

DETOX COURSE

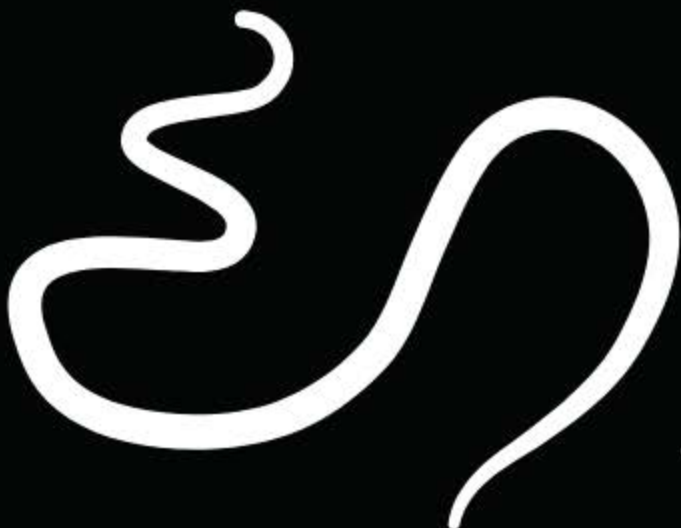
LEARN HOW TO properly detox

DETOX DOSAGES

DETOX EXERCISES

MTHFR | GUT HEALTH

PARASITE EDUCATION




MOMMA VS PHARMA



DETOX COURSE

Detox Dosage Chart



	PURE BODY	PBX	FULVIC	PARA SIELD
ADULT	4 DROPS 3 X PER DAY	4 SPRAYS 3 X PER DAY	2 FULL DROPPERS 1 X PER DAY	10 DROPS 2X PER DAY FOR 21 DAYS
KIDS 6 +	2 DROPS 3 X PER DAY	2 SPARYS 3 X PER DAY	1 ML 1 X PER DAY	5 DROPS 2X PER DAY FOR 21 DAYS
KIDS 3-6	1 DROP 3 X PER DAY	1 SPRAY 3 X PER DAY	.50 ML 1 X PER DAY	5 DROPS 2X PER DAY FOR 21 DAYS
KIDS 1-3	1 DROP 2 3X PER DAY	1 SPRAY 2 3 X PER DAY	.25 ML (APPROX 6 DROPS) 1 X PER DAY	DO NOT TAKE UNDER 3
0-12 MONTHS	1 DROP 2 3X PER DAY	1 SPRAY 1 X PER DAY	2 DROPS 1 X PER DAY	DO NOT TAKE UNDER 3
<div>  <div> PARA SIELD </div> <div> <p>After 21 days, take a break for 1 week before resuming. Each bottle has a 21-day supply based on adult servings.</p> </div> </div>				

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DETOX PACK DOSAGES

Pure Body Extra (Tasteless mouth spray)

**Pure Body Extra for newborns to age 6 :
1 spray 1-3X per day**

**Pure Body Extra for Children over 6:
1 spray 3X per day**

**Pure Body Extra dosage for adults:
4 sprays 4 drops 3x a day**



**Directly in mouth is preferable, but it can go in non GMO juice as well
Most mothers choose to up the dosage to adult dosage as time goes on.**

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DETOX PACK DOSAGES

Pure Body (Tasteless mouth drops)

**Pure Body for children under 6:
1 drop 2 | 3x a day**

**Pure Body for children over 6:
2 drops 3x a day**

**Pure Body dosage for adults:
4 drops 3x a day**



**Directly in mouth is preferable, but it can go in non GMO juice as well
Most mothers choose to up the dosage to adult dosage as time goes on.**

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DETOX PACK DOSAGES

Give fulvic once a day in water or juice

0-1 – 2 drops 1x per day

1-3 .25-1 ml 2x a day.

Kids 6+ 1 Full Dropper 1x per day

Adults 2 Full Droppers 1-2x per day.



Fulvic Trace Minerals : Use Fulvic to breathe oxygen back into mitochondria with 92 minerals in Fulvic , balance the gut microbiome, power mitochondrial function, help with digestion, and acts as an additional binder

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DETOX PACK DOSAGES

Give parasheild once a day in water or juice

Children 3+

5 Drops 2x day for 21 days

Adults 10 Drops 2x a day for 21 days



**DO NOT USE FOR
BABIES UNDER 3
AFTER 21 DAYS TAKE
A BREAK BEFORE
10 DAYS BEFORE RESUMING**

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DRAINAGE PATHWAYS

So many people talk about detoxing their body's but they completely overlook a critical step in the process and often feel worse than when they started ...

