

# Radiant Health

## DETOX COURSE

Experience a Total *Mind-Body Reset*

*with* Bindi Stables, IHP



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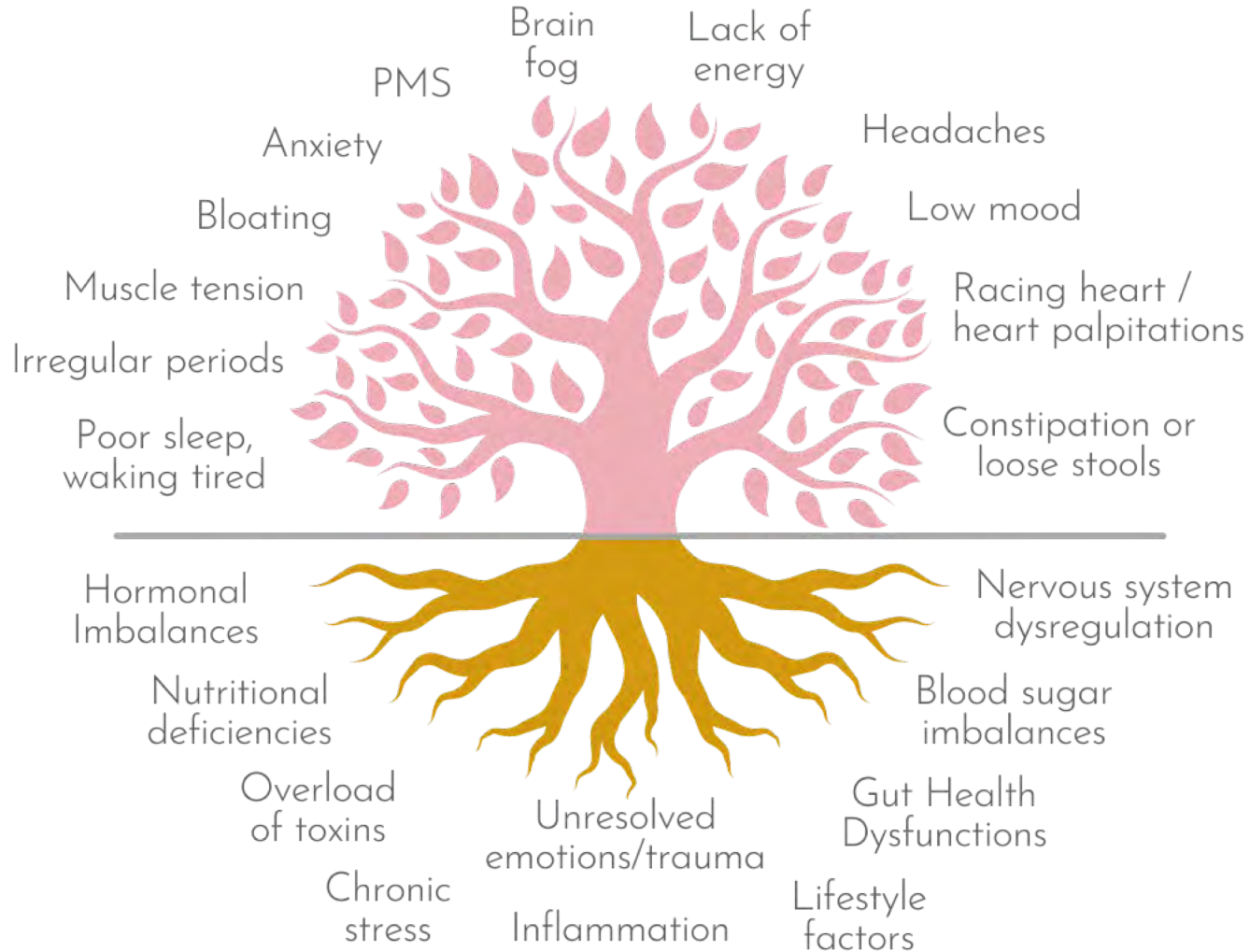


Ready for a total mind-body reset?

What is your why?

## Holistic Mental Wellness

### SYMPTOM + ROOT CAUSE TREE



## Root Cause Medicine

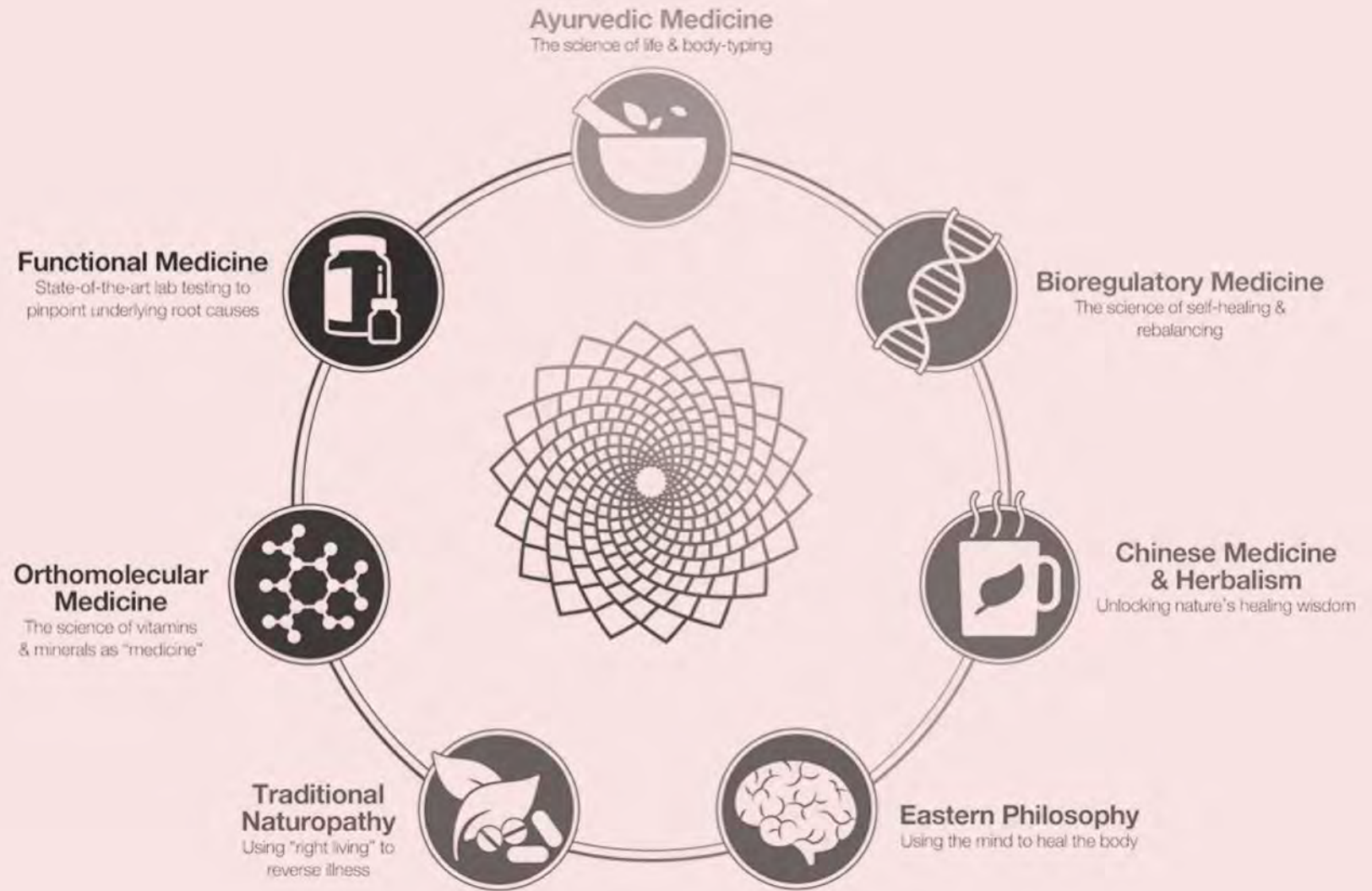
The symptom is not the problem...

The symptom is a messenger pointing to the deeper, problem.



- **Wellness- Based Assessments**
- **Functional Medicine Lab Testing**
- **Personalized Wellness Plans**

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- Nervous System Regulation
  - Hormonal Balancing
  - Gut Health
  - Detoxification Protocols
  - Nutrition & Supplementation
  - Mindset + Emotional Balance
  - Re-Wiring the Brain
  - Freedom From the Past
  - Self-Love + Self Connection
  - Spiritual Wellness



# *What is true health?*

True health is not just the absence of disease. True health is vitality, vibrant energy, clear mind, pain free, zest for life.

*Health = Balance*

Dis-ease = Imbalance | **Goal:** 1) Remove toxicities 2) Rebalance deficiencies





## *Benefits:* OF A FUNCTIONAL MEDICINE DETOX

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- Overall health and wellness
- Mental clarity
- Balanced mood
- Kickstart digestion
- Improve focus + memory
- Rejuvenate deep sleep
- Balance inflammation
- Clear skin
- Balanced healthy hormones
- Boost libido
- Zest for life!

*You may be exposed to up to 80,000 toxins, chemicals and pollutants every single day...*



## WHERE DO THESE TOXINS COME FROM?

- **The air we breathe** (carbon, heavy metals, cleaning products, pesticides, brake dust & more)
- **The water we drink & shower in** (chlorine, fluoride, aluminium, pharmaceuticals, lead etc.)
- **The food we eat** (pesticides, herbicides, fungicides, hormones, chlorine, preservatives, additives, artificial colors and flavors)
- **Body care and cosmetics** (heavy metals, coal tar, parabens, propylene glycol, fragrances etc.)
- **Kitchen products** (aluminum foil, cookware, non-stick surfaces, plastics, GMO vegetable oils)
- **Household items** (flame retardants on your furniture, lead in paints, glues, household cleaners, VOC's, EMF's, mold etc.)
- **Your internal world** (cellular wastes, metabolic wastes, stress hormones, oxidation, inflammation)

What's your total toxic load?

We can lab test for it, or take the **Toxicity Quiz** to assess your total body toxic load.

Print if off, fill it in. Then assess again after the detox.



# TOXICITY QUIZ

To complete the toxicity questionnaire and find your personal results score, simply fill in the blank with a 0, 1, 2, or 3 depending on your typical symptoms.

0 = Never feel this symptom    1 = Feel this symptom 1-2 times/month  
2 = Feel this symptom weekly    3 = Feel this symptom daily

## Head

- \_\_\_ Headaches/Migraines
- \_\_\_ Dizziness/Faintness
- \_\_\_ Neck tension
- \_\_\_ Cloudy head

## Sinus

- \_\_\_ Nasal congestion (stuffy nose)
- \_\_\_ Allergies (seasonal or daily)
- \_\_\_ Mucus
- \_\_\_ Sneezing
- \_\_\_ Nose blowing

## Eyes

- \_\_\_ Dark circles under eyes
- \_\_\_ Bags under eyes
- \_\_\_ Itchy eyes
- \_\_\_ Discharge or watery eyes
- \_\_\_ Blurred vision
- \_\_\_ Crusted eyes upon waking

## Ears

- \_\_\_ Itchy ears
- \_\_\_ Discharge or drainage from ears
- \_\_\_ Ringing in ears, tinnitus
- \_\_\_ Excessive wax build up
- \_\_\_ Blocked or muffled hearing

## Teeth

- \_\_\_ Pain in gums or teeth
- \_\_\_ Bleeding gums
- \_\_\_ Silver fillings (Score with a 3 if you have any metal fillings)

## Mouth

- \_\_\_ Canker sores
- \_\_\_ Cold sores (herpes virus)
- \_\_\_ Cracking on lips
- \_\_\_ Discoloured lips
- \_\_\_ White film on lips upon waking or after eating

## Tongue

- \_\_\_ Red dots on tongue
- \_\_\_ Sides of tongue have dents ("scalloping")
- \_\_\_ White, yellow, or brown coating on tongue
- \_\_\_ Cracks or lines on tongue

## Glands

- \_\_\_ Swollen lymph nodes (neck, armpits, or groin)
- \_\_\_ Difficulty swallowing
- \_\_\_ Loss of voice
- \_\_\_ Swollen ankles, wrists, hands or fingers

## Breathing

- \_\_\_ Chest tension
- \_\_\_ Inability to get enough air in
- \_\_\_ Chest congestion
- \_\_\_ Chronic cough
- \_\_\_ Clear throat a lot
- \_\_\_ Voice hoarseness

## Skin

- \_\_\_ Acne
- \_\_\_ Hair loss
- \_\_\_ Flushing/Hot flashes
- \_\_\_ Dry, flaky skin
- \_\_\_ Excessive sweating
- \_\_\_ Hives or itchiness
- \_\_\_ Psoriasis, eczema, ringworm or skin rashes

## Joints/Muscles

- \_\_\_ Pain in joints
- \_\_\_ Muscle stiffness
- \_\_\_ Limited range of motion
- \_\_\_ Muscle weakness/loss of strength
- \_\_\_ Arthritis

## Weight

- \_\_\_ Difficulty losing weight
- \_\_\_ Gain weight easily
- \_\_\_ Feel swollen or puffy
- \_\_\_ Retain water
- \_\_\_ Binge or compulsive eating



This is why doing a **Functional Medicine Detox** (FMD) is key to safely eliminating this build-up of toxins to boost your mood, energy, sleep, digestion and hormones so you can feel *Radiant Health* again.

## WHAT IS A FUNCTIONAL MEDICINE DETOX?

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Here's what a Functional Medicine Detox (FMD) is NOT:

- X A 'juice cleanse' or 'detox teas'
- X Fad or starvation diet
- X Laxatives or diuretics
- X A harmful "quick fix" or "magic pill"
- X Drinking cayenne pepper and maple syrup for a week

## WHAT IS A FUNCTIONAL MEDICINE DETOX?

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- ✓ A Functional Medicine Detox is a safe, comprehensive, full-body detoxification protocol that gently eliminates harmful toxins by supporting your body's natural detox pathways while rebalancing the body and brain at an underlying root cause level.
- ✓ It is simple, practical and accessible for people with busy lives and responsibilities and sets you up for success in creating a healthy mindset, diet, routine and lifestyle for long term mind-body wellness.
- ✓ This integrative and clinically proven detox protocol kickstarts the deepest level of healing in the body and mind so you can get back to your calm, healthy, vibrant self, *naturally!*



# LIVER FUNCTIONS

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- Filtration
- Digestion
- Metabolism
- Detoxification
- Protein synthesis
- Storage of vitamins and minerals

# THE LIVER'S ROLE IN DETOXIFICATION

## TOXINS

(Fat-Soluble)

### Exotoxins

- Environmental toxins
- Pesticides
- Food additives
- Household chemicals
- Cosmetics + perfumes
- Air + water pollution
- Drugs
- Alcohol

### Endotoxins

- End products of metabolism
- Cellular waste
- Bacterial endotoxins

## PHASE 1

### Required Nutrients

- Anti-oxidants
- Carotenoids
- Vitamin C
- Vitamin E
- B-Vitamins
- Folic Acid
- Glutathione
- Branched-chained amino acids
- Flavonoids
- Phospholipids

## PHASE 2

### Required Nutrients

- Amino acids
  - Glutamine
  - Glycine
  - Taurine
  - Glutathione
  - Cysteine
- Antioxidants
- N-Acetylcysteine
- B-Vitamins
- Sulfated Phytochemicals
- S-Adenosylmethionine

## WASTES

(Water-Soluble)

Eliminated from the body via:

Gall bladder

Bile

Stool

Kidneys

Urine



# *How to do a Functional Medicine Detox*

1) Nutrition + Fasting | 2) Self-Care + Lifestyle | 3) FM Supplementation

# Detox

## SHOULD I DO THE 7, 14 OR 21-DAY DETOXX?



- You scored  $> 20$  on the Toxicity Quiz
- You've never done a FMD before
- Once a year as maintenance



- You scored 10-19 on Toxicity Quiz
- You've never done a FMD before but you're not ready to commit to the full 21-days, this is a great start!

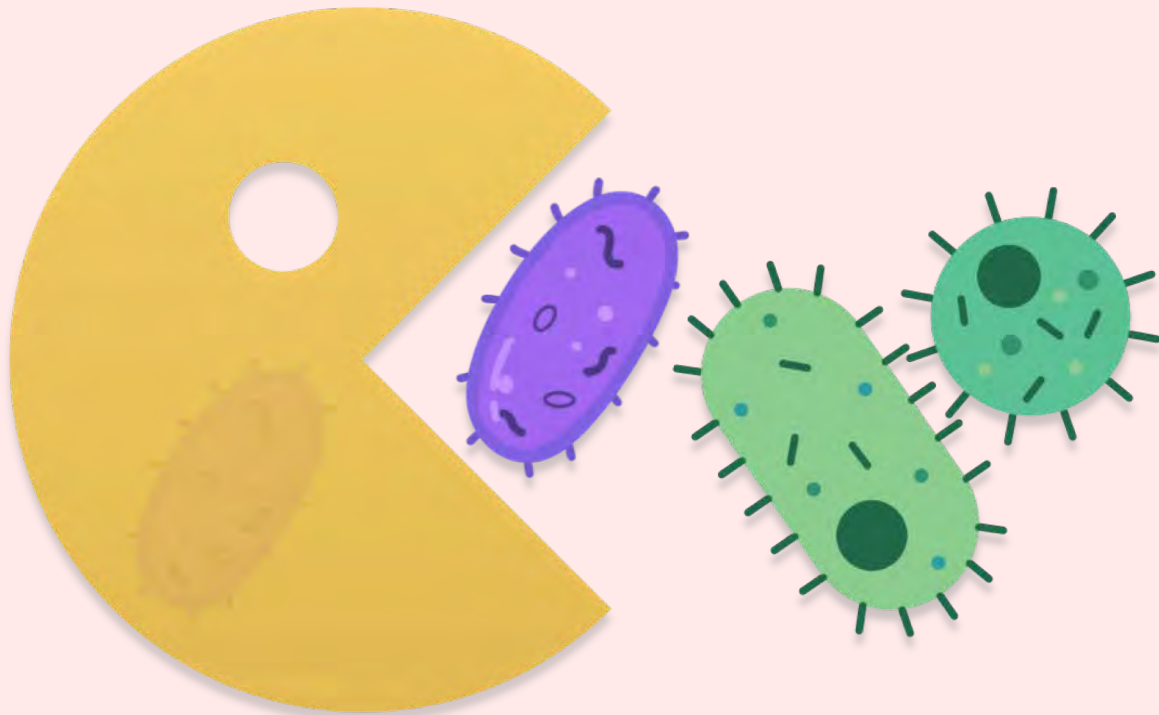


- Scored  $< 9$  on Toxicity Quiz
- You've done a FMD before and want to maintain health
- Seasonal or quarterly detoxes
- A fine place to start if you're looking to "test the waters"

# *Fasting*

## THE BASICS FOR DETOXIFICATION

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- Fasting accelerates detoxification and improves longevity (AUTOPHAGY)
- Fast overnight 12-14 hours
  - Ideally 6:00pm – 6:00-8:00am
- Break fast with liquid and easily assimilated and digestible food
- Avoid heavy, hard to digest foods in the AM
- For a FMD, you'll have the option to do a FMD version of fasting to speed up the detox and healing process

# *Fasting* OPTIONS FOR DETOXIFICATION

*Can be repeated days 1 & 2 for weeks 2 & 3.*

## 3 Options for Starting Your Detox with a Fast

1. Fast 12-16 hours overnight
2. 1-Day Fast – 4 Shakes on Day 1
3. 2-Day Fast – 4 Shakes on Days 1 & 2

**DAY  
1 & 2**

**4X PER DAY:**  
EquiLife Detox Shake  
1 scoop in 20oz of water

**2X PER DAY:**  
AYU Detox   
2 capsules  
FM Detox   
2 capsules



equi.life

# Nutrition

## NON-FASTING DAYS

Can be repeated days 2/3-7 for weeks 2 & 3.

- Eat every 3-4 hours
- Can be DNS shake for breakfast or smoothie
- Plant-based lunch and paleo or plant-based dinner

DAY  
3-7

**2X PER DAY:**  
EquiLife Detox Shake  
2 scoops in 20oz of water  
AYU Detox  
2 capsules   
FM Detox  
2 capsules 

Lunch (Plant Based)  
Dinner (Paleo or  
Plant Based)



 **HEALTH TIP:** EquiLife Detox Shakes and/or meals should be consumed 3.5 hours apart after your first of the day.



## *Detox* NUTRITION PRINCIPLES

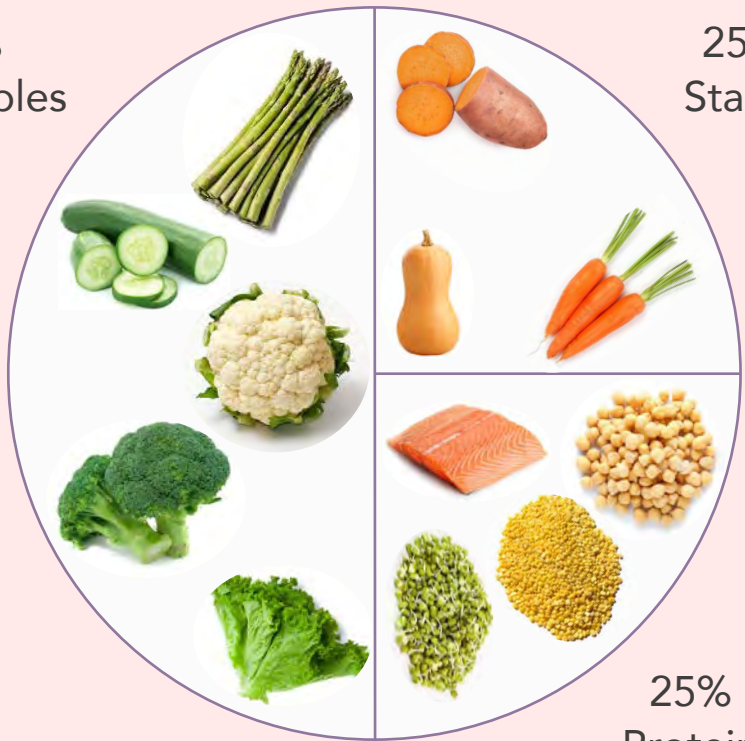
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- Heavy, fatty foods slow liver detoxification
- Too much protein during a detox makes the body more sluggish and slows digestion
- Eating too often draws energy away from the healing process
- Bright colored, mostly plant based foods and herbs enable you to ramp up natural detoxification

# Detox NUTRITION PRINCIPLES

**Elimination Diet:** No grains, eggs, dairy, nuts, corn, shellfish, alcohol or soy (besides GMO 1-2 times a week.)

50%  
Vegetables



25%  
Starch



1-2 tbsp  
healthy fat

25%  
Protein

## PROTEIN

### Animal

(pastured, grass-fed)

- Chicken
- Turkey
- Duck
- Game meat
- Organ meat
- Lamb
- Buffalo
- Beef

### Fish

(wild, low mercury)

- Salmon
- Trout
- Sardines
- Anchovies
- Mackerel
- Cod
- Haddock

### Vegan

- Chickpeas
- Beans of all type (not canned)
- Lentils
- Split mung beans
- Hemp hearts
- Sprouts
- Rice, hemp or pea protein powder
- Non-GMO organic sprouted tofu (1-2x a week if not estrogen dominant)

## HEALTHY FAT

- Avocado
- Olives
- Coconut
- Pumpkin seed
- Hemp seed
- Chia seed

*\*If using oils such as coconut and olive oil, make sure to get 100% organic, extra-virgin, first and cold pressed to ensure it is top quality without additives.*

## VEGETABLES

- Spinach
- Kale
- Chard
- Romaine
- Mustard greens
- Parsnips
- Heirloom tomatoes
- Cucumber
- Bamboo Shoots
- Arugula
- Bok choy
- Sprouts
- Endive
- Celery
- Green beans
- Asparagus
- Brussels sprouts
- Broccoli
- Cauliflower
- Radish
- Snap peas
- Turnips

## GF STARCHES

- Yams
- Potatoes (all colours)
- Yucca
- Parsnips
- Taro
- Plantains
- Squashes
- Carrots
- Beets

## FRUIT

### Low Glycemic

- Blueberries
- Blackberries
- Raspberries
- Cherries
- Strawberries
- Kiwi
- Green Apple

### Med Glycemic

- Apples
- Oranges
- Grapefruit

### High Glycemic

- Watermelon
- Mangoes
- Papaya (non-GMO)
- Pineapple
- Bananas

Protein (1/2-1c)  
CHOOSE 1

Lunch & Dinner

- \* Lunch should be a vegetarian protein option
- \* Dinner may be vegetarian or animal/fish protein

PLANT PROTEINS (Lunch & Dinner Options)

Bean Sprouts	Split Mung Beans
Beans (not baked beans)	Tofu (sprouted organic)
Legumes	Hummus
Lentils	Chickpeas
Natto	Hemp Hearts

ANIMAL PROTEINS\* (Dinner only)

Anchovies	Sardines
Chicken	Scallops
Cod	Sole
Cornish hen	Shrimp
Duck	Tilapia
Haddock	Turkey
Salmon	Trout

\*Choose wild or pastured

Fat (1-2 TBSP)  
CHOOSE 1

Lunch & Dinner

Avocado	Flax Seeds
Chia Seeds	Olive Oil*
Coconut Oil	

\*Combine 1-2 tbsp of olive oil and fresh squeezed lemon juice to make a great dressing

# Dr. Cabral Detox Meal Planner

OPTIONAL



Lemon  
Water

&



Herbal Tea

Carb (1-2+ Cups)  
CHOOSE 1 or 2

Lunch & Dinner

Artichokes	Peppers
Arugula	Radishes
Asparagus	Red Beets
Broccoli	Sea vegetables
Brussels sprouts	Scallions
Cabbage	Snap peas
Carrots	Snow peas
Cauliflower	Spinach
Celery	Sprouts (all)
Chard/Swiss chard	Tomatoes
Chives	Water chestnuts
Cucumber	Watercress
Kale	
Escarole	Blackberry**
Fennel	Blueberry**
Garlic and shallots	Cherry**
Green Beans	Pumpkin**
Greens (beets, collards)	Raspberry**
Jicama	Sweet Potato**
Leeks	Yam**
Lettuce (all)	
Micro greens	
Mushrooms	
Onions	
Parsley	

\*\* If you are trying to lose weight avoid these options during the detox.





## Drinks FMD PROTOCOL APPROVED

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- 2-4 Daily Nutritional Support detox shakes (this amounts to 40-80oz water)
- Ginger tea (daytime for digestion & detox)
- Green tea (daytime before 2pm with meal)
- Any herbal tea
- Water! (Add lemon, lime or herbs and a pinch of pink salt if desired)
- Coffee or black tea (1 cup allowed in morning if desired after shake (no dairy, no sugar))

Aim for  $\frac{1}{2}$  your body weight in oz water per day.  
If you're 160lb, aim for 80oz (2.3 L) water per day.

# What's needed for **FUNCTIONAL MEDICINE DETOX**



For the liver to detoxify the body and support overall health, it needs key nutrients for both phase 1 and phase 2 liver detoxification. As the liver is supported to safely remove harmful toxins, it is also important to replenish your body with a strong foundation of vitamins, minerals and other essential nutrients.

The EquiLife Detox is a powerful system that provides targeted support during each phase of the full body detoxification process so that you can rebalance your body at the deepest level.



# FMD SUPPLEMENT LIST

													
	Dr. Cabral 7-Day Detox	Klare Labs Multi-Vitamin Forte	Biomatrix Support Minerals	Klean Electrolytes	Integrative Therapeutics Active - B Complex	Thorne Anti-Oxidant	Omega Nutrition Organic Cold Milled FlaxSeeds	EVAC Psyllium	Vital Nutrients Chromium Picynicotinate	Jarrows BroccoMax	Vital Nutrients Detox Formula	Thorne L-Glutamine	Thorne VegaLife
100%RDA Multi-Vitamin	●	●											
Anti-Stress B-Vitamins	●				●								
Liver Detox Support	●								●				
100%RDA Multi-Mineral	●		●										
Gut Repair	●											●	
Electrolyte Energy Formula	●			●									
Daily Fiber	●							●					
Sulphoraphane	●									●			
Daily Antioxidants	●					●							
Vegan Protein	●												●
Blood Sugar Support	●										●		
Vegan Omega-3's	●						●						
<b>COST</b>	\$99.00	\$25.95	\$20.00	\$22.00	\$18.20	\$28.65	\$8.15	\$11.42	\$13.90	\$18.87	\$26.10	\$18.65	\$30.90

# Detox Add-Ons

Aim to spend 15 min into the Parasympathetic (PNS) State to support the deepest level of healing.

## BODY

- ✓ Practice yoga
- ✓ Self-massage or dry brush
- ✓ Go for a walk
- ✓ Sauna
- ✓ Have an Epsom salt bath
- ✓ Get some sunshine
- ✓ Get enough sleep

## MIND

- ✓ Meditation
- ✓ Breathe deeply
- ✓ Read a book
- ✓ Do something you enjoy
- ✓ Journal
- ✓ Write a gratitude list

## SOUL

- ✓ Spend time in nature
- ✓ Prayer, gratitude, or self-reflection
- ✓ Be your authentic self
- ✓ Follow your intuition
- ✓ Do a ritual you love
- ✓ Connect with loved ones

# Bonus Detox Power Hour



## 1) Dry Brush

**5-10 minutes**

This will begin to get your lymphatic fluid moving and prepare you to release toxins safely out of the body. *General rule: always brush towards the heart.*

## 2) Self-Massage

**5-10 minutes**

This will calm the nervous system and improve detoxification through the skin, by stimulating the circulatory and lymphatic systems. With sesame oil, massage the body following the same directions as dry brushing.

## 3) Sweat

**20-40 minutes**

The skin is the largest organ and sweating is one of the easiest ways for your body to remove toxins. Choose from a sauna, infrared sauna, steam or hot bath. This will enable you to easily sweat out those mobilized toxins from your body.

## 4) Coffee Enema

**10-15 min**

Begin your coffee enema that should have already cooled down to room temperature if you brewed it before you started this detox hour. This will speed up liver detoxification and eliminate toxins through the colon.

FAQ's

Who should NOT do a FMD?

What if I miss a shake or supplements?



How many scoops of powder  
and capsules per day?

How often should I do a FMD?

Should I continue any prescribed medication during the detox?

Should I continue other vitamins  
or supplements during the detox?

How to continue after detox?

Is the detox gluten-free, soy-free, egg-free, caffeine-free, nut-free, vegan and vegetarian.

What are the next steps?

But I have a wedding, work event,  
birthday, event coming up etc.



- 3 Radiant Health Detox VIP Upgrade
- 1 Spot in 1-1 Find Balance

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*Starting* Bindi Stables, IHP

