

## Lauren's Healing Protocol

This protocol was designed by me and for me. It's a blend of knowledge I received through my education, naturopathic physician, books, and colleagues in the industry. Please consult with a professional before starting any new diet or lifestyle change.

I will also be documenting my entire journey with journaling. It's important to know where you are at before, during, and after to see your progress or what needs shifting.

The main goal of this protocol is to support liver detoxification, nourish the adrenals, and reset my stress response. It consists of lifestyle, diet/nutrition, supplements, and other interventions during a 3-week period.

### **Lifestyle (physical + mental/emotional)**

Healthy lifestyle habits are just as important as diet. Not all of these need to be done on a daily basis, but it's important to incorporate a few everyday.

- [Rebounding](#): daily for 5-10 minutes to stimulate the lymphatic system
- [Dry brushing](#): before showering to promote detoxification
- Infrared Sauna: 30 minutes, 2-3x/week
- Massage: once per week, if possible, to promote lymphatic drainage
- [Oil pulling](#): for detoxification
- Journaling/prayer: upon waking, at bedtime, and when prompted throughout the day to release any emotions that arise during this detox
- Stretching: daily for 10-20 minutes
- Chiropractic adjustments: once per week to release tension on any nerves
- Walking/movement: daily for whatever duration possible
- Outdoor time: daily for desired amount of time
- Breathing: deep breathing 2x/day in accordance to [this guide](#)
- Read/podcasts: grow your knowledge daily for a minimum of 20 minutes

### **Diet/Nutrition**

This part of my detox will be changing frequently and I am going a non-traditional route. With all respect to the medical community, I've only been let down by doctors recommendations or suggestions when it comes to nutrition. Which is why I became a nutritionist in the first place. And I firmly believe in our gut instinct and intuition to know exactly what our bodies need to heal.

- **Phase 1:** Give my digestive system a break with fasting:
  - It will be a juice fast of celery, cucumber, and apple. I plan to do this for 1-3 days, but will see how I feel after day 1. It's important for me to not add more stress to my adrenal glands during this process so I am taking it day by day and going based off how I feel.
  - The juice fast is simple: celery, cucumber, and apple juice + water for 24 hours. I will drink a fresh juice every 2 hours and water in-between.
- **Phase 2:** Raw until dinner for 7 days:
  - The whole day will be raw food based, with the exception of some steamed veggies or soup in the evenings. I will be using minimal healthy fats during the duration to give my liver more opportunity to cleanse.
- **Phase 3:** This will be determined after the first 2 phases are complete.
  - My body will tell me exactly what it needs when this time comes!

This is all subject to change based on how my body responds. Remember, sticking to a "diet" is not the goal. The goal is to support your body in the ways that it needs to be supported. If I feel that my body is suffering, I will make adjustments. My main focus here is supporting my liver. And with a free schedule, I can rest/sleep whenever I need to. This is SO important!

Follow me on Instagram (@totalbodynourishment) if you want to see more about my daily diet during this process. I will be sharing a lot of info on that platform.

### **Supplements**

*Please note: these are the specific supplements that were recommend to me by my team of experts and myself. Please consult with your doctor before starting any new medication or supplement. I am simply sharing what I am doing for my unique health situation, but this protocol is not designed for everyone.*

- **[Calcium-d-glucarate by Thorne Research](#)**
  - This specific supplement is something my naturopath recommended to me to promote liver detoxification. It helps remove toxins from the liver and it is also highly beneficial for reducing estrogen levels in the body. I am estrogen dominant, so this will help flush that excess out of my body. Overall, it will be a helpful addition to the dietary cleanse I will be doing.
- **[Vegan Safe B-12](#)**
  - B12 is important for many reasons. I will be taking it to protect my endocrine system during this detox period, but I take it regularly anyways!
- **[Ionic Zinc](#)**
  - Zinc is important for the immune system and I am choosing to take it to support my thyroid and adrenal glands as recommended by the Medical Medium in his book, Thyroid Healing.

- [5-MTHF by Thorne Research](#)
  - This is specifically for my endocrine system and supporting my reproductive health.
- [Skorpios with EDTA](#)
  - I got heavy metal testing done recently and I have moderate levels of lead in my body. This will help draw out those metals and cleanse the liver.
- [Liver Cleanse by Gaia Herbs](#)
  - This is pretty self-explanatory. It contains herbs that help promote liver detoxification like milk thistle, dandelion, and burdock.

### **Other**

Along with what I mentioned above, there are a few other things I will be incorporating during this time to further my healing.

- [Dandelion root tea by Traditional Medicinals](#)
  - Dandelion is a powerful for liver cleansing. I will make a big batch of this and sip on it as desired throughout the day.
- **Fresh lemon + lime water**
  - This is something I do already, but continuing it during this process will be important as lemon + lime support detoxification and alkalinity.
- [Essential oils - Young Living](#)
  - Liver blend (my custom blend):
    - 15 drops orange, 8 drops rosemary, 6 drops celery seed, 5 drops juvaflex, and fractionated coconut oil rolled over the liver area daily.
  - Myrrh essential oil:
    - 2 drops on the spine daily
  - Reproductive blend (my custom blend):
    - 10 drops geranium, 10 drops cypress, 5 drops clary sage, 5 drops dragon time, 3 drops peppermint, 2 drops helichrysum, and fractionated coconut oil rolled over the reproductive organs daily.