

The background of the page is a collage of various citrus fruit slices, including lemons, oranges, and grapefruits, arranged in a circular pattern. The colors range from bright yellow to deep red. A white rectangular frame is centered on the page, containing the main text.

End of Summer 5-Day Detox

For Beginners

Handbook

Welcome to the End of Summer 5-Day Detox!

Hi! I want to let you know that I am committed to your detox success, and I want you to have a great experience this week.

The best way to do that is to read through this guide from beginning to end. If you have questions, feel free to contact me via email at mary@alliswellhealthandwellness.com or post a question in our online group.

It's going to be a great week!

Yours in health,

Mary

DETOX QUICK TIPS

- Read this guide – there's a lot of information that will help you have a successful (and possibly even fun!) detox.
- Set aside 3-4 hours before the detox so you can have time to go shopping and do prep work for your recipes. You'll find the detox goes much more smoothly if you have healthy snacks prepped and ready to go in the fridge. You can also do the chopping in advance for many of the recipes so that dinner comes together quickly when you get home from work.
- Commit to the process and do the best you can – this isn't about being perfect, but rather about learning your own habits and giving your body a break.
- Don't underestimate the power of mindset. Focus on what you can enjoy rather than what you won't be eating. Remember – it's just 5 days – you can do this!

 **PREPARATION CHECKLIST**

- Read this End of Summer 5-Day Detox for Beginners Handbook
- Read through the End of Summer 5-Day Detox for Beginners Recipes – this includes recipe suggestions and snack ideas
- Review the End of Summer 5-Day Detox for Beginners Shopping List
- Schedule a specific time to go grocery shopping
- Schedule time to do meal prep work in the kitchen
- Go online and print The Dirty Dozen & Clean Fifteen at <http://www.ewg.org/foodnews/>. This guide shows you which produce items are important to buy organic and which are okay to buy not organic.



WHAT IS A DETOX, ANYWAY?

By definition, a *detox* is a process by which the body gets rid of poisonous substances. To *cleanse* is defined as removing dirt, or making something clean. Throughout this program, you'll see the two terms used interchangeably. Basically, a food-based detox is an opportunity to remove known toxins and "bad foods" from our diet for a pre-determined amount of time. The End of Summer 5-Day Detox for Beginners works through the process of taking out the unhealthy foods and adding in more nutritious foods.

WHAT CAN I EAT DURING THE DETOX?

To make the process easier for you, I've provided the Summer Detox Recipes to ensure that you have plenty to eat during the 5 days. Our goal is to focus on good whole grains, proteins and vegetables and to stay away from caffeine, sugar, dairy, red meat, pork and gluten.

We'll eat foods that nourish us and increase our bodies' natural detox processes. We'll also slow down our hectic lives as much as we can and pay attention to our eating habits so we can begin to learn about our relationship with food and what we can do to make some positive changes.

I encourage you to put a strong focus on all the delicious foods you can eat during the next few days, as opposed to what you can't. Keep focused on all the delicious options that are available to you!





WHAT TO EXPECT DURING YOUR DETOX

Please keep in mind that each person detoxes a little bit differently and each time you detox you may have a different experience.

The goals of this week are threefold:

1. To take all processed food out of your diet
2. To add in whole grains and vegetables in order to increase fiber intake
3. To help you recognize the habits you have that aren't supporting your health

During your detox, you may experience the following:

- Better digestion
- Clearer skin
- Fatigue and low levels of energy, especially the first few days
- Lots and lots of energy, especially at the end and in the days after the detox
- Emotional release at unexpected times
- Feeling heavier some days, and feeling lighter other days
- Some mood swings, especially if you normally consume caffeine and sugar
- Food cravings, especially for "bad" foods you know you aren't supposed to have this week
- Constipation and/or diarrhea
- Hunger or lack of hunger
- Personal insights into your eating habits
- Improved sleep
- Weight loss
- And a number of other things not listed here





