



*your free guide*

# To lower your toxic load and care for your God designed body

By Megan Taylor

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# 3 STEPS I LIVE BY

## TO SIMPLIFY MY WELLNESS JOURNEY

As a Christian woman, you may understand the importance of taking care of your body, as it is the temple of the Holy Spirit. However, with numerous harmful toxins in our surroundings like food, environment, and the products we use, it can be intimidating to know where to start.

You may have researched countless articles, videos, and seminars on this subject, but still feel lost. You might even question if you are doing enough, making a difference, or using the right products and eating the right foods due to conflicting information on social media. I created this ebook with you in mind! I know how overwhelming it can be when you feel as though you are in a giant sea of ever changing information.

To avoid overwhelm, I like to view my journey through the lens of maximizing, minimizing, and prioritizing. It looks like this:

MAXIMIZE	MINIMIZE	PRIORITIZE
<ul style="list-style-type: none"><li>-Raw Materials you as a unique individual need</li><li>- air quality, water, vitamins and minerals, nutrients, sunlight, antioxidants, proteins, healthy fats, whole foods and vegetables</li><li>-ability to digest and absorb food</li></ul>	<ul style="list-style-type: none"><li>- Take out whats harmful to your unique body</li><li>- gut disrupting toxins, inflammatory oils, allergens, stress, trauma</li><li>- limiting beliefs, fear, negative expectations, triggers</li></ul>	<ul style="list-style-type: none"><li>- Time with God</li><li>- Fellowship with a healing community</li><li>- Spiritual health, sleep, rest, laughter, stress reduction, joy</li><li>- Exercise, stretching,</li><li>- Serving and practicing gratitude</li></ul>

What most people fail to realize on their journey is that while avoiding toxins can be a crucial step, if that avoidance turns into an obsession or orthorexia, it is just as harmful to your body as the original toxin you are trying to avoid. Your God designed body cannot properly digest, absorb nutrients, and detox toxins when it is in a chronically depleted and stressed state.

Optimal detox happens when the body is in a parasympathetic state. Obsessing over toxins can interrupt this process and unravel the hard work of avoiding toxins in the first place.

# Your Body is Resilient in The Right Environment

So, while the truth is that our God designed bodies are put under constant stress with toxins from the air we breathe, the food we eat, the products we use, and the environments we live in, that does not mean we need to live in fear and obsess about avoiding toxins. Our bodies are incredibly resilient when we live in a way that supports their natural ability to detox. That does however, require intervention and life style change.

In this eBook, we will explore various ways to lower your toxic load through a functional health perspective and I will be giving you simple steps you can begin taking. By incorporating these tips into your daily routine, you can reduce your exposure to toxins and maintain optimal health without overwhelm.

Brief examples I will show you on the following pages:

**Minimize** toxins in your home, on your skin, and in the air you breathe.

**Maximize** your air quality, your nutrients, and your body's ability to detox

**Prioritize** practices that nurture your mind and spirit because they have a direct impact on your physical body and your detoxification ability.

So let's get started. On the next page we will begin by looking at five questions to get you started. These questions will help you formulate where you can begin on a daily basis.

Remember to apply the information you gain in the ebook slowly. Trying to do this over night will just create overwhelm.

# 5 Questions to Take Inventory and Spark Action on a Daily Basis.

## *What products am I using to cook and prepare food my food?*

Toss out inflammatory oils and start cooking with ghee, grass fed butter, and topping your foods with olive oil or coconut oil.

## *Am I consuming foods that support my detox pathways?*

Most people do not consume foods that are supporting their detox systems. Start by adding in one new food from your list in this guide, and once it becomes a habit, add another.

01

## *What products do I use daily?*

Your skin absorbs a lot more than you think it does. What you apply daily matters. Make a list and look at the ingredients and be sure to avoid the ones I list on the next page. If you find your product is high in toxins, when it is empty, replace it with a low tox option.

02

03

## *What is the quality of the air I breathe?*

Open your windows for fresh air and air out your home on a weekly basis. If an air purifier is out of your budget, buy a few air purifying plants. I listed a few of my favs on upcoming pages.

04

## *Have I supported my stress response today?*

Your God designed body cannot properly detox if it is in a constant state of survival. Something as small as adding in a few deep breaths before you eat can kick on your digestive and detox systems.

05

# Let's begin with *Minimizing* Toxic Ingredients

I personally do my best to avoid and minimize the use of endocrine disruptors, but I do not obsess about it because studies are limited. You can read more [here](#). Here are a few I do my best to avoid:

- **Parabens** - Parabens are used as preservatives in many skincare products. A study published in the Journal of Applied Toxicology found that parabens can mimic the activity of estrogen in the body and disrupt the endocrine system. This can potentially lead to breast cancer and reproductive issues.
- **Phthalates** - Phthalates are often found in perfumes, lotions, and other skincare products. Studies have shown that exposure to phthalates can disrupt hormone levels and cause developmental issues in children. A study published in the Journal of Clinical Endocrinology & Metabolism found that phthalate exposure was linked to thyroid dysfunction.
- **Triclosan** - Triclosan is an antimicrobial agent often found in soaps and other skincare products. A study published in Environmental Health Perspectives found that triclosan exposure may disrupt thyroid hormone levels and reproductive hormones in women.
- **Benzophenones** - Benzophenones are often used in sunscreens to protect against UV exposure. However, studies have shown that exposure to benzophenones can disrupt hormone levels and reproductive function. A study published in The Journal of Steroid Biochemistry and Molecular Biology found that exposure to benzophenones can alter the production of sex hormones in women.
- **BPA** - Although not typically found in skincare products, BPA is a common endocrine disruptor found in plastic containers and other household products. Studies have shown that BPA exposure is linked to reproductive issues, obesity, and other health problems. In conclusion, there is ample evidence to suggest that exposure to endocrine disruptors can have harmful effects on our health. It is important to be mindful of the ingredients in our skincare products and choose products that are free of these harmful chemicals.

