



Detoxification

It's an excellent time to naturally cleanse the body and assist your detoxification organs to get rid of the 'toxins' that are floating around in your body. Keep in mind; the 'detox' does not have to be some awful experience, instead just by removing certain foods and adding in some foods that provide instant detox is all you need to start. Let's face it, if it's too hard, we are not going to stick with it and are only setting us up for disappointment and failure.

For centuries by many cultures around the world, including Chinese and Ayurvedic medicine, detoxification has been the cleansing and nourishing of the body internally. The process would assist in removing toxins and then fueling the body with healthy nutrients to renew and achieve optimal health.

Our body can eliminate toxins through the skin, kidneys, liver, intestines, lungs, and lymphatic system. If any of these systems are overworked, clogged up or compromised, then toxins cannot be filtered out properly, and every cell can be negatively affected.

A detox regime does not have to be invasive in any way. Instead, the most successful one is a regime that can be a lifestyle change incorporated daily.

Here are nine steps to start working on reducing your toxic load.

1. Awareness is crucial so please review and answer the attached Detoxification and Drainage Questionnaire to gain insight into your current status. Obviously, if you want to run the non-invasive organic acid and glyphosate functional medicine lab tests then that would be the best for you. There is nothing better than learning your markers of how your body is functioning and if you can indeed detoxify or not. If you cannot then toxins are building up in your body as we speak and you will need a customized food and supplement regime to assist your body to optimal wellness.

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2. Start the day with a cleansing drink. One of my favorite daily rituals is to start each day by drinking lemon water, which is squeezing one organic lemon into pure water. Citrus fruits are abundant in the antioxidant de-limonene, which is a powerful compound found in the peel that stimulates liver enzymes to help flush toxins from the body and gives sluggish bowels a kickstart. Another option is wheat grass as it contains many minerals and vitamins that may boost the immune system, detox toxins from the body, give a boost of energy, and remove harmful bacteria in the gut. I love adding the powdered version of organic wheatgrass to a bottle of water with a little stevia and splash of apple cider vinegar. Another option is organic raw juicing. Your skin, energy levels, mitochondria, and filtering organs will love you for it! Remember to focus more on vegetables than fruit when it comes to juicing. One of my favorite raw green juices is organic kale, organic baby spinach, carrots, lemon, and 1/2 an apple. The kale and spinach provide a high dose of nutrients, the lemon is a terrific detoxifier, and the apples-carrots sweeten the drink. Follow the cleansing drink with pure water throughout the day. Many people do not drink enough water and therefore clog up their body. We must release our toxins and drinking pure water is a great method. Stay Hydrated because your skin, weight, internal organs and mood will all be better if you drink more pure water. So many times when you are feeling hungry, you are really dehydrated. Headaches and joint pain can be triggered because of lack of drinking enough water. Go fill up a glass of pure water and enjoy. You can drink distilled water once weekly to help rid the body of toxins. Do not drink distilled water all the time thought just once in a while. You can use bottled water to cook with and make ice cubes with to eliminate any extra exposure.
3. The key to minimizing toxins in the body is to eating organic food that has not been treated with products that contain it. It also means not eating anything genetically-modified, as GMO crops have been developed to be glyphosate-resistant. Why should you consume only organic? An Organic Diet for 1 Week Reduces Pesticide Exposures by 90%. A 2014 study published in the Journal of

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Environmental Research confirmed that families eating an organic diet for as little as a week removed more than 90% of the pesticides from their system, as detected through urine tests. According to this independent study, “the average person is exposed to 10 to 13 pesticide residues each day from food, beverages and drinking water.” Do not purchase foods known to have high levels of glyphosate. Specifically avoid the following items as they contain overly high residue amounts:

- Soy (this means soy products and soy or vegetable oil)
- Corn and corn oil
- Canola seeds used in canola oil
- Beets and beet sugar
- Almonds
- Dried peas
- Carrots
- Quinoa
- Sweet potatoes, Oats, Wheat

Please also keep in mind that if you consume animal products such as butter, eggs, milk, ice cream, animal meat then it is equally important how that animal was raised and what it was feed. Many animals are feed food that contains high levels of glyphosate so they best is to purchase organic. Organic eggs, organic milk, organic meats, organic butter and grass fed-grass finished is best. To learn more about these topics and many other health topics, join us on the Total Wellness Empowerment Membership. Other options for animal produced milk is So Delicious coconut milk, almond milk or cashew milk and of course, the organic and unsweetened version is best.



