

RESET

A Focused Approach to
Rebalancing Your System

Why Reset?

QUICK FACTS:

Every day, your body is exposed to toxins, chemicals, and low-quality foods that place an overwhelming burden on its natural detox systems. Over time, this toxic overload can prevent your body from functioning at its peak, leaving you feeling sluggish, unfocused, and less energized.

What You'll Learn:

In this guide, we'll walk you through practical strategies to restore balance and supercharge your body's detox pathways. You'll learn how to support your body in managing the toxins we encounter daily—from environmental pollutants to hidden chemicals in personal care products and processed foods.

Why It Matters:

These everyday exposures can gradually overload your detox systems, making it harder for your body to clear out harmful substances. When detoxification slows, so does your overall health and vitality.

The Solution:

By adopting a nutrient-dense, food-first approach, you can take control of your body's detox processes. This reset will help your body efficiently eliminate toxins, leading to improved focus, increased energy, and a renewed sense of wellness—leaving you feeling your best every day.

COMMON SIGNS OF IMPAIRED DETOXIFICATION

Daily exposure to chemicals, toxins, and pollutants can build up harmful levels in your body. When the body's detoxification process can't keep up, symptoms arise, often without clear causes. Here's what to look out for:

Cognitive/Mental Symptoms:

Brain Fog
Mood Irregularities
Memory Disturbances
Cognitive Decline
Irritability/Excitability
Depression

Physical Symptoms:

Inflammation
Skin Conditions (Rash, Eczema, Acne)
Fatigue
Weight Loss Resistance
Insomnia
Asthma/Allergies

Hormonal/Immune Symptoms:

Hormone Imbalances
Infertility
Autoimmunity
Chemical Sensitivities
Balance Disorders

IS YOUR LIFESTYLE INCREASING YOUR TOXIC LOAD?

Questions to Consider:

- Am I consuming heavily processed foods regularly?
- Do I frequently use refined oils, such as canola?
- Is my intake of refined sugars higher than it should be?
- What is my relationship with artificial sweeteners/how often do I consume them?
- Do I eat large quantities of high-mercury fish, like tuna or swordfish?
- Am I mostly buying conventionally grown produce, or do I opt for organic when I can?
- Am I using any form of water purification?
- Do I often eat the same limited variety of foods?
- Do I store or reheat my food in plastic or non-BPA-free containers?
- Am I overcooking my food or using excessive heat, which might reduce its nutrient content?

Answering **'yes'** to these questions means it's time to rethink your exposure and detox strategies

Detox Prep: Ready, Set, Reset

GET YOUR KITCHEN IN ORDER:

- Replace plastic containers with glass to reduce exposure to harmful chemicals.
- Use "low and slow" cooking methods to preserve nutrients and avoid creating harmful compounds during high-heat cooking.
- Prioritize whole, phytonutrient-dense foods while minimizing processed, packaged, and artificially flavored or sweetened foods.

PRIORITIZE SLEEP:

- Sleep is essential for detoxification, as your body clears out toxins more effectively during rest.
- Natural sleep increases the clearance of neurotoxins in the brain by 60%. These toxins, if not cleared, can accumulate in the central nervous system and contribute to fatigue and cognitive decline.
- Without sufficient sleep, toxins can remain concentrated in tissues and organs, leading to a higher toxic burden over time.

MAXIMIZE MOVEMENT:

- Physical activity plays a vital role in detoxification. Sweating is a key way the body eliminates toxins.
- Regular movement, saunas, and activities that promote sweating are crucial to lowering the body's toxic load.

ALIGN YOUR MINDSET:

- Mindset is the key to long-term success. Just as it is important to support our bodies through this detox process, it is important to support our minds as well
- Daily journaling helps you track progress and keep a positive mindset
- **Be clear about your goals.** Setting your intentions, creating a plan of action, and keeping your community in the loop for support and accountability can help align your daily routine in the right direction.

UPGRADE YOUR DIET

- **Eat for Detox Support:** Providing your body with the right nutrients is crucial for efficient detoxification. Focus on whole, nutrient-dense foods that enhance your body's ability to detoxify naturally.
- **Elimination Diet for Personalization:** Identify and remove foods that may contribute to increased inflammation, gut dysfunction, or impaired nutrient absorption. An Elimination Diet helps pinpoint potential food sensitivities or intolerances, creating a solid foundation for an effective detoxification protocol.
- **Support Both Detox Phases:** Detoxification occurs in two critical phases—Phase I and Phase II—each needing different types of support. Many environmental toxins, medications, and dietary factors can accelerate Phase I, potentially leading to an overload of reactive intermediates. To maintain balance, focus on nutrients and compounds that support both phases. Bifunctional modulators (such as sulforaphane, flavonoids, and curcumin) play a dual role in balancing both Phase I and Phase II pathways, enhancing metabolic detoxification without overwhelming the system.
- **Think Colors, Not Calories:** When building your plate, emphasize phytonutrients from colorful fruits and vegetables, which are rich in antioxidants. These compounds help mitigate oxidative stress and inflammation by neutralizing free radicals, which are often produced during detox processes.
- **Enhance Antioxidant Defenses:** During detoxification, toxins stored in adipose tissue can be mobilized, potentially causing a surge in inflammation. To counter this, ensure a high intake of dietary antioxidants such as vitamin C, E, selenium, and glutathione precursors, which support the neutralization of toxins and the stabilization of metabolic byproducts, reducing the risk of secondary inflammation.