The reason behind this is due to the lymphatic system not being able to properly drain. When we start a Detox its SUPER important our body is going to be able to metabolize these toxins VS having them become trapped under our skin or lymph nodes , causes a onset of detox side effects.

DRAINAGE PATHWAYS are basically like the body's waste-removal highways. They allow the toxins pulled out from your tissues and cells to be eliminated instead of recirculating back into the blood stream, which then makes you feel horrible! Taking an upstream view, your drainage pathways include:

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DRAINAGE PATHWAYS

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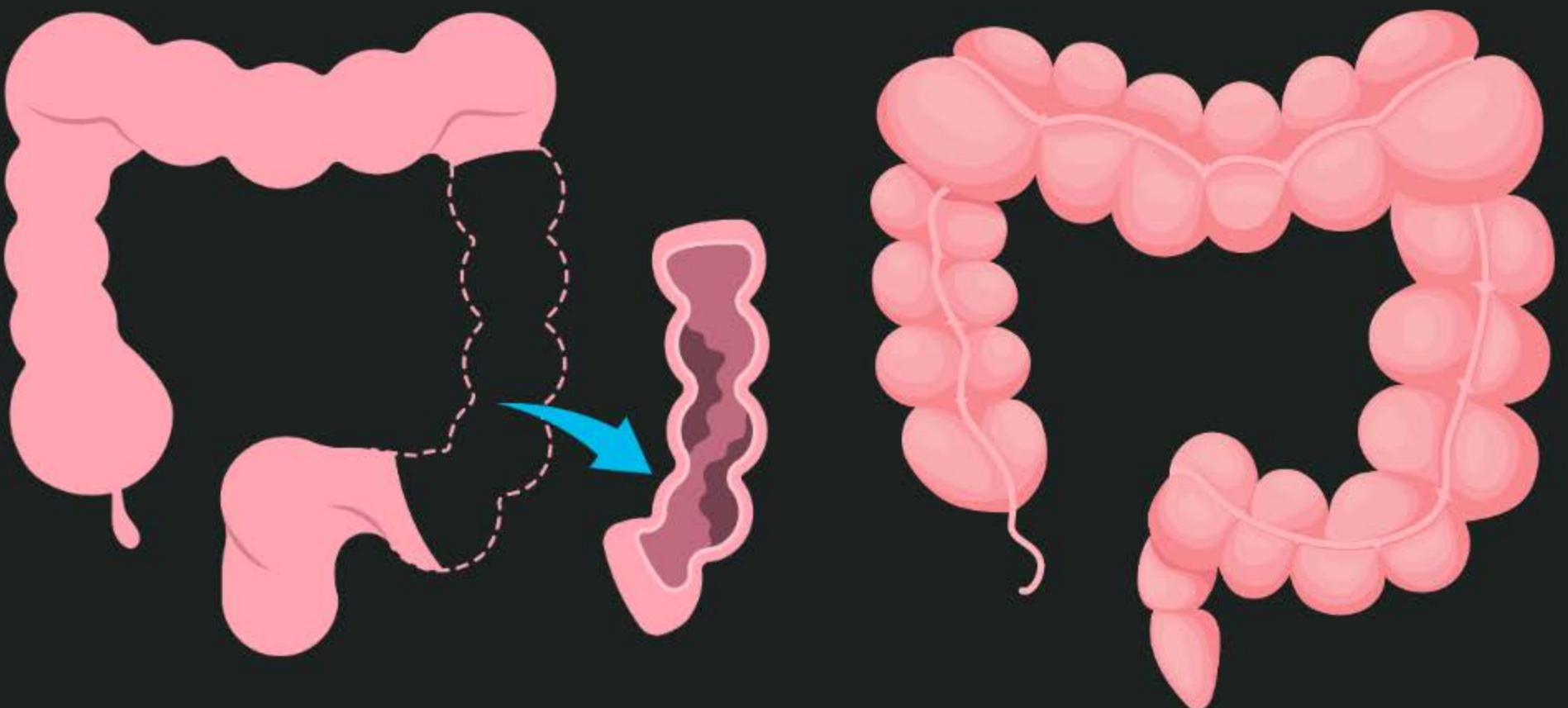
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DRAINAGE PATHWAYS

COLON

So many people deal with daily constipation and if you are not having 2-3 bowel movements a day

If you consume 3 meals a day and only go to the bathroom 1 once a day that's potentially 21 meals backed up into the colon.



BRISTOL STOOL CHART

OPTIMALLY AIM FOR TYPE 3 OR 4.



