



## **THE TOTAL FITNESS & SELF LOVE PROGRAM**

### **Detoxification Plan**

#### **Overall Knowledge:**

Clean up the body and blood - from acidic to alkaline:

Increase magnesium

Increase veggies and fruits

Decrease sugars

Increase salt (pg 77)

Reduce fats except for fish oils and plant fats

Chew food until it's liquefied

Drink 2-3L (daily) of unfluoridated, filtered water (not tap)

Choose organic as much as possible

Sleep well – quality and quantity to become well rested (and so liver can purge and heal between 1-4am)

Journal and other ways of emotionally releasing – work on releasing anger, sadness (fears) with positive affirmations, mantras, meditation, slowing down and clearing the mind

Look at areas of life that need changing, transforming and growing

#### **Goal:**

Remove things that are causing inflammation

#### **Physical areas of Detox via:**

Fluid removal via urine, bowels, sweat, Deep breathing

#### **Emotional areas of Detox via:**

Tears, journaling, releasing, talking to a supportive friend or counsellor

## **Lose weight ⇔ Decrease Toxins**

Toxins ⇔ Stress

Reduce inflammation overall especially the liver

Reduce stress because liver can't process it all – carbs and glycogen

### **Foods:**

Berries for antioxidants

Digestive bitters – in tincture bottle

Leafy greens

Shakes

Collagen

Get greens powders

Reduce and eventually eliminate gluten

Reduce and eventually eliminate dairy

Salads, cooked veggies

Increase fiber- psyllium husk

### **Supplements:**

Magnesium

Vitamin D

Vitamin C

Salmon and fish oils – small fishes

Turmeric

Curcumin

(any others?)

### **Increase Lymph and circulation:**

Get the lymph flowing, moving and purging inflammation

Increase your HR

Cold showers/cold plunge baths

Dry brushing

Gua sha stone facial

Sweat daily

Exercise

ROM – walking – muscles act as pumps

Rolling and fascial work

### **Metabolism Booster Drinks:**

1. Warm tea of lemon and honey

2. Warm tea of lemon, ginger, cinnamon, turmeric, cayenne, & maple syrup – for a metabolism booster/detoxifier.

### **Additional Options:**

Juicing/Juice cleanse

Hot & Cold Baths  
Saunas – Infrared & Steam  
Digestive Bitters to aid in liver cleansing (see image below)

