



Detoxification Guidebook

Gentle Detox Time

It's an excellent time to naturally cleanse the body and assist your detoxification organs in eliminating the 'toxins' floating around in your body. Remember that the 'detox' does not have to be some awful experience; instead, just removing certain foods and adding other foods that support the detoxification process is all you need to start. Let's face it: if it's too hard, we will not stick with it, and it only sets us up for disappointment and failure.

For centuries, detoxification has been the cleansing and nourishing of the body internally by many cultures around the world, including Chinese and Ayurvedic medicine internally cleansing and nourishing the body. 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, but if these systems are overworked, clogged up, or compromised, then toxins build up. Once this happens, 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. The goal is to reach total mind and body wellness with your lifestyle choices and make it enjoyable. I like to refer to this as a wellness journey, and we must enjoy the journey and the destination, which is optimal health.

Here are *Nine Steps* to start working on reducing your toxic load.

1. Mindfulness

Becoming mindful and aware is crucial, so please review and answer the attached *Detoxification and Drainage Questionnaire* to gain insight into your current status. Becoming mindful is when you pay attention. Mindfulness means maintaining a moment-by-moment awareness of your actions, feelings, bodily sensations, and the surrounding environment through a gentle, nurturing approach. The more mindful you are, the better. I like to have my clients reflect on how they feel physically and emotionally; this way, they can see patterns of wellness affected by food, stress, work, and relationships and better control the outcome. Keeping a journal writing down what you eat, the toxins you may be exposed to, how you feel physically, your energy level, skin health, mental health, exercise, and sleep patterns is excellent to document during your detoxification process.

When you are ready to gain insight, you run the non-invasive organic acid and glyphosate functional medicine lab tests to learn how your body is functioning, your nutritional markers, detoxification pathway functioning, gastrointestinal health, neurotransmitter markers, and much more. Ordering an organic acid test is the most incredible way to discover what's happening



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inside you! Nothing is better than learning the markers of how your body functions and whether you can detoxify. If you cannot, toxins are building up in your body as we speak, and you will need a customized food and supplement regime to assist your body in optimal wellness. These tests should be part of conventional healthcare, but unfortunately, that system is designed to react rather than be proactive.

2. Cleansing Morning Drink

Start the day with a cleansing drink. One of my favorite daily rituals is to start each day by drinking warm lemon water by squeezing one organic lemon into pure water. Citrus fruits are abundant in the antioxidant de-limonene, 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 wheatgrass, which contains many minerals and vitamins that may boost the immune system, detox toxins from the body, boost energy, and remove harmful bacteria in the gut. I love adding the powdered version of organic wheatgrass to a water bottle with stevia and a 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 I work with are dehydrated and, therefore, need detoxification protocols. Make sure you track how much water you consume daily; you can do this in your daily journal. In my Total Wellness Empowerment Membership, we have templates to print and remind us to drink more water daily.

Many people do not drink enough water and clog up their bodies. We must release our toxins, and drinking pure water is an excellent method. Stay hydrated because your skin, weight, internal organs, and mood will all improve if you drink more pure water. So many times, when you are feeling hungry, you are dehydrated. A lack of drinking enough water can trigger headaches and joint pain. Go fill up a glass of pure water and enjoy. You can drink distilled water once weekly to help rid the body of toxins. Refrain from drinking distilled water all the time, though just once in a while. You can use bottled water to cook with and make ice cubes to eliminate extra exposure.

Intermittent fasting acts like an internal exfoliator to your cells and can help push out toxins. Fasting cleanses our body of toxins and forces cells into processes that are not stimulated when a steady stream of fuel from food is always present. When we fast, the body does not have its usual access to glucose, forcing the cells to resort to other means and materials to produce energy. Your liver and kidneys can eliminate most toxins by removing the metabolic load. Intermittent fasting does not have to be complicated; to make it easy to follow, carve out a timeframe of when you



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will eat and then the other hours when you fast. For example, if I eat from 11 a.m. to 7 p.m., I will be fasting the other hours of the day.

