

Nathan's Daily Detox Protocol

AM

Upon awakening, drink ACV tea

- 1 cup of warm filtered water (heated in a kettle or on the stove)
- 1 tablespoon of organic Apple Cider Vinegar (ACV)
- 1 tablespoon of organic raw honey

After ACV tea, drink a glass of fresh vegetable juice

- 1 cucumber
- 1/3 bunch of parsley
- 3 large carrots
- 1 stalk of celery
- 1/4 bunch of cilantro
- 1 green apple

After the vegetable juice, drink 1 glass of filtered water

- Take 2 capsules of activated charcoal
- Take 2 capsules of bentonite clay

PM

1-2 hours before bed eat Kimchi, Sauerkraut, or Coconut Yogurt

- Eat 2 forkfuls of organic kimchi or sauerkraut
- Or eat a small bowl of coconut kefir yogurt with fresh berries and nuts/seeds added (Buy a sugar-free brand and add stevia and cinnamon for sweetness if desired)

Drink 1 cup of Dandelion Detox tea

(Make your own, or buy "Detox tea" by Yogi brand)

- Take 2 capsules of Digest Gold Enzymes
- Take 1 serving of Ions by Dr. Zach Bush

Important:

- Throughout the day your diet, exercise, and stress will play a major role in how many toxins your body accumulates or eliminates.
- During the day it is essential to move your body through exercise for at least 1 hour.
- It is essential that you eat 4-5 servings of fresh fruit and berries, and 5-6 servings of fresh vegetables.
- It is imperative that you practice some form of relaxation throughout the day whether through a nap, meditation, or relaxed reading or resting (ideally in the sunshine).

Our AM and PM practices are important for helping our body detox, but just as important is getting rid of the toxic foods, drinks, people, and experiences in our lives that accumulate day in and day out.

The majority of these things are within our control. You can make the changes necessary to heal, and you will feel better, have more energy, be happier, sleep better, and enjoy life more as you commit to this lifestyle!