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Your liver and kidneys might normally get all the credit when it comes to detoxification, but did you know that your body also has another extensive system in place that helps detoxify your brain? If you’re wondering what a “brain detox” is all about — or “how can I clean my brain?” — you’ve come to the right place. Below we cover what exactly a brain detox entails, whether or not you really require one to maintain normal brain activity, and tips for boosting your mental health even if you don’t want to actually do a “cleanse.” What Is the Glymphatic System? The glymphatic system refers to the system of blood vessels in the body that removes waste products from the brain and central nervous system. The glymphatic system is most active while you sleep, which is why getting a good night’s rest is imperative for feeling mentally sharp. How does the glymphatic system work? This system depends on cerebrospinal fluid (CSF), which enters spaces next to smaller blood vessels that lead to the brain. CSF interchanges with interstitial fluid, the fluid surrounding the brain cells. This helps form a glymphatic vasculature that “detoxifies” the brain by collecting waste, such as proteins (including the protein called beta-amyloid, which may contribute to Alzheimer’s disease), metabolites, toxins, etc. This system then carries this waste away from your brain and through your body so it can be dispelled. While we’re sleeping, there is increased glymphatic activity due to greater availability of space between interstitial and cerebrospinal fluid. Exercise can also boost glymphatic activity, according to some studies. When the glymphatic system becomes disrupted, it’s thought that this can contribute to some diseases of the brain, as well as symptoms like brain fog and poor memory. Researchers now believe that a well-functioning “clearance system” in the nervous system is critical for prevention of neurodegenerative disorders, such as Alzheimer’s, Parkinson’s, Huntington’s disease and ALS. Many experts believe that your brain’s glymphatic system may need to work harder if you’re exposed to many toxins, especially over a long period of time. Toxin exposure that affects the brain can be caused by: Eating a highly processed diet with inflammatory foods High intake of alcohol Drug and tobacco use Use of some medications Exposure to foreign substances, such as heavy metals and environmental pollutants While not a toxin, sleep deprivation is also linked to impaired mental capabilities. Aging also disrupts glymphatic function, such as by decreasing CSF and blood flow to the brain/pulsing of the arteries, although healthy habits can help slow this down. What Is a Brain Detox/Brain Cleanse? A brain detox, or brain cleanse, is intended to help protect against neurodegenerative diseases and decrease symptoms related to poor brain function. Why do people try brain cleanses? Usually to help manage symptoms such as: Fatigue Brain fog Anxiety Depression Memory loss Brain injury and stroke Addictions This type of cleanse usually involves steps such as prioritizing sleep, taking certain supplements that may help support brain function, eating an anti-inflammatory diet, exercising and fasting if appropriate. While all of these habits can be beneficial for overall mental and physical well-being, most experts don’t believe that a strict “brain cleanse” is actually necessary to support healthy cognitive function. Instead, consistently leading a healthy lifestyle seems to offer the most benefits and protection against mental/cognitive health issues. How to Detox Your Brain How do you do a mental detox? Here’s how to detox your brain according to research regarding mental health: 1. Get Enough Sleep Getting enough sleep each night is one of the best ways to support your brain’s natural detoxification processes. Most adults need about seven to nine hours of sleep per night to operate at their best. Here are tips for helping you get the best sleep you can: Go to bed and wake up at approximately the same time every day, including on the weekends/your days off. This helps regulate your circadian rhythm, which controls your energy, motivation, appetite and more. Sleep in a very dark and cool room. Try white noise to help drown out disturbances. Read something relaxing to calm your mind. If racing thoughts keep you up, try journaling before bed. Establish a bedtime routine that is calming, such as by taking a warm shower, stretching, lighting candles, etc. Exercise during the day to help you sleep better at night. Close to bedtime, try gentler activities that won’t keep you awake, such as light yoga, meditation and deep breathing exercises. Spend time outdoors each day in the sun and in nature, which is beneficial for boosting vitamin D levels, relaxation and controlling stress. Consider trying supplements, such as melatonin (which should be used short term), 5HTP, and herbs like valerian root, kava and ashwagandha. 2. Eat an Anti-Inflammatory Diet Due to the gut-brain connection, your diet plays a pivotal role in managing your cognitive health. Gut-related and intestinal problems, such as leaky gut syndrome, can increase inflammation, which can alter how well your organs work, including the brain, and can contribute to issues such as depression, fatigue, anxiety and lack of concentration/focus. Your brain needs a steady supply of nutrients — including protein, healthy fats, antioxidants, omega-3 fatty acids, and essential vitamins and minerals — for you to feel your best. Emphasize these “brain foods” in your diet in order to fight free radical damage and boost your nutrient intake: Vegetables, such as leafy greens, beets, broccoli, bell peppers, carrots, etc. (fruits and veggies are both high in bioflavonoids, carotenes, polyphenols, thiols, anthocyanins, and other vitamins and minerals that fight free radical damage) Fresh fruits, including berries, oranges, etc. Herbs and spices, such as ginger, turmeric, garlic, rosemary, etc. Fermented, probiotic foods like yogurt, kefir, kimchi and sauerkraut Nuts and seeds Legumes and beans Complex carbs like whole grains and sweet potatoes Grass-fed meats Wild-caught fish, including salmon, sardines and mackerel Pastured poultry and free-range eggs Foods high in copper, vitamin C and manganese, which are all important for their roles in detoxification, such as citrus fruits, berries, leafy greens, mushrooms, organ meats, spirulina and algae Healthy fats, such as avocados, olive oil, coconut oil and