GENERAL CLEANSING GUIDELINES

- Take the opportunity to become really mindful of your habits this week. How often do you want to reach for a piece of candy? Are you looking for a snack because you're truly hungry or because you want a distraction from your work? The key to changing your "bad" health habits is to become aware of them first.
- Remember to drink plenty of water. Your goal is to drink $\frac{1}{2}$ your body weight in ounces each day. For example, if you weigh 140 lbs, your goal would be to consume 70 ounces of water each day. You can flavor your water with lemon, cucumber, or even a bunch of basil popped into a pitcher and covered with water.
- Try to keep your meals mindful. The idea for this cleanse is to give your digestion a break by taking out foods that are harder for your body to assimilate. Keeping an eye on portions will make it even easier for your system to digest your foods. However, be sure to eat enough so you are satisfied and not hungry. Starving yourself won't help you through this program.
- Sit down and enjoy your meals. Turn off the TV, radio, phone and computer, and put down the newspaper. Inhale deeply 5-8 times before each meal. Put down your fork between bites. Chew your food thoroughly. If you can't do this at every meal, then focus on doing this really well for at least one meal each day.
- Be sure to focus on your body and your own self-care for the week. This is a great chance for you to turn your energies inward rather than focusing on taking care of spouses, children, colleagues, and other people in your life.
- Pay attention to what your body needs from you and don't restrict the amount you eat if you truly feel hungry.
- If you're taking medications to manage chronic conditions, please consult your healthcare practitioner before using this program. Keep taking all medications as prescribed by your doctor. If you have any questions about medications or if you have special medical needs, please contact your doctor.
- Try to limit the amount of work you do during the week of the detox. This doesn't mean you have to take a week off, but skip after-work events if possible in favor of giving your body and mind a rest. Do your best to leave work at work.
- Modify your exercise for the week by focusing on taking walks outdoors, stretching, and trying lower impact forms of exercise like yoga and Pilates. If you absolutely need to do more, try to lessen the amount of exercise you get. For example, instead of running 5 miles at an 8-minute-mile pace, jog 3 miles at a leisurely 10-minute-mile pace. Although it's beneficial to get a sweat going, it can also be helpful to slow down during the detox week. Check out yoga studios

in your area – many of them offer a free class or first week. If you end up doing an intense workout, compensate by drinking extra water and snacking on high protein items like chia seeds, walnuts and almonds, and organic chicken or turkey.

- Listen to your body. If you are hungry, eat something. If you're thirsty, drink something. If you're sleepy, take a nap. It's amazing how much we can learn from our bodies and our cravings once we start to listen.
- Make an effort to eat at home for as many of the meals as possible, and to pack food with you if you know you won't be home for most of the day. If you do need to eat out, order dishes that have a lot of veggies and some lean protein, and ask if the veggies can be steamed instead of sautéed in oil and butter. I ask for a double serving of vegetables to replace the white potatoes and rice that often accompany dinner entrees. Of course, you'll want to steer clear of dishes with heavy sauces and anything fried.
- Be sure to get enough essential fatty acids (EFAs) during your cleanse. You can have olive oil, avocado oil, coconut oil, avocado, lean proteins like wild-caught salmon and other cold-water fish, turkey, and/or chicken, coconut butter, coconut milk, coconut cream, ghee (clarified butter), pretty much all nuts (except no peanuts), flax seed, pumpkin seeds, sesame seeds, etc. Eating EFAs with each meal will help you feel full and will keep you satisfied longer.
- Finally, remember to ask for help if you need it!





DAILY PROTOCOL

This daily protocol is a guide for how your days should be structured during the detox. If something doesn't work for you, then just do your best. In addition, there are bonus detox steps you can take to increase the benefits of this process.

The *Summer Detox Suggested Recipes* includes all the recipes you'll need to make this week's meals. Refer to this handbook to get ideas on what to eat each day for breakfast, lunch and dinner.

WAKE UP:

- 12 oz. warm or hot water with juice of half a lemon

BREAKFAST:

- Green or herbal tea
- Morning meal
- 12 oz. filtered water
- Supplements: 1 probiotic, 1,000-2,000 IU Vitamin D, 1000 mg Vitamin C, 1 Vitamin B Complex, or recommended servings size on bottle.
 - Supplements are a bonus step – skip if you are pregnant or nursing

MID-MORNING:

- Snack (if needed): a handful of soaked almonds, an apple with almond butter, miso soup, black bean dip with carrots, etc.
- A cup of Nettle or Dandelion tea (this is a bonus step – both Dandelion and Nettle help your liver clear out toxins. Skip this step if you are pregnant or nursing)

LUNCH:

- Lunch
- 12 oz. filtered water

LATE AFTERNOON SNACK:

- Dandelion or Nettle tea (bonus step)
- Snack as needed: a handful of almonds, an apple with almond butter, fresh olives, miso soup, etc.
- Go outdoors for a walk if you can – this is a great cure for the mid-afternoon energy slump. If the weather is bad, turn on some music and dance around for a bit – anything to get you up and moving.

DINNER:

- Turn off all media (TV, computer, radio, and even your phone!) and focus on your meal. Take a few deep breaths before you begin eating.
- Dinner
- 12 oz. water

EVENING SNACK:

- Keep it small and eat an evening snack only if you really need one. Have a small handful of nuts or a piece of fruit, etc.
- You can also have a cup of herbal tea to help you wind down for the evening, but be aware that this might make you wake up during the night needing to use the restroom.

