



fall Detox

Guidebook



Welcome To Your 21 Day Clean Eating Detox!

This guidebook is designed to give you the basic knowledge upon which to build a strong foundation for your health and achieve a natural state of radiance, energy, and balance. You will be able to use this guidebook again and again as you deepen your understanding of your own needs for detoxing and optimum wellness.

The next 21 days could change your life. It will definitely change the way you think about food, how food tastes, you're eating habits, and your food cravings. You'll also notice softer, clearer skin, more energy, and increased feelings of well-being. If you're not sure what that means, you'll figure it out soon enough!

The results of your detox can be as large or small as you want. You don't have to comply 100% with the guidelines to see amazing results. You can listen to your body and ease into and out of it, as needed. The choice is yours.

The fact is you know what your current diet can do, so this is a chance to learn what this new way of eating can do for you, too.

You'll start by taking out some of the main causes of inflammation in the body and putting back in tons of fruits and veggies and other liver-loving foods that will give your kidneys, liver and digestive system a chance to do some clean up. It's best to limit the work of the body during this time, so providing it with as much healing and anti-inflammatory foods as possible is the goal. These foods will help boost and optimize the body's natural detoxification ability.

Remember, your body is constantly giving you an indicator of how your diet is affecting you. Your energy level, mental focus, hair, nails, skin, elimination, and mood can tell you a lot...if you're paying attention.

Observe these things going forward. Don't worry so much about protein needs, carbs, or fats...just let go of any worries that you're not going to get what you need. Prove it by observing how you feel. Use this as your measuring stick to decide how things are working for you.

Even those who have a super clean diet and lifestyle benefit greatly from seasonal detoxing because of modern day stressors and toxins we cannot always control. So no matter what might be your current lifestyle, health level, diet, or energy level, regular detoxification can be a very special gift to give to yourself.

I see many clients who suffer from allergies, stress, fatigue, headaches, hormonal imbalances, digestive issues, weak immune systems, and skin problems. These are your body's cries for help! It is asking for a time to rest, rejuvenate, be deeply nurtured, and get "tuned up." During this program, you will need to put a little extra time and attention into breaking from your routine, but your reward will be feeling like you have a new lease on life! *I wish you happy detoxing!*

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Let's Get Started

Your Detox

I have outlined the detox program below. Your detox is based on a three phase model: preparation, detox, and transition.

First things first, determine if you are a beginner or an advanced detoxer. If you are a beginner or vegan detoxer, you don't need to do anything, just follow the meal plan and detox protocols as they are listed.

If you are an advanced detoxer, you will take your detox to a higher level of cleansing by lowering your sugar and grain intake. This means in addition to the basic detox protocol you will step it up a notch by limiting fruit to just what's in your smoothie and you will avoid the

snacks and treats that contain fruit. So no additional fruit, or dried fruit, after your smoothie or greens drink. You will also limit your grains for the first two weeks to only once/day and then remove them altogether the last week of detox. You will also go vegan the last week of detox. Don't worry, I will help you when you get there!

Not sure if you're a beginner or advanced? Here's the criteria:

The Wannabe: You need a push (or a swift kick) to get yourself started on a healthier eating style. You would like to eat better and know that you should, you just have a hard time making it happen. You tend to succumb to fad dieting to lose weight and then end up going back to your old ways soon thereafter. You don't really like to cook or try new foods and consider yourself a picky eater. You've never detoxed with me before and you're a little nervous about making it through the entire 21 days.

If this sounds like you: You are a beginner. Follow the Beginner meal plan as indicated. Eat when you're hungry and don't limit calories. I would highly recommend you also invest in the detox supplements.

The Moderate: You like to eat and live healthy and you do...some of the time. You're not quite ready to give up your favorite foods, you like your pizza and take-out, your Starbucks, and you enjoy a cocktail (or two) each week. You feel like you know what to do to eat healthy, but consistent execution is a problem. You like to cook but don't always do it; you'll try new foods if given the opportunity, but usually stick to what you know and love. You detoxed with me before but you didn't really get the hang of it until the end.

If this sounds like you: Follow the Beginner meal plan, as directed. Consume animal protein, grains and beans only once per day. After week two, consider following the Vegan meal plan for last week.

The Nutritionista: You are a self-proclaimed nutrition diva. You eat healthy most of the time and rarely steer off the healthy track. You hardly ever eat out and if you do, you make healthy choices. You love to challenge yourself nutritionally and enjoy cooking and

experimenting with the latest “superfoods.” You detox with me every chance you can get!

