



# 10 DETOX Starter Tips

To Boost Energy, Clear Brain Fog, and  
Take Back Control of Your Health.

Written by: Adam Parker

# Introduction

Let's face it, detox can feel overwhelming.

There's so much conflicting advice out there. Everyone's got a different protocol. And most people simply don't have the time or mental bandwidth to figure it all out.

That's why I created this short guide.

**These are 10 practical, entry level detox tips to help you build momentum.**

No guesswork. No extremes. Just simple steps to help your body remove the junk, restore energy, and get back into balance. Let's jump into it.

## Your Detox Starter Tips:



**1. Binder First Thing**



**2. Replenish Minerals Daily**



**3. Block Blue Light**



**4. Eat Gut-Healing Foods**



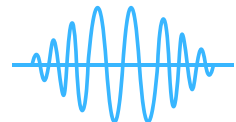
**5. Sweat Every Day**



**6. Swap Out Synthetics**



**7. Support Your Liver**



**8. Protect from nnEMFs**



**9. Reduce Your Plastics**



**10. Unplug Before Bed**



# 1. Binder First Thing

Your body is constantly mobilising toxins, through food, water, air, stress, and even your own metabolism. **But if those toxins don't get removed, they get reabsorbed.**

That's where binders come in. **Binders work like magnets. They grab onto circulating toxins and safely escort them out of the body via your bowel movements.**

Taking a binder on an empty stomach, especially first thing in the morning, helps your body sweep out waste that's been processed overnight. **It's one of the easiest, most overlooked ways to boost clarity, digestion, and energy from day one.**

## Starter Tips:



- Take a binder upon waking to **remove toxins accumulated overnight** before eating or drinking anything.
- Start with a gentle binder like **ZeoCharge** a great all-rounder to begin with. Studies [1] have shown that zeolite, particularly clinoptilolite, can aid in the detoxification of heavy metals from the body.
- You can also take a second dose before bed to **bind toxins released during the day.**

## Want To Learn more?



- [Jeff Hoyt | The Science-Backed Secrets To Detoxing With Zeolite](#)
- [Jeff Hoyt | Detoxing With Zeolite Part 2](#)



## 2. Replenish Minerals Daily

**Most people are chronically low in minerals.** Stress, poor soil quality, filtered water, processed food, it all strips your body of the essential building blocks it needs to function.

Minerals power everything: energy production, hormone regulation, nervous system balance, even detox itself. **Without enough minerals, your cells can't properly release or eliminate toxins, it's like trying to clean a house without electricity.**

Replenishing minerals is one of the fastest ways to support your body's natural detox pathways and feel more grounded, hydrated, and alive. Bone broth contains essential minerals like calcium, magnesium, and phosphorus, which support bone health [2].

### Starter Tips:



- **Add a pinch of unrefined sea salt or trace mineral drops** to your filtered water throughout the day.
- Incorporate **mineral-rich foods** like bone broth, organic seaweed, and slow-cooked meats into your meals.
- **Use magnesium flakes or Epsom salts in a warm evening bath** to calm your nervous system and support elimination.

### Want To Learn more?



- [Samantha Skyring | Salt of the Earth: Unlocking the Health Benefits of Unrefined Salt](#)
- [Darryl Bosshardt | A Hidden Secret In Nutrition. Is Salt Essential For Your Health And Vitality?](#)



## 3. Block Blue Light

Your detox organs do their deepest work when you're asleep. **But if your sleep is shallow or disrupted, your liver, brain, and hormones can't do what they're meant to.** One of the biggest disruptors? Blue light after dark.

Phones, laptops, TVs, LED lights, they all emit blue light that tricks your brain into thinking it's still daytime. **This blocks melatonin production, throws off your circadian rhythm, and compromises deep, restorative sleep.**

Blue light blockers help protect your melatonin levels [3] and support your body's natural detox cycles, especially when worn after sunset.

### Starter Tips:



- > Wear blue light blocking glasses after sunset to **support melatonin and improve sleep quality.**
- > Switch to red lights and activate **"night mode"** on devices after 8PM to **reduce stimulation.**
- > Aim to **shut off screens at least 60 minutes before bed** for deeper rest and stronger detox overnight.



### Want To Learn more?

- > [Matt Maruca | How to Find Our Inner Light](#)
- > [Andy Mant | How Light Impacts Our Health](#)



## 4. Eat Gut-Healing Foods

**Your gut is your frontline detox organ.** If it's inflamed, leaky, or sluggish, everything else downstream gets affected, including your liver, brain, and immune system.

The fastest way to support it? Feed it well.

