

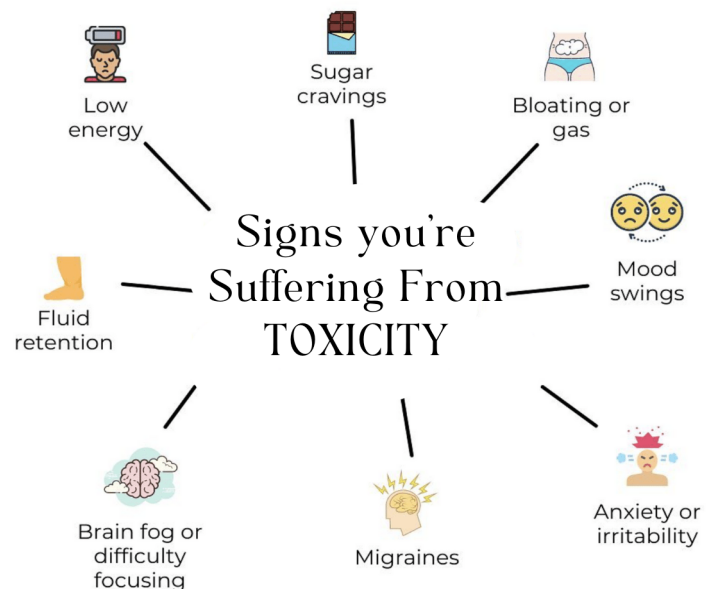
The Ultimate Detoxification Guide

Scientists estimate that the average adult carries at least 700 toxins within their body, while a newborn's body can contain over 200 toxins.

Most people don't realize that they are CONTINUOUSLY being exposed to toxins - the constant exposure results in an ever-increasing body burden, or toxic load, of chemicals. One of the most common exposures is to toxic farm chemicals: pesticides, herbicides, and fertilizers. Other sources of toxicants include materials used in new construction, carpet chemicals that can off-gas into the air, paint, household cleaners, mixed metals used in dental repairs, synthetic materials found in dental products, and even personal hygiene products applied to face, skin, and hair. Air pollutants are found in regional or work industrial areas, primary or second-hand smoke exposure, and auto exhaust. On a daily basis, your liver, kidneys, large intestine, lymphatic system, and sweat glands work to reduce the body burden, or buildup, of these environmental contaminants.

How toxins negatively affect the body, toxins:

- Disrupt hormones
- Increase inflammation
- Impair the immune system
- Cause weight gain
- Cause neurological conditions
- Cause migraines/ headaches
- Cause brain fog
- Cause leaky gut
- Cause acne/skin-related issues
- Damage organs, cell membranes, and enzymes
- Cause chronic disease/ illness



Most people assume toxins simply enter the body then exit swiftly via urine and sweat. So, when they eat a heavily processed meal, they think, “I’ll just sweat it out at the gym in the morning!” But the truth is the detoxification process is MUCH more complex than that. The body has the natural ability to detoxify but hasn’t evolved to withstand the level of chemical input found in our modern environment. Therefore, making sure you’re detoxifying on a cellular level is key. And since toxins exit through multiple organs - the liver, kidneys, lungs, colon, and skin, it’s important for the toxins to be able to leave the cell AND get out of the body, or else they will recirculate, causing further damage and symptoms.

Whether we realize it or not, we ALL come into contact with chemicals EVERY. SINGLE. DAY. These chemicals enter the body when we eat, drink, clean, put cosmetics on, etc., and they’re absorbed through the skin and GI tract, which is how they enter the bloodstream. Once they’re absorbed, people tend to respond to chemical exposures in different ways. Some may come into contact with a chemical and have mild symptoms, while others may be more sensitive and get sick. But you may not realize that even something as minor as brain fog, fatigue, or headaches can be attributed to a heavy toxin burden or build-up. This is why I always say our bodies are always communicating with us because it’s absolutely true. The symptoms you’re feeling are always signs of something underlying going on, and in many cases, it’s a sign that you’ve been exposed to too many chemicals. The thing about toxicity is it starts off slow, and eventually, symptoms get worse and worse, and deficiencies develop.

