



# EAT THIS TO DETOX!

*35 Detox Foods (in Your Kitchen!) to Heal Your Frustrating Symptoms*

*Plus: 🚫 4 toxic food groups you should be ditching*



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# Chapter 1

If your quality of life is starting to be derailed by symptoms like:



- Frequent Headaches
- Generalized Fatigue
- Skin breakouts
- Abdominal pain
- General muscle pain
- Inability to lose weight
- Chronic nasal or sinus congestion
- Dark circles under eyes
- Difficulty concentrating
- Craving for carbohydrate-rich foods and refined sugars
- Sleep disruption
- Mood disturbances such as depression and anxiety
- Irritable bowel symptoms and digestive discomfort
- Heartburn and persistent illnesses
- Fluid retention and feeling bloated

...and you have no why, even after speaking with doctors and running your labs, deep, hidden toxins may be the culprit!

The most common deep, hidden toxins are dental infections like cavitations, mold, heavy metals, parasites, and Lyme disease.



The most common deep, hidden toxins are dental infections like cavitations, mold, heavy metals, parasites, and Lyme disease.

Changing your lifestyle is an important factor in the success of detoxification. No matter how diligent you are about following your protocol, you're going to spin your wheels if you're re-toxifying because of exposure to toxins in your food and environment.

Your diet is a great place to clean up as you focus on detox. Eating food that is loaded with toxins increases your toxic load, driving inflammation and taxing your immune system. And inflammation is the #1 cause of death in the world<sup>1</sup>.

Inflammation makes way for the development of dis-eases like:

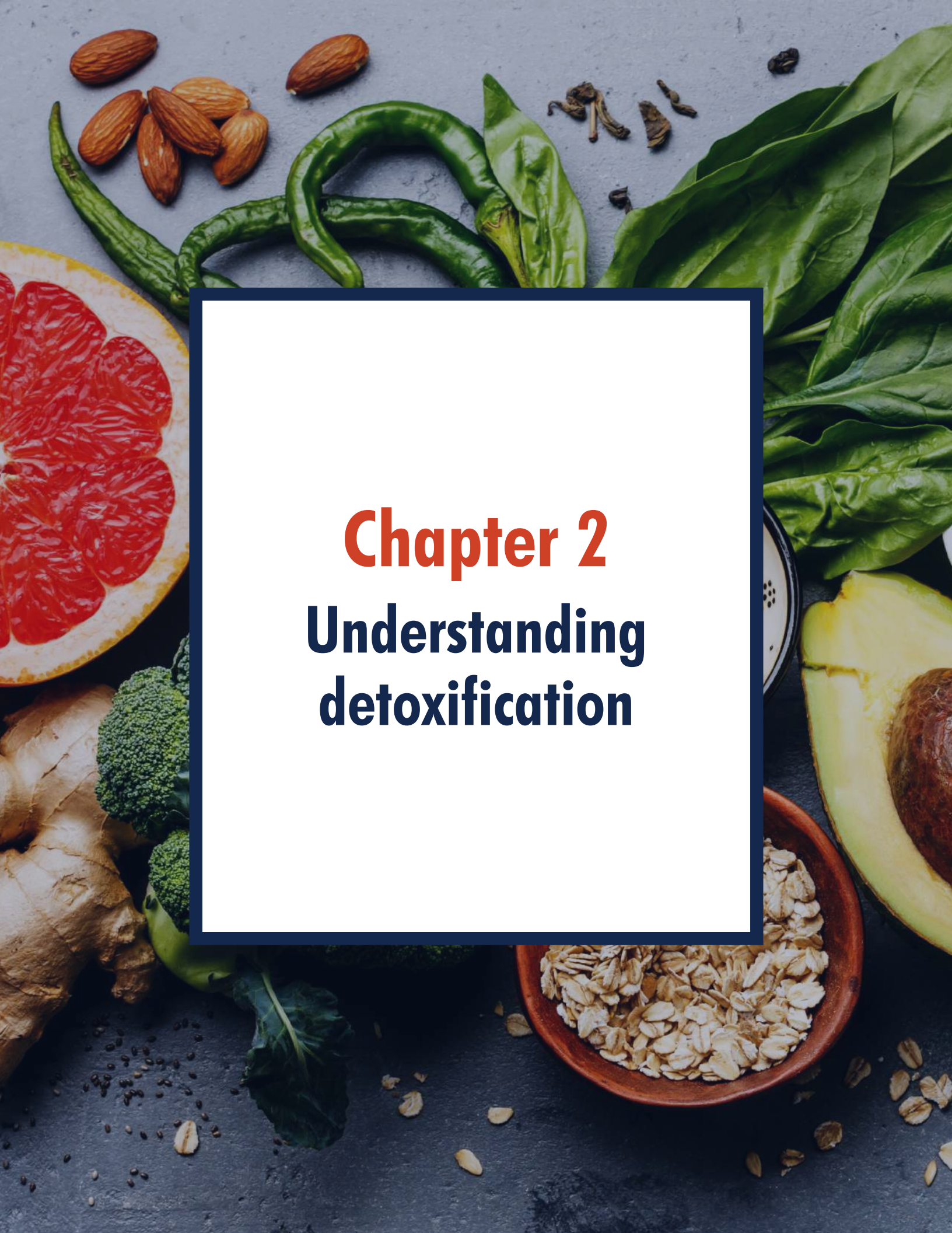
- Cardiovascular disease
- Type 1 & 2 Diabetes
- Cancer
- Chron's disease
- Ulcerative Colitis
- Endometriosis
- Inflammatory bowel disease
- Asthma
- Autoimmune diseases like
- Rheumatoid arthritis, fibromyalgia and more
- Alzheimer's and Parkinson's



And food is medicine. While a poor diet makes you sick, organic, high-quality food helps your body to heal from the effects of diet-caused inflammation.



