

Kelly LeVeque

Guide to Supporting a Natural Detox



What Is Natural Detox?

Your body is continuously detoxing toxic substances, 24 hours a day, seven days a week, so the best way to support the work already being done is to take a break from metabolic offenders with toxic byproducts, common food intolerances and irritants, like histamines and nightshades, while providing the body with nutrients that support detoxification. Detoxing is best done slowly and over an extended period of time (14-30 days) when hydration, sleep and gentle movement can be prioritized.

Celebrity Holistic Health Coach and NOW Wellness Expert Kelly LeVeque put together this guide to help you gently detox the body and support its natural processes.

Remove Metabolic Offenders from the Diet, Such As:

Alcohol

Alcohol is metabolized in the liver to the chemical toxin acetaldehyde, and then further converted to a harmless substance called acetate. Uric acid is an inflammatory byproduct of the metabolism of alcohol that is correlated with metabolic conditions including type-2 diabetes, hypertension, obesity, and Alzheimer's disease.

Remove from the diet: alcoholic beverages

Sugar

Table sugar (sucrose), is digested into glucose and fructose. While glucose raises blood sugar, fructose is metabolized by the liver into fat, a process called lipogenesis. Too much fructose can result in the development of nonalcoholic fatty liver disease, a condition in which too much fat is stored in the liver cells, impairing normal detoxification. Like alcohol, a waste byproduct of fructose metabolism is uric acid. Too much glucose glycates our hemoglobin, increases inflammation and leads to chronic lifestyle diseases.

Remove from the diet: added sugar

(candy, baked goods, processed foods, maple syrup, honey), liquid sugar (soda, juice, sports drinks, sweet condiments/sauces) concentrated natural fructose (all dried fruits, raisins, dates and goji berries, high sugar tropical fruits like plantains, banana, mango, pineapple)



Allergens and Irritants

Underlying food intolerances can range from the most common egg and dairy to irritants like nightshades, histamines, and industrial seed oils that can cause inflammation. Inflammation interferes with our bodies' natural signaling and detoxification processes. Taking a break for even a limited time can allow the body to do more work to lower inflammation and improve intestinal permeability. Individual reintroduction of these food groups will enable us to deeply understand how we respond to each food.

Remove from diet: common food allergens

(gluten, dairy, egg, soy, peanut, and corn) and irritants like nightshades (tomatoes, potatoes, eggplants and all peppers, including spices like chili pepper) industrial seed oils (canola, corn, cottonseed, soy, sunflower, safflower, grapeseed, and rice bran) and processed meats (sausage, deli and canned meats, hot dogs and smoked meats)

Six Steps to Support Healthy Detoxification

Detoxing is supported with proper hydration, fiber-rich cruciferous vegetables, leafy greens, and phytochemicals like polyphenols, so what we do eat makes a difference.

1. Daily, enjoy one blended meal, like a soup puree or [#fab4smoothie](#)
2. Enjoy two meals a day of lightly cooked, steamed, blanched, or slow-roasted protein and vegetables with nourishing oils like extra virgin olive oil in a 10-hour feeding window. Fuel until satisfied—do not under-eat.
3. Drink 8-10 glasses of room temperature filtered water, and sip on herbal teas.
4. Sleep 7-8 hours a night, getting in bed before 10 pm.
5. Light exercise like walking, jogging, yoga, or Pilates for 20-30 minutes a day is encouraged to move lymph fluid, improve breathing and energy and decrease glucose levels.

6. Supplement with nutrients that promote a balanced immune system response, support the liver's detoxification pathways, support healthy digestion, maintain normal glucose and uric acid levels, and help to normalize the consistency and quantity of bowel movements.* Here are my favorites:

Omega-3

Omega-6 fatty acids can be pro-inflammatory and omnipresent in the form of industrial seed oils like safflower, sunflower, soy, canola, cottonseed, and corn oil. To maintain cellular balance, work to remove these oils from your diet and ingest bioavailable omega-3 from foods like salmon and a high-quality supplement like fish, krill, or algae.* Your supplements should be long-chain omega-3 fatty acids, EPA and DHA.

Chlorella

Chlorella is a type of algae used to support detoxification and is abundant in naturally occurring chlorophyll, vitamins, and minerals.* It's an all-star when it comes to maintaining an alkaline environment in the body and for supporting normal uric acid levels.* Take 1200 mg daily to support normal uric acid levels.*

About Kelly LeVeque

A holistic nutritionist, celebrity health coach, best-selling author of *Body Love* and *Body Love Every Day* – and most importantly - a mom of two little boys, Kelly LeVeque is passionate about the science of human nutrition and always guided by a practical and optimistic approach to wellness. Kelly helps clients improve their health, achieve their goals and develop sustainable habits to live a healthy and balanced life. Kelly is a regular contributor for numerous health, wellness and lifestyle publications.



*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.