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Here are nine foods to eat to assist your body in detoxification:

1. Artichokes promote healthy liver and gallbladder function; assist with detox, and add some well-needed fiber to your eating regime.
2. Organic apples are loaded with vitamins, antioxidants, fiber, and very hydrating. An apple a day keeps the doctor away!
3. The bright-orange spice turmeric works as a potent anti-inflammatory in the liver and can significantly reduce bile duct blockage by interfering with chemical reactions involved in the inflammatory process. Wondering how to enjoy it? I mix it with daily wheatgrass, apple cider, stevia beverage, and sprinkle turmeric in. Another favorite during the cold weather is to warm unsweetened coconut milk and add turmeric and stevia!
4. Asparagus is a natural diuretic helping flush out toxins. A study in the Journal of Food Science stated that the amino acids and minerals found in asparagus might alleviate hangover symptoms and protect liver cells against toxins.
5. Green leafy vegetables are superfoods and collard greens have an incredible ability to cleanse your system. A study in the Journal of Nutrition Research compared bile acid binding capacity of steamed collard greens to Cholestyramine, cholesterol-lowering drug and collards improved the body's cholesterol-blocking process by 13%. Spinach contains powerful appetite suppressing compounds called thylakoids and aids with detoxification.
6. Wild salmon is rich in anti-inflammatory omega-3 fatty acids and may then help to reverse arterial stiffness which inhibits the flow of cleansing blood through the arteries and to vital organs.
7. Beets contain a type of antioxidant called betalains that help repair and regenerate cells in the liver, the body's primary detox center.
8. Watercress helps keep free radicals away from your cells, energizes cleansing enzymes in the liver, and is a natural diuretic.
9. Ginger and garlic help get rid of free radicals that are built up in the body. Mustard is great for speeding up one's metabolism and detoxification. Eating just one teaspoon can boost your metabolism by up to 25 percent for several hours! Add it to apple cider vinegar to make your own salad dressing.



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4. Research and review your personal care and household products. For household products, look for certified green products to reduce exposure. Stay away from any Monsanto or Roundup products. Look at Seventh Generation, Method and Myers for starters. For personal care products, read all the ingredients. Suggestions listed below in #9.
5. Reflect and evaluate your current lifestyle with regards to eating clean nutritious foods, getting enough sleep, dealing with stress in a positive manner, following an exercise regimen, getting fresh air & sunlight while maintaining a positive mindset & attitude. We are the result of many factors going on in our life. Meditate as holding on to negativity or negative thoughts is toxic in of itself. Are you aware of how you breathe? do you hold your breath? Breathe deeply and feel the difference. Exercise, walk, do yoga as your body needs some form of exercise to move the toxins out of you. Don't sweat the small stuff and cultivate a positive mindset as negative thoughts drain you of energy and keep you from being in the present moment. Take the focus away from negative thoughts and bring your attention to your breath and your intentions. Think about who and what you are grateful for. Visualize the Healthier YOU & get a mentor. Research suggests that visualization can have a strong positive effect on your mood, health, life fulfillment and lifestyle. As children, we would have a coach, teacher, or a parent directing us along the way. Encouraging words, and someone looking out for our well-being. As adults, we also can benefit from someone assisting in our life to reach optimal health goals and someone to listen, cheer us on and help when we need extra support. Mentors are crucial in helping individuals connect the dots between their abilities and potential, their goals and their successes. Mentors provide the advice, confidence, and the network that allows individuals find their avenue of success. Surround yourself with positive people. **If you need to be cheered on to make positive changes then consider joining the [Total Wellness Empowerment Membership](#).**
6. Dry body brush daily before showering or bathing. Adding epsom salt to your bath is an excellent way to assist in detoxification. After bathing or showering, nourish your skin with the purest organic oils. Yes, your skin needs pampering



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and organic argan oil, rosehip and hydrologic acid are wonderful for your facial skin to erase fine lines and lavender oil is great for overall skin nourishment. Suggestions listed below in #9.

7. Sleep is essential during detoxification time. Get adequate sleep every night and go to bed on the same day that you woke up. Avoid staying awake for two days; this means if you wake at 7 a.m. and do not go to bed until 1 a.m. the next day, then you have been awake for two days. Guard your sleep as sacred time. Be aware that even tiny amounts of light from a cell phone or alarm clock can suppress the body's natural melatonin production. Make the bedroom completely dark or invest in soft eyeshades to block out light. Do not eat a heavy meal at least two hours before bedtime. Avoid any stimulating foods or beverages, caffeine should be avoided after 2 PM. Avoid alcoholic beverages as it can worsen insomnia and mood management and even your energy levels the next day.

8. Think about what you are eating before you consume it, better yet before you even buy it. Ask yourself a simple question, 'what will this food do for me, my mind, body, and future?' Reading labels is essential to make sure you are consuming healthy ingredients. If the UPC begins with a 9, then it's organic. Genetically modified organisms should be avoided because does it make sense to eat something that has been genetically modified vs. grown the way nature intended it to be produced?

