

HOLISTIC LIFESTYLE DETOX PROTOCOL

1. Morning Routine: Reset & Hydrate

- **Hydration:** Start your morning with **filtered or spring water**, not tap or bottled. Add a pinch of sea salt and a squeeze of lemon for trace minerals and gentle liver stimulation.
- **Deep Breathing:** Before your day begins, take **5 minutes of deep diaphragmatic breathing** (inhale 4 sec, hold 4, exhale 6). This calms the nervous system and supports lymph flow.
- **Grounding:** Any time of day, but ideally in the morning, Stand barefoot on grass, sand, or soil for **10–15 minutes daily** to rebalance your body's electrical charge and lower inflammation.

2. Daily Movement & Circulation

- **Walk 20-30 minutes a day** — ideally outdoors in sunlight to regulate circadian rhythm and boost lymphatic drainage.
- Incorporate **light stretching, rebounding, and some type of resistance training** to support lymph flow and fascia release as well as build muscle and support bone density.

3. Nutrition: Eat to Detoxify

Follow a **Mediterranean-style diet** emphasizing:

- **Lots of colorful vegetables** (cruciferous, leafy greens, purple cabbage, herbs, root veggies) for antioxidants and fiber.
- **Fresh fruit in moderation** (especially berries, citrus).
- **High-quality protein** (wild fish, pastured eggs, organic poultry, grass-fed meats, lentils).
- **Healthy fats** (olive oil, avocado, nuts, seeds).
- **High-fiber carbs** (quinoa, lentils, sweet potatoes, oats, flax and chia).
- **✗ Avoid:** sugar, processed foods, alcohol, fast food, seed oils, and excessive caffeine (limit to one cup of organic coffee or matcha daily), carbonated beverages

4. Evening Detox Rituals

- **Castor Oil Pack (3–5x/week):**
Apply organic castor oil over the liver area with a flannel pack and low heat for 30-45 minutes.
→ Supports bile flow, liver detoxification, and bowel regularity.

- **Hot Epsom Salt Bath (2–3x/week):**
Add 2 cups Epsom salts + ½ cup baking soda + a few drops of essential oils (pine, spruce, eucalyptus).
→ Helps release toxins through the skin and replenishes magnesium.
- **Transcutaneous Vagal Nerve Stimulation (VNS):**
Use a **vagal stimulator** (TENS machine) or gently massage behind your ears (vagus points) before bed. Pair with deep breathing or humming for parasympathetic activation.

5. Sleep & Circadian Rhythm

- **Sleep by 9:30–10:00 PM** to support liver detox and cellular repair (melatonin peaks around 10 PM).
- Keep your room cool, dark, and device-free.
- Avoid screens 1 hour before bed; use red light or candlelight instead.

6. Personal Care “Ditch & Switch”

Reduce toxic load by choosing **clean, low-chemical alternatives**:

- **Shampoo & Conditioner & Haircare:** *Carina Organics* or *Rahua beauty*
- **Skincare/Beauty:** *100% Pure* or *The Body Deli*
- **Deodorant:** *Humble* or *Routine*
- **Water:** Use a **Berkey, Reverse osmosis or AquaTru**, system instead of tap or bottled water

7. Weekly Add-Ons

- **Digital Detox:** One day a week without screens or social media for nervous system reset.
- **Infrared Sauna or Red Light Therapy (2–3x/week):** Supports mitochondrial health and detoxification.
- **Dry Brushing (3–5x/week):** Before showering, brush skin toward the heart to move lymph.
- **Fasting:** try doing intermittent fasting of 16 hours when possible (stop eating by 5 or 6PM and don’t eat until 9AM next day) and try also doing broth or water fasts for 24 hours once a month.

8. Mindset & Consistency

Detoxing isn't a 7-day fix, it's a **daily lifestyle** of lowering your body's toxic burden while supporting your natural elimination pathways:

- Liver & gallbladder (castor packs, fiber, hydration)
- Kidneys (clean water, electrolytes)
- Lymph (movement, sauna, dry brushing)
- Skin (baths, sweating)
- Gut (fiber, protein, hydration, regular BMs)