



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

JOIN US!

DETOX, DECLUTTER, DESTRESS

A physician's approach to detox using food and routines

Dates: Tuesdays 11 am - 12 pm

Option 1: Jan 14 - Mar 4

Option 2: Mar 11 - Apr 29

Option 3: May 6 - June 24

SUSAN PAYROVI, M.D.

Dr. Payrovi is Clinical Assistant Professor of Anesthesiology, Perioperative 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

Feeling tired, can't sleep, brain is foggy, and mood is off? If you've been dealing with chronic medical conditions, you need a reset.

Join us for this 8 week series to fast-track to feeling better!

You will learn how to:

- Support liver detox using food and lifestyle routines
- Daily detox challenges to push detox further
- Open the "exit doors" to remove toxic compounds from the body
- Minimize daily toxic exposures to protect the health of you and your family
- Remove harmful chemicals from the home
- Declutter your living space
- Detox negative thoughts
- Manage toxic relationships and set boundaries.

Additional Topics:

- Impact of man-made toxins on human health
- Science behind your built-in liver detoxification pathways
- Resources to purchase non-toxic personal care and cleaning products
- How to purchase effective air and water filters, bedding, furniture, etc.

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