Detox Specialist Diploma

Course Curriculum

Detox Specialist Diploma

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3	What is your detox goal? Your Detox Goals Workbook™
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5	Skills Lab™: How toxic is your diet? Kitchen Inventory Workbook™
6	Why detox?
7	Skills Lab™: What's your detox capacity? Detox Capacity Assessment™
8	What is detoxification?
9	What qualifies as a toxin?
10	Is body fat toxic?

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12	Health effects of different toxin types
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1. What is your detox goal?

Unit	Here's what you'll learn	Extra support material
1.1 Devising your personal strategy 1.2 Skills Lab™: Personal Strategy Questionnaire 1.3 Science-based detoxification 1.4 What is your detox goal?	▪ Common detoxification therapies ▪ The role of Detox Specialists ▪ Identifying individual detoxification requirements ▪ The aim of your course ▪ What else will you learn? ▪ Going from knowledge to practice ▪ Important information about your course materials, screening questionnaires, programme planners, food guides, shopping lists, and programme trackers ▪ The most common detox goals ▪ Defining your detox goals ▪ Your overall intention ▪ Client action ▪ How to motivate your clients	▪ Skills Lab™: Personal Strategy Questionnaire (What's your goal?) ▪ Your Detox Goals Workbook™ ▪ Practical assignment

2. Introduction to toxicology

Unit	Here's what you'll learn	Extra support material
2.1 How toxic is the world? 2.2 Skills Lab™: How toxic is your diet? Kitchen Inventory Workbook™	▪ How toxic really is our world? ▪ How safe are we? ▪ Exposure to manmade chemicals ▪ Are natural chemicals always safe? ▪ Evolution in a toxic world ▪ Your inborn detoxification systems ▪ How toxic are we? ▪ Enhancing your detoxification capacity ▪ Understanding toxins ▪ Toxins and their effect on your health ▪ Skills Lab™: How toxic is your diet? Includes a downloadable version of the Kitchen Inventory Workbook™ ▪ Taking an inventory of your diet	▪ Skills Lab™: Kitchen Inventory Workbook™ (How toxic is your diet?) ▪ Test your knowledge exercises ▪ Practical assignment ▪ Your key takeaways

3. How to assess your detox capacity

Unit	Here's what you'll learn	Extra support material
3.1 Why detox? 3.2 Skills Lab™: What is your detoxification capacity? Detox Capacity Assessment™	▪ Why is it important to detox? ▪ What's involved in the detoxification process? ▪ When periods of 'excess' call for a detox ▪ Understanding your detoxification capacity ▪ What a weakened detoxification capacity looks like ▪ Practical examples ▪ How to evaluate your detoxification capacity ▪ SKILLS LAB™: What's your detoxification capacity? ▪ Includes a downloadable version of the Detox Capacity Assessment™ and Detox Capacity Scale – with recommendations and action steps	▪ Skills Lab™: Detox Capacity Assessment™ (What's your detox capacity?) ▪ Test your knowledge exercises ▪ Practical assignment ▪ Your key takeaways

4. Toxic overload and body fat

Unit	Here's what you'll learn	Extra support material
4.1 What is detoxification? 4.2 What qualifies as a toxin? 4.3 Is body fat toxic?	▪ Defining detoxification ▪ Internal vs. external detoxification ▪ What detoxification can do for you ▪ Increasing energy ▪ Strengthening immune function ▪ Reducing stress ▪ Decreasing body fat ▪ Where are toxins hiding? ▪ Other toxin hideouts ▪ So, what's the harm? ▪ What qualifies as a toxin? ▪ What are natural chemicals? ▪ What are living toxins? ▪ What are the most common man-made chemicals? ▪ How do toxins get into our system? ▪ Can we ingest toxins orally?	▪ Test your knowledge exercises ▪ Your key takeaways

4. Toxic overload and body fat (continued)

Unit	Here's what you'll learn	Extra support material
4.1 What is detoxification? 4.2 What qualifies as a toxin? 4.3 Is body fat toxic?	▪ Is it possible to inhale toxins? ▪ Can we take toxins in through our skin? ▪ How do we get rid of toxins? ▪ Watching your body fight toxins ▪ Understanding toxin vs. chemical elimination ▪ Taking a proactive approach towards detoxification ▪ What are the benefits of a detox diet? ▪ Can toxic load influence body weight? How? ▪ How excess body fat stresses the body ▪ Can body fat be considered 'toxic'? ▪ Possible symptoms of body fat loss ▪ Mitigating the risks of toxins released from fat cells ▪ Helping your body to better deal with toxins ▪ How to safely embark on a detox programme ▪ Importance of devising a tailored detox plan	▪ Test your knowledge exercises ▪ Your key takeaways

5. How to evaluate your toxic overload

Unit	Here's what you'll learn	Extra support material
5.1 Skills Lab™: How toxic are you? How to identify the toxins you may be exposed to 5.2 Health effects of different toxin types	▪ Your toxic overload ▪ Are toxins inescapable? ▪ How toxic are you? ▪ SKILLS LAB™: How toxic are you? Includes a downloadable version of The Five Toxicity Questionnaires™ with results and recommendations: o Heavy Metal Toxicity Questionnaire o Chemical Toxicity Questionnaire o Gastrointestinal Toxicity Questionnaire o Liver Toxicity Questionnaire o Mycological Toxicity Questionnaire	▪ Skills Lab™: The Five Toxicity Questionnaires™ (How toxic are you?): Heavy Metal Toxicity, Chemical Toxicity, Gastrointestinal Toxicity, Liver Toxicity, and Mycological Toxicity Questionnaires ▪ Practical assignment