<sup>1</sup> <https://www.ncbi.nlm.nih.gov/books/NBK493173/>

A top-down view of various fresh ingredients including almonds, green chilies, basil, grapefruit, ginger, broccoli, and oats. The ingredients are arranged on a dark grey surface. A central white box with a dark blue border contains the chapter title.

# **Chapter 2**

## **Understanding detoxification**

# What is detoxification

According to NIHA<sup>2</sup>, detoxification is the process of reducing the body's burden of harmful compounds, toxic substances, and bacterial by-products.

These toxins can come from our environment AND from excess waste produced during natural metabolic processes.

In integrative medicine, detoxing is the first step to restoring the body to a natural, balanced, and healthy state.

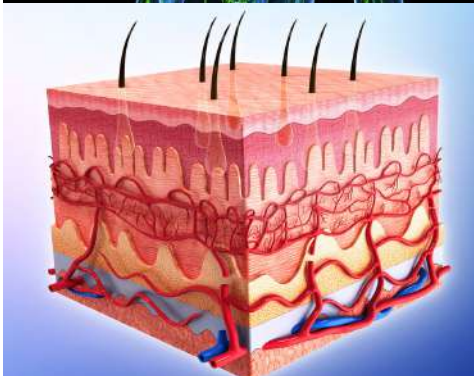
## What are your detox organs

Our body's detoxification system functions like clockwork to get rid of waste and compounds that don't belong. There are seven organs that are responsible for our daily detoxification.

These are:

- **Liver** – the body's primary filtration system. It removes toxins from the bloodstream and metabolizes chemical substances.





- **Lungs** – lungs are responsible for healthy respiration. They exhale/filter out carbon dioxide, sulfates, and nitrates, among other airborne toxins.
- **Colon** – the colon absorbs nutrients and excretes waste/stool.
- **Kidneys** – remove waste, divert extra fluid from the body, and divert acid produced by the cells. They maintain a healthy balance of water, salts, and minerals.
- **Lymphatic System** – filters and traps viruses, bacteria, and other substances to prevent infections
- **Skin** – the skin is a barrier that keeps stuff out and helps release waste through sweat and excess heat
- **Gut** – the gut is the first line of defense against everything you put into your body. When the gut cannot handle the toxic overload from poor diet, the liver absorption is impaired and other detox organs will not get enough nutrients to function properly.



# 4 toxin-loaded food groups that trigger inflammation

Here are the foods you need to take out of your diet today if you want to stop adding to your body's toxic load and keep your detox organs functioning optimally.

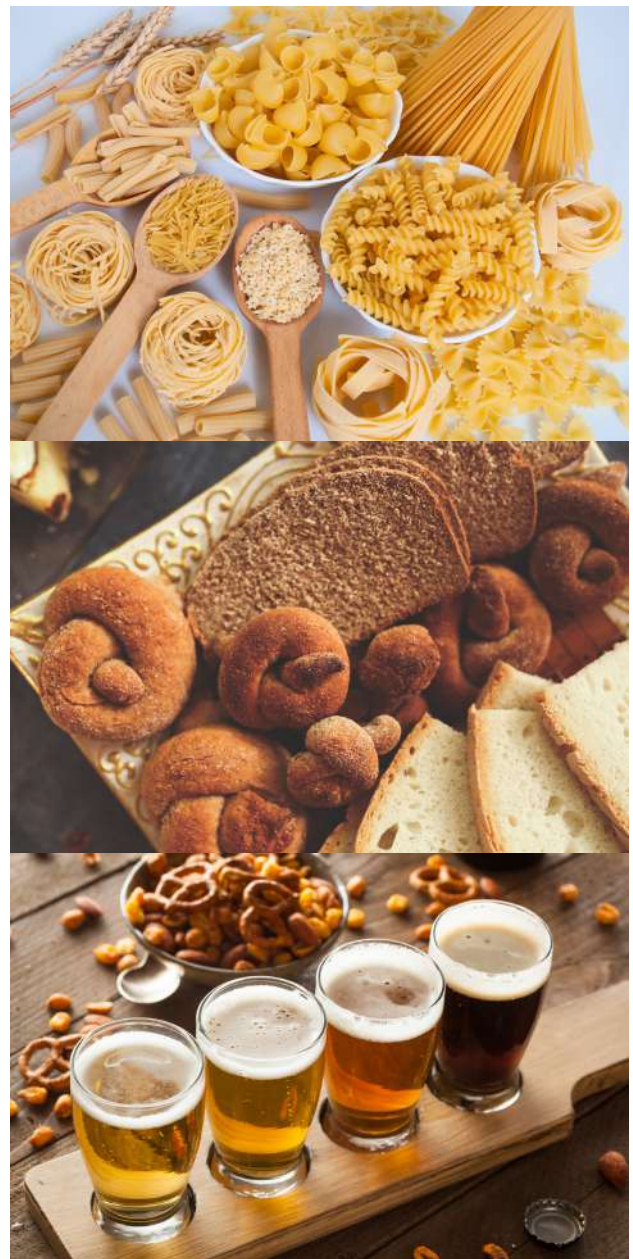
## Gluten

The body sees gluten as a foreign invader. It forms antibodies to fight it, causing inflammation in the gut and small intestine.

Even without Celiac disease, this leads to intestinal damage, poor nutrient absorption, and physical pain. That's why eating gluten triggers bloating, diarrhea, constipation, and fatigue<sup>3</sup>.

