

LAURE NIELSEN, R.H.N.

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A COLLABORATION BETWEEN

# MINI DETOX GUIDE

TWO WELLNESS COACHES



WELLNESS  
TO A TEA

KATIE DWAILEEBE, MScN

WWW.WELLNESSTOATEA.COM

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# MINI DETOX GUIDE

Katie and Laure are both nutrition professionals and wellness coaches passionate about women's health and supporters of regular detoxification and cleansing for optimal health. Together we hope that this e-book inspires you to take an active role in your health and wellness and empowers you to be the boss of your own health journey.

## 3 Ways to Avoid Re-Toxing

When you think about environmental toxins and toxin exposure you might be picturing litter or landfills, exhaust from vehicles or refinery smokestacks. Although these are common examples, they're not factors that we as individuals have much immediate control over. Let's look at our own personal environments where we can control our toxin exposure and where we can begin immediately:

**Pesticides**

**Household Cleaners**

**Fragrances**

Chronic, low-dose exposure to the chemicals commonly found in the above types of products accumulate in the body over time and can cause sometimes serious health issues. Think about your friends, family and others in your community. How often do you come across the following health challenges?

**Diabetes**

**Allergies**

**Learning Disabilities**

**Cancer**

**Asthma**

**Resistant Weight Loss**

**Infertility**

**Hormonal Disruption**

**Cognitive Issues**

**ADHD**

**Thyroid Dysregulation**

**Skin Disorders**

I want you to know that there are realistic, easy to implement steps you can take to dramatically reduce your exposure to the toxins that have been linked to these health challenges. There's no need to get neurotic or obsessive. Our goal is not 100% purity (we still need to live and enjoy life outside our homes), it's to do the *best* we can. Let me show you how to start.

## Pesticides

If you're not actively avoiding toxins during a detox program, you're not actually detoxing. In fact, you're RE-TOXING. Avoiding foods contaminated with pesticides is a great place to make a big impact. Even when you're not on a program, it's important to limit or eliminate exposure to keep your toxic load as minimal as possible.

'Pesticide' is the umbrella term that covers herbicides, fungicides, insecticides and rodenticides. The chemicals in these products are designed to irreversibly inactivate the acetylcholinesterase enzyme, which is essential for nerve function in insects and humans. Choosing to avoid these chemicals when shopping for groceries is the easiest place to start reducing your body's toxic load.

### How to Reduce Your Exposure

- Eat an organic diet whenever possible. The primary source of pesticide exposure, outside of occupational exposure, is the ingestion of pesticides through food. The best source for helping to identify which produce is best consumed organic is the Environmental Working Group's (EWG) Dirty Dozen & Clean Fifteen guide (found at [www.ewg.org](http://www.ewg.org)). The EWG reviews the data on pesticides on produce every year and updates their guide, so you can

be sure you're always keeping your exposure low while making sure you're saving money. I recommend you take this guide grocery shopping with you as not everything needs to be purchased organic.



- If you or a loved one work on or near an agricultural farm, orchard, vineyard, golf course or landscaping that is treated with these types of chemicals, it's a good idea to consult your employer and the regulations in your region to ensure you're wearing the proper personal protective equipment to reduce or eliminate exposure. Occupational exposure is the primary source of pesticide exposure.
- There are plenty of 'green' and environmentally safer options for lawn and garden care in a residential application nowadays. I encourage you to explore these options at your local greenhouse or with your landscape maintenance contractor. There's also the option of opting for xeriscaping.

Xeriscaping is a style of landscape design that requires little or no irrigation or other maintenance, fertilizers or pesticides.

## Household Cleaners

Think about all the different products you have for cleaning in your home: bathroom tile cleaner, toilet bowl cleaner, mirror and window cleaner, dish soap, laundry soap, rust remover, general purpose cleaner, oven cleaner, disinfectant wipes, stainless steel cleaner, vehicle specific cleaner, upholstery cleaner. Companies employ scare tactics with regards to bacteria and germs to get us to buy their products: “kills 99.9% of germs”, “industrial strength”, “antibacterial” etc. One trip down the household cleaner aisle in the grocery store will tell you that we’ve bought into this paranoia. This all seems a bit nuts and daily exposure to all these chemicals in every room of the house can really contribute to our toxic load. I want you to get into the habit of reading the labels on the back of these types of products. You already do it for food, why not for other household products? There are several ingredients I want you to look for and avoid:

- Ammonia – highly irritating to the lungs and can cause immediate headaches
- 2-butoxyethanol – linked to reduced fertility and low birth weight, and a suspected carcinogen
- Triclosan – endocrine disrupting chemical

### How to Reduce Your Exposure

Now, I’m not asking you to rush into the kitchen and bathroom and start pitching all of your half empty cleaning solutions. If you do, that’s awesome and your dedication is admirable, but it’s not immediately necessary. I AM recommending though, that once each of those products is used up, you

replace it with a safer one. Once again, the EWG comes to our aid with their Household Cleaner Database <http://www.ewg.org/guides/cleaners>. Plug your current cleaners into the search bar and see how they stack up. Of course, they also provide safer alternative options as well.

