



# GENTLE DETOX

## Starter Guide!

### The Hidden Superpower for Detox & Immunity

Did you know your body has a built-in drainage system working 24/7 to clear out toxins and support immunity? It includes these four powerful detoxification centers that work hard to keep you feeling your best.

- **Lungs** – Filter out airborne toxins and expel waste through breathing. Deep breathing, fresh air, and hydration help keep them clear.
- **Skin** – Your largest detox organ! Sweating flushes out impurities when you exercise. Hydration and nutrient-rich foods support a glowing, healthy complexion.
- **Kidneys** – These vital organs filter toxins from your blood and regulate hydration. Drinking plenty of water is key to keeping them functioning properly.
- **Colon** – The final stop for waste removal. A sluggish colon can lead to bloating and discomfort. Enzymes and fiber-rich foods can support healthy digestion.

### Four Simple Ways to Support Detoxification

If your body's detox pathways aren't functioning optimally, you may experience bloating, fatigue, brain fog, or digestive distress. For those on a high-protein diet, ensuring proper digestion is especially crucial.

- **Stay hydrated** – Your kidneys and colon will thank you!
- **Deep breathing and exercise** – Oxygen fuels detoxification.
- **Eat a gut-friendly diet** – Avoid processed foods and opt for nutrient-dense meals.

- **Support digestion with enzymes\*** – Especially if protein digestion is a challenge.

Your body is designed to detox naturally. Give it the tools it needs to do its job efficiently!

### What Does the Lymphatic System Do?

- **Drains waste** – Moves toxins, excess fluids, and cellular debris out of your body.
- **Supports immunity** – Carries white blood cells to fight off invaders.
- **Boosts circulation** – Helps nutrients reach your cells efficiently.

Unlike the bloodstream, the lymphatic system has no pump. It relies on movement and hydration to keep things flowing. When the lymphatic system gets sluggish, you might experience bloating, fatigue, puffiness, or frequent colds.

### Simple Ways to Support Lymphatic Flow

- **Stay hydrated and nourished** – Water keeps lymph moving smoothly but a poor diet can slow it down.
- **Move your body** – Exercise, stretching, and moving your muscles are essential for lymph fluid. Try out a lymphatic drainage massage!
- **Dry brushing** – Gently stimulates circulatory drainage.
- **Deep breathing** – Supports lymph movement with oxygen-rich flow.

Your body is designed to detox naturally. Give it the support it needs to work its best!

## How Does Your Gut Support Detox?

Did you know that your gut and lymphatic system work together to detox your body? Good digestion affects your breathing, elimination, nervous system, blood pressure, insulin/sugar controls, and hormones among other functions. Your digestive system:

- Breaks down and eliminates toxins from food, air, and the environment.
- Feeds beneficial gut bacteria that support immune and lymphatic function.
- Regulates inflammation to keep detox pathways flowing smoothly.

When digestion is off balance, waste can linger too long, overwhelm your lymphatic system, and lead to sluggish detox.

## Easy Ways to Support Your Gut & Lymph Flow

- Eat fiber-rich, whole foods to keep digestion moving
- Stay hydrated to help flush toxins
- Support your microbiome with probiotics and fermented foods
- Add digestive enzymes to break down food and reduce toxic buildup

Your body is designed to detox. Give it the support it needs to work efficiently!

## Feed Your Cells, Fuel Your Life!

Did you know that every single part of your body — your energy, your strength, even how you feel each day — starts at the cellular level? Your cells need the right nutrients to work their best, but a busy lifestyle, processed foods, and food sensitivities can leave them running on empty.

## Nature's Super Nutrients

Mother Nature has packed powerful nutrients into real, whole foods! Here are some all-stars that help keep your body energized and thriving.

- **Broccoli** – Loaded with vitamins C & K to support immunity and strong bones.
- **Carrots** – Rich in beta-carotene, which your body turns into vitamin A for healthy eyes and skin.
- **Spinach** – A powerhouse of iron and folate to keep your blood and energy levels strong.
- **Garlic** – Nature's immune booster, packed with compounds that support heart health.
- **Green Pepper** – Bursting with vitamin C to help your body absorb iron and boost immunity.
- **Flaxseed** – A great source of omega-3s for brain health and glowing skin.