TYPE 1



**SEPERATE HARD NUT
LIKE BUMPS THAT ARE
HARD TO PASS –**

TYPE 2



**BUMPY
SAUSAGE SHAPE**

TYPE 3



**LIKE A BUMPY
SAUSAGE BUT
CRACKS**

TYPE 4



**HOT DOG OR SNAKE
SMOOTH AND SOFT**

TYPE 5



**SOFT BULBS WITH
MUCUS PASS EASY**

TYPE 6



**FLUFFY WITH
RAGGEST EDGES
MUSHY STOOL**

TYPE 7



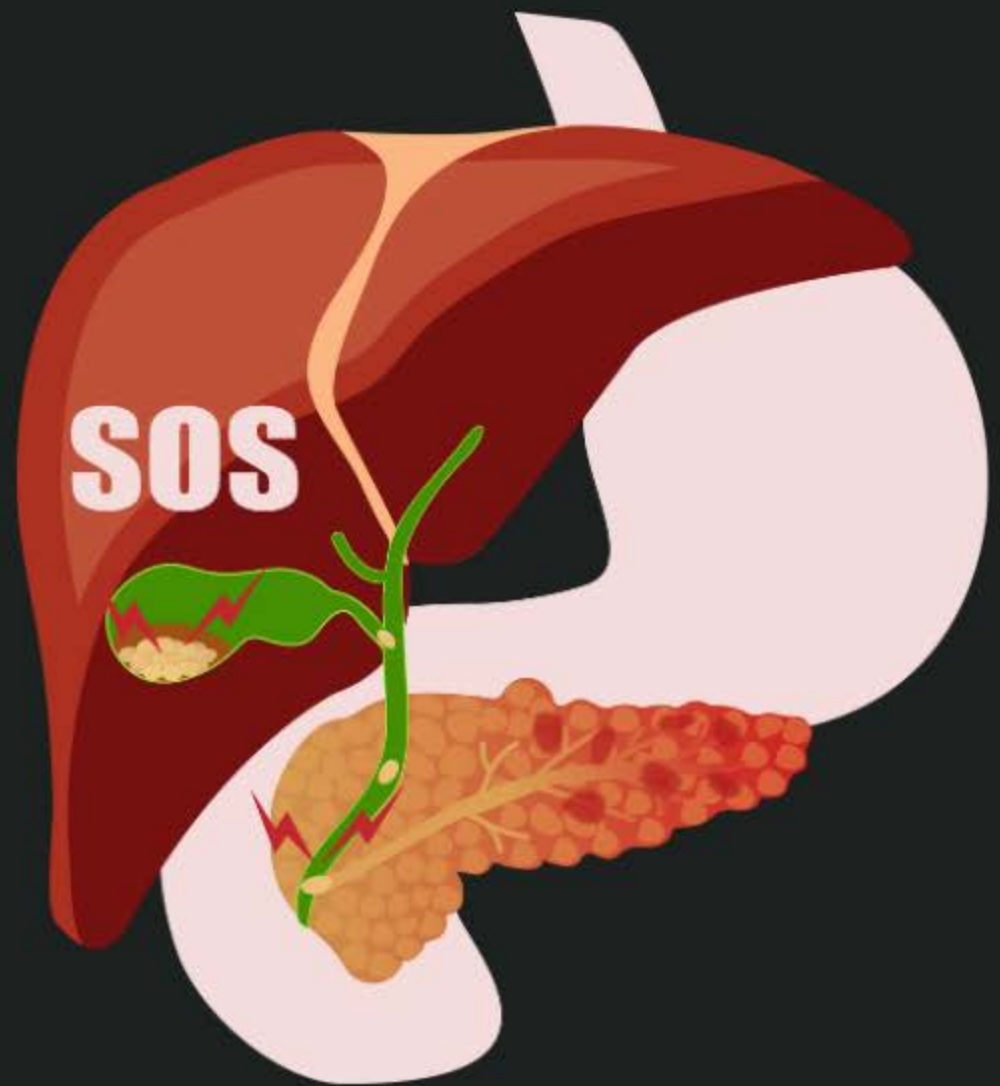
**WATERY NO SOLID
PIECES LIQUID**

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DRAINAGE PATHWAYS

LIVER, BILE DUCTS & KIDNEYS

Responsible for activating detoxification pathways, acting as filters, and aiding fluid balance these organs can be affected by things that interact with and damage bile ducts, including parasites, bacteria, and glyphosate.



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DRAINAGE PATHWAYS

LYMPHATIC SYSTEM:

Our favorite unsung hero, this network of vessels helps filter the fluid dumped out of your blood and into the tissues.