Non-celiac gluten sensitivity (NCGS) is linked to depression and anxiety, and autoimmune disorders like Hashimoto's psoriasis, and rheumatologic diseases<sup>4</sup>.

Besides pasta, avoid cereals, bread, beer, and the like.



3 <https://pubmed.ncbi.nlm.nih.gov/29662290/>  
4 <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6182669/>



## Fast and Processed Foods

Eating processed foods and fast foods may kill more people than cigarette smoking<sup>5</sup>.

These kinds of food contain dangerous amounts of harmful chemicals and synthetic ingredients. They have lots of calories, are highly flavored, and are nutritionally barren.

These chemicals cause fertility issues, asthma, and cognitive development problems in children<sup>6</sup>.



## Carbonated Drinks (Sweetened with sugar or artificial sweeteners)

Two glasses per day of these drinks raise the risk of premature death by 17%<sup>7</sup>!

Causes of death are obesity, Type 2 Diabetes, and certain cancers from high sugar intake. Carbonated water also increases ghrelin, the hunger hormone. These disturb the balance between the production of free radicals and antioxidant defenses<sup>8</sup>.



PET bottles (plastic bottles) used by big soft drink brands also contain heavy metals.

Research<sup>9</sup> found significant leaching of these toxins into the product they contain with the rise in room temperature.



5 <https://www.dmerge.com/2021/07/fries-worse-smoking-debunked.html>  
6 <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6146358/>  
7 <https://jamanetwork.com/journals/jamainternalmedicine/fullarticle/2749350>  
8 <https://www.yourhormones.info/hormones/ghrelin/>  
9 <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4324883/>

## The Dirty Dozen

Pesticides and other agricultural chemicals are also toxic. They enter your body through fruits and vegetables that have been treated with them.



It is important to buy organic fruits and veggies to prevent exposure to pesticides and chemicals, and wash ALL your fruits and veggies before consuming! I recently got an E Coli infection, likely from not washing the organic cilantro I was putting in my smoothies.

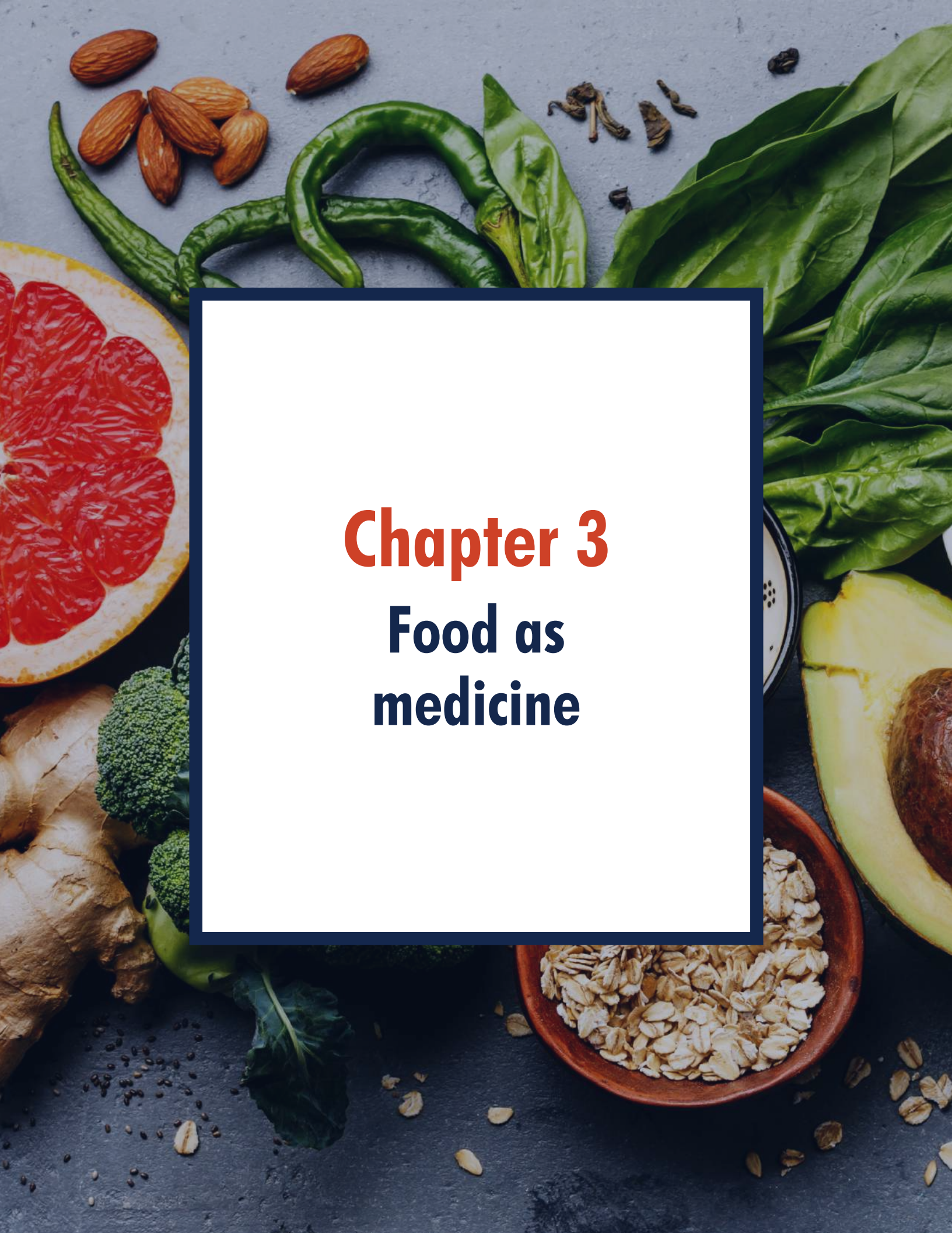
**Here's a list of the most chemical–dense produce from the Environmental Working Group (EWG).**

**They should be avoided if they are not organic:**

- Strawberries
- Spinach
- Kale, collard, and mustard greens
- Nectarines
- Apples
- Grapes
- Cherries
- Peaches
- Pears
- Bell and hot peppers
- Celery
- Tomatoes

EWG also published a shopper's guide to the 15 cleanest fruits and veggies on the market. [Check their website to download.](#)



A top-down view of various fresh ingredients including almonds, green chilies, basil, grapefruit, ginger, broccoli, and oats. The ingredients are arranged on a dark grey surface. A central white box with a dark blue border contains the chapter title.

