

The Three Phases of Detoxing

A simple framework for supporting your body's natural cleansing systems

Detoxing isn't a fad — it's how your liver, lymph, kidneys, gut, and skin keep you balanced every day. When toxins build up faster than your body can clear them, the system backs up. These three phases work together to help your body do what it already knows how to do: heal, repair, and correct itself.

01

PHASE 01: BREAK AND BIND

This phase is about capturing what's already circulating — metabolic waste, heavy metals, candida, and mold — before it gets reabsorbed. Binders act like a net, grabbing debris in the gut so it can leave the body instead of recirculating.

SUPPORTIVE COMPOUNDS

Cayenne · Curcumin · Fulvic acid · Spirulina · Chlorella · Bentonite clay · Zeolite · Charcoal · Colloidal silver

GETTING STARTED

- Introduce one binder at a time so you can notice how your body responds.
- Take binders away from food, supplements, and medications — they can trap those too.
- Clay and charcoal are traditionally used on an empty stomach; fulvic acid mixes easily into water sipped through the day.
- Looser digestion, clearer skin, and less brain fog are common signs this phase is working.

02

PHASE 02: DRAIN AND MOVE

Once waste is bound, it still has to travel out — and unlike blood, lymph has no pump of its own. This phase is about creating movement: through the skin, the fascia, and the lymphatic system, so what's been broken loose actually leaves.

SUPPORTIVE PRACTICES

Lymphatic drainage · Massage · Dry brushing · Fascia release · Sauna · Sweat · Mineral soak · Skin barrier support

GETTING STARTED

- Dry brush before showering, always brushing in long strokes toward the heart.
- Move daily, even briefly — a 10-minute walk keeps lymph fluid circulating.
- Sauna or a warm mineral soak two to three times a week helps sweat out what's been mobilized.
- Mild fatigue or headache can show up briefly as stored toxins move — rest and hydration help this pass.

PHASE 03: SUPPORT AND REBUILD

With pathways clear, the body can shift from clearing to rebuilding. This phase supports cellular turnover directly — generating new cells, cleaning out old ones, and giving the results of the first two phases somewhere productive to go.

SUPPORTIVE MODALITIES

Sunlight · Red light · Frequency · Visualization · Ketosis · Intermittent fasting

GETTING STARTED

- Get 10–20 minutes of morning sunlight to help anchor your circadian rhythm.
- Build in a daily overnight fasting window — even 12–14 hours gives repair processes time to run.
- Ketosis and intermittent fasting both encourage the body to clean out and recycle old cells (autophagy).
- This phase compounds slowly — consistency matters more than intensity.

Start with what's free

Explore free classes on Low Tox Detox, Fasting & Ketosis, and more — and sign up for our newsletter to get new guides and class dates first.

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This is not medical advice and does not replace the advice of a medical professional. It is your personal responsibility to learn to support the body, identify issues, and discern when medical intervention is necessary.