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Often, the body has an order of priority in which it does best to honor and so it is best to have an evaluation before attempting any kind of detox protocol. However, I'd like to tell you about the safest way to perform an annual detox:

First, prepare the detoxification pathways with some practices such as dry skin brushing and lymphatic massage and with herbal preparations of cleavers and yellow dock. I also like to prepare the way with the homeopathic remedy called [Drainer](#). I put together packages with all you would need for each phase.

Next, or with your lymphatic detox (depending on your state of health and area of focus), cleanse the kidneys. This is where an evaluation should be done. In Chinese Medicine, it helpful to determine the correct herbs for you. A non-herbal product can be found [HERE](#).

Last, is a liver gallbladder flush, before a parasite detox,

Parasite detox: you can choose tincture or pill form but the triad of wormwood, clove and black walnut. I also recommend a specific kind of clay to take after the herbal formula. This absorbs the die of toxins and prevents a Healing Crisis.

I am happy to build a custom package for you. Typical full body detox costs around \$150.