# **Chapter 3**

## **Food as medicine**

Fossil records reveal the human use of plants as medicine for at least 60,000 years. Through trial and error, our ancestors developed knowledge about natural remedies to heal our bodies<sup>10</sup>.

Science and research have proven<sup>11</sup> that certain foods have medicinal properties that we can leverage to heal... beyond the common flu or simple wounds.

Natural, whole foods provide vitamins, minerals, and antioxidants that can help reverse diet-caused dis-eases like obesity, diabetes, cardiovascular disease, cancer, dental disease, osteoporosis, and more.

As we explore using food to detoxify, let's remember these two important facts.

## **1) The goal of eating is not to curb hunger, it's to nourish our body.**

Food is fuel for energy and nutrients for detoxifying and rejuvenating the body.

Our system starts to malfunction when our diets lack the proper nutrients to support it. When our body isn't getting the nutrition it needs, it releases hunger hormones (ghrelin) signaling that it's time to eat<sup>12</sup>.



If your body isn't getting the nutrition it needs from your diet, it will keep sending out more ghrelin, making you feel insatiable, even if you've just eaten.



10 <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6511335/ncbi.nlm.nih.gov/pmc/articles/PMC5750606/>

11 <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4009199/>

12 <https://www.yourhormones.info/hormones/ghrelin/>



And beyond these hyper-palatable ingredients, their “food” has been treated with pesticides like glyphosate, lindane, and chlormequat that destroy the good bacteria in our gut when consumed.



This makes us obese and chronically ill.

It is not a recent realization that The Standard American Diet is killing us. Our food is loaded with toxins that build up in our bodies, which over time, clogs up our system, eventually breaking our bodies down<sup>13</sup>.

Consuming this faux food is like pumping your car with dirty fuel. It:

- 🗨️ kills your gas mileage
- 🗨️ gums up your fuel injectors
- 🗨️ puts more carbon in your combustion chamber
- 🗨️ messes with your valves
- 🗨️ screws up your fuel pump



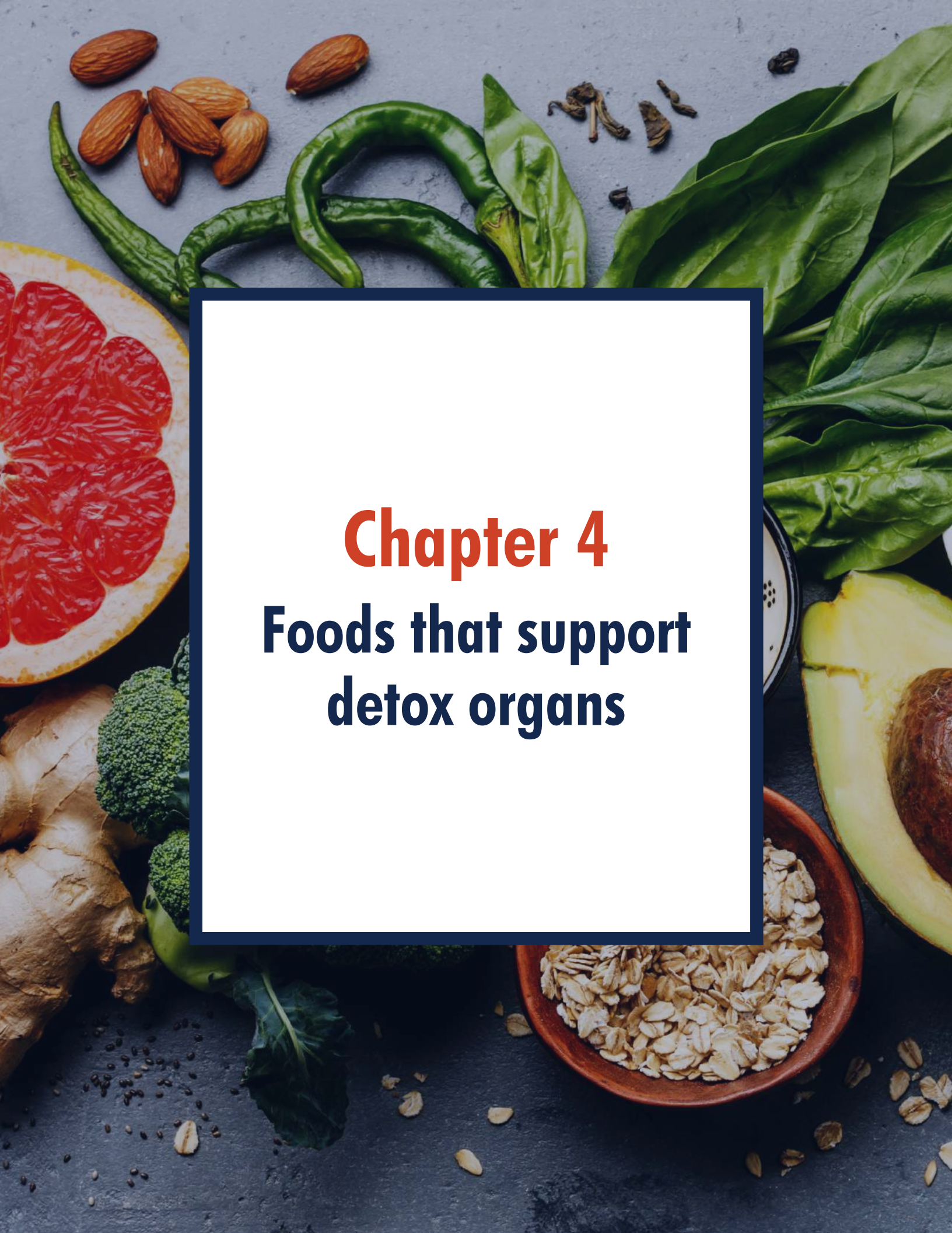
...and ultimately, causes a lot of things under the hood to have to be replaced after your engine’s performance is severely compromised (poor gas mileage, anyone?).