grass-fed butter You also want to drink plenty of water throughout the day to stay hydrated, which is important for supporting your lymphatic system and keeping your energy up, in addition to green tea, herbal tea and and coffee In addition to eating a diet that includes lots of foods with anti-inflammatory, antioxidant and anti-carcinogenic effects, you want to avoid foods that can aggravate inflammation, autoimmune reactions and oxidative stress. These include processed meats, foods with processed vegetable oils and trans fats, added sugar, and highly processed foods in general. You may want to consider trying an elimination diet if you deal with digestive issues, brain fog or acid reflux/heartburn. If this sounds like you, it may help to avoid these aggravating foods: Large and heavy meals, especially close to bedtime Spicy and acidic foods, such as citrus fruits, vinegars and peppers Caffeine from coffee and chocolate Alcohol Mint 3. Exercise There’s some evidence suggesting that exercise may increase glymphatic activity and also improve brain plasticity, which plays a role in learning and memory. Additionally, exercise can help you cope with stress, sleep more deeply and have more energy in general. Most adults should aim for at least 150 minutes of moderate exercise each week, which can be divided into shorter sessions. High intensity exercise (HIIT workouts) can also benefit brain health in various ways, such as by increasing blood flow to the brain, supporting mitochondrial function and potentially staving off dementia. Ideally try mixing up your workouts to keep things interesting and to challenge your body, such as by running, lighting weights, walking, hiking, cycling, doing tai chi or yoga, dancing, etc. 4. Intermittent Fast Fasting seems to help protect the brain against neurological diseases by influencing certain proteins involved in brain aging and by decreasing oxidative stress/inflammation. According to BrainFacts.org: “In lab animals, fasting, as well as exercise, stimulates the production of a protein in nerve cells called brain-derived neurotrophic factor, or BDNF. This protein plays critical roles in learning, memory, and the generation of new nerve cells in the hippocampus.” Its effect on mitochondrial activity also positively affects the brain. Some research, mostly from animal studies, has demonstrated that fasting may help boost working memory, alertness, learning, and can also improve physical performance and energy. 5. Minimize Toxin Exposure While avoiding all chemicals and toxins may not realistic, try to reduce exposure as much as your can, such as by avoiding smoking, drug use and unnecessary medications. Cut back on exposure to contaminants by choosing natural/organic beauty and household products and buying organic food whenever possible. This limits the amount of pesticides, herbicides and other chemicals you ingest. If you suspect you’ve been exposed to heavy metals (such as due to eating farmed fish, contaminated water, dental fillings and household products), consider visiting a naturopathic doctor for testing and possible chelation therapy. Your doctor may also recommend detoxifying treatments, such as infrared sauna sessions. 6. Consider Supplements You can help support your body’s natural ability to detox by taking certain nootropics, adaptogenic herbs and supplements that nourish the liver, kidneys, gut and brain. Consider some of the following, based on your goals and current health: Milk thistle for liver support Medicinal mushrooms for general immune support NAD+ for mitochondrial support L-glutamine for gastrointestinal support Vitamin C for antioxidant support Green tea extract for a boost in energy and antioxidant effects Probiotics for gut support and maintaining a healthy microbiome Risks and Side Effects If most of the interventions above are new to you, take things slowly to prevent yourself from feeling overwhelmed. Too much too soon may even wind up making you feel worse before you start feeling better. What are the signs of your body detoxing? While these side effects may not necessarily be caused by a brain detox, generally speaking when you start a new diet, supplement routine or exercise program, you may temporarily deal with side effects such as: Headaches Fatigue and poor sleep Frequent urination Loose stools and digestive upset Cravings for sugary foods and carbs Nausea Muscle aches Irritability These should go away within one to two weeks — however, if they worsen or persist, it’s a good idea to scale back and speak with a doctor. You should also seek your doctor’s advice before beginning a brain detox/cleanse if you have existing health issues, such as liver or kidney disease, diabetes, or Alzheimer’s disease. Conclusion A brain detox, or brain cleanse, is intended to help protect against neurodegenerative diseases and decrease symptoms such as fatigue, moodiness and lack of concentration/focus. A brain detox can help support the glymphatic system, which refers to the system of blood vessels in the body that removes waste products from the brain and central nervous system. Getting enough sleep each night is one of the best ways to support your brain’s natural detoxification process. Other interventions that are included in a brain cleanse/brain detox include eating an anti-inflammatory diet, exercising, fasting, sauna therapy, and taking nootropic and herbal supplements. A brain detox can help improve cognitive function and mental clarity by promoting the elimination of toxins and waste products from the brain and central nervous system. To detox your brain, start with an elimination diet, which can provide information on personal food sensitivities and intolerances. Consuming foods you may be sensitive to can increase inflammation and can lead to brain damage.To detox your brain, prioritize getting enough sleep, eating an anti-inflammatory diet, exercising regularly, and considering supplements that support brain detox. To detox your mind, start with seven strategies: detoxing your home and life, detoxing your refrigerator, detoxing bad habits, detoxing your mind, setting an intention, spending time outdoors, scheduling time and space without technology, meditation, journaling, managing panic attacks and mastering depression, emotions, controlling intrusive anxious thoughts, overcoming OCD and obsessive-compulsive thoughts, and practicing mindfulness.In addition to these strategies, consider meditation as a tool to manage panic attacks, master depression, manage emotions, control intrusive