



# 7 SIMPLE STEPS FOR **DAILY** DETOX

*Reveal Your Radiance*



Rommy Kirby



# Ideal Body & Detox Specialist

Helping Women Over 40 Lose Weight, Manage Stress, & Increase Energy  
So They Can Look Younger, Feel Sexier, & Have More FUN

## About Radiant Optimal Wellness

*Radiant Optimal Wellness began as a personal quest of Rommy Kirby.*

**Our Belief** – Regardless of where you are now, Radiant Optimal Wellness is achievable for everyone.

**Our Mission** - To inspire women to step into their feminine essence with integrity for their first responsibility; their physical health, their mental health and their spiritual health, so that they can enjoy vitality, balance and radiant health.

**Our Goal** - To empower women create a lifestyle that supports their bio-individual needs so they can fulfill their health, career and relationship aspirations.

### **Radiant**

Adjective - emitting rays of light; bright with joy.

Noun – a point from which rays proceed

**Optimal** – most favorable

**Wellness** - the quality or state of being healthy in body and mind, especially as a result of deliberate effort.





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## About Rommy Kirby

By the time she was 36, binge diets, bad habits, and a lifetime of toxic exposure had finally taken their toll on Rommy Kirby. Once a gym rat, fitness competitor, and diet junky, she was not only fat, sick and tired, she became debilitated by chronic migraines, unable to even enjoy going to the movie theater with her children. Years of illness and watching life from the sidelines spurred her determined quest for answers, solutions, and freedom. Today, over 40 pounds lighter, she enjoys sustainable vitality and ideal weight using the principles of a holistic detox lifestyle.

As an Ideal Body and Detox Specialist, she elegantly combines her experience and knowledge of nutrition, yoga, Ayurveda & fitness into actionable, easy to implement strategies. She shows women over 40 how to lose weight, manage stress, and increase energy so they can look younger, feel sexier and have more fun without giving up chocolate forever.

Known and trusted as a compassionate yet demanding Yoga Teacher, Yoga Personal Trainer and Health and Wellness Expert, she followed her passion for radiant health at the [Institute for Integrative Nutrition](#). An inspiring and sought after public speaker, Rommy offers one to one coaching and leads group and corporate wellness workshops and classes.

Founder of Radiant Optimal Wellness and co-owner of My HOT YOGA Place, Rommy is an ERYT™, Certified Holistic Health Coach and registered with American Association of Drugless Practitioners.

You may reach her personally at: [Rommy@RommyKirby.com](mailto:Rommy@RommyKirby.com)

Her website: [www.RommyKirby.com](http://www.RommyKirby.com)





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### A Personal Note from Rommy

Hi Beautiful,

Thank you for taking an interest in your health and wellness by downloading my short book. You have made a powerful decision to learn how to care and nourish your body so that you can feel your best...every day.

You know that feeling that there must be some easier way to lose weight and manage stress? Well, I had that feeling most of my life. But I didn't know where to find the answer and when I looked, I was overwhelmed with information that seemed like hype.

I bought into some of that hype, I cut calories to below sustenance levels, I cut out all fat, I stopped eating meat and I punished my body with brutal daily workouts. None of it, absolutely none of it worked for any length of time. I was so discouraged, I couldn't keep the weight off, and more of it kept coming back.

One day I woke up and realized I was very sick because had punished my body into overweight, illness and injury. I also realized I didn't want to live that way.

Through years of study and experience I found a holistic way of living that incorporates simple, daily steps that allow me feel better than I did in my thirties. I can pull anything out of my closet with confidence knowing I can wear it. I have maintained a 40-pound weight loss for over 5 years with ease. My clients enjoy these same benefits.

Begin to reveal your radiance today, invest a few minutes, sit down, read my simple steps and get started. It's your turn to feel good.

Peace IN!!!  
Radiance OUT!!!  
Rommy





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## Introduction

Detox has been a hot topic in recent years. There are detox supplements, guides and books in every health food store. It seems that every other person you know has done some kind of cleanse – some with great results, but others with horror stories to tell.

Because every body is different, not just the physiological makeup, but also how high a toxic load we are experiencing when we start a detox program, we can encounter very different effects and results from the very same program. The key is to work with your current toxic load, your detox history, and your unique physical condition (bio-individuality) so that you can benefit most from a program without dramatic side effects, which can be detrimental to your effort and even your health.

In this short book, you will learn why daily and seasonal detox is necessary to radiant health, detox basics and easy to follow tips to help you enjoy the process. Whether you are a detox novice or a veteran, you will be equipped with accurate information and a sane approach to either start your next detox program, or simply to live a cleaner life so that your body can be free of the stress of living with elevated toxic exposure.





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In this book you will explore some of the reasons you may have attempted a detox or cleanse before and failed to follow through or simply gave up. It doesn't matter how good our intentions if we haven't set ourselves up for success. Whether this is your 1<sup>st</sup> detox or your 99<sup>th</sup>, getting your mind engaged and on board with your desired result will help you learn to trust yourself to show up and follow through.

