

SUPPORTING MICROPLASTIC DETOXIFICATION

WHAT I CAN DO

- Drink plenty of filtered water to support kidney function and toxin elimination.

- Exercise regularly to promote sweating, respiratory detoxification and lymphatic movement.

- Consume a diet rich in cruciferous vegetables, fibre-rich foods, antioxidant-rich fruits and vegetables.

- Consider if broccoli sprout extract, milk thistle, hydrogen-rich water, and curcumin are a good fit.

- Have sauna sessions regularly can promote detoxification through sweating.

- Prioritize quality sleep to support the body's natural detoxification processes.

- Support gut health with probiotic-rich foods or supplements to maintain a healthy gut microbiome.

- Intermittent fasting may support cellular repair and detoxification processes safely under guidance.

- Dry brushing to stimulate the lymphatic system and remove toxins through the skin.

- Work with an integrative or functional practitioner to test for and support your detoxification pathways