Toxins Most People Are Exposed to Daily



Glyphosate – found in GMO crops, wheat, processed foods, lawn care



Mercury – from dental fillings, seafood, and some vaccines



PFAS – found in waterproof fabrics, non-stick cookware



VOCs – found in paint, insulation, flooring and other home materials



EMFs – electromagnetic fields



Toxic Mold – homes, dormitories, workplaces and vehicles

On a positive note, you can reduce your contact with chemicals by

- Reading labels thoroughly and being aware of chemicals in everyday products
- Going organic and washing fruits and vegetables
- Checking your home, office, car, etc., for mold
- Investing in a high-quality water filtration system like a Berkey
- Eliminating processed foods
- Invest in a high-quality air filter like AIRDOCTOR

Nutrients & Herbs that Aid Detoxification

What you put on your fork matters; a whole food nourishing organic diet will support the body before, during, and after detox. Food works with all seven of our body systems for optimal function. Food is information that controls gene expression, hormones, and metabolism.

- **Cruciferous vegetables** like broccoli, Brussels sprouts, organic kale, collard greens, cauliflower, etc., are powerful for detoxification. Try to consume at least 1 cup daily.
- **Garlic cloves:** Garlic is not only antiviral, antibacterial, and antibiotic, but it contains a chemical called allicin, which promotes the production of white blood cells and helps fight against toxins. Try to consume 2-3 raw garlic cloves a day.
- **Bitter greens:** Nutrient-dense greens, including dandelion greens, watercress, kale, and arugula, help to improve digestion, support the liver, and reduce inflammation. Greens are a gentle detox food to include daily and easy to add to a smoothie.
- **Omega 3 fatty acids** regulate important biological pathways, including fatty acid synthesis, oxidation, and breakdown of triglycerides, or fats, in the blood. (Wild salmon, sardines, herring, walnuts, almonds, pecans, macadamia nuts, avocados, extra-virgin olive oil, pumpkin, sesame, chia, flax, and hemp seeds).
- **Probiotics** have been suggested as a treatment for the prevention of chronic liver damage because they prevent bacterial translocation and epithelial invasion and also inhibit bacterial mucosal adherence and the production of antimicrobial peptides while decreasing inflammation and stimulating host immunity. (Kimchi, Sauerkraut, Kefir, Fermented Vegetables).

- **Artichokes:** Artichokes contain silymarin, an antioxidant that protects liver cells.
- **Lemons:** Adding a slice of lemon to your water can help to stimulate digestion, bile flow and support the immune system.
- **Organic green tea** in the morning instead of coffee. Green tea contains EGCG, a powerful polyphenol that supports the body's ability to detoxify.
- **Prepared herbal detoxification teas** containing a mixture of burdock root, dandelion root, ginger root, licorice root, sarsaparilla root, cardamom seed, cinnamon bark, and other herbs are fantastic for detox.
Liver cleansing teas to try: [Roasted dandelion](#), and [everyday detox](#).
- **Dandelion greens** help detoxify the liver, improve bile flow, and increase urine flow.
- **Milk thistle:** The seeds of a milk thistle plant can be ground and brewed like tea, either alone or with other herbs, as gentle liver detoxification support. Milk thistle contains silymarin, like artichoke, to protect and regenerate liver cells.
- **Bioflavonoids** found in grapes, berries, and citrus fruits aid in detoxification.
- **Celery** increases urine flow and aids in detoxification.
- **Cilantro** helps remove heavy metals.
- **Rosemary** contains carnosol, a potent booster of detoxification enzymes.
- **Curcuminoids** (turmeric and curry) for their antioxidant and anti-inflammatory action.
- **Chlorophyll** found in dark-green leafy vegetables and in wheatgrass aids in detoxification.

- **Betaine** can help break down fatty acids in the liver, and it has also been shown to aid liver function. (Spinach, Beets, Broccoli, Whole GF Grains).
- **Licorice root** - Recent studies on the hepatoprotective effects of licorice suggest that it can reduce liver injury by enhancing antioxidant and anti-inflammatory capacity.
- **Schizandra** improves liver function by stimulating enzymes (proteins that speed up biochemical reactions) and promoting liver cell growth.
- **Berberine** can promote the excretion of cholesterol from the liver to bile, and, as a result, blood lipid can be reduced.

Supplements That Aid Detoxification

Liposomal Glutathione - liposomal glutathione helps detoxify the liver, optimize cognitive functions, promote energy and recovery, and help to reduce signs of aging in the skin. Essentially, glutathione conjugation helps to detoxify and eliminate poisons and toxins in the liver, lungs, intestines, and kidneys. At the same time, the conjugation of glutathione with toxins helps to detoxify and eliminate fat-soluble toxins and heavy metals.