And it’s not only in the US. In fact, according to a 2017 global study, poor diet causes 1 in 5 deaths<sup>14</sup>.

*This begs the question: Then what should you be eating to support your detox organs?*



<sup>13</sup> <https://www.ncbi.nlm.nih.gov/books/NBK209844/>  
<sup>14</sup> [https://www.thelancet.com/journals/lancet/article/PIIS0140-6736\(19\)30041-8/fulltext](https://www.thelancet.com/journals/lancet/article/PIIS0140-6736(19)30041-8/fulltext)

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# **Chapter 4**

## **Foods that support detox organs**

Several publications to date have leveraged cell, animal, and clinical studies to prove that good nutrition can support complex bodily processes like digestion, cellular respiration, gluconeogenesis, and eventual excretion of toxins from the body.

Now, we'll cover a list of food or ingredients that have been found to help your detox organs function better!

## Liver

### Turmeric

Turmeric is a wonder spice. It is the main source of Curcumin, an antioxidant and anti-inflammatory.

It enhances the liver's filtration system. Plus, provides shielding effects<sup>15</sup> against heavy metal toxicity including:

- lead
- copper
- arsenic
- cadmium
- chromium poisoning

It is usually steeped like tea, or you can use it in soups, a smoothie, or sauteed with vegetables.





## Olive Oil



Olive oil is a natural laxative that when ingested, signals the liver to open the bile ducts. This helps stored toxins that are stuck in the liver flow out with the bile. It also reduces the deposit of fat in the liver<sup>16</sup>.

This doesn't mean that you should chug a bottle of Olive Oil at once. Do this practice in moderation. Try it with lemon juice for a dose of vitamin C.

## Milk Thistle

Milk Thistle is the liver's best friend because of a compound called silymarin that repairs damaged liver cells and can reverse the effects of harmful-yet-common substances like alcohol, sugar, and even pollution<sup>17</sup>. Additionally, it helps with the purification of the blood.

Milk thistle is one of the most well-researched plants for the treatment of liver disease.

There are a lot of Milk Thistle supplements out there, and you can take it as tea for a nutritious drink!



<sup>16</sup> <https://pubmed.ncbi.nlm.nih.gov/15797676/>  
<sup>17</sup> <https://www.ncbi.nlm.nih.gov/books/NBK541075/>

## Broccoli Sprouts

Broccoli sprouts protect the liver from various types of xenobiotic substances. They trigger the production of detoxification enzymes and glutathione synthesis<sup>18</sup>.

Adding other cruciferous vegetables to your diet can also support a healthy liver. This food group contains phytonutrients, carotenoids, and flavonoids that help neutralize toxins<sup>19</sup>.

Cruciferous vegetables include:

- Mustard
- Kale
- Cauliflower
- Napa cabbage
- Spinach
- Rutabaga
- Arugula



## Green Tea

Drinking 700 ml of green tea a day can improve liver function and fat infiltration.



Catechins, a major component of green tea extract, have anti-hyperlipidemic effects<sup>20</sup>. Meaning, it helps remove cholesterol from your blood!

It is a great substitute for your morning coffee. And it's perfect for afternoon meditations.



18 <https://aces.illinois.edu/news/study-shows-broccoli-may-offer-protection-against-liver-cancer>  
19 <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6475554/>  
20 <https://pubmed.ncbi.nlm.nih.gov/24065295/>

# Lungs

## Carotenoids

Smoked before? Reverse negative effects with carrots, bell peppers, and watermelons!

Carotenoids in orange and dark green leafy produce improve pulmonary and lung function in current and former smokers<sup>21</sup>.

Aside from carrots, other fruits and vegetables that contain carotenoids are:

- Yams
- Sweet potatoes
- Papaya
- Watermelon
- Spinach
- Bell peppers
- Oranges



## Blueberries

The body loves blueberries for many reasons. It contains different anthocyanins that prevent lung cancer and oxidative lung damage<sup>22</sup>.

It is a very flexible food that is great in smoothies or eaten fresh from the shrub!



<sup>21</sup> <https://pubmed.ncbi.nlm.nih.gov/11316666/>  
<sup>22</sup> <https://pubmed.ncbi.nlm.nih.gov/31743815/>

## Garlic

Garlic is another miracle herb! It helps reduce blood clots, lowers blood pressure, and is good for cardiac health. It also has tons of antioxidants that may serve as a chemopreventive agent for lung cancer<sup>23</sup>.

It's best eaten raw. If you're not a fan of the taste of garlic, you can balance the flavor with citrus fruits such as lemon, lime, and orange!



