

PHASE 1 – GUT HEALING AND LYMPHATIC FLOW

GUT HEALING

The gut is the gateway to detoxification. If you do not heal your gut, the gut lining can leak toxins and food particles back into the systems of the body. This is the first and most important step to beginning any detox protocol. Healing the gut is important and clean eating can help lessen the load on the liver allowing it to start doing its work more efficiently.

Think of gut healing and liver detox as having a clean filter before flushing the system. This is the way I started my gut healing journey. Please note that I am not making any medical claim and none of the information you will find here is medical advice or intended to diagnose any issues. The information you will find on my website is for informational and educational purposes only.

GOAL: REPAIR THE GUT LINING

FOCUS:

SIMPLE WHOLE FOODS/NATURALLY FERMENTED FOODS/FIBER

BLOOD SUGAR BALANCE

A VERY GENTLE DETOX

SUPPORT LYMPHATIC FLOW

GENTLE MOVEMENT / EXERCISE

FOODS TO FOCUS ON:

- Bone broth
- Pasture raised eggs.
- Pasture raised meats (chicken thighs, ground beef, turkey and lamb)
- Wild caught salmon
- Cooked and easy to digest vegetables (steamed or roasted)
 - Zucchini
 - Squash
 - Carrots
 - Beets
 - Spinach – lightly steamed
 - Kale – lightly steamed
 - Cabbage (lightly cooked or naturally fermented)

PHASE 1 – GUT HEALING AND LYMPHATIC FLOW

- Sweet potatoes
 - Sauerkraut, kimchi, fermented carrots or pickles
- Healthy Fats
 - Olive oil: drizzle over salads or take a tablespoon or two in a day.
 - Coconut oil
 - Grass fed ghee or butter.
 - Avocado (if you do not have a histamine intolerance to it)
- Gentle Carbs
 - White rice
 - Quinoa
 - Cooked apples and pears
- Gut soothing herbs
 - Ginger/ginger tea
 - Chamomile tea
 - Marshmallow root or slippery elm tea
 - Garlic and Mullein oil

AVOID:

- Gluten and grains
- Conventional Dairy (sheep or goat products are ok in moderation)
- Processed foods, packaged foods, frozen meals,
- Sugar and foods that turn into sugars (carbs other than low glycemic fruits)
- Refined seed oils
- Caffeine
- Alcohol
- Raw nuts and seeds
- High histamine trigger foods based on your sensitivity (these may include avocados, tomatoes, strawberries, kiwi, bananas etc.)

SUPPLEMENTS TO SUPPORT YOUR GUT – YOU WILL FIND THE LINKS TO THESE PRODUCTS ON THE DETOX EVENT PAGE.

- Fulvic Acid Drops –
 - Mix 2-4 drops in a glass of warm spring water daily, first thing in the morning to begin.
 - You can work up to 10 -20 drops over 4 weeks
 - Do not use a plastic or metal cup/bottle for Fulvic Acid

PHASE 1 – GUT HEALING AND LYMPHATIC FLOW

- Stay hydrated all day to allow the gentle chelating (removal of toxins and pathogens) to happen.
- You can add a crystal (or pinch if fine) of Celtic Sea Salt or Pink Himalayan salt to your next bottle of water to help with hydration. Drinking too much water without re-mineralizing may cause serious health issues because it flushes out the minerals we need to live.
- L-glutamine – helps repair the gut lining and reduces inflammation. This is best in powder form, and you will want to be sure to get your supplements from a trusted source. Not available through my health food store.
- Magnesium Glycinate or you can use magnesium oil spray on the bottom of your feet daily. Magnesium oil is available through my health food store.
- Digestive bitters/enzymes – optional but recommended.
 - Chew on some arugula, collard greens, mustard greens or dandelion greens before meals instead of taking a supplement. Chew slowly and chew thoroughly before swallowing for best results.
- Activated charcoal (occasionally only). Follow instructions on the label.

LYMPHATIC SUPPORT:

Your lymphatic system has got to be flowing, or it will not be able to handle the load of toxins that will flow through it to be eliminated during a detox. To support the lymphatic system, do the following:

- **Lymphatic Massage** – I have included a link to a video that can help you learn how to do this correctly. It doesn't take long and I suggest doing this day and night for the first week and then 3 times a week throughout phase 1.
- **Dry Brushing** – Your skin is not only the largest organ of the body, but also part of the lymphatic system. Get yourself a soft dry brush (I will link that for you too).
 - Before you get into the shower dry brush your entire body. Moving in the same pattern that you will learn in the lymphatic massage video as best you can.
- Gentle movement every day!
 - Yoga, Tai Chi, stretching, walking, rebounding, bouncing, dancing
- Sweat every day!
- Hot detox baths and foot baths with Fulvic Acid Powder and Epsom Salt
 - Fill a tub with hot water, as hot as you can stand and put about 4-5 scoops of Fulvic Acid powder and ¼ cup Epsom Salt or Sea Salt in the water. Soak for 20 minutes and then take a quick shower when you finish.
- Sauna