N-Acetyl-L-Cysteine - (NAC) stimulates glutathione biosynthesis, promotes detoxification, and acts directly as a scavenger of free radicals. It is a powerful antioxidant and a potential treatment option for diseases characterized by the generation of free oxygen radicals.

Liver Detox Support - Liver Detox Support combines milk thistle extract with a unique herb-enzyme blend to create a balanced botanical formula for the support of healthy liver function. Liver Support also features glutathione, a potent free radical scavenger that also plays a critical role in maintaining the body's normal elimination pathways. Nutrients such as N-acetyl cysteine and methionine are included to support the body's own production of glutathione.

[Biocidin Botanicals Detox:](#)

Biocidin - Biocidin clears unwanted microbes and biofilms while selectively enhancing beneficial organisms while combining 18 botanical extracts and essential oils. The result is a potent, broad-spectrum formula that targets the entire GI tract and helps maintain the delicate balance of microorganisms in the microbiome. Its far-reaching effects include support for biofilm cleansing, immunomodulation, healthy digestion and elimination, and detoxification.

GI Detox - As Biocidin works on biofilms and microbes, mobilizing LPS, metals, mycotoxins, and unwanted microbial byproducts, G.I. Detox binds and clears, ensuring comfort and compliance. G.I. Detox is formulated with zeolite clay, activated charcoal, silica, apple pectin, humic powder, and aloe vera to provide broader activity than a single-ingredient binder.

[CellCore's Foundational Protocol](#)

The Foundational Protocol is a four-month approach to supporting detoxification. It's designed to balance the gut microbiome, increase energy levels, and optimize digestive and immune health.

[Phase 1: Energy & Drainage](#) supports the body at the foundational level by delivering key nutrients for mitochondrial health and drainage function. Phase 1 combines supplements that are gentle on the system and that properly prepare the body before promoting periods of deeper cleansing.

BC-ATP and CT-Minerals optimize mitochondrial function and energy production, which supports the body in all of its processes. BioToxin Binder steps in to promote a balanced gut microbiome and healthy digestion, while KL Support further optimizes drainage with several herbs used traditionally to promote kidney and liver health.

KEY BENEFITS

- *Optimizes mitochondrial health and ATP production*
- *Promotes the body's natural detoxification processes*
- *Supports healthy drainage pathways*

Formulated with Carbon Technology Carbon Technology is a proprietary blend of fulvic acids and polysaccharides that support cellular repair and the body's natural ability to detoxify.* With a low pH, Carbon Technology also helps protect ingredients from being digested by stomach acid, so they remain intact as they enter the desired location in the body.

Click **[HERE](#)** to register as a customer
The patient direct code is: **LqihQnwz**

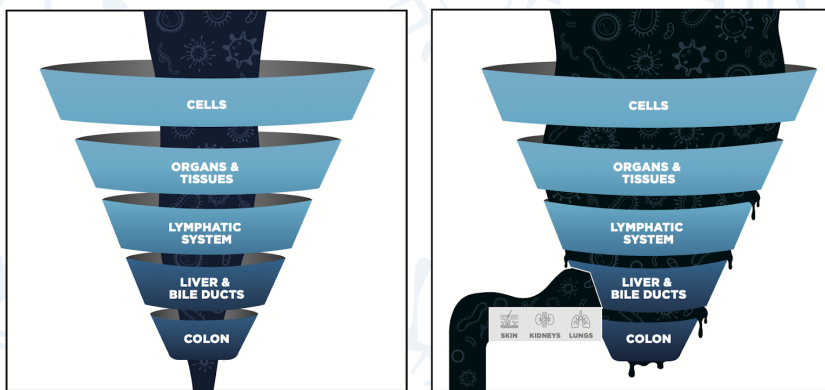
The information and supplements provided is not medical advice and is not intended to treat, diagnose, cure, or prevent any disease. Always consult your doctor before starting any new supplement or health routine.

What Does Supporting Drainage Pathways Mean?

Before you can focus on detoxing, aka killing pathogens and or/detoxing harmful chemicals out of the body, drainage pathways need to be open and stay open.

Drainage pathways in the body include the liver and bile ducts, colon, lymphatic/glymphatic system, kidneys, and skin.