ESSENTIAL NUTRIENT SUPPORT FOR PHASE I DETOX

Phase I detoxification primarily involves the Cytochrome P450 enzyme family. Dietary, lifestyle, and environmental factors can trigger this phase. Supporting it with key nutrients is essential to maintain balance and promote efficient detoxification

B VITAMINS

- ***Riboflavin (B2), Niacin (B3), Pyridoxine (B6), Folic Acid (B9), and B12***
- **Purpose:** Support enzyme activity in the Phase I detox pathway.

Foods: Turkey, tuna, spinach, beans, lentils, tuna, tempeh, mushrooms, sunflower seeds, beef, fish

ANTIOXIDANT SUPPORT

- ***Vitamin A, C, and E; CoQ10; Selenium; Thiols; Silymarin, etc.***
- **Purpose:** Help neutralize free radicals generated during Phase I detoxification.

Foods: Lemons, guava, oranges, cauliflower, brazil nuts, garlic, tomatoes, red peppers, tomatoes, cantaloupe, organ meats, fatty fish

FLAVONOIDS

- ***Flavones, Flavanols, isoflavones, anthocyanidins***
- **Purpose:** Provide antioxidant and anti-inflammatory support during detox.

Foods: Apples, apricots, blueberries, pears, parsley, onions, strawberries, pinto beans, tea, legumes, etc.

GLUTATHIONE

- ***The body's most potent natural antioxidant.***
- **Purpose:** Critical for detoxifying harmful substances and reducing oxidative stress.

Foods: Undenatured whey protein, asparagus, curcumin, cruciferous vegetables, garlic, citrus, brazil nuts, etc.

NUTRIENT SUPPORT FOR PHASE II DETOX

Phase II detoxification helps convert toxic substances into water-soluble forms that can be easily excreted. This process relies on key nutrients to assist the body in neutralizing and eliminating harmful compounds

AMINCO ACIDS

Glycine, Glutamine, Ornithine, Taurine & Arginine

- **Role:** These amino acids support conjugation processes in Phase II, making toxins water-soluble for excretion.

Food Sources: Turkey, pork, chicken, beef, soybeans, pumpkin seeds, almonds, sunflower seeds, fish, lentils, beans, etc.

ANTIOXIDANTS

Vitamin C, E, Mixed Carotenoids

- **Role:** Antioxidants protect cells from oxidative damage during detoxification and assist in neutralizing free radicals.

Food Sources: Citrus fruits, cruciferous vegetables like broccoli and Brussels sprouts (Vitamin C), nuts and seeds (Vitamin E), bell peppers, sweet peppers, tomatoes, cantaloupe, kale, etc.

DIETARY FIBERS

- Both ***soluble and insoluble fibers*** play a crucial role in binding toxins and promoting their removal
- **Note:** Relying solely on soluble fibers may cause recirculation of toxins rather than their elimination. Consume a variety of both soluble and insoluble fibers daily to optimize detox

Soluble Fibers:

Flaxseed/flaxmeal, beta-glucans (found in mushrooms and cereal grains), inulin (found in Jerusalem artichokes, onions, and chicory root)

Insoluble Fibers: Rice bran, wheat bran, nuts, cauliflower, potatoes, etc.

Bifunctional Modulators

These powerful compounds support both phases of detoxification, enhancing your body's ability to neutralize and eliminate toxins

POMEGRANATES: ELLAGIC ACID

- Supports liver health and reduces oxidative stress

DECAFFEINATED GREEN TEA: CATECHINS

- Rich in antioxidants with cancer-fighting potential

ARTICHOKE EXTRACT

- Supports liver detoxification by promoting bile production
- May offer hepatoprotective effects, protecting the liver from damage

CRUCIFEROUS VEGETABLES: INDOL-3 CARBINOL

- Anti-inflammatory and immune-boosting properties

WATERCRESS: GLUCOSINOLATES

- Helps detox carcinogens and chemoprotective effects

TURMERIC: CURCUMIN

- Powerful anti-inflammatory and antioxidant

5 MAIN ORGANS IN DETOXIFICATION

THE FIVE ORGANS WORK TOGETHER TO ENSURE YOUR BODY
EFFICIENTLY PROCESSES AND ELIMINATES TOXINS

The Gut

"The Peacekeeper"

The gut filters and eliminates toxins through digestion and bowel movements. An imbalanced gut can lead to toxin buildup

Tip: Eat probiotics and fiber to support gut health

The Liver

"The General"

The liver processes toxins in two phases, transforming them into forms the body can excrete. It's essential for both detox phases

