



New Year's Detox

Why do a detox? Why are we here?

- Toxins
 - Lose weight/fat more effectively
 - Decrease our toxin cup (decreases symptoms)
 - Lead to DM, AD, and much more
- Help our cells function better → feeling better
 - Decreases future risk of disease
- Help us reboot our eating habits (Food is medicine)
 - Helps get rid of sugar/bad food cravings
 - Introduces us to new recipes and foods
- Helps almost all our organ systems
- Helps us identify food sensitivities

10 day and 21 day

- Difference is how long the actual food plan and product lasts
- You can make a 10 day more effective by going into a 30 day food plan
- Both are effective and great tools!
- Recommend to do this 1-2 times a year
- Both have food restrictions, product
- Both will want reintroduction to be methodical and planned
- Both will be best following it 100% if you are able
- If you are struggling with anything major right now:
 - Consider a good food plan, DF/GF for 100 days
 - Wahl's diet, etc...
- Consider the detox your kickstart

Support

- Food is an addiction
 - Get it out of your site
 - Ask your family and friends to keep your challenge foods out
 - You should have a safe space
- Plan ahead
 - Meals prepped
 - Snacks ready
 - Pre-eat before going out or to others houses
 - Bring some of your own food
- Look for support - especially if you are able to transition to a longer food plan
 - Lifelong - 80/20
- Support is critical - family member, friend, health coach, buddy

Coaching and other help

- Consider health coaching beyond the intro call
- Help identify barriers to maintaining a good food plan
- Help to identify the emotional connections, social connections and how we can work around those
- Help with food ideas
- Blogs and websites can be helpful
- Brainspotting or other therapies can be helpful as well

Detox experience

- Some will feel flush day 3-5
 - Activated charcoal can be used, chlorella, or other binders (1-2 caps every 4 hours)
- Some will be tired - not eating enough typically
- Constipation
 - Make sure you are not constipated before!!
 - Make sure you keep going
 - Mag citrate, water, vitamin C, fiber
- Don't try to start an exercise program in a detox
- Cut back slowly on caffeine
- Can stop many daily vitamins. Do not stop meds
- If you get an illness - consider pausing the detox
 - Recently ill - may want to wait a little
- If you get SE's you are not sure about - reach out

Other detox notes

- Try to buy clean and organic - but don't sweat it if you can't completely
- Try to take this time to evaluate toxins in general - and start cutting back
- Clean your pantry and other places with stored bad foods
- Do a mission statement and your why.
- Be creative - Diverse if you can. Add spices
 - 200 plants in a year - Start now
- Drink plenty of fluids. Tea is a great filler as well.
 - Avoid cans and anything with additives.
- Coffee - stop if you can. Go to decaf tea. Avoid decaf coffee if possible.
 - No pop or other drinks like that. Avoid aluminum

Why should we be concerned?

- Americans spend 80-90% time indoors
- Average home is toxic!
 - We have become guinea pigs of the modern chemical revolution
 - Nutrition lacking foods
 - Lifestyle hazards
 - Chemical compounds our bodies view as foreign
- Increasing rates of cancer, autoimmune disease, and more!
 - 5-10% cancers are gene defects
 - The rest is diet, lifestyle & environment
- 1974-WHO-84% chronic diseases are due to environmental toxins

Are you Toxic?

The question is no longer IF we are toxic..

The real question is HOW toxic are we?

Toxicity

- 80,000 identified chemicals
- 700 contaminants in the average adult
- 200+ chemicals in the newborn

Total Toxic Load=

Total Exposure to Toxins- Patient's Ability to Mobilize, Detoxify, and Excrete Toxins

Toxic Load-3 main factors

- Exposure we receive from internal and external sources
- Genetic predisposition to effectively produce detoxification enzymes for processing these compounds
- Integration of proper nutrition and ongoing dietary ingestion of helpful detoxifying nutrients can impact the body's capacity to appropriately reduce the presence of toxicants and lower body burden
 - If we aren't eating right foods or able to break them down

Toxins and our cells

- Unhealthy cells due to toxins → don't allow nutrients into the cells or oxygen
→ causes dysfunction in the cells → mitochondria don't function
- We get energy from mitochondria
- 23% energy produced → Brain
- 23% energy produced → Muscles
- So we get fatigue!

