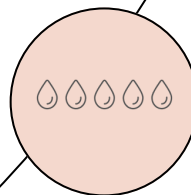
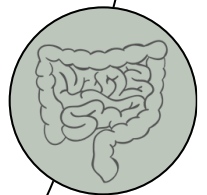
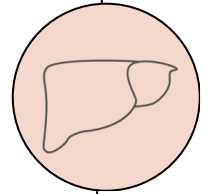
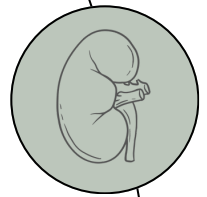
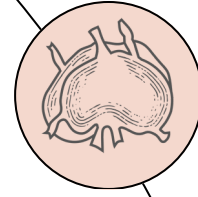




PLAN YOUR DETOX

These are the key steps you need to take to make sure your body can detoxify effectively.

If you want to test your toxin levels, I recommend this comprehensive test.



Shop Supplements & Labs at:

ChelseaAzarcon.com

GET LYMPH FLOWING

WAYS TO PROMOTE LYMPH FLOW

Lymph filters toxins from tissues & empties into blood.

Dry Brushing



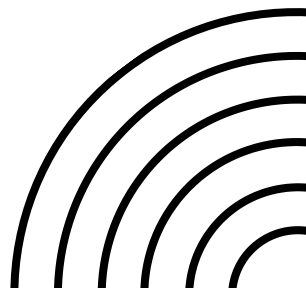
Exercise

Rebounder Trampoline



Vibration Plate

Red Light (code drchelsea for 15% off)



SUPPORT KIDNEY

HEALTH WAYS TO SUPPORT KIDNEYS

Kidneys filter toxins out of the blood & eliminate them through urine.

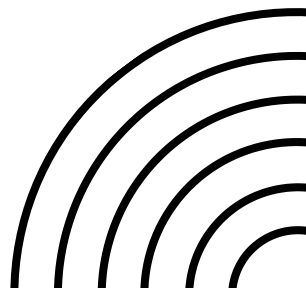
Drink plenty of water

**Maintain a healthy
blood pressure**

Avoid Processed Foods

Limit Alcohol Intake

**My favorite herb blend to support
kidney and liver health is **KL
Support** (from [cellcore.com](https://www.cellcore.com))
Use code **Z2vGk0Hq** at checkout**



SUPPORT LIVER HEALTH

WAYS TO SUPPORT YOUR LIVER

The liver also processes toxins from the blood & prepares them for excretion.

Cruciferous Vegetables

Castor Oil Packs
NATURALLYDRCHelsea10
for 10% off



**Herbs like milk thistle
or dandelion**

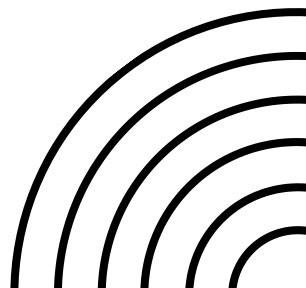
Coffee Enemas
(Coffee Enema Blog)



Nutrients & Antioxidants

Bile support is also a great way to support the liver & gallbladder, as bile empties toxins from the liver into the gut.

**My favorite supplement for this is Advanced TUDCA (from cellcore.com)
Use code Z2vGkOHq at checkout**



MAKE SURE GUT IS HEALTHY

WAYS TO SUPPORT GUT HEALTH

Toxins from the liver are emptied into the gut & eliminated through poop.

Fiber

Daily Bowel Movements

Whole Foods Diet

Bone Broth

Probiotics

(my favorite is a sporebiotic which can shift the environment of your gut toward healthy).



Test your gut to make sure it can adequately excrete toxins

Bile support is also a great way to support the liver & gallbladder, as bile empties toxins from the liver into the gut.



My favorite supplement for this is **Advanced TUDCA** (from cellcore.com)
Use code **Z2vGkOHq** at checkout

SWEAT

WAYS TO GET YOUR SWEAT ON

**Sweating is an additional way to get toxins
out of the body.**

Sauna (infrared is even better)

Exercise