5. How to evaluate your toxic overload

Unit	Here's what you'll learn	Extra support material
5.1 Skills Lab™: How toxic are you? How to identify the toxins you may be exposed to 5.2 Health effects of different toxin types	▪ Toxin types and their effects on your health ▪ The source of external toxins ▪ Dealing with continuous exposure ▪ What's a toxin? ▪ Chemical toxicity as a sliding scale ▪ When is a toxin harmful? ▪ Toxins that aren't so obvious ▪ The major types of toxins	▪ Test your knowledge exercises ▪ Your key takeaways

6. Heavy metals: what and where are they?

Unit	Here's what you'll learn	Extra support material
6.1 Heavy metals: what and where are they? (Part I) 6.2 Heavy metals: what and where are they? (Part II)	▪ Why heavy metals weigh you down ▪ Concentration of heavy metals ▪ Mercury: how toxic is it? ▪ The particulars of mercury detoxification ▪ Are dental fillings dangerous? ▪ Mercury in coal ▪ The relationship between mercury and HFCS ▪ Why is there mercury in fish and shellfish? ▪ Fish intake during pregnancy ▪ Why we should be cautious around fluorescent light bulbs ▪ Lead contamination ▪ Lead: how toxic is it? ▪ What are the dangers of lead poisoning? ▪ Lead poisoning tests ▪ Are we still exposed to lead paint? ▪ Lead paint legislation	▪ Toxicology Search Tool ▪ Additional resources ▪ Test your knowledge exercises ▪ Your key takeaways

6. Heavy metals: what and where are they? (continued I)

Unit	Here's what you'll learn	Extra support material
6.1 Heavy metals: what and where are they? (Part I) 6.2 Heavy metals: what and where are they? (Part II)	▪ Can lead be found in water supplies? ▪ Which foods are likely to contain lead? ▪ Other hidden sources of lead toxicity ▪ What's lead contamination? ▪ Aluminium and the human body ▪ What are the sources of aluminium entering our system? ▪ Aluminium: how toxic is it? ▪ Which foods and drinks are likely to contain aluminium? ▪ What's arsenic? ▪ Arsenic: how toxic is it ▪ How can chicken meat contain arsenic? ▪ How can decks and outdoor children play sets contain arsenic? ▪ Other hidden sources of arsenic	▪ Toxicology Search Tool ▪ Additional resources ▪ Test your knowledge exercises ▪ Your key takeaways

6. Heavy metals: what and where are they? (continued II)

Unit	Here's what you'll learn	Extra support material
6.1 Heavy metals: what and where are they? (Part I) 6.2 Heavy metals: what and where are they? (Part II)	▪ Antimony: how toxic is it? ▪ Where can antimony be found? ▪ What's tin? How common is it? ▪ Where can tin be found? ▪ Tin: how toxic is it ▪ Other heavy metals to watch out for ▪ How can toxic metals cause cancer and disease? ▪ Detoxifying heavy metals ▪ What is chelation therapy? ▪ Natural chelators in the diet ▪ Includes Toxicology Search Tool for advanced research and peer-reviewed data	▪ Toxicology Search Tool ▪ Additional resources ▪ Test your knowledge exercises ▪ Your key takeaways

7. Mycological and medical toxins

Unit	Here's what you'll learn	Extra support material
7.1 Living toxins 7.2 Medical toxins 7.3 How toxins damage your health	▪ What are living toxins? ▪ Living toxins: how toxic are they? ▪ Understanding bacteria ▪ What are the toxic effects of bad intestinal bacteria? ▪ Understanding viruses ▪ Understanding yeast and fungi ▪ Yeast and fungi's toxic by-products ▪ Candidiasis ▪ Sugar consumption and yeast ▪ Antibiotics and yeast problems ▪ What are parasites? ▪ Parasite cleanses ▪ Toxins in medicines ▪ Surprising facts about medicine ▪ Vaccines ▪ Influenza vaccines	▪ Test your knowledge exercises ▪ Your key takeaways

7. Mycological and medical toxins (continued)

Unit	Here's what you'll learn	Extra support material
7.1 Living toxins 7.2 Medical toxins 7.3 How toxins damage your health	▪ Mercury toxicity in thimerosal ▪ Diphtheria, tetanus, and pertussis ▪ Polio vaccines ▪ Chemotherapy ▪ Chemo-prevention ▪ Radiation therapy and tissue damage ▪ Exploring the effects of toxins ▪ Toxins and cell function ▪ Cellular damage ▪ Nerve damage ▪ Brain and nerve damage ▪ Intestinal complications ▪ Intestine irritation and swelling ▪ Toxins and diarrhoea ▪ Chronic inflammation ▪ Fat cell accumulation	▪ Test your knowledge exercises ▪ Your key takeaways