YOUR BODY'S DRAINAGE FUNNEL



As you look at the diagram. On the left is a healthy drainage funnel, and on the right is an unhealthy drainage funnel.

However, the most important part of the funnel is the bottom. If the colon gets backed up, everything above gets backed up (see right image, colon area).

Click [HERE](#) to register as a customer
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signs of @paolaxhuli POOR DRAINAGE

CONSTIPATION	BRAIN FOG	CAN'T SWEAT
LOSS OF APPETITE	CHRONIC FATIGUE	SPIDER VEINS
BLOATED AFTER MEALS	WAKING UP BETWEEN 1-4 AM	CELLULITE
ANXIETY & DEPRESSION	EDEMA & SWELLING	HEART PALPITATIONS
MOOD FLUCTUATIONS	SWOLLEN GLANDS	MORNING STIFFNESS
HORMONAL IMBALANCES	YELLOWISH SKIN	BREATHING ISSUES
POOR MEMORY	ACNE, RASHES, ECZEMA, HIVES, ITCHES	FREQUENT INFECTIONS

tools to support your DRAINAGE PATHWAYS @paolaxhuli

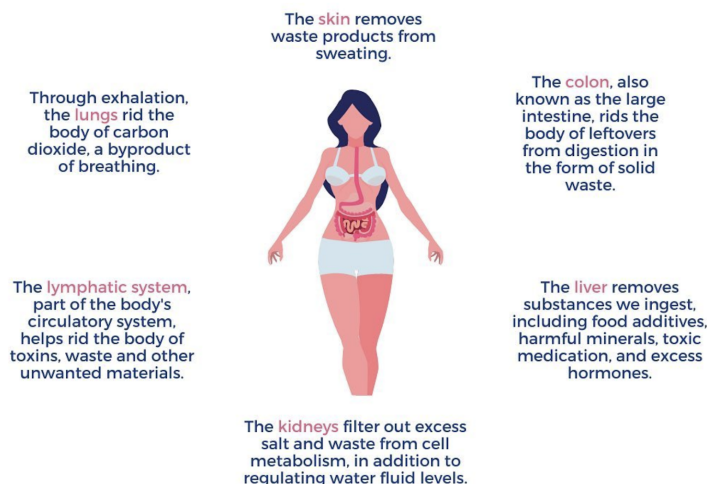
<ul style="list-style-type: none"> • Mineralized water • Fermented foods • Yoga squat • Release trauma • Movement • Vagus nerve support 	<ul style="list-style-type: none"> • Exercise • Sauna • Inverted yoga • Belly breathing • Rebounding • Self-massage
<ul style="list-style-type: none"> • Castor oil packs • TUDCA • Release anger • Address liver flukes • Balance blood sugar • Reduce toxic exposures 	<ul style="list-style-type: none"> • Filter your air • Nature walks • Nose breathing • Work on sorrow & grief • Aerobic exercises • Neti pots
<ul style="list-style-type: none"> • TUDCA • Dandelion root tea • Beetroot juice • Coffee enemas • Castor oil packs • Bitter foods 	<ul style="list-style-type: none"> • Sunlight • Restful sleep • Intermittent fasting • Red light therapy • Omega-3s • Craniosacral therapy
<ul style="list-style-type: none"> • Filtered water • Minerals • Demulcent herbs • Chlorophyll & Gotu Kola • Work on fear & insecurity • No smoking & alcohol 	<ul style="list-style-type: none"> • Sunlight • Grounding • Movement • Caloric restriction • Infrared light • Cellular release therapy

Additional Drainage Support During Detox

- **Castor Oil Packs.** [Castor oil packs](#) help detoxify the liver naturally, improve lymphatic circulation, and reduce inflammation. Click [here](#) for a description of how to do a castor oil pack.
- **Infrared Sauna.** Sweating is one of the best ways to detox the body. Every time we sweat, we're flushing out the toxic substances and heavy metals that we encounter in everyday life. Perspiration, respiration, and elimination are the natural ways our bodies expel the metabolic waste produced inside us. Be sure to stay well hydrated and not overdue this (frequency or timed session-wise), 2-5 a week, depending. Epsom salt baths are also great.
- **Dry Brushing.** Dry brushing is thought to help the body release toxins through sweat. The coarse bristles on the brush stimulate the pores and open them up, making it easier for the body to sweat, which in turn reduces the number of toxins flowing through the lymphatic system.
- **Hydrate.** Maintaining good hydration status supports the kidneys in being able to flush out toxins. We all have different needs for how much water we need based on our body size, how much we sweat, how much caffeine we consume, what climate we live in, and our electrolyte status. Be sure to drink enough water so that your urine is clear and you aren't going long stretches (except overnight) without urinating. For many people, this will look like 60-75 ounces of water, or more, each day.
- **Sleep.** Let's not underestimate the power of sleep! Many body processes happen during sleeping hours, including detoxification through the lymphatic system. Getting enough, high-quality sleep each night is important for daily detox and recovery from any toxin-related illness.