Symptom List for Toxicity

- Fatigue
- Muscle aches
- Joint pain
- Sinus congestion
- Postnasal Drip
- Excessive Sinus Problems
- Headaches
- Bloating & Gas
- Constipation/Diarrhea
- Bad breath
- Foul smelling stools
- Heartburn
- Sleep problems
- Difficulty concentrating
- Food cravings
- Water retention
- Trouble losing weight
- Rashes, Skin issues
- Dark circles, puffy eyes
- PMS

Diseases linked to Toxicity

- Parkinsons
- Alzheimers
- Dementia
- Heart Disease
- CFS
- Fibromyalgia
- Cancer
- Autoimmune Disease
- Food Allergies
- Arthritis
- Digestive issues
- Menstrual issues
- Mood swings
- Hot flashes
- Migraines
- And many more..

You may be toxic if..

- I have constipation
- I urinate small amounts of dark, strong smelling urine only a few times a day
- I never break a sweat
- I have symptoms listed prior
- I have fatigue, muscle aches, headaches, concentration, memory problems
- I have fibromyalgia or chronic fatigue
- I drink well or tap water
- I drink water from plastic bottles
- I dry clean my clothes
- I work or live in a “tight building”

You may be toxic if..

- I use household or lawn garden chemicals
- I get my house treated by an exterminator
- I have more than 1-2 mercury amalgams
- I eat large fish more than once a week
- I am bothered by strong smells-smoke
- I have a negative reaction when I consume foods with MSG, sulfites, cheese, bananas, chocolates, small amount of alcohol, food with garlic or onion
- When I drink coffee I feel wired and have an increase in joint/muscle aches, hypoglycemic symptoms
- I regularly consume Tylenol, PPI, NSAIDs, allergy meds

Toxins

- Environment-metals, petrochemicals, residues, pesticides, fertilizers (air)
- Products- cleaning, body products, home products, clothing, furniture
- Food Allergies, Environmental Allergies, Molds
- Environment, relationships
- Stress-mental, emotional & spiritual toxins that affect us
- Medications
- Internal toxins-infection (LPS)

Tipping point



“Detox”

- The body’s physiological process of rendering chemicals, compounds, hormones & toxicants less harmful
- Organs of detox that need support
 - Liver
 - Kidneys
 - Large intestine/microbiome
 - Lymphatic system
 - Sweat glands
- Process of detoxification is many different steps!
 - Increased exposure
 - Constipation
 - Deficient in nutrients
 - Stress, Genetics
 - Chronic disease, excess inflammation
 - Not enough movement or sleep

Goal of directed metabolic detox

- Provide nutritional support for the pathways involved in the processing and excretion of toxins
- Food plays a huge role
 - Getting out toxic food helps decrease body burden
 - Adding in foods that give the nutrients needed for Phase 1, Phase II so the body can make toxins water soluble and excrete through kidneys, intestines, and skin
- Decreasing allergenic foods-helps the immune/GI
- Larger focus on foods that support detox pathways
- Elimination is key!
 - 1-2BM daily
 - Fiber-35 grams a day
 - Hydration critical as well

Metabolic Detox

- Supporting the liver
- Providing targeted antioxidants
 - Supporting nutrient dependent pathways
- Encourages healthy elimination
- Balances hormone metabolism

How to Detox

- Identify & get rid of toxins
- Fix your gut-a source of toxin load for many
- Get moving
- Get adequate and deep sleep
- Get your liver & detox system working
- Detox your mind, body, and spirit
 - Your health coach session can focus around this!