If this sounds like you: Follow the Advanced Meal Plan from the start. This means for the first two weeks, you will limit fruit (including dried fruit), grains, and beans to once/day. During the final week of detox, you will remove grains from your diet as well.

Okay, now that you know which track to take, let's look at the process.

The 3 Phases of Detox

Phase 1: Preparation

To begin to prepare the body, you will begin to taper off of added sugars, dairy, gluten, alcohol, and coffee. You will also want to prepare your environment and collect the foods, tools, supplies, and supplements that you will need. *During this phase you will experience the strongest and most frequent signs of toxic withdrawal.*

What is toxic withdrawal?

When you start to eliminate substances that your body has become dependent upon, your body will naturally respond and ask for them back. It doesn't do this in a comfortable or easy way. If you experience uncomfortable sensations, think of them as signals that repair is under way and the removal of toxins from your body is occurring. The more you search for fast, temporary relief with a candy bar, coffee, soda, or chips, the more you will inhibit the healing detoxification process.

Signs that you are experiencing toxic withdrawal are:

- Headache
- Weakness
- Stomach cramping
- Lightheadedness
- Flu-like or allergy symptoms
- Irritability, moodiness
- Fatigue

- Bloating feeling

Depending on your situation, this could last from 2 – 5 days during preparation and part of Phase 2. This will be the most difficult part of the program, but these changes are the most important to getting you started. Don't give up!

Phase 2: Detox Phase: Alkalizing the Body

In this phase, we are reducing the acid load in our bodies and enjoying an abundance of anti-inflammatory, whole, organic plant foods and green drinks and limiting our clean, high quality animal proteins to only once/day.

This is a great time to juice vegetables, make luscious green smoothies, and drink vegetable broths. These all help keep the body fortified with nutrients, while facilitating detoxification.

Phase 3: Transition

At this time you will be adding back the foods you eliminated during detox. This can be a difficult time because you will be adding back foods that may have been causing you problems, so take it slow. **I've outlined instructions on how to do this in your Detox Protocol.**

As you add back food groups, you will be keeping track of symptoms so that you can identify food sensitivities and understand how certain foods affect you. This will help you understand how and why you are feeling a certain way. For example, you know that too much alcohol can cause a hangover. Food, and especially sugar, works the same way.

■■■ Preparation Steps

1. Complete the “Before You Begin” section of your **Detox Preparation Workbook** BEFORE getting started.
2. Get organized – read the program materials, adding new habits, self-care, and routines into your calendar – try to automate everything as much as possible.
3. Review the **Meal Plan and Recipes Guide**, order your Detox supplement and probiotic from Designs for Health (if using).
4. Go through the recipes and decide what you want to eat; do some meal planning and then go grocery shopping.
5. Create a system to make things easy. Set up your needed kitchen gadgets, equipment and props, etc. Give away all items you will not need to create a detox-friendly environment.
6. Start eliminating sugar and caffeine from your diet now, before the program begins.

■■■ Kitchen Equipment & Gadgets

You don't need much for as successful detox! However, there are a few pieces of equipment that will make the experience most enjoyable. You can find many of these on my online [Amazon store!](#)

[Vitamix blender](#) or other high powered blender. A high powered blender is going to give you a delicious green smoothie every time. You will immediately notice the difference when you make this switch. A Vitamix is an investment, but it's something that you will use every day. To save money, consider a reconditioned model online. You can use my affiliate discount code to get free shipping (save \$25) at Vitamix.com. **The code at checkout is: 06-007372**

[Nutribullet](#) is a great second-best option for high speed blending; it's not as powerful or as versatile as the Vitamix, but it is less expensive

[Food Processor](#) – essential for making delicious detox bars and treats

[Nut Milk Bag](#) – for making your own homemade nut milks

What to Eat

On the detox you will be eating only the foods on the “clean food” list below, as well as including the suggested therapies and lifestyle habits that will optimize your detox.