8. Toxins in the food we eat

Unit	Here's what you'll learn	Extra support material
8.1 Toxins in natural foods 8.2 Toxins in processed foods and drinks 8.3 Toxins from food packaging 8.4 Toxins from food cooking and processing	▪ Where do toxins come from? ▪ What's organic food? ▪ What are pesticides? ▪ Is organic produce 'less risky'? ▪ Pesticides: how toxic are they? ▪ Commonly used pesticides ▪ Pesticides in fruits and vegetables ▪ Pesticides in grains ▪ Pesticides in animals ▪ Is a 'toxin-free diet' possible? ▪ What should we do then? ▪ What are processed foods? ▪ What are food additives? ▪ Butylated hydroxytoluene (BHT) ▪ High-fructose corn syrup (HFCS)	▪ Pesticides Limit Search Tools ▪ EGW's Dirty Dozen Plus and Clean Fifteen ▪ Watch and learn ▪ Additional resources ▪ Test your knowledge exercises

8. Toxins in the food we eat (continued I)

Unit	Here's what you'll learn	Extra support material
8.1 Toxins in natural foods 8.2 Toxins in processed foods and drinks 8.3 Toxins from food packaging 8.4 Toxins from food cooking and processing	▪ Monosodium glutamate (MSG) ▪ Olestra ▪ Sodium benzoate ▪ Food additives combined ▪ Dangerous combinations ▪ What is artificial food colouring? ▪ What are the risks? ▪ Identifying common food colours ▪ Paying attention to food packaging ▪ Bisphenol-A (BPA) ▪ Negative health effects of BPA ▪ How to limit exposure to BPA ▪ The dangers of phthalates ▪ How to identify phthalates ▪ How to limit exposure to phthalates	▪ Additional resources ▪ Test your knowledge exercises ▪ Your key takeaways

8. Toxins in the food we eat (continued II)

Unit	Here's what you'll learn	Extra support material
8.1 Toxins in natural foods 8.2 Toxins in processed foods and drinks 8.3 Toxins from food packaging 8.4 Toxins from food cooking and processing	▪ Perfluorooctanoic acid (PFOA) and perfluorochemicals (PFCs): sources and negative health effects ▪ Avoiding toxin-heavy foods ▪ Toxins from food cooking and processing ▪ What are food mutagens ▪ Polycyclic aromatic hydrocarbons (PAH) ▪ N-nitrosamines ▪ Heterocyclic amines (HCAs) ▪ Acrylamide ▪ Oxygenated aldehydes ▪ What are the worst oils for cooking? ▪ Genotoxins From Food Preparation (summary table) ▪ Protecting your DNA from genotoxin	▪ Genotoxins From Food Preparation (table) ▪ Additional resources ▪ Test your knowledge exercises ▪ Your key takeaways

9. Toxins in toiletries and cosmetics

Unit	Here's what you'll learn	Extra support material
9.1 Toxins in cosmetics and personal care products	▪ Cosmetics, toiletries and parabens ▪ What are parabens? ▪ Where are they? ▪ Are parabens harmful? ▪ Risks of paraben exposure in young children ▪ Parabens in cosmetics sold in the EU ▪ EU regulations of other parabens ▪ Do parabens cause cancer? ▪ Petrochemicals in cosmetics ▪ How to recognise cosmetic petrochemicals ▪ List of 36 petrochemicals in cosmetics and toiletries	▪ 36 Petrochemicals in Cosmetics and Toiletries ▪ Additional resources ▪ Watch and learn ▪ Test your knowledge exercises ▪ Practical assignment ▪ Your key takeaways

10. Toxins in drinking water

Unit	Here's what you'll learn	Extra support material

10.1 Toxins in drinking water and analysis of water filtration systems	▪ Toxic threats in drinking water
	▪ How do toxins end up in water?
	▪ Commercial waste in water
	▪ Environmental chemicals in water
	▪ Removing toxins from your tap water
	▪ Walter filtering and purification methods
	▪ Analysis and effectiveness of each method:
	  ○ Carbon filtering
	  ○ Distillation
	  ○ Walter filtering and purification
	  ○ Ceramic filtering
	  ○ Reverse osmosis
	  ○ Ultraviolet irradiation
	▪ Bottled water
	▪ Buying clean water
	▪ Is ionised water healthier?
		▪ Watch and learn
		▪ Additional resources
		▪ Test your knowledge exercises
		▪ Your key takeaways

11. Toxins in the air we breathe

Unit	Here's what you'll learn	Extra support material
11.1 Inhalable toxins in the environment 11.2 Inhalable toxins at home	▪ Air quality and pollution ▪ How to access air quality forecasts ▪ What are the most common air pollutants? ▪ What's carbon monoxide? ▪ What's ozone? ▪ Ozone: how toxic is it? ▪ Checking ozone alerts ▪ Is lead also an airborne toxin? ▪ Nitrogen dioxide ▪ Sulphur dioxide ▪ Acrolein ▪ Can manganese dusts and fumes be toxic? ▪ Airborne mercury ▪ Formaldehyde ▪ What is benzene and where is it found? ▪ Benzene: how toxic is it?	▪ Additional resources ▪ Test your knowledge exercises ▪ Practical assignment ▪ Your key takeaways

11. Toxins in the air we breathe (continued)

Unit	Here's what you'll learn	Extra support material
11.1 Inhalable toxins in the environment 11.2 Inhalable toxins at home	▪ Household air pollution ▪ Indoor smoke ▪ Indoor inhalable toxins ▪ Household chemical exposure ▪ Sources of inhalable toxins ▪ Taking the necessary precautions ▪ Cleaning the air you breathe ▪ How to grow fresh air indoors ▪ Clean air outdoors ▪ Moving home ▪ Household and cleaning products ▪ Fumes ▪ Fruits and vegetables	▪ Watch and learn ▪ Additional resources ▪ Test your knowledge exercises ▪ Practical assignment ▪ Your key takeaways