3. Eat Organic Foods

The key to minimizing toxins in the body is eating organic food that has not been treated with pesticides or glyphosate. It also means not eating anything genetically modified, as GMO crops have been developed to be glyphosate-resistant. Why should you consume only organic? Consuming only an organic diet for one week reduces pesticide exposure 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. This independent study states, "The average person is exposed to 10 to 13 pesticide residues daily 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

Just because the label says, NON-GMO does not guarantee that it is also glyphosate-free. You must call the company and ask if they test for glyphosate.

Please also remember that if you consume animal products such as butter, eggs, milk, ice cream, and animal meat, it is equally essential to know how that animal was raised and what it was fed. Many animals are fed food that contains high levels of glyphosate, so the best is to purchase organic. Organic eggs, organic milk, organic meats, organic butter, and grass-fed-grass finished are best.

To learn more about these and many other health topics, join us on the Total Wellness Empowerment Membership and gain access to the online membership with a vast database of educational videos and documents to empower you with the knowledge to take control of your total wellness. Other options for animal-produced milk are So Delicious coconut milk, almond milk, or cashew milk, and, of course, the organic and unsweetened version is best. You can even make organic milk; follow my Instagram @NancyGuberti and check out the videos and posts.



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

- Artichokes promote healthy liver and gallbladder function, assist with detox, and add well-needed fiber to your eating regime.
- Organic apples are loaded with vitamins, antioxidants, and fiber and are very hydrating. An apple a day keeps the doctor away!
- The bright-orange spice turmeric works as a potent anti-inflammatory in the liver. It can significantly reduce bile duct blockage by interfering with chemical reactions involved in the inflammatory process. Are you going to enjoy it, well that depends on the delivery of it. I mix it with daily wheatgrass, apple cider, and stevia beverage and sprinkle turmeric. Another favorite during the cold weather is to warm unsweetened coconut or almond milk and add turmeric and stevia!
- Asparagus is a natural diuretic that helps flush out toxins. A Journal of Food Science study stated that asparagus's amino acids and minerals might alleviate hangover symptoms and protect liver cells against toxins.
- 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 the bile acid binding capacity of steamed collard greens to Cholestyramine, a cholesterol-lowering drug, and collards improved the body's cholesterol-blocking process by 13%. Spinach contains potent appetite-suppressing compounds called thylakoids and aids with detoxification.
- Wild salmon is rich in anti-inflammatory omega-3 fatty acids and may help reverse arterial stiffness, inhibiting blood flow through the arteries and to vital organs.
- Beets contain a type of antioxidant called betalains that help repair and regenerate cells in the liver, the body's primary detox center.
- Watercress helps keep free radicals away from your cells, energizes cleansing enzymes in the liver, and is a natural diuretic.
- 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 salad dressing.

4. Personal Care Products

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.

Non-toxic personal care products are made with natural ingredients that are gentle on the skin and do not contain harmful chemicals.



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There are many benefits, such as:

- Reduced risk of allergic reactions: these products are less likely to cause allergic reactions than those containing harsh chemicals because natural ingredients are less likely to irritate the skin.
- Improved skin health: These products can help improve skin health by hydrating the skin, reducing inflammation, and protecting the skin from damage.
- These products are made with sustainable ingredients and packaging and help lessen the beauty industry's environmental impact.
- More ethical: these brands often have more ethical practices, such as not testing on animals.

Some of the harmful chemicals that you should avoid are:

- Phthalates: Phthalates are used in many personal care products to make them more flexible and durable. However, they are linked to health problems such as reproductive issues and cancer.
- Parabens: used as preservatives in many personal care products and linked to health problems such as breast cancer.
- Sodium lauryl sulfate (SLS) is a foaming agent used in soap and shampoo, and it is harsh on the skin and can strip away natural oils.
- Formaldehyde is a preservative and a known carcinogen.

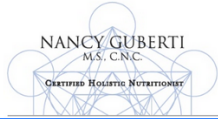
The Environmental Working Group (EWG) has a database of products rated for their safety. You can also look for products that are certified by organizations such as the Leaping Bunny Program or the USDA Organic Program.

