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Welcome to your Reset, Renew and Rebalance 4 week Detoxification Program

This 4 week program is designed to help you reach your personal health goals using whole foods. The word "Detoxification" can be scary and overwhelming but it is a natural process done in your body. It's designed to reduce inflammation, clear congestion and promote healing by replenishing and renewing the body. There are many different levels of detoxification and each person detoxes differently based on their biochemical individuality.

Foundations of Detoxification

What is detoxification?

Everyday we are exposed to multiple toxins/stressors that can overburden and compromise balance in the body. There are many different sources of toxins that we are exposed to daily and they can range from dietary, chemical and environmental. Dietary toxins can be foods like white sugar, alcohol, refined or bleached flours, GMOs, artificial flavors, dyes, preservatives, and hydrogenated fats and oils. Not only do these foods promote inflammation in the body but they deplete the body of essential nutrients.

Heavy metal exposure is another contributor to our toxic load. The metals that most commonly cause problems are lead, mercury, cadmium, arsenic, nickel and aluminum. These metals accumulate in the body and impair immune, nervous system function. Exposure to these are found in everyday household products, and in our water, air and soil. If these toxins are not cleared properly they can stress the liver, kidneys and impact immune function.

The word 'detox' can mean different things to different people, and this can cause confusion. Detoxification can be defined as the body's natural process of clearing toxin or anything the body perceives as harmful. During this process the body is trying to 'cleanse' or 'clear' toxins, reduce inflammation, and congestion. It is a nutrient dependent process requiring essential nutrients. In order to make sure this process is done safely and efficiently it's important to replenish the body with key nutrients, such as protein, fiber, antioxidants and enzymes.



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Signs that our bodies are congested and inflamed, include:

- Gastrointestinal imbalance (gas, bloating, diarrhea, constipation, halitosis)
- Skin problems, such as acne or eczema
- Depression/Anxiety
- Headaches/Migraines
- PMS
- Infertility
- Obesity
- Type 2 diabetes
- Allergies
- Lack of concentration and focus
- Easily angry
- Twitching legs at night

The goal of any well researched and safe detoxification program is to reduce congestion, pain, toxic load, and thus inflammation in the body. The goal is to provide education on the importance of foundational nutrition, healthy eating habits, and to help clients set up long-term health goals..