



# FALL 5-DAY DETOX

## FOR BEGINNERS - HANDBOOK



TOTAL  
BALANCED  
HEALTH



## Welcome to the Fall 5-Day Detox for Beginners!

If you've never detoxed before, rest assured – you are in good hands.

I'm committed to your detox success, and I want you to have a great experience this week. The best way to do that is to read through this guide from beginning to end.

If you have any questions, feel free to contact me via email at [denise@denisecoombes.com](mailto:denise@denisecoombes.com) or post a question in our online group <https://www.facebook.com/groups/tbhfalldetox/>

It's going to be a great week!

*Denise Coombes*

## FALL 5-DAY detox FOR BEGINNERS

## DETOX TIPS

- Read this guide – there's a lot of great information that will help you have a successful (and possibly even fun) detox.
- Set aside 3-4 hours before the detox so you can have time to go shopping and do prep work for your recipes. You'll find the detox goes much more smoothly if you have healthy meals and snacks prepped and ready to go in the fridge. You can also do the chopping in advance for many of the recipes so that dinner comes together quickly when you get home from work.
- Commit to the process and do the best you can – this isn't about being perfect, but rather about learning your own habits and giving your body a break.
- Join our online members only Facebook group - this is a great place to get connection, meet other detox members, and get support from me. <https://www.facebook.com/groups/tbhfalldetox/>



## Preparation Checklist

- Read through this **Fall 5-Day Detox for Beginners Handbook**
- Read through the **Fall 5-Day Detox Meal Plans** which include suggested recipes and snack ideas. 2 servings and 8 servings included
- Review the **Fall 5-Day Detox for Beginners Shopping Tips**
- Schedule a specific time to go grocery shopping – about 2 hours
- Schedule time to do meal prep work in the kitchen – a total of 2-3 hours
- Read the **Eating Out Guide** (it has tips for how to eat out without blowing the detox guidelines)
- Review the **Bonus Tips for Deepening Your Detox** and choose which, if any, you'll do during your detox week
- Review the **The Dirty Dozen & Clean Fifteen Organic Produce Guide**. This guide shows you which produce items are important to buy organic and which are okay to buy not organic. Get this at <https://www.ewg.org/foodnews/>



## What is a detox, anyway?

By definition, a detox is a process by which the body gets rid of poisonous substances. To cleanse is defined as removing dirt, or making something clean. Throughout this program, you'll see the two terms used interchangeably. Basically, a food-based detox is an opportunity to remove known toxins and “bad foods” from our diet for a pre-determined amount of time. The Fall 5-Day Detox for Beginners works through the process of taking out unhealthy foods and adding in nutritious foods.



## What can I eat during the detox?

To make the process easier for you, I've provided the **Fall Detox Suggested Recipes** to ensure that you have plenty to eat during the 5 days. You do not need to follow the exact plan and can tailor each day to your personal preference. However, it's there for you if you need it.

Our goal is to have a focus on proteins and vegetables, while avoiding caffeine, sugar, dairy, red meat, pork and gluten.

We'll eat foods that nourish us and increase our bodies' natural detox processes. We'll also slow down our hectic lives as much as we can and pay attention to our eating habits so we can begin to learn about our relationship with food and what we can do to make some positive changes.

I encourage you to put a strong focus on all the delicious foods you can eat during the next few days, as opposed to what you can't. Keep focused on all the wonderful options that are available to you!

## What to expect ...

Please keep in mind that each person detoxes a little bit differently and each time you detox you may have a different experience.

### **The goals of this week are threefold:**

1. To take all processed food out of your diet.
2. To add in whole grains and vegetables in order to increase fiber intake.
3. To help you recognize the habits you have that aren't supporting your health.

### **During your detox, you may experience the following:**

- Better digestion
- Clearer skin
- Fatigue and low levels of energy, especially the first few days
- Lots and lots of energy, especially at the end and in the days after the detox
- Emotional release at unexpected times
- Feeling heavier some days, and feeling lighter other days
- Some mood swings, which will be related to toxins being in your bloodstream
- Food cravings, especially for “bad” foods you know you aren't supposed to have this week
- Constipation and/or diarrhea
- Hunger or lack of hunger
- Personal insights into your eating habits
- Improved sleep
- Weight loss