## Licorice Root



Licorice root (not the candy!) contains several compounds with antiviral and antimicrobial activities.

Ayurvedic practices use it in managing respiratory infections including cough and asthma.

It soothes the throat and promotes drainage of mucus from the lungs, bronchi, and trachea<sup>24</sup>.

## Cayenne

Cayenne is a spice that fights off common cold and congestion. It stimulates the secretion and clearing of mucus from air passageways<sup>25</sup>. It contains capsaicin that causes cancer cells to undergo apoptosis, or cellular death.

Adding Cayenne to your diet is easy. You can use it in soups, tea, lemonade, or your favorite salads!



23 <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3718302/>  
24 <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3957157/>  
25 <https://www.respiratorytherapyzone.com/foods-for-healthy-lungs/>

# Colon

## Avocado

Need a reason to love guacamole more?



Avocado lowers fecal bile acid concentrations and increases fecal fatty acid. It also promotes bacterial growth that is capable of fiber fermentation. And it may be fatty, but it lowers LDL cholesterol and triglycerides<sup>26</sup>!

## Psyllium Husk

Psyllium husk relieves constipation. It traps water in the intestine to make metabolic waste softer.

Intestinal microbiota use it as an energy source. It acts as a prebiotic that supports the production of short-chain fatty acids for a happy colon<sup>27</sup>.



## Cinnamon



This spice is not just a fall fad!

Cinnamon doesn't only give your taste buds a warm hug on chilly fall days. It's also rich in antioxidants and may prevent colorectal cancer<sup>30</sup>.



26 <https://pubmed.ncbi.nlm.nih.gov/32805028/>  
27 <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6358997/>  
30 <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4003790/>

## Resistant Starch

Like fiber, resistant starches are carbs. They escape digestion in the small intestine and ferment in the large intestine<sup>28</sup>.

The fermentation process produces short-chain fatty acids (SCFAs). These reduce inflammation and regulate metabolism<sup>29</sup>.

Studies recommend at least 20g of resistant starch per day to support a healthy bowel. Foods that are high in resistant starch are:

- Seeds and grains
- Potato
- Green bananas
- Sweet potato
- Pumpkin
- Cooked beans and legumes



## Pineapple



Not only is this tropical fruit rich in fiber, but it also contains bromelain, a digestive enzyme that breaks down protein molecules. This makes it easy for the small intestine to digest food<sup>31</sup>.

It also relieves diarrhea, constipation, and controls inflammation.

Plus, its antioxidants, vitamin C, and potassium regulate blood pressure!



28 <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3823506/>

29 <https://pubmed.ncbi.nlm.nih.gov/24388214/>

31 <https://pubmed.ncbi.nlm.nih.gov/24123777/>

# Kidneys

## Cranberry



Cranberries are abundant in anthocyanin. It is an antioxidant that stops E.coli and other bacteria from sticking to the walls of your kidneys<sup>32</sup>.

It is also a commonly-used first aid and an effective preventive measure for recurrent UTIs in women. When left untreated, UTI spreads into the kidneys and the bloodstream, causing sepsis.

Make sure you get 100% organic, water-based cranberry juice and not the kind loaded with sugar.

## Cilantro

Like most herbs, cilantro is an acquired taste. But once you get used to it, you'll love its health benefits, especially for your kidneys.

It reduces the damaging effects of lead on the kidneys and is useful at detoxing mercury that decreases the kidneys' ability to filter toxins<sup>36</sup>!

Its seeds stop oxidative damage to the kidneys and restore levels of important antioxidants.



<sup>32</sup> <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3370320/>  
<sup>36</sup> <https://pubmed.ncbi.nlm.nih.gov/30783906/>

## Roselle



Roselle is a wonderful tisane with sweet and sour notes. Steeping and enjoying it as tea increases uric acid excretion and clearance<sup>33</sup>. It has high magnesium and Vitamin A content that supports the immune system.

Folk medicine uses it as a laxative, and as a treatment for hypertension, cardiac, and neurodegenerative diseases like Alzheimer's.

## Oregano

Oregano isn't only helpful during cold and flu season. As a diuretic, it reduces the supersaturation of crystals in the kidneys, preventing stones from building up in the kidneys and bladder<sup>34</sup>.

Its antioxidant properties also protect the kidneys from free radicals and oxidative stress.



## Fish Oil



Fish oil is an affordable and accessible option to keep your kidneys healthy. Its Omega-3s may provide relief to patients with chronic kidney disease<sup>35</sup>.

Omega-3s from fish oil are more easily absorbed through the gut wall. But you can also get plant-based Omega-3s from flaxseed oil.



33 <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5877626/>

34 <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3222619/>

35 <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5241408/>



# Lymphatic system

## Citrus

Antioxidants and enzymes in citrus fruits unclog the lymphatic system. They also hydrate the body, supporting the flow of “cellular sewage” into the kidneys or the liver<sup>37</sup>.



The citrus family also contains Naringin, a bioflavonoid that suppresses cancer cell metastasis<sup>38</sup>.

## Chia seeds

Chia seeds are one of the foods with high levels of Omega-3 fatty acids. It is excellent in supporting lymph flow, and is a great source of antioxidants.

1 tablespoon of chia seeds contain 4.9 grams of fiber that helps digestion<sup>40</sup>.

It is a flexible condiment, perfect for almost anything from salads to smoothies and the popular Chia pudding!



37 <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8264544/>

38 <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4085189/>

40 <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4926888/>

## Echinacea

Having a bite of this flower will help ease swollen lymph glands when you're dealing with a cold or flu. Its powerful, immune-enhancing effect decongests and eases swelling in the lymphatic system<sup>39</sup>.

