Donate items (that you've been meaning to for months!)
16. Use the EWG app to scan your items/find new options
17. Swap in one non toxic beauty or self care product
18. Swap in one non toxic cleaning or household product
19. Implement 1 small night time habit to help unwind & improve sleep
20. Spend 5 minutes doing deep breathing
21. Spend time outside barefoot (l.e. grounding)
22. Try a lymphatic drainage tactic
23. Try one of the drink recipes
24. Order a new supplement to try