Without the right nutrition, your body can feel sluggish, weak, and out of balance. Over time, malnutrition (not getting enough key nutrients) can lead to low energy, poor digestion, and a weaker immune system. The best way to stay strong? Fuel your body with nature's best!

Here's to feeling energized, strong, and unstoppable!

## Water for the Win!

Roughly three-fourths of the human body is made up of water. Every single cell, tissue, and organ depends on it to function properly. Most importantly for immunity, water is essential for detoxification. It supports the organs that do the heavy lifting when it comes to detoxing: the kidneys, colon, lungs, and skin.

We lose water every day through breathing, sweating, and going to the bathroom, so it's vital to replenish it! Staying hydrated helps flush out waste, supports clear skin, promotes regular bowel movements, and keeps everything running smoothly behind the scenes.

## Are You Full of It? The Constipation Myth: Why Going Daily Doesn't Always Mean You're In the Clear

First off, let's remove the stigma around bathroom chat. We aren't talking about potty talk in inappropriate situations, we're talking about everyday life. Every being on this planet

has to get rid of waste in some way, so why are we so ashamed to bring attention to it? Don't be. We all do it. Or at least we should do it. Regularly!

Here's the thing, pooping is how your body takes out the trash. Just like trash, you can't let it hang around, or things get messy. When waste remains in your system for too long, it can cause discomfort, bloating, and even impact your energy and focus. Going to the bathroom regularly should be a regular thing!

## Think You're in the Clear Because You Go Once a Day? Think Again!

Constipation isn't just about how often you go, it's about how well your digestive system is doing its job. Stool shape, size, and texture can reveal hidden blockages and sluggish motility that leave toxins lingering in your body. Many suffer from low-grade constipation without even realizing it, leading to bloating, fatigue, skin issues, and more. The good news? There are safe, natural ways to get things moving, without harsh chemicals or risky over-the-counter fixes.

A lot of people think constipation means you haven't had a bowel movement in days, but that's only part of the story. Even if you go every day you can still be constipated if your poop is hard, small, lumpy, or looks like little pellets. That means waste is moving too slowly through the intestines, which can cause tummy pain, poor appetite, bad breath, mood changes, or even skin breakouts.

Constipation isn't just "not going." The actual definition is fewer than one bowel movement per day and/or stools that are hard, dry, or difficult to pass, sometimes with a feeling of incomplete evacuation. Not all things in life can be effortless, but this one should be! Occasional constipation can be caused by many factors like poor diet, inadequate hydration, insufficient exercise, and others. Bowel movements are your body's way of taking out the trash. Skip them, and toxins can build up.

## Don't Just Mask It, Fix It! How Enzymes & Probiotics Tackle Constipation at the Root\*

Like we mentioned, there are lots of reasons occasional constipation happens, but two sneaky culprits are incomplete digestion and a weak microbiome. Enzymes and probiotics work together to restore your gut's natural balance by improving digestion and supporting a healthy microbiome. Digestive enzymes help break down food properly, ensuring nutrients are absorbed and waste moves smoothly through the intestines. Meanwhile, probiotics promote a thriving community of beneficial bacteria that encourage regular bowel movements and reduce inflammation. Together they address the root causes of constipation, helping you achieve gentle, lasting relief without reliance on harsh laxatives.\*

**Fun fact:** Sometimes when you start enzymes you might go less often, not because you're "backed up," but because your body is absorbing more and leaving less behind. That's normal! True constipation usually comes with discomfort, bloating, or a feeling of fullness.

## Stay Regular During the Day, Everyday!

- **Drink plenty of water** (keep that water bottle handy!)
- **Pack fiber-rich snacks** like fruit, veggies, and whole-grain crackers
- **Keep moving** (even a quick stretch between activities helps)
- **Support digestion** with the right enzymes and probiotics for your needs\*

Bottom line: Everyone poops, it's part of being healthy. Pay attention to your body's signals and don't be embarrassed to talk about it. After all, good digestion equals better focus, more energy, and feeling your best for whatever the day brings!



[TransformationEnzymes.com](http://TransformationEnzymes.com)

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.