It is an anti-inflammatory that treats boils, acne, and other kinds of skin abscesses.



## Astragalus

Astragalus has similar effects on the lymphatic system as Echinacea.



It is a rich source of anti-inflammatory and anti-fibrotic compounds. These are helpful in decongesting and easing swelling of the lymph nodes. No side effects<sup>41</sup>.

## Spirulina



Spirulina is an algae that has high concentrations of chlorophyll, a lymph and liver cleansing substance. Its phycocyanin and polysaccharides purge toxins from the body<sup>35</sup>.

It also removes heavy metals like arsenic from vital organs, including the thyroid.

35 <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5241408/>

38 <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4085189/>

41 <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7339371/>

# SKIN

## Mango

Eating mangoes is like drinking from the foundation of youth!

Its nutrients increase blood oxygen saturation which triggers the body's healing functions. High in carotenoid and gallic acid (a natural antioxidant), mangoes suppress collagen degeneration. Studies<sup>45</sup> show that they also decrease the severity of deep wrinkles.

Additionally, mangoes are high in mangiferin, which has anti-inflammatory properties and provides protection against UV radiation.



## Sunflower Seeds and Oil



Sunflower seeds and oil enhances the skin's protective barrier.

Topical applications reverse fatty acid deficiency and improve hydration<sup>46</sup>. Lack of fatty acids on the skin causes scaly dermatitis and poor wound healing.

Its anti-inflammatory and antibacterial compounds also protect the skin's connective tissues<sup>47</sup>.

Always check for allergies before using or consuming sunflower seeds or oil.



45 <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7694217/>

46 <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5796020/>

47 <https://www.researchgate.net/publication/275653985>

## Almonds



Don't hesitate to snack on almonds!

Nature might've created almonds especially for the skin. They are packed with protein and vitamin A, C, and E that support collagen production. Collagen provides protection from environmental toxins and reduces wrinkles, too<sup>43</sup>.

## Cucumber

Cucumber is refreshing and soothing. It can be antidiabetic, lipid-lowering, and is an antioxidant<sup>44</sup>.

It calms skin irritation and itching. When eaten, it has a cooling effect on the body, and its silica content hydrates and strengthens the skin.



## Oats



Oats have compounds called avenanthramides, which are powerful anti-inflammatory and antioxidant compounds<sup>48</sup>. It is a topical treatment for eczema and is effective in decreasing skin redness, dryness, scaliness, itching, and erythema<sup>49</sup>.



43 <https://pubmed.ncbi.nlm.nih.gov/31576607/>  
44 <https://pubmed.ncbi.nlm.nih.gov/23098877/>  
48 <https://pubmed.ncbi.nlm.nih.gov/27272074/>  
49 <https://pubmed.ncbi.nlm.nih.gov/32484623/>

# GUT

## Apples



There is truth to the saying - an apple a day does keep the doctor away!

Apples contain 100 million beneficial bacteria<sup>50</sup> to the gut microbiome.

Its polyphenols and pectin are not absorbed in the small intestine. They fuel fermentation in the big intestine, improving your bowel movements and metabolism<sup>51</sup>.

## Fermented vegetables

Fermented foods are a supplemental treatment for several diseases. In ancient times, they served as antibiotics, antioxidants, and probiotics<sup>55</sup>.

Today, we know that they increase microbiome diversity and decrease inflammation markers<sup>56</sup>.

Try to add different kinds of fermented food to your diet (think sauerkraut, kimchi, kombucha, pickles, etc). The gut loves the variety of beneficial microorganisms from these kinds of foods.



<sup>51</sup> <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5490512/>  
<sup>55</sup> <https://stacker.com/stories/23704/history-fermentation-around-world>  
<sup>56</sup> [https://www.cell.com/cell/fulltext/S0092-8674\(21\)00754-6](https://www.cell.com/cell/fulltext/S0092-8674(21)00754-6)

## Bone Broth

Bone broth is abundant in minerals, nutrients, amino acids, and collagen<sup>52</sup>. Proven<sup>53</sup> to be vital to healing leaky gut, it prevents the development of autoimmune disease.

Its glycine content encourages the body to produce glutathione, a powerful antioxidant.



### Preparing bone broth is easy.

Add bones and other unused parts of an animal to a large pot of filtered water.

I like to dice up onions, celery, carrots, and garlic to add flavor.

Let it simmer for at least 18 hours to leech the minerals from the bones into the broth, and add spices and salt to taste.

## Root vegetables

Root vegetables like potatoes, carrots, beet, Jerusalem artichoke are home to gluten-degrading bacteria.

The body recognizes gluten as a foreign invader. It forms antibodies to remove it, causing inflammation in the gut and small intestine.

