



# Healthy Gut Healthy Bones

Toxicity Is A Root Cause  
of Bone loss

**Support Your Body to  
Detox**



# Group Coaching Session # 4 Detoxification

Checking In...

How have you been honoring  
your exercise and rest  
needs?

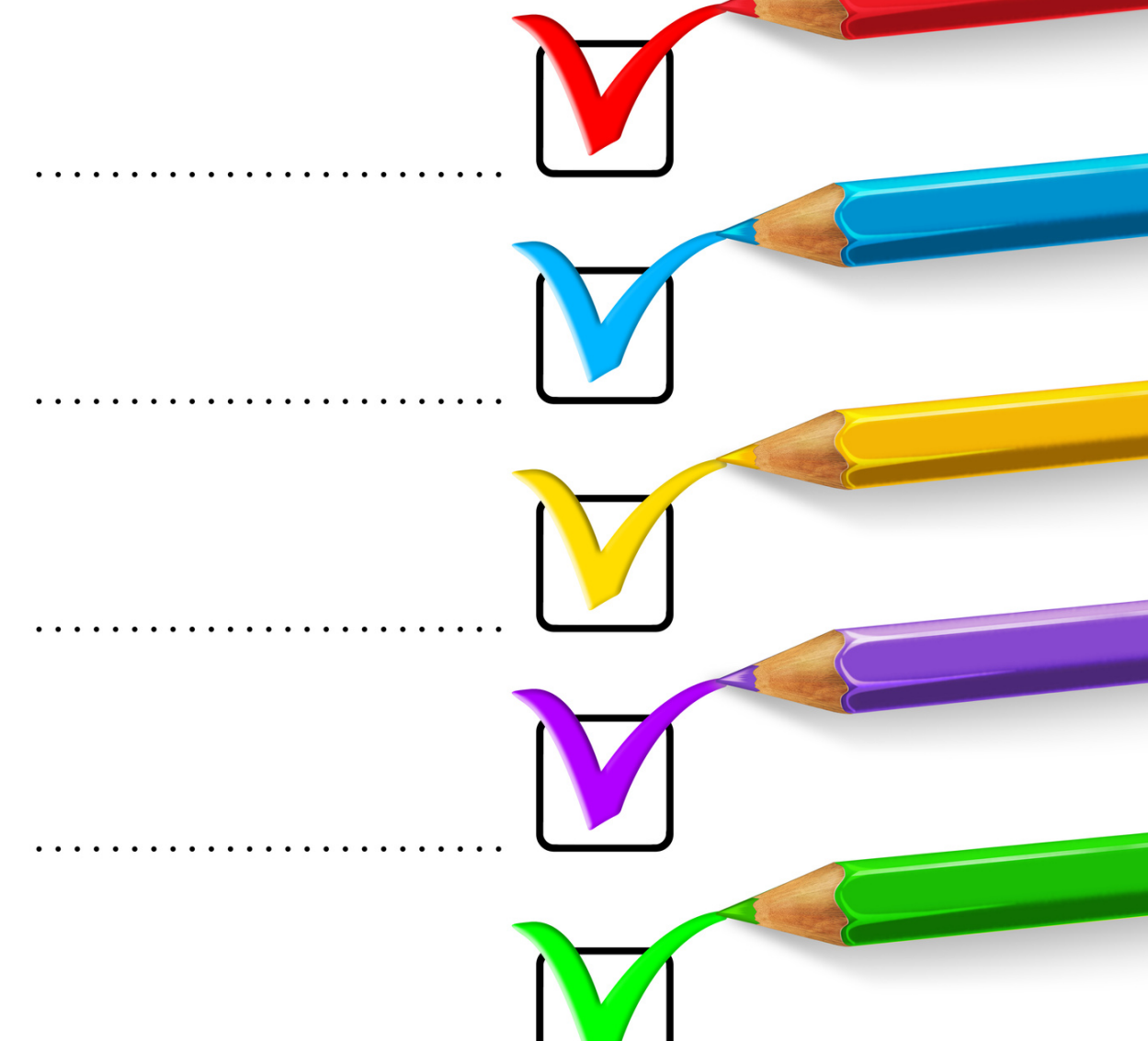
Any new detox/herxhiemers  
reactions?

