

# Detox Pathways







You've probably heard people talk about "opening your detox pathways".

**But** what exactly does that mean?

Detox pathways are simply the systems your body uses to process and eliminate toxins and waste. When these pathways are sluggish or overwhelmed, your body may have a harder time keeping up.

**DETOX PATHWAYS**  
*6 Key Systems to Support*

If these are clogged, not working, or sluggish, toxins build up in your body.  
That build up can actually cause you to **HERX** and feel much worse!

- 1 COLON**  
Eliminates waste, excess hormones, and toxins through your stool.  
  
**SUPPORT IT WITH:**
  - ✓ Fiber-rich foods
  - ✓ Hydration
  - ✓ Magnesium
  - ✓ Regular bowel movements
- 2 LIVER**  
Your body's main filter. It processes and neutralizes toxins.  
  
**SUPPORT IT WITH:**
  - ✓ Lemon water
  - ✓ Milk thistle / dandelion root
  - ✓ Castor oil pack
  - ✓ Glutathione
- 3 KIDNEYS**  
Filters waste and excess fluids from your blood and balances minerals.  
  
**SUPPORT IT WITH:**
  - ✓ Hydration
  - ✓ Mineral-rich foods
  - ✓ Parsley
  - ✓ Dandelion leaf
- 4 SKIN**  
Releases toxins through sweat and helps regulate temperature.  
  
**SUPPORT IT WITH:**
  - ✓ Dry brushing
  - ✓ Sweating (sauna, exercise)
  - ✓ Epsom salt bath
  - ✓ Hydration
- 5 LUNGS**  
Expel carbon dioxide and airborne toxins so we can breathe clean and deep.  
  
**SUPPORT IT WITH:**
  - ✓ Deep breathing
  - ✓ Fresh air
  - ✓ Movement
  - ✓ Avoiding toxins
- 6 LYMPHATIC SYSTEM**  
Carries waste and toxins out of your cells and supports immune function.  
  
**SUPPORT IT WITH:**
  - ✓ Movement & rebounding
  - ✓ Dry brushing
  - ✓ Deep breathing
  - ✓ Glutathione

**KEEP YOUR PATHWAYS OPEN.**  
*Support detox. Support healing.*

Lyme and Beyond with Tanva

If you're feeling stuck, sluggish, puffy, inflamed...your detox pathways might not be flowing.

Here a few tips...

**Colon...** Removes what your liver has already processed.

- Boost it: Daily bowel movements are a must (chia, flax, leafy greens, fiber, magnesium), Glutathione patch

**Liver...** Your Master Filter. Breaks down toxins, hormones, meds & chemicals.

- Boost it: Add a daily bitter, lemon water, dandelion root tea, arugula, Glutathione patch

**Kidneys...** Your Liquid Detox. Filters your blood 24/7 and eliminates waste.

- Boost it: Hydrate consistently throughout the day (not all at once), Glutathione

**Skin...** Your Largest Detox Organ. Releases toxins & heavy metals through sweat.

- Boost it: Sauna, epsom salt baths, good sweat session, ionic foot bath, Glutathione patch

**Lungs...** Your Breathing Detox. Removes carbon dioxide and other waste gases.

- Boost it: Deep breathing, fresh air, reducing environmental toxins

**Lymphatic System...** Your Drainage Network. Moves cellular waste.

- Boost it: Gentle movement, walking, rebounder, vibe plate, dry brushing, Glutathione patch

**If you are on a killing regimen and your body is not detoxing effectively, toxins are just recirculating loosely through your body making you feel sicker.**

Detox is just as important as killing pathogens!

Looking for specific recommendations?

Some of the tools and resources mentioned in this guide can be found in [My Toolbox](#)

Lyme and Beyond with Tanya

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