



a beginner's guide to

detox

A FULL-BODY DETOX SOLUTION

Why detox?

- Even the healthiest of people are exposed to toxins
- How a detox can help
- Gut Health Detox: Why you need a healthy microbiome

Ditch the diet:

How to detox your body without diets or juicing

- Cleansing with Herbal Cleanses:
How herbal cleanses support multisystem cleansing
- Water intake suggestions
- Lifestyle detox

Products to help detox

- Our full-body detox bundles are designed to fit your busy schedule
- The Detoxify 10-Day Reset
- The Polisorb 5-Day Gut Cleanse
- Fast-acting relief for occasional digestive distress

Why detox?

Practiced by cultures around the world, a detox is about resting, cleansing and nourishing the body from the inside out. Eliminating toxins from your body while feeding it healthy nutrients will allow it to feel and function better.



Even the healthiest of people are exposed to toxins

You eat healthy foods, you don't drink alcohol or smoke, and you don't live in a smoggy area. Are you really exposed to toxins? *Absolutely.*

We all face microscopic viruses, bacteria and toxins every day. They are in the air we breathe, the surfaces we touch, and the foods and drinks we enjoy. All of these contaminants build up within our bodies and slow us down, some can cause damaging effects.

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How a detox can help

Your body may be struggling to function as well as it should. Stress, dehydration, diet and toxins are likely contributing factors. If your body is having trouble getting rid of all the built-up junk in your system, detoxing could provide the jumpstart you need to start fresh with a clean slate.

The benefits

INCREASED ENERGY

A detox flushes the toxins from your body and boosts your energy levels. Taking a break from processed foods and committing to healthy eating during your detox and beyond will add to your energy benefit.

GAS & BLOAT RELIEF

Upset stomach, constipation and bloat are signs that your body is struggling to digest foods properly. With a cleaner digestive system, your body will be able to better absorb key nutrients, eliminate waste and relieve discomfort.

INCREASED MENTAL FOCUS

Toxins in your system can affect your brain function and overall mood. Detoxing affects the whole body and improves your brain's health by allowing for better sleep, clearer thoughts and more positive outlook.

MORE RESTFUL SLEEP

Did you know that your gut actively partners with your brain to regulate sleep? Their rhythmic communications help your brain know when you need to sleep. An unhealthy gut can transmit faulty signals that lead to insomnia.

KICK-OFF A WEIGHT MANAGEMENT PROGRAM

A detox can optimize your body's natural detoxification system so you can get your weight management program started on the right foot.

HEALTHY HABITS CHECKLIST

- Eat healthier, less processed foods
- Drink more water
- Decrease salt and sugar in your diet
- Limit alcohol intake
- Get active and exercise
- Go to bed earlier and sleep better
- Commit to a monthly cleanse
- Schedule an annual deep cleanse with Detoxify's 10-Day Reset

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To find out more, click to read: **"5 Reasons You Need to Detox"**



Detoxify 10-Day Reset →



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Gut Health Detox: Why you need a healthy microbiome

There are thousands of species of microorganisms living in the human gut. These organisms are the human gut microbiome and they work to keep your body functioning on a daily basis. Everything we insert into our bodies — food, drinks, antibiotics, medicines, supplements — affects them for better or worse. This delicate ecosystem can become unbalanced and cause the body discomfort.

