



NOURISHED ROOTS HEALTH

DETOX

Starter Kit

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WELCOME!

Hi I'm Kat, your Holistic Health Coach and guide on your wellness journey!

The first step in rebuilding your health & wellbeing is detoxing. So I created the Detox Starter Kit for you to access my top tips & tricks to support body, mind, and spirit through this process. This guide will help you prioritize healthy, nourishing options as you work towards your health & wellness goals.

Ready? Let's dive in!

- Kat xx

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3. DETOX YOUR LIFESTYLE

Assess whether your lifestyle is helping or hindering your health journey! Learn the importance of a positive and supportive environment and lifestyle.

HOW TO USE THIS WORKBOOK

The Detox Starter Kit is designed to be a guide and resource as you embark on your health and detox journey. Each section guides you through a different area to detoxify: diet, mind and lifestyle. It's important to remember that a true detox includes everything we put into or onto our bodies - food, products, ideas, thoughts, etc. - so we'll be covering much more than just nutrition here!

Please note that the Detox Starter Kit is not a meal plan, nutrition plan, or diet. Suggestions made here are intended to be a resource & guide to help you create positive changes in your life and overall wellbeing. Always consult a medical professional before making significant changes to your diet or lifestyle.

Questions? Get in touch!

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FIRST THINGS FIRST

DETOX YOUR DIET



DETOX SHOPPING LIST

Before we begin, here are some ingredients you may want to have on hand to support your body and detox your diet!

- Lemons
- Limes
- Fresh herbs of choice (e.g. parsley, oregano, cilantro)
- Olive oil
- Chia seeds
- Flax seeds

- Wild-caught salmon
- Wild-caught cod or haddock
- Organic, pasture-raised chicken
- Organic, grass-fed beef (limit red meat to 1-2 nights per week maximum)
- Organic sprouted tofu
- Lentils
- Split mung beans

- Avocados
- Asparagus
- Arugula
- Broccoli
- Brussels sprouts
- Cauliflower
- Carrots
- Celery
- Kale
- Swiss chard
- Cucumber
- Celery
- Green beans
- Lettuce
- Mushrooms

- Onions
- Peppers
- Radishes
- Beets
- Dark leafy greens
- Peas
- Spinach
- Tomatoes
- Sweet potatoes/yams
- Pumpkin
- Raspberries
- Blueberries
- Blackberries
- Strawberries
- Cherries



DETOX 101

When detoxifying your diet, lowering overall levels of inflammation in the body is the number one thing you want to focus on.

Why? Because more inflammation means it's harder for your body's natural detoxification pathways to work effectively. Specifically supporting the liver, kidneys and lymphatic system will allow your body to function optimally and excrete the toxins and inflammatory substances causing the problem.

When I guide my clients through a detox, I focus on an anti-inflammatory, liver-supporting diet to support the body's natural detoxification pathways, along with lots of filtered water and gentle movement.

Foods To Focus On:

- Fresh, whole vegetables & produce
- High quality, organic protein sources
- High quality fats (e.g. avocados, olive oil, coconut oil, flax seeds)
- Lots of filtered water & herbal teas (aim to drink at least half your body weight in ounces of water each day!)

Reduce or Remove:

- Alcohol
- Caffeine (opt for green tea instead of coffee)
- Sugars, especially refined or processed sugar
- Refined flours or starches
- Nuts or legumes



KEEP IT CLEAN, LEAN & GREEN

If in doubt, opt for foods that are minimally processed (usually this means they didn't come from a package), low in saturated fats, and have lots of vibrant natural color (not dyes and colorings!).

This rule of thumb will mean you're prioritizing lots of fresh fruit and vegetables, lean meats or proteins, and getting lots of polyphenols from the colorful plants, herbs and spices you're using. Aim for using seasonal produce where possible: it's usually cheaper than buying out of season items, it's fresh, and it's a great way to get to know what fruit & veg your local area has to offer.

Focus on using fresh herbs, lemons or limes, and lots of delicious spices to jazz up your meals *without* adding tons of salt. Anti-inflammatory spices such as turmeric or ginger have the added bonus of aiding your digestion and help to prevent bloating after meals.



RECONNECT TO YOURSELF

DETOX YOUR MIND



MIND-BODY CONNECTION

Our mind and body are inextricably linked. The brain constantly communicates with the body, and depending on your state of mind the results you experience may be quite different.

One of the most common things I see in my practice is super stressed clients trying to fix all their problems through dietary changes...when in fact, their disease often stems from working a job they hate, relationship struggles they're having, or feeling stuck in a rut.

Taking time to detox your mind can have massive impacts on your physical health as well as your emotional and mental wellbeing! Neuroplasticity is the brain's ability to form new connections, to literally rewire itself. Through this process, we have the power to change how we think, perceive, and ultimately respond to difficult situations, all of which train our brains to adopt more positive responses quicker.





FOCUS ON MINDFULNESS

Checking in with yourself each day is a great way to release the toxic patterns of your mind, and train your brain to see the small pieces of positivity and gratitude. It's important to note that being more mindful is unique to you - there's no *wrong* way to do it - and the practice of mindfulness will look different for each of us.

