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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

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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 **one** of the processes the body uses to restore balance or homeostasis

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The body constantly strives for balance or to hum like a fine-tuned engine



Failure to remove substances that are potentially harmful or unstable causes metabolic or biochemical disruption



The body starts running like a wheel out of round



A wheel out of round creates havoc for our cells and tissues and causes damage to our DNA, the genetic material that is our unique blueprint



Damage to DNA further decreases the efficiency of our body, causing disruption, potentially cancer and earlier onset of aging, disease and demise



Detoxification is therefore critical to **maintain daily balance** and to **remove disruption**

Why is detoxification important?

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Facts

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

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The Detoxification Equation



Reduce

Reduce exposure to environmental contaminants



Support

Support detoxification pathways through food



Cultivate

Cultivate a healthy gut environment through food