



TRUE Medicine's Top 10 Detox Musts

- 1** Eat enough protein, not too much, and mostly plant-based. Protein supports "phase 2" reactions in the liver that neutralize dangerous, reactive molecules.
- 2** Eat every color of the rainbow, everyday, 1-2 times per day. Antioxidants found in colorful foods protect cells when those dangerous, reactive molecules bounce around and damage cells.
- 3** Eat organic and local as much as possible. No sense in putting more toxins in when you're working hard to remove them.
- 4** Hydrate to flush out the bad stuff through the kidneys. Aim for $\frac{1}{2}$ your body weight in ounces as your daily water intake. (for example: 60 ounces for a 120 pound person).
- 5** Aim for one bowel movement a day. Two if you are an overachiever. Get fiber from fruits and vegetables, drink lots of water, and move your body regularly to make this happen.
- 6** Sweat it out. Don't forget to wipe it off to prevent reabsorption of toxins through skin.
- 7** Choose non-toxic products whenever possible. Get "[True Medicine's Non-Toxic Personal Care Products](#)" list by signing up on our email list.
- 8** Get a HEPA air filter and run it. Everyday. Remember to open your windows regularly to air out your home too.
- 9** Filter your tap water with the best filter you can afford. Reverse osmosis with a remineralization filter will remove the most number of contaminants.
- 10** Don't wear shoes in the house. If you must, then get a dedicated pair for home only.



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