Here are some simple ways to incorporate more presence and mindfulness into your day, and in doing so replace some toxic patterns or beliefs with positive, beneficial thoughts.

1. **Focus 100% on your daily shower.** Imagine the water is washing away all stress, tension, and worries in your life. How do your senses connect to this feeling?
2. **Practice breathwork.** Simple practices such as equal ratio breathing or alternate-nostril breathing stimulate the rest-and-digest process, allowing your brain and body to calm down and respond consciously.
3. **Eat mindfully.** This means removing all distractions while eating (yes, that means Netflix!) and really being present with each bite. Slow down and really savor the tastes, textures, and sensations in your body as you eat.
4. **Start a meditation practice.** Meditation is not just sitting cross-legged for hours! It is a powerful practice to connect into your body and mind. My favorite way to start is simply closing your eyes and connecting to your breath. Notice the inhales and exhales. If your thoughts wander, simply come back to focusing on the breath.
5. **Write down 3 things you're grateful for each day.**
6. **Start a journaling practice.** Releasing thoughts from our mind onto the page is hugely cathartic, and can be an incredible source of stress relief. Journaling can also provide tangible, physiological benefits: since our minds can't distinguish between what's a real or imagined threat, holding fears and worries inside can keep us in a chronic state of fight-or-flight. Getting these things out of our body can calm the nervous system.

CREATE A SUPPORTIVE ENVIRONMENT

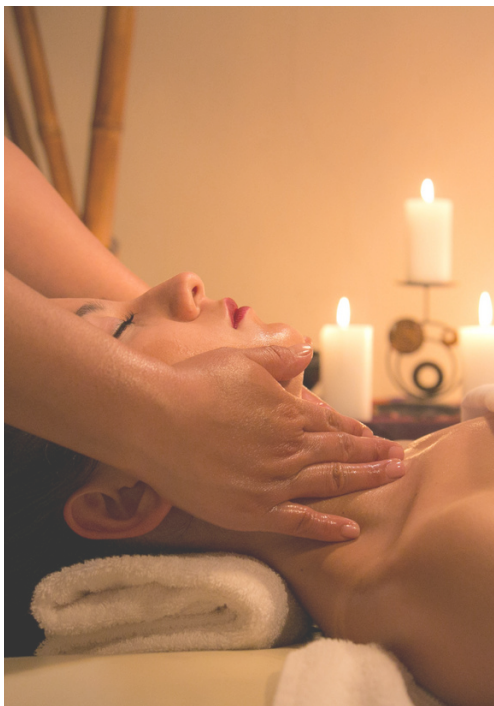
DETOX YOUR LIFESTYLE



IT'S NOT JUST WHAT YOU EAT...

We often forget about this one when we think about detoxing, but actually detoxifying your lifestyle is essential if you want to see a real difference!

Simple ways to detox your lifestyle could include switching to non-toxic cleaning products, choosing clean beauty products, incorporating daily movement into your schedule, or creating more time each day for self-care. Lifestyle is not just about our environment and what we put on our bodies: it's also our habits, routines, and day-to-day activities. So taking an inventory of your everyday actions can be really helpful in the detox process.



Below are some statements to get you thinking. Rate each one on a scale of 1-5 (1=strongly disagree, 5= strongly agree): what areas of your lifestyle need a detox?

- My home environment energizes me and makes me feel good.
- I feel supported by those around me.
- I incorporate natural products in my home.
- I minimize use of plastics in my home.
- I am mindful of how much I use technology.
- I create time each day for my self-care and wellbeing.
- I prioritize movement and exercise each day.
- I have a healthy work-life balance.
- I make time for socializing and getting together with friends.
- I am conscious of the ingredients in my skincare and makeup products.

HOW DO YOU FEEL?! ✦ ✦

You've made it through the Detox Starter Kit! Now that you've cleaned up your diet, soothed your mind, and created a more supportive environment and lifestyle...how do you feel?!

Detoxing is a great way to kickstart your wellness goals, giving you the motivation to create new habits that support your mind, body, and spirit. But it's important to remember that this is just the beginning! My goal is for you to feel happy, fulfilled, and expansive in your health & lifestyle, not restricted.

I encourage all my clients to do a 7-14 day detox when they start working with me to reduce inflammation levels, shift their mindset, start feeling better fast! Once you've experienced the power of making positive choices and feeling amazing, it's so much easier to *want* to continue your new healthy habits!

Thank You





NEED MORE INSIGHT & SUPPORT?

BOOK A FREE CONSULTATION

Want more support on your detox journey? Ready to get real results and identify the root cause of your symptoms? Get in touch!

Nourished Roots Health offers **free 30-minute wellness consultations** in which we will discuss your current needs, health & wellness goals, and how you can start taking action towards your dreams today.

If you're ready to take back control of your health and start living the life you desire, simply click the button below to schedule your consultation today!

[GET SUPPORT ON YOUR JOURNEY](#)

Learn more at

www.nourishedrootshealth.com/coaching