

The True Cellular Detox Program offered at Nourishing Journey is top-tier detox program that follows what is referred to as the 6R's.

R1-Remove the Source

-this detox program will walk you through toxin recognition, ways to remove or mitigate those toxins. This includes things that are in, on, and around the body, including dental materials. This also includes emotional toxins. You will also be given suggestions that help with feelings of deprivation.

R2-Regenerate the Cellular Membrane

-the cell is the root cause of health, or disease. The plasma membrane in the cell and it's structures are critical to management of nutrients, toxins, and conversion to substances that determine biochemistry, aka balance in the body.

R3-Restore Mitochondrial Function

-the mitochondria is the powerhouse of the cell. ATP is the fuel needed for the power station to fuel the biochemical functions of the organ systems so that the organs can do their jobs

R4-Reduce Cellular Inflammation

-toxins create cellular inflammation which underlies all bodily inflammation. Toxic cells age more quickly. Cellular inflammation underlies cancer cell formation. When the body's cells are functioning as they should, the body has the resources to get rid of cancer cells, which it does without our awareness. However, when critical mass hits, the body may become overwhelmed and be unable to keep up. This is also where epigenetic switches for the potential for disease, which is held in cells' DNA, can get turned on.

R5-Re-establish Methylation

-you might recognize the term MTHFR, a genetic marker for methylation. MTHFR is not a disease. It just means that the switch for MTHFR was turned on, but this can be mitigated with methylated B vitamins and by repairing the cell so that the biochemistry is available for the methylation pathway, which is also a critical piece of the detox pathway

R6-Resolve Emotional Blocks and Trauma

-whether we experience a micro and macro trauma, every human being has had them. These traumas can bring on emotional feelings. If these feelings are not resolved, we carry these feelings in the cellular memory in the form of chemicals. These chemicals become cellular toxins. Whenever we experience a similar incident or feeling, these cells release a flood of chemicals that cause us to go into fight or flight. These things can change the trajectory of our lives in ways that we never quite live up to the potential of who we are born to be. This sets up an inner conflict in which we create endogenous toxins that can cause many physical symptoms. A good example of how the cell is involved with cellular dysfunction is that the body must fold proteins that enter the cell, to make the essential amino acids. These amino acids are critical to many things, not the least of which is sleep, depression, and anxiety. Amino acids are neurotransmitters, and they play a major role in mental health. This is why cellular function is so critical to brain and nervous system regulation!

Thousands of people have noted their symptoms resolve when they commit to the R6 method. Our Practitioner was even able to wean off of her thyroid medication after doing this type of full immersion detox.

Thank you for your interest in the True Cellular Detox Program. This is our top-tier program for people who are ready to commit to a detox journey that will repair the cell, reboot the biochemistry, detox the downstream (mobilized toxins), and then detox the upstream toxins, which are the deeper accumulated toxins that the body will pack away in the fat cells of adipose tissue, nerve and brain tissue, and fatty tissue of the endocrine glands, causing hormone disruption. Other detox programs such as liver cleanses, lymph flushes, gut flushes are valuable in getting at the downstream toxins and that is why people do often feel better but have a hard time maintaining the progress. The cell needs to be repaired, the body biochemistry turned back on, and the upstream toxins need to be unpacked and eliminated.

The goal of the TCD program is to accomplish all of that while also managing the toxin gradients so that you are not feeling extraordinarily worse while detoxing. The program is done in 3 phases, each 30 days. However, pending your toxicity scores, which are done prior to starting the program and every 30 days, you may need to repeat certain phases to get the most out of your program. The minimum period of time it takes to complete the program and reduce your toxic load to an acceptable threshold is 90 days. However, this can also be a 6mo-1yr program pending your body and toxic load, as well as your ability and willingness to make slow but steady lifestyle choice changes.

Because this is a journey, this program does not start with excessive diets or doing the toxic chemical freakout! We help you make the progress you need to make in order to understand why you would change your lifestyle. It takes time to make those switches and Nourishing Journey is here to help you do that. We have many resources that will support you, should you be ready to engage with this level of commitment to regain your health and wellness!

If this Program sounds correct for you, the first step is to fill out the Pre-qualification form to determine if the TCD program is correct for you, at this time. If not, perhaps you can enjoy some of our other downstream detox strategies, such as PEMF, Sauna, Foot Bath, or colonics until you are ready to commit to this program.

The next step for the TCD program is to take the trio of tests that will indicate your level of toxicity and whether you are primarily dealing with heavy metals, biotoxins, and/or general toxins. Our Certified Detox Practitioner will then discuss your results with you as well as the type of detox that will resonate with you. She will then discuss this with our Integrative Team and we will propose a plan for you that fits your needs.

True Cellular Detox Pre-Qualification Form

Name _____ Date _____

Best Email for us to contact you _____

How did you hear about the program:

*please share who referred you so we can thank them!

- ___ Brochure/flyer
- ___ Physician _____
- ___ Other Practitioner _____
- Friend Referral _____
- ___ Online/Video _____

Please explain what peaks your interest in the TCD Program?

What primary symptoms do you believe may be related to toxicity?

Briefly describe what you have tried to relieve your symptoms?

Are you willing to slowly work toward the following to relieve your symptoms?

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| 1) Are you willing to fast? | Yes | No | Maybe |
| 2) Are you willing to take supplements | Yes | No | Maybe |
| 3) Are you willing to make dietary changes to eat clean | Yes | No | Maybe |
| 4) Are you willing to work with our Detox Practitioner | Yes | No | Maybe |
| 5) Are you willing to use the Detox Portal and watch educational videos | Yes | No | Maybe |
| 6) Are you willing to do the detox testing (no blood test) | Yes | No | Maybe |
| 7) Are you willing to be held accountable for your goals | Yes | No | Maybe |