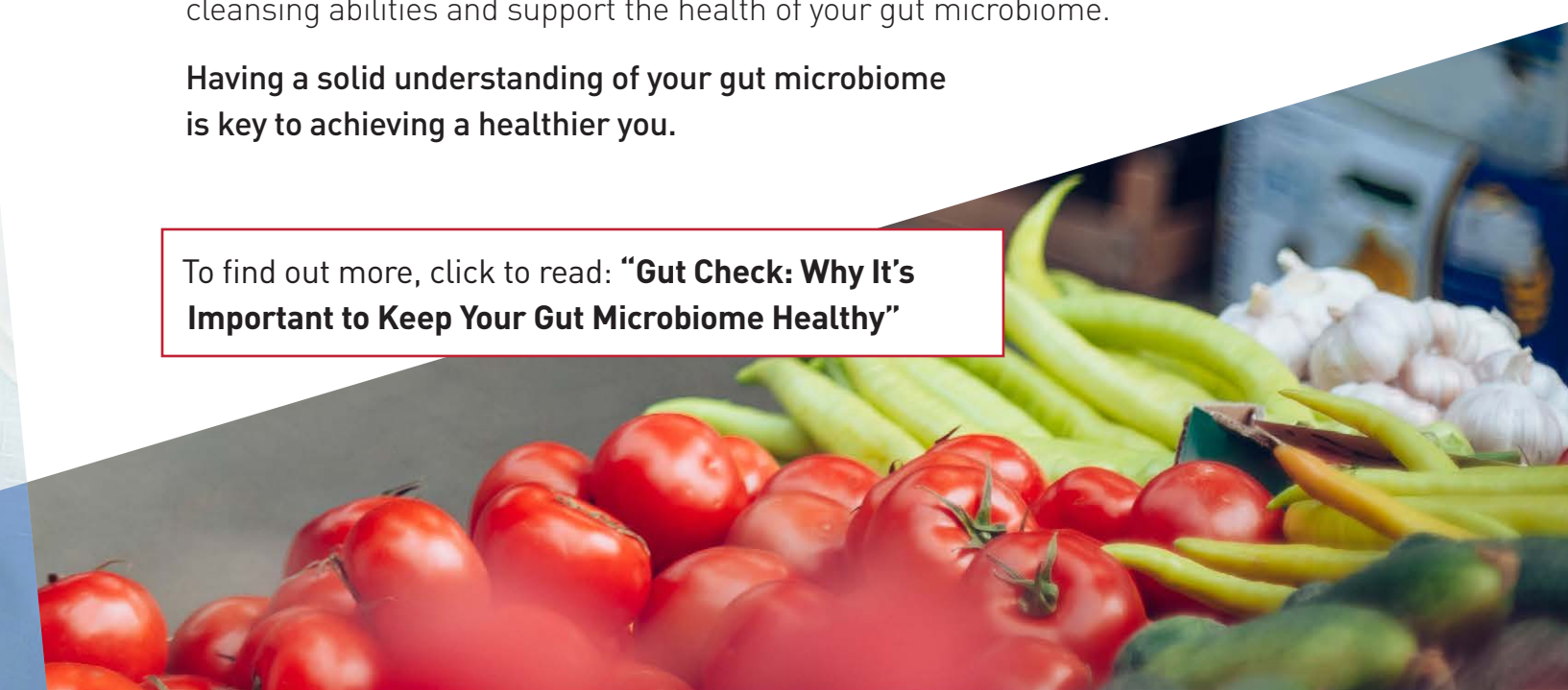
If you experience any of these symptoms, an unhealthy microbiome could be the cause.

- Frequent bloating, burping and gas after meals
- Digestive issues
- Tiredness and fatigue
- Mental fog
- Immune challenges
- Weight gain
- Skin and nail concerns
- Poor mood

Your body was made to recuperate after slight shifts of unbalance. However, the greater the unbalance, the more difficult it becomes for your body to properly repair itself. Using an herbal cleanse regularly can help your body's natural cleansing abilities and support the health of your gut microbiome.

Having a solid understanding of your gut microbiome is key to achieving a healthier you.

To find out more, click to read: **"Gut Check: Why It's Important to Keep Your Gut Microbiome Healthy"**



Ditch the diet:

How to detox your body without diets or juicing

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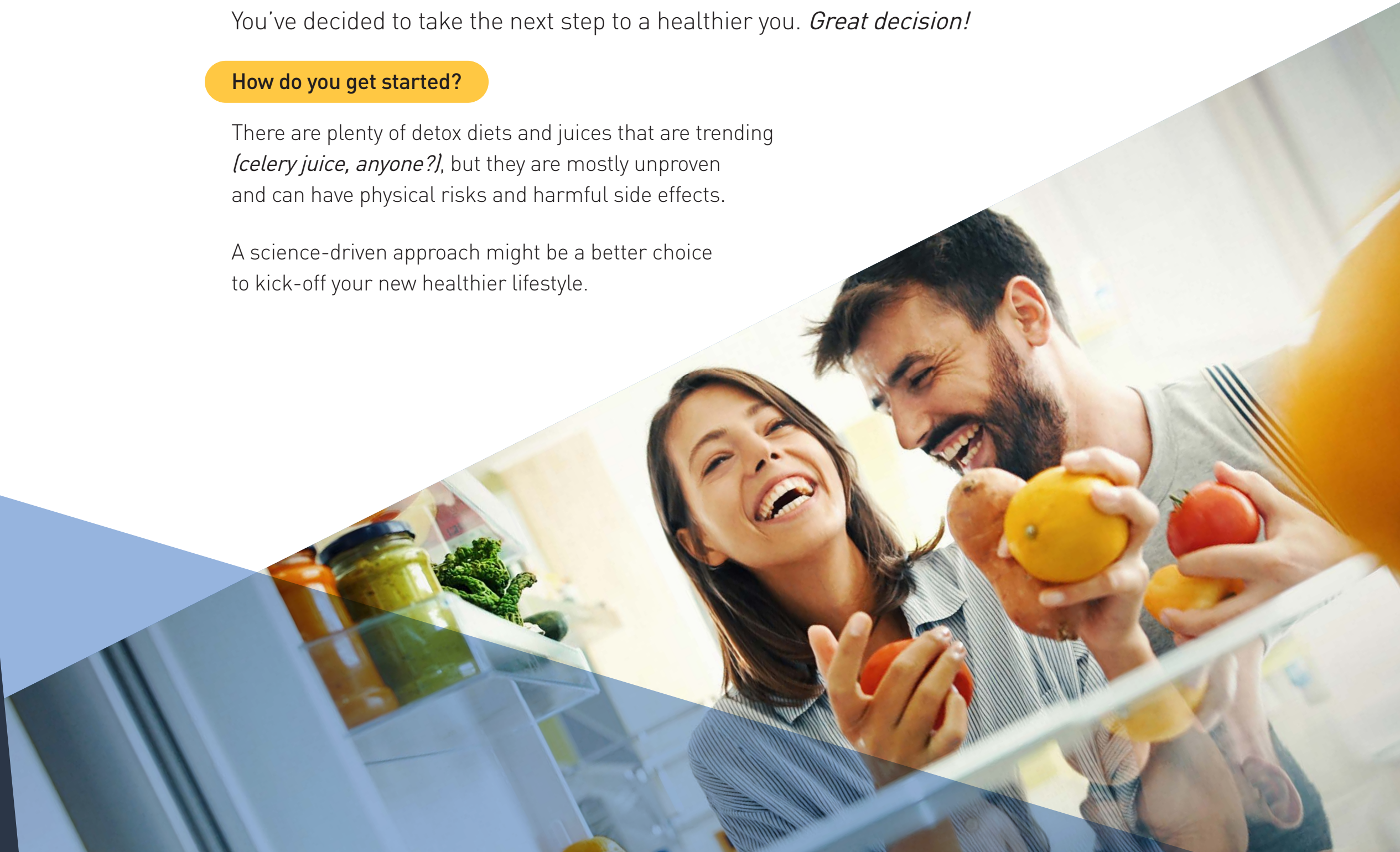
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You've decided to take the next step to a healthier you. *Great decision!*

How do you get started?

There are plenty of detox diets and juices that are trending (*celery juice, anyone?*), but they are mostly unproven and can have physical risks and harmful side effects.

A science-driven approach might be a better choice to kick-off your new healthier lifestyle.





Cleansing with Herbal Cleanses: How herbal cleanses support multisystem cleansing

Your body's systems — circulatory, digestive and urinary — are continuously working around the clock to support your body's daily functions. Their jobs would be easier with a little support from you. With an herbal cleanse, these systems get refreshed and recharged so they can function at optimal levels.

An herbal cleanse uses a combination of detox supplements, water, and healthy diet to revive your body's natural cleansing process and support your overall health and wellbeing.

