



Deanna Minich, Ph.D.

DETOX EXPERT & LECTURER

Founder, The Detox Summit™ and The Detox Challenge™
Author, *Whole Detox*, and Leader of Whole Detox Programs;
Detox Faculty for the Institute for Functional Medicine; Fellow
of the American College of Nutrition, Certified Nutrition
Specialist, Yoga Practitioner, Author, Wellness and
Functional Medicine Expert

Biography

Dr. Deanna Minich is an internationally-recognized lifestyle medicine expert with an emphasis in detox. Her twenty years of experience in the nutrition and functional medicine fields led her to develop an integrated, “whole self” approach to nutrition called Food & Spirit (www.foodandspirit.com). She then applied the “whole self” concept to detoxification, as she was finding that many people would transform their lives during her nutritional detox programs (www.wholedetox.com). In 2014, she led The Detox Summit™, a 70,000 person online, one-week event featuring 30 international detox experts. Following The Detox Summit, she hosted an online whole-self detox program in collaboration with The Institute for Functional Medicine. The results from this program were astounding with a 50-60% reduction in health complaints from several hundreds of people in just 21 days. Dr. Minich not only leads detox events multiple times per year, but lectures to audiences worldwide on the topic. She brings a unique facet to detox in that she allows people to see the “bigger picture” of detox or clearing and resetting their bodies, emotions, thoughts, and everyday actions to bring forth inner and outer transformation. Her book, *Whole Detox*, available March 2016 from HarperCollins Publishers, will empower the reader with what they need to do to avoid barriers to their true potential and how to nourish themselves in colorful ways through eating and lifestyle.



What is Whole Detox™?

Many detox programs are out there. Dr. Minich has found that the reason most detoxes have so little staying power is that they treat only a part—but not the whole. They deal with part of your body—not your whole body. They tell you what to take out—but they don't focus on what to put in. They deal only with your physical body—not with your whole self. And as a result, they often fail.

Through the 7 Systems of Health she developed, you will see how Whole Detox integrates Western science and Eastern medicine. It is a systematic way of overcoming every barrier that keeps an individual from health, energy, and fulfillment.

Whole Detox changes peoples' lives.

They begin to heal the parts of their bodies that are struggling under their toxic burden, including their endocrine system, digestion, heart, bones, and brain. They shed pounds, boost energy, heal aches and pains, and recover from debilitating symptoms, feeling calmer, more vital, and more energized than they have in years. They detoxify relationships to their community, family, and even themselves!

Not only does the Whole Detox advocate detoxing through food—but also through movement, new thought patterns, and emotional expression. As a result, Whole Detox can help someone break through conflicts, sexual frustration, and creative blocks, freeing them to pursue long-deferred dreams for work, love, and personal satisfaction.

They'll feel nourished, not deprived—because sometimes the best detox is not cutting something out but rather bringing in more of what is needed!

Most important, Whole Detox is a personalized approach. It is essential to have people zero in on the parts of their body — and their life — that most need cleansing, healing, and revitalization. Additionally, Whole Detox is meant for long-term lifestyle change. An effective detox enables people to acquire the lifelong ability to target their own personal barriers by using the Whole Detox Questionnaire™ created by Dr. Minich.

In the end, Whole Detox is the fastest and most effective way to become one's healthiest, most energized, and most fully realized self!

A Statement from Dr. Minich about Detox

Detox for the 21st Century

“I’m thrilled to share Whole Detox with you, because I think it’s high time that we found a new definition for detox. We need a detox that employs the whole spectrum of Eastern and Western knowledge, and one that treats the whole spectrum of who we are. As a functional-medicine nutritionist, I believe that “food is medicine,” but I’ve come to believe that this approach is not enough. Most people cannot heal on food alone. Yes, health requires a foundation of good eating—but good eating will not necessarily solve our emotional woes, limiting beliefs, and toxic self-talk.

Whole Detox empowers us to remove not just physical toxins but all the barriers that impede our growth. Whole Detox is a 21-day program, yes—but it’s also the beginning of a whole new way of life...”

– Dr. Deanna Minich

What others say about Whole Detox™ ...

Detox for the 21st Century

“The food plans were delicious and the spiritual focus also gave a whole mind/body perspective unique to a detox program. It was a positive growth experience and a supportive community. I am glad I signed up!” – Teresa H.

“The Whole Detox is beyond physical, this program nurtures our emotional, mental and spiritual potentials. This detox has made me feel more alive than I have felt in years!” - Nina L.

“The Whole Detox is the detox of the future. It’s not enough to just detoxify the liver or the body and continue to think that the physical body is separated from the other bodies. We are a whole, integrating food colors with aspects and get aligned has an incredible power!” - Susan A.

“After completing the 21 day detox I feel amazing! I have more energy, clearer skin, sleep better and have lost weight. I have enjoyed the experience and would repeat this again!” - Andrea L.

“The program was an amazing, spiritual awakening for me about myself and my relationship with food. It helped me to see, feel, connect with the parts of myself that I had not validated or given energy to in a new way. It has really taught me to be more present with my food and intuit what I need to eat through listening more deeply to my body and spirit. Thanks Deanna

for your wisdom, kindness and inspiration to deliver a beautiful program for us all to connect as one and journey together to a deeper version of ourselves. My infinite love and gratitude!”
- Anne H.

“The detox has been more of an emotional awakening for me than a food cleanse. I am sort of shedding my skin right now! It feels so good. A surprising side effect of this detox prep has been a heightened awareness of color everywhere I turn! Thank you for opening my eyes.”
- Jennifer K.