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Healthy Habits

How to Assess For and Eliminate
Daily Toxin Exposure

DAILY RECOMMENDATIONS

Get out in nature: Enjoy 20 minutes of unfiltered sunshine (no sunglasses) each day.

- ☞ Eyes are photoreceptors that play an important role in enzymatic reactions for our body to properly make and use melatonin and Vitamin D.

Evaluate Home Products: Read the labels on your make-up, lotions, detergents, soaps, etc. Use Skin Deep app or Bobby Approved App. Swap out clean products for toxic products. Use glass instead of plastics. Use stainless steel cookware rather than non-stick cookware.

Castor Oil Packs: *Queen of Thrones* (website I like to order from). Apply to affected area (i.e. liver for liver drainage, pelvic area for menstrual cramps/PMS, abdomen for constipation). Wear overnight. CAREFUL...this stains

Oral Oil Pulling: *PurO3 Ozonated Oils* (where I order from). Ozonated oil pulls toxins from the oral microbiome. Use daily at the end of toothbrushing.

Practice Mindfulness:

Calm the nervous system to allow the body to detox and heal.

Limit Wi-Fi/EMF Exposure:

- ☞ These emissions are one of the top sleep disruptors and reducing exposure lowers nervous system activation.
- ☞ Do not keep Wi-Fi router/modem by your head at night and keep cellphone out of the bedroom at night. Set-up Wi-Fi on a timer to turn off at night.
- ☞ Electromagnetic Fields (EMF) proliferate mold growth by 400% which increases mycotoxin exposure!

Evaluate your food, water, and air: These are constant exposures in our environment.

- ☞ Buy organic foods
- ☞ Clean 15 vs. Dirty Dozen (see our Easy Food Swap Guide)
- ☞ Avoid seed oils which are a continuous inflammatory trigger (sunflower, cottonseed, safflower, canola, soybean, corn, etc.)
- ☞ Avoid/limit inflammatory foods such as refined sugars, alcohol, soy, gluten, and dairy.
- ☞ Only drink and use DISTILLED water for cooking/washing produce.

Remineralize with CT minerals once daily.

Purchase an **Air Doctor purifier** for the home.

WEEKLY

1. **Coffee enema** twice a month will increase glutathione by 600-700%. (Glutathione is our body's natural antioxidant and is needed to metabolize and move toxins out).
2. **Sinus rinse** once a week with distilled water only (Navage and SinuPulse are good options).
3. **Meal planning**, prep, and shopping for the coming week (create a plan that fits your lifestyle)
4. An **Epsom Salt bath** utilizes our skin as a pathway for toxin removal.

MONTHLY

1. **Lymphatic massage** once monthly promotes the fluid drained by the lymphatics to return to the circulation.
2. **1 day water fast** to promote autophagy (consumption of the body's own tissue as a metabolic process)