

Ways to Detox Glyphosate

Glyphosate is the chemical found in the herbicide Round-Up, as well as being in over 700 products ranging from food products, herbicides and household products. It can have many adverse effects on the health of one's body, and may be a contributor to chronic health concerns including degenerative disorders, cancers, kidney and liver issues, autism-spectrum disorders and many more.

So what about existing body stores? It's great to get your numbers tested to determine how much has already accumulated in your body. We do offer the first morning urine test to check your levels and gain insight along with piece of mind. Methods for chemical testing including glyphosate testing and should always have minimum limits of detection of 1 part per billion (PPB) or lower for urine. It's great to get your numbers tested to determine how much has already accumulated in your body. We do offer the first morning urine test to check your levels and gain insight along with piece of mind. Methods for chemical testing including glyphosate testing and should always have minimum limits of detection of 1 part per billion (PPB) or lower for urine. You can order your test here: [Glyphosate Lab test](#).

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

1. The key to minimizing glyphosate 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? In the case of Cheerios, General Mills removed GMOs from their iconic cereal in 2014 and now market the popular cereal as "Not made with genetically engineered ingredients" and also "gluten free." Unfortunately, the practice of pre-harvest spraying of Roundup on Cheerios number one ingredient "whole grain oats," has resulted in the highest levels of glyphosate contamination, which poses health concerns for young children consuming this food on a daily basis. The next highest level was found in Stacy's Simply Naked Pita Chips, which contain no GMO ingredients and are actually certified by a third party, the Non-GMO Project, which test for GMO contamination levels, but not pesticide residues. This report reveals that glyphosate use is widespread and moves freely in the environment. Even some organic oat products that were tested as controls found glyphosate contamination. Obviously more testing is

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needed but it seems that oats, wheat, gluten, corn are problematic. An Organic Diet for 1 Week Reduces Pesticide Exposures by 90%. A 2014 study published in the Journal of 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

Avoid foreign produce. During the colder months in the US, many sources of produce come from outside the country. Although this allows us to have a wide variety of fruits and vegetables available, you might end up consuming higher quantities of pesticide residues. For starters, other countries follow different sets of guidelines when it comes to pesticide use and acceptable or tolerable levels. They may allow a higher residue level compared to the US. Always look for the Country of Origin label on your produce. It'll say where the item was originally grown.

Many clients ask how they can purchase organic produce at an affordable price. Many grocery stores are carrying organic product now, if you have a Trader Joe's or can start a food coop then you may even negotiate better pricing. Check the freezer section for organic items as well and watch for weekly sale prices. Remember to check websites for certain products and print out any applicable coupons.

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Here are some examples of websites that offer coupons:

Simple Organic:

<https://www.simplyorganic.com/community/coupons>

Checkout Simple Truth at: <https://www.simpletruth.com/coupons/>

Checkout Whole Foods website for local store coupons: <https://www.wholefoodsmarket.com/sales-flyer>

Checkout Trader Joe's Fearless Flyer: <https://www.traderjoes.com/fearless-flyer>

Join [Thrive Market](#) – This website is like a health food store stocked up with non-GMO and organic groceries at drastically reduced prices (up to 25-50% off). I've found that the quality of their products are always good. The way they work is similar to Costco because you need to join to shop, but their fee is really reasonable (works out to about \$5 month). If you've never shopped at Thrive Market before, they'll give you your first month free so you can try it out and see if you love it as much as I do and they'll also give you 25% off your first order. No code needed to get 25% off, just [go to this link](#).

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.

