



SEASONAL DETOXING

Digestion, Detoxing & Lifestyle Medicine

BITTER HERBS

Gentian (*Gentiana lutea*), **Blue Flag Iris** (*Iris versicolor*), **Burdock Root** (*Arctium lappa*), **Dandelion Root** (*Taraxacum officinale*), and **Chamomile** (*Matricaria recutita*) among others. You can find tinctures formulated with these herbs. Take 1 dropperful 10-15 minutes before meals to aid digestion. Another option is to add 1 tablespoon of apple cider vinegar or squeeze half a lemon into 8oz warm water and drink it 10-15 minutes before meals to add to the effect of gastric digestive juices.

FOODS THAT SUPPORT DETOXIFICATION

- **Beets & Carrots:** High levels of beta-carotene support overall liver functioning. Beets enhance the flow of bile.
- **Artichokes:** The leaves contain caffeoylquinic acids which improve the flow of bile.
- **Sauerkraut Juice:** Drinking a cup by itself 1-2 times a week can help improve bile output.
- **Garlic:** Contains high amounts of constituents allicin, selenium, and sulfur which help support the liver.
- **Walnuts:** High in the antioxidant glutathione. High in the amino acid arginine which helps the liver detoxify ammonia.
- **Cruciferous Vegetables:** These sulfur containing foods support chemical reactions that allow the body to excrete toxins. They also support the production of glutathione, an important antioxidant involved in detoxification. **Kale, Cabbage, Broccoli, Cauliflower, Collard Greens, Arugula, Radishes & Mustard Greens.**
- **Milk Thistle:** Can be ground up and added to grain dishes such as quinoa. Widely recognized as an effective way to support the liver through glutathione production.

OTHER WAYS TO DETOX

Epsom Salt Baths: Add 3-4 cups of Epsom salt to a warm bath and soak for at least 20 minutes.

Skin Brushing: This will improve lymphatic drainage and support the removal of toxins from the body.

Castor Oil Packs: Apply the oil to your abdomen, wear an old shirt you do not mind getting stained, and apply heat for 30 minutes. This also has an anti-inflammatory and pain relieving effect.

Green Tea: Antioxidant properties protect the body from harmful toxins and help to flush them out.





DETOXING PROGRAM

Seasonal Detoxing Regimen

HOCATT SAUNA

The HOCATT is **7x more effective** at detoxifying the body and chelating (binding) heavy metals than conventional saunas! *While relaxing in the HOCATT, the ozonated steam covers your skin, flooding your body with Super-Oxygen products!* These bind to toxins and heavy metals, making it easier for your body to excrete them, and because the HOCATT is *also a steam sauna chamber, you get to sweat the toxins out too!*

*Not only does the HOCATT detox your body, it also modulates the immune system. It also **improves blood and lymph circulation, and enhances all organ function** – including the production of hormones and enzymes. The HOCATT also *reduces stress and anxiety, which is very important for immune health.**



THS BRAND SUPPLEMENTS

- **Healing Clay:** Green clays are curative volcanic ashes that detoxify and restore mineral balance. This illite clay contains only natural materials treated mechanically without any chemical additives. As a bacteria-destroying agent, it can render contaminated water innocuous. When ingested, it travels along the digestive tract eliminating toxic agents and bacteria. It has a long use for diarrhea and other gastrointestinal problems.
- **HM Complex:** Contains modified citrus pectin that has been clinically shown to support cellular health, normalize immune responses and provide healthy detoxification. This formula includes Pectasol, which is derived from the pith of citrus fruit peels, including lemons, limes, oranges and grapefruits, and is modified using a proprietary enzymatic and pH process.
- **NAC +:** A powerful antioxidant and necessary vitamins that support a healthy, functioning immune system with adequate nutrients to prevent and recover from illness and cellular damage.
- **10 Day Detox Kit:** This unique blend of probiotics to help support a healthy intestinal environment. Enhance the body's natural metabolic detoxification process while providing fuel for both cleansing and daily activities. Provides energy and overall well-being support.