5. Reflection, Meditate, Mindset

Reflect and evaluate your current lifestyle regarding eating clean, nutritious foods, getting enough sleep, positively dealing with stress, following an exercise regimen, and getting fresh air & sunlight while maintaining a positive mindset & attitude. We are the result of many factors going on in our life. Reflect on topics such as why you may be holding on to negativity or negative thoughts, as this is toxic. What do you think? Do you tend to be more positive or negative? How do you feel about yourself? Do you have self-confidence and self-worth? Do you need to work on these areas or others? We are the product of the people we associate ourselves with. Focus on spending time with positive, empowering people.

Are you aware of how you breathe? Do you hold your breath? Breathe deeply and feel the difference.

What type of movement do you enjoy? Exercise, walk, and do yoga, as your body needs some form of exercise to remove toxins. Don't sweat the small stuff; cultivate a positive mindset, as negative thoughts drain your energy and keep you from being in the present moment.



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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 strongly affect mood, health, life fulfillment, and lifestyle. A coach, teacher, or parent would direct us as children. Encouraging words and someone looking out for our well-being. As adults, we also can benefit from someone assisting in our lives to reach optimal health goals and someone to listen, cheer us on, and help when we need extra support. Mentors are crucial in assisting individuals to connect the dots between their abilities and potential, goals, and successes. Mentors provide the advice, confidence, and network that allows individuals to find their avenues of success. Surround yourself with positive people. *If you need to be cheered on to make positive changes, join the [Total Wellness Empowerment Membership](#).*

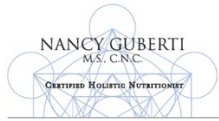
6. Lymphatic Massage

Lymphatic drainage relieves swelling when illness blocks your lymphatic system and involves gently manipulating specific areas of your body to help lymph move to an area with working lymph vessels. You can start with a dry body brush daily before showering or bathing. It gently exfoliates the skin and encourages stagnant lymphatic fluid to move through the tissues more efficiently. The concept of dry brushing has its roots in ancient Ayurvedic practices. This centuries-old tradition was not just about skin-deep beauty. 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. Your skin needs pampering, and organic argan oil, rosehip, and hydrologic acid are lovely for your facial skin to address fine lines. Lavender oil is excellent for overall skin nourishment. Email us for personal care recommendations.

7. Restorative Sleep

Sleep is essential during detoxification time. The restorative sleep theory states that sleep allows the body to repair and replete cellular components necessary for biological functions that become depleted throughout an awake day. Deep sleep is essential for health and well-being. Most adults need around 1.5–2 hours of deep sleep per night and aim for at least 7 hours of total sleep per night.

Get adequate sleep every night and go to bed the same day you wake up. Avoid staying awake for two days; if you wake at 7 a.m. and do not go to bed until 1 a.m. the next day, you have been awake for two days. Guard your sleep as sacred time. Even tiny amounts of light from a cell phone or alarm clock can suppress the body's natural melatonin production. Make the bedroom wholly dark or invest in soft eyeshades to block out light. Do not eat a heavy meal at least two hours before bedtime. Avoid stimulating foods or beverages; caffeine should be avoided after 2



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p.m. Avoid alcoholic drinks as they can worsen insomnia, mood management, and even your energy levels the next day.

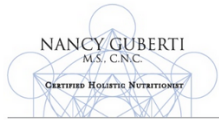
I recommend that my clients do a brain dump before going to bed. When you allow yourself to put your thoughts on paper without judgment, you begin a simple, effortless process of cleansing and clearing your conscious mind of clutter. In addition, you will put on paper all the things that are in your mind and may keep you awake or, worse yet, wake you up in the middle of the night, thinking of these things. Jot down your feelings about the day and the tasks you must accomplish to clear your mind and get a good night's rest.

