

How Your Body Naturally Detoxifies

Your liver is your body's primary detox organ. It works around the clock to break down and eliminate harmful substances – from pesticides and plastics to air pollutants and heavy metals.

It does this in three stages:

1. Breaking down toxins into smaller pieces
2. Neutralizing those pieces so they're safe to eliminate
3. Flushing them out through your stool, urine and sweat



The good news: the right foods and lifestyle habits can powerfully support all three stages.

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A Note on "Detox" Programs

Many commercial detox programs and "cleanses" are marketed as quick fixes but there is limited evidence to support them.

Your body detoxifies continuously and effectively when you support it with good food, clean water, regular movement and sleep.

Quality supplements that promote gut, immune and liver health can also support your body's detoxification process.*

Speak to your health care provider about which supplements are best for you.

REFERENCES

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*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Your Guide to Reducing Everyday Toxin Exposure

Simple, practical steps to reduce your exposure to environmental chemicals and support your body's natural ability to process and remove them.



Small changes. Less exposure.
Big impact on your health.

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Step 1: Reduce What You're Exposed To^{1,2,3,4}

This is the single most important step

Food & Water



Buy organic when possible



Reduce canned/package foods to avoid BPA exposure



Limit high-mercury fish like swordfish, shark, king mackerel, tilefish; better choices: salmon, sardines, shrimp



Filter drinking water
Reverse osmosis or carbon filter to remove heavy metals and PFAs

Home & Products



Use glass or stainless steel containers
Never microwave food in plastic



Choose fragrance-free personal care products to avoid phthalates



Open windows regularly to improve indoor air quality



Use non toxic, low-VOC and fragrance-free cleaning products

Step 2: Eat to Support Your Liver^{5,6,7}

Top Detox-Supporting Foods



Cruciferous vegetables:

broccoli, kale, brussels sprouts, cabbage

activate detox enzymes



Polyphenol-rich foods:

turmeric, green tea, red grapes, apples

polyphenols and antioxidants



Alliums:

garlic, onions, leeks

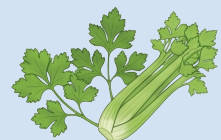
boost glutathione



Omega-3 foods:

wild salmon, sardines, flaxseed, walnuts

healthy fats



Herbs & greens:

cilantro, parsley, celery

support enzyme activity



Fiber-rich foods:

legumes, oats, flaxseed, psyllium

fiber binds toxins

Step 3: Daily Habits That Make a Big Difference^{8,9,10}



Drink enough water
8-10 cups/day



Move your body 30+ minutes most days



Have a bowel movement daily and support regular elimination



Eat fiber daily
25-35 g/day



Sleep well
7-9 hours



Manage stress to support detox capacity

Foods to minimize



Alcohol ❌



Processed foods ❌