

# The 21 Day DETOX

## Maintenance Day 21 + Reentry Rules: Days 22 *and beyond*

*The time has come to take the slow descent back into what will be your lifelong eating regime. In Reentry the essential piece of the puzzle will be discovering your food tolerances and/or allergies. You will be introducing one food at a time and observing your response. Here in lies the steps of your reentry:*

### 1. Choose your challenge foods.

*Challenge foods are the ones you had the hardest time giving up or craved the most. **WRITE THEM DOWN!!!** Keep in mind that sometimes the hardest foods to give up and the ones you miss the most are the ones that you're most reactive toward. Either they slow down your metabolism or they are a food sensitivity, intolerance, or allergy.*

### 2. Eat your challenge foods.

*Decide from your list of challenge foods which one you want to reintroduce into the reentry cycle first. Eat that food on day 22, then again on day 23, 24, + 25 - ideally at the same meal and **ONLY** once per day.*

### 3. Testing phase.

*Watch your response to the challenge food for the 4 days. Look for:*

- *how it made you feel - mood wise*
- *what happened in your gut - bloating, gas, bowel movements, gurgling*
- *if it caused you any bodily discomforts like aches and pains*
- *if it elevated your pulse*
- *if you gained any weight in the reentry phase with this challenge food*

### 4. A time to pause.

*Once you have introduced your challenge food for 4 days wait another 3 days without eating that challenge food to get a full spectrum of how your body honestly feels. If all is well (and there was no weight increase) that is a food that can become part of your lifelong eating regime.*

### 5. Repeat #2-4 again with each challenge food.

### 6. Final phase. You don't need to reintroduce all foods.

*For instance I know I can't eat dairy because of my testing phase. I also know that wine makes me gain weight and bloat immediately, so I save that for "special" occasions. This final phase is necessary for determining which foods caused you to gain weight, which foods you are reactive to, and which foods make you feel bad. If a food causes a reaction keep it out of your eating plan. Trust time the longer you go without that trigger food the less you'll want it.*

*FINAL WORD on the FINAL PHASE: There are no quick fixes or short term answers. This physical pursuit is a lifelong commitment of healthy eating habits and fitness practices.*

- *de-stress through meditation or exercise*
- *exercise aggressively - one hour each day*
- *eat breakfast every day*
- *weight in at least once per week*
- *minimize your TV time*
- *maintain a consistent eating pattern across weekdays, weekends, and holidays*
- *plan your meals in advance so that you're not relying on willpower and a last-minute scramble to feed yourself*