8. Buyer Beware

Think about what you are eating before you consume it, or better yet, before you even buy it. Ask yourself, '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 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 you reach optimal health:

- **Wheat, Gluten, Corn:** for many people, wheat and gluten are challenging to digest, leading to inflammation with no discernible benefit of nutrients. Most corn is genetically modified and loaded with a pre-harvest glyphosate spray. It triggers an inflammatory response in many people, especially with adrenal fatigue, adrenal imbalance, and gastrointestinal issues.
- **Casein, Dairy:** Many people cannot break down these foods, leading to inflammation.
- **MSG, Sodium, Nitrates:** MSG is monosodium glutamate and is a flavor enhancer linked to health ailments. It 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 you are eating processed foods, read your labels because you'd be surprised how much sodium is added. Nitrates are found in preserved meats and are difficult to detoxify.
- **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.
- **Artificial Sweeteners:** these chemicals are usually contained in nutrient-void food products. Chemicals such as aspartame and saccharin have been linked to multiple health ailments.



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- Alcohol: Many people do not have control over the quantity of alcohol they consume. Have you noticed that wine glasses are much bigger these days? What looks like one glass, maybe 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, ensure it's organic; otherwise, it can be loaded with pesticides. For every alcoholic beverage, you should have an additional glass of water to prevent dehydration.
- Fast Food, Fried Foods, and Convenience Foods all contain many unhealthy ingredients, high sugars, high sodium, and artificial ingredients, and offer minimal nutrients.
- Sugar and HFCS (high fructose corn syrup) are empty nutrients that disrupt blood sugar levels, feed candida and cancer cells, and can lead to type 2 diabetes and obesity. HFCS contains mercury!
- 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, and healthy fats are components of a healthy eating regime. Follow my Pinterest and Instagram pages @NancyGuberti for food ideas.

You can access my recommended food shopping list when you join the Total Wellness Empowerment Membership.

9. Nutraceutical Protocol

There are several supplements to help reduce your toxic load and assist with detoxification, and they are included here by 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 not under control now. This is why it's best to purchase 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 many places in the system where contamination or fraud can occur.

Here 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.
- Third-party sellers tamper with trusted sources.
- Products are not kept in a temperature-controlled warehouse.



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I purchase and recommend getting quality supplements from a reliable supplier that requires practitioners and clients to register an account. I am not married to one brand of supplements as I research each supplement and choose the best within each brand.

Here's the link to Detoxification Protocol supplements available on FullScript. Please set up an account to view them. Click the link: <https://us.fullscript.com/welcome/nancyguberti>

Always check with your medical doctor before starting any supplement. Some herbs and supplements may interfere with medications. Everyone is unique; therefore, functional medicine lab testing is always recommended annually, just like getting an annual physical.

It would be best if you took charge of your health.

This is a basic detox protocol and does not constitute a practitioner-client relationship.

Explore these products for detoxing from toxins, including glyphosate.

Always check with your medical doctor before starting any new protocol.

Supplement recommendations:

- GlyphoDetox (60 capsules) (EcoNugenics): Please take two capsules once / day (Warning: This product should not be taken by persons with known hypersensitivity to iodine or hyperthyroidism. If pregnant, nursing, or taking any medications, consult your healthcare practitioner before use.).
- Dual Detox™ (120 capsules) (Klaire Labs): Please take two capsules once / day (If you are pregnant, nursing, have a medical condition, or taking prescription drugs, consult your physician before using this product. KEEP OUT OF REACH OF CHILDREN.).
- Ther-Biotic® Detoxification Support (60 capsules) (Klaire Labs): Please take one capsule once / a day.
- N-Acetyl-L-Cysteine (90 capsules) (Klaire Labs): Please take 1-2 capsules once / day (Caution: If you are pregnant, nursing, have a medical condition, or taking prescription drugs, consult your healthcare professional before using this product. Keep out of reach of children.).
- Vitamin C-1000 (from tapioca) (90 capsules) (Ecological Formulas/Cardiovascular Research): Consult a healthcare professional before use.
- Enzyme Defense Pro (60 capsules) (Enzyme Science): Please take one capsule once / a day.
- Candidase Pro™ (84 Caplets) (Enzyme Science): Please take one capsule once / day.
- Drainer (1 Ounce) (Newton Laboratories Inc): Please take three drops every night.
- Lymphatic Drainer (1 Ounce) (Newton Laboratories Inc): Please take six drops every night

The Food and Drug Administration has not evaluated these statements. These products are not intended to diagnose, treat, cure, or prevent any disease.