That means nutrient-dense, anti-inflammatory, gut-rebuilding foods. Bone broth. Slow-cooked meats. Pastured eggs. Fermented foods like sauerkraut or kefir. **These nourish the gut lining and encourage microbial balance.**

Studies show [4] that **a diet rich in fermented foods has been associated with increased microbiome diversity and decreased markers of inflammation, contributing to improved gut health.**

### Starter Tips:



- **Focus meals around gut-nourishing foods** like bone broth, organic eggs, and fermented veg (e.g. raw sauerkraut).
- **Cut out inflammatory triggers** like seed oils, gluten, grains, and processed sugar wherever possible.
- **Keep meals simple and repeatable.** Your gut loves routine and easy-to-digest combinations.



### Want To Learn more?

- [Sally Fallon Morell | The Book That Transformed The Health Of A Generation](#)
- [Victor Cozzetto | The Meat Stock Masterclass](#)



## 5. Sweat Every Day

Your skin is your largest detox organ. **When you sweat, you're not just cooling down, you're actively releasing toxins like heavy metals, plastics, and environmental chemicals.**

Modern life has us spending most of our time indoors, under air con or central heating, barely moving.

**The result? Lymph stagnation, toxin build-up, and a sluggish metabolism.**

**Daily sweating, even for just 10–15 minutes, gets things moving again.** Frequent sauna users exhibited a 50% reduction in cardiovascular disease (CVD) mortality [5].

### Starter Tips:



- > **Move your body every day**, even if it's just a fast-paced walk or home workout to break a light sweat.
- > **Use a sauna or hot bath 2–3 times a week** to encourage deeper sweating and relaxation.
- > **Follow any sweat session with clean hydration** (add minerals) to support kidney and skin detox.



### Want To Learn more?

- > [Daniel Root | The Science and Health Benefits Of Sauna Using The Niacin Detoxination® Protocol](#)





## 6. Swap Out Synthetics

Most people never question what they're putting on their skin. But your clothes are in contact with your body all day, and **they can be a major source of hidden toxins.**

Synthetic fabrics like polyester, nylon, spandex, and acrylic are made from petroleum-based chemicals. **They're cheap, stretchy, and everywhere, from gym gear to underwear to your everyday T-shirts.**

But these materials don't breathe well, they trap heat and sweat, and they can leach microplastics, hormone-disrupting dyes, and chemical residues straight into your skin, your largest detox organ\_[6]. **Worse still, many of these clothes are treated with antimicrobial, anti-wrinkle, or stain-resistant coatings, which contain toxins like PFCs (perfluorinated chemicals) and formaldehyde.**

### Starter Tips:



- **Start with underwear and sleepwear**, these stay closest to your skin for the longest time. Choose organic cotton, bamboo, hemp, or merino wool.
- **Avoid “anti-odour” or “moisture-wicking” labels**, they often mean chemical coatings.
- **Buy slow, not fast.** Gradually replace synthetic staples with a few high-quality natural options over time, your skin (and liver) will thank you.

### Want To Learn more?



- [The Hidden Dangers in Your Closet. Toxins in Modern Clothing & Choosing Safer Alternatives](#)
- [Dr Jenny Goodman | How To Get Healthy In Toxic Times?](#)





## 7. Support Your Liver

The liver serves as the body's primary filtration system, metabolizing toxins, hormones, medications, and chemicals.

The truth is, in today's environment it contends with substances like plastics, pesticides, molds, and heavy metals.

**When liver function becomes sluggish, bile flow can decrease, leading to impaired digestion and the recirculation of toxins rather than their elimination [7].**

You don't need to jump straight into a liver flush. **Start by gently supporting it with daily rituals that encourage bile flow, reduce stagnation, and improve overall function.**

### Starter Tips:



- **Drink bitter teas** like roasted dandelion root or lemon water before meals to stimulate bile flow.
- **Apply a castor oil pack to your liver area 2–3 times per week** to support circulation and drainage.
- **Avoid eating late at night**, your liver does its deepest detox work while you sleep.



### Want To Learn more?

- [The Truth About Liver Flushing](#)
- [Siggi Clavien | The Hidden Cause Of Fatty Liver Disease & How Not To Get It](#)



## 8. Protection from nnEMFs

Most people think nnEMFs are only a problem at night, but **during the day, your exposure can quietly build up and overload your nervous system.**

Carrying your phone in your pocket, wearing AirPods for hours, and sitting next to a Wi-Fi router exposes your body to continuous electromagnetic fields (EMFs). Over time, this exposure can disrupt cellular function, induce oxidative stress, and weaken your body's detoxification pathways [8].

Reducing exposure during the day gives your body more bandwidth to focus on healing, energy production, and hormonal balance.

### Starter Tips:



- > **Keep your phone on airplane mode** or in a bag when not in use, avoid carrying it in your pocket.
- > **Ditch AirPods and Bluetooth wearables**, use wired headphones when possible.
- > **Take regular breaks from screens**, and minimise smart tech use throughout the day.