2. For **household products**, look for certified green products to reduce exposure. Stay away from any Monsanto or Roundup products. If you need a herbicide then you can use vinegar as the acetic Acid, causes rapid breakdown of foliage tissue on contact. Vinegar used for herbicidal purposes can be organic household vinegar, which is roughly five percent acetic acid or agricultural vinegar, which has an acetic acid concentration of roughly 20 percent. In sufficient quantities, agricultural vinegar by itself will quickly burn down a

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weed. There is much debate on the efficacy of household vinegar versus agricultural vinegar in alternative herbicides. Research has found that acetic acid concentrations between 5 and 10 percent can provide viable control of very small, young weeds that have one or two leaves (or are within two weeks of germination). Larger weeds with three or four leaves more are likely to survive this concentration. Using higher agricultural vinegar with higher concentration of acetic acid and increasing the application volume can improve weed control. **Oil or Soap** – Oil will break down any coating or other natural barriers that many weeds produce to protect their leaves. By using oil or soap in your mixture, you give the vinegar and salt a greater chance to penetrate the weed. Additionally, oils and soaps break the tension water on weed surfaces, which keeps the mixture from running off. Research available to read at: https://extension.umd.edu/sites/extension.umd.edu/files/_docs/programs/ipmnet/Vinegar-AnAlternativeToGlyphosate-UMD-Smith-Fiola-and-Gill.pdf

3. **Drink plenty of pure water.** Many people are dehydrated to begin with and you need to drink pure water to help the body cleanse. You can actually drink distilled water once weekly to help rid the body of toxins. You can use bottled water to cook with and make ice cubes with to eliminate any extra exposure.
4. **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.

4.1. Here are 9 Steps to achieve a healthy lifestyle transformation:

1. **Get Moving** You cannot just eat yourself into a toned physique, you've got to move it darling. Start walking then try jogging or sprinting to work on those leg muscles and rear. Yoga is great for your mind and body. It's restorative and preventive all wrapped in one pose. Whatever you decide just decide and get moving.

2. **Stay Hydrated** 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.

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3. Try intermittent fasting along with a Keto regime. The keto, regime is a high-fat, low-carb diet that puts your body in a natural fat-burning metabolic state called ketosis. This is accomplished by heavily restricting carbs and focusing on high-fat, moderate protein meals. If you've slept for 12 hours straight, you've practiced intermittent fasting without even realizing it. Eat from 9am-7pm, then fast for 14 hours. KETO diet and intermittent fasting are utilized for maximizing losing fat, gaining lean muscle mass, and boosting energy levels. Combining these two methods help you experience even greater results. Fasting on the KETO Regime can accelerate your results and could provide even greater health benefits than just doing KETO by itself. This should be done after clearance from your primary medical practitioner.

4. Guard your sleep as sacred time. Go dark. 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.

- Limit caffeine. Avoid caffeinated beverages or food after 2 PM. Eat your last meal at least two hours before your sleep time.
- Avoid alcohol. Alcohol may help you fall asleep faster, but it can cause sleeplessness later during the night, worsening overall insomnia.
- Stay cool. Keep bedroom temperatures cool because a drop in temperature in the evening signals your body that it's time to sleep. Be consistent. Try to keep consistent sleep and wake up times every day, including weekends. This helps the body regulate sleep more effectively.

5. Nourish your skin with the purest organic oils. Yes, your skin needs pampering 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. So goodbye to crocodile skin today.

6. Keep a positive mindset. Negative thoughts drain you of energy and keep you from being in the present moment. The more you give in to your negative thoughts, the stronger they become. I like the imagery of a small ball rolling along the ground, and as it rolls, it becomes bigger and faster. That's what one small negative thought can turn into: a huge, speeding ball of ugliness. On the contrary, a small positive thought can have the same effect blossoming into a beautiful outcome. Did you know that near-centenarians share a number of personality traits, including optimism and joyfulness, according to the journal Aging. Don't play the

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victim instead take action and remove the negative thoughts and develop your positive mindset.

7. Meditate & Be Grateful these things can make you stay in the now—the only moment, the most important 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.

8. 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.

9. Rinse & Repeat Remember 95% of everything your do and feel is the result of habit. Stay committed to your health and reaching your optimal health goals. It takes effort but aren't you worth it? I think you are!