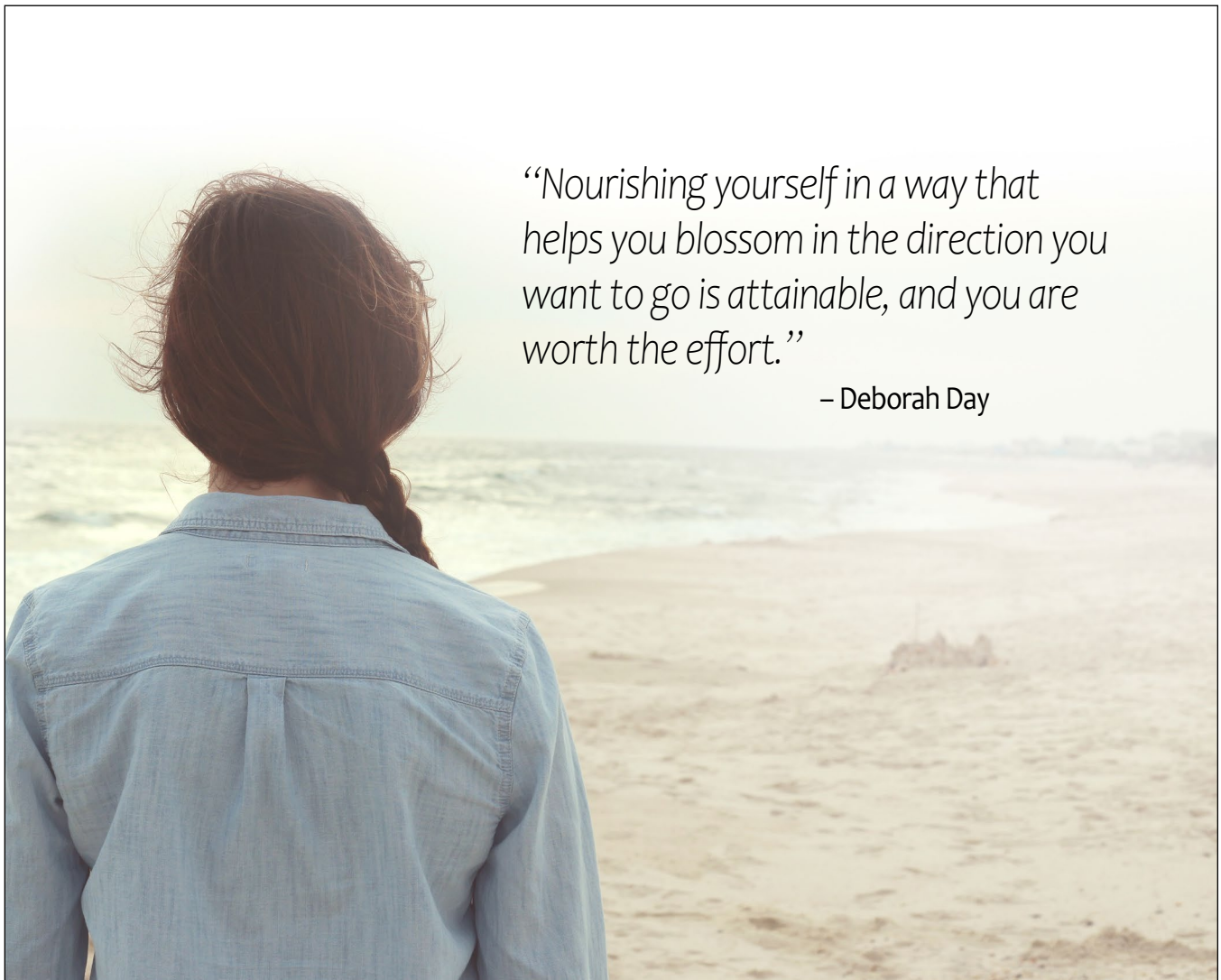
## General Cleansing Guidelines

- Take the opportunity to become really mindful of your habits this week. How often do you want to reach for a piece of candy? Are you looking for a snack because you're truly hungry or because you want a distraction from your work? The key to changing your "bad" health habits is to become aware of them first.
- Remember to drink plenty of water. Your goal is to drink  $\frac{1}{2}$  your body weight in ounces each day. For example, if you weigh 140 lbs, your goal would be to consume 70 ounces of water each day, or about 8.5 cups of water. You can flavor your water with lemon, lime, cucumber, or unsweetened cranberry juice for an added boost to overall wellness.
- Try to keep your meals mindful. The idea for this cleanse is to give your digestion a break by taking out foods that are harder for your body to assimilate. Keeping an eye on portions will make it even easier for your system to digest your foods. However, be sure to eat enough so you are satisfied and not hungry. No point in starving yourself!
- Sit down and enjoy your meals. Turn off the TV, radio, phone and computer, and put down the newspaper. Inhale deeply 5-8 times before each meal. Put down your fork between bites. Try to chew each bite 15-30 times. Chewing is the first step in the digestion process. When done properly food is digested to their simpler forms with the help of saliva which releases digestive enzymes. Skipping this important step can result in bloating and digestive discomfort.
- Focus on your body and your own self-care for the week. This is a great chance for you to turn your energies inward as much as you can, rather than giving all of yourself to the other people in your life.
- Keep taking all medications as prescribed by your doctor. If you have any questions about medications, if you have a chronic medical condition, or if you have special medical needs, please clear this program with your doctor before participating.
- Try to limit the amount of work you do during the week of the detox. This doesn't mean you have to take a week off, but skip after-work events if possible in favor of giving your body and mind a rest.
- Make time to move your body this week. Take walks outside, stretch, etc. Moving your body is a critical part of getting your body to clear toxins, so try to do gentle exercise each day of the detox.
- Make an effort to eat at home for as many of the meals as possible, and to pack food with you if you know you won't be home for most of the day. If you do need to eat out, order dishes that have a lot of veggies and some lean protein, and ask if the veggies can be steamed instead of sautéed in oil or butter. I ask for a double serving of vegetables to replace the white potatoes and rice that often accompany dinner entrees. Of course, you'll want to steer clear of dishes with



heavy sauces and anything fried. Refer to the **“Eating Out Guide”** for more tips and advice on what to order when eating out.

