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# Senchune Metabolic Detox Kickstarter Program

7 day program guide





# Welcome

Welcome to the 7 day metabolic kickstarter program. This is a quick, actionable program that you can implement into your life today to help your body deal with the inevitable toxic exposure it receives every day.

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## Want to go deeper?

The senchune 21 day metabolic detox program is an essential foundational program designed to decrease toxic load, optimize metabolic pathways, create alignment with the body, and lay the groundwork for lasting health and wellness.

The senchune program is a 21 day program available in small virtual groups or privately. Check [www.drkaylaspringer.com/metabolic-detox-program](http://www.drkaylaspringer.com/metabolic-detox-program) for next launch date.

An effective metabolic detox and reset program is not as simple as a special diet or a week of teas. Detox in the body is a multi-step process, and each phase requires different types of support. The senchune detox program has three distinct phases, each targeted to support different aspects of our body's metabolic pathways.

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- You've tried a detox before and it made you feel worse or no different.
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## What is Metabolic Detox

In our world today, we are exposed to toxins on the daily in the form of chemical pollutants from plastics, pesticides, solvents, heavy metals, household products, makeup, and many other products. These make their way into the air, soil, food, water supply, and are inevitably absorbed by our bodies.

The body is well designed to deal with toxic insults, but the sheer volume of our exposure now, combined with poor diet and lifestyle can lead to an overburdened body and under functioning detoxification processes. This can allow toxins to accumulate in our tissues. One person may be able to tolerate more toxic load than another, but eventually the body will lose equilibrium, resulting in various disease processes.

Metabolic Detoxification is the process of getting these toxins out of the body before they can do any damage. We respect the power of the body's own innate pathways, choosing to work with and optimize

**Our bodies detox processes are working whether we are on a "detox" or not.**

However, if your body is overburdened, these processes may not be running efficiently. Some people have genetic differences or lifestyle factors such as diet and medications that can cause one stage to either speed up or slow down. Certain diets can also effect our detox processes - each phase requires certain vitamins, minerals, antioxidants, and other nutrients to run effectively. If these stages are not running in sync, it can pave the way for disease processes.

### Signs and Symptoms of Overburdened Detox Pathways

For some people, it may be obvious they are operating with a high toxic load, and for some, it may be more subtle. Common signs may include (but are not limited to):

- **Immune system:** changes in the body's immune system, such as increased susceptibility to colds and flus, or autoimmune disease.
- **Gastrointestinal system:** digestive disturbances including diarrhea, constipation, irritable bowel, unexplained nausea.
- **Cognitive:** depression, anxiety, brain fog, lack of concentration, fatigue, insomnia.
- **Systemic:** allergies, chemical sensitivities, recurrent infections and skin rashes, infertility, achy pains and joints

We've all seen the articles or ads promoting the next great miracle detox or cleanse. There are lots of products and programs out there, each with their own claims. This has led many to think that detox is just a scam or a fad, which is not the whole truth. "Detox" is a trendy term and can mean different things to different people. To some, it might be sitting in the sauna, drinking



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herbal teas, or doing a juice fast. To me, it means to assisting the body with the onslaught of toxic chemical exposures in a safe, individualized, effective way.

*So, is detox just a trend? Not exactly.*

In the highly toxic environment in which most of us live, our body may need extra support with its natural detoxification processes. By building a strong foundation for the body to run, targeting specific pathways via nutrition and lifestyle practices, custom treatment plans, as well as targeted supplements, we can aid our body's innate metabolic detox pathways, helping us cut the crap and show up in the world.

Although a target detox protocol is a powerful and dedicated process, there are things you can implement into your day to help support and vitalize our bodies detox pathways. These include lifestyle practices, targeted nutrient utilization, and ensuring functioning of the organs of elimination (sleep, stress, and gut health).

Implement these practices today to help support your metabolic pathways, align with your body, and help decrease toxic burden.



