

THE 21 DAY - DETOX

Lifestyle & Weight Management

Foods not allowed

- Sugar
- Wheat
- Processed Foods
- Alcohol
- Dairy

Foods Extremely Restricted

Caffeine – 1 black or green tea per day

Must Haves

- **Asparagus:** Asparagus has anti-aging qualities, protects against cancer, and helps liver drainage.
- **Berries:** Berries are high in antioxidants and low on the glycemic index compared to other fruits. Blueberries are considered a super food and they are yummy!
- **Garlic:** Garlic helps to boost the natural hydrogen sulfide that is in our bodies. It has antioxidants and increases blood flow.
- **Grapefruit:** Grapefruit is high in fiber and nutrient rich. It helps the liver to burn up fat.
- **Greens:** Greens are high in calcium, magnesium, iron and potassium. They benefit digestion and the immune system. Kale is extremely nutrient dense and has sulfur based compounds which are good for blood thinning and detoxifying.
- **Kale:** Kale is a great leafy green full of antioxidants and it helps to flush out the kidneys.
- **Lemons:** Lemons are great for digestion
- **Seeds:** Hemp seeds have the perfect ratio of omega 6 to omega 3 fatty acids. They also have all the amino acids that our body needs which makes it an excellent protein source. Seeds are high in fiber and good for digestion. Add chia or flax seeds to smoothies and sunflower and pumpkin seeds to salads.
- **Turmeric:** Turmeric is a natural anti-inflammatory.

Must Eliminate

- **Alcohol:** Alcohol dehydrates, and takes a toll on the liver. The liver both breaks down chemicals and metabolizes fat from food, from your hips, belly, chin and thighs, and from cholesterol. If the liver is spending it's time breaking down alcohol it can't be burning stored fat.
- **Dairy:** Dairy is one of those foods that can cause people havoc in their GI system. You can get plenty of calcium from leafy greens and almonds. Get your Vitamin D levels checked on your next physical, because that is what helps us absorb calcium. If you can't live without milk, try the organic coconut and almond milks and yogurts. Yogurt is great for you because most of us are not eating enough fermented foods which give you good bacteria.
- **Limited Caffeine:** Caffeine is a drug. Our adrenal glands have become lazy and don't know how to work because we have become dependent on caffeine.
- **Processed foods:** Processed foods are high in sugar, unpronounceable chemical additives and GMO's (genetically modified organisms). Most all of those ingredients are in there for flavoring, texture and to maintain shelf life. Our bodies do not know what to do those chemical, so our liver eventually stores them in our fat cells.
- **Sugar:** Sugar is empty calories that immediately raises your blood sugar and overloads the pancreas by continuously pumping out insulin in order to balance out the overload of sugar. Prediabetes sets in when your body can no longer respond or process insulin as it should.
- **Wheat:** Even though it is a complex carbohydrate, it raises our blood sugar higher than most other carbohydrates. The gluten protein is found in wheat, rye, barley, and many foods made with these grains. Try rice, almond, chestnut or soy based flours to give your digestive system a break.