- Be sure to get enough essential fatty acids (EFAs) during your cleanse. You can have olive oil, avocado, coconut butter, coconut milk, coconut cream, ghee, pretty much all nuts (except peanuts), flax seeds, pumpkin seeds, sesame seeds, etc. Eating EFAs with each meal will help you feel full and will keep you satisfied longer.
- Above all, listen to your body. If you are hungry, eat something. If you’re thirsty, drink something. If you’re sleepy, take a nap. It’s amazing how much we can learn from our bodies and our cravings once we start to listen. Lastly, remember to ask for help if you need it!



*“Nourishing yourself in a way that helps you blossom in the direction you want to go is attainable, and you are worth the effort.”*

– Deborah Day

Relax...

## Epsom Salt Bath

Run a hot bath with 1-2 cups Epsom salts and soak for 30 minutes. Epsom salts are great for drawing out toxins.

You can also add lavender oil to increase relaxation.

Try to do this at least twice during the detox week. If you're pregnant, make sure the water isn't too hot.



## **Feeling run down? Having a hard time focusing? Irritable for no reason at all?**

You may want to look at your sleeping habits. We live such hectic lives and even the thought of getting sleep while keeping up with our busy lives, eating well, and exercising leaves us just plain exhausted.

Sleeping is essential for optimal health as our body performs many essential & critical activities during this time.

### **Some ways you can improve your sleep:**

- Limit sugar and caffeine intake
- Eat your heaviest meal during the day with light meals at night
- Avoid late night beverages
- Create a peaceful environment
- Create a bedtime routine
- Remove electronics and practice relaxing activities before bed



## FOOD REALLY IS GOOD FOR YOU!!

Each person has unique needs. No specific diet or lifestyle works for everyone.

Whether you are looking to heal your body, lose weight, or just develop some better nutritional habits, this plan is a great way to start.

This **“Fall 5-Day Detox”** will help balance sugar levels and boost your metabolism to help with reaching some initial goals. In the following pages you will find a list with a variety of foods to mix and match as well as some sample recipes to use if you wish. Feel free to substitute while using the recipes as a guide. For best results, you are encouraged to stay with the foods on the list.

### Be Creative & Let's Get Cooking!

**Drink warm or hot lemon water to wake up your digestive system. This increases your body's metabolic rate and helps prevent constipation.**

**TIPS**

**Drink plenty of water to keep your system functioning properly. Add 1 oz of 100% pure unsweetened cranberry juice to 7 oz of water and sip on throughout the day. This flushes out water weight, balances blood sugar, improves cellulite and keeps your lymphatic system and liver in an optimal cleansing mode.**

This daily protocol is a guide for how your days should be structured during the detox. If something doesn't work for you, then just do your best.