- Watch your thoughts, they become words.
- Watch your words, they become actions.
- Watch your actions, they become habits.
- Watch your habits, they become your character.
- Watch your character, it becomes your destiny.
- ~Unknown

Take Charge of your health

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I'm so passionate about living a healthy lifestyle in every aspect that I want to provide you with this condensed version so you can print it and keep it in your wallet.

*You can start with the **9 Step Healthy Living checklist** today:*

- 1 Start the day with just 10 minutes of exercise (think FIIT regime) as staying physically active usually results in gaining less and even losing weight.*
- 2 Meditate and read some motivational quotes to get you in the best frame of mind. Your mindset is everything!*
- 3 Socializing with your family and friends can be done outdoors with a brisk walk instead of around the table.*
- 4 Stay hydrated throughout the day and remember that alcohol and caffeine can dehydrate you. Not drinking enough water can spark hunger when you may just be thirsty.*
- 5 Skip the fancy, fatty appetizers and choose clean food options. (Checkout my Instagram page for ideas.*
- 6 Chew slowly b/c how quickly we eat does matter. Fast eaters over consume. Wait 20 minutes before reaching for a second serving as that's how long it takes for you to feel full.*
- 7 Monitor your liquid calories from coffee drinks, hot cocoas, and alcohol. Avoid excessive sugar and choose your sweets wisely.*
- 8 Take your probiotics, digestive enzymes and (in case you get food poisoning or an upset stomach) you can look into activated charcoal or Redmond Clay.*
- 9 Get ample sleep to deal with detox and resist over-eating.*

Don't do it alone

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5. **Read labels to check the ingredient list.** More than ever, it is important to review the ingredient list especially when trying to avoid glyphosate residual. The Roundup pesticide that contains the glyphosate is used on many different crops. These crops can be used for oils, when making other foods like bread, cookies, cakes, etc. or used in animal feed. Common ingredients that could have higher levels of glyphosate residue are: canola oil, vegetable oil, soy oil, corn products (like corn oil or corn starch), wheat, and oats. If they're listed as an ingredient, you may want to avoid this food.

Here is some breakfast foods that do not list if they contain glyphosate; these products were tested but remember they can always source the ingredients next time with something that has been cross contaminated. This list serves as an example of processed products that contain it but does not have to list the toxin.

Potentially dangerous to children:

Back to Nature Classic Granola

Quaker Simply Granola Oats, Honey, Raisin and Almonds

Nature Valley Granola Protein Oats 'n Honey

Giant Instant Oatmeal Original Flavor

Quaker Dinosaur Eggs, Brown Sugar, Instant Oatmeal

Great Value Original Instant Oatmeal

Umpqua Oats, Maple Pecan

*Market Pantry Instant Oatmeal, Strawberries & Cream**

Cheerios Toasted Whole Grain Oat Cereal

Lucky Charms (without marshmallows)

Barbara's Multigrain Spoonfuls, Original, Cereal

*Kellogg's Cracklin' Oat Bran oat cereal**

Nature Valley Crunchy Granola Bars, Oats 'n Honey

Quaker Steel Cut Oats

Quaker Old Fashioned Oats

*Bob's Red Mill Steel Cut Oats**

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Contains safe amounts of glyphosate

Back to Nature Banana Walnut Granola Clusters
KIND Vanilla, Blueberry Clusters with Flax Seeds
Kellogg's Nutrigrain Soft Baked Breakfast Bars, Strawberry
Nature's Path Organic Old Fashioned Organic Oats
Whole Foods Bulk Bin conventional rolled oats
Bob's Red Mill Organic Old Fashioned Rolled Oats

Contained no glyphosate in any tests

Nature's Path Organic Honey Almond granola
Simple Truth Organic Instant Oatmeal, Original
Kashi Heart to Heart Organic Honey Toasted cereal
Cascadian Farm Organic Harvest Berry, granola bar
365 Organic Old-Fashioned Rolled Oats

**This product underwent multiple tests and tested above the dangerous level in one or more and below the dangerous level in one or more.*

