Why Fall Is the Perfect Time to Detox Transcript

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Seasonal Shift and Fall Health

Hi, I'm Dr. Mima with your latest update on longevity and seasonal health. As we step into the fall, our bodies are naturally shifting to shorter days, cooler mornings, and a slower rhythm overall.

Ancient healing traditions have always known that the Fall is the perfect time to restore balance and prepare for winter.

Genetics and Detox Capacity

And now modern science is confirming that seasonal changes affect our circadian rhythm, hormonal levels, immune function, and even how our cells detoxify.

Here's where your genomics play a critical role. Some of us are wired to process toxins more slowly. If you carry the CYP1A2 variant, your liver may break down caffeine and toxins at a slower pace.

If you have a GSTT-1 deletion, your ability to make glutathione, which is a body's master detoxifier, is actually reduced.

Natural Fall Detox Support

And if you carry the slower version of calm tea, you body can struggle to clear estrogen and dopamine, leading to the stress sensitivity or hormonal imbalances.

The good news is that the fall is the ideal time to do a reset. So you can support your detox naturally by eating cooked, cruciferous vegetables like broccoli and kale, sipping warm teas like Tulsi and dandelion, and prioritizing your sleep, specifically around restoration.

Longevity, Balance, and Next Steps

Supplements can also help, but I've listed a set of core supplements in the Mimosa Longevity Newsletter. that can be effective tools that work with your body's rhythm to enhance detox and restore balance.

The bottom line is simple. Longevity is not about punishment or extreme cleanses. It's about aligning your genetics, protecting your lean muscle, and balancing hormones for sustainable health.

This is Dr. Mima sharing the latest in evidence-based longevity medicine. To go deeper, you can sign up for a longevity newsletter, book a consultation, or join me on Thursday nights at 8 p.m.

Pacific for live webinars.