

## Thinking about starting a cleanse?

Perhaps you are struggling to address plateaus, fatigue, cravings, or lack of energy.

If this is the case you are not alone.

With the help of some tools, information and support you can begin your journey to a healthier version of you. The first step? Working to design your very own detoxification program.

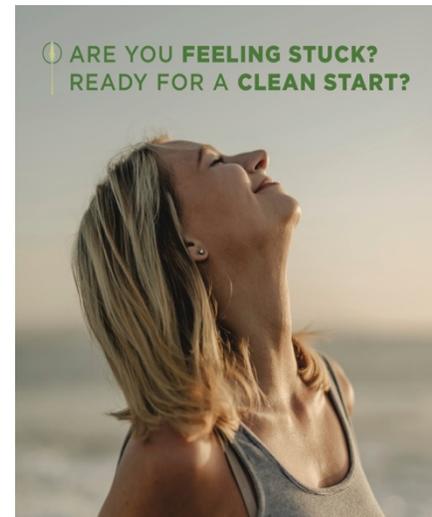
### Not just another detox.

I know what you're thinking. Not another "detox fad." I hear you. Done well, a metabolic detoxification program is not just a fad, but a jump start on your journey towards greater health.

## Toxins 101

You might be wondering, what toxins are we talking about here? I made a little roundup of the most common toxins you can be exposed to. These facts point to why we are passionate about metabolic detoxification and integrative nutrition! Take a read:

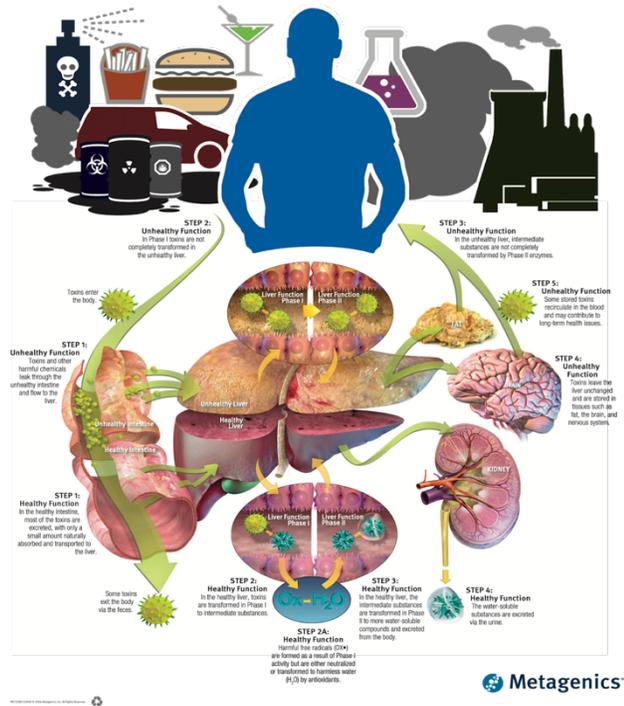
- Industrial chemicals and combustion pollutants: For example, though they are no longer in use, almost everyone is exposed to halogenated hydrocarbons such as polychlorinated biphenyls (PCBs) at some level during an average day. They remain in the atmosphere and environment for a long time before breaking down.
- Pesticides: Industrial chemicals are developed for their toxic effects on certain organisms and then sold as pesticides, insecticides, and herbicides. We as humans are not exempt from feeling the toxic effects of these chemicals.
- Endocrine disruptors: Humans are often exposed to these toxins via the phthalates found in plastics, PCBs, bisphenol A (aka BPA)—banned water bottles, some pesticides, synthetic steroids in meat, and dichlorodiphenyltrichloroethane (DDT)—mosquito repellent.
- Toxic metals: Lead, mercury, cadmium, arsenic, and other toxic metals are all around us. And while we may be unaware of their presence, the delayed effect of these toxins that accumulate in our bodies and often settle in our bones. Lead toxicity leads to DNA damage, depressed immune system function, anemia, hypertension, kidney disease, and increased tooth decay.
- Food additives, preservatives, and drugs: The greatest toxins you are exposed to are those encountered through the oral intake of foods, drugs, and water containing toxic substances that are absorbed via the gastrointestinal (GI) tract.



## What is metabolic detoxification?

- Metabolic detoxification is the body's ability to metabolize, neutralize, and excrete potentially harmful substances. When the body is unable to keep up with its toxic load, it may need a little help supporting or rebooting this natural process.
- Integrated, supported, and thoughtfully planned detoxification programs are designed to support liver function and can help shift dietary habits—that's how I can help. While change takes time, many clients report feeling an immediate difference. It's amazing how stopping for an intentional time of detoxification can improve many functions in the body and give you a boost of momentum.

## 3 PHASES OF DETOXIFICATION



## Make a fresh start today

Begin your journey towards health and wholeness today. I believe in catering to each person's unique biological needs to pursue optimal health and wellness. To start your detox journey, call (250) 658 9222 or email [monika@talltreehealth.ca](mailto:monika@talltreehealth.ca) to book your first nutrition consultation with Tall Tree's Integrative Nutrition & Health Coach, Monika Johnston-Stewart.

