



NATURAL DETOX

How Our Daily Habits Support Detox & Sustainability

Why do you Need a Detox?

Human Health

- Plastics leach endocrine disruptors like BPA, phthalates & PFAS into our food, water, and bodies.
- These are linked to hormone disruption, fertility issues, cancer, immune dysfunction, and more.
- Kids and teens are especially vulnerable during growth & development.

Environmental Impact

- The average American generates over 220 lbs of plastic waste per year.
- Over 14 million tons of plastic end up in the ocean every year.
- Plastic doesn't biodegrade—it breaks into microplastics that contaminate air, soil, and seafood.



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BEACHES GO GREEN 2.0



HEALTHY PLANET
HEALTHY YOU



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How to Detox with Veggies

Why Focus on These Veggies?

- Cruciferous + allium veggies support detox, disease prevention, and longevity
- Food can turn on your body's natural detox pathways

Meet the Cruciferous Superstars

- Brussels sprouts, Cabbage, Kale, Collard greens
- Mustard greens, Kohlrabi, Turnips, Wasabi, Watercress, Horseradish
- **Note:** These veggies are rich in sulforaphane and glucosinolates – key for liver detox!

Glutathione – The Master Antioxidant

- What it does:
 - Protects cells
 - Neutralizes toxins
 - Regenerates other antioxidants (vitamin C & E)
- Foods that support it: Cruciferous veggies, asparagus, spinach, avocados

How to Maximize the Power

- Chop/crush cruciferous veggies and let sit for 5–10 mins before cooking
- This activates the enzyme myrosinase, converting compounds into sulforaphane

Allium Family Heroes

- Rich in: Organosulfur compounds
- Benefits:
 - Help break down toxins in liver
 - Protect against heavy metals (like mercury)
 - May reduce cancer risk
- **Tip:** Eat raw or lightly cooked for max benefit

How Much Should You Eat?

- 2–5 cups of cruciferous veggies per day!
 - Mix raw and cooked
 - Add to smoothies, soups, salads, stir-fry
- **Tip:** Start small and build up to avoid digestive upset

Simple Daily Detox Habits

- Sweat through movement
- Sleep well
- Stay calm
- Eat real food
- Hydrate
- Connect with nature
- Choose non-toxic products

Sweating Through Exercise

- Physical activity increases circulation and promotes sweating
- Sweat helps eliminate heavy metals and toxins
- Exercise supports lymphatic drainage and skin health
- **Tip:** Aim for 30 minutes a day of movement

Quality Sleep for Detox & Repair

- The body detoxifies most effectively during deep sleep
- Poor sleep = poor liver function and stress resilience
- Consistent, quality sleep supports hormones and immunity
- **Tip:** 7–9 hours a night in a dark, cool environment



“FOOD IS MEDICINE, AND NATURE PROVIDES THE PHARMACY.”
– DR. MARK HYMAN.