1. Darbre, P. D., & Harvey, P. W. (2008). Paraben esters: review of recent studies of endocrine toxicity, absorption, esterase and human exposure, and discussion of potential human health risks. *Journal of applied toxicology*, 28(5), 561-578. 2. Schreurs, R. H. M. M., Legler, J., Artola-Garicano, E., Sinnberg, R. P., Houtman, C. J., van der Saag, P. T., ... & van der Burg, B. (2004). In vitro and in vivo antiestrogenic effects of polycyclic musks in zebrafish. *Environmental science & technology*, 38(4), 997-1002. 3. Nicolas, J. (2005). Endocrine disruptors and cosmetics. *Annales de dermatologie et de vénéréologie*, 132(11), 872-881. 4. Darbre, P. D., Aljarrah, A., Miller, W. R., Coldham, N. G., Sauer, M. J., & Pope, G. S. (2004). Concentrations of parabens in human breast tumours. *Journal of applied toxicology*, 24(1), 5-13. 5. Davis, D. L., Bradlow, H. L., & Wolff, M. (1993). Does environmental estrogen affect male reproductive function? *Current Directions in Psychological Science*, 2(3), 84-89. 6. Crinnion, W. J., & Tran, E. D. (2013). Identification and Treatment of Chronic Heavy-Metal Toxicity in a Patient with Autism Spectrum Disorder and Parkinson Disease: A Case Report. *Integrative medicine (Encinitas, Calif.)*, 12(6), 20-26. 7. Dodson, R. E., Nishioka, M., Standley, L. J., Perovich, L. J., Brody, J. G., & Rudel, R. A. (2012). Endocrine disruptors and asthma-associated chemicals in consumer products. *Environmental Health Perspectives*, 120(7), 935-943

# Continued

- **Aluminum in Deo** - Although opinions are mixed on this, as a breast cancer survivor, I personally stay away from this because it is so close to lymph nodes. Several studies have suggested that long-term exposure to aluminum from deodorants and antiperspirants may have harmful effects on the body. One of my main concerns is that aluminum may have estrogen-like effects on the body, which can disrupt the balance of hormones and potentially increase the risk of breast cancer. Additionally, some studies have linked aluminum exposure to neurotoxicity, kidney damage, and bone disorders. While more research is needed to fully understand the potential health risks of aluminum in deodorants, I avoid it. I also do not use "antiperspirants" because sweating is a way in which our body detoxes and if we are plugging up that detox pathway in our arm pits, in my opinion, that is asking for trouble.
- **Sodium Lareth Sulfate (SLS)** is a cheap foaming agent found in soaps, detergent, shampoo, and toothpaste. It is a known skin irritant and is commonly used as a pesticide/herbicide to kill plants and insects. It emits toxic fumes when heated (i.e., hot shower). A study from the University of Georgia Medical School showed that SLS had the power to have long-term permeation of the body's tissues, namely the eyes, brain, heart, and liver. The American College of Toxicity concludes that SLS has properties that corrode the fats and proteins that make up our skin and muscle, which makes sense when you consider that it is used in car wash soaps, to clean garage floors, and to degrease engines. SLS is too harsh for the human body
- **Avoid cooking with vegetable oil and canola oil.** It is an industrial by product and now the staple of many of our diets and they some studies show they lead to inflammation. Inflammation is a good thing, but too much is a bad thing. Again, I do not obsess over this if I am going out to eat or at a friends house because I know it is not my norm. I choose to cook my food in ghee or grass fed butter because of the smoke point and stability. Vegetable oil can turn rancid when cooked at certain temperatures. Other oils I personally use: Olive oil, avocado oil, coconut oil.

It's important to note that not all studies are in agreement on oils, and the relationship between vegetable oil consumption and inflammation is still being studied. However, some studies suggest that there may be a link between consumption of certain vegetable oils and inflammation, so I personally choose to minimize my consumption of them when it comes to cooking and keeping them in my home.

A helpful guide to personal care products, is The Skin Deep website by the Environmental Working Group (EWG). I personally try and stay below a 6. There are mixed opinions on this site, but with the high amount of lawsuits against current brands still sold on the shelves, I personally try and stay informed and mindful.

# Minimize Toxic Ingredients in Snacks

- Red dye # 40:
  - Some studies have linked this to ADHD and behavioral issues - Some studies have linked food dyes, especially red dye No. 40, to behavioral issues and hyperactivity in children with ADHD. It has also been linked to potential health concerns such as migraines, increased risk of tumors, and disruption of enzyme activity. This is often added to candies, snack foods like flaming hot cheetos (my personal weakness), cereals, beverages, baked good, sausage casings, cake decorations, canned fruits, maraschino cherries, candy, popsicles, other foods, OTC cough medicines.
  - Here are some common brands that may use Red Dye #40 in their products to watch out for: - Kraft Foods - General Mills - Kellogg's - PepsiCo - Coca-Cola - Nestle - Mars, Inc. This is not an exhaustive list and that many other brands may use Red Dye #40 in their products as well, simply flip the product over and search for it.
- Blue Dye No. 1 (Brilliant Blue FCF) - It has been associated with allergic reactions, hyperactivity, and potential toxicity. Often found in baked goods, ice cream, canned peas, jellies, candy, beverages, dessert powders, condiments, other foods, mouthwash, medicines.
- Yellow Dye No. 5 (Tartrazine) - This dye has been linked to hyperactivity, asthma, and allergic reactions.
- Yellow Dye No. 6 (Sunset Yellow FCF) - It has been associated with hyperactivity, migraines, and allergic reactions.
- Green Dye No. 3 (Fast Green FCF) - This dye has been linked to potential carcinogenicity and genotoxicity.

## Two Helpful Swaps



Why? Gatorade and powerade are both full of dyes and sugar.

