



6 Day Post-Holiday Detox Program

Step 1: Disclaimer & Preparation

Consider this as reference material. As always... remember the information included within is just our opinion, concepts and philosophies that have developed over the last 20 years. You should never begin a weight loss program without first consulting with your physician and we suggest you discuss everything you are doing with your physician. We're not prescribing anything for you but rather sharing our personal experiences. Should you choose to apply this information you do so at your own risk and we don't accept any responsibility for the outcome as it pertains to your health and well-being. (It's impossible for us to know your health history, which is why it is important to always have the support of your physician.)

Step 1: Preparation

The very first thing that you want to do to prepare for the cleanse is make sure that you aren't going to be doing any strenuous activities for the next 6 days.

Cut your exercise intensity in half throughout the cleanse or even take these next 6 days off!

Step 2: Phase 1 - The Colon

Phase 1: Colon – Day 1 and 2

If you want to feel your best at all times, having a healthy colon is a must. Your colon is part of the large intestine and is going to be important for removing water, salt, as well as some nutrients from the stool before it passes out through the rest of your body.

If the colon is not functioning optimally due to damage caused by various elements always moving through it, you may be at risk for a number of symptoms such as constipation or diarrhea, abdominal cramps, bloating, as well as even bad breath, which can be linked to an unclean colon.

In addition to that, if your colon gets damaged enough, certain diseases can result as well; including conditions such as diverticulitis, diverticulosis, as well as colon cancer in very extreme cases (however usually there is more at play here than just an unclean colon).

However, you want to look at it, making sure your colon is cleansed regularly is well worth your effort and will definitely improve how you feel on a day-to-day basis.

If you look at the market for colon cleanses, you will come across a wide variety of products such as enemas, laxatives, herbal teas, as well as supplements that are said to have colon cleansing benefits.

And while some of these may offer some benefits in terms of effectiveness, often taking a more natural approach is the better route to go as not only will it cleanse your colon, but improve your health as well.

The idea behind doing a colon cleanse is that you will remove any residue or build-up currently subsiding in the colon which will then help to lower the level of symptoms such as fatigue, headache, weight gain, as well as low day-to-day energy levels, which many people report feeling.

Upon Waking:

Drink 8 oz. of water mixed with 1 tbsp (or product serving.) fibre powder. (FibreSMART is a suggestion as it contains both probiotics and L-Glutamine which will assist in gut repair/health.)

Breakfast:

- 1 cup of Greek yogurt
- 2 cups fresh berries
- 2 tbsp. ground flaxseeds
- 1 tbsp. almonds
- 1 cup green tea

Lunch:

3 oz. grilled chicken breast
2 cups stir-fried vegetables
1 tbsp. olive oil
½ cup brown rice
1 cup raspberries
1 cup green tea

Dinner:

3 oz. cod fish
½ cup cooked barley with 1 tbsp. flaxseeds added in
2 cups steamed broccoli
1 peach

Before Bed:

8 oz. herbal tea

Step 2: Day 2

Upon Waking:

Drink 8 oz. of water mixed with 1 tbsp.(or product serving) fibre powder.

Breakfast:

1 cup Greek yogurt
1 banana
1 tbsp. natural peanut butter
1 tbsp. flaxseeds (sprinkled on top)
1 cup green tea

Lunch:

3 oz. turkey breast
½ cup cooked quinoa
½ cup diced mushrooms, onions, peppers
1 apple with 1 cup kefir

Dinner:

3 oz. tilapia fish
2 cups steamed cauliflower
¼ cup Greek yogurt (served with cauliflower) + 1 tbsp. Parmesan cheese
1 orange

Before Bed:

8 oz. herbal tea

Step 2: Phase 2 - The Liver

Phase 2: Liver – Day 3 and 4

The liver is a very large organ that sits right on the side of the stomach and is protected by your rib cage. It works in conjunction along with the pancreas and intestines to help digest, absorb, and process the food that you are eating, ensuring that you reap the nutritional benefits from all the various food sources you're taking in.

It's also going to work to filter the blood that's coming from the digestive tract before it moves through the rest of the body, removing any unwanted materials that could potentially cause you harm.

If any element of your body isn't working as it should, this may mean a slower total calorie burn, reduced weight loss results, and a lower level of overall well-being.

Some of the primary substances that can start to overload the liver over time include:

- Alcohol
- High doses of caffeine
- Artificial sweeteners
- Pesticides or chemicals used during farming of foods
- Smog or other environmental toxins
- Prescription medications
- Excess sugar and trans fats
- Water that contains high levels of minerals
- After the holidays is a great time to do a little liver maintenance!

You do need to be careful however as many detox programs out there are not based around science and can do more harm than good.

Instead, focus on cleansing through adding positive substances to your body that get it functioning more optimally while removing harmful substances that are causing problems.

Step 2: Day 3

In addition to focusing on the foods that you should be adding to your diet, you must focus on certain foods that will be removed for the time being.

This includes:

All alcohol and caffeine

Cigarettes

Milk products

Any form of simple sugar/artificial sweetener

All grains

Dried fruit

Processed meats

So your list of foods that you will consume includes:

Lean proteins in their most natural state – chicken, fish, grass-fed beef, whole eggs

Fruits and vegetables

Nuts, oils, seeds, avocados

Additionally, you will be drinking at least 64 oz. of clear water per day and another 24 oz. of green or white tea.

You will be eating three main meals per day and if you need to have any snacks between choosing raw fruits or vegetables only.

Finally, you'll also want to make sure that you emphasize dark berries as these tend to be especially beneficial for cleansing the liver as well as hot chili peppers as the capsicum found in them also stimulates proper liver cleansing.