## Day 3: Brassicas and cruciferous vegetables

Brassicas are a family of vegetables super high in key nutrients needed to support liver function and detoxification, including glucosinolates and isothiocyanates, sulfur, vitamins E and C as well as selenium. Brassicas are also a powerful ally in cancer care, hormone health, hair and skin, and antioxidants.

- Isothiocyanates help support both phase I and II liver detoxification
- Sulfur attracts heavy metals and other toxins and assists their safe transport out of the body. Sulfur is also required to make glutathione, one of the body's most valuable antioxidants. Glutathione plays a vital role in liver detoxification and helps protect the body from environmental toxins and cancer development.
- Vit E, C and selenium: powerful antioxidants

Broccoli, kale, cabbage, cauliflower, Brussels sprouts, bok choy, collard greens, rocket, watercress, rutabaga, turnips and turnip greens, daikon, wasabi, kohlrabi, radish, maca and mizuna.





## Day 1: Strong Foundation

### Six Foundational Pillars of Health

#### **Food and water**

Chronic nutritional deficiencies can lead to virtually any disease or disorder. By the time we are thirsty, we are already dehydrated.

#### **Sleep**

Sleep deprivation is a listed form of torture. It's important.

#### **Chronic stress**

Chronic stress floods the brain with powerful hormones that are meant for short-term emergency situations. Chronic exposure can damage, shrink, and even kill brain cells.

#### **Movement**

"Thinking" lives in our entire body. Embodied cognition reflects the idea that the body's movements influence brain functions like processing information and decision making, and vice versa

#### **Gut health**

Your gut is called the "second brain," for good reason. It has its own nervous system, the ENS (enteric nervous system), which is two thin layers of more than 100 million nerve cells lining your gastrointestinal tract from esophagus to rectum. It is intimately connected with your brain and central nervous system, with implications in learning, memory, mood, disease, and pretty much every facet of health.

#### **Connection to nature**

Our connection to nature runs deep within our bodies and souls – we are tied to this planet and are part of the great system. Here in North America, many of us have forgotten this. Our culture doesn't value connection to nature as we once did. A study observing pop cultural references to nature over the past 50 years found that across millions of fiction books, thousands of songs, and hundreds of thousands of movie and documentary storylines, a clear and consistent trend emerged: Themes of nature play a significantly less major part in popular culture today than it did in the first half of the 20th century, with a steady decline after the 1950s. (Kesebir, 2017)

"When the roots are deep, there is no reason to fear the wind" -African proverb



## Day 2: Movement

Moving our body is so important for our body, mind and soul. Keeping things moving, means keeping things flowing, including your bowels, lymph, and liver. Simple twisting movements help compress our core and internal organs, giving things a big squeeze and allowing fresh blood and nutrients into our body. They wring out our intestines and liver, offering a gentle nudge to get things moving.

Movement also releases particular hormones and cell signals which signal actions as

- retrieve stored energy (e.g. fat or glucose) and use it;
- to store any extra energy in muscles, or use it for repair, rather than storing it as fat;
- to strengthen tissues such as muscles, tendons, ligaments, and bones; and
- to clear out accumulated waste products.



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## Day 4: Decrease Toxic Exposure

In our world today, we are exposed to toxins on the daily in the form of chemical pollutants from plastics, pesticides, solvents, heavy metals, household products, makeup, and many other products. These make their way into the air, soil, food, water supply, and are inevitably absorbed by our bodies.

The body is well designed to deal with toxic insults, but the sheer volume of our exposure now, combined with poor diet and lifestyle can lead to an overburdened detoxification processes, increasing the likelihood of inflammation and chronic disease.

Although we can't control or eliminate all of the toxins in our environment, here are some general tips to greatly reduce toxins and chemicals.

### Food

- Purchase organic produce whenever possible, especially animal products.
- Refer to the Environmental Working Group (EWG) website to stay current about which fruits and veggies are most important to eat organic.
- Minimize the use of large fish (swordfish, tuna, etc.) as they are higher in mercury. Buy wild caught fish instead of farmed fish.

