DETOX, DECLUTTER, DESTRESS

A Physician's Approach to Detox Using Food and Routines

JAN 6 - FEB 24, 2026 TUESDAYS, 12-1 PM

MAR 31 - MAY 19, 2026 TUESDAYS, 12-1 PM

(8 SESSIONS VIA ZOOM)

Tired, Wired, Foggy, and Not Feeling Like Yourself?

If you're living with chronic symptoms or medical conditions, your body might be asking for a reset.

Join this 8-week program and fast-track your way to more energy, better sleep, sharper focus, and a brighter mood.

It's time to clear the fog and start feeling like you again.

You will learn how to:

- Use food and lifestyle routines to activate your body's natural detox pathways
- Take on daily detox challenges to boost results
- Open your body's "exit doors" to clear out toxins effectively
- Reduce everyday toxic exposures for you and your family
- Create a cleaner, safer home by removing harmful chemicals
- Declutter your space — and your mind
- Detox negative thoughts, set boundaries, and manage toxic relationships

Bonus Deep Dives:

- The science of liver detoxification
- How environmental toxins affect your health
- How to identify toxins hidden in plain sight
- Smart swaps: trusted non-toxic products for your body and home
- A guide to choosing clean air filters, water systems, furniture, and more

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- Triple board certified in Anesthesiology, Hospice & Palliative Medicine, and Integrative Medicine.
- Certified in Functional Medicine, Mind Body Medicine, and Medical Acupuncture

TO REGISTER PLEASE CALL:

Stanford Center for Integrative Medicine

(650) 498-5566

Stanford HEALTH CARE

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

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