

BRIDGIT DANNER - FUNCTIONAL WOMEN'S
HEALTH COACH AND DETOX EXPERT

THE FIVE-DAY DIY *Detox Guide*



Disclaimer:

This ebook is designed for educational purposes only. It is not intended to replace your relationship with your primary care provider. Do not begin this or any other new health program without consulting your physician, especially if you have a diagnosed condition.

About the Author:

Bridgit Danner has been passionate about environmental stewardship and animal rights since she was a child. This interest led her into the field of natural medicine. She started her career in 2004 as a licensed acupuncturist in Portland, Oregon.

As she honed her skills treating lots of sore shoulders and backs, her own health became challenged- first by postpartum depression and later by toxic mold in her home.

To heal herself, she had to learn a lot about detoxification. She continues to passionately learn about sources of toxins and ways to detoxify.

After running an integrative health center for 10 years, she retired her acupuncture needles in 2017 to work exclusively as an online functional health coach and detox educator. She relocated to Phoenix, Arizona that same year.

She loves to teach people how to identify sources of toxins and replace them with safer options, as well as to teach people how to cleanse their bodies for better energy, brain function and weight management.



Hello & welcome to your detox guide! This guide is the beginning of a journey I want to take you on to identify toxins and to rid them from your home and body.

Why bother with toxins?

Reducing your toxic burden reduces your odds of asthma, cancer, Alzheimer's and infertility. Reducing your toxic load can help you lose weight, restore your energy levels and balance your hormones. It can help you conceive a healthy baby and raise a healthy child.

Toxins are ubiquitous. They are in your food, air and water. They are in your couch, your sunscreen and your shower curtain. This can make it seem like there is nothing you can do, but there is plenty you can do!

When the body is overloaded with toxins, the toxins hang around and slow down cellular function. This means your brain is not firing as quickly, and you're foggy and forgetful. This means you gain weight even though you're not eating more.

You can simplify the topic of detoxification by changing your habits to support your body's natural ability to detoxify, starting with the first things you do in the morning!

In this guide, I'll focus on a few things you can do in the morning that can shift your day. If you're feeling ambitious, we'll cover other simple things you can do in your day to get even more dramatic results.

I suggest that you do this morning routine for 5 days in a row - I call it the 5 day challenge. If you work Monday to Friday, You may want to prepare everything over the weekend, and then do it every morning before work.

Whatever your schedule, choosing 5 days in a row that you'll be home and in a routine is best. **Take a moment now to choose your start date and mark it on your calendar!**

Toxin Symptom Quiz

Before we go over the particulars on the cleanse, let's review how you're feeling now:

- Do you wake up tired, or feel like you can never get enough sleep?
- Do you wake up with puffy eyes, ankles or fingers?
- Do you need caffeine or sugar to 'make it through' the day?
- Do you have trouble remembering where you left things, or recalling words?
- Do you feel like you are in a haze or a fog?
- Do you have trouble falling asleep or staying asleep?
- Do you have a twitching eyelid, leg or other muscles?
- Have you been diagnosed with cancer, poor sperm quality or unexplained infertility?
- Do you have asthma or a chronic runny or stuffy nose?
- Do you have weight that came on 'for no reason', or that you can't lose?
- Are you moody or quick to anger?
- Are you anxious or depressed most of the time?
- Are you having PMS or cramps, despite good lifestyle habits?
- Do you have chronic diarrhea, constipation, or a mix of both?
- Do you have chronic sore joints or muscles?
- Do you struggle with acne, eczema or other chronic skin issues?

This is just a partial list of symptoms that could be caused by toxins!

Toxin Source Quiz

Next let's consider where toxins may be coming from in your life:

- Do you drink tap water or pre-packaged water bottles?
- Do you eat any processed foods or pre-packaged foods?
- Do you eat non-organic foods sometimes?
- Do you use conventional beauty products, i.e. Pantene shampoo, CoverGirl cosmetics, etc?
- Do you use conventional cleaning products, i.e. Tide detergent, etc.?
- Do you wear your shoes around the house?
- Do you have pets in the house?
- Do you eat tuna fish?
- Do you have musty smells or water-damaged spots in your home?
- Do you wear store-bought perfume?
- Do you use air freshener in your home or car?
- Do you work with any chemicals in your workplace?
- Do you do any stained glass work, welding or jewelry making?
- Do you live near a manufacturing area?
- Do you live near a major roadway or airport?
- Do you have any chronic infections like Candida overgrowth?
- Do you have root canals or amalgam fillings?
- Do you have a brand new car, home or bed?

Again, this is just a *partial* list of toxin sources!

Hopefully this introduction makes you more aware that toxins are all around you and could be contributing to symptoms that affect your quality of life.

Let's move on to covering what the heck this morning detox is!

Your Morning Detox

There are three key parts to this detox, and the whole lot of them will only take 5 minutes of your time.