anxious thoughts, overcome OCD, and obsessive-compulsive thoughts. By following these steps, you can effectively detox your brain and discover the benefits of a healthy lifestyle.Useful Articles on the TopicArticleDescriptionSiteBrain Detox: Is It Time for a Cleanse? (Plus How to Do It)The following section will delineate the process of detoxifying the brain.1. It is essential to obtain sufficient sleep on a regular basis. It is recommended that an anti-inflammatory diet be followed. The fourth recommendation is to engage in regular exercise. Intermittent fasting is a dietary approach that involves alternating periods of fasting and feeding. It is advisable to minimise exposure to toxins.6.functionalmedicinecoaching.org 4 Ways to completely Detox Your Mind | Relax Your Mind | Life and Happiness | Increase productivityWith a mental detox you can cleanse the unconscious negative thinking that impacts your physical and psychological health.What are signs of low dopamine?Symptoms of dopamine deficiency (low dopamine levels) may include:You lack motivation, “the drive.”You’re tired. You can’t concentrate. You’re moody or anxious. You don’t feel pleasure from previously enjoyable experiences. You’re depressed; you feel hopeless. You have a low sex drive.What is dopamine deficiency?. Dopamine is a neurotransmitter and a hormone. It communicates chemical messages between nerve cells in your brain or between your brain and the rest of your body. It plays an important role in many of your body’s functions, including memory, motivation, learning, reward and movement.Cleveland Clinic is a non-profit academic medical center. Advertising on our site helps support our mission. We do not endorse non-Cleveland Clinic products or services. Policy.Dopamine deficiency means having a low level of dopamine. Low dopamine levels are linked with certain health conditions like Parkinson’s disease or depression. It may also make you more susceptible to taking risks or developing addictions.(Image Source: Pixabay.com)How to detox dopamine?The main idea of dopamine detox is to avoid activities that provide these instant “hits” of dopamine.It is typically recommended that a person abstains from most forms of technology and screens, including using them to access music.Other alternatives that you can do to listening to music could be reading books, exercising, talking to other people, going for walks, or cooking.If you have attention-deficit/ hyperactivity disorder (ADHD), dopamine detox may help or can make things worse.(Image Source: Pixabay.com)How do you completely detox your mind?Do a Digital DetoxAttend a yoga class. Do a few stretches on your living room floor. Find a quiet place to sit and engage in mindfulness meditation. Go for a walk in the park. Practice deep breathing exercises. Take a nice warm bath, maybe with some light music playing in the background.Our bodies are constantly processing the things we eat and drink while our minds work continuously to process thoughts and emotions. Over time, the byproducts of these processes can start to build. This can cause both to slow, becoming less effective than they once were. That’s why it’s beneficial to learn how to cleanse yourself.Read also: How Do The Body'S Peptides Function?It’s similar to how the pipes in your kitchen or bathroom are initially crystal clean and totally free of any debris. After regular use, gunk can start to build inside. This can result in a clog if they aren’t given a break and cleaned out every now and then. Cleansing yourself helps release the ‘clogs’ in your body and mind.Why Is It Important to Cleanse Yourself?. Cleansing yourself regularly serves many purposes. One is that it helps get rid of potentially harmful substances or thoughts from your body and mind. This can make you feel better mentally and physically by getting rid of things that may be slowing you down.(Image Source: Pixabay.com)How do you flush toxins out of your brain?Set aside some de-stress time before bedjournaling about stressors. writing out things you need to take care of the next day so you won’t worry about them. coloring, reading, or other calming activities. taking a warm bath with candles or aromatherapy. doing some light yoga or meditating. deep breathing exercises.You can find a detox protocol for just about anything these days, including your brain.With the right supplements, cleansing herbs, and a major overhaul of your diet, among other things, you can supposedly:Banish grogginessenhance your memoryboost your cognitive function(Image Source: Pixabay.com)How to restore dopamine?Eat a diet that’s high in magnesium and tyrosine-rich foods. These are the building blocks of dopamine production. Tyrosine is an amino acid. It’s absorbed in your body and then goes to your brain, where it’s converted into dopamine. Foods known to increase dopamine include chicken, almonds, apples, avocados, bananas, beets, chocolate, green leafy vegetables, green tea, lima beans, oatmeal, oranges, peas, sesame and pumpkin seeds, tomatoes, turmeric, watermelon and wheat germ.Engage in activities that make you happy or feel relaxed. This is thought to increase dopamine levels. Some examples include exercise, meditation, yoga, massage, playing with a pet, walking in nature or reading a book.What supplements raise dopamine levels?. Supplements that increase dopamine levels include:Tyrosine. Tyrosine is a natural amino acid and a precursor to dopamine. (Dopamine is made from tyrosine.)L-theanine. L-theanine is another precursor to dopamine.Vitamin D, B5 and B6. These vitamins are needed to make dopamine.Omega-3 essential fatty acids.Magnesium.(Image Source: Pixabay.com)How do I factory reset my brain? 