



Ready for a reset to improve mood, energy, and overall wellbeing?

JOIN US!

WHOLE BODY DETOX

A PHYSICIAN'S APPROACH TO A FOOD AND BEHAVIOR-BASED DETOX

SESSION 1: WEDNESDAYS, JAN 10- MAR 6 (12-1 PM)

SESSION 2: APR 9 - JUN 4 (1130AM - 1230 PM)

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Dr. Payrovi is Clinical Assistant Professor of Anesthesiology, Peripoperaitve and Pain Medicine at Stanford University.

She is triple board certified in Anesthesiology, Hospice & Palliative Medicine, and Integrative Medicine.

Dr. Payrovi also holds certifications in Functional Medicine, Mind Body Medicine, and Medical Acupuncture.

EACH SESSION IS OFFERED AS A SHARED MEDICAL VISIT VIA ZOOM VIDEO

Detox is one of the most misunderstood concepts of our time - It's not a juice fast. Nor is it a plethora of supplements.

Liver detox is our body's way of getting unwanted substances out, like drugs, hormones, and man-made toxins. Without this elegant system in place, we would not survive long.

During this series, you will learn and implement:

- How to support liver detox using food and daily routines
- Best ways to open the "exit doors" so these compounds can leave the body via urine, stool, and sweat
- Top strategies to minimize toxic exposures to protect the health of you and your family

We will also extend the concept of detox to our homes, thoughts, and social interactions.

TOPICS

- KEY THERAPEUTIC FOODS TO SUPPORT LIVER PATHWAYS
- DAILY ROUTINES TO BOOST DETOX FURTHER
- SCIENCE BEHIND YOUR BUILT-IN DETOX PATHWAYS
- IMPACT OF MAN-MADE TOXINS ON HUMAN HEALTH
- MOST EFFECTIVE WAYS TO CUT TOXIC EXPOSURES
- AS WELL AS DETOXING OF:
 - YOUR HOME (DECLUTTERING CHALLENGE)
 - THOUGHTS AND EMOTIONS (THOUGHT HYGIENE)
 - TOXIC PEOPLE (BOUNDARY SETTING)

TO REGISTER PLEASE CALL:

Stanford Center for Integrative Medicine

(650) 498-5566



Stanford HEALTH CARE

Each session is billed to your insurance as a shared medical appointment with a Stanford physician specialist