



dōTERRA® | eBooks

Detox and Thrive

A smiling woman with long dark hair is sitting and reading a book. She is wearing a white t-shirt and dark blue jeans. The background is a bright, out-of-focus indoor space with a window. A teal-colored overlay box is positioned on the left side of the image, containing the Table of Contents text.

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Detox and Thrive: Your Guide to Daily, Monthly, and Seasonal Detoxification

Your Microbiome Talks, So Join the Conversation

Your body was designed to detox. Every cell, organ, and system works daily to keep you feeling clear, balanced, and healthy.

But in today's world, your detox pathways face more burdens than ever before.

Toxins are in:

- The air you breathe—pollution and artificial aromas
- The water you drink—microplastics and chemicals
- The food you eat—additives and plastic residues
- The products you use—cleaners, skincare items, makeup, and synthetic fragrances
- The stress you carry—which can slow your body's natural detox functions

Even if you eat clean and live intentionally, daily exposure is unavoidable.

It's Not about Perfection

Detoxing is not about living in fear or chasing unrealistic purity. It's about strengthening and nourishing your detoxing organs so they can function efficiently and consistently.

When you reduce your toxic load and support your detox organs, you experience:

- Clearer thinking and focus

- More stable energy
- Better digestion and hormone balance
- Improved sleep and skin health

How Does the Body Detox?

Your liver, kidneys, and colon are your primary detox organs.



Liver: Filters toxins from blood, processes hormones and nutrients, produces bile, and eliminates fat-soluble toxins.*



Kidneys: Filters water-soluble waste from blood, eliminates toxins through urine, and maintains fluid and electrolyte balance.*



Colon: Eliminates solid waste, toxins, excess hormones, as well as houses the microbiome that binds and processes many chemicals.*

Your lymphatic system, lungs, and skin also play supportive roles by moving cellular waste, expelling gases, and releasing toxins through sweat.

Key Principle

Your body is designed to detox, but modern life asks so much of it that it needs extra support to function at its best.

And support doesn't have to be extreme. Detoxing can be gentle, daily, and nourishing.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Editing Your Daily Routine

Small daily changes reduce toxin exposure and lighten your toxic load.

Morning Routine:

- Replace fluoride toothpaste with an essential-oil-infused option like **dōTERRA On Guard® Natural Whitening Toothpaste** or **dōTERRA SuperMint® Toothpaste**.
- Swap synthetic perfume for essential oil blends like **Citrus Bloom®** or **Beautiful Touch**.
- Choose deodorants like **Natural Deodorant Infused with dōTERRA Balance®** that are formulated without aluminum and parabens.



Cleaning Routine:

- Replace chemical sprays with **dōTERRA On Guard Cleaner Concentrate** or simply combine vinegar with Lemon essential oil.
- Use **dōTERRA On Guard Laundry Detergent**—with its essential oils, bio-originated enzymes, and spicy, fresh aroma—instead of chemical-laden detergents with harsh fragrances.



Skincare and Body Routine:

- Switch to natural lotions with essential oil-based beauty items like **Yarrow|Pom Body Renewal Serum**.
- Choose shampoos and conditioners that are formulated without sulfates, phthalates, and synthetic fragrances like **Protecting Shampoo** and **Daily Conditioner**.

Replace conventional candles with diffusers and essential oils for clean, refreshing aromas.

Seasonal Detox Swaps

Season	Swap Example	Why It Matters
Spring	Switch candles to diffusers like the Laluz® or Pebble® Diffusers .	Reduce petroleum-based waxes and fragrances that emit compounds taxing the liver's detox pathways.
Summer	Use mineral sunscreens like dōTERRA sun Face + Body Mineral Sunscreen Lotion and natural insect repellent like TerraShield® Spray .	Avoid disruptive chemicals like oxybenzone and DEET.
Fall	Swap scented cleaning sprays for clean, green options like dōTERRA On Guard® Cleaner Concentrate .	Reduce synthetic fragrances and aerosol burden.
Winter	Choose essential oil-infused moisturizers like Verâge® Moisturizer .	Avoid parabens and artificial fragrance chemicals.

Daily, Monthly, or Seasonal Detox

Here's how to choose the best approach for your detoxification needs!

Daily Detox Solutions

Best for: Year-round gentle detox support

This daily detox routine uses foundational nutrition, gut support, and targeted essential oils to keep your liver, kidneys, and colon functioning optimally, preventing toxin buildup.*

What's the routine?