12. The physiology of detoxification

Unit	Here's what you'll learn	Extra support material
12.1 The physiology of detoxification 12.2 Detoxification through your stomach 12.3 Detoxification through your intestines	▪ What is detoxification? ▪ Understanding the role of your detoxification organs ▪ What are exogenous and endogenous toxins? ▪ Your body as a detoxification powerhouse ▪ Analysing your internal detox processes ▪ Detoxification through your various body systems ▪ Where does detoxification in the digestive system start precisely? ▪ What's the role of chewing food in detoxification? ▪ Helping out stomach acid ▪ Understanding the detoxification role of saliva ▪ How binding and lubrication can prevent damage ▪ Is it possible to taste dry or even spoiled food?	▪ Test your knowledge exercises ▪ Your key takeaways

12. The physiology of detoxification (continued I)

Unit	Here's what you'll learn	Extra support material
12.1 The physiology of detoxification 12.2 Detoxification through your stomach 12.3 Detoxification through your intestines	▪ Is it possible to taste dry or even spoiled food? ▪ Can saliva reduce food acidity? If so, how? ▪ Where does the digestion of starches start? ▪ Can saliva neutralise bacteria? How exactly? ▪ Where are mucus and toxic bacteria detoxified? ▪ How (and where) are air particles detoxified? ▪ What's the role of stomach acid in detoxification? ▪ Can stomach acid neutralise bacteria? ▪ What are the dangers of lower levels of stomach acid? ▪ Are antacids for stomach pain really good for you? ▪ How to get your stomach acid levels tested ▪ What's one of the main causes of stomach pain?	▪ Test your knowledge exercises ▪ Your key takeaways

12. The physiology of detoxification (continued II)

Unit	Here's what you'll learn	Extra support material
12.1 The physiology of detoxification 12.2 Detoxification through your stomach 12.3 Detoxification through your intestines	▪ When should you take acid-reducing medicines? ▪ When can protein digestion be compromised? ▪ Detoxification mechanisms in the intestines ▪ How does intestinal absorption into the bloodstream occur? ▪ Can the intestines expel toxins before being absorbed? ▪ Why is your intestinal barrier important? ▪ Do the intestines play a role in immunity? How? ▪ What's the role of gut bacteria in detoxification? ▪ Why is bowel movement important in detoxification? ▪ What are the symptoms of fast and slow bowel movement? ▪ Treatment of symptoms	▪ Test your knowledge exercises ▪ Your key takeaways

13. Detoxification through your skin

Unit	Here's what you'll learn	Extra support material
13.1 Detoxification through your skin 13.2 Detoxification through sweating and exercise	▪ How are toxins blocked through the skin? ▪ What's the role of the epidermis? ▪ What's the role of the dermis? ▪ Does subcutaneous fat have a role in toxin contamination? ▪ How strong is our skin barrier? ▪ Can toxins really be absorbed through the skin? ▪ How does the skin deal with water-soluble toxins? ▪ Skin care strategies that you can implement right away ▪ What types of bacteria live on our skin? Is this good or bad? ▪ What are the risks of excessive skin washing? ▪ Does sweating play a role in detoxification?	▪ Test your knowledge exercises ▪ Your key takeaways

13. Detoxification through your skin (continued)

Unit	Here's what you'll learn	Extra support material
13.1 Detoxification through your skin 13.2 Detoxification through sweating and exercise	▪ What type of toxins can be stored in fat cells? ▪ Can toxins cause body fat accumulation? ▪ Can sweating help with fat loss? ▪ Is detoxification through sweating, exercise and sauna possible? ▪ How effective is detoxification via the lymph system? ▪ What's the effect of exercise on your lymph system? ▪ An effective way to keep blood sugar under control ▪ How does physical activity aid detoxification?	▪ Test your knowledge exercises ▪ Your key takeaways

14. Detoxification through your liver

Unit	Here's what you'll learn	Extra support material
14.1 Detoxification through your liver 14.2 Glutathione and detoxification	▪ The liver as one of the most important organs ▪ Why is the liver considered a 'living filter'? ▪ The role of the liver in the elimination of toxins ▪ Which toxins can be dealt with by your liver? ▪ How the liver cleans blood from the intestines ▪ Can the liver help eliminate excess hormones? ▪ How does the liver help with bacterial destruction? ▪ Risks of insufficient bile production ▪ What is bile? ▪ Risks of high bilirubin levels ▪ How can we develop fatty liver? ▪ Role of your liver in blood protein production ▪ What are the risks of low serum albumin production? ▪ What are blood clotting factors? ▪ Liver's triple role in carbohydrate metabolism	▪ Liver anatomy ▪ Test your knowledge exercises ▪ Your key takeaways

14. Detoxification through your liver (continued)

Unit	Here's what you'll learn	Extra support material
14.1 Detoxification through your liver 14.2 Glutathione and detoxification	▪ How does the liver help balance blood sugar? ▪ Can you help the liver metabolise fat more effectively? ▪ How the liver helps with vitamin storage ▪ Antioxidant production through the liver ▪ What's glutathione? ▪ When (and why) glutathione levels in your body can fluctuate ▪ The role of glutathione in oxidative stress ▪ What are the benefits of glutathione? ▪ Beyond the liver: why glutathione is your body's main detoxifier ▪ How to effectively get glutathione in the body ▪ Strategies to successfully improve your glutathione levels ▪ Understanding your liver's detoxification processes	▪ Liver anatomy ▪ Test your knowledge exercises ▪ Your key takeaways