Anything else new, good or  
challenging to share?



Check In





# Action Items From Last Session

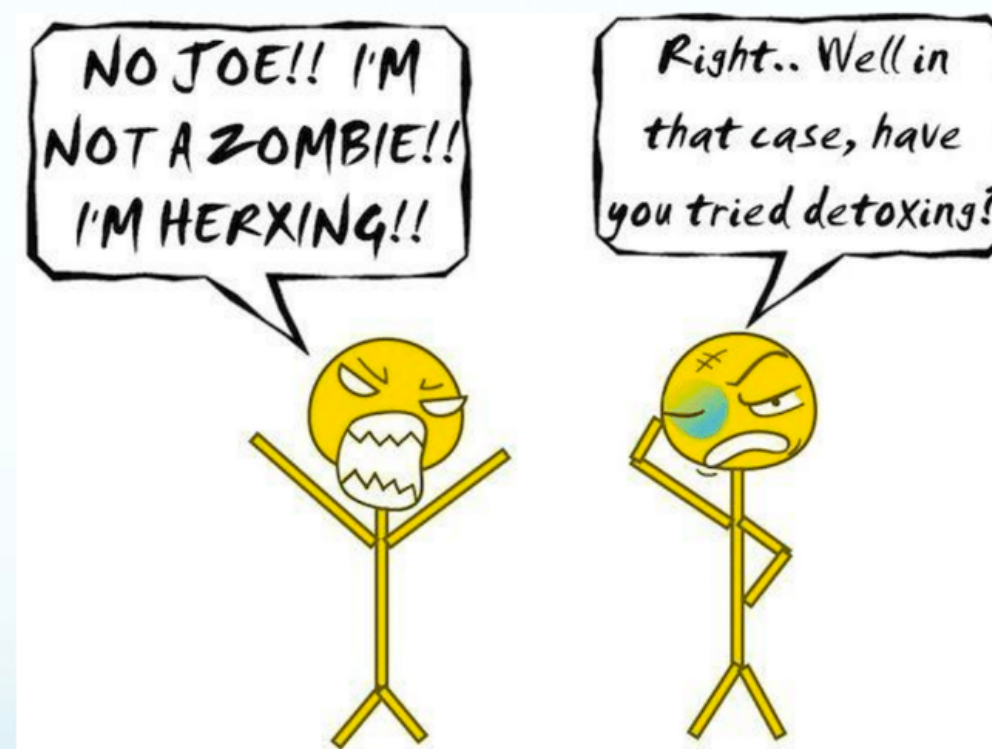
## Action Items:

1. What are three ways to make boost metabolism?
2. Can you be asleep by 10 pm X times per week?
3. Can you track your sleep?
4. Will you keep integrating supplements?
5. Did you print out the checklist for compliance tracking?
6. Are you continuing to log meals and dial-in ratios?



# Herxheimers/Detox Reactions

Anything to report, ask about or check in on?



## Herxheimers or Detox Reactions

Anything to report, ask about, or check in about?



# Your Gut Healing Journey

Truly healing the gut requires a 3-Prong Approach:

✓ Remove Inflammatory & Pathogenic Foods

**IN PROGRESS-** Heal The Gut Lining (Heal Leaky Gut!)

**IN PROGRESS-** Eradicate Pathogens (Bacteria, Parasites, Yeast)



Gut  
Healing



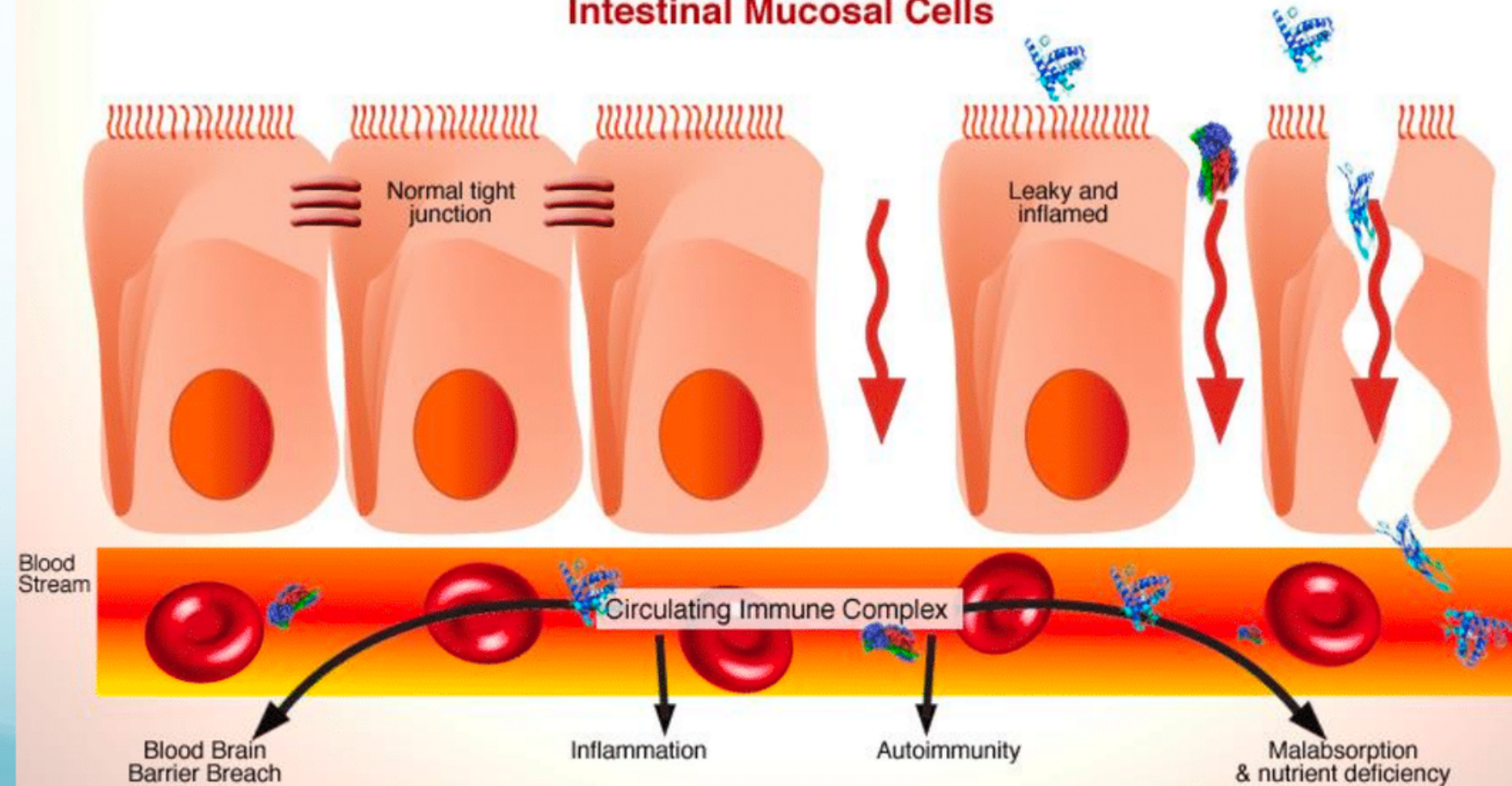
# Review - "Stressors"

## LEAKY GUT SYNDROME

### Triggers Causing Intestinal Damage



### Intestinal Mucosal Cells





## Review- Stress Overload

Peeling back the layers to minimize stress overload as much as possible

- Mental/Emotional-fear, worry, relationships, work
- Physical trauma, injuries, poor posture, prolonged exercise
- Chemical/Biochemical-inflammatory foods, gut invaders, sleep deprivation, medications/antibiotics