A. Dry Brush Your Skin

Dry brushing is a technique that's been around a while. It is basically brushing your body with a natural fiber brush from your extremities towards your heart.

This technique moves lymph- which is a fluid that collects waste products in your body and moves them out. When your organs of detoxification are overburdened, this lymphatic fluid can stagnate in the body, possibly leaving you feeling puffy, congested and generally sluggish.

So dry brushing helps reverse this stagnation and energizes your body. Bonuses: dry brushing also helps beautify your skin by refreshing it with fresh blood supply. And it helps move those stubborn cellulite deposits under the skin, especially if you apply a little grapefruit essential oil first.

If you shower most days, do your dry brushing before you shower. Remember, it's dry brushing- it's not a wet shower brush! If you're not taking a shower, do your dry brushing after you take off your jammies and before you get dressed. You may feel chilly for a minute, but the dry brushing will warm you up!

[This is a video I made you](#) about dry brushing.

Purchase my [favorite dry brush set here](#) and save 10% on your first order with code WELCOME10.

B. Move

Getting a bit of blood-pumping exercise in the morning is a great boost for detoxification and energy. Overnight, everything gets clogged up in your body, and it needs some help to get moving!

The most simple, powerful exercise I can suggest is squats. Yes, plain old squats. Doing a set of ten wide legs squats is a great way to work your biggest muscle groups, move lymph, and pump your blood.

You can move your arms vigorously at the same time for even more benefit. Or you can add a 10 lb. dumbbell after you're warmed up.

Other options:

If your knees don't allow you to squat, you can do push-ups or jumping jacks. It's ok to do push-ups on your knees so that you don't irritate your shoulder joints!

You can also do yoga- do a few sets of sun salutations or just some lunges, side bends and deep breathing.

Another option is to use a mini-trampoline, aka a rebounder. You can also sprint on an exercise bike or treadmill.

The point is *not* to do a long work-out, but a consistent bit of blood pumping every morning. I usually do my squats in the midst of getting dressed after my dry brushing. It's not a fancy work-out in workout clothes, it's just 1-2 minutes of vigorous movement. And it gets you energized.

Here again is my [dry brushing / rebounder video](#).

And here's a video of a [wide-legged squat from XHIT Daily](#).

C. Make the Drink

There is both a special drink you'll make for the detox, and also a more familiar one.

1. Water

Please drink a big glass of water upon waking daily. Room temperature is best but any temperature is great. Do this DAILY! Your body got no water all night and you wake up dehydrated.

You absolutely need water to detoxify, so make sure you drink throughout the day but ½ before meals and 2 hours after meals. Aim for about 8 glasses a day.

Water quality is important and filtered water (not water bottled in squishy plastic) is best. You can learn more about water quality and water filter options by searching [on my blog](#), but for now just concentrate on getting your 8 glasses, and use filtered water whenever possible.

2. Cilantro Lime Drink

This is a drink I came up with as I was studying how to detoxify chronic Epstein Barr virus. I think it solidified as a 'must have' for me when:

- I could feel the results
- As I studied alkalizing diets
- As I learned about oxygenating the blood.

This drink is delicious and light. It's not a thick, sticky, complicated smoothie! It does not require a fancy blender.

This simple drink packs a lot of punch to:

- Supports the organs of detoxification
- Alkalize the body
- Support the immune system
- Hydrate the body

Cilantro Lime Drink Recipe:

- Add 12 oz. of purified, cool water to your blender.
- Squeeze in one whole, washed lime or small lemon with a citrus juicer.
(Or use ½ of your pre-squeeze mixture. See tip below.)
- Add one generous handful of organic, washed spinach or other greens. (I like to rotate, and I like using [fresh broccoli sprouts](#).)
- Add one medium handful of organic, washed cilantro.
(Trim off thick bottom stems of cilantro- retain upper stems.)
- Add one teaspoon of local honey. (Skip this if you prefer.)
- Blend thoroughly.
- Pour and drink within 15 minutes.

You can watch a video of [me making the drink here](#).

Helpful tip!! You can prep ahead for your 5-day challenge:

- Squeeze your citrus juice ahead of time and store in a covered, glass jar in the fridge.
- Wash, let dry and chop as needed your greens and cilantro. Add your 5 handfuls of each (see above) and store in the fridge in one glass tupperware well-mixed in the right ratio.

Do NOT make your drink ahead or it will not be fresh.

I actually have two more cilantro videos on my YouTube channel. Cilantro is a powerful herb so if you want to learn more about it, check these out:

[Cilantro Chimichurri Recipe](#)

[Cardamom and Cilantro Essential Oil benefits](#)

Shopping List

What you'll need:

- 5 limes, preferably organic (ok to sub with 5 small lemons as needed)
- 2 small or 1 large bunch cilantro, preferably organic
- 5 oz. container of pre-washed, organic spinach or other greens or sprouts
- Honey, preferably local
- Manual or electric citrus juicer
- Filtered water
- Dry brush
- Blender- any type will do

Be sure you have all your supplies ready for your start date! Just buy produce 1-2 days ahead so it's fresh.