Clean Food List:

- Lean white chicken (organic)
- Wild, cold water fish, especially small, non-predatory species such as sardines, herring, wild salmon, cod (and black cod), and sole
- Eggs (preferably pasture raised)
- Fresh or frozen fruit, ideally berries (only organic)
- Dried fruits (dates, prunes, raisins, figs, etc.)
- Leafy greens, including: kale, baby spinach, mustard greens, dandelion greens, radicchio, Swiss chard, turnip greens, watercress, beet greens
- Fresh vegetables – no limit, try to eat more than four cups per day
- Legumes – lentils, navy beans, black beans, mung beans, etc.
- Gluten free grains, including: brown rice, wild rice, quinoa, millet, amaranth, rice noodles, organic gluten- free oats
- Sprouts, including alfalfa, brocco, clover, mustard, radish, etc.
- Brown rice and quinoa
- Unsalted raw nuts and seeds (no peanuts if you think they are triggers)
- Flax, hemp and chia seeds (ground flax)
- Lemons -- organic, do not purchase pre-squeezed lemon juice
- Vegetable broth (organic)
- Sea vegetables and sea seasonings (nori, kelp, dulce, wakami, etc)
- Organic non-dairy unsweetened milks, including: hemp, rice, almond, hazelnut, walnut, coconut, and nut milks
- Avocado
- Olive oil (extra virgin, California grown)
- Coconut oil
- Raw apple cider vinegar
- Herbal teas
- Unsweetened juices

- Dried spices, including: Celtic sea salt, turmeric, black pepper
- Fresh herbs, including: mint, basil, parsley, cilantro, rosemary, chives, coriander
- Stevia
- Organic miso, tamari and coconut aminos
- Herbal or fruit teas; spa water
- Water – aim for 64 fl oz/day

Foods to Avoid:

- Sugar (white sugar, cane sugar, dehydrated cane juice, brown sugar, honey, maple syrup, high fructose corn syrup, sucrose, glucose, maltose, dextrose, lactose, corn syrup)
- Sugar alcohols such as sorbitol, mannitol, xylitol, and maltitol
- Diet drinks or foods containing artificial sweeteners like aspartame, Sucralose, etc.
- Alcohol
- Chocolate, sweets, jam and sugar in any form (includes maple syrup, honey, agave, sugar in the raw, etc.)
- Coffee (including decaf)
- Dairy products (including milk, butter, cheese, yogurt, ice cream, creamer (and foods made with these items); including non-dairy creamer, margarine or non-butter spreads
- Processed soy products (e.g. tofu, veggie burgers, tempeh)
- Gluten (anything made with wheat) and all flour products (no pasta)
- Processed foods, ready-made meals, ready-made sauces and jarred sauces; frozen processed meals
- Refined oils and hydrogenated fats such as margarine
- Store bought sauces, salad dressing, mayonnaise, ketchup
- Soda, sports drinks and sweetened bottled drinks, including diet versions
- Fast food and junk food
- Any food that comes in a box, package, or is commercially prepared
- Vegetable oils including corn, soybean, cottonseed, sunflower, canola

■ ■ ■ Eat Alkaline

Eating more alkaline foods reduces inflammation, boosts immunity, increases energy, and balances digestion. For most people, the ideal diet is 75% alkalizing foods and 25% acidifying foods by volume.



Daily Activities To Optimize Your Detox

1. Upon rising, sip warm water with lemon.
2. Consume a greens drink/smoothie for breakfast each day. Eating dark greens, preferably raw, every day (e.g. green drinks/smoothies, a big green salad, and green food supplements) is important. Also eat lots of celery (a good source of plant sodium that helps support the adrenals), watercress, broccoli, kale, cucumber, spinach, Romaine, fresh herbs like basil and cilantro, and sour green apples.
3. Space meals 3-4 hours apart. This allows the body to tap into and begin to burn fatty tissue that is storing toxins.
4. Eat your evening meal at least 2-3 hours before going to bed, to ensure that you are not still digesting when your body needs its rest and renewal. The body, particularly the liver, does some serious detoxing at night. This is why staying up past midnight to party is particularly destructive to the liver.
5. If you're showing signs of liver stress (see above), eat your animal protein between 10 a.m. and 3 p.m. It may be stressful for the liver to eat the animal protein later in the day or evening.
6. Remember, you need protein daily to support and detoxify the liver. Great non-meat sources of protein include greens, beans, quinoa, wild rice, hemp protein, and green super-foods like spirulina, chlorella, and blue-green algae.
7. Consciously chew your food. This will aid in digestion and help assimilate nutrients.
8. Consume at least 64 fluid oz. of filtered, purified, spring or mineral water/day (try "spa water" infused with rosemary, cucumbers, lemon, and other fresh herbs).