Remove  
triggers



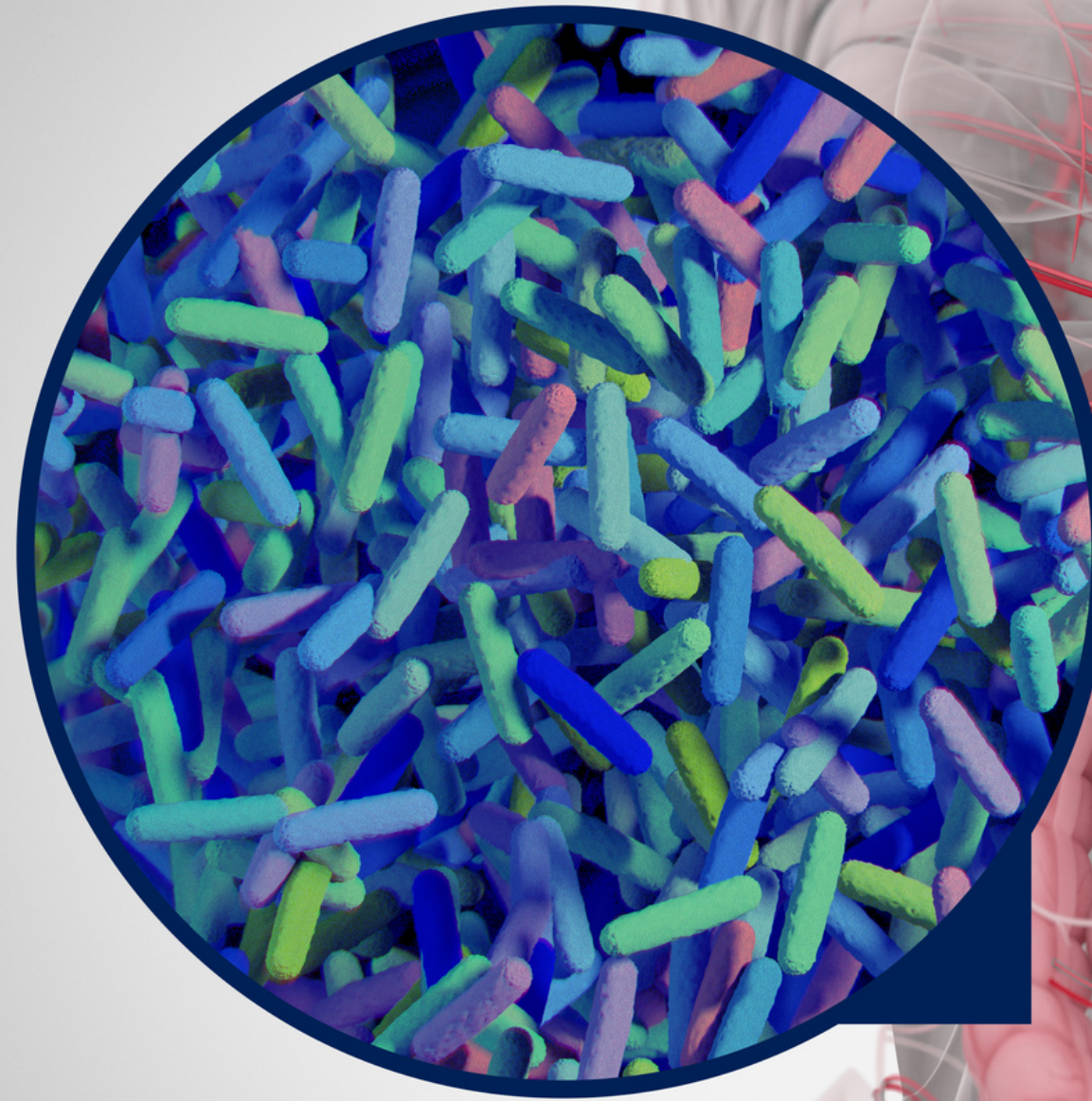
**STOP  
LOOK  
LISTEN**



# Your Gut Garden

It's a huge chemical factory and garden that helps you:

- Digest your food
- Produce vitamins
- Regulate hormones
- Excrete toxins
- Produce healing and protective compounds to keep your gut healthy