### Water

- Depending on the source, tap water can have many toxins and thus regular consumption of unfiltered water can significantly contribute to the toxic load of your body.
- Try to avoid bottled water in soft plastic containers as the plastics often leach into the water.
- Drink approximately 6-8 glasses of water or healthy liquids each day.
- If you are sensitive or have a high toxic load, a shower water filter can limit your exposure to chlorinated hydrocarbons.

### Plastics

- Plastics can disrupt hormones in your body. Avoid plastic bottles and containers with the numbers 3, 6 and 7 on the bottom. These are most likely to leach plastics into the food, juice or water that they contain.
- Try not to heat plastic containers. Do not microwave, and avoid washing plastic containers in the dishwasher
- Better yet, just avoid plastic and use glass containers when possible.



## Home

- Avoid new furniture with particle board or flame retardant, or buy used furniture that has had a chance to “off gas.”
- Use a HEPA air filter to clean the debris in the air.
- Gradually replace your mattresses, carpets, curtains with organic materials.
- Avoid spraying pesticides or herbicides in your home or your property.
- Avoid chemical based cleaning products (disinfectants, bleaches, oven and drain cleaners, furniture polish, floor wax, window cleaners, etc). Make or purchase chemical free cleaning products. (see below)

## Electromagnetic Fields (EMFs)

- Put your phone on "Airplane Mode" at night. If needed for emergency purposes, have it on in another room.
- Remove any wireless devices from your bedroom, including baby monitors, cordless phones and anything Bluetooth.
- Have your WiFi router on a timer, so that it is turned off while you are sleeping.
- When using your cell phone, try to use speakerphone and using it against your head.
- Use your laptop on a table or desk, rather than directly on your lap.
- Avoid using your cell phone in low connectivity areas, because it can emit up to 10,000X more radiation when trying to connect.



## Day 5: Try dry skin brushing

### What is it?

Twice as extensive as the arterial blood supply network, the lymphatic system is one of our primary systems of toxic waste elimination and is often overlooked as many people don't appreciate or know much about it. The lymphatic system is your body's garbage collector, carrying waste products from every cell, tissue and organ where they can then be taken to other organs of elimination such as the liver and kidneys. Dry skin brushing involves using a soft bristled brush to stimulate the skin and blood vessels, which in turn stimulates the lymphatic system. Skin brushing also directly stimulates your skin, removing old dead skin cells and bringing fresh blood and nutrients to the surface. The skin is another important organ of elimination, via sweat. It's usually done in the morning as it can also be quite stimulating and energizing. Dry skin brushing is a quick and easy way to kickstart your body's elimination pathways.

### Benefits of dry skin brushing in a nutshell:

- exfoliates dead skin cells and stimulates cell renewal
- enhances circulation of skin, bringing in fresh nutrients
- assists lymphatic drainage
- opens surface capillaries, bringing warmth to the surface
- assists in elimination of toxins through the skin
- energizes and revitalizes by increasing blood flow

### How to

- Always brush towards the heart, using firm, small strokes upward, or in circular motion. Harsh exfoliation is never the point; be sure not to press too hard or use a brush that's too stiff. You don't want to cause too much irritation or break the skin.
- Begin brushing with strokes on the soles of your feet, and then gently brush from the tops of the feet, around the ankles and upward on the legs towards the heart. Take an extra few minutes brushing behind the knees, as this is a hub for lymph vessels.
- Brush gently, but thoroughly along the groin areas. When you get to the stomach and abdomen, brush in a clockwise direction.
- Brush around the breasts (avoid nipples), up and down on the breastbone, and the armpits in a downward stroke.
- Brush all around the neck in a downward direction. There are many glands here, including the thyroid which is the master metabolic controller. Brush downward onto the shoulders and around the scapula.
- Next, start at the fingertips, brushing both the back of the hands and the palms, then upward on the arms toward the torso. Focus on the inner arms from elbow to armpit where lymphatic channels run.
- You can add oil or lotion to your brush as well, if you're doing it after a shower!