## Regular Gummies for DIY GUMMIES

Why? Most gummies are filled with harsh ingredients like dyes and artificial sweeteners.

### Recipe Inspo

I use Perfect Supplements Gelatin to make homemade gut friendly gummies.

# Products I Personally Use

I am often asked what I personally use on my skin so I included those as well as a list of other clean options in the pages following.



## *Kossma*

This is a clean skin care line made from beef tallow. Tallow is rich in antioxidants your skin loves. I personally use her tallow balm. Tallow is so incredibly nourishing for your skin!



## *Double Cleanser*

This double cleanser is a dual-action, oil-to-foam face wash that targets two kinds of impurities in one innovative formula. It is Non-comedogenic and contains no artificial fragrances.



## *Bakuchiol Booster*

This is a natural alternative to retinol.

- Deeply exfoliates for a renewed appearance
- Promotes clearer and more even-looking skin tone



## *RMS Beauty*

I use their uncover up foundation.



## *Beauty Counter*

I use beauty counter mascara.



## *Earthley Magnesium Lotion*

I find this lotion very soothing and I use it at night and sometimes use it as deodorant.



# A Short List of Products I Trust

## Skin care:

- Kossma Beauty
- RMS makeup
- Beauty Counter Mascara
- Earthley
- Modere Double Cleanser (some of their products do have essential oils and some have plant based fragrances, so if you are particular about that, keep that in mind)

## Deodorant:

- Fatco deo
- DIY Magnesium spray
- I also do armpit cleanses with Bentonite clay and ACV
- Primally Pure

## Hair Care

- Coco and Eve (I like their scalp scrub)
- Antioxidant hair serum
- Under Luna

## Body Wash:

- Carina Organics Shampoo & Body Wash
- I personally use a tallow bar

## Sunscreen:

Be so careful with sunscreen! Some that have been linked with cancer are still sold on the shelves

- I use beauty counter

## Tooth paste

- Rise Well (I use Hydroxyapatite - Hydroxyapatite Toothpaste over Fluoride filled toothpaste) as some studies show the heavy amount of fluoride we are exposed to is linked to thyroid issues. You can read more about hydroxyapatite on the rise well website.
- The Fresh Breath Collection by Modere

## Feminine Products:

- Rael
- Switch to Pact Underwear or 100% cotton underwear

# Helpful Practices to *Slowly* Consider

- ❖ Avoid perfumes or other skin or hair care products that use synthetic fragrances (the word “fragrance” or “parfum” often indicates the presence of phthalates).
- ❖ Skin Care and Makeup: We need to remember that the skin is essentially a big mouth that is indeed semi-permeable and able to absorb chemicals and personal hygiene and beauty products. Manufacturers are typically not required to disclose all ingredients on product labels, and hidden toxicity is common.
- ❖ Use low-toxin make-up and skin creams (avoid all products with phthalates, parabens, propylene glycol, alcohols, artificial colors, and fragrances). EWG maintains a large database of products with rated toxicity details which can be a helpful place to explore: <https://www.ewg.org/skindeep/>.
- ❖ Water can have many toxins (from well or municipal sources) and thus regular consumption of unfiltered water can significantly contribute to the toxic load of your body. Have your well water tested for a variety of metals. Municipal water is often both chlorinated and fluoridated and contains notable levels of dissolved chemicals and pharmaceutical drug residues.
- ❖ Avoid regularly using bottled water in soft plastic containers, not only for the environmental waste, but for the risk of leached chemical and microplastic contamination. Try your best to not drink water from plastic water bottles that have been in a hot car or stored in a hot warehouse.
- ❖ Be mindful of lawsuits against certain products like Jergen's for contaminated lotions, or Dove, and many other brands, yet they are still sold on the shelves in stores.

# Helpful Practices to *Slowly* Consider

- ❖ Choose glass or ceramic or stainless steel water bottles for carrying home water with you.
- ❖ Have approximately 6-8 glasses of pure, clean water or healthy liquids each day to help ensure hydration and easier removal of toxins via the kidneys. (remember, make sure your water has minerals).
- ❖ Filter shower water in order to limit your exposure to chlorinated hydrocarbons. During a hot shower, we can both inhale and absorb toxins more readily.
- ❖ Plastics are a very broad category of chemicals which are particularly toxic as endocrine disruptors.
- ❖ In particular, avoid all plastic bottles and containers with the numbers 3, 6 and 7 on the bottom. These are most likely to leach plastics into the food, juice or water that they contain.
- ❖ Buy juices and water in glass containers when possible.
- ❖ Avoid all PVCs.
- ❖ Do not microwave in plastic containers. Use glass instead and cover with a ceramic plate or paper towel.
- ❖ Minimize washing plastic containers in the dishwasher under high heat.
- ❖ Minimize the use of cling wraps; use paper wraps instead. Here is a [great option](#) to make your own.