- 1. INGREDIENTS:** In order to achieve the best results, your herbal cleanse should contain high-quality ingredients shown to help support multisystem cleansing.
- 2. WATER:** Water is the single-most essential beverage your body needs to achieve optimal health. An herbal cleanse leverages the flushing benefits of water to help remove toxins that hinder liver function and digestive performance.
- 3. REGIMEN:** Finding the right detox product is important. Combining a detox product regimen with a detox-friendly meal plan is crucial to help maximize and maintain results.

After your herbal cleanse, it's important to continue to avoid toxins and pay attention to what you're putting into your body. The cleaner you live, the less toxins will be reintroduced into your system. Practicing a healthier lifestyle, eating nutritious foods, exercising regularly, drinking plenty of water and getting good sleep will help your body function better each and every day.

To find out more, click to read:
"How Do Detoxify Herbal Cleanses Work?"

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TIPS FOR A SUCCESSFUL DETOX AND A HEALTHIER YOU

- Schedule a full week to focus on your cleanse
- Plan a 7-day healthy meal menu
- Drink lots of water, flushing your system requires more water than you'd normally drink
- No alcohol consumption
- Decrease salt and sugar in your diet, eat less processed foods
- Get active and exercise
- Practice simple meditation
- Go to bed earlier and sleep better
- Keep a journal of your progress



Water intake suggestions

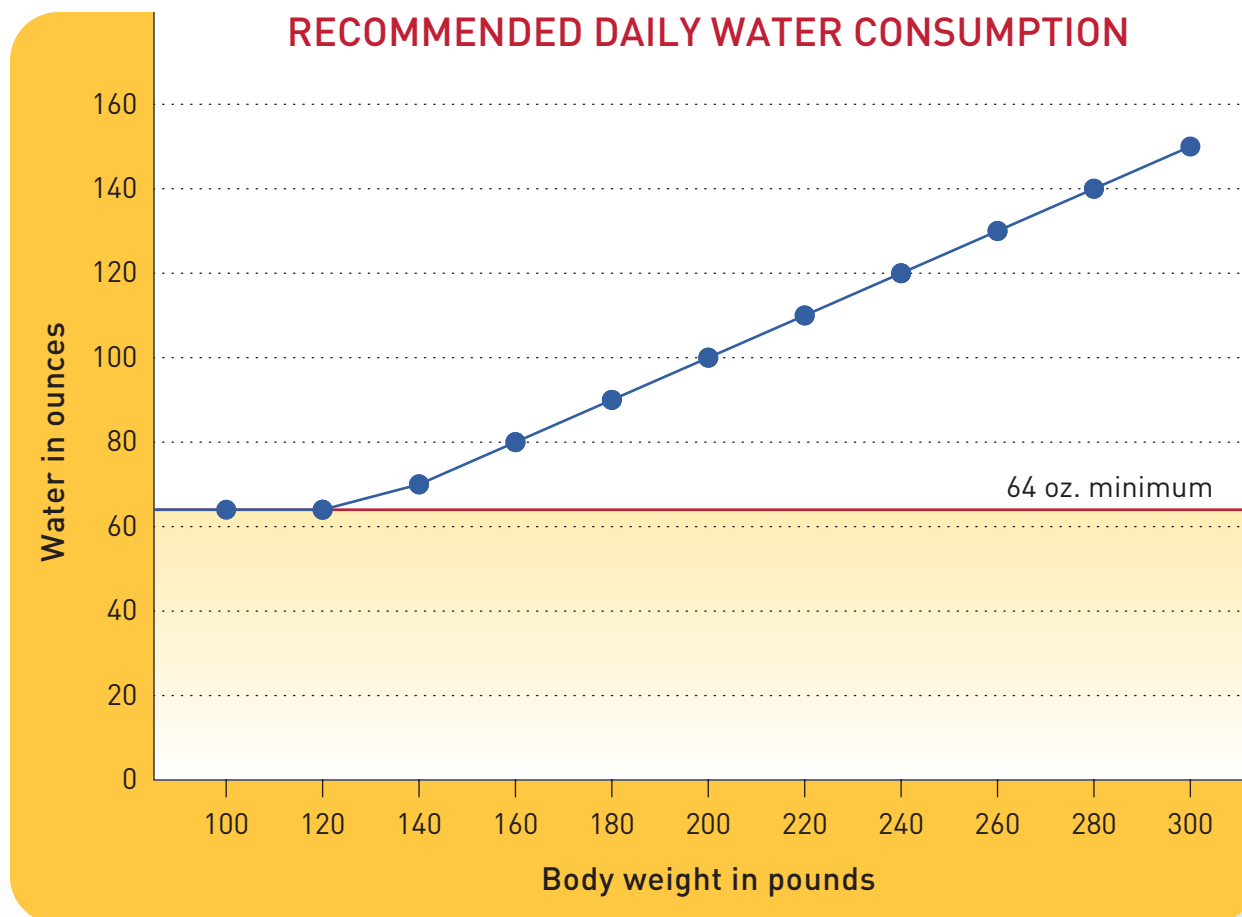
WATER! It is essential to all living things. The human body is made of at least 60% water and must be replenished just to survive. So, how much water do you need to consume daily for your body to be healthy and thrive?

