

PRETOX: HOW TO PREPARE FOR THE FUNCTIONAL MEDICINE DETOX

1. Group Detox Participants Only:
 - Schedule zoom meetings in your calendar
 - Join and introduce yourself on the FB group detox page
2. Get baseline of measurements and symptoms
 - Do the toxic load assessment
 - waist
 - weight
 - hip
3. Supplements:
 - Get all supplements and food ahead of time, ready to go
 - purchase shaker bottle: type in “blender bottle” on amazon or use the one here:
<https://equi.life/products/shaker-bottle?irad=909179&irmp=2519000>
4. Food Prep:
 - Food elimination - start reducing the following allergenic/inflammatory foods:
 - caffeine
 - sugar
 - alcohol
 - dairy
 - gluten
 - processed, packaged, junk & fast foods
 - sweetened beverages
 - heavy meats
 - familiarize with the foods on the “eat” list
 - read the gluten free foods list for reference/education
 - shop for foods on the approved detox food list
 - plan on preparing food ahead of time and meal plan if necessary – store in glass containers (not plastic)
5. Hydration:
 - prepare to be adequately hydrated – start drinking glass of water upon waking
 - consider water quality – water filters, glass or stainless steel containers, lemons to add to water, herbal teas
6. Adjust Meal Timing: begin to implement intermittent fasting routine
 - stop eating after dinner and do not eat breakfast until 12 hours later (ex. 8 pm – 8 am); go 14 hours if possible (ex 8pm-10am)
 - begin to reduce and / or eliminate snacking in between meals
 - eat 3 meals at the same time each day (set timers on phone if necessary)

7. Start to Improve Sleep (our liver and brain detoxes and our body heals/tissues regenerate while we sleep):
 - normalize sleep patterns – try to go to bed around 10pm
 - wind down - get a bedtime routine started to notify the body it is time to sleep
 - reduce nighttime activity, computer/phone/tv screen time, etc.
8. Social Support:
 - a. let family and friends know that you are doing a guided medical detox and need their support and understanding during this time
 - b. plan ahead around upcoming social gatherings
 - c. prepare for dining out by looking at restaurant menus ahead of time
9. Thinking ahead: read resources about what to do during/after the detox program (how to transition off)
 - consider adding another 7 or 14 days to the detox
 - make note of and ask any questions you have

Non-negotiables to ensure that you are detoxing properly:

- food
- bowel movements
- sleep
- rest/relaxation
- hydrating w/clean filtered water
- movement

Additional detoxification support:

- exercise (not recommended during days 1 & 2), sweating
- sunshine, nature, vitamin D
- reduce toxic exposures in home, personal care products, kitchen, etc.
- Sauna
- Epsom salts baths
- Dry brushing
- Massage