In the next few pages you will find the suggested food list and recipes that you will need to make for the next 5 days. Feel free to substitute with any of the foods on the list, and remember that *snacks are recommended IF you need one.*

## Daily Protocol

### **WAKE UP:**

- 8-12 oz. warm or hot water with 1-2 TB fresh lemon juice

### **BREAKFAST:**

- Green or herbal tea
- Morning meal
- 8-12 oz. water
- **\*Supplements**

### **MID-MORNING SNACK:**

- Snack

### **LUNCH:**

- Lunch
- 8-12 oz. water

### **LATE AFTERNOON SNACK:**

- **\*Dandelion or Nettle tea**
- Snack
- Go outdoors for a walk if you can – this is a great cure for the mid-afternoon energy slump. Get up and move.

### **DINNER:**

- Dinner
- 8-12 oz. water

### **EVENING SNACK:**

- The evening snack is recommended only if you really need one.
- You can also have a cup of herbal tea to help you wind down for the evening, but be aware that this might make you wake up during the night.

**\*These are bonus steps you can take to increase the benefits of this process.**

## **BONUS STEPS**

Add unsweetened cranberry juice to your water throughout the day for the added bonus of flushing out water weight, cleansing the liver, and improving cellulite.

(1 oz Cran to 8 oz water)

**Supplements:** 1 probiotic, 1,000-2,000 IU Vitamin D, 1000 mg Vitamin C, 1 Vitamin B Complex, or recommended servings size on bottle. **Skip if you are pregnant or nursing**

A cup of Nettle or Dandelion tea (both of these help your liver clear out toxins.) **Skip if you are pregnant or nursing**

Turn off all media when eating meals (TV, computer, radio, and even your phone). Focus on your meal and enjoy it. Take a few deep breaths before you begin eating.

Get to bed 15-30 minutes earlier than usual.

Write a gratitude journal a few minutes – simply list all the things you were grateful for or that went well during your day.

**Supplement before bed:** 2 capsules milk thistle herb (boosts the liver's detoxifying capacity.) **Skip if you are pregnant or nursing**

# Suggested Food List

This week we will eat foods that allow your organs to work to their full potential. Stick with the foods on this list as much as possible to set yourself up for maximum success.

## PROTEIN

- Eggs
  - Fish (Haddock, Halibut, Salmon, Sardines, Tuna, etc)
  - Shellfish (Crab, Lobster, Scallops, Shrimp)
  - Poultry (White meat of turkey and chicken - fresh, frozen, or ground)
  - Lean Beef (brisket, chuck, eye of round, flank, london broil, round, rump, sirloin)
- 

## VEGETABLES

- alfalfa sprouts
- artichoke hearts
- arugula
- asparagus
- avocado
- bell peppers (all colors)\***
- bamboo shoots
- broccoli
- brussel sprouts
- cabbage (green/purple)
- carrots
- cauliflower
- celery
- chives
- collard greens
- cucumbers
- daikon
- eggplant\***
- escarole
- green beans
- jicama
- kale
- lettuce
- mushrooms
- mustard greens
- olives
- okra
- onions (red, white, vidalia)
- parsley
- radicchio

- radishes
- scallions
- snow peas
- spaghetti squash
- spinach
- tomatoes\***
- water chestnuts
- yellow squash
- zucchini

## FRUITS

- apples
- blueberries
- blackberries
- raspberries
- cherries
- cranberries
- grapes
- grapefruit
- kiwi
- lemons
- limes
- oranges
- peaches
- pears
- pineapple
- plums
- pomegranates
- strawberries

## GRAINS/SEEDS

- brown basmati rice
- millet

## HERBS/SPICES

- cayenne
- cilantro
- cinnamon
- cloves
- coriander
- cumin
- dill
- fennel
- garlic
- ginger
- jalapenos\***
- onion powder
- parsley
- sea salt
- turmeric

## OIL/FATS

- avocado oil
- coconut oil
- olive oil cooking spray
- olive oil



## Suggested Food List (Continued)

### NUTS/SEEDS

- almonds
- chia seeds
- ground flax seeds
- hemp seeds
- sunflower seeds
- walnuts

### BEVERAGES

- bottled water
- dandelion root tea
- dandelion root coffee
- unsweetened cranberry juice
- water with lemon

### BROTH

- low sodium beef
- low sodium chicken
- low sodium fish
- low sodium vegetable

### ADDITIONAL

- apple cider vinegar
- balsamic vinegar
- coconut aminos
- dijon mustard

*\* These vegetables are considered nightshades and contain chemical compounds that can have negative effects on the human body such as prolonged inflammation, migraines and other unwanted symptoms. Many people do just fine with these vegetables but if you have any kind of pain or migraines you may want to steer clear of these as well for the DETOX.*

## When Good Food Makes You Feel Bad



Sometimes you may eat something you know should be “good” for you but it makes you feel horrible. It is so important to pay attention to how your body reacts to the food you put in it.

