

# Daily Detoxification Tips to Take with You

## Diet Tips

- 1) **Eat foods daily that provide nutrients that support the detoxification pathways in your liver, kidneys and colon.**
  - a. **Organic leafy greens:** 1-2 cups a day
  - b. **Cruciferous vegetables** (broccoli, cauliflower, cabbage, Brussels sprouts, etc.): 1-2 cups a day
  - c. **Sulfur foods:** eggs, onions and garlic (a few cloves a day)
  - d. **Other brightly colored detox vegetables and fruits:** 2-3 cups a day
- 2) **Drink lots of water (8 – 12 cups) daily.**
- 3) **Eat high quality plant or lean animal proteins at every meal.**
- 4) **Enjoy 1 – 2 cups of green or black teas daily.**
- 5) **Eat adequate calories every day.**

## Lifestyle Tips

- 1) **Sweat regularly.**
  - a. Perform sweaty exercise regularly (preferably daily).
  - b. Enjoy a visit to a steam room a few times a week.
  - c. Soak in an Epsom salt bath 2 – 3 times a week or nightly.
- 2) **Have regular bowel movements** once or twice a day.
- 3) **Do not drink alcohol while taking acetaminophen** (ex. Tylenol®).
- 4) **Sleep 6 – 8 hours every night.**

### **Sources:**

Institute for Functional Medicine: **Textbook of Functional Medicine**, July 2006.

Institute for Functional Medicine: **Clinical Nutrition: A Functional Approach**, 2<sup>nd</sup> Edition, 2004.

Hyman, Mark, MD, **The Ultra Mind Solution**, 2009.

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