

Detoxing 101

Detoxing or cleansing your body is NOT about deprivation. It's not about forbidding your body from drinking or consuming anything. Instead, it's about purifying, healing, and REWARDING your body with REAL FOOD.

Your body is AMAZING. It reacts quickly to what you put in it! So even though it may seem short, **a 1-day detox is useful for de-stressing your body**. You'll be surprised at how much it can de-stress your mind too!

So, decide to re-set and re-boot your body today. Tomorrow, you'll be asking yourself why you haven't given yourself this 'break' sooner.

Some Tips...

- **Choose a 'day off'**. Preferably, try this detox on a day when you have more control over your time (e.g., weekend or a day off). If that's not possible, that's ok. This detox day is perfectly doable at ANY time.
- **Go over the meals below** and ensure you have the necessary items in-house.
- **Choose a drinking bottle for the day**. You should drink 3 liters of water today so that your body flushes out toxins. Handy tip: use rubber bands to keep track of your water consumption. Put a few rubber bands around your water bottle and every time you finish a bottle, remove a band.
- **Follow the schedule... or not**. Most people in my programs prefer to follow a schedule. It just makes things easier for them (part of that 'no guesswork' thing ☺). So this detox day is laid out in the same fashion. However, keep in mind that it's a guide.
- **Digital detox day?** Since you're already making an effort, why not go offline today? **Just focus on YOU for 24 hours**. You deserve it.