Dry Brush

This is my [current favorite dry brush set](#), which I now carry in my shop! If you are a new shopper with us, use the code 'WELCOME10' at checkout to get 10% off!

You can also generally find a dry brush at your local natural grocery store.



Lemon Squeezer

This is the kind of lemon squeezer I have on the left and you can buy one at most grocery stores. But there are also other styles and electric versions. Note: cut fruit in half before squeezing!

Blender

I happen to have a Nutribullet and Vitamix, but for this drink ANY blender will do as the ingredients are very easy to blend. There's no need for a big spend- even Goodwill may have a blender for you.



Spinach



Cilantro



Supercharge Your Cleanse!

I've tried to leave this cleanse quick and simple BUT if you are feeling motivated, there is more you can do, and it's all easy stuff. Health is about layering in more and more good habits, and the end product is more energy, better sleep, etc.

So here are some things you can layer into your day. You don't have to do all of it, but perhaps add 2-3 key things you are not currently doing.

- **Drink water-** drink about eight 8 oz. glasses a day away from meals
- **Use cranberry-** add one oz. unsweetened cranberry juice to 8 oz. of water to support bile movement and break up cellulite deposits.
- **Move-** frequency trumps intensity so take the stairs, walk after lunch, etc.
- **Get fresh air & sunshine-** these energy sources will give you a boost!
- **Lie down and rest-** Take a 5 minute horizontal rest after lunch & your work day. This gives your adrenals a break.
- **Meditate-** likewise you can take even 1 min to breathe deeply or sit quietly
- **Alkalize-** Make sure $\frac{2}{3}$ of your meal is alkaline- that means lots of greens!
- **Avoid sugar, dairy & gluten-** these are inflammatory foods.
- **Avoid caffeine & alcohol-** In the long run they zap your energy and strain your liver and adrenals. Plus they keep you in a cycle of addiction.
- **Get to bed by 10 PM-** those hours from 10-12 are extra special!
- **Get 8 hours of sleep-** this reduces food cravings and spaciness
- **Give hugs-** Connecting with loved ones recharges you as much as a meal.
- **Make a Gratitude List-** the mindset of appreciation shifts your day.
- **Use essential oils-** oils like grapefruit, lemon, peppermint and orange can give you guilt-free energy and also curbs your carb cravings. I like [doTERRA](#) and [Vibrant Blue Oils](#).

Supercharge Your Cleanse!



Supplements to Heal Your Digestion

The suite of gut restoration products from Microbiome Labs has blown away other supplements with its great, reliable results. The gut needs to be healthy for detoxification and for all other body systems to work well.

The [MegaSporeBiotic](#) is its flagship product and helps your gut make 80 different kinds of friendly bacteria. It is assisted by the [MegaPreBiotic powder](#) which feeds the friendly bacteria and can cause another tenfold increase in beneficial population.

The [Mega IgG 2000](#) is a very special product that rebuilds your gut lining while also sweeping out waste products from your gut from viruses and other infections. This product is best for loose stools.

Finally the [MegaMucosa](#) product gently and effectively rebuilds your gut lining to create an effective barrier and prevent pathogens from hitting your bloodstream. This product is great for a sensitive tummy, food sensitivities and constipation.



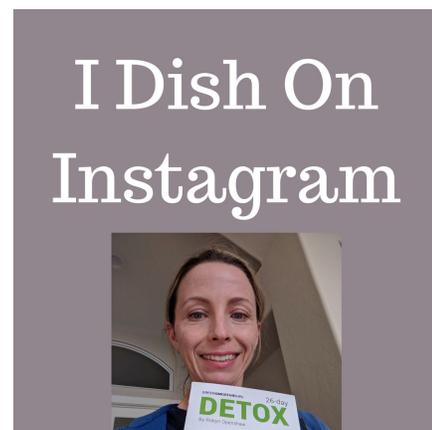
Learn more about the products [at our shop](#). Check out my [in-depth interview on the best way to use the products](#) to heal your specific issues!
→ Get 10% off your first order [at our shop](#) with the code "WELCOME10."

Stay On Touch!

We'd love for you to follow us on [Facebook](#) or [Instagram](#) (my personal favorite) for more detox tips and healthy recipes.

We also love to read your comments on social media:

- What are you learning?
- What are your goals?
- What are you experiencing as you cleanse?



If you're [on my mailing list](#), stay tuned for my upcoming emails as I teach you all I'm learning about staying safe from toxins, detoxing your body, balancing hormones, and more!

To Your High-Energy, Detoxed Self!

Bridgit