

Support Detoxification Strategies: Remember each person is unique in their health requirements

1. Detoxification is very serious business – be assessed to ‘first do no harm’.
2. Bowels must be functioning well.
3. Drink plenty of purified water – tank and roof water may still have contaminants.
4. Breathe clean air – minimise time in heavy traffic.
5. Daily body skin brushing.
6. Daily physical activity.
7. FIR Sauna regularly to mobilise toxins via the skin.
8. Correct pH – can use the urine to measure this
9. Clean foods – no pesticides or sprays. Be wary of fish especially farmed or deep water fish.
10. Fibre – daily include: brown rice or quinoa, or chia or flax seeds.
11. Green foods: chlorophyll helps assists dioxin excretion, coriander helps mercury removal from the gut, other good vegies: kale, sweet peppers, celery, chinese cabbage, broccoli, sea vegetables, green onion, Japanese mustard greens, mitsuba, spinach and perilla (Japanese basil).
12. Nutrient dense foods : berries, dark staining foods, nuts and seeds.
13. Teas: Green tea and Rooibos tea, dandelion root
14. Clean traditional fats: coconut, butter, ghee, olive oil, sesame oil, flax oil, NO TRANSFATS
15. Carefully selected fish oil supplements – no pesticide or heavy metal residues.
16. Sulphur containing foods: garlic and onions
17. Get advice on specific minerals and vitamins crucial to supporting all three phases of detoxification.
18. Optimise your liver function so that all three pathways are supported.
19. Correct hormonal imbalances.
20. If you are stressed – high cortisol needs to be addressed for detoxification to occur.
21. Protect your kidneys, many toxins damage the kidney.
22. Protein is essential if you are in a detoxification program.
23. Good quality probiotic and some cultured foods are advised.
24. Blending rather than juicing as we need the fibre from vegetables and fruits.
25. Minimise sugars – high sugar fruits - as they interfere with detoxification.
26. If overweight is part of the problem, address this professionally so a safe program is developed to manage both toxicity and fat loss. They may need to be dealt with as separate issues.
27. Check your pantry for products with tin liners etc.
28. Check your kitchen for cleaners with ingredients that are non-health supportive. Teflon pans etc.
29. Check your bathroom for products used as cosmetics, shampoos etc that have questionable ingredients.
30. Avoid chlorinated swimming pools.
31. Meditation or activity that relaxes the nervous system daily.
32. Assess toxic relationships and get help.
33. Nourish positive supportive relationships.

Resources: www.ntn.org www.ewg.org www.asmalldoseof.org www.toxipedia.org
<http://pesticideinfo.org> www.Care2.com - recipes for easy non-toxic cleaning products

