

“DETOX” PRODUCTS THAT DO WORK

(and how we define “work”)

1 CHARCOAL

It works as a face mask, drawing out impurities, basically dirt + grime + oil from your skin (that you ultimately put back on)



2 BENTONITE CLAY

ALSO as a mask. Leaves your skin very raw, and you need to deep moisturize afterwards

3 ALGAE, SEAWEED & DARK GREENS

I don't have scientific proof that these work. I have tried products that contain these as ingredients, and I've liked them, but there's no peer-reviewed study that confirms the effectiveness.



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FULVIC ACID

Fulvic acid helps your body retain, absorb, and utilize nutrients present in food. It can also dissolve and remove accumulated toxic pollutants from the body, and increase the body's overall “redox potential.”

EPSOM SALTS

Epsom salts, although not scientifically proven, can help to remove toxins from within. Soak in a super hot bath (with 2 cups of Epsom salts), and you'll find it deeply relaxing too.

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