

DETOX: EASY AS 1,2,3!

Simple tips and tricks to add to your
wellness toolbox

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WHY DETOX?

- **What is a toxin?** Toxins are any substance that causes irritating or harmful effects in your body
- **Toxins:** We are constantly bombarded with millions of toxins on a daily basis (breathing/air pollution, food/pesticides, water, stress, technology) its important to constantly rid our bodies of these toxins to increase our overall health and well being.
- **Cleanse and Elimination:** Increase the efficiency of digestive system and stimulate other parts of the body responsible for cleanse and elimination-When you detox it helps the other organs in our body function more efficiently!
- **Look and feel your best:** Stay out of the doctors office, look younger, lose weight, mental clarity, high vibration, mood enhancer



POP QUIZ: DO YOU HAVE A TOXIC OVERLOAD?

Do you.....

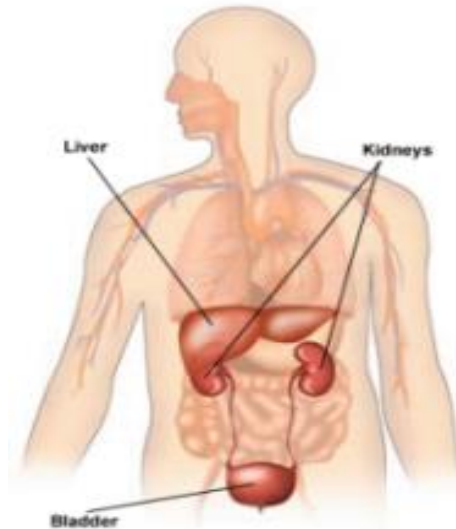
- Crave sweets?
- Drink caffeinated beverages?
- Eat processed foods at least 3x per week? (tv dinners, lunchmeats , bacon, canned soup, snack bars, fast food)
- Use artificial sweeteners or drink diet soda?
- Do you eat non-organic veggies, fruits and meat?
- Have you taken antibiotics, antidepressants or other meds?
- Do you suffer from bloating, indigestion, gas, constipation?
- Do you feel tired, fatigued or sluggish throughout the day?
- Are you in constant contact with a cell phone, computer, tablet, microwave, or any other electronics/appliances?
- Do you use commercial household cleaners, cosmetics or deodorants?

If you answered yes to any of these questions you are in need of a cleanse/detox/ system reboot!!!



DETOX ORGANS

- **Liver**- “The General”- 2nd largest organ in the body, helps body metabolize and burns fat, cleanses the blood, regulates hormones
- **Skin**-”The Gate Keeper”-Largest organ in the body, Protection, Regulation and sensation.
- **Kidney**-”The Filter” 2 bean shaped organs the size of a fist; filter about 120 to 150 quarts of blood to produce about 1 to 2 quarts of urine, composed of wastes and extra fluid
- **Lungs**-”Air Filter”, Filters air pollutants from entering the body using the nose as the first line of defense
- **Colon /Large Intestine** – Eliminates solid waste so that it is not re-circulated into the blood stream. It also houses the protective bacteria that makes up the body’s ecosystem called micro biome.



DETOXING IS EASY!

Life is busy- here are some simple ways to incorporate cleansing techniques into your daily life

- Lemon Water
- Green Juice Therapy
- Oil Pulling
- Tongue scraping
- Skin Brushing
- Rebounding
- Deep Breathing and Meditation



LEMON WATER

○ Lemon Water Elixir

Directions, first thing in the morning:

1. Heat water (warm is better than HOT)
2. Squeeze in the juice of 1/2 of lemon (fresh and organic if possible)
3. Optional – add in 2 tsp. honey or slice of peeled ginger
4. Drink up! Cheers to a healthy digestion and metabolism boost!

