



# DETOXIFY ME IN 15 DAYS

A STEP BY STEP GUIDE TO A  
TOXIN-FREE LIFE

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# WANT TO BE A HEALTHIER & HAPPIER VERSION OF YOU?



## Your 15 Days to Toxin-Free Living

Are you tired, fed up and not sleeping well? Maybe you never feel your best, or living with an ongoing health condition?

Due to modern farming and industry, environmental toxins have found their way into our water, air, food, cleaning products, cosmetics, dental fillings, paints, cars, fabrics, furniture, carpets, even baby products.

We are all so toxic! Did you know that babies are now being born with an average of 250 chemicals in their blood which comes down the placenta?

The common toxins we need to avoid include heavy metals such as mercury, aluminium and lead, pesticides, flouride, flame retardants and forever chemicals (PFAs). They have no biological function in the body and can cause chronic fatigue and health issues.

So what can we do? Well here are 15 steps you can start today to become a less toxic and healthier YOU!

*OK Ready? Let's Go!*

## DAY 1

### Clean Tea

Did you know many breakfast teas are contaminated with fluoride and heavy metals? Tea plants are "hyperaccumulators," meaning they are masters at extracting toxins from the soil such as aluminium and arsenic. Think about energising your body in the morning instead with a healthy alternative. Fresh lemon in water with a spoon of organic honey provides numerous health benefits including toxin-busting vitamin C and pectin. Lemons also have antibacterial properties and are alkalizing so they help restore the body's pH balance.

## DAY 2

### Natural Scents

Chuck out toxic candles or air fresheners - artificial scents are made up of chemicals known as phthalates. When these are inhaled or absorbed through the skin they can alter hormone levels and induce allergies or asthma. Remember these are dangerous for your pets to inhale too. If it's ambience you're after, beeswax candles with a lead-free wick are a better option. If it's fragrance, opt for an electric diffuser and use distilled water and organic essential oils for an amazing scent. Or any other organic fragrance products.

*Ohh Love Lemon*



## DAY 3

# Wash Your Fruit & Veg

Get into the habit of washing your fruit and veg to help reduce the level of pesticides on the outside of the skin. Studies show that soaking produce in a baking soda solution for 15 minutes can reduce pesticide residues by 66–98%. This helps to break down their compounds because pesticides are not stable at an alkaline pH. Other safe alternatives are diluted Hydrogen Peroxide or Colloidal Silver for reducing toxins and killing bad bacteria. “Organic” means it’s low on pesticides, but not tested for heavy metals, so wash all produce no matter what the label says.

## DAY 4

# Limit Tinned Fish

Tuna is an excellent source of omega-3 fatty acids, but tinned tuna contains mercury and traces of cadmium and lead so limit your consumption. Pregnant women should avoid canned tuna altogether. There are healthier options, smaller fish such as sardines and anchovies are lower in contaminants. Even better, cut out the tins and buy fresh salmon (not farmed). Or you could skip fish altogether and make a vegetarian spin on a tuna salad with chickpeas.



## DAY 5

# Healthy Pots & Pans

Cooking healthy food with toxic cookware just doesn't make any sense. Teflon non-stick pans are a health hazard because they contain something called perfluorooctanoate or PFOA, as you cook you are releasing toxic particles and gases. Aluminium and lead pans are a real no-no as is wrapping our food in aluminium foil. Think about switching out your toxic pans and wraps for glass storage and cookware, stainless steel and cast iron skillets.

## DAY 6

# Ditch Toxic Sprays

Supermarket cleaners contain phthalates, parabens, triclosan and heavy metals which are all endocrine disruptors. Start swapping out your sprays for organic brands or even better, make your own. Simply mix distilled water with liquid castille soap and your favourite essential oils. Not only are natural fragrances heavenly, your surfaces will be safer for your family and pets. Natural white vinegar is a cleaning goddess when it comes to getting hobs, mirrors and showers sparkling clean.





## DAY 7

# Hydrate, Hydrate, Hydrate

They say water is the foundation of life, it's true... drinking purified water is one of the easiest ways to flush your body of toxins. Stop drinking tap water, bottled water isn't much better and those fridge jug filters just don't cut it. A recent study from Environmental Working Group found 38 contaminants in 10 brands of bottled water including arsenic, caffeine, toxic bacteria, nitrates, industrial chemicals and pharmaceutical drugs. A better option would be a water distiller, reverse osmosis or a Berkey. Purifying your water is not only healthier than bottled water but more economical too. Aim to drink 1.5 to 2 litres per day.