A popular recommendation is to drink an eight-ounce glass of water eight times a day for a total of 64 ounces. This should be considered a daily minimum for healthy water consumption. Since all human bodies are not the same, we recommend an amount tailored for you specifically — take your total body weight in pounds and divide by two. This is the number of ounces of water you should drink every day to stay hydrated and keep your body's systems running smoothly.

During your herbal cleanse, you will want to consume even more water.

FEELING THIRSTY? You're already dehydrated and need to step up your hydration efforts.

RECOMMENDED DAILY WATER CONSUMPTION



[Click to read our favorite tips for drinking more water](#)

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Lifestyle detox

Detoxifying isn't just for your body — it's also important for your mind. Our lives are cluttered with work, play, and daily-life stress. Just like toxins, negative thoughts and feelings accumulate in your mind. It's crucial to address them as well to improve your overall wellbeing.

SOCIAL MEDIA & SCREEN TIME

Scrolling through your favorite social media platforms constantly? How many hours a day do you stare at your devices? You can choose what you consume online just like you choose the foods you eat. Be cognizant of the negativity you're allowing to filter into your mind. Notice the posts that don't bring you joy or inspire you, unfollow them immediately. Even better, take a break from social media and give a friend a call.

SIMPLE MEDITATION

Have a few minutes? Find a comfortable spot, sit down, close your eyes, take a deep breath in and slowly exhale. These are the first physical steps to start meditating and reduce the stresses swirling in your mind. Keep breathing and pay attention to your thoughts, emotions and sensations in your body. The mind naturally tends to wander. Guided meditations might be a good option to help you practice meditation. *Check out the Headspace and Insight Timer apps!*

Click to take your meditation a step further with mindful breathing exercises



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Let's get started

You've committed to giving better support to your body's systems and now it's time to choose the Detoxify brand products that are right for you. Your personal preferences, lifestyle, toxicity levels, time allowed for a detox and body mass index all play a part in determining which Detoxify brand products can help with your health and wellness goals.

1 Why are you interested in detoxifying?

I'm interested in a digestive tract detox

I'm interested in refreshing and recharging my body systems so they can function at optimal levels

2 Which statement do you most agree with?

Periodic cleanse to support my overall wellness goals with a full body reset

Fast-acting cleanse to help me reboot my system

3 How many days do you want to dedicate to cleansing?

3 Do you prefer capsules or ready-to-drink?

Ready-to-drink options

Sugar-free capsules

* Want to enhance your cleanse results?

Short-term (1-3 days)

Long-term (5 days)



To find out more, click to read: ["3 Easy Steps to Selecting the Detoxify Brand Product Right for You"](#)

All Detoxify Cleanses →



Our full-body detox bundles are designed to fit your busy schedule

Looking for a more complete detox? Amazing things happen when you pair Polisorb with Detoxify herbal cleanses for refreshing your urinary, circulatory and digestive systems. Detoxify has two great 7-day detox bundles to consider.