# Helpful Practices to *Slowly* Consider

## When it comes to food:

- ❖ Shift your food purchases and consumption to organic if possible, especially prioritizing animal products. It is most important to use organic dairy products (milk, cheese, yogurt, ice cream, etc.). Free-range meats and eggs are desirable to purchase as organic. Minimize the use of large fish (swordfish, tuna, etc.) as they are higher in mercury and farm-raised fish which, unless you see a certification of clean feedstock quality, tends to be fed contaminated with chemicals. Finding a local farmer for meat is ideal!
- ❖ Do your best to purchase organic strawberries and apples, and refer to the Environmental Working Group web site to stay current about which fruits and veggies are most important to eat organic given current agricultural practices ([www.EWG.org](http://www.EWG.org)). The annual Clean 15 and Dirty Dozens lists can help to prioritize organic purchases when they must be limited. If you cannot afford it, please do not freak out about it. Try soaking fruits and veggies in vinegar for 30 minutes helps cleanse them from pesticides. Here is why I say not to freak out: [This study](#) shows has an interesting take on pesticides. The website [safefruitsandveggies.com](http://safefruitsandveggies.com) is run by both organic and conventional farmers and discusses everything you want to know about pesticides, including residues and risks. It also has the best Residue Calculator that shows how many servings of certain fruits and vegetables you'd have to eat to be affected (or not) by their pesticides. Be informed, but don't be consumed and obsessive. EWG even admits that it's better to eat conventional produce than none at all, and most people are under eating produce. That said, I do believe taking pesticides seriously needs to be considered because I have helped clients reverse asthma by reducing their exposure and healing their gut (one was a gardener who was constantly exposed).
- ❖ Try to avoid excessive intake of canned foods, unless you can your own, as much as possible due to possible leaching of BPA into the food from the can lining. BPA is a known endocrine disruptor that has estrogenic effects in the body. Where you do choose canned foods regularly, focus on foods that can be rinsed (e.g. beans). Eden Foods is one of very few (even among organic canned food producers) committed to being fully BPA-free.
- ❖ Purchase the most natural cleaning and other household products you can find. Manufacturers are not required to disclose all ingredients on the label, so you will need to do a little research to investigate your options. This is a good place to start: <https://www.ewg.org/guides/cleaners>.
- ❖ Avoid spraying all pesticides or herbicides in your home or property.
- ❖ For hair and other personal hygiene products (including shampoo and colors) look for products without alcohol, sodium lauryl sulfate, triclosan, paraben, phthalates, or other petrochemicals.

# Helpful Practices

## For the Home

- ❖ Air out your home fully at least a couple times a week, especially in the winter when toxins outgassing from home products build up in stagnant air. Some candles can be toxic when burned because they release harmful chemicals such as lead, benzene, toluene, and formaldehyde into the air. Additionally, candles with synthetic fragrances or dyes can also release harmful substances when burned. To reduce your exposure to these toxins, consider using natural candles made with soy wax, beeswax, or coconut wax and scented with essential oils. (Fontana is a great candle brand). Be sure to check the label for ingredients and choose candles with lead-free wicks.
- ❖ Don't use pots and pans with Teflon or related non-stick surfaces. Also avoid all aluminum surfaced cookware. Stainless steel or cast iron is a great option.
- ❖ Avoid furniture with particle board or buy used furniture that has had a chance to outgas already.
- ❖ Let a new car off-gas by keeping the windows open as much as possible for the first 3-6 months.
- ❖ Use an air filter such as a Hepa filter with a charcoal filter to clean the debris in the air. If this is not possible or out of your budget, I listed plants that clean the air.
- ❖ Minimize the amount of regular carpet in your home or use natural flooring (e.g. wood without coatings).
- ❖ Avoid using pesticides in your house and garden, especially if you have children and/or pets.
- ❖ Avoid flame-retardant, anti-stain, and other chemical coatings on textiles (e.g. furniture, textiles, bedding, clothing, carpet that is treated with flame retardants (PBDEs or polybrominated diphenyl ethers) or a stain-proof chemical such as StainMaster (perfluorinated chemicals).
- ❖ Consider possible sources (obvious or hidden) of mold in your home, especially if one struggles with chronic histamine-mediated challenges, autoimmune disease, or chronic fatigue.

Shared with permission and adapted with my own experiences from Purpose Inc., The School of Applied Functional Medicine™ 1

# FAQ: Do I Consume Soy?

I personally do not consume conventional soy products. I now live in Europe and do enjoy fermented soy products. Here are some reasons I do not consume conventional soy. Chris Kresser also wrote an article on this you can check out [here](#).

Some truths to consider about soy: GMO – 95% of the soy grown in the United States unfortunately is genetically modified. After soybeans are modified, they are then soaked in acetone and processed with [hexane](#), a gasoline by-product. They are then heated to extreme temperatures to remove the oil and what is left is turned into many products, such as soy protein isolate, soy crisps, soy flour, soy milk, and soy formula.

Soy may block the uptake of essential vitamins and minerals such as calcium, magnesium, copper, iron, iodine, and especially zinc. The phytic acid in soy binds to minerals, proteins, and starch and results in lower absorption of these substances. Vitamin B12 analogs in soy are not absorbed and actually increase the body's requirement for B12. Soy foods also increase the body's requirement for vitamin D. Thyroid issues – Soy may inhibit the uptake of iodine, one of the most important minerals needed for growth and metabolism, and which is used by the thyroid gland in the production of thyroid hormones.

Possible hormone disruption – Soy is a phytoestrogen which can mimic the effects of the female hormone, estrogen. Opinions vary on phytoestrogen, but I do my best to avoid them as a breast cancer survivor. There is some [evidence](#) to suggest that consumption of soy milk may have an impact on menstrual cycles in women, particularly if soy is consumed in large quantities. According to the Weston Price Foundation, feeding a baby soy formula is equivalent to giving him or her 5 birth control pills a day. Read more [here](#) and [here](#).

Soy phytoestrogens may disrupt endocrine function, have the potential to cause infertility, and may promote breast cancer in adult women due to its estrogenic like effects.

Soy that I do enjoy sometimes:

Miso (to make soup, dressings for fish, and salads)

Tempeh (a fermented soy and grain product to replace tofu and tastes like a veggie burger)

Tamari (a wheat-free soy sauce)



**Maximize**  
Your Air Quality +  
Detox Supportive Foods +  
Herbs

# Air Purifying Plants

When you cannot budget for a air purifier.



*Snake plants*

Snake plants, also called mother-in-law's tongue, are among the best air-purifying plants.



*Spider Plants*

Spider plants are great air-purifying plants that can remove various toxins, including formaldehyde and benzene, from the air.



*Aloe Vera*

Aloe Vera can help remove a variety of indoor air pollutants like benzene and formaldehyde.



*Peace lily*

Peace Lilies are great for cleaning the air and also for adding beauty to your home. They can remove toxins such as ammonia, benzene, formaldehyde, and trichloroethylene from the air.