Since it has no pump, clogged lymph can result in tissue swelling

(ie: puffy face and ankles!)



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DRAINAGE PATHWAYS

ORGANS & TISSUES:

**The body's glymphatic system,
which is lymphatic system responsible for brain
drainage can become clogged
via insufficient sleep, heavy metals, and EMF's.**



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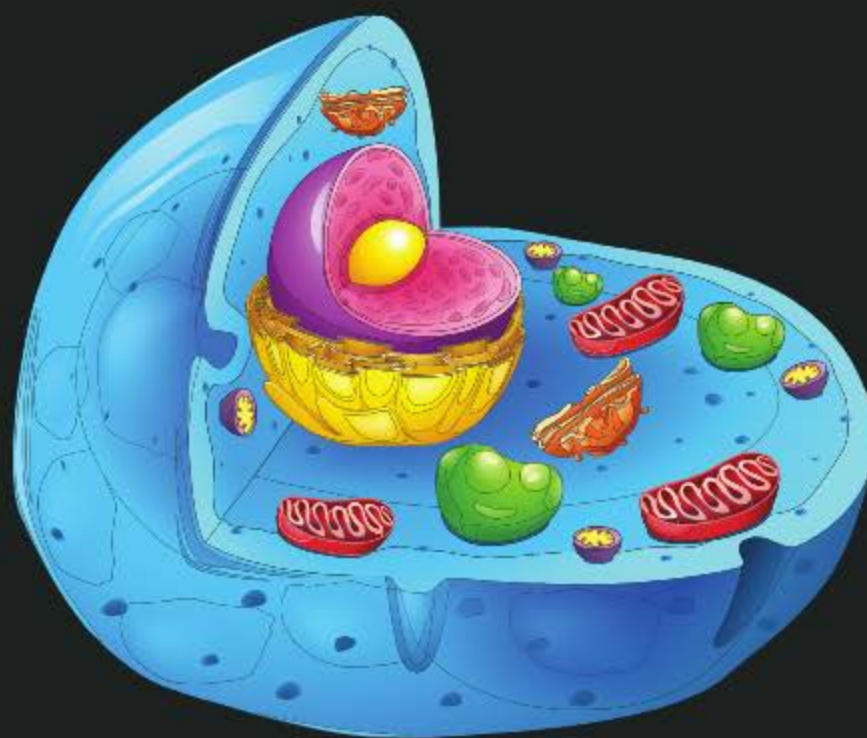
DRAINAGE PATHWAYS

CELLS & TISSUES:

Both internal and external toxins stress cell functioning, especially at their cores

(ie: mitochondria).

When mitochondria don't work properly, energy production lags, and dis-ease follows.



DETOX COURSE



DETOX EXERCISES

**Detox is a lifestyle with many moving parts ,
and if your not working with a professional you
can hurt yourself !**

**YOU & YOUR CHILDREN MUST DO THESE
EXERCISES TO PREP THE LYMPHATIC SYSTEM
PRIOR TO DETOX !**

So how can you promote drainage ?
.....

DETOX EXERCISES!

**Failure to do you detox exercises can result in
Detox “ Side Effects ” these include muscle aches
, headaches , rashes , migraines, trouble
sleeping , or even cold or flu like symptoms.**

**Try these exercises DAILY to get the best Detox
result and minimize your side effects due to
“Die off .”**

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DETOX EXERCISES

LYMPHATIC TAPPING



Take 2 fingers and tap lymph node areas 10-20 times each lymph node .

(start with the face then work your way down behind the ears , then under the chin , then armpits)

DIAPHRAGMATIC BREATHING

Lay flat and breathe in then exhale all the way out , like pushing your belly button to your back or the floor beneath you . Singing is also a great way to stimulate your core and diaphragm .



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DETOX EXERCISES

SWEATING



Sweating daily is super effective tool and making sure toxins are draining.

The skin is largset digestive organ of the body

FIBER

Up your fiber intake with the amount of proteins you eat .

They are equally important!

