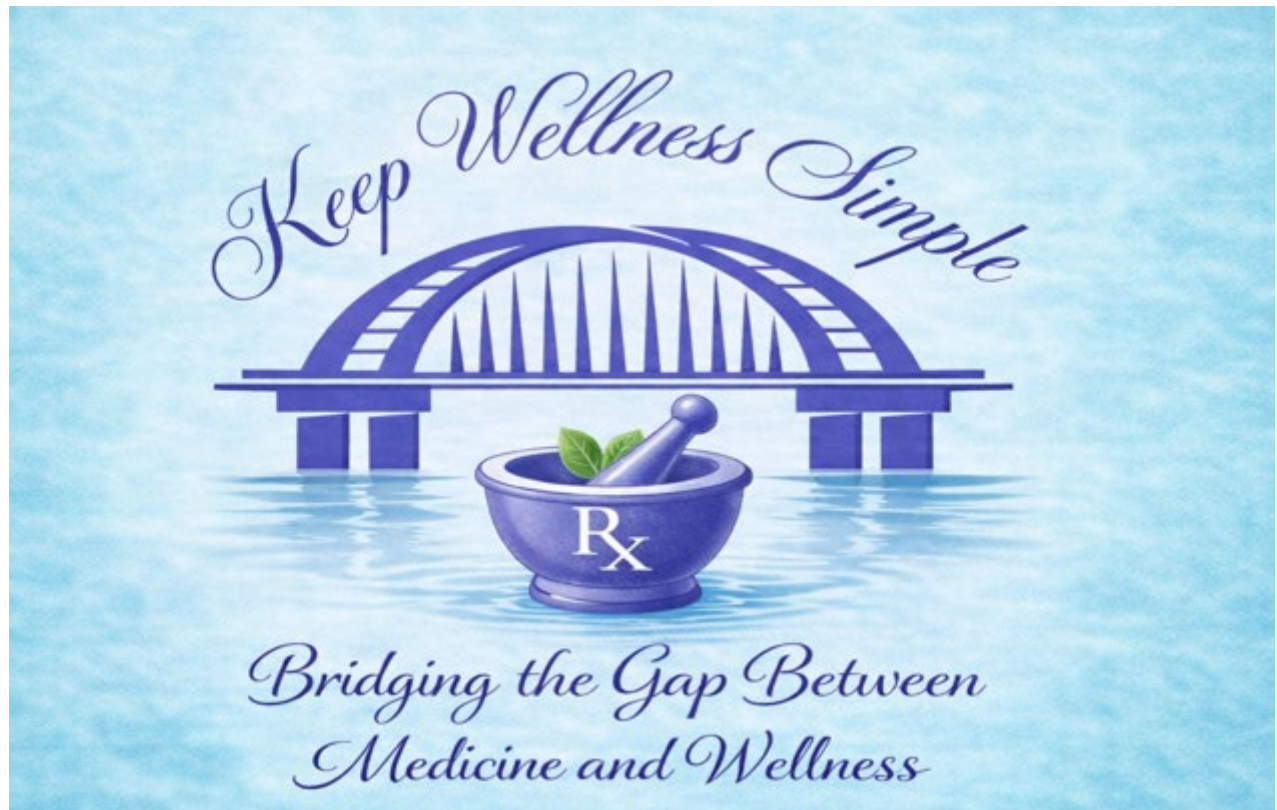


7-Day Detox Challenge

Pharmacist-Led | Simple | Sustainable | No Gimmicks



Program Overview

This pharmacist-led 7-Day Detox Challenge is designed to help participants reduce inflammation, support digestion, and build sustainable wellness habits without medications or extreme restrictions.

Day 1 - Kickoff: Reset & Foundation

1. Welcome and expectations (this is not a cleanse or diet)
2. Understanding inflammation and why it matters
3. How detox really works in the body
4. Introduction of optional detox drink and bone broth
5. Overview of the week and daily focus structure

Day 2 - Awareness & Hydration

6. Why hydration supports detox pathways
7. Recognizing hunger vs dehydration cues
8. Simple hydration goals without pressure

Day 3 - Inflammation & Food Triggers

9. Common inflammatory foods explained simply
10. Temporary elimination without fear or guilt
11. Choosing one food to pause and replace

Day 4 - Gut Support & Nourishment

12. Connection between gut health, cravings, and inflammation
13. Bone broth and nourishment as healing tools
14. Why under-eating slows progress

Day 5 - Eat the Rainbow

15. Role of antioxidants in reducing inflammation
16. Focusing on food variety instead of calories
17. Practical ways to add color to meals

Day 6 - Sustainability & Real Life

18. How to apply detox principles beyond 7 days
19. Grocery shopping strategies and label awareness
20. Identifying habits to keep and habits to release

Day 7 - Wrap-Up: Reflection & Next Steps

21. Group reflection and shared wins
22. What changes participants noticed
23. How to continue momentum safely and sustainably
24. Optional next steps for continued support

7-Day Detox Reflection Journal

Use this optional journal to reflect on your energy, digestion, and daily habits. There are no right or wrong answers - this is simply a tool for awareness.

Day 1 Reflection

Today I focused on:

Energy level (circle one): 1 2 3 4 5

Digestion or body cues I noticed today:

One thing I did well today:

One small thing I'll try tomorrow:

Day 2 Reflection

Today I focused on:

Energy level (circle one): 1 2 3 4 5

Digestion or body cues I noticed today:

One thing I did well today:

One small thing I'll try tomorrow:

Day 3 Reflection

Today I focused on:

Energy level (circle one): 1 2 3 4 5

Digestion or body cues I noticed today:

One thing I did well today:

One small thing I'll try tomorrow:

Day 4 Reflection

Today I focused on:

Energy level (circle one): 1 2 3 4 5

Digestion or body cues I noticed today:

One thing I did well today:

One small thing I'll try tomorrow:

Day 5 Reflection

Today I focused on:

Energy level (circle one): 1 2 3 4 5

Digestion or body cues I noticed today:

One thing I did well today:

One small thing I'll try tomorrow:

Day 6 Reflection

Today I focused on:

Energy level (circle one): 1 2 3 4 5

Digestion or body cues I noticed today:

One thing I did well today:

One small thing I'll try tomorrow:

Day 7 Reflection

Today I focused on:

Energy level (circle one): 1 2 3 4 5

Digestion or body cues I noticed today:

One thing I did well today:

One small thing I'll try tomorrow:
