

## Recommendations for Body Detox Supplements by Beth Greer

These are the supplements I use daily to help my body detox from environmental toxins. I've researched them extensively through the courses and conferences I've attended and drilled it down to the following:

**NAC** (N-Acetyl-L-Cysteine) 600 mg - Amino Acids to Support Antioxidant Defense and is also a precursor to the antioxidant glutathione, and supplemental NAC increases tissue levels of glutathione (which gets low when the body is exposed to toxins).

**Liposomal Methyl B-Complex** As soon as I tried this I could feel my energy improve immediately. I take 4 pumps twice a day. When you're exposed to toxins it depletes your B vitamins and this one goes right into the bloodstream.

- Also, age, low stomach acid, and genetic variation can impair absorption of B complex vitamins, this liposomal formulation is designed to deliver B12 faster & more efficiently.
- Each 1 mL delivers B1 (Thiamin), B2 (Riboflavin), B3 (Niacin), B5 (Pantothenic Acid), B6, B7 (Biotin), B9 (Folate), and B12 (Methylcobalamin).
- This formula also includes Trimethylglycine, which serves a vital role in methylation, and Milk Thistle to support the liver.

### **Coconut Charcoal**

This is my go to product for pulling out toxins and in case of tummy upset after a meal.

- Activated charcoal is a highly absorbent material with millions of tiny pores that can capture, bind, and remove unwanted materials. The porous surface has a negative electric charge that attracts positively charged toxins and gas to be carried easily out of the body.

- **PROMOTES A HEALTHY DIGESTIVE SYSTEM:**  
Toxins from low quality, processed food, and environmental pollution are a real problem. It is important to help your body eliminate them to promote a healthy digestive system and brain. Chronic exposure to toxins produces cellular damage, allergic reactions, compromised immunity, and more rapid aging.
- **HIGHLY PURIFIED FROM COCONUT CHARCOAL:**  
Upgraded Coconut Charcoal is 100% made from coconut shells. The ultra fine and highly purified Upgraded Coconut Charcoal uses acid washing, a more expensive extra step that removes toxic heavy metals that are prevalent in many preparations of charcoal. This added step results in charcoal with the most surface area to create maximum adsorption.

### **Hawaiian Spirulina Powder**

I put this in my smoothie every morning. It boosts energy and supports immunity. It's also Vegan and Non GMO.

- It's one of the world's most nutritious superfood supplements,
- Spirulina can be easily mixed with beverages or meals including salads, appetizers, smoothies, and much more
- Hawaiian Spirulina is grown naturally in Kona Hawaii. Its unique farm to bottle process ensures high quality products from a source you can trust.

### **MCT Oil**

I also put a teaspoon of this in my morning smoothie for energy and mental clarity.

- Brain Octane rapidly provides mental and physical energy, powering your day by supporting cognitive function and keeping you satisfied and free from food cravings.

- Undergoes special triple distillation process with only water, heat, and pressure to create the cleanest product possible - free from harsh chemicals and solvents.
- As soon as you consume Brain Octane, it is rapidly absorbed and changed into ketone bodies - providing instant energy to the brain without breaking down glucose from sugars or carbohydrates.
- Brain Octane is carefully extracted from 100% pure coconut oil, not palm oil, to protect wild orangutan habitat in Southeast Asia.
- Brain Octane produces 4x the ketone energy of plain coconut oil, and also promotes healthy digestion and immune function.

## **Probiotics**

Saccharomyces Boulardii is specifically helpful if you've been exposed to mold or have candida.

- Saccharomyces Boulardii+MOS contains a probiotic yeast that survives passage through stomach acid and delivers its benefits to the intestinal tract

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