

1



Detoxification Module Agenda

- Defining Detoxification
- The importance of detoxification and how it works
- The Detoxification Equation
- The role of the environment and how to lessen its burden on your body
- How your gut works with detoxification
- Supporting detoxification through specific food

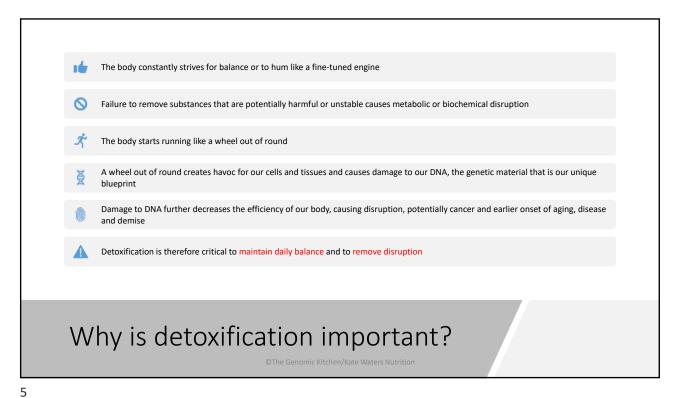
What is Detoxification?

- The natural process by which the body uses its innate biochemical pathways to remove toxins and toxicants (contaminants) from the body
- These include air, water and soil derived pollutants, chemicals, pharmaceuticals, excess hormones (such as estrogen), vitamins, inflammatory molecules
- The liver is the primary detoxification organ
- The intestine, kidney, lungs and brain can also detoxify substances
- Detoxification is <u>one</u> of the processes the body uses to restore balance or homeostasis

©The Genomic Kitchen/Kate Waters Nutrition

3





J

Facts The body does have built in biochemical • Some of us do need targeted nutrient systems that help us with the process of support to help our detoxification pathways work more efficiently Variants in our genes determine how well • We all need to include specific these systems work for us. For some of us they ingredients in our diets every day to work efficiently. For others, they do not support detoxification • Environmental exposure, disease and medications deeply impact the efficiency of You do not need to periodically detox our detoxification capabilities or buy special formulas to support • We cannot assume that our detoxification detoxification unless indicated by your systems perform perfectly for each of us healthcare provider

The Detoxification Equation



0



Reduce

Reduce exposure to environmental contaminants



Support

Support detoxification pathways through food



Cultivate

Cultivate a healthy gut environment through food