Identifying toxins

- Check out EWG for top toxins
 - Check EWG for Dirty Dozen & Clean Fifteen
 - Check out on line options, courses, schedule a health coach visit to educate yourself about toxins and how to get rid of them
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- Environmental- sprays, pesticides, air, water
 - Products- skin, body, makeup
 - Home Products- cleaning supplies, detergents, soaps, toothpaste, feminine products, condoms
 - Kitchen- pots & pans, food, dishes, storage containers
 - Plastics
 - EMF

Identifying toxins

- Household cleaners cause about 10% of all toxic exposures
- 507 all purpose cleaners, only 59 scored an A on EWG
- Never use bleach or ammonia!
- 3 most dangerous
 - Drain cleaners
 - Oven cleaners
 - Acid based toilet bowl cleaners

Shampoo

Average Number Of Chemicals: 15

MOST WORRYING: Sodium Lauryl Sulphate; Propylene Glycol, Methylisothiazoline. **POSSIBLE**

SIDE-EFFECTS: Neurological damage in fetus, irritation, possible eye damage.

Eye Shadow

Chemicals: 26

MOST WORRYING: Polyethylene terephthalate. **POSSIBLE**

SIDE-EFFECTS: Linked to cancer, infertility, hormonal disruptions and damage to bodies organs.

Lipstick

Chemicals: 33

MOST WORRYING: Polymethyl Methacrylate. **POSSIBLE SIDE-EFFECTS:** Allergies, linked to cancer.

Nail Varnish

Chemicals: 31

MOST WORRYING: Phthalates. **POSSIBLE SIDE-EFFECTS:** Linked to hormone disruption, fertility issues, linked to cancer and problems in developing babies.

Fake Tan

Chemicals: 22

MOST WORRYING: Ethylparaben, Methylparaben, Propylparaben. **POSSIBLE SIDE-EFFECTS:** Rashes, Irritation, hormonal disruption.

Hairspray

Average Number Of Chemicals: 11

MOST WORRYING: Octinoxate, Isophthalates. **POSSIBLE SIDE-EFFECTS:** Allergies, hormone disruption, irritation to eyes, nose and throat, changes in cell structure.

Deoderant

Chemicals: 32

MOST WORRYING: Aluminum Zirconium, Isopropyl Myristate. **POSSIBLE SIDE-EFFECTS:** Organ Irritation, hormone disruption.

Blush

Chemicals: 16

MOST WORRYING: Ethylparabens, Methylparaben, Propylparaben. **POSSIBLE SIDE-EFFECTS:** Rash, irritation, hormone disruption.

Foundation

Chemicals: 24

MOST WORRYING: Polymethyl methacrylate. **POSSIBLE SIDE-EFFECTS:** Disrupts immune system, allergies, links to cancer.

Perfume

Chemicals: 250

MOST WORRYING: Benzaldehyde, toluene. **POSSIBLE SIDE-EFFECTS:** Sperm damage, linked to cancer, organ irritant, hormone disruption.

Body Lotion

Chemicals: 32

MOST WORRYING: Methylparaben, Propylparaben, Polyethylene Glycol, also found in cleaners. **POSSIBLE SIDE-EFFECTS:** Rash, irritation, hormone disruption.



Skin care, makeup, nail polish

- Use low toxin makeup & skin cream
 - Some great brands are Beautycounter, W3LL people, Honest, Annmarie Gianni
- Hair products-look for those without alcohol, SLS, paraben, phthatate or other petrochemicals
- Avoid hair sprays, perfumes & skin products with synthetic fragrances
- Don't put anything on your skin you wouldn't eat ;)
- Avoid aluminum deodorants

Plastics

- Carcinogenic, hormone altering
- Bad for health & for environment
- Use other options-stainless steel, glass, mason jars!
- Never drink water from plastic bottles!