It's fairly easy to find safer, non-toxic brands of household products and cleaners nowadays. Even if you visit the 'natural foods' aisle in your typical grocery store chain. Look for brands such as:

- Seventh Generation: <https://www.seventhgeneration.com/where-to-buy/seventh-generation-canada>
- Eco Me: <http://amzn.to/2rlufEY>
- Ecover: <http://amzn.to/2qBxLxY>
- Attitude: <http://www.attitudeliving.com/Household-s/2045.htm>

You can also make your own cleaners at home. This resource is fantastic!

<https://www.mommypotamus.com/healthy-home/>

## Fragrances

When you're deciding on a new product before buying it, do you open it up and use its scent to help you determine if you want to buy it? Of course, especially with products like perfumes, body sprays, aftershaves, shampoos and lotions. Let's review the primary ways chemicals get inside the body:

- Ingestion
- Inhalation
- Absorption

Chemicals that enter via inhalation and absorption, hit the bloodstream BEFORE reaching the liver to be broken down and/or excreted (if possible.) Your body doesn't even have a chance to filter out these chemicals to protect you.

“Fragrance” is a catch all term that can include up to 3000 ingredients. The product manufacturers are not required to disclose the chemical composition to consumers because the formulations are protected as ‘trade secrets’. You may have heard of phthalates before. They’re often found in scented products because they fix the scent in the product and therefore whatever you put the product on (basically they make the scent long lasting.) Phthalates are endocrine disrupting chemicals. They travel through the bloodstream and act like a hormone. They have the capability of turning on or off certain essential processes and signals in the body. The endocrine system controls vital process in the body such as:

<b>Metabolism</b>	<b>Immune function</b>
<b>Reproduction</b>	<b>Cognitive function</b>
<b>Growth &amp; development</b>	<b>Puberty</b>
<b>Sexual function</b>	<b>Stress response</b>

Unfortunately, you’ll never see ‘phthalate’ on an ingredient list. You have to look for “fragrance”, “perfume” or “parfum”.

### How to Reduce Your Exposure

Upgrade your personal care routine! Once again, I’m going to refer you to the EWG. This resource is truly invaluable: <http://www.ewg.org/skindeep/>. At the time of this writing, their cosmetic data base has over 69,000 products. So, go ahead, plug some of your products in and make the swap to safer products. Some truly reputable personal care product companies that you can trust and I have used personally are listed below:

- Attitude: <http://www.attitudeliving.com/>
- Beauty Counter: <http://www.beautycounter.com/en-ca/>
- Anmarie Gianni: <https://www.anmariegianni.com/>

- Piggy Paint:  
<https://www.piggypaint.com/sophiproductinfo/#.WS88S7pFx2U>
- Elate Cosmetics: <https://www.elatecosmetics.ca/>

If you're a go-getter, I recommend making your own beauty products! Here's a fantastic resource:

<https://www.mommypotamus.com/natural-beauty/>

## Final Words on Toxins

I know that this information can seem overwhelming and even alarming. This is NOT meant to scare you. I want you to be informed and I want you to have the tools and resources you need to take action by avoiding some of the most common toxin culprits. Your aim should not be to change EVERYTHING at once. Stress is toxic too! Becoming neurotic or obsessed with avoiding toxins totally defeats the purpose.

When products run out, replace them with non-toxic ones. If you're ordering online from a reputable product manufacturer, try to buy in bulk with a few friends or family members to save on shipping. You'll often get discounts for larger orders as well. Use the EWG's Dirty Dozen guide to save yourself some money when shopping for organic produce. Make your own beauty and cleaning products not only to save money but to customize the product to your liking. You can even make extra to give to family and friends so they can enjoy the benefits of a low-toxin life too.

If you want my full guide which includes two more areas where toxins are lurking (household plastics and cookware), sign up for my seasonal detox program. You'll get a 14-day detox guide with daily recipes for each meal of the day (including optional snacks and drinks), shopping lists, a food diary, supplementary tools and teas, a guide to eating out while on the program and

the full toxin guide. You can learn more about the programs at the link below, or you can email me directly.

<https://www.uniquenutrition.org/programs/>

# 4 Detox Supportive Drink Recipes

## Dandelion Root Latte

### Ingredients:

- Dandelion Root Tea bag  
(my favorite brand is Teechino)
- 1 cup water
- 1 cup nut milk
- 1 generous teaspoon cinnamon

### Instructions

Brew the dandelion root tea bag in hot water and steep for 5-10 minutes.  
Pour into a mason jar, add nut milk and cinnamon. Allow to cool in the fridge overnight.  
Before drinking, shake vigorously and pour over ice for a latte-like experience.  
Enjoy!



