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# DETOX YOUR LIFE SYLLABUS



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Detox has become a buzzword, but what does it mean to detox and what are you detoxing from? Our bodies have become inundated with chemicals and toxins that we are not necessarily equipped to come in contact with. From juicing and cleanses to food and personal products, it's hard to know which detoxing trends really work and who to trust. Luckily, there's another way.

In this course, we'll break down everything you need to know about detoxing and what clean living really means. You'll learn how to detox by examining your daily routines and integrating detoxifying practices. We'll help you develop an empowering, sustainable way of living that energizes your mind, body, and spirit. By focusing on nutrition, beauty, home environment, and mind-body practices, you'll leave the course equipped with simple yet powerful strategies to work toward greater health one step at a time.

## MODULE 1: WELCOME

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This first module is all about setting you up for success. You'll meet Coach Tessa, your guide for the course, and learn how the course is structured. She'll break down what detox actually means and how our signature approach to health and well-being will give you the tools you need to detox your life. Your journey will begin by checking in on where you are now with a Clean Living Inventory and brief assessment, which will give you a sneak peek at the life-changing shifts you'll be able to make by the end of the course.

## MODULE 2: NUTRITION

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In this module, you'll dive into physical detoxification through nutrition. You'll learn how to nourish yourself with foods that complement your unique body and energize you physically and emotionally. Guided by renowned author, teacher, and speaker Dr. Deanna Minich, you'll learn to take a step-by-step approach to cleaner, more wholesome eating through simple habit and mind-set shifts. By the end of this module, you'll have the tools you need to make detoxifying nutrition decisions that work for you.

## MODULE 3: BEAUTY

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In this module, you'll learn how to detox your beauty practices from the inside out. Jazmin Alvarez, founder and CEO of Pretty Clean Beauty, will show you how to kick off your beauty detox journey and incorporate clean beauty habits into your routine. From safe ingredients to environmental considerations to self-care, you'll explore how to enhance your beauty routine with sustainable habits and effective products. You'll also learn about natural beauty and reconnect with the beauty within.

## MODULE 4: HOME

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In this module, you'll dive into what it means to detox your home and how to design and care for your personal living space in ways that help you thrive. With the guidance of Christine Dimmick, author, founder, and CEO of The Good Home Company, you'll explore how to organize your home, choose safe and sustainable products, and detoxify your home's energy. By the end of this module, you'll be prepared to create the living space of your dreams – one that honors who you are as an individual.

## MODULE 5: MIND

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In this module, you'll explore two approaches to mental detoxing. First, we'll cover the power of mind-set and how you can use it to support overall wellness, including mindfulness practices and generating more positive emotions. Then, you'll learn more about the mind-body connection. Patricia Moreno, creator of the intenSati method, will guide you through an intenSati exercise, including visualization, breathwork, and movement. By the end of this module, you'll have all you need to integrate mental mind-body detoxing into your daily life.

## MODULE 6: CLOSING

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In our final module, we'll recap key takeaways and prepare you for going out into the world with what you've learned. You'll reflect on important concepts covered and how you can continue integrating them into your daily life. We'll offer helpful tips for your ongoing journey toward cleaner living. You'll also take the Clean Living Inventory again to track how far you've come. As you wrap up the Detox Your Life course, you'll feel confident building a cleaner way of living that aligns with who you are as a unique individual.