Products

- Don't use non stick cookware
- Choose toys made from natural materials to avoid plastic chemicals like phthalates and BPA, especially if it will be sucked & chewed on
- Look for products without fragrances
 - Artificial fragrance can have thousands of toxins
- Avoid fresheners & scented candles
 - Opt for beeswax candles
- Use natural organic feminine products
- Look for low toxin condoms

Water

- Drink filtered water
- Use multi stage carbon filter or reverse osmosis
- Avoid plastic bottles
- Minimize camel back type water containers
- Filter bath, shower water to limit CL, FL exposure
- No drinking from water hose

Dental Care

- Avoid mercury amalgams
- Get second opinions on root canals
- Avoid 2 different metals in adjacent teeth
- Find a Biological Dentist: <https://iaomt.org/>
- Avoid fluoride & fluoride toothpastes
 - Opt for hydroxyapatite
 - Rise Well or Boka
- Decrease x rays unless needed
- Coconut oil pull! Add clove

EMF

- Minimize cell phone use
- Minimize cordless phones & shift to corded
- Take the clock radio away from head of your bed
- Measure the fields in potential new car before you buy it
- Turn off wireless at night
- No devices in the room you sleep in
 - If you have to, on AIRPLANE mode only

Foods and Dyes

- Children can consume 100mg of artificial color in 1 day and it affects cognition & behavior
- 73% ADHD respond to removal
- Sodium benzoate
- Red #40-triggers immune system, ADHD
- Blue #2- candies, beverages-brain tumors
- Yellow #5- baked goods, candies, cereals. May be contaminated with several cancer causing chemicals and lead to hyperactivity, hypersensitivity & behavioral effects

General Food Suggestions (non-detox)

- Organic when possible (prioritize meat, dairy, and eggs)
- Dairy is important to get local & hormone free- search for pasture raised
 - Consider raw which is better digested due to natural enzymes
- Pasture raised meats, hormone & antibiotic free, non GMO feed
- Minimize large fish (Swordfish, tuna)-due to mercury
 - Shop safe brands like Safe catch which tests tuna for mercury, wild caught always!
- Don't eat food with chemicals you can't pronounce
- Pick foods with simplest & least ingredients
- Follow Dirty Dozen and buy organic

EWG'S 2021TM
DIRTY 12

- | | |
|---|---------------------------|
| 1. Strawberries | 7. Cherries |
| 2. Spinach | 8. Peaches |
| 3. Kale, collard
& mustard
greens | 9. Pears |
| 4. Nectarines | 10. Bell & hot
peppers |
| 5. Apples | 11. Celery |
| 6. Grapes | 12. Tomatoes |



EWG'S 2021
CLEAN 15[™]

- | | |
|---------------------------|-----------------------|
| 1. Avocados | 9. Broccoli |
| 2. Sweet corn | 10. Cabbage |
| 3. Pineapple | 11. Kiwi |
| 4. Onions | 12. Cauliflower |
| 5. Papaya | 13. Mushrooms |
| 6. Sweet peas
(frozen) | 14. Honeydew
melon |
| 7. Eggplant | 15. Cantaloupe |
| 8. Asparagus | |



Remove: Enhance our Detox Process

- We want to get rid of toxins we are exposed to
- Skin: largest organ to absorb toxins, but also a way we get toxins out
 - Open pores with heat, sun, sauna, hot bath, exercise
 - Sweat-BUS study
- Breathe
 - Don't breathe enough
- Sweat! Get those toxins out!

Detox Pathways

- Regular bowel movements are crucial
 - 1-3 are ideal
 - Get both soluble & insoluble fiber
 - Plenty of organic fruits and vegetables
 - WATER
 - Positioning (squatty potty)
 - 85% mercury is excreted in stool
 - Magnesium citrate- don't detox if constipated
- Urination
 - Avoid excess caffeine, acidic drinks, and sweeteners

Detox Pathways

- **Lymphatic system**
 - Helps release excess chemicals, toxins, endocrine disruptors
 - Can be stimulated by dry skin brushing
 - Jumping on rebounder
 - Exercise in general
 - Lymphatic massage
 - Lymphstar
 - Lymphatic system does not have a pump so we have to move & drain it
- **Kidneys**
 - Adequate hydration is needed to help filter out toxins through kidneys
 - Red peppers, cauliflower, cabbage, garlic, onions