6. **Dining Out.** Remember that the oils used in most restaurants may be contaminated with glyphosate residual and if the produce is not organic then it can contain the toxin as well. You can take supplements before and after to help rid your body of the toxins. Checkout the supplements listed in #9 and remember to always get approval from your medical practitioner before starting any new supplement or exercise regime.
7. **Take Action.** If you need to see your toxic load in numbers to either change your eating regime and lifestyle or just gain peace of mind then get tested. It's great to get your numbers tested to determine how much has already accumulated in your body. With a first morning urine test you can check your levels and gain insight along with piece of mind. **You can order your test here: [Glyphosate](#). If you need to be cheered on to make positive changes then consider joining the [Total Wellness Empowerment Membership](#).**
8. **Stay up-to-date** with recent news, research and strategies to natural healing and living. If you're trying to avoid pesticides, especially those that are harmful like glyphosate, it's important to stay update with new and emerging research on these chemicals. A great resource to join is the [Total Wellness](#)

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[Empowerment membership](#) site to have access to natural remedies and the information to share with loved ones. You can also benefit from the [Look & Feel Great Method](#) and learn the 9 factors to living a healthy lifestyle.

9. 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 four areas where things can go wrong in the supplement supply chain:
 - 1 Products are flat out counterfeits
 - 2 Expired products are sold as still effective
 - 3 Stolen products are resold
 - 4 Third party sellers tamper with trusted sources – this could include any of the methods above

Currently, it's not possible to know how widespread this issue is due to the weak links in the supplement supply chain listed above. One 2013 study that randomly selected 44 popular supplements found only 48 percent of the supplements contained what was on the labels. Additionally, one-third of these same supplements contained fillers or contaminants not listed on the label. Shockingly, this study found only two of the twelve companies had products that were exactly as they said they were on the bottle. Should you buy supplements on Amazon? There are a lot of worrisome articles circulating about counterfeit supplements being sold on Amazon.com. The truth of the matter is, there's little Amazon can do to protect you against fake products and fake reviews. Though they have a process for reporting and banning counterfeit third-party sellers, these can pop up overnight and it takes time for them to be reported.



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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: Before glyphosate received a patent as a herbicide, it was patented as an antibiotic., Thus, it can kill pests (as well as bacteria). It kills the good bacteria in the soil and these bacteria are required to metabolize minerals for the plant.

(Choose one of the first three)

1. Probiotics: Klaire Labs Product Code THER6
2. Probiotics: Klaire Labs Product Code KTF6
3. Probiotics: Klaire Labs Product Code Product Code PRO-6

To reduce candida:

4. Candida Theramedix Product Code CDX84

For Digestion:

5. Digestive Enzymes DaVinci Labs Product Code DIG38

For Detox:

6. Cilantro Product Code CILA9
7. Liver Kidney Drainage Product Code SE9065
8. Detox Tea Product Code: Y45008
9. Vitamin C Product Code: TAPIO

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Supplemental Vitamin C has been shown to help mitigate glyphosate exposure. A 2006 paper found that: glyphosate alone or included in Roundup 3, induced significant changes in cellular antioxidant status as a glutathione depletion, enzymatic (catalase, glutathione-peroxidase and superoxide dismutase) disorders, and increased lipid peroxidation. They then tested the impact of Vitamin C supplementation and concluded that Vitamin C might have: preventive effects against deleterious cutaneous cell damage caused by Roundup.

10. These next two work together to **remove glyphosate**:
Product Code: T03110 and Product Code:AR766

Warning: Before taking any new supplement, you must always consult with your physician before using this or any other product.

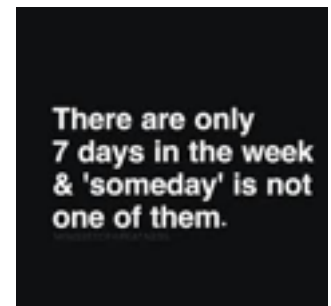
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**I'm so proud of you for investing in yourself!
Remember your health is worth it because YOU are worth it!**





**TAKE
CHARGE OF YOUR
HEALTH**
Be Informed. Be Responsible.



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