15. Biochemical detoxification pathways

Unit	Here's what you'll learn	Extra support material
15.1 Liver detoxification 15.2 Phase 1 hepatic detoxification: Processes, required nutrients, and enhancement 15.3 Phase 2 hepatic detoxification: Processes, required nutrients, and enhancement	▪ How does your body handle toxins? ▪ How does liver detoxification work? ▪ What's the role of the liver in the prevention of cancer? ▪ Introduction to the chemical detoxification processes in the liver: Phase 1 and Phase 2 liver detoxification ▪ What are liver detoxification enzymes? ▪ How do they work? ▪ How does Phase 1 detoxification work exactly? ▪ Which factors can increase Phase 1 activity? ▪ What are the main Phase 1 detoxification detractors? ▪ Can Phase 1 be influenced by genetic factors? ▪ Which nutrients can help enhance Phase 1 detoxification?	▪ Additional resources ▪ Test your knowledge exercises ▪ Your key takeaways

15. Biochemical detoxification pathways (continued I)

Unit	Here's what you'll learn	Extra support material
15.1 Liver detoxification 15.2 Phase 1 hepatic detoxification: Processes, required nutrients, and enhancement 15.3 Phase 2 hepatic detoxification: Processes, required nutrients, and enhancement	▪ List of antioxidants (and their food sources) that support Phase 1 detoxification ▪ Do antioxidants work best in isolation or synergistically? ▪ Phase 1 and the production of oxygen free radicals ▪ Which nutrients can protect the liver from free radical damage? ▪ How does Phase 2 detoxification work exactly? ▪ Strategies to enhance Phase 2 activity ▪ What are the main Phase 2 detoxification pathways? ▪ What is glucoronidation? ▪ How glucosinolates help prevent cancer	▪ Additional resources ▪ Test your knowledge exercises ▪ Your key takeaways

15. Biochemical detoxification pathways (continued II)

Unit	Here's what you'll learn	Extra support material
15.1 Liver detoxification 15.2 Phase 1 hepatic detoxification: Processes, required nutrients, and enhancement 15.3 Phase 2 hepatic detoxification: Processes, required nutrients, and enhancement	▪ What are the main food sources of glucosinolates? ▪ What is glycine and glutamine conjugation? ▪ How does glutathione conjugation work? ▪ What's the process of sulphation? ▪ Which nutrients can help with sulphation? ▪ Are egg yolks bad for your heart? ▪ What's the role of methylation in detoxification? ▪ Which are the key methylation nutrients? ▪ The importance of dietary fibre in toxin elimination ▪ Ways in which lemon can help with detoxification	▪ Additional resources ▪ Test your knowledge exercises ▪ Your key takeaways

16. Liver stressors

Unit	Here's what you'll learn	Extra support material
16.1 Liver stressors (Part I): Substances that overload your liver 16.2 Liver stressors (Part II): Substances that overload your liver 16.3 Liver stressors (Part III): Substances that overload your liver	▪ The health risks of an overloaded liver ▪ Symptoms of an overloaded liver ▪ Other problems caused by poor liver detoxification ▪ What are the main liver stressors in the diet? ▪ How is alcohol detoxified by the liver? ▪ What are the dangers of ethanol metabolism? ▪ How alcohol can cause nutrient deficiencies ▪ The health risks associated with ethanol intoxication ▪ What are the alcohol intake guidelines? ▪ Strategies to help with alcohol detoxification ▪ Sugar and its many forms ▪ What are the 65 alternative names of sugar? ▪ Added sugars in food and drinks ▪ Which foods have 'hidden sugars'? ▪ What are the toxic effects of HFCS?	▪ 65 Alternative Names of Sugar (table) ▪ Additional resources ▪ Test your knowledge exercises ▪ Practical assignment ▪ Your key takeaways

16. Liver stressors (continued)

Unit	Here's what you'll learn	Extra support material
16.1 Liver stressors (Part I): Substances that overload your liver 16.2 Liver stressors (Part II): Substances that overload your liver 16.3 Liver stressors (Part III): Substances that overload your liver	▪ How does sugar affect liver function? ▪ Link between sugar and fungal overgrowth ▪ What are natural and artificial trans fats? ▪ Where are trans fats found? ▪ Why are trans fats a burden for your liver? ▪ What's dietary fibre? ▪ The type of carb that delivers zero-calories ▪ What's the difference between soluble and insoluble fibre? ▪ What are the main food sources? ▪ How low fibre can decrease detoxification ▪ Risks of low-carb diets ▪ High meat intake and farming toxins ▪ Can fibre help detoxify farming toxins? ▪ Antioxidants in fibre-rich foods ▪ Why is fibre needed during a detox? ▪ How much fibre do we need?	▪ 65 Alternative Names of Sugar (table) ▪ Additional resources ▪ Test your knowledge exercises ▪ Practical assignment ▪ Your key takeaways