Upon Waking:

Drink 8 oz. of water mixed with 1 tbsp. freshly squeezed lemon juice.

Breakfast:

6 egg whites + 1 whole egg

1 cup diced fresh vegetables

1 tbsp. olive oil

1 cup blackberries

1 cup green tea

Lunch:

3 oz. grilled chicken breast (without added salt or spices)

2 cups spinach

1 cup sliced strawberries

2 tbsp. walnuts

¼ sliced red onion

1 tbsp. olive oil for dressing

1 cup green tea

Dinner:

3 oz. lean grass fed steak
10 spears steamed asparagus
1 small sweet potato, baked
1 cup raspberries

Before Bed:

8 oz. caffeine-free herbal or white tea

Step 2: Day 4

Upon Waking:

Drink 8 oz. of water mixed with 1 tbsp. freshly squeezed lemon juice.

Breakfast:

6 egg whites + 1 whole egg
1 cup spinach leaves
1 tbsp. olive oil
¼ cup salsa
1 cup green tea

Lunch:

3 oz. grilled salmon
2 cups steamed broccoli
½ avocado
1 cup blueberries
1 cup green tea

Dinner:

3 oz. tilapia fish
2 cups steamed Brussels sprouts
1 small sweet potato, baked
1 cup cherries

Before Bed:

8 oz. caffeine-free herbal or white tea

Step 2: Phase 3 - The Kidneys

Phase 3: Kidneys – Day 5 and 6

Your kidneys often don't get the attention that they deserve as everyone turns towards liver and colon cleanses or detox programs, but nevertheless, if you want to feel and function your best, a kidney cleanse is something you are going to want to be doing.

Your kidneys are one of the most important organs in the body and are going to be responsible for regulating a number of functions taking place on a day-to-day basis.

The main purpose of the kidneys is to remove all waste products and extra water that comes from the blood and gets put into the urine. Then you are able to easily pass it right out of the body so that this waste doesn't impact you in a negative manner.

In addition to that, the kidneys are also going to be responsible for a few other important roles in the body including helping to stimulate the production of red blood cells in the body, helping to regulate your blood pressure levels, making sure that your blood maintains proper concentrations of potassium, sodium, chloride, calcium, and phosphorus, as well as helping to make sure that your blood remains in a proper state of pH balance for optimal function.

Some of the biggest signs that you may need to do a kidney cleanse are:

Low libido levels

Feelings of lethargy

Infertility

Having weak nails or brittle hair

Feeling foggy minded

Suffering from lower back pain

Noticing swelling all around the body

Suffering from kidney stones

Not sustaining good balance

The purpose of the kidney cleanse is to remove all stress being placed on the kidney and return them to a state of optimal functioning once again.

Step 2: Day 5

First, you'll want to avoid the following:

Red meat

Alcohol

Added table salt (or very salty foods)

Diet soda/drinks with artificial sweeteners

Any processed foods

Sugar

Instead, you're going to want to base your food intake around:

Beans and legumes

High-fiber vegetables, with a particular focus on cruciferous vegetables like cauliflower, bok choy, and broccoli as these will help to improve the ability of the kidneys to remove toxins and place them in the urine

Whole grains

Fruits

Healthy oils

In addition to that, you will be taking in a morning smoothie that contains watermelon and celery as both of these will help to have further kidney detoxifying effects.

Along with this, make sure to drink plenty of water, as well as that, will be paramount to optimal cleansing.

Upon Waking:

Blend together 1 cup cubed watermelon with 1 stalk celery and 2-3 ice cubes. Lemon juice can be added if desired along with more water if you want a thinner consistency.

Breakfast:

6 egg whites + 1 whole egg

1 tbsp. olive oil

1 diced red pepper

½ cup mushrooms

½ cup spinach leaves

1 orange

Lunch:

3 oz. grilled chicken breast

½ grilled sliced zucchini

1 tbsp. olive oil

½ cup brown rice

1 banana

1 cup green tea

Dinner:

3 oz. tilapia fish

½ cup cooked quinoa

2 cups steamed broccoli

½ avocado

1 apple

Before Bed:

8 oz. herbal tea

Step 2: Day 6

Upon Waking:

Blend together 1 cup cubed watermelon with 1 stalk celery and 2-3 ice cubes. Lemon juice can be added if desired along with more water if you want a thinner consistency.

Breakfast:

1 cup Greek yogurt

1 banana

2 tbsp. diced walnuts

1 cup green tea

Lunch:

3 oz. grilled chicken breast

2 cups shredded cabbage

½ diced cucumber

1 tbsp. olive oil mixed with balsamic vinegar for dressing.

1 cup watermelon

Dinner:

3 oz. grass fed beef

2 cups steamed broccoli

1 oz. low-fat cheddar cheese, melted

1 cup red grapes

Before Bed:

8 oz. herbal tea

After the 6 day period is up, it's time to come off the detox. (You'll undoubtedly be a few pounds lighter!) You might find that at first, your body reacts a little as you begin adding back some of the foods you cut out for the two day period such as grains and dairy.

If you notice some initial bloating or water retention, don't stress too much, this should fade in about a day or two.

The important thing at this point is to keep up much of what you started during the detox – continually drinking at least 8+ glasses of water a day along with filling your diet full of unprocessed foods.

If you sustain a proper diet moving forward, you will keep your health in top shape and won't need to do these cleanses as often.

Even still though, doing this cleanse every 4-6 months can be beneficial, so just keep that in mind and consider it as you move through your health improvement program.