*Bamboo Palm*

Bamboo palms are a popular indoor plant that can remove formaldehyde, benzene, and other indoor air pollutants.



*Golden Pothos*

Golden Pothos or Devil's Ivy is another plant that is excellent for removing indoor pollutants like benzene, formaldehyde, and carbon monoxide.



# Air Purifying Plants

When you cannot budget for a air purifier.  
Know the why:

NASA Clean Air Study: One of the most widely cited studies on the air-purifying effects of plants was conducted by NASA in partnership with the Associated Landscape Contractors of America.

This study found that certain indoor plants can efficiently remove volatile organic compounds (VOCs) from indoor air, improving air quality. A 2019 study in the journal Science of the Total Environment found that indoor plants can significantly reduce the concentration of pollutants in indoor air, including benzene, formaldehyde, and nitrogen dioxide. Another study published in the journal Building and Environment found that indoor plants can improve indoor air quality by reducing levels of carbon dioxide and fine particulate matter. A study in the Journal of Environmental Psychology found that adding plants to a workspace can reduce stress levels among employees and lead to better cognitive performance. Finally, a study published in the Journal of the American Society of Horticultural Science found that indoor plants can reduce levels of airborne mold spores, improving indoor air quality and reducing the risk of respiratory ailments.

These studies suggest that indoor plants can have numerous benefits for indoor air quality and overall health and well-being.

# Maximize: Foods that Support Detox

Glycine (bone broth, gelatin, collagen, or powdered glycine)

Beef liver

Cod liver oil

Sulfur-containing foods: garlic, onions, brussel sprouts, cabbage, cauliflower, broccoli

Artichokes

Beets

Carrots

Dandelion greens, arugula, collard greens, rainbow chard

Herbs and spices such as turmeric, cinnamon, and licorice

Broccoli sprouts



# 3 Helpful Herbs For Detox



## *Basil*

### Know the why:

I stumbled upon basil when I was in Tunisia. I accidentally bought a bundle of it because I thought it was spinach. To my surprise, it was delicious to cook with! I add it to my omelete but you can add it to anything that resonates with you. Here are some benefits:

- Contains unique essential oils that are believed to help support detoxification.
- Contains antioxidants that can help protect the body's cells from damage caused by free radicals, which can lead to inflammation and diseases.
- Shown to have anti-inflammatory and antimicrobial properties, both of which can help support the body's detoxification processes



## *Broccoli Sprouts*

### Know the why:

These contain a high concentration of sulforaphane, a natural compound that has been shown to have various health benefits.

From a functional health point of view, sulforaphane is particularly helpful in supporting estrogen detoxification because it helps to promote the healthy breakdown and elimination of excess estrogen in the body. You can sprout your own or purchase locally.



## *Digestive Bitters*

### Know the why:

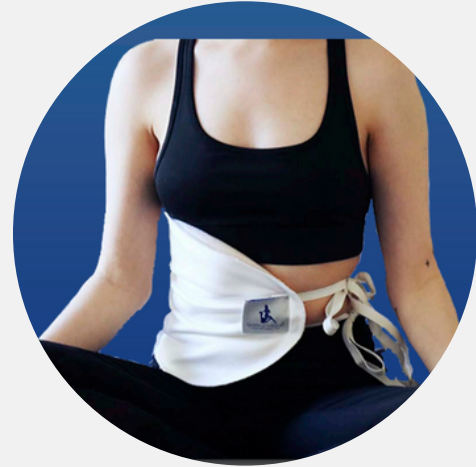
Bitters help your body produce natural digestive enzymes and also add healthy bile production. You can use them before you eat. If you prefer a non alcohol version, Organic olivia has some blends.

# Support Your God Designed Body's Natural Ability to Detox

## Castor Oil Pack

### *Queen of Thrones*

- You can read more and order from [Queen of Thrones](#)
- DIY options on Pinterest



## Epsom Salt Baths

- Magnesium supports liver function - The liver is the body's main detoxifying organ. Magnesium plays an important role in liver function, aiding in the metabolism of toxins and helping to neutralize them.
- Sulfate supports the kidneys - The kidneys are also important for detoxification, as they filter toxins from the blood and excrete them in urine. Sulfate can help support the kidneys by increasing urinary output, which can help flush out toxins more efficiently. .



## Dry Brushing

### *Before a shower*

- Supports lymph and detox pathways.