Common vegetables and fruits, such as eggplant, tomatoes, cayenne pepper, bell peppers, etc. can be problematic for some. These plants, known as nightshades produce a glycoalkaloid called solanine. Solanine has been linked to aggravated joint pain and inflammation as well as leaky gut and inflammatory bowel disease.

Many times, those with sensitivities simply don’t have the proper enzymes to fully digest these foods. Symptoms of sensitivity can take days to occur. If you experience symptoms right away such as difficult breathing, throat swelling, hives, etc. you may have an allergy and should seek medical attention.

The best way to find out if you have a sensitivity to nightshades or any other food is through an elimination diet. Remove those foods from your diet for 3 weeks and note changes in how you feel. Reintroduce foods one at a time and eat daily for 1-2 weeks if you can to test how your body reacts. If your symptoms return after you start eating the suspicious foods, you can confirm that this food is a trigger by eliminating it once again.

***The goal is to find healthy, tasty options to replace foods you may not be able to eat.***



## Cooking and Prepwork Tips & Ideas

1. Set aside 3-4 hours on Saturday or Sunday before you begin the detox so you have enough time to go grocery shopping, familiarize yourself with ingredients and prepare foods to eat later in the week. Wash and pre-chop veggies and snacks. When you have a refrigerator full of yummy, healthy foods that are ready to go when you get home from work, you'll be much less tempted to stray from the detox food guidelines.
2. Pre-cut snacking veggies like celery, carrots, turnips, bell peppers, cucumbers, etc. so you always have something you can easily grab out of the fridge. Store them in a covered dish with a little water to keep them from drying out. Prep a fruit salad for an easy sweet treat. It's a lot easier to make a good choice if you have good choices readily available. Dip them in a little tahini, hummus or black bean dip for a quick and nutritious snack.
3. Make one snack recipe and one sweet treat recipe in advance so you have these ready to go when you're feeling tired or have a craving.
4. If you're super rushed for time in the mornings, make double batches of smoothies or breakfasts that are easy to grab and go.
5. Make a big pot of leafy greens that are ready to go anytime by setting a pot of water to boil. Clean and de-stem the greens, then tear them into bite-sized pieces. Once the water is boiling, drop in greens. Turn off the heat and cover – let sit for 2 minutes. Drain, rinse with cool water and store in the fridge. Blanched greens will keep for about a week in your fridge.
6. Set up a salad bar in your fridge. Make a few salad dressings to last you through the 5-day detox. Wash a bunch of lettuce and greens and pre-cut cucumber, celery, radish, carrots, green onion and whatever else you have on hand. You'll be able to build a salad in no time. These foods stay fresh for about 3 days in the fridge when pre-cut.



## What To Avoid, Why, and Alternatives

Consider the “5-Day Detox” as a sort of “Spring Cleaning” for your body.

During the next 5 days we will do our best to avoid certain foods that are responsible for toxic materials in our body. Processed food, sugar, wheat, gluten, certain grains, and dairy can all result in poor cell function, weight gain, inflammation and pain. The goal is to jumpstart your metabolism and promote good health by increasing your intake of nutritious whole foods along with some powerful detox foods that can support your liver and other important systems throughout your body. Learn to listen to your body and how it responds to the food you eat!

The best way to avoid gluten, dairy, sugar, and other foods is to read the labels. Stay away from packaged foods, dressings, and marinades, as many of these ingredients can hide in even the most unexpected of foods. Here are some key ingredients that you’ll want to avoid during the detox.

### WHEAT/GLUTEN

While wheat is actually a grain, it contains a few proteins that can be a problem. One is gluten. Gluten can provoke an autoimmune reaction called celiac disease and can be controlled by avoiding gluten completely. Over the past few years, there has been an increase in non-celiac gluten sensitivities and intolerances. Some common complaints are bloating and abdominal pain, diarrhea or constipation, headache, joint pain, skin problems, fatigue, nausea, depression, and more.

#### Examples of some wheat and gluten products to avoid:

Bread/Bagels	Breakfast Cereal	Rye
Crackers	Barley	Couscous
Pasta	Bulgur	Malt
Durum	Triticale	Farro
Semolina	Farina	Asian Sauces

**Please note: Skip the gluten-free aisle of your grocery store – most of the foods there are highly processed and packed with sugar, salt, and preservatives. For this program, simply skip that aisle and focus on fresh, whole foods.**



## DAIRY

These days so many people have difficulty digesting dairy. Usually it is the milk products from cows that cause the problem. It could be a reaction to the protein in the milk or the inability to digest lactose.

