

# **Detox Protocol**

## **Avoid Toxins**

## **Epsom Foot Bath**

## **Elevate Glutathione**

- **Undenatured Whey Protein: 10-20 gm/day**
- **NAC: 100-600 mg/day**
  - **Alpha-lipoic acid: 100-200 mg/day**
  - **Sublingual glutathione**
- **Infrared Sauna: 1 -2 times / week**
- **Oil Pull every day with organic coconut oil**
- **Exercise**