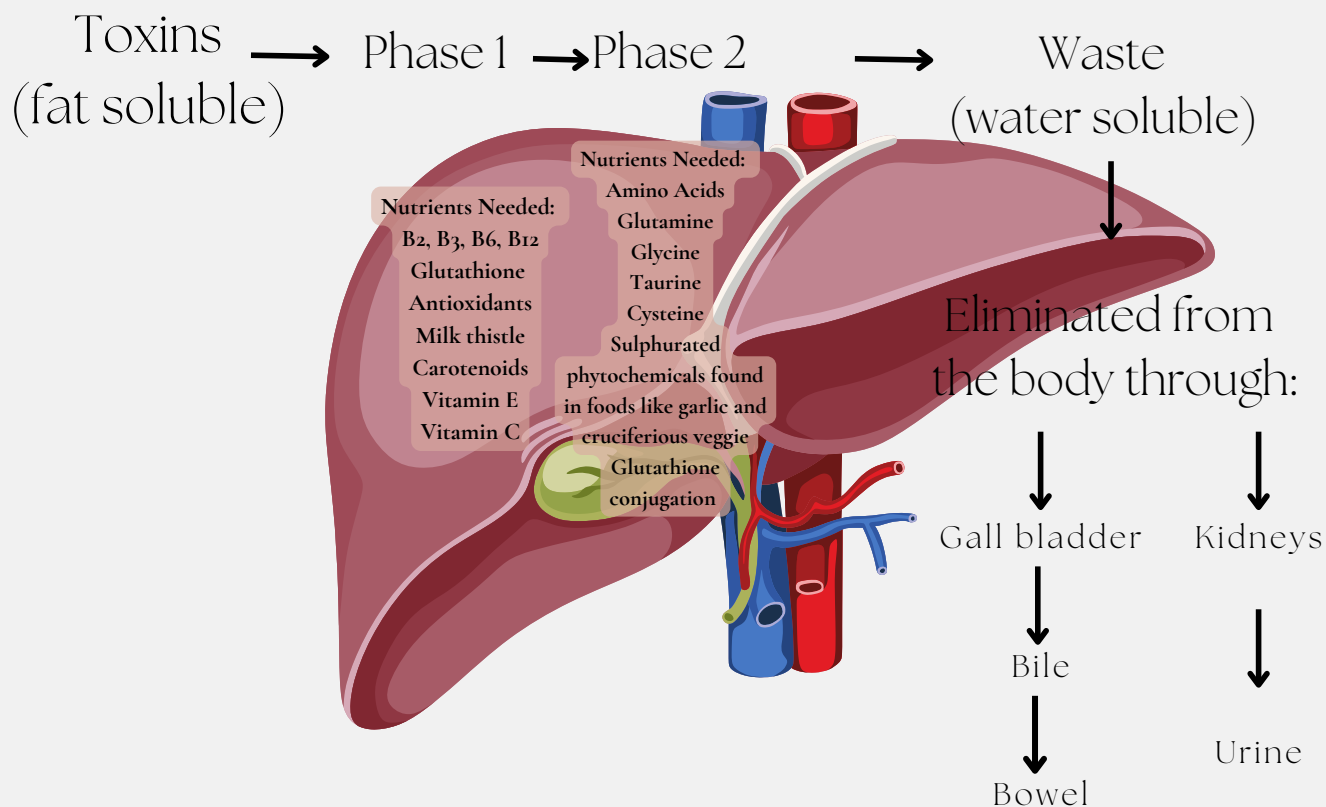


# HOW AND WHY WE NEED TO SUPPORT OUR GOD DESIGNED LIVER

Your liver detoxes in phases and it needs certain nutrients in order to do so. You can see how when we have a diet low in nutrients, it can slow down the detoxification process and lead to many issues.

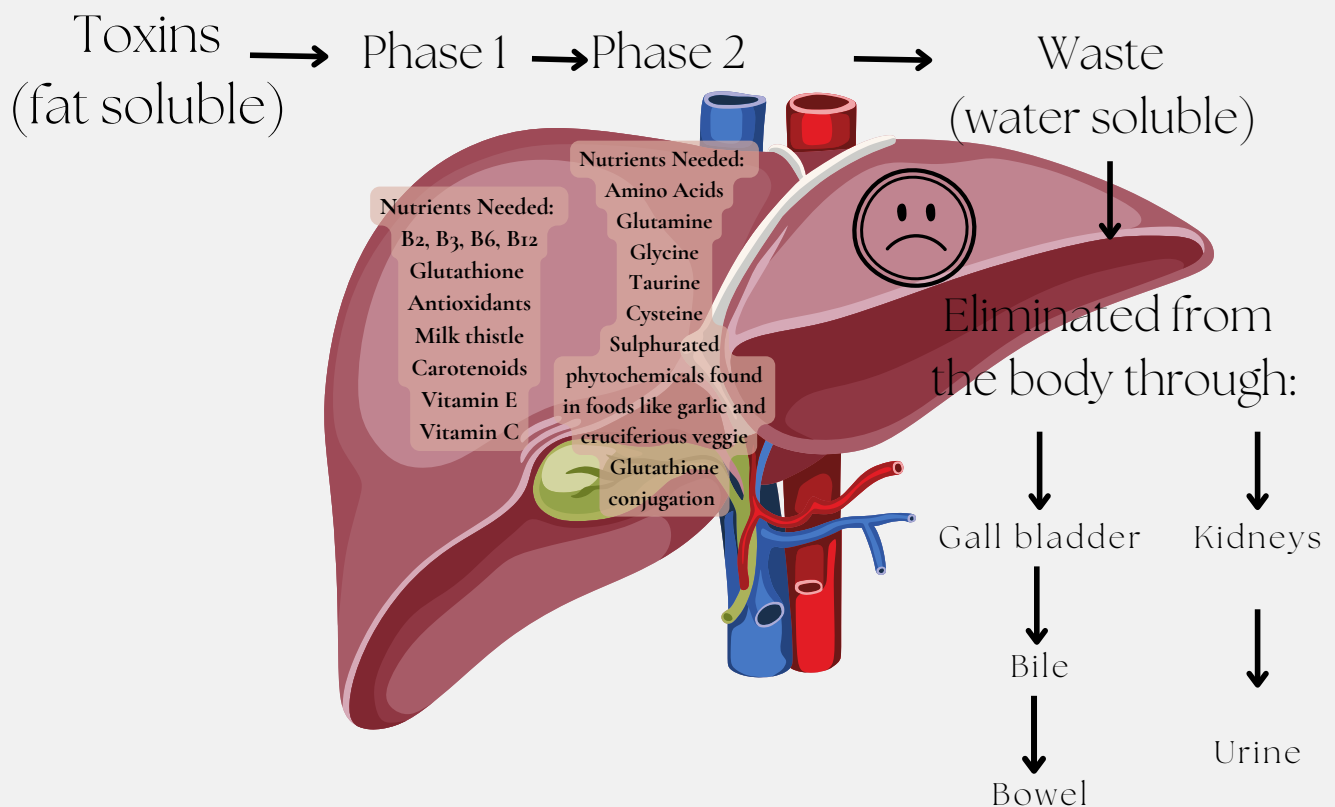
Toxins go through a process of phases to be eliminated. This process is called the biotransformation of toxins. In order for this to happen effectively, fat soluble toxins need to be converted to water soluble so they can be excreted.