Lactose is a type of sugar that is found in milk. Our body produces *lactase*, an enzyme, in the small intestine. This enzyme allows the body to break down lactose and then it gets absorbed into the blood stream. If there isn't a sufficient amount of the lactase enzyme, the lactose gets into the gut and can cause unwanted digestive issues such as rashes, vomiting, dizziness, flatulence, bloating, diarrhea, and abdominal pain.

### Dairy products & ingredients to avoid :

Milk	Whey
Hard Cheese	Cream Cheese
Cottage Cheese	Dressings/Sauces
Sour Cream	Butter
Yogurt	Creamers

#### Alternatives:

- Coconut milk
- Hemp milk
- Nut milks: almond, cashew, macadamia

**Please Note: Soy milk and soy products are not recommended as an alternative unless they are organic and non-GMO. Also some nut milks contain casein which is a protein in milk. Make sure you read the labels.**



---

## GRAINS & BEANS

During these 5 days we will eliminate most grains and all beans. The only allowed grains are very low in lectins: millet and brown basmati rice.

Grains and beans similarly can actually stall fat burning and irritate the lining of your digestive tract causing severe abdominal pain, bloating, and gas. This is because the lectins may act as gut irritants and can be problematic for certain individuals.

The grains we consume today are quite different from those our relatives consumed. Refined grains have the bran and germ removed to change the texture and give them a longer shelf life. They have been known to spike insulin levels and are a highly processed carbohydrate. Some examples of refined grains are white rice, white bread, cookies, cakes, etc. Basically anything made with white flour is refined.

## SUGAR

Eating excessive amounts of sugar interferes with the way fat is broken down in the body. It can also lead to insulin spikes, severe inflammation in the body, hormonal imbalance and weight gain. The goal is to remove added sugar altogether if possible during these 5 days.

Even natural sugar is still **SUGAR!**

### Sugar products to avoid :

Sugar, candy, sweets, baked goods	Alcohol (beer, wine, hard liquor)
Cane sugar, brown sugar, powdered sugar, date sugar	Natural Sweeteners (honey, dates, maple syrup)
Corn syrup, brown rice syrup, barley syrup	Artificial Sweeteners (monk, stevia, sucrolose...)

*Alternatives:*

- Need something sweet? Try some fresh fruit or make a sorbet (frozen fruit in the blender)
- 

## PROTEIN

We will limit our red meat and avoid pork during the 5 days to give our digestive systems a much-needed rest.

*Alternatives:*

Lean proteins such as:

- Chicken
  - Turkey
  - Eggs
  - Wild-caught cold-water fish
  - Nuts (almonds, brazil nuts, pistachios, hazelnuts, etc.)
  - Seeds (hemp, flax, chia)
- 

## POTATOES

Both white potatoes and sweet potatoes rank pretty high on the glycemic index scale. This ranking is how they affect blood sugar. Depending on how the potatoes are cooked, the score can be higher or lower. Normally we could enjoy an occasional sweet potato but for the purpose of this Detox, we will avoid potatoes.

*Alternatives:*

- Cauliflower (mashed, riced, or roasted)
- Celery Root
- Turnips

## COFFEE & CAFFEINATED BEVERAGES

We will avoid caffeinated and decaffeinated coffee, tea, and sodas during the program. If you drink a lot of coffee (more than 2 cups per day) you may find that cutting coffee out completely is very difficult. If that's the case, challenge yourself to limit your intake, drink your coffee black, and stop after 10 AM.

*Alternatives:*

- Herbal tea (See Smoothie guide for list of detox herbal teas and other beverages)
- Green tea

If you decide to avoid coffee during the 5-Day Detox, it is recommended to gradually cut back before the cleanse starts. Caffeine withdrawal symptoms could include a headache, feeling tired, depression, anxiety, nausea, muscle pain and lack of focus. Generally, people who drink a cup of coffee can wean off in four days (cutting back ¼ cup each day). Those who drink more than a cup usually will need a week or more to wean off gradually.

### Option #1 (four-day coffee wean before cleanse):

Day 1: ¾ reg. - ¼ decaf

Day 2: ½ reg. - ½ decaf, add a cup of herbal or green tea

Day 3: ¼ reg. - ¾ decaf, cup of herbal or green tea

Day 4: all decaf or herbal and/or green tea

Day 5: 5-Day Cleanse starts, herbal and/or green tea

### Option #2 (seven-day coffee wean before cleanse):

Day 1 & 2: ¾ reg. - ¼ decaf

Day 3 & 4: ½ reg. - ½ decaf, add a cup of herbal or green tea

Day 5 & 6: ¼ reg. - ¾ decaf, cup of herbal or green tea

Day 7: all decaf or herbal and/or green tea

Day 8: 5-Day Cleanse starts, herbal and/or green tea

**If you drink soda**, start to wean yourself by reducing the amount of soda each day as well by ¼ of the amount you drink each day. Switching to sparkling water with a splash of 100% juice may be helpful. You can do it!



