



# 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.



**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.