Here is an visual I love:



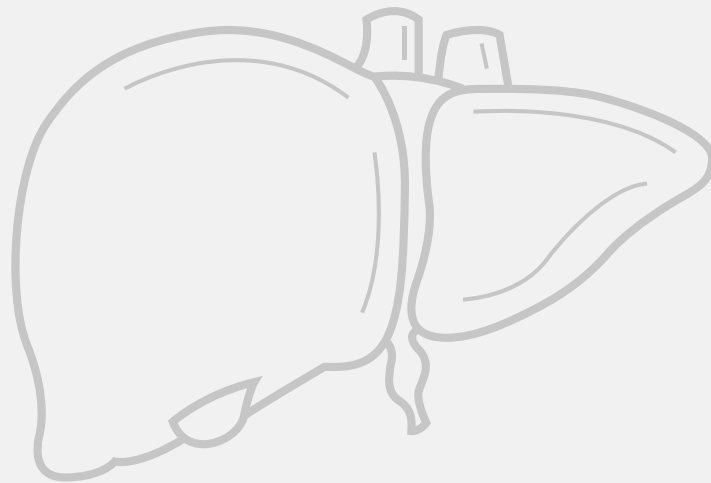
# HOW AND WHY WE NEED TO SUPPORT OUR GOD DESIGNED LIVER

I have heard many providers laugh at the idea a detox and they are quick to say, "oh the body doesn't need help to detox because it has organs that does that for us." True. But the organs are also dealing with chemicals in food, toxic overload due to fragrances in things like perfumes and candles, medications, supplements, pesticides, xenoestrogens, BPA in plastics, and so much more. On top of that, many people are not getting the nutrients their liver needs to actually to its job. When it can't do its job, this process is disrupted and as a result, symptoms begin presenting in the body.



# *This Contributes to Issues Like:*

- **Disrupted sleep:** due to the way your body is metabolizing melatonin
- **Acne or eczema** – As the liver’s ability to clear toxins is diminished from congestion, the body will push these toxins out through the skin.
- **Decrease in absorption of nutrients** – Nutrients, not only toxins, are filtered by the liver. When it is congested, the nutrients cannot be properly filtered for their appropriate use.
- **Hormone imbalance** – When the liver is congested, Excessive liver congestion can reduce the clearing capability of the liver to eliminate steroid hormones, resulting in toxic overload internally. (Estrogen dominance like I mentioned in the caption).
- **High cholesterol:** Liver function complications can hinder the organ's ability to produce or clear cholesterol.



*your 5 step guide to*  
**Love on Your Liver**

*Lower your overall toxic burden*

You have learned tangible tips on to do this throughout this ebook.  
Put these steps into action!

*Reduce Chronic Stress*

Stress can reduce blood flow to the liver and increase the overall burden on your liver as it deals with high amounts of adrenaline and blood sugar. On the next page I will give you some tips for this.

*Nourish Your Gut*

Your gut bacterial plays a role in how your liver functions. I have an entire lesson on gut health in my membership, but have briefly touched on this throughout this ebook.

*Increase your complete protein intake!*

Most people are not eating enough complete protein. Your liver needs amino acids via diet. Aim for at least 20-30g of protein with meals, especially in the morning.

*Your liver loves Vitamin B + Magnesium*

Most people are very deficient in B vitamins and magnesium. Be sure you are getting adequate amounts.





*Prioritize*  
Supporting  
Your Stress  
Response



# Eat Mindfully

*Mindful eating is one of  
the most underrated tool  
for supporting your bodies  
natural ability to digest  
and detox.*

On the pages following, I will give you  
a few tips to begin eating mindfully.



If there was a contest for fast eating, my family would win it. When I went through basic training and some women needed eating waivers during chow time, I could hardly understand because I was so used to eating quickly. My mother also ate quickly. As a child born of 9 children, her fast eating stemmed from survival and grew into adulthood. Yes we inherit genetics, but did you also know we also inherit eating patterns and mindsets? There is a ton of research surrounding mindful eating including systematic reviews and meta-analysis for those nerdy like me. It has actually been clinically shown that mindful eating impacts digestion, improves emotional stress, and promotes weight loss.

Who knew?

Did you know when you are in a stressed state, your body isn't ready to digest? It's in fight or flight mode, so why on earth would it be ready to digest food or nutrients? So when you scarf down your food, your body doesn't have a chance to break it down and send out stomach acid or enzymes we need to move it along the. Cue the bloating. Did you also know that positive behavior change (i.e., increased awareness of internal signals, emotions, and external triggers) resulting in weight loss, and improved emotional stress and eating behavior are partly attributed to mindfulness-induced stress reduction via mindful eating?

In my unique life, I am personally focusing on being more present like Jesus and I believe using a mindful eating approach is transformative. I will say, it's hard. Mindful eating is hard when you grew up thinking scarfing down your food was the norm, or when you are constantly on the go or hardly get a lunch break.

But it is not impossible and I believe it is an essential spiritual and physical rhythm of life we should cultivate to be more present and help properly nourish our God given bodies. We weren't created to be in a constant rush. Even though it is common, does not mean it should stay that way.

So friend, my challenge for you today is to slow down, be present, and practice mindful eating.





# Breath Prayers

## *Before meals*

Your breathing sends a message of safety to your body. When your body feels safe, it will prioritize digestion and detoxification. Completing a breath prayer before you eat is a great way to calm your body down and prepare it to digest and detox optimally.

Here is an example of one.

# MINDFUL EATING TIPS

*for optimal detox*



## *Slow Down & Chew*

Believe it or not, on average we chew a bite of food only about 6 times before we swallow. Chewing is the only part of the digestive process that is voluntary – that we control. The less we chew our food, the harder our GI tract has to work. This creates post-meal fatigue.