## Sometimes You Just Need to Change Up Your Routine!



# The Importance of Elimination During the Detox

Your body eliminates toxins in 4 ways:

- ✓ Sweating
- ✓ Breathing
- ✓ Urination
- ✓ Bowel movements

It's critical for you to maximize your ability to adequately get rid of the toxins your body is mobilizing. If you do not properly eliminate daily, you may experience increased fatigue, brain fog, headaches and flu-like symptoms.

*To avoid sabotaging your detoxing efforts, here are a few suggestions:*

- Drink enough water to ensure frequent urination. Dark urine is most commonly due to dehydration. Don't panic if you notice a change in urine color and you are taking B Vitamins. This is normal.
- Do gentle physical activities such as yoga or brisk walking to enhance sweat.
- If you have access to a sauna or steam room... great! If your schedule permits, try using it daily for 10 to 20 minutes as tolerated. Research shows that sauna therapy increases the excretion of heavy metals and fat-soluble chemicals from the body.
  - ◆ **Note:** If you are chronically ill or take medication, be sure to get your doctor's permission before using this program and especially before starting sauna or steam therapy. When your physician has cleared you, start with short time increments and gradually increase time as tolerated.
  - ◆ Remember to drink at least 16 ounces of water before entering the sauna and the same amount after therapy to flush the mobilized toxins.
- You should have daily bowel movements, otherwise toxins will be reabsorbed in your gut. If you are not having daily BMs, consider taking an herbal laxative at bedtime. Herbal laxatives should include cascara or senna, and can be found in capsule or tea preparations.



# Daily Checklists

## DAY 1

- Drank lots of water
- Was more conscious about moving throughout the day
- Was more mindful of my eating habits
- Practiced gratitude
- Stuck to the meal guidelines
- Went to bed early

## DAY 2

- Drank lots of water
- Was more conscious about moving throughout the day
- Was more mindful of my eating habits
- Practiced gratitude
- Stuck to the meal guidelines
- Went to bed early

## DAY 3

- Drank lots of water
- Was more conscious about moving throughout the day
- Was more mindful of my eating habits
- Practiced gratitude
- Stuck to the meal guidelines
- Went to bed early



## DAY 4

- Drank lots of water
- Was more conscious about moving throughout the day
- Was more mindful of my eating habits
- Practiced gratitude
- Stuck to the meal guidelines
- Went to bed early

## DAY 5

- Drank lots of water
- Was more conscious about moving throughout the day
- Was more mindful of my eating habits
- Practiced gratitude
- Stuck to the meal guidelines
- Went to bed early

**Water is your primary drink for the 5 days.** You can add things like lemon, lime, orange slices, frozen berries, cucumber slices, or even herbs like parsley, cilantro, and basil.

**Add 1-2 tablespoons of apple cider vinegar to your glass of water** for a fat burning boost and balance of pH levels.

**Sparkling water is OK if it does not have any added sugar** (check the label)

**Herbal teas, especially dandelion or nettle** - they support liver function.

## BEVERAGES

## Be Intentional & Stay Hydrated

Drinking a lot of water throughout the day is very important when doing any detox. Detoxifying the liver is really the key to fastest weight loss. The water flushes out the tissues and helps remove toxins from the liver.

Making sure you get adequate water also helps the kidneys filter waste products properly.

The goal is to drink 1/2 oz to 1 oz of water per pound that you weigh. (Body weight in pounds divided by 2)

When you drink enough water you may notice:

- Increased Energy
- Better Mood
- New & Improved Skin (less wrinkles)