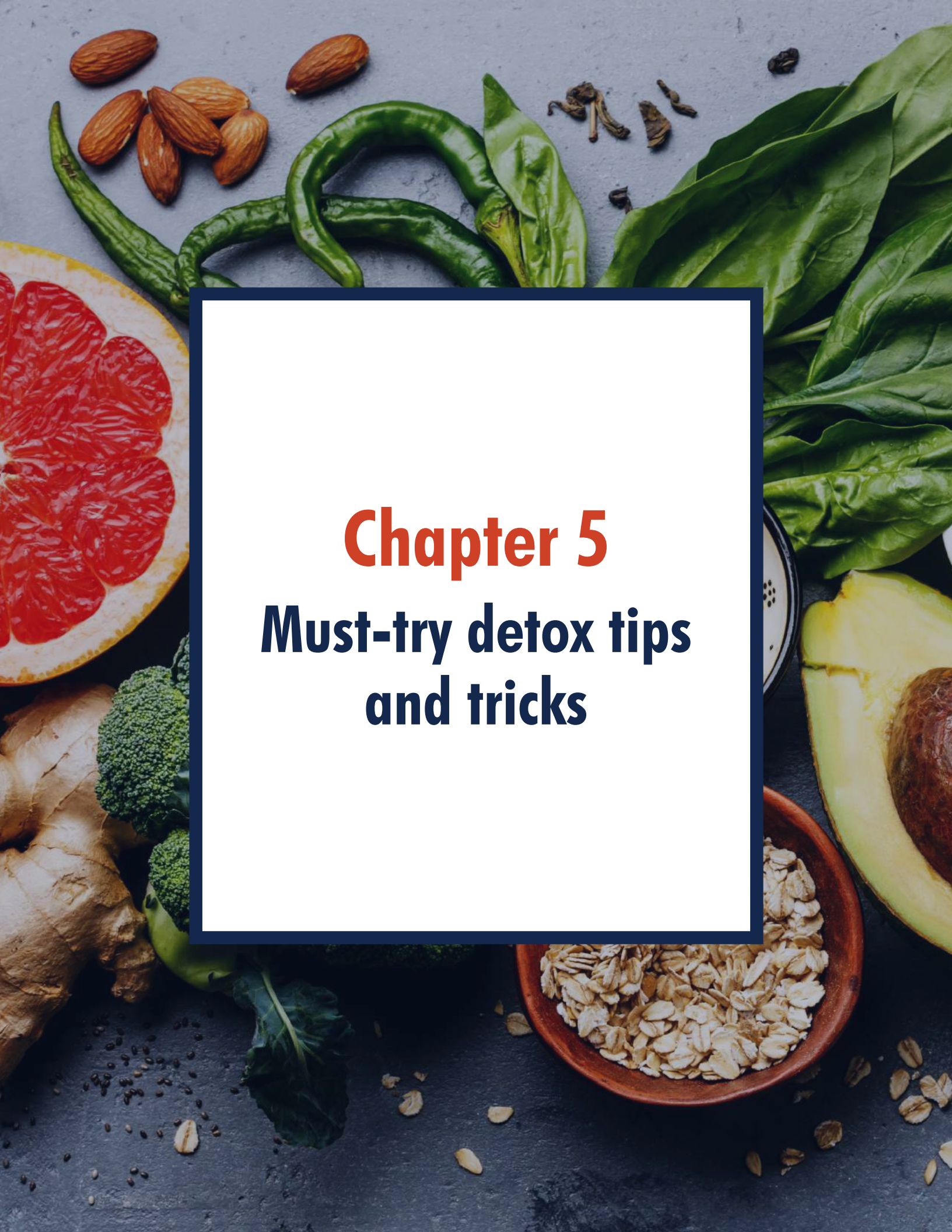
Root veggies are a good source of antioxidants. Plus, they have hypoglycemic, hypocholesterolemic, antimicrobial, and immunomodulatory properties<sup>54</sup>.



52 <https://journals.humankinetics.com/view/journals/ijsnem/29/3/article-p265.xml>

53 <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7767453/>

54 <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4834168/>



# **Chapter 5**

## **Must-try detox tips and tricks**

Detoxing is a long-term commitment. It requires drastic lifestyle changes, especially after long-term toxin exposure.

You need to take it step-by-step to prevent withdrawal and extreme discomfort.

So to help, here are a few detox and cleansing tips and tricks that I love to get you started!

## Tips and tricks

**Drink a glass of lukewarm water with juice of one organic lemon first thing in the morning.**

In Ayurveda, warm water on an empty stomach improves bowel movements. It usually takes around 20-30 minutes before it gets you running to the toilet



**Drink organic dandelion or nettle tea**

... both excellent for detoxification!





## Make a huge pot of bone broth and freeze it in 24-oz glass ball jars

(the larger ball jars will break in the freezer). I cook grass-fed beef bones in the crockpot with onions, celery, salt and italian seasoning for 18 hours to make bone broth.

When you're ready to consume, thaw the jar in the fridge and heat the broth on the stove. Bone broth is great in soups, smoothies, or consumed as-is.



### Always use glass containers.

Metal and plastic containers may leak toxins into your food and drinks. Dollar General has great prices on glass containers.

And watch your storage of food in plastic bottles to avoid temperatures above 75 degrees!





## Use Veggie Wash to clean your fruits and veggies.

I love TrulyFree's Veggie Wash. If unavailable, soak them in 10% Himalayan or sea salt solution for 20 minutes. Then rinse with water and wipe to dry using clean, toxin-free fabric.

## Do a 21 – Day cleanse to reset your system and reduce / eliminate your cravings.



My mom and I both did Dr. Keesha Ewer's 21-Day Detox recently and each lost about 10 lbs and noticed a huge shift in our cravings. It was an excellent total-body reset ... it's so much easier to make great food choices when you don't have bad gut bugs hijacking your hunger pangs!





# MEET MISTY WILLIAMS

Misty Williams spent years struggling to reclaim her health and vitality after surgery to remove an ovarian cyst, life-threatening complications and an endometriosis diagnosis sent her into a brain fog and fatigue tailspin.

Her doctor told her that the only remedies for her issues were drugs and surgeries, that her labs were “normal” and she could “google” to learn more about what was happening to her body.

At 35 years old, Misty embarked on the fight for her quality of life, enduring many more challenges on her road to healing, including an unexplained 45-lb weight gain, debilitating brain fog, fatigue, hypothyroidism, and premature ovarian failure.

She founded HealingRosie.com to provide high-performing women with the resources and community to successfully confront the unexpected chronic health issues that women often experienced as they age.



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