- Coffee Enemas.** [Coffee enemas](#) help stimulate the liver to rid the body of waste materials and pollutants. Coffee enemas are just like regular enemas, but with coffee instead of water. They are a natural detoxification tool that's been used since the late 1800s to support digestive health, speed up detoxification, support recovery from poisonings, and help speed up healing after surgery. Coffee enemas help with issues such as: Parasites, Overdoses, Constipation, Liver dysfunction, Candida overgrowth, Viruses, IBS, and other digestive disorders. Coffee enemas help flush out bacteria, heavy metals, fungus, and yeast, relieves constipation, improves function of digestive tract, liver, and colon, supports healthy inflammation levels, help restore bowel function, restore digestive tissue, cleanses the liver, improves blood circulation, strengthens immunity, improves cellular regeneration, and relieves digestive distress. Click [here](#) for a good coffee enema coffee brand and [here](#) for coffee enema instructions. (2-4 times a week, depending).
- Stay regular.** Many toxins are excreted from the body through the digestive system. They can bind to fiber in the digestive tract, or the body can release them into the digestive system through bile. If you don't have regular bowel movements, these toxins can get reabsorbed into the body and have a hard time getting out. In this regard, correcting constipation is important before any detoxification protocol. To help you stay regular, ensure you are hydrated, eating fiber-rich foods, and moving your body daily. In addition, probiotics, digestive enzymes, and magnesium citrate can be helpful supplements, along with getting to the root cause of your digestive concerns.

ORGANS THAT DETOX YOUR BODY



Limit the toxin exposures that you can control

Here are some ways to reduce chemical exposures by making small changes and swaps in your life and living environment. If this feels overwhelming, simply pick one thing off the list to start with. The benefit of these lifestyle changes is lessening the toxic burden on the body so that the detoxification systems in the body are more able to handle the toxin exposures that you can't control.

- Swap plastic water bottles for reusable glass or stainless steel water bottles. This helps decrease exposure to plastics and chemicals like BPA.
- Filter water for cooking and bathing. This reduces exposure to fluoride, chlorine, PFAS, microplastics, heavy metals, and more.
- Filter indoor air to reduce exposure to mold, dust, particulates, and chemicals from indoor air pollution. My favorite HEPA air filter is AIRDOCTOR.
- Choose organic, non-GMO food as much as possible. Use the [Environmental Working Group's](#) (EWG) Dirty Dozen, Clean Fifteen list to help you prioritize what produce is most important to source organically in order to reduce exposure to pesticides and herbicides.
- Avoid endocrine-disrupting chemicals in personal care products and makeup. Check your current products using EWG's Skin Deep Database.
- Avoid heating food in plastic containers because chemicals from the plastic can leach into food. Instead, use glass, ceramic, or cast iron.
- Use natural cleaning products in your home in order to avoid chemical exposure. My favorite is the brand [Branch Basics](#).
- Take your shoes off in your home to keep out dirt, fertilizers, and chemicals that may be on your shoes.

Click [here](#) and [here](#) for a great low-toxic product guide.

Written & edited by: The Institute of Functional Medicine, Dr. Shippy, Dr. Hyman, & Cameron Gildea.

The information and supplements provided is not medical advice and is not intended to treat, diagnose, cure, or prevent any disease. Always consult your doctor before starting any new supplement or health routine.

If you're looking for additional support or are interested in a personalized detox protocol, email me at thenourishingplate@gmail.com

For inquiries about 1:1 coaching, please reach out to 717-620-9053 to schedule an initial consultation.

I look forward to working with you!

A handwritten signature in black ink, appearing to be the initials 'NP' in a cursive, flowing script.