

A close-up photograph of green leafy vegetables, likely spinach, serves as the background for the text. The text is written in a white, elegant cursive script. The main phrase is 'Your Health is your Wealth!', with 'is your' in a smaller font size between 'Health' and 'Wealth!'. At the bottom, the signature 'Anne Ballig's' is written in the same cursive style.

Your Health
is your
Wealth!

Anne Ballig's

Detox & cellular Regeneration

NkwaFest Wellness Score Course

Delivered

By

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Module 5: Detox & Cellular Regeneration

Let's explore how your body detoxifies and regenerates—naturally.

Powerful tools from naturopathy, functional medicine, and science to support cellular vitality.

Why Detoxification Matters

- Daily exposure to toxins: environmental, dietary, emotional
- Detox organs: Liver, Kidneys, Lymph, Skin, Lungs, Colon
- Detox = removing what doesn't belong so cells can heal

Your body is already trying to detox. We're here to help it do the job better."





Liver – Your Detox Hero



- Filters 1.4L of blood per minute



- Neutralises toxins via phase 1 & 2 pathways



- Converts fat-soluble to water-soluble toxins



Support:



- Milk thistle, dandelion root, turmeric



- Cruciferous vegetables



- Adequate protein



The liver is the CEO of detoxification.

Kidneys & Lymph – The Drainage Masters



Kidneys:

- Filter waste into urine
- Need hydration + electrolytes

Lymph:

- Removes waste & immune debris
- Needs movement to flow

Support:

- Electrolyte-rich fluids
- Rebounding, walking, dry brushing
- Parsley, nettle, cleavers
- Movement is medicine for the lymphatic system.

Cellular Waste, Heavy Metals & Toxins



- Toxins from food, environment, metals, damage cells

Detox Tools:

- Chlorella, spirulina, cilantro (coriander leaves), celery
- Activated charcoal
- Sauna therapy

Toxic overload = cellular burnout.

The Best Detox Foods



- Cruciferous veg: broccoli, kale, cauliflower
- Bitters: dandelion, celery, rocket
- Fibres: psyllium, flaxseed, chia
- Antioxidants: berries, turmeric, garlic, green tea

 Eat the rainbow for cellular protection.

Fasting & Regeneration

- Fasting = activates autophagy (cellular clean-up)

Types:

- 14–16 hr. intermittent fasting
- 24–72 hr. fasts (under supervision)

Benefits:

- Immune & cell repair
- Lower inflammation

Fasting gives your body time to heal.



Cellular Regeneration – Beyond Detox



- Regeneration = energy + nutrient support

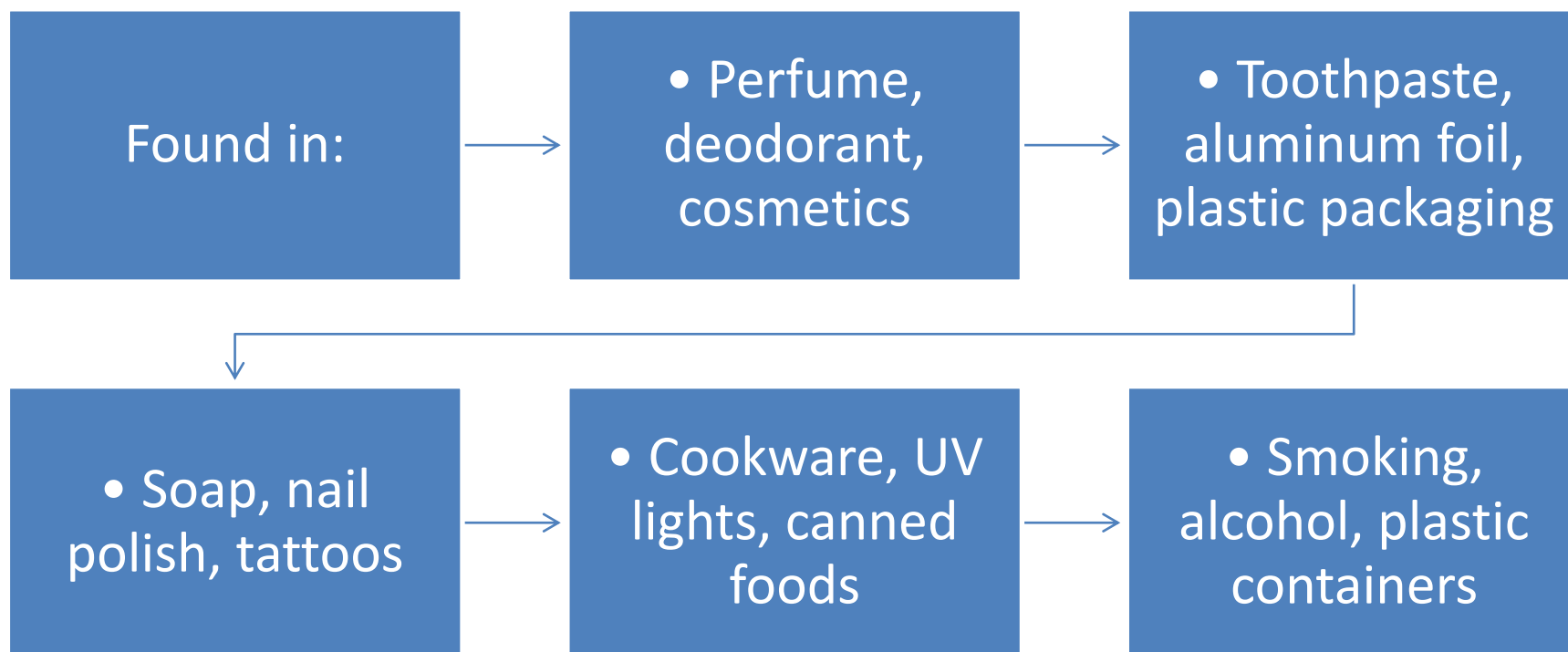
Support:

- CoQ10, B-vitamins, magnesium, zinc, omega-3s
- Red light therapy, breathwork, cold exposure

The goal is not just to detox, but to rebuild better.



Common Sources of Toxins



Natural Detox Support Tools

Natural Ways to Support Your Body's Detox

Your body was designed to cleanse and heal—here's how you can help it do that:

- **EFT Tapping** – Release emotional blockages and support energetic flow
- **Dry Body Brushing** – Stimulate lymphatic drainage and skin detox
- **Practice Forgiveness** – “Forgiveness is the fragrance the violet sheds on the heel that crushed it.” Let go and lighten your load
- **Daily Stress Release** – Through breathwork, journaling, walking in nature or just pausing to reset





Recap & Integration



- Detox is gentle, daily, holistic



- Support your body with movement, food, and hydration



- Focus on cellular nourishment



Reflection & Action

- ☒ What's ONE detox habit you'll start this week?
- 🧠 Your cells are listening to what you eat, think, and feel.
- #NkwaWellness
- Let's not just live. Let's regenerate and thrive

Your Turn – What Will You Do Differently?



- Share your action step & tag us 📌
#AnneBettys
📺 YouTube: www.youtube.com/AnneBettys
📺 Facebook: AnneBetty's
📷 Instagram: @AnneBettysfoods
🎵 TikTok: @AnneBettys
- Let's inspire each other. Let's detox better.
Let's **glow from the inside out.** 🌿 🍓