

# The Functional Detox Reset

Support your body's natural detox pathways with simple, sustainable strategies.

## ■ How Your Body Detoxes

■ Liver	Processes and neutralizes toxins
■ Kidneys	Eliminate waste through urine
■ Digestive System	Removes waste through the colon
■ Skin	Releases toxins through sweat
■ Lungs	Expel toxins through breath
■ Lymphatic System	Circulates and clears cellular waste

*When these pathways are supported, your body functions efficiently. When they're overloaded, symptoms begin to show.*

## ■ Lifestyle Detox Support

- **Hydration:** Aim for at least 80 oz of filtered water daily
- **Movement:** Daily movement supports lymphatic flow
- **Sweating:** Exercise or sauna 3–4 times per week
- **Sleep:** Prioritize 7–9 hours for optimal detox support
- **Sunlight:** Morning sunlight supports circadian rhythm

## ■ Nutrition That Supports Detox

- **Protein:** ~25–30g per meal to support liver detox pathways
- **Fiber:** Supports elimination and gut health
- **Cruciferous vegetables:** Broccoli, kale, cauliflower
- **Healthy fats:** Support cellular detox processes
- **Whole foods:** Focus on real, minimally processed foods

## ■ Reduce Your Toxic Load

*Detox isn't just what you add — it's what you remove.*

- Processed and ultra-processed foods
- Environmental chemicals
- Synthetic fragrances
- Poor water quality

## ■ Test, Don't Guess

If symptoms persist, functional testing can uncover the root cause and guide a personalized approach.

- Stubborn weight loss resistance
- Hormonal imbalance
- Chronic fatigue
- Skin issues
- Brain fog