9. Sleep at least 8 hours each night.
10. Make sure you are eliminating daily. When toxins remain in the colon, they are sent back to the liver. The liver then sends them right back down to the colon in the bile. To help permanently eliminate these toxins from the body, make sure to get enough fiber, take your probiotic, and drink plenty of water.
11. Sweat! Saunas and exercise are a good way to sweat. Another way is the toxin eliminator bath (details below) 2-3 times per week.
12. Dry brush daily before your shower. Use a natural bristle body brush to stimulate your lymphatic system and help move lymphatic fluids (instructions in your **Detox Replenishers Tool Kit**).
13. Cold water rinse after your shower (works your goosebump muscles for better skin tone).

Daily Stress Relief Activities

This is one of the most important parts of your detox program, so please make time for it! These activities will increase endorphins in your bloodstream, which will enhance your success. Refer to your Detox Replenishers Toolkit for additional suggestions.

1. As often as possible (daily if you can) take a **Toxin Eliminator Bath**. Place 2 cups of Epsom salts and one cup of baking soda into a tub, run the hottest water you can stand and add 8 drops of lavender oil. Soak for 20 minutes and allow yourself to sweat. When you're finished bathing, wrap yourself up in towels and go under the covers and sweat some more. You should feel very relaxed and sleep soundly.
2. I highly recommend move your body at least once a day (2 times a day is IDEAL - 1 morning, 1 sunset). Try doing a few yoga poses, dance around the room, use your rebounder, do jumping jacks, or take a walk.

3. Twice per week, go for a sauna.
4. At least one massage is highly recommended during your detox. It can be great to get one at the beginning and one towards to end, as you will see how your body has changed.

■■■ Food Intolerance – Why Are We Eliminating Certain Foods?

Do you have a favorite food that you HAVE to have or can't stop eating? Do you feel tired, bloated, and drained ALL the time? These may be signs of a food addiction or food intolerance. And if you're thinking, "Okay, so what's the big deal," then you should know that it takes only ONE food to wreak havoc on your health and your ability to maintain a healthy weight, immunity, and more.

Many times, the foods we think we LOVE the most are actually the foods that our bodies have a sensitivity to or intolerance to, keeping us from losing weight and making us feel tired and depressed.

When we eat a food that we have an intolerance or sensitivity to, it causes an inflammatory reaction and floods our body with chemicals. And it's the chemicals that our body releases that we can become addicted to and could be keeping us from losing weight, causing us to be tired and starting a cascade of other symptoms. One reason is that our immune system can attack the food much like it would attack a germ, taxing your whole body and draining your energy.

Food allergies and intolerances are much more common than most people realize.

Millions of adults and children suffer from allergic reactions to food and do not know it because the symptoms can be hard to diagnose. The reason a food intolerance is so difficult to identify is that there are so many different symptoms and the symptoms are different for everyone. Also, there is often a delayed reaction from eating the

food, so you may eat wheat one day and feel fine, but then the day you feel bloated and tired.

More common allergies are really more like food sensitivities and because the symptoms are bloating, poor digestion, headaches, lethargy, depression, and weight gain, most people don't think they're caused by the food they've been eating for their entire lives. They just think, "There must be something wrong with me." The most common foods that people have a sensitivity, or intolerance to, are dairy, wheat/gluten, and soy. (Gluten is the portion of the wheat that causes the problems, and it also found in other gluten grains.) These are the foods that often end up being trigger foods for people, along with sugar.

When people don't know that a food intolerance is the root cause of their health issue, they usually blame it on their slow metabolism or their bad genetics and they just live with it. Once you have eliminated these reactive foods from your life, you will be amazed at how quickly your energy and health will increase and, if needed, weight will effortlessly fall off. Your body will thank you for returning it to its natural state of radiant health.

Symptoms caused by food intolerances:

- Acne/skin breakouts
- Anxiety
- Gas/bloating
- Slow metabolism
- Depression
- Headaches
- Lethargy
- Weight gain
- Digestive issues
- Cravings for food
- Binge eating

■■■ Individual Issues

If you have any specific issues, such as inflammation, candida, hormonal issues, possible food intolerances, food allergies, or blood sugar issues (hypoglycemia, insulin resistance) please let me know. I can provide you additional information to support these conditions or we can schedule a private session to discuss.