17. Detoxification through your kidneys

Unit	Here's what you'll learn	Extra support material
17.1 Detoxification through your kidneys: How your kidneys help to detoxify your body	▪ What are the kidneys' primary functions? ▪ Other vital functions ▪ How does detoxification through the kidneys work? ▪ How do your kidneys filter blood? ▪ The role of the kidneys' nephrons ▪ What are the roles of the renal corpuscle and tubule? ▪ Kidneys anatomy ▪ How to know if the kidneys are working effectively ▪ What's impaired kidney function? What causes it? ▪ Strategies to help your kidneys detoxify ▪ Why hydration matters ▪ Understanding urine colour	▪ Additional resources ▪ Test your knowledge exercises ▪ Your key takeaways

18. How to build a detox plan

Unit	Here's what you'll learn	Extra support material
18.1 Choosing the right detox plan for an individual 18.2 Skills Lab™: What is the best detox diet for you? Detox Plan Identifier™ 18.3 Personalising a detox programme	▪ The dangers of detoxes ▪ Detox ground rules ▪ When does fasting require medical supervision? ▪ Detox programmes as the initial preparation for long-term health ▪ Avoiding malnourishment ▪ What is the 7-day rule – and why does it matter? ▪ How to identify the best detox diet for you ▪ SKILLS LAB™: What's the best detox diet for you? ▪ Includes a downloadable version of the Detox Plan Identifier™, which comprises four assessments: Mood, Gastrointestinal, Toxicity, and Inflammation Assessments – with results and recommendations	▪ Skills Lab™ - Detox Plan Identifier™: o Mood Assessment o Gastrointestinal Assessment o Toxicity Assessment o Inflammation Assessment ▪ Practical assignment ▪ Test your knowledge exercises ▪ Your key takeaways

18. How to build a detox plan (continued)

Unit	Here's what you'll learn	Extra support material
18.1 Choosing the right detox plan for an individual 18.2 Skills Lab™: What is the best detox diet for you? Detox Plan Identifier™ 18.3 Personalising a detox programme	▪ What's the best detox plan for your client? ▪ Recommended detox programme depending on your client's assessment results ▪ Individual score analysis ▪ Recommendations per score ▪ Summary of the various detox plans ▪ Intensity of each detox plan ▪ Chronological representation of each plan ▪ How to work out additional detox plan variations	▪ Skills Lab™ - Detox Plan Identifier™: o Mood Assessment o Gastrointestinal Assessment o Toxicity Assessment o Inflammation Assessment ▪ Practical assignment ▪ Test your knowledge exercises ▪ Your key takeaways

19. Essential detoxification protocols

Unit	Here's what you'll learn	Extra support material
19.1 The Clean-up Protocols (Part I) 19.2 Clean-up Protocols (Part II) 19.3 Clean-up Protocols (Part III)	▪ What are the Clean-up Protocols? ▪ Which steps do they involve? ▪ What's anti-nutrient overload? ▪ What are 'empty calories'? ▪ What are C.R.A.P. foods? ▪ Where are they? ▪ Why should you limit their intake? ▪ What are the risks of sleep deprivation? ▪ What's the influence of sleep debt on gene activity? ▪ How much sleep is needed to activate beneficial genes? ▪ How does sleep help repair the body? ▪ Why sleep can be good for the heart ▪ How does sleep strengthen immunity?	▪ My C.R.A.P. Foods List™ (workbook) ▪ Recommended Hours of Sleep (table) ▪ Sleep Tips (mini e-book) ▪ Detox Sleep Journal™ ▪ Additional resources ▪ Practical assignments

19. Essential detoxification protocols (continued I)

Unit	Here's what you'll learn	Extra support material
19.1 The Clean-up Protocols (Part I) 19.2 Clean-up Protocols (Part II) 19.3 Clean-up Protocols (Part III)	▪ How do the brain's detoxification systems work? ▪ Connection between sleep deprivation and brain toxicity ▪ How exactly does sleep provide a 'brain detox'? ▪ How much sleep do we need? ▪ Recommended hours of sleep for different groups ▪ Resetting your circadian clock ▪ Strategies to improve your sleep quality ▪ Why is water essential for survival? ▪ What does water do for your body? ▪ What's the role of water in detoxification? ▪ What's the role of water in your metabolism?	▪ Detox Fluids Journal™ ▪ Watch and learn ▪ Additional resources ▪ Practical assignments ▪ Test your knowledge exercises ▪ Your key takeaways

19. Essential detoxification protocols (continued II)

Unit	Here's what you'll learn	Extra support material
19.1 The Clean-up Protocols (Part I) 19.2 Clean-up Protocols (Part II) 19.3 Clean-up Protocols (Part III)	▪ What happens when you don't get enough water? ▪ What's the first sign of dehydration? ▪ Could you be dehydrated? How to find out ▪ Signs that you don't drink enough fluids ▪ Understanding urine colour ▪ How to help your kidneys detoxify ▪ What are the risks of water intoxication? ▪ How much water do we need? ▪ What are the water intake recommendations? ▪ International conversion tips ▪ Do caffeinated drinks count? ▪ Importance of water in a detox programme ▪ Tips to stay hydrated during a detox ▪ Is 'spring' water always the same as natural mineral water?	▪ Practical assignments ▪ Additional resources ▪ Test your knowledge exercises ▪ Your key takeaways

