

EASY DETOX PATHWAY OPENERS

Your skin is your largest organ and the barrier where many toxins enter the body. It reflects inner health, especially of your liver + gut. Here's how you can open up other pathways of elimination to properly rid the waste out of the body

STEP BY STEP:

1. **Lungs** - Do you think of "exhaling" as detoxing? Your respiratory system is actually a primary organ system for detox. The best way to open up this pathway is by practicing breathing through the diaphragm, breathing exercises like box breathing and crocodile breathing can help open up those pathways for eliminating waste also no smoking. Refer back to the detox video for a tutorial on how to box breath.
2. **Liver**- When people think "detox" they often think of the liver. It is where your body breaks down drugs + alcohol, centralizes most biochemical detoxification processes, and filters your blood. The easiest and affordable way to repair the liver is to restrain from alcohol, drugs, take herbs like **dandelion root, milk thistle, red clover and Cascara Sagrada**, The best way to take these herbs is by taking them as teas, tinctures or in powdered form! You can put them in smoothies, bake with them, sprinkle them onto of meals, and use as seasonings accordingly

3. **Digestive System**- Gut health should be prioritized first because it is the final path of elimination. If you are not regular or if your gut lining is compromised, the toxins dumped. Here what you need to do: avoid over-eating this can tire out your digestive system, and slow down metabolism and increase the risk of excess fat being store in the body. Give your digestive system time for rest. Instead of trying to eat 3 meals a day which puts a lot of stress on the body. Limit the amount of time you eat per day by increasing the quantity of food on your plate!

Remember MOST disease is born in the GUT! The digestive system is the most important system in your body to metabolize waste in the body and prevent disease.

there may be reabsorbed instead of passed out. Avoid these foods due to their high risk of gut issues

4. Process sugars
5. Dairy products (do seed milk instead))
6. Process food (most foods that come in boxes)
7. Processed grains and flours (grains like quinoa, teff, rye, amaranth, and spelt are better alternatives)
8. Seed oils (best oils are coconut oil, avocado oil, olive oil)
9. Meats
10. Baked goods

INCREASE

1. H3O2 from fruits and veggies
2. Water intake from spring water (from glass bottle)
3. Whole foods
4. Include more raw meals like salads, fruits, and veggies into diet
5. Swap white rice for brown rice, quinoa, wild rice, Amaranth, teff
6. Instead of white flour use coconut flour for baking, chickpea flour for cooking, quinoa flour, teff flour, amaranth flour, almond flour, rye flour etc
7. The BEST DIET for healing is all raw fruits, this is the best if you're looking to heal from any dis-ease. Fresh organic fruits: diet should consist of 80% fruits and 20% vegetables. If you're looking to just be healthier and improve your overall health you can start with a alkaline diet and eat majority of your meals raw until 4pm.

Having a slow metabolism DOES NOT EXIST! You're just eating at the wrong times!
This is circadian rhythm eating! Follow this schedule to optimize your digestive health

DO NOT EAT BEFORE 12pm ❌

The best times to break your fast and eat your heaviest meals is between 12pm-3pm ONLY

From 4pm-7pm is where you slowly decrease the quantity of food!! So your plate should be getting smaller as the sun goes down and STOP eating completely by 7pm when the sun starts to set☀️

This is because as the sun sets our body starts to produce melatonin which is our sleep hormones as your body is getting ready for sleep our systems start to shut down especially our digestive system which means it won't be as effective at breaking down our food.

11. **Lymphatic System** - Stimulating lymphatic flow is one of the best ways to support immune health + detoxification. Looking into lymphatic drainage massage to help rid the toxins of dead cells and waste from the lymphatic system. The best way to support the lymphatic system is by sweating daily. Try this everyday for a month – Sit in the Sauna or a heated room for 15 mins daily. Try to sweat everyday for at least 30 mins of your day

Best workout for the lymphatic system are:

1. Swimming
 2. Biking
 3. Jumping
 4. Trampoline jumping
 5. High speed Calf raises
 6. Hula hoop
 7. Running
12. **The Blood-** Your blood is the main transportation system in the body: not only does it deliver oxygen + nutrients, it carries away carbon dioxide and cellular waste. To help the blood carry the right nutrients and to help the blood purify itself **eat your dark leafy greens:**
 - kale
 - spinach
 - Dandelion greens
 - Collard greens
 - Swiss Chard

Make this stew everyday for blood cleansing

a kale+ spinach stew

lightly steam kale+spinach for 10 mins to absorb more heme-iron. Steam it almost like your making a tea so instead of adding oil add some water to the pot and steam. THIS SHOULD BE AROUND 3pm – 4pm

This is the best time to eat cooked food it's easier on the digestive system. Remember your digestive system runs like a clock.