## DAY 8

# Safe DIY

Take precautions when doing DIY - inhaling wood dust and old paint dust can cause lung inflammation and respiratory issues. Remember most old paints are lead based (pre 1990's). Try doing projects during the spring or summer months when you can open windows for good ventilation. Wear a DIY mask, especially when tackling old tiles, grout and sealers where there could be mold. Pay attention to labelling and choose paints with low VOCs, formaldehyde and heavy metals.

*Quench your thirst!*



## DAY 9

# Move Your Lymph

Moving your lymph fluid helps to filter and remove bacteria, toxins and waste from your body. ANY exercise is better than none, if you don't like running then get a rebounder. Yoga is a good option because when you stretch you help fluid release and drainage. At the very least aim to do a brisk walk every day to keep your lymph fluids from stagnating and increase the delivery of oxygen to your organs and muscles for repair. Inversion tables are a novel and brilliant way to move the lymph and there's no exertion or sweat involved.

*Refresh & Recharge!*

## DAY 10

# Sleep On It

Your body simply cannot detox without good sleep - this is the time when your organs vigorously repair and grow old and new cells. Studies have also recently discovered that our brains have a built-in detoxification system called the glymphatic system. While we sleep, cerebrospinal fluid (CSF) is circulated to flush out toxins including  $\beta$ -amyloid plaque. Our brains are circadian organs and thrive on rhythm, so go to bed early and get up early; the better your sleep routine, the healthier your hormonal function will be. Your alertness, sleepiness and hunger all rely on this complex process.



## DAY 11

# Cold Water Therapy

Not for the faint-hearted (pun intended). Ice baths may be a step too far if you are adrenally fatigued. But cold water therapy will help boost your lymphatic system and push toxins on. When immersed in a cold shower, the change in temperature sends a powerful message to your heart to pump more blood to your organs so you'll be stimulating your circulation too. Enthusiasts report that it contributes to their overall well-being and mood. Such a simple technique and it doesn't cost a penny.

## DAY 12

# Support Your Liver

Focus on foods that fuel your liver. Imagine your liver is your car and you want to give it the best possible power source - you can't put chip fat in a Ferrari and expect a good result, right? Eat a balanced diet of nutritionally dense foods such as fish, eggs, grass-fed beef, avocado, carrots, beets, onions, garlic, ginger, lemon, and herbs such as dandelion and milk thistle and minimise your sugar intake. When your liver is healthy it does an incredible job of filtering the blood of metals, chemicals and waste so don't let it get overloaded from bad food choices or lifestyle.





## DAY 13

# Turn off your Phone

We are now living in an EMF soup. Your mobile is emitting frequencies 24 hours a day which can cause oxidative stress on the body and affects your melatonin. This is a public health ticking bomb as reports of 'Electrosensitivity' are on the rise.

EMFs (electromagnetic frequencies) are linked to chronic fatigue, sleep issues, joint pain, migraines, hot flushes, anxiety, even infertility. So to give your body proper restorative sleep, turn off your

mobiles and WiFi router at night, or put your phone on airplane mode. This reduces the amount of harmful frequencies disrupting your body's biorhythm - you'll probably find you sleep more deeply. A radiation-blocking phone case will help reduce your exposure during the day.



## DAY 14

# Environmental Pollution

You might be fortunate enough to live in rural village. But living close to agricultural land exposes you to pesticides and spray drift beyond a farmer's treated area. Pesticides such as Glyphosate are regularly sprayed onto fields. So find out when your local farmers are due to spray and avoid walking or exercising in the areas that might be affected. Living in the city? Concentrations of heavy metals such as cadmium and lead are higher on main roads, so when out walking or jogging choose the back streets or preferably the park.



## DAY 15

# Detox Your Bathroom Cabinet

Go natural – most deodorants contain aluminium, shampoos contain SLS and toothpaste doesn't need fluoride to keep your teeth clean. Parabens in most mainstream personal care products are linked to fertility and neurological issues to name just two. Lipsticks often contain cadmium, mascara contains lead, iron oxides can be found in powder foundations. Start swapping your bathroom nasties for organic products. Magnesium spray makes a great deodorant, natural artisan soap bars are very popular now and make DIY homemade cream from coconut oil, aloe vera and essential oils.



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# Detox Your Life, Not Just Your Body



I am a health mentor and auto-immune survivor. Due to experiencing a challenging long term "mystery illness" I spent years studying and exploring every aspect of natural healing. This led to a complete transformation of the way I live, eat, think, believe and even breathe. The biggest lesson though, was that we don't need to do long and boring detox programmes to feel better. If you want to regain your energy, positivity and sleep better, just start with a few basic steps and take your time. It's pretty simple once you are ready to change your mindset.

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