Here are the top nine foods to avoid to make your meals healthier, remove toxins, and help reach optimal health:

1. Wheat, Gluten, Corn: for many people, wheat and gluten are challenging to digest, leading to inflammation with no real benefit of nutrients. Most corn is genetically modified as well as loaded with a pre-harvest glyphosate spray, and triggers an inflammatory response for many people, especially with adrenal fatigue, adrenal imbalance, and GI issues.

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2. Casein, Dairy: Many people cannot breakdown these foods leading to inflammation.
3. MSG, Sodium, Nitrates: MSG is monosodium glutamate and is a flavor enhancer linked to health ailments and can trigger headaches, tingling, and other symptoms in sensitive people. Sodium over-consumption can lead to water retention, bloating, and long-term health issues. If eating any processed foods, then read your labels because you'd be surprised how much sodium is added. Nitrates are found mostly in preserved meats, and are difficult to detoxify.
4. Artificial Colors/Dyes: why are we even consuming anything artificial? What is the synthetic ingredient made from? Many children and adults can experience adverse reactions to artificial colors and dyes.
5. Artificial Sweeteners: these chemicals are usually contained in nutrient-void food products. Chemicals such as aspartame and saccharin have been linked to health ailments.
6. Alcohol: Many people do not have control with the quantity of alcohol they consume. Have you noticed that wine glasses are much bigger these days, so what looks like one glass may actually be two. Alcohol can be turned into a toxin and produce free radicals as it depletes the body of essential vitamins and minerals. If you are drinking make sure it's organic; otherwise, it can be loaded with pesticides.
7. Fast Food, Fried Foods, Convenience Foods: all contain many unhealthy ingredients, high sugars, high sodium, artificial ingredients, and offer minimal nutrients.
8. Sugar, HFCS (high fructose corn syrup): are empty nutrients that disrupt blood sugar levels, feeds candida, cancer cells, and can lead to type 2 diabetes and obesity. HFCS contains mercury!
9. Trans Fats (Hydrogenated Oils): most processed foods contain these unhealthy oils and can negatively affect your health.

So what's left for you to eat? Organic, lean, healthy proteins, vegetables, fruit, sprouted seeds, nuts, healthy fats, are components to a healthy eating regime.



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9. Supplements to assist with detoxification. There are **several supplements** to help reduce your toxic load and included here with a reliable and trustworthy company. Take the Time to Protect Yourself From Fake Supplements. While Amazon might get this under control one day in the future, it's definitely not under control at the moment. This is why it's best to get your supplements and anything else you consume from a supplier you can trust and where the product changes hands as few times as possible. There are a number of places in the system where contamination or fraud can occur. There are several areas where things can go wrong in the supplement supply chain: Products are flat out counterfeits, Expired products are sold as still effective, Stolen products are resold and/or Third party sellers tamper with trusted sources.

Supplement Information: You can research and purchase these products on Wellevate, a reliable supplier that requires practitioners and clients to register an account. These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease. <https://wellevate.me/nancy-guberti/#/patient/registration/1/01c53f36e1b3c0c739a6d0ef5b838c3b3604c272311cba1f78444dacf8786842a9ae928d662bbca316f6326aa515f6d9>

For GI Tract: which is the core of all health

Why probiotics are so important: Toxins can alter your beneficial bacteria on your stomach lining.

(Choose one probiotic)

Probiotics: Klaire Labs Product Code THER6

Probiotics: Klaire Labs Product Code KTF6

Probiotics: Klaire Labs Product Code Product Code PRO-6

For Detox:

Cilantro Product Code CILA9

Liver Kidney Drainage Product Code SE9065

Vitamin C Product Code: TAPIO

NAC Product Code: KL2555

Liver Cleanse Product Code: T69026

Organic Turmeric Product Code: R00113



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Beverages:

Detox Tea Product Code: Y45008
Wheatgrass Powder Product Code: OWGB add to water

Skin Care:

Organic Argan Oil 4 oz Product Code: N7736
Rosehip Oil Organic 1 oz Product Code:A98110
HA Serum Highly Concentrated 1 oz Product Code: C01149
Lavender Body Oil: Product Code: A86189

Soap:

Silver Soap Product Code; H76481
Clay Soap Product Code: H37950

There are homeopathic detox and drainage remedies that assist the body with detoxification. If you want details then email us.

Warning: Before taking any supplement, you must always consult with your physician before using this or any other product. They must give approval to use.

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**I'm so proud of you for investing in yourself!
Remember your health is worth it because YOU are worth it!**



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