To do that, you first want to understand your "WHY"

### **What Is Your Desired Result?**

Why do you want to detox? For instance, you might want to;

- Jump start weight release
- Increase energy
- Ease mood swings
- Clear mental fog
- Have fewer headaches
- Reduce cravings

Knowing your "Why" is your compass towards the result you desire. It will keep you focused.





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## Set Yourself Up For Success

Second, set yourself up mentally by reading through the entire book. Envision yourself completing and living the 7 Steps to Reveal Your Radiance.

- What do you think Radiant Optimal Wellness will feel like?
- How will it feel to like what you see in the mirror?
- What will it feel like to be focused and creative again after the mental fog lifts?
- What do you want to do or experience that you have been putting off because
  - You don't feel you can?
  - You don't think you look good enough?
  - You don't believe you are worthy?





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## Detox – Why Should I Care?

Toxins affect all of us. Simply by changing a few things to clean up your life, you will see dramatic difference in your health and wellbeing.

Since the 1940's, over 77,000 synthetic chemicals have been manufactured and released into our environment, food and water supply, as well as those used in our household cleaners and personal care items. With all the chemicals and pollutants that we are exposed to through the food we eat, the water we drink, the products we use and the air we breathe, the question is no longer IF we are toxic.

### The real question is, HOW toxic we are?

Everyone on this planet has detectable levels of toxins in their body.

- Studies have shown that every organism on the planet has a detectable level of Teflon in the body.
- Our babies are born toxic. Environmental Working Group (EWG), an independent health watchdog group, conducted a benchmark investigation of umbilical cord blood. The investigation revealed 287 chemicals that do not occur naturally in the human body were detected in umbilical cord





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blood of newborns. These include pesticides, consumer product ingredients and waste materials from burning coal, gasoline, or garbage.

- Carcinogens - 180 of the 287 chemicals found are known to cause cancer in humans and/or animals.
- Neurotoxins - 217 are toxic to the brain and nervous system.
- Endocrine (Hormone) Disruptors - 208 of those are shown to cause birth defects or abnormal development in animal tests.





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## Sources of Environmental Toxins – How Harmful They Are and How to Avoid Them

Among the 212 chemicals tested and found in the blood and urine of most Americans, six of them are found in virtually every person, and were identified by the CDC as probable health hazards, yet are approved by the FDA as acceptably safe!

Here are the six chemicals, and where you may find them in your day-to-day life:

- Polybrominated diphenyl ethers (PBDEs) – used as flame retardant and found in virtually every building. It can cause damage to the nervous system, liver, and kidney. It's hard to avoid this chemical altogether, but make sure you get a lot of fresh air, and keep your indoor environment well ventilated.
- Bisphenol A (BPA) – found in plastic products, as well as can linings. It is a reproduction, developmental and systemic toxicant in animal studies and is a known xenoestrogen – which adversely disrupts our reproductive system. Avoid this chemical by not using plastic containers that are marked “7” for recycling, and by reducing the use of canned food.
- Perfluoro octanoic acid (PFOA) – also known as Teflon, it affects the liver, immune system, and reproductive system. Avoid this chemical by switching





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out any non-stick cookware – good alternatives are cast iron, enamel and stainless steel.

- Acrylamide – chemical carcinogen formed when foods are cooked at high temperatures. Exposure can lead to cancer and neurological dysfunction. Reduce exposure by lowering the amount of charred foods in your diet.
- Mercury – most common routes of exposure are dental amalgams and seafood. It is associated with neurological dysfunction. Reduce intake of this heavy metal by avoiding fish high in the food chain. If you need to have dental work done, request filling materials that do not contain mercury.
- Methyl tert-butyl ether (MTBE) – gasoline additive linked to neurological and reproductive problems. This chemical is no longer used in our gasoline today, but can be found in secondhand smoke.





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## Symptoms of Toxicity

Sometimes symptoms of toxicity can be quite non-specific and therefore hard to pin down. Because we are all genetically unique, toxic exposure can manifest itself very differently, even in blood relatives. If you have systemic or atopic health issues that have been lingering for a while, it's worth looking at toxicity as the root cause.

Common symptoms of excessive toxic burden can include, but are not limited to:

- Fatigue
- Depression
- Headaches
- Cognitive problems: brain fog and memory problems
- Neurological issues: balance problems and tremors

Although toxins don't cause the following conditions, they do affect the expression of the symptoms, so lowering your toxic load may help alleviate symptoms associated with:

- Allergy and asthma
- Diabetes
- Obesity





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- Chemical sensitivity (any adverse physical, mental, or emotional reaction to the presence of a chemical smell)
- Fibromyalgia
- Fertility problems and birth defects
- Parkinson's Disease
- Bone marrow cancers – lymphomas, leukemia, multiple myeloma
- Autoimmune diseases such as Lupus, Rheumatoid Arthritis, Hashimoto's Thyroiditis, etc.
- Migraine
- Sinus Issues



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## Benefits of Lowering Your Toxic Load

Reducing your toxic load can be achieved by lessening your exposure to toxic substances, increasing the amount and rate that your detox organs process and eliminate toxins, or both.