Psyllium husk & follow my detox grocery list



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DETOX EXERCISES

OIL PULLING



**The guts microbiome start in your MOUTH ,
get some virgin organic coconut oil to help
combats bad microbiomes each morning
prior to brushing your teeth !**

**Just add coconut oil to your mouth and
swish pulling the oil between your teeth
and over your tongue**

– then SPIT the oil



**I personally use a high grade
extra virgin olive oil .**

You can also use : Coconut oil (MCT)

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DETOX EXERCISES



DRY BRUSHING



**I love a natural loofa or sea sponge ,
do you do have a dry brush make sure
it's NOT plastic !**

**Start from inwards out head to toe ,
this helps to stimulate drainage and ensures
you're not going to have toxins trying to come
out of your skin causing rashes .**



GUA SHA TOOL



**This ancient technique has been used for
centuries to promote lymphatic drainage,
detoxification, and improve skin health.**

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DETOX EXERCISES

BOUNCING

Rebounding exercises are not only fun but also incredibly beneficial for improving circulation, lymphatic flow, and detoxification.

By bouncing on a mini trampoline, you can support your body's detox processes and boost your overall health, or just bounce on your heels in place !



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DETOX EXERCISES

FERMENTED FOODS

Everyone is always so concerned with ProBiotics but fail to miss a IMPORTANT part to make ProBiotics as successful as possible , this is PRE BIOTIC'S! Which is Fermented Foods !

Anything that's pickled or fermented!

Pickles , Sauerkraut , Pickled eggs / beets , Kombucha & Miso Soups are perfect to add to your diets each day !



DETOX PHASES

PHASE 1

Is what makes toxins less toxic.



Basically gathers the trash around the house and sweeps it into a pile.

PHASE 2

Includes processes that require amino acids such as cysteine and methionine.

This phase is like when you dump the pile of waste into a trash bag.



DETOX PHASES

PHASE 3

Is basically like taking the trash out to then be picked up by the "garbage collectors".

Phase 3 eliminates toxins via lymphatic routes :

**Sweat
Urine
Fungus
Feces
Respiration
PARASITES**

Unfortunately, most people only focus on Phase 1&2 and overlook the third phase

Basically just allowing the body to (eventually) recirculate the toxins your body worked so hard to package up!

DETOX BATH CHART

5 – 10 DROPS FULVIC

1/4 CUP BENTODITE CLAY

1/4 CUP ARROWROOT

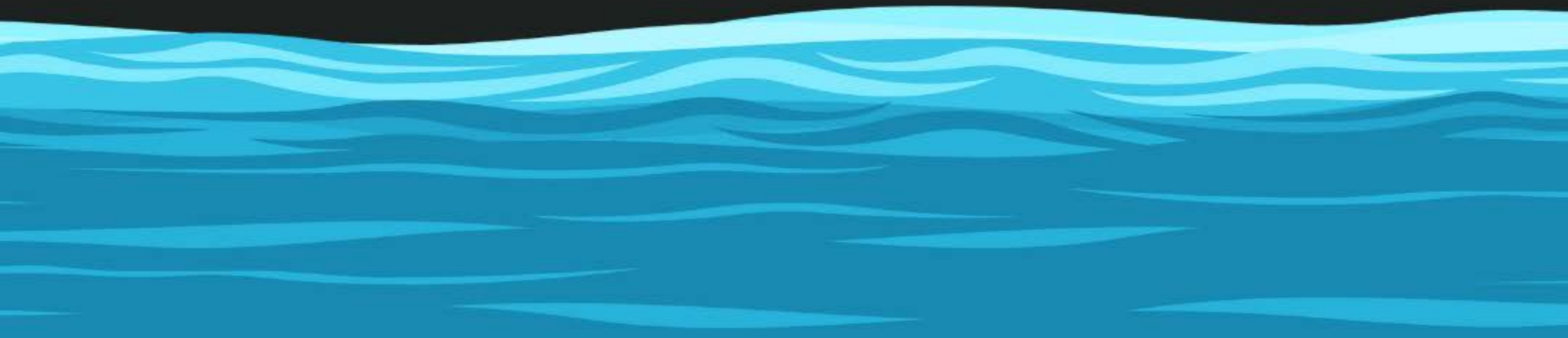
1/4 CUP MAGNESIUM SALTS



**ADD ALL INGREDIENTS INTO THE BATH THE
RUN AS HOT AS POSSIBLE.**

LET THE BATH SIT UNTIL WARM TO TOUCH .

10-20 MINUTES- THEN RINSE THE KIDS OFF.



DETOX BATH TIPS

**PLEASE MAKE SURE YOU
HAVE A SHOWER FILTER
TO AVOID TAP WATER.**

**IF YOU DO NOT HAVE A
FILTER BOIL THE WATER
AND ADD TO THE BATH!**



**FOLLOW WITH CASTOR OIL PACKS FOCUS
ON THE LIVER AREA**

**(RIGHT SIDE), LOTS OF COCONUT WATER
FOR HYDRATION , DRY BRUSHING
AND OIL PULLING !**

