

Considering a cleanse or detox regimen?

FIRST stop ingesting toxin-laden foods and choose fresh, perishable, seasonal, local and organic foods whenever possible.

BEGIN with cutting out over-processed trans fats (common in fast foods and packaged goods).

ELIMINATE all over-refined/enriched flours and preservative laden pre-packed products.

MOVE OUT added sugars and refined sugar replacements.

CUT OUT the caffeine and non-organic proteins; especially non-organic: beef, chicken, pork, dairy (yogurt, cheese, and milk), farmed fish, eggs, whey/soy protein isolate, etc.

CHOOSE cold pressed unrefined oils; natural nut/seed butters, raw nuts, seeds; whole grains: buckwheat, teff, amaranth, quinoa and spelt flour; fresh fruits/veggies; organic: meats, dairy, legumes, sprouts, and beverages.

START SLOW and create new habits you can sustain to reduce the toxins ingested. Once you can master this, a more structured cleanse or detox will further enhance and/or reclaim your vitality, increase your energy levels and strengthen your immune system to help in the prevention and management of illness.

MOST IMPORTANTLY:

Start somewhere, with something. One thing today!