3 Ways to ‘Reset’ Your BrainGet outside. Step away from your screen and go outside. ... Do an icebreaker. If you are running a meeting, consider boosting creativity and focus, as well as adding a sense of fun, with an icebreaker. ... Take mini breaks. Brief periodic breaks are refreshing.You’re stuck on a problem. How do you clear your head and generate solutions? Here are a few ideas.Get outside. Step away from your screen and go outside. If you’re working on a problem with colleagues, consider inviting them to come with you and ask them to leave their electronic devices behind. If able, a walking meeting could be a great opportunity to get some exercise and fresh air, providing stimulation to the brain.Do an icebreaker. If you are running a meeting, consider boosting creativity and focus, as well as adding a sense of fun, with an icebreaker. A good and easy one is to tell everyone that they have 30 seconds to grab something, no matter where they are, and come backthen they have to tell the group why they grabbed the item.Take mini breaks. Brief periodic breaks are refreshing. What you can do to refresh your brain in one-minute, five-minute, and 15-minute increments? Examples are doing a word puzzle or jumping jacks, grabbing a cup of coffee or tea, or watering your office plants—whatever it takes to get you to disconnect from work so you can come back to tasks anew.For more advice, read “How to Solve Problems at Work, Says Deloitte Exec: ‘My Best Idea Didn’t Come When I Was Sitting Tied to a Desk.’”What is the 21 day toxic brain detox?The 21 Day Brain Detox Plan™ is an online daily guide that takes only 7-10 minutes of your time each day. I will walk you through each of the 21 days, guiding you and coaching you to a toxic-free mind. Every moment of every day you are changing your brain with your thoughts in a positive or negative direction.(Image Source: Pixabay.com)How does the brain detox itself?Our bodies remove dead blood cells and other waste products through a network of vessels called the lymphatic system. The brain, however, uses a different method. Cerebrospinal fluid cleanses brain tissue. Based on previous research, scientists suspected that nutrients and waste were carried away through a slow process called diffusion.Read also: How Frequently Can You Take Probiotics And Prebiotics?In a new study, scientists used a method called 2-photon laser scanning microscopy to analyze the movement of cerebrospinal fluid in living mouse brains. To their surprise, the researchers found that the fluid flowed along a series of channels surrounding blood vessels. They named this new system the “glymphatic system” because it is similar to the body’s lymphatic system but managed by cells in the brain called glial cells.The scientists speculated that glitches in the glymphatic system might lead to the buildup of harmful waste in the brain. To test this idea, they injected a protein called amyloid beta into the brains of both healthy mice and mice with a faulty glymphatic system. The protein is known to play a role in human Alzheimer’s disease. Normal mice cleared amyloid beta rapidly from brain tissue. Mice with faulty glymphatic systems had much slower protein removal.(Image Source: Pixabay.com)How do you chemically reset your brain?Things You Can Do to Reset Your Brain’s Dopamine LevelsCreate exciting daily routines. Incorporate fun activities into your daily routine, even if they are mindless activities. ... Focus on perfecting your sleep schedule. ... Improve your diet. ... Exercise. ... Practice mindfulness. ... Listen to music.Chronic substance use and addiction wreak havoc on nearly all brain functioning. Compared to a healthy brain, a brain affected by substance use begins to prioritize drug-seeking behavior over all else. There are several reasons why this is, with the most concerning being that the functioning of normal brain chemicals, such as dopamine, become compromised.Dopamine is a crucial neurotransmitter that is created naturally in the brain. Neurotransmitters are responsible for sending messages back and forth between neurons. Dopamine is vital for many reasons, as it aids in controlling motor movement, directing motivation, guiding emotions, and identifying experiences of pleasure.When a person starts using drugs, dopamine and all other transmitters are compromised in more ways than one. Even without addictive substances, dopamine can be compromised through heavy use of technology, eating, and other unhealthy habits. When people work to achieve and sustain recovery, they must consciously work to reset the dopamine levels in their brain so that they can experience long-term recovery.(Image Source: Pixabay.com)How long does it take to detox your brain?The first step of rewiring the brain is detox, eliminating any and all synthetic chemicals from the body. Depending on the substance used, as well as the severity of the addiction, detox can last anywhere from 5 to 14 days. The first few days of this process are the most intense for the individual in recovery.After detox, the next step is entering a treatment program to address both the substance use disorder and any co-occurring mental health conditions. How long this process takes depends on each individual case as well. Some people might progress more quickly through levels of inpatient and outpatient treatment. Others may benefit from spending time in a sober community before returning to everyday life.Restoring mental health after addiction. There’s no denying that addiction affects the brain and that rewiring the brain is a lifelong process. There may always be temptations and triggers to return to substance abuse. That’s why part of the recovery treatment goal is to give you the tools you need to not only recover, but to maintain your recovery long term.(Image Source: Pixabay.com)How to clear brain waste? Surprisingly, Nedergaard’s group observed the post-exercise increase in glymphatic flow in mice that were awake. Prior to this study, such increases were only ever seen in mice that were either asleep or anesthetized. This observation suggests that exercise and sleep are both independent and powerful drivers of brain waste disposal.The brain is arguably the body’s most complex organ, so it is only fitting that the brain has evolved a unique method of clearing out its waste to make way for new thoughts and ideas. Scientists are beginning to understand that making healthy lifestyle choices—be it getting adequate sleep or going for that early morning run—may be a simple yet effective way to tweak the brain’s waste disposal system in our favor.Benjamin Andreone is a postdoctoral fellow and alumnus of the Program in Neuroscience at Harvard Medical School.For more information:. How sleep promotes memory formation and brain function has been discussed in other SITN articles, here and here.For more information about how the glymphatic system works, check out the Nedergaard lab webpage. Keep Your BRAIN HEALTHY...Effective Detox Strategies | Dr. MandellThe glymphatic system is a recently discovered macroscopic waste clearance system that utilizes a unique system of perivascular ...