## Golden Milk

### Ingredients

- 1 cup unsweetened coconut milk
- ½ tablespoon ghee or coconut oil
- ½ teaspoon turmeric (fresh or powder)
- 1 inch knob of ginger
- ¼ teaspoon cinnamon
- Pinch of black pepper\*
- ½ tablespoon raw honey



### Instructions

- Heat milk on stove over low flame for 2 minutes.
- Add ghee/coconut oil, turmeric, ginger, and cinnamon for another minute.
- Pour into a mug (maybe one that you don't mind staining yellow 😊), straining out the ginger.
- Add a pinch of black pepper – not too much!
- Stir in honey. Sit back, relax, and enjoy your soothing Golden Milk!

*\*Black pepper helps make turmeric more bioavailable in the body!*

## Fruity Green Tea

### Ingredients:

- 1 green tea bag
- 8 oz clean water
- 2 sliced strawberries
- 2 thinly sliced cucumbers
- 2 slices of lemon

### Instructions:

Brew the green tea bag in hot (not boiling) water

Allow the green tea to cool off in the refrigerator. Once cooled, add the strawberries, cucumbers, and lemon slices.

Enjoy this drink every day during your detox. If you are sensitive to caffeine, drink before 10am.



## Ginger Turmeric Tea

### Ingredients:

- 1 Lemon
- ½ inch knob ginger root
- ½ inch knob Turmeric Root  
(or ½ teaspoon turmeric powder)
- 1 pinch Cayenne pepper
- ½ quart water
- 1-2 teaspoons raw honey



### Instructions:

- Boil the ginger and turmeric root in water for 5 minutes. Strain.
- Add cayenne, lemon, and honey.
- Drink it hot or place it in the refrigerator and drink it cold the next day. This is a great winter detox that will warm you right up!

## Katie's Favorite Herbs for Detox

**Cilantro** – reduced the effects of heavy metal exposure

**Turmeric** – anti-inflammatory, anti-microbial, antioxidant, protects the liver

**Licorice** – best during cravings, promotes positive emotions, relieves abdominal bloating and flatulence

**Ginger** – stimulates digestive secretions, facilitates digestion of starchy foods, eases diarrhea, nausea, and upset stomachs

**Green tea** – help cleanse the body of chemical carcinogens. Powerful antioxidant.

**Milk thistle** – tonifies the liver and protects it from toxins. Aids in reparation of damaged liver cells.

**Burdock root**

**Dandelion** – helps body eliminate toxins, filters waste from blood. Drink before your meal to stimulate digestion or drink after a high fat meal.

# 2 Effective Detox Practices

## Castor Oil Packs

Castor oil penetrates the skin to promote healing, elimination, and circulation. You can make your own castor oil pack at home – it's easy! It is sticky so do not use on a sheet or shirt you like. Use it with a hot water bottle to increase the effect.

For more information on the benefits of castor oil, [click here](#).

1. Open your flannel. Depending on how big it is, you may wish to fold it once. Pour 1 tablespoon of castor oil to approximately half the flannel length. Fold your flannel in half over the oil and place over the abdomen.
2. Because castor oil is very sticky, you may want to lay on top of an old towel in case of spillage, or you can bind the flannel to your abdomen with saran wrap to keep it in place.
3. Place your hot water bottle on top of the flannel on your stomach.
4. Relax with your castor oil pack for 20-60 minutes. You can read, listen to gentle music, nap, meditate, or escape to your mental oasis!
5. Remove and wipe excess oil off of the skin. Store your flannel (no need to wash) in a glass jar in the refrigerator. You can re-use your pack several times before replacing (the odor will tell you when it's time!). Just add more oil before each use.

As a precaution, do not use castor oil packs if cancerous tumors, ulcers, and/or uterine growths are present. It is also not recommended for pregnant or nursing women or use during menstruation.

## Epsom Salt Baths

A few cups of Epsom salts, some essential oils, perhaps a few candles, and you've got yourself an at-home spa treatment! Epsom salt baths promote the release of toxins.

### Epsom Salt Bath Recipe

#### Ingredients:

- 1 cup Epsom salts (reduces inflammation)
- ¼ cup baking soda
- 3-5 drops essential oil (frankincense and myrrh combo to reduce inflammation or eucalyptus for pain relief and to reduce inflammation)

#### Instructions:

1. Fill bath with warm water. Add salt mixture under faucet as it fills. After stepping in, do some gentle stretching to further stimulate blood flow.
2. Soak for at least 20 minutes to allow for absorption of minerals.
3. Relax!

## Katie's Favorite Detox Practices

Journaling

Deep, cleansing breaths

Going for walks in nature

Earthing

Castor Oil packs

Bathing in Epsom salts

Saunas

Meditative coloring

Taking a break from screen time

Dry brushing

Massages