Foundational Wellness Bundle:

VMG+™: Provides whole-food vitamins and minerals to fuel detox enzyme pathways, including B vitamins, magnesium, selenium, and zinc.*

EO Mega®+: Provides omega-3s to support healthy cell membranes and a healthy inflammatory system—crucial for detoxification and hormone balance.*

dōTERRA PB Restore®: Supports a diverse gut microbiome, strengthens gut lining, and aids toxin elimination.*

Lemon Essential Oil:

Supports glutathione production, bile flow, and gentle daily liver cleansing, based on preclinical research.*

RevitaZen™ Detoxification Blend:

Supports healthy liver function, supports kidney cleansing, and provides antioxidants when ingested with a synergistic blend of Tangerine, Rosemary, Ginger, Geranium, Juniper Berry, and Cilantro essential oils.*

Castor Oil:

Serves as a carrier for RevitaZen, applied topically or in a castor oil pack protocol, to moisturize the skin and provide enhanced comfort and aromatherapy. (Optional product for this routine.)

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Seasonal Detox Swaps (cont.)

30-Day Cleanse & Restore Protocol

Best for: A quarterly gentle detox reset

This structured monthly protocol supports the liver, kidneys, and colon; improves digestion; and maintains elimination routes without being harsh on the body.*

What's the protocol?

Days 1–10: Activate

- VMG+™, EO Mega®+, and dōTERRA PB Restore®
- Lemon essential oil in water
- dōTERRA TerraZyme™ with meals for enzyme support*

Goal: Prime detox pathways, fuel enzymes, and prepare the gut.*

Days 11–20: Cleanse

- Days 1–10 products
- GX Assist® with food (but in a separate time from dōTERRA PB Restore) to sweep out unwanted gut microbes*

Goal: Deepen gut and colon detox.*

Days 21–30: Reset

- Days 1–10 products
- DDR Prime® with food for cellular protection and renewal*

Goal: Strengthen cells and protect DNA.*

90-Day Reset Protocol

Best for: A comprehensive full-body detox, refresh, and renewal*

This three-phase protocol not only detoxifies—it rebuilds cellular health, mitochondria, and organ resilience, resulting in deeper and longer-lasting wellness outcomes.*

Month 1: Prepare

- Foundational Wellness Bundle products: VMG+™, EO Mega®+, and dōTERRA PB Restore®
- RevitaZen+™ Complex to strengthen liver, kidney, and colon detox capacity*
- MetaPWR® Mito2Max® to optimize mitochondrial energy and detox enzyme function*

Goal: Prime detox systems and build cellular and nutrient reserves.*

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Seasonal Detox Swaps (cont.)

Month 2: Cleanse

- Month 1 products
- **Foundational Wellness Bundle products:** VMG+™, EO Mega®+, and dōTERRA PB Restore
- **GX Assist®** for a gut and colon cleanse* (full month use in 90-day protocol)
- **DDR Prime®** for cellular protection and detox support*
- **RevitaZen™ Detoxification Blend** ingested daily for enzyme activation and antioxidant protection*
- **dōTERRA TerraZyme™** with meals to improve digestion and reduce gut burden and support waste elimination*

Goal: Mobilize and eliminate toxins deeply and efficiently.*

Month 3: Renew

- Continued Foundational Wellness Bundle, and **RevitaZen**
- **MetaPWR Advantage** for collagen, NMN, NADH, and mitochondrial regeneration*
- **DDR Prime** for continued cellular protection*

Goal: Rejuvenate mitochondria, strengthen detox organs, and lock in your results for long-term health.*



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Seasonal Detox Swaps (cont.)

Key Takeaways

Detoxing is a daily, monthly, and seasonal effort.

Goal	Protocol	Frequency
Full system detox and rebuild	90-Day Refresh	1–2 times per year
Gentle quarterly detox	30-Day Cleanse & Restore	Every 3–4 months
Daily detox support and prevention	Daily Detox Solutions	Year-round

Next Steps

You don't need to be perfect. You just need to take one step at a time to reduce what burdens your body and strengthen what helps it thrive.

“Your liver, kidneys, and colon work for you every day. Support them well, and they’ll support you for life.”

Choose your detox pathway today and start your journey toward clearer energy, balanced hormones, and lasting vitality.

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