20. 4-week Recalibration Programme

Unit	Here's what you'll learn	Extra support material

20.1 The 4-week Recalibration Programme
 	
20.2 A to Z Fibre Content Guide™ (170+ plant foods)
 	
20.3 How to plan and monitor your client's fibre intake
 	
20.4 Detox supporting nutrients and food sources
	▪ What is the 4-week Recalibration?
	▪ Which principles does it involve?
	▪ When can fat loss be a side effect?
	▪ Why is it important to add extra fibre during a detox programme?
	▪ What are the risks of fibre deficiency?
	▪ How does fibre aid with weight loss?
	▪ How much fibre should your client have?
	▪ How to plan your client's daily fibre intake
	▪ Strengthening your detoxification systems
	▪ Which nutrients can help with detoxification?
	▪ Detox-supporting foods:
	  ○ Which are the main detox-supporting food groups?
	  ○ What's included in each of them?
	  ○ What's the recommended quantity per food group?
		▪ Fibre Intake Planner™
		▪ Fibre Intake Tracker™
		▪ List of Detoxifying Antioxidants and Food Sources
		▪ List of Detoxifying Phytochemicals and Food Sources
		▪ Summary of Detoxifying Foods (with intake examples)

20. 4-week Recalibration Programme (continued)

Unit	Here's what you'll learn	Extra support material
20.1 The 4-week Recalibration Programme 20.2 A to Z Fibre Content Guide™ (170+ plant foods) 20.3 How to plan and monitor your client's fibre intake 20.4 Detox supporting nutrients and food sources	▪ Detox-supporting foods (continued): ○ Why? ○ What's the science behind them? ○ What are the benefits? ○ Which are the key detox-supporting antioxidants? ○ What are the main food sources of each detox-supporting antioxidant? ○ Which are the key detox-supporting phytochemicals? ○ What are the main food sources of each detox-supporting phytochemical? ○ What's included? ○ How much per day? ▪ Summary of detoxifying foods with intake and quantity examples ▪ What should the rest of the diet include?	▪ Detox Foods Tracker™ ▪ Additional resources ▪ Practical assignment ▪ Test your knowledge exercises ▪ Your key takeaways

21. Major detoxification detractors in the diet

Unit	Here's what you'll learn	Extra support material
21.1 Major detoxification detractors to avoid (Part I) 21.2 Major detoxification detractors to avoid (Part II)	▪ What are the major detox detractors? ▪ Why avoid them? ▪ What are added sugars? ▪ How to detect added sugars on food and drink labels ▪ Which are the common added sugars in food and drinks? ▪ What are the dangers of high blood sugar? ▪ Food strategies to regulate blood sugar ▪ What are the risks of fructose load in your liver? ▪ How to avoid fructose load ▪ What about the fructose in fresh fruits?	▪ Detox Daily Journal™ ▪ Additional resources ▪ Practical assignment ▪ Test your knowledge exercises ▪ Your key takeaways

21. Major detoxification detractors in the diet (continued)

Unit	Here's what you'll learn	Extra support material
21.1 Major detoxification detractors to avoid (Part I) 21.2 Major detoxification detractors to avoid (Part II)	▪ What's the fructose content in common added sugars? ▪ Can added sugars foment yeast overgrowth? ▪ What are damaged fats? ▪ Why should they be avoided? ▪ Can trans fats cause brain damage? ▪ What are the key Recalibration Recommendations? ▪ Alcohol, the antioxidant robber ▪ Acetaldehyde and alcohol poisoning ▪ Can alcohol toxins cause cancer? ▪ Which other toxins are found in alcoholic drinks? ▪ Alcohol swap ideas	▪ 36 Common Added Sugars in Food ▪ 60 Foods to Watch For Trans Fats ▪ Additional resources ▪ Practical assignment ▪ Test your knowledge exercises ▪ Your key takeaways

22. 2-week Elimination Programme

Unit	Here's what you'll learn	Extra support material
22.1 The 2-week Elimination Programme 22.2 How to plan the 2-week Elimination	▪ Strengthening your immune system and reducing inflammation ▪ What's inflammation? ▪ What are the causes of prolonged inflammation? ▪ Relationship between excess body fat and inflammation ▪ Can excessive exercise cause inflammation? ▪ Issues of prolonged inflammation ▪ What are pro-inflammatory foods? ▪ Which foods are pro-inflammatory? ▪ Avoiding pro-inflammatory foods ▪ Who is the 2-week elimination for?	▪ Detox Foods Shopping List™ (the complete list) ▪ My Personal Detox Shopping List™ (client template) ▪ Natural Anti-inflammatory Agents and Food Sources (table)

22. 2-week Elimination Programme (continued I)

Unit	Here's what you'll learn	Extra support material
22.1 The 2-week Elimination Programme 22.2 How to plan the 2-week Elimination	▪ Enhancing detoxification ▪ Gluten grains to avoid during the elimination period ▪ Grains to enjoy during the elimination period ▪ Lactose products to avoid during the elimination period ▪ Lactose substitutes and calcium foods to enjoy ▪ Planning, organising shopping lists, and monitoring ▪ Visual representation of the 2-week elimination period ▪ Getting the timing right ▪ Complete detox programme overview (including before, during, after) ▪ Clean-up Protocols Summary ▪ Recalibration Principles Summary	▪ Gluten and Lactose Foods to Avoid and Substitutes to Enjoy ▪ Gluten Free and Probiotic Recipes

22. 2-week Elimination Programme (continued II)