(Image Source: Pixabay.com) Ready for a clean start? A healthy start? Even more, a plan that builds off this great start and continues to work throughout the year? This year, start with Dr. Colbert’s 21-Day Detox and Cleanse, and continue with our top detox habits each day. Rather than focusing on weight loss or obscure health goals, why not start with just making your body, from your cells on up, as healthy and “clean” as possible? Detox is simply a way to support the cells and tissues that make up the detoxifying organs in your body. These organs, which include your liver, digestive tract, lungs, and more, work extremely hard each day to keep your body healthy. When you support them, you encourage great immune function, brain function, heart health, healthy weight changes and more! Best of all, it’s not hard! Begin with our 21-Day Detox and Cleanse Starter Kit, and then maintain everything you’ve gained with our top ongoing detox habits. What’s more, you can use the 21-Day plan every quarter to continue to build your habits and health. This straight-forward “reset” is all you need to get going on your health goals this year! First, Set 3-4 Aside 21 Days to Detox and Fast Why set aside 21 days for a program like Dr. Colbert’s 21 Day Detox and Cleanse? When you’re focused on detoxing for a set period of time, you will incorporate great detoxing habits while fasting from many foods and drinks that add toxins to the body. These foods include sugars, specific meats, dairy, processed foods, and more. Not everyone wants to omit all of these year round, but they can do it for a short time. This is the fasting portion. Think of it as a great jump start to begin, and a maintenance program a few times per year. What’s more, during the 21 days, you can establish great detox habits. In fact, every one of the habits on this list are also part of Dr. Colbert’s 21 Day Detox and Cleanse. When you repeat a habit for 21 days or more, you can rewire your brain and make it stick throughout the year. To get started, order one of Dr. Colbert’s 21-Day Detox and Cleanse Starter Systems. His Fasting Zone book, which is included, will guide you through your 21 Day Detox and Fast journey. In fact, you’ll find a complete Detox and Cleanse 21-Day Meal Plan and all needed recipes to do it! Top 12 Daily Detox Habits for 2024 During and after your 21 day detox and cleanse journey, continue to build your detox habits with the following strategies: 1. Daily Intermittent Fasting Each day, consider fasting from all foods and most drinks for 16 hours of the 24. This means finishing eating for the day around 7 pm, and then abstaining from food until about 11 am. Why? Intermittent fasting has been shown to support reduced inflammation, healthy weights, healthy cardiovascular function, and normalized blood sugars (1, 2, 3). It also gives your digestive tract a break, and omits the consumption of foods that add to the toxic load in your body and oxidative stress during fasting hours. Of note, you can still enjoy the benefits of intermittent fasting even if you consume no-carb drinks such as water, tea, and coffee. 2. Cold Awakening Detox is not always about what you put in your mouth, but also how your environment affects your body. A cold shower blast promotes body detoxification by supporting immune health and invigorating the senses from the beginning of the day. How? Frigid cold water, even for just seconds at a time, is linked to healthy immune function. One study from the Netherlands found that 30 seconds of cold showers significantly reduced sick days in workers, up to 29% in the study (4). It’s believed that cold-water-stress induces the production of catecholamines, which may play a critical role in supporting the immune system. What’s more, immersion in icy cold water may activate high-metabolism beige and brown fat cells (5). The cold water is also great for skin health (which supports detox), and a wake-up call to the senses! 3. Lemon Spring Water and Green Tea Throughout the Day Drinking lemon spring water throughout the day is great for body detox. First, your body depends on water for all its functions, including energy production(6). Without adequate amounts, you may suffer headaches, fatigue, and sluggishness when dehydrated (7). Next, water is necessary for healthy skin, detoxification, and healthy aging. When you add green tea leaves or green tea through a fermented green powder, you add a whole bunch more detoxifying nutrition to your water. Green tea contains highly concentrated antioxidants that fight free radicals and inflammation (23). It’s energizing and contains a modest amount of caffeine. In addition, it contains a compound called L-theanine. L-theanine promotes steady energy (24). In studies, green tea has been shown to boost physical performance, increase the breakdown of fat for energy, and release norepinephrine for a stress-free mood (25, 26, 27). 4. Daily Organic Greens including Chlorophyll Fresh and fermented powdered greens are a cornerstone of detox. Make them a daily detox habit this year! The easiest way to incorporate them daily is to utilize a fermented green powder, like Divine Health Fermented Green Supremefood® each day, and then fill your plate with organic greens and vegetables at dinner. Best of all, this product is included in your 21-Day Detox and Cleanse Starter System! 5. Choose Detoxifying Oils When adding healthy fats to your diet via dressings or cooking oils, it’s vital to choose detoxifying ones. The best oils for daily detox habits include extra-virgin olive oil and organic avocado oil. These oils contain healthy fats that support heart health, detox, and less inflammation (9). What’s more, having these 2 oils on hand provides the right ones for dressings, high heat cooking, and flavoring. On the other hand, avoid soybean oil like the plague, which is found in the majority of processed foods. 6. Wash and Eat Organic High Antioxidant Produce In addition to greens, add vibrantly colored low-sugar fruits each day! These include berries, apples, citrus fruits, peaches, and more. Their coloring exhibits their nutrients. The more vibrant, typically the more antioxidants and phytochemicals they contain. But buyer beware. You will drastically cut down your pesticide and toxin intake if you buy as much organic produce as possible. If you’re not able to buy all organic, make sure to buy non-peeled organic fruits and vegetables in which you consume the entire piece. The produce with the highest levels of pesticides include grapes, lettuce, apples, pears, bell peppers, celery, nectarines, peaches, strawberries, or cherries. One great low-carb way to include organic fruits is through Divine Health Red Supremefood®, it’s included in the 21-Day Detox and Cleanse Starter System! Additionally, be diligent about washing your produce. The pesticides used on crops, specifically conventionally grown ones, have been linked to many issues including abdominal pain, nausea, and diarrhea. Amazingly, the average American is exposed to 10-13 different pesticides through the food and drink they consume each day. The majority of these are endocrine-disrupting, which may lead to weight gain. Endocrine-disrupting compounds mimic estrogen, which can disrupt hormone balance and even reduce our ability to lose fat and build lean muscle. 