



**SOPHOLOGY**  
A LIFESTYLE OF WISDOM

# Four-Week Detox

Immune-Support & Healthy Weight Management

*Leading to a Lifestyle of Wisdom*



## Remove

Remove white sugar or fructose (such as HFCS) in any form.  
Sweetener Substitutions: Coconut sugar, date sugar, raw honey, organic maple syrup, etc. (in moderation).

Remove iodized Table Salt:  
Substitutions: Celtic salt, sea salt and Himalayan salt.

Remove white flour  
Bread substitutions: Sprouted bread/flour, coconut flour, almond flour, etc.

Remove white rice  
Rice substitutions: Wild rice, black rice, red rice, etc.

Remove white pasta  
Substitutions: Sprouted whole grain pasta or organic legume options.



**Reduce**  
Reduce portion size. Eat at a slower pace. Be present while you eat and not in a daze.

Stop eating by 6 pm for digestive health. You can drink water and tea.



## Alter

Make 75% of your plate leafy greens and vegetables (especially cruciferous vegetables).

Protein: Wild-caught Fish, chicken, pasture-raised eggs, meat, etc.

Fat: Avocados, sprouted nuts, sprouted seeds, olives, etc.

Cook with: Coconut oil, avocado oil, butter, ghee, olive oil (O.O. used in low heat cooking), etc.

Fruits: Eat mostly berries (strawberries, blueberries, raspberries, blackberries, etc.)

Water: Drink warm lemon water first thing in the morning.  
Only drink filtered water (no soda or juices) for hydration.

Milk: RAW milk (best from Jersey or Guernsey cows).

If you want a dairy-free alternative, get organic and preservative and additive-free coconut, cashew, macadamia, almond milk, etc.



## Add

Sophology's Immune•Knowledge•E Kit:

Immune-Support: Take a tablespoon of the preserved garlic syrup daily.

Blood-Flow: Take one ginger capsule and one cayenne capsule daily.

Vitamin C, antioxidant, brain support & heart relaxant tea:  
Drink the herbal رندة tea at night.

Probiotics: Sauerkraut, fermented foods, low-sugar kombucha, unsweetened yogurt, etc.

Bone Broth and Collagen: Have at least one cup of bone broth a day.

Energy Boost: Use Pure With Nature and Sophology's Mito-Surge: Energy Boosting Superfood & Adaptogenic mix in a shake or a cup of filtered water in the morning.

Take a ginger and essential oil detox bath at least once a week.

Bodily Movement: Consciously move your body for at least 45 minutes a day for up to 5 times a week, while being aware of the mind-muscle connection.

20 minute outdoor sunlight exposure while grounding/earthing.



*"Please make sure you do not have any food sensitivities or allergies to any of the food items listed above."*

*Disclaimer: Our experience, knowledge, and our immuno-support kit and energy-boosting Mito-Surge reflect a daily healthy lifestyle, but are not intended to be used for medical advice. For medical advice, please contact a health care professional.*

*Sources: Dr. Chantal Arnaud, Dr. Mercola Effortless Healing, Dr. Madiha Saeed The Holistic RX, Dr. Mark Hyman The Pegan Diet, Dr. Axe Eat Dirt.*

