The Essential Guide to Detoxification

written by Dr. Ronald Hoffman | March 18, 2025

Decoding Detox: The Science and Application of Detoxification with Neil Levin, Senior Nutrition Education Manager at NOW Foods and Protocol for Life Balance. They delve into the importance of detox in addressing environmental toxins through reducing exposure and enhancing resilience. Key detoxification pathways, including liver phases, antioxidants, glutathione, and methylation, are thoroughly examined. Neil Levin also touches upon issues in the supplement industry, stressing the importance of using reliable sources. Additionally, he shares insights into his advocacy work and emerging trends in supplement research. This episode provides crucial information on how certain supplements can support the body’s natural detox processes.