Detox Pathways

- Liver
 - Crucial organ! Detoxifies kidneys, lymphatic system internally
 - Does drainage
 - Support with beets, grapefruit, garlic, green tea, leafy greens, lemon & lime
 - Lemon water first thing in AM
 - Castor oil packs
- Spleen
 - Filters & purifies blood
 - Warm spices like cinnamon, cardamom, and ginger support
 - Try golden milk

Detox Baths

- Epsom Salt Bath
 - Start with 2 cups and increase to 4 if tolerated
 - Boosts circulation, reduce inflammation, eases hypertension, improves oxygen use, and encourages mineral absorption
- Dr. Hyman's Ultra Detox Bath
 - Heat the water as hot as you can stand
 - Add 2 cups epsom salt, ½ cup baking soda & 5-10 drops lavender essential oil
 - Soak 20-30 minutes
- Relaxation & Detox

Sleep

- Minimum 7 hours at night-ideal 8 hours
- Lack of sleep
 - Disturbs cognitive function
 - Causes cravings for carbs & sugar
- Adequate sleep
 - Decreases inflammation
 - Helps with weight loss!
- Sleep hygiene

Other things to do to help detox

- Walk or other moderate exercise for 30 minutes
- Practice the Take-Five Breathing Break
- Take your detox bath
- Sleep 7-8 hours
- Drink 8 glasses of water
- Be mindful of media in your life & decrease!
- Journal plan
- Get into your parasympathetic nervous system

Take Five Breathing Breaks

- Stress makes you gain weight & not lose weight
- Relaxation helps reset metabolism and lower cortisol
- Each day take 5 minutes to sit quietly and practice the following
 - Sit on a chair, propped in the bed, or on the floor
 - Close your eyes & mouth
 - Breathe slowly through your nose and count to five
 - Hold for 5, out for 5
 - Do this for 5 minutes

Foods-Protein

- Nutritional cornerstone of detox
- Need the amino acids to bind transformed toxins and carry them out of body
- Regular consistent protein stabilizes blood sugars-which minimizes hunger & cravings
- Protein with every meal & snack is ideal
- Fish
 - Wild caught
 - Lowest mercury-anchovies, catfish, flounder, haddock, herring, perch, pollock, salmon, sardines, sole, trout
 - Highest mercury- bluefish, tuna, tilefish, swordfish, marlin, mackerel
- High quality is important!
 - Lean, grass fed/grass finished, non GMO,

Foods

- **Legumes**
 - Protein & fiber-both help detox
 - Okay if you know you tolerate. Better if soaked & sprouted
- **Dairy Alternatives**
 - Dairy often has toxins and hormones
 - High allergen food for many
 - Check for added sweeteners, gums, etc
 - Make your own
- **Nuts & Seeds**
 - Raw organic unsalted nuts
 - Hemp seeds, flax seeds
 - Nut butters
 - Not peanuts

Fats & Oils

- Quality is important
- Minimally refined, cold pressed, organic, non-GMO
- Should be in dark containers and glass
- Should remain away from heat & air
- Use a variety
 - Avocado
 - Coconut
 - EVOO (non high heat-do not roast with EVOO)
 - Pumpkin, hempseed, sesame
 - Animal fats (bacon fat, beef tallow, etc)
 - Ghee

Non Starchy Vegetables

- Provide phytonutrient necessary for detoxification
- 8-10 or more servings/day
- Daily
 - Brassicales-cruciferous-metabolize hormones
 - Arugula, broccoli, brussels, cabbage, cauliflower, horseradish, kohlrabi, radishes
 - Detoxifying leafy greens
 - Bok choy, chard, cilantro, endive, escarole, greens (beet, collard, kale, mustard, turnip), microgreens, parsley, raddicchio
 - Thiols-allium family
 - Chives, daikon radishes, garlic, leeks, onions, scallions, shallots
 - Liver and kidney vegetables
 - Artichokes, asparagus, beets, celeriac root, celery, sprouts
- Eat a rainbow a day!

