



# DAILY DETOX *Checklist!*

A healthy detox routine focuses on reducing the toxic load on your system and supporting the body's natural filtration systems like the liver, kidneys, and gut with consistent sustainable lifestyle habits. Here are some examples!

## Morning Routine

- ☑ **Warm Lemon Water:** Start your day with a glass of warm or cold water with fresh lemon to activate digestion.
- ☑ **Tongue Scraping:** Use a stainless steel scraper on the surface of the tongue before brushing.
- ☑ **Dry Skin Brushing:** Before showering, brush your skin toward your heart to stimulate the lymphatic system.
- ☑ **Healthy Breakfast:** Opt for a protein-rich or fiber-heavy meal before 8:30am to stabilize metabolism.

## Hydration & Nutrition

- ☑ **Filtered Water:** Aim for at least 8–10 glasses of clean, filtered water daily to help kidneys flush waste.
- ☑ **Eliminate *The Big Five*:** Reduce sugar, alcohol, caffeine, gluten, and dairy from your daily intake.
- ☑ **Eat Your Greens:** Include at least two servings of cruciferous vegetables like broccoli, kale, or cauliflower.
- ☑ **Herbal Teas:** Drink dandelion root or milk thistle tea in the afternoon.

## Physical & Mental Practices

- ☑ **Daily Movement:** Engage in light exercise such as walking, yoga, or twisting stretches.
- ☑ **Sweat It Out:** Use an infrared sauna or take an Epsom salt bath to help excrete through your sweat.
- ☑ **Digital Detox:** Turn off phone notifications or set specific “no-screen” times to reduce external stimulation.
- ☑ **Breathing Exercises:** Practice slow, deep breaths to help manage the effects of daily stress.

## Evening Routine

- ☑ **Stop Eating Early:** Aim to finish your last meal at least 3 hours before bedtime to let the digestive system rest.
- ☑ **Prioritize Sleep:** Get 7-9 hours of sleep, where the body performs the majority of its cellular regeneration.
- ☑ **Cold Blast:** End a shower with 30-60 seconds of cold water to stimulate the system.



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