Tip: Support liver health with cruciferous vegetables and limit alcohol

The Kidneys

"The Alkalizers"

Kidneys filter the blood, removing waste through urine. A balanced pH supports toxin excretion

Tip: Stay hydrated and eat potassium-rich foods like leafy greens

The Lungs

"The Exchange"

The lungs remove toxins through breathing. Fresh air and deep breathing are key for lung detox

Tip: Practice deep breathing and spend time outdoors

The Skin

"The First Line of Defense"

The skin eliminates toxins through sweat and acts as a protective barrier

Tip: Sweat through exercise and use natural skincare products

OPTIMIZE YOUR MINERAL INTAKE

Essential minerals can compete with heavy metals for absorption in the body, blocking their uptake. By reducing the bioavailability of harmful metals like lead, mercury, and cadmium, minerals offer protection against heavy metal toxicity. Ensuring you get enough of these key minerals helps support your body's natural detoxification processes.

ESSENTIAL MINERALS

- **Calcium:** Calcium deficiency can result in increased intestinal absorption and retention of Lead
- **Magnesium:** Adequate magnesium levels help block the absorption of cadmium, lead, and mercury
- **Potassium:** Acts as a stabilizing agent for many heavy metals, reducing their toxic effects
- **Selenium:** Offers protection against mercury toxicity
- **Zinc:** Supports metallothionein synthesis, which helps clear heavy metals from the body
- **Copper:** Heavy metals like cadmium compete with copper for binding sites, disrupting copper metabolism
- **Iron:** Iron deficiency is linked to higher absorption of heavy metals like cadmium and lead

The Problem with the Fasting Approach

Metabolic detoxification is a highly nutrient-dependent process. When we deprive our bodies of essential nutrients that support detox pathways, we risk slowing down or even impairing the process. Detoxification occurs in two critical phases, both of which require specific vitamins, minerals, amino acids, and antioxidants to function optimally.

Why Fasting Can Backfire

Fasting may seem beneficial, but it can actually cause more harm than good without proper nutrient support

Nutrient Depletion:

Detoxification relies on a steady supply of nutrients such as B-vitamins, amino acids (from protein), antioxidants (like glutathione), and trace minerals (such as zinc and selenium). When fasting, your body doesn't receive these essential nutrients, leading to a decreased ability to process and eliminate toxins effectively.

Recirculation of Toxins:

During fasting, as fat stores are broken down, stored toxins (such as heavy metals, pesticides, and other fat-soluble chemicals) are released into the bloodstream. Without sufficient nutrient support to bind and excrete these toxins, they may be recirculated back into the tissues, leading to symptoms like fatigue, brain fog, and muscle aches—making you feel worse than before you started fasting.

Muscle Breakdown:

Protein is essential for supporting detox pathways, as amino acids play a critical role in Phase II detoxification. Prolonged fasting can cause the body to break down muscle tissue to access these amino acids, which not only weakens muscle strength but also impairs detoxification by reducing the availability of these critical compounds

Phase I & Phase II Imbalance:

Detoxification happens in two phases. Phase I generates reactive oxygen species (ROS), which can be harmful if not immediately neutralized by Phase II processes. Without the necessary nutrients to support Phase II, these harmful byproducts can build up, causing oxidative stress and inflammation in the body.

Hormonal Disruption:

Fasting can also negatively impact hormone balance, particularly in individuals with HPA axis dysregulation (commonly referred to as adrenal dysfunction) or thyroid imbalances. Extended fasting can elevate cortisol levels, further stressing the body's detox systems and contributing to inflammation.

A Better Approach:

Rather than fasting, a nutrient-dense, whole-food approach ensures your body has everything it needs to detoxify efficiently. Supporting your detox pathways with foods rich in antioxidants, fiber, and lean proteins, while reducing toxic exposure, is a more sustainable and effective strategy for long-term detoxification

5 KEY TAKEAWAYS FOR A SUCCESSFUL METABOLIC DETOX

1.) **Detox is a Nutrient-Dependent Process**

- Detoxification relies on specific nutrients to work efficiently. A food-first approach is key—make sure your diet is rich in vitamins, minerals, and antioxidants to support all detox phases

2.) **Start with Gut Health**

- A healthy gut is essential for effective detoxification. If your gut health is compromised, detox pathways will be less efficient. Prioritize gut-healing before starting detox protocols

3.) **Balance is Essential**

- Detox happens in two phases—Phase I and Phase II. It's crucial to keep these phases balanced for a safe, effective detox. Bifunctional modulators like sulforaphane and flavonoids support both pathways for better results

4.) **Minerals Matter**

- Minerals play a vital role in detoxification, particularly in the elimination of toxins. Regularly consuming mineral-rich foods, like leafy greens and sea vegetables, helps reduce your toxic burden and promotes optimal detoxification

5.) **Focus on Greens and Protein**

- When in doubt, build your meals around green vegetables and high-quality protein sources. Greens support detoxification pathways, while proteins provide the building blocks necessary for the liver to process and eliminate toxins efficiently