

Chapter 11 Detox *#healthytakeaways*

"Realigning Nutrition with Intuition" Liv Kennedy

Actions

- ✓ Every day I will eat green vegetables.
I am going to eat _____ servings of green vegetables each day

- ✓ I will eat brassica vegetables every day (unless I have underactive thyroid).
I am going to eat _____ servings of brassica vegetables each day

Consider

- Do I consistently wake up between 1 and 3am? Have I taken any measures to support my liver detoxification? If yes, did they help? If not, how can I implement these into my diet and lifestyle? Reflect on my discoveries in My Nutrition Mentor Diary

- Have I completed the Weekend Detox Plan? If yes, what effects did I notice? If not, when will I schedule it in my diary? Reflect on my discoveries in My Nutrition Mentor Diary

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