## MICROBIOME

**500 species and  
3 pounds of bacteria in your gut.**



Toxic Exposure

Remove

Foods that trigger  
Inflammation or  
feed the unfriendly  
bacteria



**“Over the past 50 years, over 84,000 synthetic chemicals have been introduced in the US. That’s a lot. ALMOST NONE OF THESE HAVE BEEN TESTED FOR SAFETY.”**

**-Lara Adler, Environmental Toxins Expert**



# Pesticides

1. Organic when possible
2. Environmental Working Group (EWG) for more information
  - Consumer's Guides
  - Skin Deep
  - Toxicity rating of 0-10, aim for 5 or less



Pay attention to what you are consuming



- Eat organic
- Minimize pesticide & herbicide exposure
- Drink natural spring or purified water
- Never drink from the tap!
- Ditch the plastics; containers, water bottles, etc.
- Use glass or stainless steel, look for BPA & paraben free
- HEPA air filters for home & office
- Get fresh air daily
- Check your personal care products

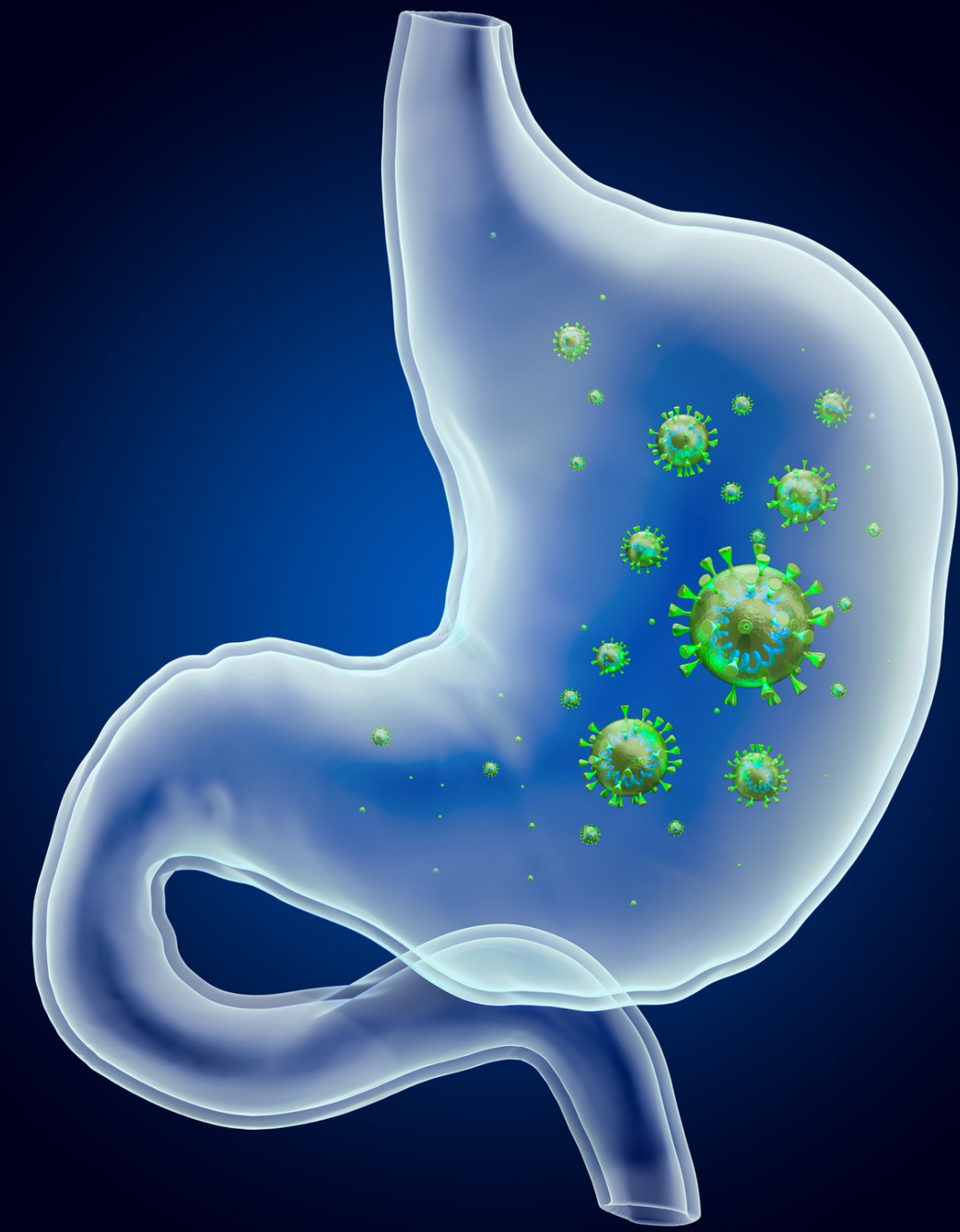


**Reduce Your Exposure**

**Control what you can!!!**



Heal Your Gut  
Lining (Heal  
Leaky Gut)



Gut Lining Repair



# Linning Repair

- Bone Broth
- Megamucosa
- Collagen
- Supplements
- Green Tea





## Channels Of Elimination

1. Lungs
2. Liver
3. Kidneys
4. Skin
5. Colon
6. Blood
7. Lymph



**Your Gut Healing Journey**



Warm Lemon  
Water

\* Celtic Sea Salt if  
sodium is low



DETOX

Support Kidneys



# Love Your Liver

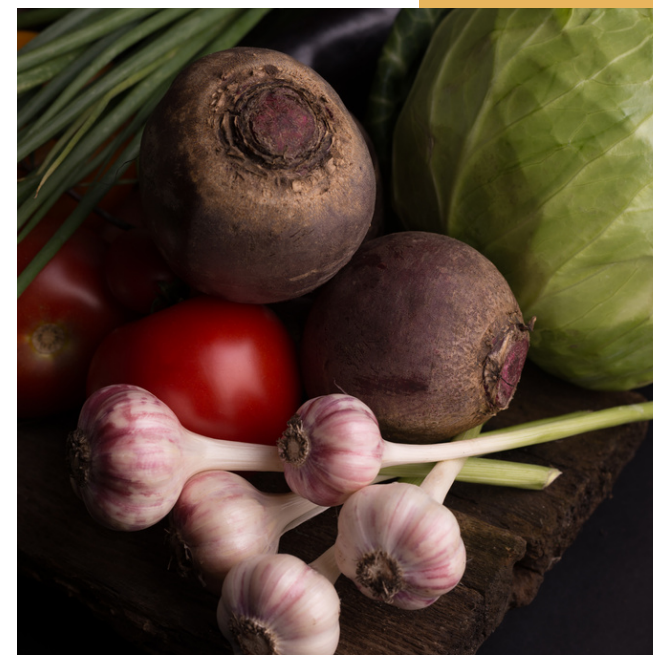
- Milk Thistle
- Dandelion
- Berberine
- B vitamins
- NAC
- Glutathione



**Grandfather Organ**



# Foods To Support Detox





The essential fatty acids, in particular the ricinoleic acid that castor oil contains, encourages movement of chemical energy within the body, resulting in a detoxifying effect



## Castor Oil Packs



Movement aids in the process of excretion by increasing the body's ability to exchange fluids from the deepest darkest spaces that exists in your body and your bones



**Movement**



**Natural Detox**

**Powders or  
Pills**



**Chlorella & Spirulina**





# Green Juices

Help alkalize your blood so you don't need to take the minerals from your bones to support your kidneys





# Dry Skin Brushing

Dry brushing unclogs pores in the exfoliation process of removing dead skin cells. It also helps detoxify your skin by increasing blood circulation and promoting lymph flow/drainage



# A Daily Bowel Movement?

Good elimination is a sign of your body's digestion, detoxification, and dehydration systems in action.







## Action Items For This Module

### Action Items:

1. What are ways to support detoxification?
2. Can you drink at least 8 glasses of water a day?
3. Can you get at least 8 hours of deep restorative sleep?
4. Pay attention to your toxic exposure.
5. Support your detoxification with dry brushing, castor oil packs, gentle movement, massage.