Optimal digestion takes time. And digestive secretions such as stomach acid, bile, and pancreatic enzymes need time to be fully secreted. If we're stressed, it takes even longer. If you wolf down your meal in a hurry, a very full stomach has trouble mixing acid and enzymes well with your food. All on its own, this dynamic creates indigestion.

# MINDFUL EATING TIPS

*for optimal detox*



## *Be Present*

It is so common to eat while distracted or in a rush. But this confuses our body and harms digestion. Here are some tips to ground prior to eating:

Read a Scripture prior to eating, pray for your food, and complete a 30 second breath prayer prior to eating. This shifts the nervous system toward Parasympathetic Nervous System dominance, which supports our rest-and-digest state.

# MINDFUL EATING TIPS

*for optimal detox*



## *Avoid too Much Fluid*

Moving out of America taught my husband and I how much fluid we used to drink with meals. In Europe, it is not common practice to have giant cups of water or fluids with their meals. It turns out, having too much fluid dilutes digestive enzymes. If it's near meal-time and you feel thirsty, make a point of drinking a large glass of mineral filled water right away. Then allow your body to absorb it while you are in transit to your meal or while you prepare it (ideally 20+ minutes before eating). This allows the water to clear your stomach before its digestive duty begins.

Tips adapted from: Tracy Harrison SAFM

For more: check out the book: *Mindful Eating on the Go: Practices for Eating with Awareness, Wherever You Are* by Jan Chozen Bays, MD



# MINDFUL MORNING PRACTICES

*to enhance your body's  
detox abilities.*

- Drink 1 glass of warm water with 1/2 tsp of sea salt, the juice of 1/3 of a lemon, + some ginger upon waking to promote detoxification + digestion.
- Complete a breath prayer to get your day started (this activates your parasympathetic system which promotes detox).
- When you eat breakfast, practice slowing down and noticing the texture, smell, and taste of your food. Chew your food at least 6 times before swallowing to help activate digestive enzymes.
- Stretching can stimulate the lymphatic system, which plays a role in removing waste and toxins from the body.







## A Few Words I Want to Leave You With:

I pray you found value in this guide! I know that learning about the toxic environment we live in can be overwhelming, but remember that you are fearfully and wonderfully made. Your body is incredibly resilient when it is given what it needs to thrive. So, it's important to nourish your mind, body, and spirit on this journey to optimal health. Living low tox about 80% of the time gives you space in the remaining 20%.

Constantly stressing about every oil a restaurant or loved one uses or the fragrances someone's home is emitting impairs your ability to detox.

Instead, support your body so it can prepare for these situations. Here's the deal - your body undergoes a natural process called *hormesis* where a small amount of toxic exposure can actually be beneficial. This is why small exposure to bacteria or exercise is good for us. Don't let fear control you. Embrace the truth of *hormesis* and live a life that optimizes your body's ability to fight toxins. You don't have to obsess over every little thing to live a healthy and conscious life. As a Functional health and wellness Practitioner, I've helped countless women reverse chronic diseases, without ever teaching them to obsess over toxins. We can live consciously and optimally without becoming obsessive about it. Trust me; both my clients and I are living proof."



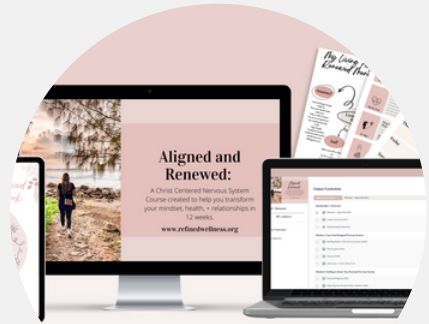
"Friendly reminder, causing a sense of  
"overwhelm" in your nervous system when  
addressing chronic symptoms by targeting  
too many things at once is just as toxic as the  
ingredients you are trying to avoid."  
-Megan Taylor

*want to stay in touch?*

## Check out these additional services

### Aligned + Renewed Course

A self paced course designed to help you tune into your God designed nervous system and retrain your brain. By enrolling in the Aligned and Renewed course, you'll receive video lessons, printable workbooks, and access to our exclusive online community, providing everything you need to get started on your journey towards inner healing, spiritual growth, and optimal health.



[\*Enroll Now\*](#)



### Wellness Library

Subscribe to Megan's Refined Wellness membership for new content every week that empowers you to equip and care for your God designed body.

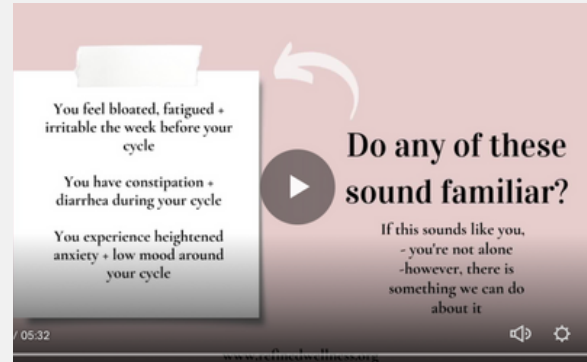
[\*Sign up now\*](#)

# Refined Wellness Library

*a glimpse inside*



*Tuning into Your Menstrual Cycle*



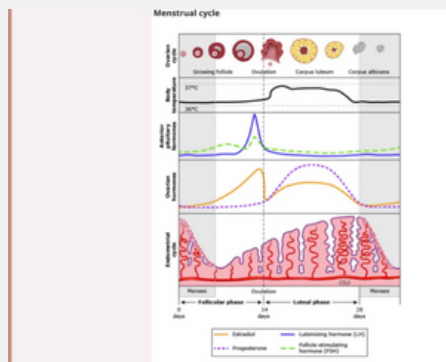
*Common hormone imbalances*



*Decoding Your Menstrual Cycle*



*How to address estrogen Dominance*



*How your cycle works*

**Your Menstrual Cycle is A Vital Sign**

*A deep dive hormones*

# That is all I have for you!



*I pray you feel empowered to steward your God designed body without overwhelm.*

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