

THE ULTIMATE GUIDE TO

NATURALLY DETOX

*10 science-backed methods to Naturally Detox
your body for optimal performance and health!*

THINK
NOBRU
DRINK

10 Scientific Ways To Naturally Detox

Use with Better Than Glutathione for optimal results

1. Support Your Liver

- Limit alcohol intake
- Take BT Glutathione as directed
- Eat sulfur-rich foods (eggs, garlic, onions)
- Include cruciferous vegetables daily
- Give your liver rest periods from processing toxins

2. Prioritize Quality Sleep

- Aim for 7-9 hours nightly
- Sleep helps remove toxic waste products
- Maintain consistent sleep schedule
- Reduce blue light before bed
- Keep bedroom cool and dark

3. Optimize Hydration

- Men: 125 oz (3.7L) daily
- Women: 91 oz (2.7L) daily
- Adjust based on climate and activity
- Monitor urine color (pale yellow = optimal)
- Drink filtered water when possible

4. Reduce Processed Foods

- Minimize sugary beverages
- Choose whole foods over packaged
- Read ingredient labels
- Cook meals at home
- Plan healthy snacks

5. Boost Antioxidants

- Eat colorful fruits and vegetables
- Include berries daily
- Drink green tea
- Add spices like turmeric
- Choose dark leafy greens

6. Support Gut Health

- Eat prebiotic-rich foods
- Include tomatoes, bananas, asparagus
- Add garlic and onions
- Choose fiber-rich foods
- Maintain good dental hygiene

7. Balance Minerals

- Reduce excess salt intake
- Increase potassium-rich foods
- Include squash, beans, spinach
- Stay properly hydrated
- Eat mineral-rich whole foods

8. Stay Active

- 150-300 minutes moderate exercise weekly
- Or 75-150 minutes vigorous exercise
- Move daily
- Reduce sitting time
- Include both cardio and strength training

9. Reduce Environmental Toxins

- Use natural cleaning products
- Choose natural personal care items
- Filter drinking water
- Minimize plastic use
- Keep home well-ventilated

10. Include Detox-Supporting Foods

- Cilantro
- Chlorella
- Broccoli
- Garlic
- Onions

Remember: Your body is equipped with natural detoxification systems. These tips support those systems - not replace them. Use alongside Better Than Glutathione for enhanced results.