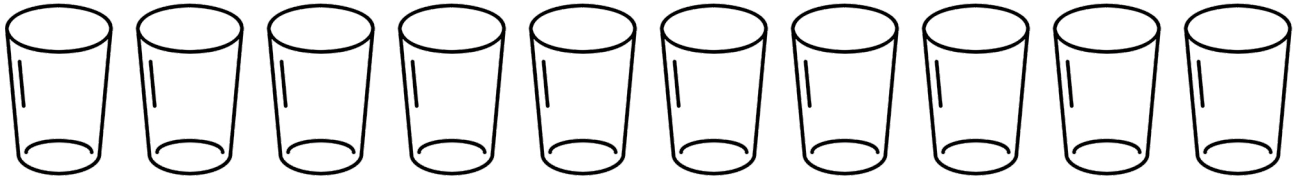




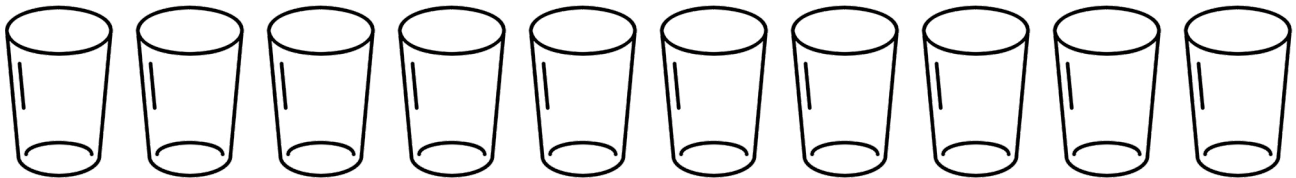
# Drink More Water - Daily Tracker

It is so very important to stay hydrated. Each glass represents 16 oz.

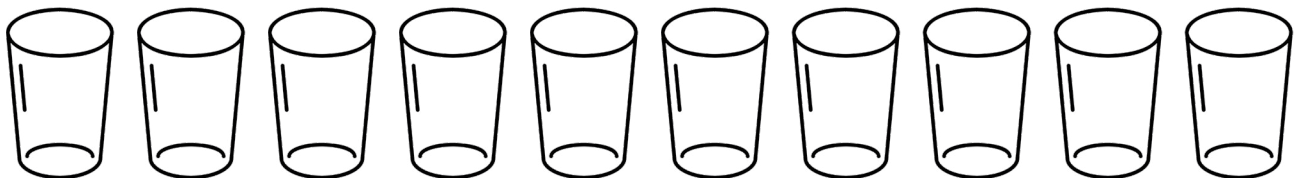
## DAY 1



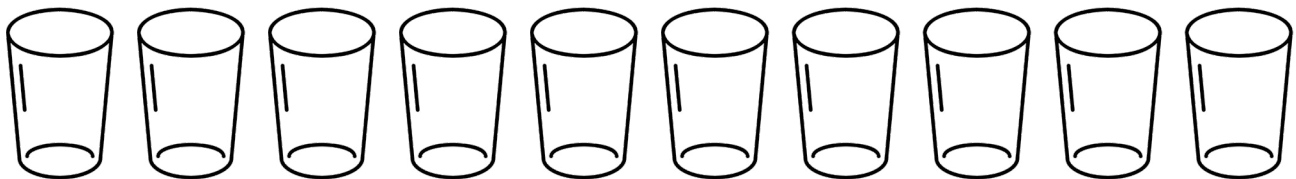
## DAY 2



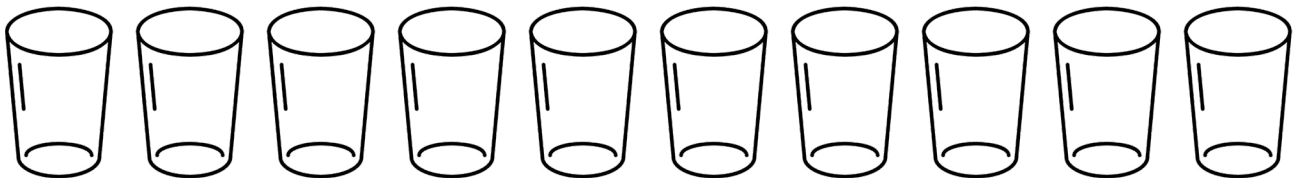
## DAY 3



## DAY 4



## DAY 5



# YOU GOT THIS!



## Disclaimer and Terms of Use

**Disclaimer:** This information is being provided to you for educational and informational purposes only. It is being provided to educate you about how to take care of your body and as a self-help tool for your own use so that you can reach your own health goals. It is not intended to treat or cure any specific illness and is not to replace the guidance provided by your own medical practitioner. This information is to be used at your own risk based on your own judgment. If you suspect you have a medical problem, we urge you to take appropriate action by seeking medical attention.

This detox and the information provided within have been carefully tested and crafted, and are a core part of my business. As a courtesy to me, the amount of work I've put in, and your fellow detoxers, please do not share these materials with anyone.



TOTAL  
BALANCED  
HEALTH