

3 steps to support

DAILY DETOX FOR

BETTER ENERGY

BY KARI COODY, PHARM D



3 steps to support

DAILY DETOX FOR

BETTER ENERGY

01

STEP ONE

ENSURE YOUR BODY HAS THE FUEL IT NEEDS

02

STEP TWO

MAKE SURE YOUR DRAINAGE PATHWAYS ARE OPEN

03

STEP THREE

TAKE AN ASSESSMENT OF ONGOING TOXICITY

It's incredibly hard for fatigue & other symptoms to persist when our body is able to release and break down all it's exposed to.

When our body isn't able to release what it needs to it weighs us down. Fatigue is an outward symptom of an inward problem. Almost every symptom and disease can be linked back to ineffective detox thus focusing on enhancing it daily is something we should all continually be cognizant of.

I hope you enjoy this simple resource I've put together! -Kari



3 steps to support

DAILY DETOX FOR

BETTER ENERGY



STEP ONE

ENSURE YOUR BODY HAS THE FUEL IT NEEDS

Assess your fuel

Nutrition is foundational! Macro and Micronutrients are the building blocks for all processes in the body. If there are gaps, your body doesn't have the fuel it needs to function properly- which often shows up as fatigue. You might be surprised at how many times caloric needs aren't being met. You cannot heal & regain energy if your body doesn't have what it needs for fuel.

Beginning a food journal is one of the first things we should do to see what edits might need to be made. Completing a food journal for at least 3 days will help you determine:

- Are you eating enough nutrient-dense calories in a day?
- Is protein sufficient for blood sugar balance?
- Are you eating enough quality carbs for fuel?
- Are you eating within 30 min of waking and every 3-4 hours during the day?
- How do you feel after eating?
- Are you satisfied for 2-4 hours after eating?

****Print this food journal and complete or track food/cals on my fitness pal app.**



3 steps to support

DAILY DETOX FOR

BETTER ENERGY



STEP TWO

MAKE SURE YOUR DRAINAGE PATHWAYS ARE OPEN

Ensure drainage pathways are open

What are they & why are they important?

Drainage pathways are the way the body naturally gets rid of waste and toxins.

All day 24/7 our body is creating and removing cellular waste. You cannot remove these things if the body's drainage pathways are not open. When toxins back up and settle into tissues it creates a really good environment for disease and pathogens to take up residence- thus zapping your energy!

The goal is to support drainage and energy at the cellular level in order to reset the body to its proper function & energy production. Then, it clears out toxins and pathogens, as well as addresses deeper immune support.

By opening drainage pathways and optimizing daily detox, our body can remove what is not needed. This leads to proper expenditure of our energy. Check out [this blog post](#) for more explanation on drainage pathways and how to optimize them!



3 steps to support

DAILY DETOX FOR

BETTER ENERGY



STEP THREE

TAKE AN ASSESSMENT OF ONGOING TOXICITY

Assessing ongoing toxicity:

Toxins are what actually cause our body to be overloaded, cells to be damaged, and detox organs to be overwhelmed. This causes our bodies to lack the energy we need on a daily basis to thrive. It only makes sense to assess our toxicity in various areas to limit what is coming in that needs to be removed- all the while optimizing daily detox.

- **Food:** processed foods have chemicals and preservatives. This is why eating mostly 1 ingredient foods is key!
- **Air:** our air quality can be very poor, especially inside our homes. This is my [favorite air purifier](#). Consider home fragrance in this as well. This is my [favorite way](#) to replace candles.
- **Water:** There are many, many contaminants in water including many chemicals, parasites, bacteria and radioactive elements. Drinking clean water is crucial. This is my [favorite filter](#) (use code KCPHARMD to save\$).
- **Cleaning:** Using toxic cleaners can make a bigger difference than you think in overall toxicity and do play a role in asthma, ADHD, and overall toxic burden. Check out my [blog post](#) here on natural cleaners.
- **Personal care:** The things we put on our skin get absorbed into our bloodstream so don't overlook personal care! Check out [this blog](#) on some good swaps.
- **Medicines & Vaccines:** no matter what your feelings are on these two subjects, it can't be denied that they are both synthetic and contain ingredients that would need to be detoxed out of the body. Avoiding or limiting is wise.



CONTINUE TO FOLLOW ALONG FOR ALL THINGS
INTEGRATIVE HEALTH!



@karicoody



Integrative Health Simplified



www.karicoody.com