#1: Detoxify Sugar-Free Detox

Detoxify Sugar-Free Detox utilizes Polisorb, Instant Clean and Precleanse to support healthy sustained energy, increased mental focus, nourished looking skin, healthy joints, restful sleep, relief from occasional bloating and constipation, and improved mood. All this and it's sugar-free!



Detoxify Sugar-Free Detox →

SUGAR-FREE DETOX	Day 1: <i>Precleanse</i>	Days 2-6: <i>Polisorb</i>	Day 7: <i>Instant Clean & Metaboost</i>
Wake-Up	Supplements & Medication	Supplements & Medication	Supplements & Medication
Breakfast	Breakfast & <i>Precleanse</i>	Breakfast	Breakfast
Mid-Morning	<i>Precleanse</i>	<i>Polisorb</i>	<i>Instant Clean & Metaboost</i>
Lunch	Lunch & <i>Precleanse</i>	Lunch	Lunch
Mid-Afternoon	Snack & <i>Precleanse</i>	<i>Polisorb</i>	Snack
Dinner	Dinner & <i>Precleanse</i>	Dinner	Dinner
Before Bed	<i>Precleanse</i>	<i>Polisorb</i>	
Instructions:	Take one (1) capsule with 16 oz. of water six times daily.	Consume one serving (2 tbsp. with ½ cup water) three times a day for five days. Polisorb should be taken one hour before or after meals. And at least two hours before or after taking any supplements/medications.	<ul style="list-style-type: none"> – Take the Cleansing Blend capsule (clear) with 20 oz. of water. – Wait 15 minutes. Take the Nutrient capsule (yellow) with 20 oz. of water. – Wait 15 minutes. Take the Metaboost capsule (blue) with 20 oz. of water.

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#2: Detoxify Gut Health Detox

Detoxify Gut Health Detox combines Polisorb, Green Clean and Precleanse into a 7-day detox to support a healthy gut. First, Precleanse prepares your body for the ultimate in natural cleansing support. Then, the enterosorbent science of Polisorb removes the harmful toxins lurking in your digestive tract. Green Clean delivers the ultimate in multisystem cleansing supporting the natural functions of your circulatory, urinary and digestive systems.



Detoxify Gut Health Detox →

GUT HEALTH DETOX	Day 1: Precleanse	Days 2-6: Polisorb	Day 7: Green Clean & Metaboost
Wake-Up	Supplements & Medication	Supplements & Medication	Supplements & Medication
Breakfast	Breakfast & Precleanse	Breakfast	Breakfast
Mid-Morning	Precleanse	Polisorb	Green Clean & Metaboost
Lunch	Lunch & Precleanse	Lunch	Lunch
Mid-Afternoon	Snack & Precleanse	Polisorb	Snack
Dinner	Dinner & Precleanse	Dinner	Dinner
Before Bed	Precleanse	Polisorb	
Instructions:	Take one (1) capsule with 16 oz. of water six times daily.	Consume one serving (2 tbsp. with ½ cup water) three times a day for five days. Polisorb should be taken one hour before or after meals. And at least two hours before or after taking any supplements/medications.	To support your body's natural cleansing process, follow these simple steps: - Shake Green Tea Cleansing Blend Concentrate well and drink entire contents of the bottle. - Immediately after, shake Green Tea Metaboost Concentrate well and drink entire contents of the bottle. - Wait 15 minutes. Drink 32 oz. of water.



The Detoxify 10-Day Reset

Supercharge your health when Polisorb teams up with Detoxify's five-day herbal cleansing program. Developed as a monthly, quarterly or yearly reset for your healthy lifestyle, this deep cleaning detox will prepare you to become a healthier you.