Starchy Vegetables and Grains

- Combine with fat or protein to decrease blood sugar spikes
- Limit these compared to other vegetables
 - Squash
 - Plantain
 - Potato
 - Root vegetables-parsnip, rutabaga
- Limit grains
 - Soak and rinse well
 - Cook in bone broth for better digestibility

Fruit

- Apple
- Blackberries
- Blueberries
- Cherries
- Grapes
- Grapefruit
- Mandarin oranges
- Oranges
- Pineapple
- Pomegranate seeds
- Raspberries
- Rhubarb
- Strawberries
- Tangerines

Other

- Spices & herbs
- Condiments-be cautious with ingredients
- Beverages
 - NO CAFFEINE
 - Stay hydrated
 - Water
 - Teas
 - Limit toxins

DiETING

Fat stored to "enrobe"
impurities/toxins to
protect body



Dieting **stresses**
the body by
limiting
nutrients

Fat burned, but
impurities/toxins
remain - in higher
concentration



Body reacts to increased
impurities/toxicity - goes into
emergency fat production to protect
body - **REBOUND!**



CLEANSING

Fat stored to "enrobe"
impurities/toxins to
protect body



Cleansing gives
the body the
nutrients it needs
to succeed

Impurities released as
fat burned



Better overall health
Less fat, more muscle,
and **NO REBOUND!**



Why do a detox

- We all need to empty our cup
- Reset/reboot your body and it's ability to protect you
- Learn about your personal food intolerances
- Decrease inflammation in your body
- Test: see what symptoms are left at the end and address those
- CUT carb & sugar cravings
- Start better food habits, new ways to cook, and new ways to prepare food

11 principles to detox

1. Drink plenty of clean water: 8-10 glasses
2. Keep bowels moving
3. Eat organic produce and animal products
4. Eat 8-10 servings of vegetables for phytonutrients
5. Avoid stimulants, caffeine, alcohol, and sedatives
6. Exercise
7. Get rid of white (sugar, flour, bread, pasta)
8. Sweat profusely at least 3x/week
9. Take a high quality vitamin and mineral
 - a. Don't stop prescription!
10. Relax!
11. Get outside, ground

10 Day Detox

- Animal protein is okay, but it is encouraged to try a couple days without!
 - Try without any beef
- No caffeine
 - If caffeine is absolutely needed, try matcha which is better for your adrenals & has increased antioxidants and L theanine
 - Try golden milk or tea with nut milk if a warm drink is needed
- All fruit & vegetables are okay, except dried fruits
 - Aim for lower sugar fruits over high sugar fruits like oranges, pineapple, mango
- Follow specific days that grains are allowed and not allowed

21 Day Detox

- We do encourage you to omit animal protein days 8-14. Taking a break from animal protein can really allow for digestive reset & reboot
 - Aim to still have protein for satiety
 - Reach out to Tristyn for ideas or look at the support guide for meal plan & recipe links
 - Fish is still okay
- No beef (harder to digest)
- No caffeine
 - If caffeine is absolutely needed, try matcha which is better for your adrenals & has increased antioxidants and L theanine
 - Try golden milk or tea with nut milk if a warm drink is needed
- All fruit & vegetables are okay, except dried fruits
 - Aim for lower sugar fruits over high sugar fruits like oranges, pineapple, mango
- Gluten free grains are allowed, but keep minimal. Always soak & rinse before.
- Beans are allowed, but keep minimal. Aim to have the week no animal protein is allowed
 - Jovial brand in glass jars are pressure cooked & canned. Increased digestibility

Both detoxes

- Removing gluten, dairy
- Removing any non-foods
- Removing anything artificial or chemical
- Trying to decrease incoming toxins with organic/clean foods
- Re-adjusting your palette and recipes, ways of eating
- Decrease sugar cravings - allowing to move onto a new way of eating.
- Decrease our toxin load - to improve symptoms - which allow us to put more work and effort into our health and life
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Questions?