7. Smoothie Meals When it comes to health, healthy weight changes and detox, few meals deliver as much power as smoothies. In fact, liquid meals can be great for concentrating detox nutrients, fasting from foods and ingredients that add toxins, and for achieving a healthy weight. First, it’s easy to add organic fruit and vegetable powders like Divine Health Fermented Green Supremefood® and Divine Health Red Supremefood® to a smoothie. You can also add fresh fruits & vegetables. In addition, make sure to get a healthy fiber source like Keto Zone Fiber Zone. By using non-dairy milk, it’s easy to omit meats, dairy, and extra sugars. (All 3 of these products are included in the 21-Day Detox and Cleanse Starter System). But, did you know that healthy smoothies are actually linked to achieving a healthy weight? High-energy smoothies can trick your body into feeling more full and energized because they reduce the energy demands of digestion while filling your belly with volume. 8. Get Your Sweat On Few activities detox the body as well as a good sweat, so make it one of your daily detox habits this year! You can get your body sweating through a vigorous exercise session or steam room; or both! Exercise is great for the immune system because it modulates antioxidant and anti-inflammatory effects in the body. This supports neuroprotective action, increases the circulation of anti-inflammatory markers, and improves antioxidant defenses (10). It can also normalize blood glucose, which supports immune function, healthy weight, and whole-body health. High blood sugars are linked to worsened infections. Sweating via a sauna or hot yoga class is also great. Sweat can help eliminate harmful compounds that build up in the body. After a good sweat, make sure to rehydrate with more lemon spring water! 9. Fiber at Every Meal Fiber is crucial for health, and the right fibers support detox, digestive health, immune function, and energy. You can consume fibers in fruit, vegetables, nuts and seeds, and legumes. In addition, add a fiber powder that contains inulin and psyllium husk, such as Keto Zone Fiber Zone (included in the 21-Day Detox and Cleanse Starter System). It directly supports digestive health and stimulates the growth of beneficial bacteria in the gut (11, 12). As described above, it’s easy to add this powder to your daily smoothie. 10. Milk Thistle A daily dose of milk thistle is one of the most potent daily detox habits that support your liver. As one of the primary organs that deals with harmful compounds in toxins in the body, your liver needs all the help it can get. Milk thistle specifically promotes healthy liver function after a liver is injured by acetaminophen, carbon tetrachloride, radiation, iron overload, phenylhydrazine, alcohol, cold ischaemia, and Amanita phalloides. (13). What’s more, it can provide proactive protection against liver toxins (14, 15), and support liver function in those with inflamed and/or damaged livers (16). In addition, milk thistle may help protect neurons and support healthy brain function while aging (16, 17), stimulate bone mineralization (18, 19), encourage less skin inflammation and blemishes (20), promote insulin sensitivity (21), and more. You can get a daily dose of milk thistle in Divine Health Fermented Green Supremefood® found in the 21-Day Detox and Cleanse Starter Kit. 11. Good Sleep Your brain desperately needs good quality sleep every night. In fact, deep sleep is one of the only times your brain can detoxify and allow the lymph system to clean it. When this does not occur, the brain can malfunction. Good sleep is associated with (22): Reduced daily cortisol Healthy immune function Better melatonin levels Less depressed moods Less inflammatory reactions Healthy body weight Healthy heart function Lower mortality rate It’s vital for life, health and detox. 12. Avoid the Most Potent Sources of Toxins While it’s impossible to avoid all toxins, you can do your best to avoid cigarette smoke, alcohol, high levels of pesticides, extreme air pollution, a high-sugar diet, soybean oil, ultra-processed foods, sodas, deep fried foods, partially hydrogenated oils, high-fat meats, fast foods, and more. There’s simply no place in your daily detox habits for these foods and environments. Bottom Line Support your body’s detoxification and revolutionize your health this year. Start today by getting a 21-Day Detox and Cleanse Starter System and joining the FREE Dr. Colbert’s 21 Day Detox and Fast program. Consider repeating it once per quarter. Incorporate these top 12 daily habits (and more if you’d like) into each day throughout the year. You’ve got this, and we’re here to support you! A brain detox can help improve cognitive function and mental clarity by promoting the elimination of toxins and waste products from the brain and central nervous system.Here’s how to detoxify your brain and discover how sleep, exercise, and dietary habits can impact your brain health. Glymphatic system explainedThe glymphatic system is a waste-clearance system that facilitates the brain’s natural detoxification process.In addition to waste and toxin elimination, the glymphatic system also enables the transport of amino acids, lipids, and neurotransmitters across the central nervous system, which plays a crucial role in maintaining healthy brain function.Research published in Neurochemical Research found that the glymphatic system relies on a complex interplay between cerebrospinal fluid (CSF) and astrocytes, a specialized type of brain cell that provides structure and nourishes neurons. The flow of CSF through brain tissue allows nutrient exchange and the removal of waste products, which helps maintain normal central nervous system functions and may lower the risk of neurological diseases. The glymphatic system plays a profound role in removing and eliminating certain abnormal protein clusters, including beta-amyloid and tau, which are strongly associated with the development of dementia and Alzheimer’s disease. Watch the