BENEFITS OF LEMON WATER

- *Detoxifying agent
- *Aids liver in flushing out toxins
- *High in Vitamin C
- *Blood purifier
- *Balances pH



GREEN JUICE THERAPY

- Healing
- Disease Prevention
(Cancer, Diabetes,
Inflammation, constipation)
- Reverse Aging
- Mood Enhancer
- Abundant Energy



REBOUNDER-MOVEMENT THERAPY

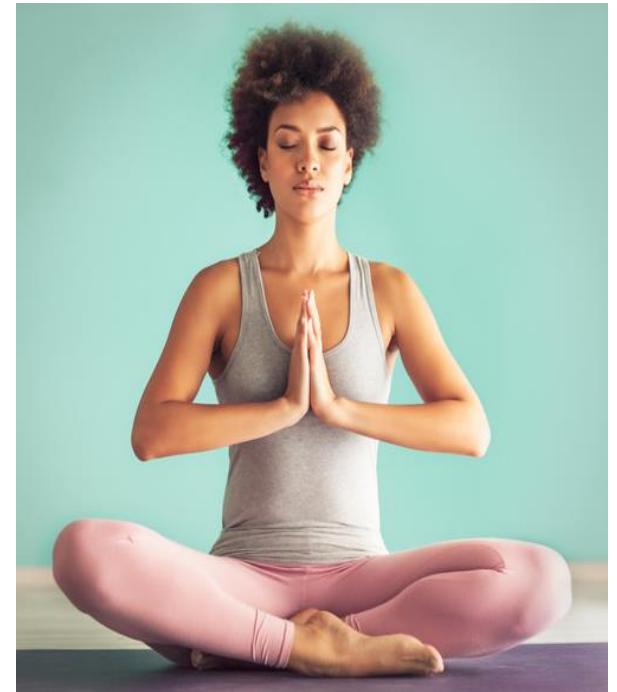
- Full Body Detox-Cleanse Lymph System aka “Garbage Disposal”
- Fun weight loss
- Cellulite Reduction
- Higher Bone Density
- Improve Balance and Posture
- Improves Endocrine and Immune systems
- Supports Cardiovascular System

*****Rebounding is considered one of the most effective movement therapy for increasing lymph flow and draining toxins from the body**



DEEP BREATHING/MEDITATING

- Detox toxic thoughts and people from your life
- Stay positive
- Breathe deeply
- Don't worry, be HAPPY 😊



DETOXING MADE EASY

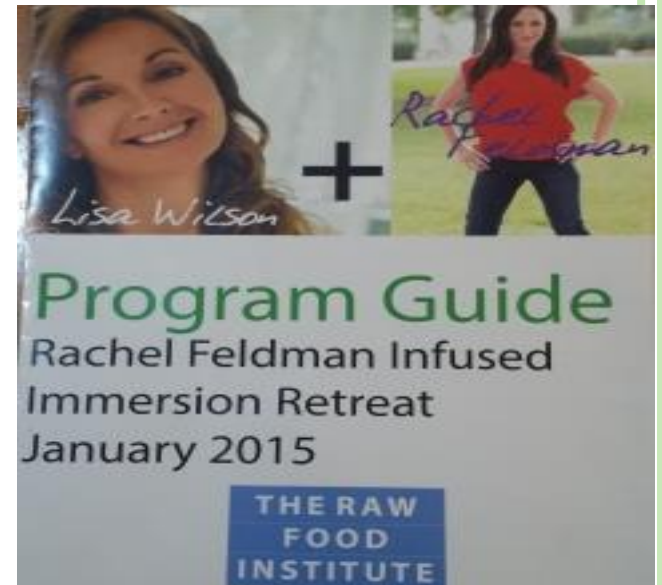
Pick 3 and incorporate them in your life for optimal health & vitality:

- Lemon Water
- Green Juice Therapy
- Oil Pulling
- Tongue scraping
- Skin Brushing
- Rebounding
- Deep Breathing and Meditation



RAW FOOD INSTITUTE IMMERSION

- Detox and Raw Food Retreat
- Life changing
- Educational
- Healing





QUESTIONS?



THANK YOU



Sources:

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<https://www.mindbodygreen.com/articles/what-to-eat-to-support-your-6-organs-of-elimination#:~:text=You%20can%20help%20detox%20the,the%20best%20strategy%20for%20you>