## Day 6: Optimize your poop

We can learn A LOT from our poop. Proper bowel function is important for our general health, but especially so when it comes to detoxifying.

Our bowels are one of our primary emunctories and one therefore one of the most important ways our body detoxifies itself. If we aren't pooping, all of those toxins just sit in your colon, getting reabsorbed into our bodies. Gross

Constipation is defined is "prolonged period (3-5 days) between defecation where bowel movements are dry a/or hard, possibly difficult to pass, usually accompanied with feelings of distention a/or fullness in the lower abdomen." Ideally, we should be pooping about 2-3x per day. They should be large, soft bananas. If you need a visual, swipe right ☺

The most important parts of maintaining a proper pooping and elimination schedule:

- Train your body – maintain a routine: We are creatures of habit, and our bodies thrive on routine. We can use this to our advantage, training our body to expect to go at certain times.
- **Movement and exercise:** Move your body every single day. This is crucial to keep things flowing and moving in your body, including your bowels and detox system.
- Fiber and water: Fiber serves many roles in the gut – detoxifier, stool bulker, microbiome supporter. Ensure to drink enough water with your fiber, or things will get worse.
- **Diet** – avoid food sensitivities or foods that you know make you constipated. This should be an obvious one. If you are aware of your food sensitivities, abide by them. If not, now might be a great time to get more in touch with your body and the foods you are eating. Start a diet diary, writing down everything you eat and drink and how you feel that day (gut wise and other wise). If you are new to this, working with someone might be a good option to help walk you through the process!





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## Day 7: Recognize Detox symptoms and adjust

As we kill off invading pathogens and release stored toxins, the toxic load on the body increases. We each have different thresholds when it comes to dealing with these toxins efficiently and eliminating them from the body. This can mean that some people might end up feeling worse during a cleanse. This is called a “herxheimer reaction”. Detoxing is not a “no pain no gain” type of process. Releasing toxins into a body that is not ready to receive them can be dangerous, so if you feel off, slow down and talk to your health care provider

### Typical Herxheimer Symptoms

- Headaches.
- Increased fatigue.
- Muscle soreness, especially in the back, but all over the body.
- Kidney pain (lower back internal).
- Dizziness, depression.
- Flu-like symptoms all over.
- Sinus congestion.
- Diarrhea or constipation or gas.
- Skin rashes, flushing.

## Rules of thumb to avoid detox symptoms

### Support the Organs of Elimination

- Before any type of cleanse, detox, or fast is attempted, we need to make sure our bodies emunctories, or organs of elimination are functioning properly. Think of them as your body's garbage disposal – picking up, transporting, packaging, and eliminating garbage. Our bowels, liver, kidney, lymph, skin, and lungs make up our organs of elimination.

### Go Slow

- Detoxing or cleansing is not a “no pain no gain” situation. If we are getting symptoms, we know that our body is overburdened and our detox systems aren't working. Think about checking out at the grocery store. If we throw our entire cart on belt at once, it's going to create a big mess, things are going to fall off, and it's going to take much longer and be much bigger deal than it needs to be. If we add things to the belt more slowly, matching the pace of the cashier, everything will get done in a much less dramatic fashion.



### **Make sure you have a regular poop schedule**

- Many people don't realize how important it is to have a healthy pooping experience. Ideally, we should be having 1-3 bowel movements a day. Our bowels are the main route of excretion for toxins and dead bacteria in our body. We definitely don't want them sitting around in our colon, leeching stuff back into our bodies.

### **Drink lots of fluids**

- Drink at least half your body weight in ounces of water every day. Not juice, pop or tea... just good old fashioned water. Our body is mostly water, and it's essential to keep things moving along and flushing out.

### **Sweat**

- Far infrared sauna heats your body core and raises your internal temperature, allowing your body to sweat.
- Exercise another good way to get sweating. Dress a little warmer at the gym or outside to get sweating faster and heavier. Drink extra water during and after all of the skin sweating activities. People who do not sweat regularly store many more toxins in their body and the kidneys get stressed much more by not sweating regularly.