Candida / Yeast

Do you know what candida is? It's a clinical term for yeast and it's a sneaky little organism that can live inside your body and may be sabotaging your health, energy, and weight loss efforts.

Everyone has candida in their body. It's totally normal, and it lives in your intestines. But if you have an overgrowth, it can wreak havoc on your body, and affect every area of your health.

Many people have a candida overgrowth in their bodies and don't even know it!

If you've ever been on antibiotics, chances are you ended up with a yeast infection. The reason for that is the antibiotics kill off the good bacteria in your body and allow the yeast to take over. I don't just mean a vaginal yeast infection – both men and women can have an overgrowth and it can take over lots of different parts of your body. In fact, if you have a vaginal yeast infection, that means the yeast is most likely overgrown throughout your whole body.

How does this affect you? What does yeast really do to your body? It causes every health issue you have to be worse. If you have psoriasis, it will get worse. If you're depressed, you'll be more depressed. If you have headaches, they'll be worse. If you have arthritis, it will be worse. If you want to lose weight, it'll be an uphill battle. Whatever ails you, it will be exacerbated by the yeast overgrowth in your body. Candida isn't causing these issues, but it is making them worse.

So, how can you tell if you have a candida overgrowth? If you have jock itch, if you have athlete's foot, if you get vaginal yeast infections,

if you have thrush in your mouth or a white coating on your tongue, if you have a strong addiction to sugary, starchy foods or a bad sweet tooth, you likely have a candida overgrowth.

Some other symptoms include:

Chronic abdominal gas, headaches/migraines, excessive fatigue and brain fog, intense sugar and alcohol cravings, mood swings, rectal itching, itchy skin, acne, low sex drive, nail fungus, hyperactivity, anxiety or nervousness, being strongly reactive to cigarette smoke, and belly fat.

Simple at home saliva test to test for candida:

1. First thing in the morning, before you put anything in your mouth, fill a clear glass with room temperature filtered water.
2. Work up a bit of saliva, and spit it into the glass of water. Check the water every 15 minutes or so for up to one hour.
3. If you see strings (fibers) traveling down into the water from the saliva floating on the top, cloudy specks (particles suspended in the water) or cloudy saliva that sinks to the bottom of the glass you likely have a candida problem.

Blood Sugar Imbalance

Blood sugar imbalance is a condition in which your body does not handle glucose effectively. Throughout the day, blood glucose levels may fluctuate outside of the body's desired blood glucose range. Your energy can swing from being high after a meal to being low if you skip a meal. Insulin is a hormone responsible for keeping the blood sugar levels in the normal desired range. Insulin works by opening channels on cell membranes, allowing glucose to travel from the blood into body cells. During times of blood sugar imbalance, insulin can become a little out of control.

In some situations, like after a carbohydrate- or sugar-rich meal, too much insulin is produced. When insulin is high, lots of cell glucose channels become open, which results in the blood glucose level dropping too low. During insulin resistance, the cell membranes have

difficulty recognizing insulin and too few channels are opened. In this situation, both insulin and glucose remain high in the blood and some cells stay deficient in glucose. Cells in the pancreas secrete insulin into the blood stream. These cells can often become exhausted after long periods of producing excessive levels of insulin. Once tired, these cells can no longer produce adequate amounts of insulin to achieve perfect blood sugar balance. Low insulin production also leads to blood sugar imbalance.

Blood sugar imbalance can be a precursor to diabetes mellitus and it is therefore important to address the contributing factors before the condition develops further.

Signs that your blood sugar may be out of balance:

- Cravings for sweets, sugar, or bread products. (This is almost a guaranteed sign that your blood sugar is out of balance.)
- Fatigue after eating a meal or a “food-coma”
- Lightheadedness if meals are missed
- Eating sweets does not relieve the cravings for sweets
- Dependence on coffee to keep yourself going or get started
- Difficulty losing weight
- High blood sugar
- Increased abdominal fat

In Closing

Remember, the first 2 -3 days are usually the most challenging. It actually gets easier the longer you are on the detox. Once you overcome the food addiction withdrawal, you will feel like a new person. As you stick with this program you will become more aware of your body and how food is affecting you. You will become your own detective. Having this knowledge gives you the confidence to know what, when, and how much you can eat without feeling like you need to be deprived. Once you make the connection of how certain foods are affecting you, you will not miss the foods that were making you feel miserable. I wish you great success with this program and suggest you come back to it a few times a year.