



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

MEDICATION

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

DEFICIENCIES

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

TOXINS

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

CHRONIC STRESS

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

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.

05

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

Simple Actions You Can Take Today

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.



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.