video below to discover the importance of sleep for brain health. What is a brain detox?A brain detox focuses on enhancing the body’s natural ability to cleanse the brain from waste products, heavy metals, environmental toxins, damaged cellular components, and defective proteins. A buildup of these potentially harmful compounds can impair normal brain function and increase the risk of poor cognitive function, mental health issues, and neurodegenerative diseases. Brain cleanses typically involve certain dietary and lifestyle factors that can activate the glymphatic system, trigger cellular repair mechanisms, and improve brain plasticity associated with better cognitive health and neuronal longevity. Signs you need a brain detoxImpaired waste clearance and nutrient exchange in brain tissue can lead to poor brain function, which can manifest in a wide range of cognitive symptoms and behavioral changes. Here are common signs that can indicate you may benefit from a brain detox:Memory issuesBrain fogDifficulty concentratingPoor problem-solving skills FatigueMood changesIrritability Sleep issues While these symptoms may be linked to ineffective glymphatic waste clearance, they can also be early warning signs of certain neurodegenerative disorders, and it’s crucial to consult a healthcare provider for a thorough evaluation of your symptoms if you are concerned about your cognitive health. 6 ways to detox your brainResearch published in PLOS Medicine suggests that certain dietary and lifestyle habits can profoundly impact brain health and reduce the risk of neurological diseases and cognitive decline. Here are six ways to detox your brain.1. Quality sleepSleep detoxifies your brain, and lack of adequate sleep can lead to various cognitive issues, and poor mental health, and may increase the risk of dementia and Alzheimer's disease.Evidence published in Brain Science found that the glymphatic system is most active during slow-wave sleep phases, generally called deep sleep. Changes in brain chemistry during deep sleep allow an increased flow of CSF into brain tissue, which leads to an 80 to 90 percent higher activity of the brain’s natural detoxification processes than during waking stages. To achieve a good night’s rest, it’s crucial to avoid stimulants like alcohol and caffeine, limit blue light exposure from digital devices, and maintain a consistent bedtime routine. In addition, consuming plenty of sleep-promoting foods and taking magnesium and zinc can support restful sleep and help extend deep sleep phases linked to better brain cleansing. 2. Reduce stress Chronic stress can disrupt normal sleep cycle regulation and is associated with sleep issues, which can impair the body’s ability to effectively cleanse and detox the brain. While it’s almost impossible to avoid all of life’s stressors, finding effective stress-reduction techniques can counteract the detrimental effects of stress on sleep and supports effective brain tissue detoxification.Practicing deep-breathing exercises, spending time in nature, socializing with friends and family, pursuing hobbies, and engaging in physical activities are excellent strategies to reduce stress.In addition, adaptogenic herbs such as ashwagandha, rhodiola, and Siberian ginseng are natural remedies that can help improve the body’s stress resilience and have been found to promote relaxation and sleep. 3. ExercisePhysical activity plays a vital role in promoting glymphatic waste clearance, which may explain why exercise is associated with better brain health and a lower risk of various neurodegenerative diseases. A study published in Frontiers in Neurobiology found that exercise can enhance blood flow to the central nervous system and stimulate the movement of CSF, which promotes nutrient exchange and waste-product removal to and from brain cells.   In addition, moderate exercise routines and activities such as walking, gardening, or hiking can reduce stress and promote healthy sleep, which benefits cognitive functions and supports effective brain tissue cleansing.   4. Healthy Keto®Increasingly more evidence suggests that a nutritious low-carb diet like Healthy Keto is associated with mental clarity, more energy, and better cognitive performance.Limiting carbohydrates and obtaining most of your calories from healthy fats pushes your body into a metabolic state known as ketosis. During ketosis, your body burns fat instead of sugar, which generates large amounts of ketones. “Ketones cross the blood-brain barrier and serve as a very efficient fuel for brain cells,” explains Dr. Berg. “Ketosis promotes a steady and reliable energy source for the central nervous system, which enhances overall brain function, including the glymphatic system and detoxification processes.”   A study published in Frontiers in Neuroscience found that beta-hydroxybutyrate, a primary ketone generated during ketosis, has neuroprotective properties and directly enhances glymphatic waste clearance. The same study investigated the effects of glucose on glymphatic processes and concluded that a high-carb diet is associated with a reduced elimination of metabolic waste from neuronal tissue.   5. Intermittent fastingIntermittent fasting is an eating pattern that cycles between set periods of fasting and eating. Intermittent fasting promotes brain growth and has positive effects on the brain's ability to eliminate waste products and toxins.   Fasting triggers autophagy, a critical biochemical process that recycles and removes defective cellular components, including faulty proteins and damaged mitochondria. Autophagy promotes effective glymphatic waste clearance and helps cleanse brain cells from potentially harmful substances linked to poor cognition, neuroinflammation, and the development of age-related cognitive decline. 6. ProbioticsAlthough probiotics don’t directly impact the glymphatic system, beneficial gut bacteria communicate with the brain and can influence central nervous system functions. A study published in Neuroscience and Behavioral Reviews found that probiotic supplementation promotes normal brain function and can help decrease symptoms related to cognitive decline in older adults.It’s thought that certain probiotic strains can increase the production of serotonin. This crucial neurotransmitter regulates cerebral blood flow and promotes the exchange of nutrients and waste product removal in the brain. Consuming plenty of probiotic foods such as sauerkraut, miso, natto, kefir, and yogurt can increase gut bacteria diversity linked to better mental and cognitive health and a lower risk of mood disorders, including depression and anxiety.   