nutri ADVANCED

HOW TO DETOX YOUR LIFE

LIFESTYLE

PRACTICE MINDFULNESS
Do yoga. Meditate daily. It clears your mind.

MOVE MORE
It helps to remove toxins.

SAUNA REGULARLY
It tops up glutathione & flushes out toxins too.

CHOOSE NATURAL COSMETICS & TOILETRIES
Look for 'free from parabens & SLS'.

SWITCH OFF THE WIFI AT NIGHT

FOOD & DRINK

FLUSH OUT TOXINS
with 1.5 litres filtered water daily.

EAT MORE BROCCOLI
It's a detox superhero.

DRINK GREEN TEA DAILY
It helps detox & is anti-cancer too.

EAT WILD-CAUGHT ALASKAN FISH
(not farmed or tinned, it contains mercury & PCBs) & take a pure omega 3 fish oil daily.

ADD MORE FIBRE TO YOUR DIET
It transports toxins out of your body.

BUY 'ORGANIC' & 'FREE RANGE'
to avoid pesticides, hormones & antibiotics in your food.

AVOID BURNT/ BLACKENED FOOD
It contains harmful heterocyclic amines & dioxins.

HOME

GET A KITCHEN TAP FILTER
Or even better a whole house water filter.

AVOID PLASTIC FOOD STORAGE
Choose glass or stainless steel instead. Avoid plastic packaging.

THROW OUT NON-STICK PANS
They contain harmful PFCs. Go for ceramic instead.

ADD HOUSE PLANTS
They purify the air in your home.

BUY NATURAL CLEANING PRODUCTS
Or even better make your own with vinegar or bicarbonate of soda.

KEY NUTRIENTS

POTASSIUM CITRATE
improves acid: alkali balance & speeds up detox.

Repair your gut lining with **GLUTAMINE** & protect your liver with **MILK THISTLE.**

Support phase I & II detox with **RICE PROTEIN, B VITS, MAGNESIUM, TAURINE, NAC, GLYCINE, METHIONINE, CHOLINE & FOLATE.**

Protect cells against toxic damage with key antioxidants – **GLUTATHIONE, PLANT FLAVONOIDS, VITS A, C & E, ZINC, COPPER & SELENIUM.**