Detoxify 10-Day Reset →

10-DAY RESET	Days 1-5: Polisorb	Days 6-9: Ever Clean	Day 10: Ever Clean Intensive
Wake-Up	Supplements & Medication	Supplements & Medication	Supplements & Medication
Breakfast	Breakfast	Breakfast	Breakfast
Mid-Morning	<i>Polisorb</i>	<i>Ever Clean</i>	<i>Ever Clean Intensive</i>
Lunch	Lunch	Lunch	Lunch
Mid-Afternoon	<i>Polisorb</i>	Snack	Snack
Dinner	Dinner	Dinner	Dinner
Before Bed	<i>Polisorb</i>		
Instructions:	Consume one serving (2 tbsp. with ½ cup water) three times a day for five days. Polisorb should be taken one hour before or after meals. And at least two hours before or after taking any supplements/medications.	<ul style="list-style-type: none"> - In the morning, shake Ever Clean Cleansing Blend (red bottle) and drink the entire contents of the bottle. Follow with one 16 oz. glass of water. - Drink a minimum of five 16 oz. glasses of water throughout the day. - Eat light meals including fruits, vegetables, and fiber during your cleansing program. 	<ul style="list-style-type: none"> - In the morning, shake Ever Clean Intensive Cleanse well and drink the entire contents of the bottle. Follow with one 16 oz. glass of water. - Wait 15 minutes. Drink 32 oz. of water.



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The Polisorb 5-Day Gut Cleanse

Polisorb is Detoxify's clinically proven digestive tract cleanse. Doing this easy 5-day cleanse once a month can help you remove toxins and other harmful particles that creep into your system, especially after playing hard on weekends, enjoying vacation a little too much or anytime you need to get your system back on track fast. Polisorb's sugar-free, gluten-free formulation helps cleanse your digestive tract comfortably and easily. The Polisorb 5-Day Gut Cleanse makes magic happen from the inside out. By cleansing your gut, you'll feel good and get your glow back!

Polisorb 5-Day Gut Cleanse →

A 5-day cleanse as easy as 1-2-3!

1. **MIX 2 TBSP. OF POLISORB** with 1/2 cup of water or any clear liquid (juice, tea, or try adding a little lemon to your water)
2. **DRINK** one hour before or after each meal
3. **REPEAT** three times every day for up to five days

Tips for periodic or regular cleansing:

- Take Polisorb at least of two hours before or after taking any supplements/medications.
- Take Polisorb one hour before or after meals.
- Stay hydrated during your cleanse. To help keep your digestive tract healthy, drink a minimum of eight to 12, eight-ounce glasses of water daily.



Watch how Mandy made the most of her 5-day journey to a healthy gut

QUESTIONS?

Email info@detoxify.com or call 1-800-DETOX-4U

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Fast-acting relief for occasional digestive distress

Polisorb provides fast-acting, situational relief from nausea or upset stomach, overindulgence, foodborne negative reactions and other occasional mild digestive discomfort. Polisorb's enterosorbent science allows it to pass through the digestive system quickly and bind with harmful toxins in the digestive tract.



**Polisorb.
Water.
Stir.
Drink.
Ahhh.**

Hangover
Excess

Foodborne
Reactions

Upset
Stomach

Toxic
Overload

Digestive
Discomfort

Gas &
Bloating

Overindulgence

Child Tummy
Aches

The benefits

- Quickly helps to relieve the symptoms of an upset digestive tract or use monthly as a digestive tract cleanse
- Tasteless, odorless Silicon Dioxide
- Sugar Free, Gluten Free, Non-GMO, Vegan, No Dyes
- Free from dairy, egg, peanut, soy, shellfish, tree-nut, fish, and wheat allergens

FOR ACUTE STOMACH OR GI ISSUES:

- Take one serving as soon as you feel the need.
- After your initial serving, take one serving every hour for up to five hours, or until you're feeling better.
- If you're not feeling better by the second day, continue taking one serving up to three times a day until your symptoms are gone.

Tips for situational use:

- Take Polisorb at the first sign of discomfort. For situational relief, the unwanted substances must still be in the digestive tract.
- Try adding a little lemon to your water or mixing with tea or another fluid — Polisorb can be mixed with any clear liquid.
- Take Polisorb at least two hours before or after taking any supplements/medications.
- Stay hydrated during your cleanse. To help keep your digestive tract healthy, drink a minimum of eight to 12, eight-ounce glasses of water daily.

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