### Want To Learn more?

- > [Dan Stachofsky | The Invisible Danger Draining Your Energy & How To Fix It](#)
- > [Justin Frandson | The Real Problems Caused by Modern Radiation](#)



## 9. Reduce Your Plastics

Plastics don't just sit quietly on your shelves; they leach chemicals into your food, water, and body. Many of these chemicals, like bisphenol A (BPA) and phthalates, are endocrine disruptors that can interfere with your hormones, liver, and digestive system [9].

Even "BPA-free" doesn't mean safe. Heating food in plastic, storing water in plastic bottles, or wrapping leftovers in clingfilm can slowly poison your system without you even realising.

Detox isn't just what you take, it's what you remove. Cutting out plastics is one of the most underrated detox moves you can make.

### Starter Tips:



- > **Switch to glass or stainless steel** for water bottles, food storage, and cooking.
- > **Avoid heating food in plastic containers**, use ceramic, enamel, or glass instead.
- > **Buy fewer foods packaged in plastic**, especially oils, meat, and acidic items like tomatoes.

### Want To Learn more?



- > [Maks Vrečko | The Science of Structured Water and Optimal Hydration](#)
- > [Lara Adler | Stop Exposing Yourself! The Terrifying Truth About Everyday Chemicals In Your Home](#)



## 10. Unplug Before Bed

We're surrounded by invisible noise: **Wi-Fi, Bluetooth, phones, smart meters, all pulsing non-stop.** These nnEMFs (non-native electromagnetic fields) can disrupt sleep, stress your nervous system, and interfere with detox [10].

At night, your body enters deep repair mode. But **when EMFs are active, it's like trying to sleep while your phone's still on loud, your system never fully relaxes.**

Reducing exposure at night helps your body shift into true rest-and-repair mode.

That's when detoxification, hormone balancing, and cellular healing kick into high gear.

### Starter Tips:



- Turn your phone to airplane mode and keep it out of the bedroom.
- Unplug Wi-Fi routers overnight or use a timer plug to shut them off automatically.
- Keep tech out of your sleep space, no tablets, smartwatches, or chargers by the bed.

### Want To Learn more?



- [How To 10X Your Sleep. Adam's Top Tips For Your Best Night's Sleep](#)
- [Daniel Sentker | How All Forms Of Light Affect Our Sleep And Our Health](#)

**You don't need to overhaul your entire life overnight. You just need to start.**

These 10 tips are simple, strategic upgrades that lay the foundation for deeper detox work. They support your body's natural ability to eliminate waste, restore balance, and create real energy, without adding complexity or overwhelm.

**Choose 2 or 3 to begin with. Let them become habits. Then build from there. This is how real, sustainable transformation starts.**

## **Ready to Take the Next Step?**

If you're done piecing together random protocols, guessing your way through your symptoms, and feeling stuck in survival mode, **it's time to go to the next level.**

**The Detox Blueprint Masterclass** is the proven roadmap I use with busy, high-performing individuals to help them reclaim their energy, fix their gut, and finally feel like themselves again, without the trial and error.



Ready to stop spinning your wheels and finally step into the 2.0 version of you?

**Apply now and let's get started.**



Still unsure? See how we've already changed lives, [watch real results from past clients.](#)



# References:

- [1] Pavelic, K., et al. (2018). A clinoptilolite effect on the reduction of heavy metals and ammonia in the body: Evidence from clinical and preclinical studies. [PMC6277462](#)
- [2] Harvard Health Publishing. (2019). Savoring the benefits of bone broth: Worth a taste? [Harvard Health](#)
- [3] Alkozei, A., et al. (2021). The impact of evening light exposure on circadian rhythm and sleep: A review of the literature. PubMed [PMID: 34030534](#)
- [4] Stanford Medicine. (2021). Fermented foods boost microbiome diversity, lower inflammation, study finds. [Stanford News](#)
- [5] Laukkanen, T., et al. (2015). *Sauna bathing is associated with reduced cardiovascular mortality and improves cardiovascular function*. JAMA Internal Medicine. [PubMed PMID: 25705824](#)
- [6] The Guardian. (2023). Your workout clothes could be leaching toxic chemicals through your sweat. [The Guardian](#)
- [7] Fritsche, K., et al. (2023). *Metabolism-Disrupting Chemicals Affecting the Liver: Screening, Testing, and Molecular Pathway Identification*. [PubMed Central](#)
- [8] Kivrak, E.G., et al. (2017). Effects of electromagnetic fields exposure on the antioxidant defense system. Journal of Microscopy and Ultrastructure, 5(4), 167–176. [PMC6025786](#)
- [9] Endocrine Society. (2020). Plastics pose threat to human health. [Endocrine Society](#)
- [10] Loughran, S.P., et al. (2024). Does radiofrequency radiation impact sleep? A double-blind, randomized, sham-controlled crossover trial of 2.45 GHz wireless devices used during sleep. Frontiers in Public Health. [Frontiers](#)