Unit	Here's what you'll learn	Extra support material
22.1 The 2-week Elimination Programme 22.2 How to plan the 2-week Elimination	▪ Which are the main natural anti-inflammatory agents? ▪ What are their food sources? ▪ Ice treatment for inflammation ▪ Replenishing friendly bacteria ▪ Effective strategies when the client's goal includes weight loss ▪ How to avoid bad fats in practice ▪ Enjoying good fats ▪ Substitutes and ideas ▪ Cooking tips during the detox	▪ 2-week Elimination Journal™ ▪ Additional resources ▪ Test your knowledge exercises ▪ Practical assignment ▪ Your key takeaways

23. 1-week Intensive Detox Programme

Unit	Here's what you'll learn	Extra support material
23.1 The 1-week Intensive Detox Programme 23.2 How to track your client's progress and food reintroduction	▪ Easing symptoms and maximising detoxification capacity ▪ Who is the 1-week Intensive Detox for? ▪ 1-week Intensive Detox objectives ▪ Programme overview ▪ What's included in The Pretox and The Retox? ▪ What are the principles of the 1-week Intensive Detox? ▪ How to work out your exclusions ▪ Which items should always be included? ▪ Why have daily vegetable smoothies ▪ Criteria applied to develop our green smoothie recipes	▪ 1-week Detox Shopping List™ ▪ My 1-week Detox Shopping List™ ▪ 1-week Intensive Detox Journal™

23. 1-week Intensive Detox Programme (continued)

Unit	Here's what you'll learn	Extra support material
23.1 The 1-week Intensive Detox Programme 23.2 How to track your client's progress and food reintroduction	▪ How to track your client's progress ▪ How often should you monitor your client's progress? ▪ What benefits will be experienced? ▪ Food reintroduction strategies ▪ Why it's important to continue hydrating ▪ Life after a detox programme ▪ How often should you or your client detox?	▪ Food Reintroduction Journal™ ▪ Practical assignment ▪ Your key takeaways

BONUS

24. Juicing, blending, and detox smoothies

Unit	Here's what you'll learn	Extra support material
24.1 Juicing, blending, and detoxifying smoothies 24.2 Detoxifying Green Smoothie Recipes	▪ Criteria used to develop our smoothie recipes ▪ What are the benefits of a detoxifying smoothie? ▪ Secrets behind our smoothie recipes ▪ When blending beats juicing ▪ Fibre, the antioxidant trafficker ▪ Green smoothie equipment ▪ Essential smoothie know-how ▪ The order of ingredients ▪ What's the ideal fruit/vegetable ratio? ▪ How many smoothies a day? ▪ What's that bitter taste? ▪ Things to prepare in advance	▪ Detoxifying Green Smoothie Recipes ▪ Implementation worksheets ▪ Your key takeaways

BONUS

24. Juicing, blending, and detox smoothies (continued)

Unit	Here's what you'll learn	Extra support material

24.1 Juicing, blending, and detoxifying smoothies
 	
24.2 Detoxifying Green Smoothie Recipes
	▪ Alternative liquid bases that you can use
	▪ Detoxifying condiments that can be added
	▪ Other optional ingredients
	▪ Vegetable smoothie practical tips
	▪ Detoxifying Green Smoothie Recipes, including:
	  ○ fibre content per recipe and per ingredient
	  ○ implementation worksheets
	▪ Particulars of our super-smoothie recipes
	▪ Smoothie-making tips
	▪ Vegetable smoothie recipes (listed in descending order based on fibre content)
	▪ Fibre content per ingredient and serving size
	▪ Implementation worksheets
		▪ Detoxifying Green Smoothie Recipes
		▪ Implementation worksheets
		▪ Your key takeaways

25. Professional, legal, insurance and tax considerations

Unit	Here's what you'll learn	Extra support material
25.1 Dos, don'ts, and must dos as a Detox Specialist 25.2 Legal, tax, insurance, and professional considerations (includes templates of legal documents)	▪ The importance of acting responsibly and ethically with clients ▪ Your role as Detox Specialist: what you CAN do, CANNOT do, and MUST do ▪ The importance of medical advice ▪ Which products or brands are the best ones to buy or put forward? ▪ Running a successful practice ▪ Setting up your practice ▪ The 4 most important steps to follow ▪ Types of insurance cover you need ▪ Registering as self-employed ▪ Your initial client consultation: how to prepare and legal forms to use (included in your course) ▪ Observing client confidentiality and Data Protection ▪ Required equipment	▪ Client Health Check Questionnaire ▪ Medical Referral Form ▪ Client Informed Consent Form ▪ Additional Resources ▪ Test your knowledge exercises

Summary Course Overview

1	What is your detox goal?	14	Detoxification through your liver
2	Introduction to toxicology	15	Biochemical detoxification pathways
3	How to assess your detox capacity	16	Liver stressors
4	Toxic overload and body fat	17	Detoxification through your kidneys
5	Evaluating your toxic overload	18	How to build a detox plan
6	Heavy metals: where are they?	19	Essential detoxification protocols
7	Mycological and medical toxins	20	4-week Recalibration Programme
8	Toxins in the food we eat	21	Major detoxification detractors
9	Toxins in toiletries and cosmetics	22	2-week Elimination Programme
10	Toxins in drinking water	23	1-week Intensive Detox Programme
11	Toxins in the air we breathe	24	Juicing and detox smoothies BONUS
12	Physiology of detoxification	25	Professional considerations
13	Detoxification through your skin		Certification

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