take herbs like **sarsaparilla root, burdock root, yellow dock and nettle leaf to help the blood and balance the ph of the blood.** The best way to take these herbs is by taking them as teas, tinctures or in powdered form! You can put them in smoothies, bake with them, sprinkle them onto of meals, and use as seasonings accordingly

13. **The Kidneys-** Along with the liver, your kidneys filter your blood and help maintain fluid balance. The best way to know if the kidneys is functioning properly you must look at the urine, urine should not be clear that means there is too much water/hydration in the system, urine should NOT be a dark brownish colour that means there's too much mineral and nutrients being flushed out the body, along with too much protein in the body, urine should be a medium toned yellow. Urine should be clear not cloudy or bubbly! that's a balanced ph level for urine

The best foods for the kidney are:

1. Parsley & Cilantro
2. Grapes
3. Apples
4. ALL BERRIES
- 5.

The best herbs for the kidneys are :

1. Parsley leaf
2. Palo Azul
3. Dandelion

4. Red clover

The best way to take these herbs is by taking them as teas, tinctures or in powdered form! You can put them in smoothies, bake with them, sprinkle them onto of meals, and use as seasonings accordingly

14. **Female Reproductive System-** You can consider menstruation to be an important detoxification + cleansing process for a woman's body. If you experience painful period, irregular periods, or lots of discomfort during your period, the more your body needs to detox

To help the body detox through the reproductive system herbs like Chasteberry/Vitex, Wild Yam Root, Black Cohosh, and Dong quai will help detox and regulate hormones. Liver health is also important when it comes to metabolizing and producing hormones. Refer back to step 2 to open up liver pathway. Also refer back to the blood and digestive health pathway as well!

15. **The Brain-** The glymphatic system is responsible for detoxing the brain tissue during sleep. Beyond this physiological process, mental health habits are essential for "detoxing" from stress. Best ways to detox from stress is Rest, Meditation, Breathwork, journaling, Bath Time, Get Some Sun, Walking, Playing, Yoga, Movement try at least one of these modalities and you will notice a difference within just 1 week.

Here's a food list that will allow to slowly open up the detox pathways to unlock the power to heal :



BIOCHEMIST



APPROVED FOOD LIST PLANT-BASED

VEGETABLES

- Artichokes
- Alfalfa
- Amaranth/Callaloo
- Bamboo Shoots
- Beetroots
- Bell Peppers
- Brussel Sprouts
- Cauliflowers
- Chayote
- Cucumber
- Dandelion Greens
- Dills
- Dulse
- Kale
- Kelp
- Leeks
- Lettuce
- Mustard Greens
- Mushroom
- Okra
- Onions
- Parsley
- Pears
- Peppers
- Pumpkin
- Radish
- All Sea Veggies
- Spinach
- Squash
- Summer Squash
- Tomatoes
- Watercress
- Wheat Grass
- Dandelion Roots

FRUITS

- Apples
- Apricots
- Avocados
- Bananas
- Berries
- Cherries
- Coconuts
- Cranberries
- Currants
- Dates
- Figs
- Goji Berries
- Gooseberries
- Figs
- Grapes
- Grapefruit
- Limes
- Lemons
- Mangos
- all Melons
- Oranges
- Papayas
- Peach
- Pineapple
- Plums
- pomegranates
- Prunes
- Cactus Fruit
- tamarinds
- Soursop
- Zucchini/Courgette

OILS & BUTTERS

- Avocado Oil.
- Sesame Oil.
- Coconut Oil
- Olive oil
- Grapeseed Oil
- Tahini Butter
- Cashew Butter
- Walnut Butter

NUTS & SEEDS

- Brazil Nuts
- Cashews
- Walnuts
- Sesame seeds
- Hemp seeds
- Chickpeas
- Black Beans

GRAINS

- Amaranth
- Fonio
- Kamut
- Quinoa
- Rye
- Teff

SPICES & SEASONINGS

- Basil
- Bay leaf
- Cloves
- Oregano
- Tarragon
- thyme
- Sea Salt
- Black Peppers
- Cayenne Pepper
- Date Syrup/Sugar
- Agave Syrup/Sugar
- onion Powder
 - Ginger
 - Sage
- Rosemary
- Habenero
- Sweet Basil

Approved By Eye of Lotus Healing and Research Center

ALKALINE FRUIT LIST FOR DETOXING

This powerful alkaline fruit list has been tested and approved by eye of lotus healing and research center to provide you with a list of fruit to assist with faster healing while detoxifying. Now these fruit have high detoxification levels and is important to eat while detoxing. Their ability to pull toxins, acids, dead cells, mucus, parasites, yeast and fungi from the body on a intracellular level by way of the lymphatic system is the reason they are considered to be so powerful. They expell toxins through urination, bowel moments, and skin after being filtrated by the kidneys and liver. Fruit is the best electrical phyto-nutrient digestive food that can be consumed. Fruits consist of simple sugars (MonoSaccharides) that make their biochemical molecular structure which provides cells with electrical energetic properties.

