

3-STAGE LIVER DETOXIFICATION PROCESS

PHASE I - The Activation Step

Phase I activates compounds so they can be neutralized in Phase II.

Uses cytochrome P450 enzymes

If Phase I and Phase II aren't balanced → toxins are not fully processed and can become reactive intermediates → brain fog, fatigue.

PREP

PHASE II - The Tagging Step

*6 different tagging machines
(glucuronidation, sulfation, glutathione, methylation,
acetylation, amino-acid)*

*Each tag makes the toxin water-soluble so it can be
eliminated in urine or stool.*

*If Phase II can't keep up, reactive intermediates may
accumulate.*

PACKAGING

PHASE 2.5 - The Exit Door

(The step everyone forgets)

*Bile flow and regular bowel
movements are critical.*

*Takes the nicely tagged toxins and
carries them out.*

Two exits:

Bile - gut - stool

Kidneys - urine

*If Phase 2.5 is blocked toxins
recirculate. If pathways are sluggish,
supplements won't help much.*

DUMP TRUCK

NUTRIENTS REQUIRED FOR EACH STAGE

PHASE I - The Activation Step

Phase I converts compounds so they can be neutralized in Phase II.

Key Nutrients & Supports:

B vitamins (especially B2, B3, B6, folate, B12)
Protein / amino acids
Antioxidants
Flavonoids
Phospholipids
Magnesium

Foods:

Cruciferous vegetables
Citrus peel
Green tea
Rosemary
Garlic/onion

PREP

PHASE II - The Tagging Step

Makes compounds water-soluble for elimination

Key Nutrients & Supports:

Glycine
NAC
Glutathione
Sulfur compounds
Magnesium
Methyl donors
Selenium

Foods:

Eggs
Garlic
Broccoli
Beets
Leafy greens
Whey protein

PACKAGING

PHASE 2.5 - The Exit Door

Moves compounds out through bile, stool, and urine.

Key Supports:

Bile flow
Regular bowel movements
Kidney hydration
Gut microbiome balance
Movement/sweating

Foods:

Artichoke
Dandelion
Lemon
Chia/flax
Cooked greens

DUMP TRUCK