Reducing your toxic exposure can lead to a lot of health benefits, including:

- Weight Release
- Clear Skin
- Mental Acuity
- Reduced Stress
- Increased Energy
- Improved Immune Function
- Better Digestion
- Reduced Cravings
- Increased Libido

*Read what my clients experience...*

- "I was almost late to work, I put on a pair of 'go to' slacks this morning and they were too big!"





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- "I did the detox because I wanted to feel in charge of my diet. This was my first detox and I expected to feel deprived, hungry and tired. I didn't expect to enjoy the food and be more energetic."
- "Now that I've completed the detox, I have less cravings, I have more energy and feel clearer headed."
- "Awesome, I woke up energized, excited for my day, grateful for my body and content in the knowledge that I am becoming healthier every day."



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## 7 Simple Steps to Reduce Your Toxic Load Today

An aggressive detox program is not the only way to help you lower your toxic load and in some instances that approach is dangerous. In fact, if you have not been paying much attention to your toxic exposure or have not done a detox program before, it may be most beneficial for you to start small by implementing some simple but highly effective dietary and lifestyle changes first.

This will help your body start processing some of the stored toxins, and boost the function of your detox organs. You want to prepare your body for a more structured program. If your body is not equipped to process and eliminate the toxins that are released, some of them will get reabsorbed into your tissues. This will exacerbate the side effects of detox, you will feel unwell and yet make very little reducing your body's toxic load.

Follow these 7, (I just added one so it's 8) steps to reduce your toxic load – no fancy equipment or expensive supplements needed!

1. **Eat cleansing foods** such as leafy green vegetables and berries.  
Increasing fiber intake through whole foods (fruit, vegetables and whole grains) is generally beneficial because adequate fiber intake supports elimination through colon.





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2. **Get a tongue scraper.** First thing in the morning brush your teeth and scrape your tongue before eating or drinking anything.
3. **Start your day with this easy way to support liver function.** Drink a glass of warm water with juice of half a lemon (about 2 tbsp) after Step 2 and on an empty stomach.
4. **Stay hydrated** – this will support kidney function and colon elimination. Make sure you are drinking mostly clean, filtered water and non-caffeinated herbal tea. Coffee, energy drinks, caffeinated tea, other caffeinated beverages and alcohol actually draw water out of the body, and may leave you more dehydrated.
5. **Encourage elimination through skin**, our largest organ for elimination through sweating (e.g. exercise, sauna) and dry brushing.
6. **Eat organic food** as much as possible – learn about the “Dirty Dozen” list and try to shop organic for these produce.
7. **Reduce consumption of processed and packaged foods**, which are loaded with chemicals that our bodies would recognize as “toxins” rather than food.
8. **Replace chemical laden household** and personal products with those made with natural ingredients.



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## **Detox Safely – How to Select a Detox Program**

Detoxification is a process during which you normalize the body's natural ability to process and excrete toxins that are stored in our fatty tissue, while you temporarily reduce the amount of incoming toxins.

There are a lot of detox programs, facts and myths out there. If you jump into detox without prior experience (meaning that you probably have a high toxic load and will release a high level of toxins) or proper supervisions, it can lead to:

- Severe detox symptoms include headache, fatigue, and skin issues.
- If the body cannot process and eliminate the large amount of toxins that are suddenly released into the bloodstream, the toxins will be re-absorbed into the fat cells – your body will not be able to release fat as a result.

When looking for a safe detox program, you should pay special attention to:

- A gradual approach that can minimize withdrawal and sudden toxin release and increase success rate
- Enough caloric intake to support the body's detoxification and elimination process





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- Addressing issues of addiction (e.g. sugar, caffeine, alcohol) prior to beginning the program

Also, if you are looking to start a weight loss program, it's best to go through a supervised detox program first so fewer problems will arise when toxins are released as fat cells are burned off.

Are you ready to take action towards your desired result, release stored toxins and reveal your radiance? Contact me at [Rommy@RommyKirby.com](mailto:Rommy@RommyKirby.com) or 615-429-5817.



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## Ready to Take It to the Next Level?

### Decadent Detox, 7 Day Detox and Weight Release Jumpstart

A \$200 Value

The Decadent 7 Day Detox & Weight Release Jumpstart includes:

- Pre-Detox Survey designed to help you find your current baseline (Value \$15)
- Pre-Detox Guide, which is crucial to the success of your detox (Value \$50)
- Decadent Detox Recipe Guide (Value \$40)
- Decadent Detox Easy to Follow Meal Plan (Value \$40)
- Decadent Detox Grocery List (Value \$20)
- Decadent Detox Feel Good Practices (Value \$20)
- Post Detox Survey designed to help you see just how many benefits you experience. (Value – Pricele\$\$)

Decadent Detox Bonuses

- Daily Email Inspiration, Tips and Support
- Personal Email Q & A with Me
- One 30 Minute Health Strategy Session with Me (Value \$75)

