



# How to DETOX FOR LIFE



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# How this guide and I can help you:

- Your body's detox system - especially the liver, gut, skin, lungs, and kidney - is constantly working to neutralise and eliminate harmful substances.
- Modern life can overwhelm this system by exposing us to multiple insults several times a day.
- Toxic burden contributes to metabolic diseases, hormonal imbalance, brain fog, fatigue, immune disruption, inflammation, some cancers and many chronic illnesses.
- Functional medicine uses a personalised, science-based approach to uncover and address the root causes of impaired detoxification.
- Clinical nutrition supports this process by optimising diet, lifestyle, and targeted supplementation to enhance biotransformation and elimination.
- This guide provides practical insights to start supporting your detox pathways today.
- Working with a practitioner can help personalise your approach and ensure safe, effective, and lasting results.





# The Foundations of Healthy Detoxification

- A strong liver converts toxins into safer compounds (Phase I) and prepares them for removal (Phase II).
- Bile binds to toxins and excess hormones in the gut and carries them out via the stool.
- A healthy microbiome prevents the reabsorption of toxins and helps break down harmful compounds.
- Good hydration and kidney function to eliminate water-soluble toxins through urine.
- Efficient lymphatic system moves waste from cells into circulation for excretion.
- Clear skin and lungs support secondary elimination via sweat and breath.
- Restorative sleep and stress recovery is essential for regeneration, inflammation and oxidative stress .



# What overloads the detoxification processes

## POOR DIET

Processed foods, alcohol, high-glucose corn syrup, margarine, seed oils, preservatives, insecticides, pesticides, colourants, and all artificial additives

## TOXINS

Environmental toxins like pesticides, plastics (BPA), personal care products, household cleaners, mold, airborne volatile compounds, heavy metals, flame retardants, etc.

## MEDICATION

Medication overload of Polypharmacy, acetaminophen, opioids, antibiotics, NSAIDs, PPIs, psychiatric drugs, chronic medications, etc.

## CHRONIC STRESS

Suppresses detox enzymes, weakens the gut-liver axis, depletes glutathione. Includes poor sleep.

## DEFICIENCIES

Low protein/amino acid intake, digestion issues, B-vitamins, sulfur rich foods, selenium, magnesium, antioxidants, polyphenols, etc.

## POOR ELIMINATION

Constipation, dehydration, low fiber, sluggish bile or lymph flow.







# Functional Medicine Interventions for Detox

01

## Support both phases of liver detox

- Phase I (Activation): Requires B-vitamins, antioxidants, and flavonoids. Key nutrients: B2, B3, B6, folate, vitamin C, glutathione, quercetin
- Phase II (Conjugation): Needs sulfur, amino acids, and methyl donors. Key nutrients: Glycine, cysteine, taurine, methionine, choline, SAMe

02

## Ensure Bile Flow & GI Clearance

- Use bitters (e.g., dandelion root, artichoke) to stimulate bile
- Add fiber and binders to trap toxins in the gut (chia, flax, psyllium, activated charcoal, chlorella)
- Prevent reabsorption via healthy transit time (1-2 bowel movements daily)

03

## Replenish Essential Nutrients

- Magnesium, zinc, selenium, molybdenum, glutathione
- B-vitamins
- NAC, glycine, taurine and alpha-lipoic acid
- Antioxidants, polyphenols
- Vitamin A
- Protein to support amino acid availability for conjugation

04

## Optimize Mitochondrial Function

- Mitochondria supply the energy for detoxification reactions
- Support with: CoQ10, PQQ, L-carnitine, B-complex, omega-3s, Alpha lipoic acid, NAC etc.

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## Identify and Minimize Ongoing Toxin Exposure

- Functional lab testing: GPL-TOX, heavy metals, mycotoxins, glyphosate
  - Assess household, dietary, occupational, and cosmetic exposures
  - Personalized detox plans may include sauna, binders, glutathione, or liver support
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# Simple Actions You Can Take Today

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## ***Diet***

- ☐ Add cruciferous veggies daily: broccoli, kale, rocket
- ☐ Eat 5 - 7 servings of colorful vegetables daily for fiber and polyphenols
- ☐ Swap soda for filtered water, green tea or lemon water
- ☐ Try one fermented food daily (kefir, yogurt, kimchi, kombucha, etc.).
- ☐ Eat high-quality protein with every meal (eggs, fish, legumes)
- ☐ Eat a greater diversity of season, organic, whole foods
- ☐ Wash food with bicarbonate of soda or biodegradable soaps
- ☐ Cook with dry and fresh herbs
- ☐ Avoid caffeine on an empty stomach (Green tea is the exception)

## ***Lifestyle***

- ☐ Sweat it out (sauna and/or exercise)
- ☐ Switch to glass or steel containers
- ☐ Practice mindfulness techniques and good sleep hygiene

## ***Mindset***

- ☐ Keep a journal to reflect and track symptoms
- ☐ Focus on nourishment, not restriction
- ☐ Set one small habit per week and build from there





# I can help.

## What I Offer:

- Personalised detox, chelation and gastrointestinal optimisation protocols.
  - Targeted support for the detox system as a whole.
  - Functional lab analysis and interpretation: toxin burden, genetic evaluation, methylation patterns, oxidative stress, inflammation etc.
  - Ongoing coaching with clinical insights, clarity, honesty and compassion.
  - Real results using science-backed, systems-based strategies.
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Start your healing  
journey, today

Book a free 15-minute  
discovery call

**Book Now**

Website: <https://nume.healthcare>



## About Me

I'm Giovanni, but everyone calls me Gio. I am a Functional Medicine Nutritionist offering personalised dietary and lifestyle interventions that aim to improve general health and wellbeing, and enhance human performance naturally. I am specialised in reversing chronic illnesses, restoring vitality, improving epigenetic functionality, maximising physical and mental performance and improving longevity and lifespan.



I obtained my Master's Degree in Science in Human Nutrition and Functional Medicine from the University of Western States (Portland, USA) where I graduated summa cum laude with Distinction. I am a Certified Functional Medicine Practitioner (IFM) and a Board Certified Nutritional Specialist, and I am currently completing my Doctorate in Clinical Nutrition from Notre Dame of Maryland University. I also hold a post-graduate degree in Medical Biochemistry - specialising in human immunology and communicable diseases - as well as an undergraduate degree in Biochemistry and Microbiology, both from the University of Cape Town.