ASTRINGENTS

DETOXIFY & PULL ACID FROM THE CELLS

- Grapes
- Apples
- Key Lime
- Pomegranates
- Tangerines
- Mangoes
- Oranges
- Grapefruit
- Peaches
- Pears
- Pineapple

ANTIOXIDANTS

Oxygenate & Protect the cells

- Blueberries
- Blackberries
- Raspberries
- Strawberries
- Mulberries
- Juniper berries
- Elderberries
- Cherries
- Goji Berries
- Permission
- Bearberries
- Rosehip Berries

PHYTO-NUTRIENTS

Rebuild and energize the cells

- Watermelon
- Musk Melon
- Cucumber

(do not consume the skin)

- Cantaloupe
- Honeydew
- Horned Melons
- Bitter Melon
- Winter Melon
- Papaya
- Honey Globe Melon

Detox Pathways

SKIN

Your skin is your largest organ and the barrier where many toxins enter the body. It reflects inner health, especially of your liver & gut.

LUNGS

Do you think of "exhaling" as detoxing? Your respiratory system is actually a primary organ system for detox.

LIVER

When people think "detox", they often think of the liver. It is where your body breaks down drugs & alcohol, centralizes most biochemical detoxification processes, and filters your blood.

DIGESTIVE SYSTEM

Gut health should be prioritized first because it is the final path of elimination. If you are not regular or if your gut lining is compromised, the toxins dumped there may be reabsorbed instead of passed out.

BRAIN

The glymphatic system is responsible for detoxing the brain tissue during sleep. Beyond this physiological process, mental health habits are essential for "detoxing" from stress.

LYMPHATIC SYSTEM

Stimulating lymphatic flow is one of the best ways to support immune health & detoxification.

BLOOD

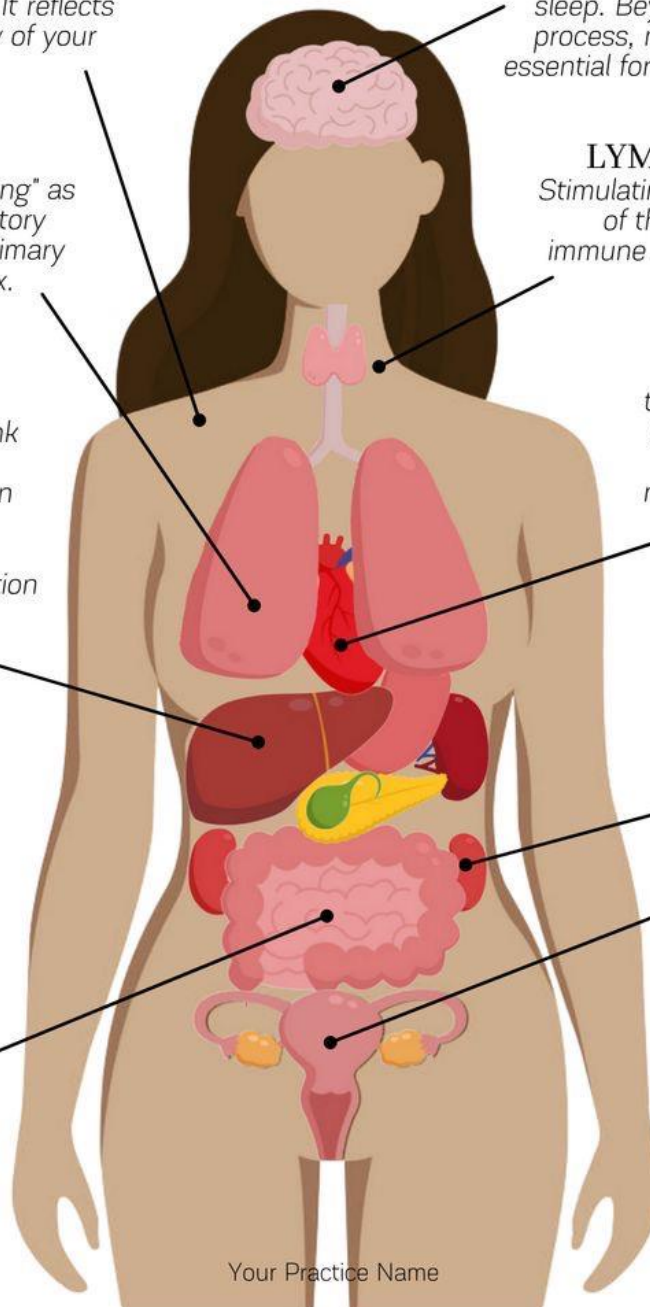
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KIDNEYS

Along with the liver, your kidneys filter your blood and help maintain fluid balance.

FEMALE REPRODUCTIVE SYSTEM

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Your Practice Name

