

A Safe and Healthy Detox Guide

Drink plenty of **FILTERED** water!

- **Aim for ½ your body weight in ounces of water a day** PLUS another 20-30 ounces of water per every 30 minutes of exercise.
- **Drink 8-16 ounces of lemon water upon waking daily** (1/2 lemon per 8 ounces water).

Eat a whole foods diet with a focus on organic fresh fruits and vegetables, whole grains, healthy fats, legumes, nuts, seeds and sustainable lean protein sources.

- **Eat 5-9 servings of fresh fruit and vegetables a day.**
- **Whole Grains** (Avoid gluten and gluten containing products) Healthy whole grains include: Quinoa, brown rice, buckwheat, gluten free oats...
- **Legumes:** Navy beans, pinto beans, black beans, kidney beans, lentils, cannellini beans, garbanzo beans....
- **Healthy fats:** Extra virgin olive oil, organic unrefined coconut oil, avocados, raw nuts and seeds in moderation, wild caught fatty fish such as salmon.
- **Lean grass-fed, organic, wild caught animal protein sources:** Turkey, chicken, wild salmon, wild caught fish and seafood, wild game meats.
 - Uncured, nitrate free deli meats in moderation.

Eat foods high in fiber.

- **Aim for 25-30 grams of fiber a day.**
- **Foods high in fiber include:** apples and pears (with their skin), legumes, oat bran, berries, dark colored vegetables such as beets, carrots, collard greens, broccoli, artichokes, sweet potatoes...

Foods that naturally enhance your bodies detoxification processes:

- **Brassicas Family:** Cruciferous vegetables such as cabbage, brussels sprouts, broccoli, artichokes, kale spinach...
- **Vitamin B Rich Foods:** Whole grains (gluten free), leafy green vegetables such as spinach and kale, legumes, grass-fed animal products.
- **Vitamin C rich foods:** Peppers, Cabbage, Strawberries, Tomatoes, Citrus Fruits: (except grapefruit) Lemons, oranges, tangerines, limes...
- **Sulfur containing foods:** Garlic, onions, leeks, shallots, pasture raised eggs, red peppers, brussels sprouts, broccoli, legumes.
- **Antioxidants:** Eat the rainbow!!! Foods high in antioxidants include artichokes, beets, berries, kale, carrots, sweet potatoes and other orange vegetables, grapes, red cabbage, beans, spinach.
- **Spices** and Herbs such as turmeric, cinnamon, ginger, licorice, cilantro.

Foods that naturally enhance your bodies detoxification processes (continued):

- **Greens:** Leafy green vegetables such as spinach, kale, cabbage, collard greens, romaine lettuce, and swiss chard. Green tea (decaffeinated if possible).
- **Fermented foods to promote gut health:** Sauerkraut, apple cider vinegar, kimchi, kefir, yogurt.
* Avoid if issue with yeast.

Avoid/Remove:

- **Processed Foods:** Cereals, frozen entrees, prepared foods, canned foods, refined sugars and flours, foods made with preservatives, fillers and additives, foods with multiple ingredients...
- **Common Food allergens:** Gluten/wheat, peanuts, dairy, soy, corn, foods you have a reaction to.
- **Sugar:** A small amount of pure maple syrup or organic honey is ok.
- **Artificial Sweeteners:** Xylitol or sugar alcohols, Aspartame (Equal, Nutrasweet), Sucralose (Splenda), Saccharin (Sweet N' Low).
- **Alcohol**
- **Reduce salt intake:** ½ tsp sea salt is ok
- **Caffeine**

Healthy Shopping:

- **Shop the perimeter.**
- **Avoid packaged foods.**
- **Eat fresh or frozen fruits and veggies!**
- **Choose organic produce** whenever possible. Look for *USDA Certified Organic* label.
- **Choose certified organic, grass-fed, grass-finished and free-range meats and poultry.**
- **Choose wild caught** and sustainably harvested smaller fish and seafood.

Lifestyle choices matter too!

- **Get plenty of sleep! 7-9 hours a night.**
- **Reduce stress: Read a book, meditate, laugh, smile and breath!**
- **Gentle exercise: Go for a walk, yoga, stretch.**

Reduce your TTL (Total Toxic Load)

- Read labels on your beauty products - use natural cleaning supplies - switch to glass and BPA free food storage containers - reduce plastic use, don't microwave food in plastic – reduce AGE's

Helpful Resources:

- EWG's (Environmental Working Group) Healthy Living App
- EWG's Skin Deep Database <http://www.ewg.org/skindeep/>
- Green People directory: <http://www.organicconsumers.org/btc/BuyingGuide.cfm>
- Seafood: Vital Choice, Sizzlefish, Wild Planet, Safe Catch
- Thrive Market