Warning: Before taking any supplement, consult your physician before using this or any other product. They must approve before starting any new supplement.



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Let's Recap

A gentle detox is one where you adjust your lifestyle factors to be healthier on your wellness journey to optimal health of mind and body. Implement one of the nine steps at a time and be empowered with the knowledge.

Some benefits of detoxing are:

*Reduce inflammation, Purify your blood, Lose weight, Sleep better, Boost your circulation, Become Mindful, and take Charge of your Health. You may also experience these additional benefits, such as *strengthening the immune system, rejuvenating skin, and boosting mental health*, amongst many other health benefits.*

Frequently Asked Questions

How can I continue working on my total wellness and get functional medicine testing?

Join the [Total Wellness Empowerment Membership](#)

Does the Total Wellness Membership include any functional medicine testing?

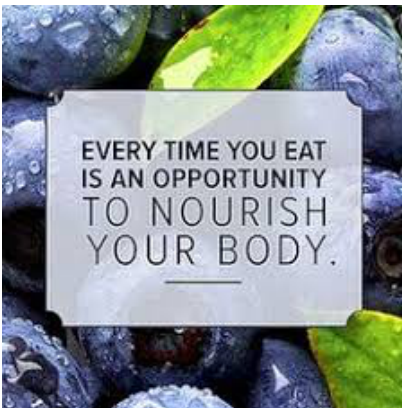
If you sign up for the **annual** plan then you will receive an Organic Acid Test kit.

Will I receive personalized recommendations to achieving my total wellness?

Yes, and you can schedule one 40-minute monthly session to review your wellness progress.

Keep Away From Reach Of Children The Food and Drug Administration has not evaluated these statements. These products do not diagnose, treat, cure, or prevent any disease. **THIS INFORMATION DOES NOT PROVIDE ANY MEDICAL ADVICE.** Information is provided for informational purposes only and not as a substitute for the advice provided by your physician or any information contained on or in any training course or document. You should not use the information in this document or any website to diagnose or treat a health problem or disease or prescribe any medication or other treatment. You should always speak with your physician before starting any nutritional or exercise program, taking any medication or nutritional, herbal, or homeopathic supplement, or adopting any treatment for a health problem. You should carefully read all product packaging and instructions for products or services recommended here or from any website. If you have or suspect a medical problem, promptly contact your physician. Never disregard professional medical advice or delay in seeking professional advice because of something you have read here or on any website. Information provided here or on any website and the use of any products by you should be cleared by your physician.

*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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Read my blogs at nancyguberti.com/blog



What test do I recommend to my clients? I recommend the Organic Acid non-invasive urine testing on an annual basis to be proactive with your total wellness.


Uncover Hidden Health Issues with Organic Acids Testing!

Break Free from Chronic Inflammation

Are you tired of feeling fatigued, anxious, or struggling with brain fog? Our revolutionary Organic Acids Test can be the key to breaking free from chronic inflammation and reclaiming your vitality!

The Power of [Organic Acids Testing](#).

By analyzing organic acids in your urine, our test uncovers hidden health issues that may be hindering your well-being. From chronic inflammatory conditions to nutrient deficiencies and toxic exposures, it provides valuable insights to address the root causes of your symptoms.

 Recognizing Symptoms of Chronic inflammation, fatigue, insomnia, depression, lack of concentration.

These symptoms can all be signs of chronic inflammation taking a toll on your body. Don't let them hold you back any longer. The Organic Acids Test helps you identify and address the underlying issues, empowering you to regain control over your health.

Your Path to a Better Future

With the comprehensive information provided by our Organic Acids Test, we create a personalized treatment plan that addresses your unique needs. Say goodbye to guesswork and embark on a journey towards improved well-being today!

Visit our [online lab store](#) to learn more and order your test kit.

If you are looking to test for toxins as well then add in the [Total Tox Burden + PFAS Chemicals lab test](#).