Key takeawaysA brain detox stimulates the glymphatic system, a cerebral waste-removal process that cleanses brain tissue from toxins, metabolic waste products, and damaged cellular components.Evidence suggests that dietary and lifestyle habits such as getting restful sleep, a low-carb ketogenic diet, intermittent fasting, and regular physical activity directly stimulate glymphatic clearance.Enhancing the body’s ability to cleanse and detoxify the brain is associated with better cognitive function, mental clarity and focus, improved memory, and a lower risk of neurodegenerative diseases, including dementia and Alzheimer's.   Click here to download the digital study guide! What would you do if you found a switch that could turn on your brain and enable you to be happier, healthier in your mind and body, more prosperous, and more intelligent? Dr Caroline Leaf will show you how to find and activate that switch. What you think with your mind changes your brain and body, and you are designed with the power to switch on your brain. Your mind is that switch. You have an extraordinary ability to determine, achieve, and maintain optimal levels of intelligence, mental health, peace, and happiness, as well as the prevention of disease in your body and mind. You can, through conscious effort, gain control of your thoughts and feelings, and in doing so, you can change the programming and chemistry of your brain. Breakthrough neuroscientific research is confirming daily what we instinctively knew all along: what you are thinking every moment of every day becomes a physical reality in your brain and body, which affects your optimal mental and physical health. These thoughts collectively form your attitude, which is your state of mind, and it’s your attitude and not your DNA that determines much of the quality of your life. Based solidly on the latest neuroscientific research on the brain, as well as Dr Caroline Leaf’s clinical experience and research, you will learn how thoughts impact our mind and body. You will also learn how to detox your thoughts using her practical, detailed, and easy-to-use 21-Day Brain Detox Plan. The application is for all walks of life. You won’t forgive that person, get rid of that anxiety or depression, follow that essential preventative healthcare, strive to that intellectual level you know you are capable of, follow that dream, eat that organic food, do that diet, be that great parent or husband or wife or friend, get that promotion, or make other changes to create quality, positive lifestyles—unless you first choose to get your mind right and switch on your brain. After all, the ability to think and choose and to use your mind correctly is often the hardest step, but it is the first and most powerful step. Every ping, scroll, like, and notification triggers a small dopamine release. But here’s the catch: when your brain is constantly flooded with stimulation, your baseline for joy and motivation drops.This is called dopamine downregulation, and it’s why even fun things start to feel like a chore.The solution? Short-term discomfort for long-term reward.Stanford researchers found that even short “dopamine fasts” can help re-sensitize your brain’s reward circuitry. In other words, you can reset your ability to focus, experience joy, and get shit done; just by slowing down.The trap of being busy, yet never satisfied. I first did a version of this challenge after noticing I was constantly “snacking” on stimulation. I'd jump from Slack to LinkedIn to Gmail, never quite present, and constantly exhausted.So I gave myself some basic rules.For 21 days, I replaced digital snacks with analog stillness.No social media. No TikTok rabbit holes. No late-night scrolling.The result?It didn’t just reset my brain. It rewired my default behavior. By Day 10, I was sleeping better, thinking more clearly, and even enjoying my workouts more.It’s not a punishment, but instead, a reset for presence.The 21-Day Dopamine Detox ChallengeDay 1–7: Calm the Noise (Interrupt the default)Remove ALL non-essential apps from your phone. (Social media, YouTube, games, news.)Turn off all notifications except texts and phone calls.Set a 30-minute daily screen limit for any non-essential use.Start a 5-minute daily stillness practice. Just sit. No phone. No music.Start a daily log: Write 2–3 lines about your mood and energy levels.Day 8–14: Introduce Analog Wins (Replace the noise)Daily 30-minute walk without headphones. Yes, just you and your thoughts.Replace screen time with 1 of these daily: reading, journaling, drawing, or stretching.Write down 1 thing each day you’re grateful for and 1 small win you created.Delay checking your phone for at least 30 minutes after waking.Identify 1 digital “crutch” (eg. podcasts while doing chores) and pause it for the week.Day 15–21: Rewire Reward (Build new neural associations)Continue stillness and walking practice.Add 1 “hard thing” per day: cold shower, tough workout, hard convo, deep work block.Build a “boredom buffer," e.g., resist the urge to stimulate yourself instantly. Let boredom be okay.Finish each day by asking: What truly energized me today? Design your “dopamine diet” going forward. Choose what you’ll reintroduce -intentionally.The subtle art of boredomWhen one of our kids whines, "I'm bored!" our response is, "Good. It's okay to be bored."A 2014 study published in the journal Academy of Management Discoveries found that participants who engaged in a boring task came up with more creative ideas later than those who didn’t experience boredom.The researchers concluded that boredom induces daydreaming, which boosts creativity.You don’t need to quit tech or move to a cave. But a simple 21-day reset can reconnect you to what really matters: presence, clarity, and the joy of doing less better.Start your reset. Let your brain breathe.Find your next edge, Eli The 21-day Brain Detox Plan™ is an online daily guide that takes only 7-10 minutes of your time each day. I will walk you through each of the 21 days guiding you and coaching you to a toxic-free mind. Moment by moment of every day you are changing your brain with your thoughts in a positive or negative direction. Every time you think and choose, you cause structural change in your brain. Your thoughts impact your spirit, soul and body. By controlling the direction of your mind, you control the direction of your life.The program comes with an app that is accessible from anywhere.