BEDTIME:

- Get to bed 15-30 minutes earlier than usual.
- Consider writing in a gratitude journal – simply list all the things you were grateful for or that went well during your day.
- 2 capsules milk thistle herb (bonus step – but this is an extra powerful one because milk thistle boosts the liver's detoxing capacity. Skip if pregnant or nursing.)
- Twice during the detox week: Epsom salt bath – run a warm bath with 1-2 cups Epsom salts and soak for 30 minutes. Epsom salts are great for drawing out toxins. You can also add a few drops of lavender oil to increase relaxation.



COOKING AND PREP-WORK TIPS

1. Set aside 3-4 hours on Saturday or Sunday before you begin the detox so you have enough time to go grocery shopping, familiarize yourself with ingredients and prepare foods to eat later in the week. When you have a refrigerator full of yummy, healthy foods that are ready to go when you get home from work, you'll be much less tempted to stray from the detox food guidelines.
2. Look through the recipes for the week and do as much prep work as you can. Wash and cut vegetables. Set yourself up for success by doing as much work ahead of time as possible.
3. Pre-cut snacking veggies like celery, carrots, turnips, bell peppers, cucumbers, etc. so you always have something you can just grab out of the fridge. Store them in covered dish with a little water to keep them from drying out. It's a lot easier to make a good choice if you have good choices readily available. You can also blanch some green beans or asparagus by dropping them in a pot of boiling water for 2 minutes. After 2 minutes, drain and then place in a bowl of ice water. Drain again, and store in the fridge for easy snacking. Dip them in a little tahini, hummus or black bean dip for a quick and nutritious snack.
4. If you're super rushed for time in the mornings, make a large batch of one of the breakfast options to eat through the week. Also, consider making a double batch of the smoothies so you have breakfasts ready to grab-and-go as you head out the door.
5. Make a big pot of greens that are ready to go anytime by setting a pot of water to boil. Once boiling, drop in greens that you've cleaned, pulled off their stems and torn into smaller pieces. Turn off the heat and cover – let sit for 2 minutes. Drain and store – blanched greens will keep for 4-5 days in your fridge.
6. Set up a salad bar in your fridge. Make a double batch of one of the salad dressing options to last you through the 5-day detox. Wash a bunch of lettuce and greens and pre-cut things like cucumber, celery, radish, carrots, green onion, and whatever else you have on hand. You'll be able to build a salad in no time. These foods stay fresh for about 3 days in the fridge when pre-cut.



WHAT TO AVOID AND WHAT TO EAT INSTEAD

Hands down, the best way to avoid gluten, dairy, and sugar is to read labels. Here are some keys to ingredients that you'll want to avoid during the detox.

GLUTEN

Gluten products to avoid:

- Bread
- Pasta
- Bagels
- Any products with wheat, barley, rye, semolina, durum, triticale, and farro

Alternatives:

- Brown and wild rice
- Quinoa
- Amaranth
- Starchy veggies like sweet potatoes, yams, and squash (NO WHITE POTATOES)

Please note: Skip the gluten-free aisle of your grocery store – most of the foods there are highly processed and packed with sugar, salt and preservatives. For this challenge, focus on fresh, whole foods.

DAIRY

Dairy products to avoid:

- Milk and milk products, including ice cream and whey
- Cheeses, including hard cheese and soft cheeses like cream cheese and cottage cheese
- Sour cream, kefir, and yogurt

Alternatives:

- Coconut milk
- Quinoa milk
- Hemp milk
- Almond milk

Please Note: Soy milk and soy products are not recommended as an alternative as they can have high pesticide loads and contain phytoestrogens, which mimic estrogen in the body.

SUGAR

Sugar products to avoid:

- Sugar, candy, sweets, baked goods
- Cane sugar (organic, natural, dehydrated, etc. included)
- Corn syrup, brown rice syrup, barley syrup
- Alcohol – yes, this includes beer, wine, and hard liquor

Alternatives:

- Natural sweeteners used sparingly like honey, dates and 100% pure maple syrup

COFFEE

We will be avoiding caffeinated and decaffeinated coffee during the program.

Alternatives:

- Herbal tea
- Green tea

RED MEAT AND PORK

We will be avoiding red meat and pork during the detox to give our digestive system a rest.

Alternatives:

- Lean proteins such as:
 - Chicken
 - Turkey
 - Wild-caught cold-water fish
 - Beans and lentils

CORN

Corn is a food that people commonly have an intolerance to, is inflammatory and/or can be hard to digest.

Alternatives:

- Roasted chickpeas instead of popcorn or kale chips instead of tortilla chips.

PROTEINS

- Lean proteins like chicken, turkey, wild-caught cold-water fish, beans and legumes. Bonus points for choosing grass-fed, pastured and organic meats.

FRUITS & VEGETABLES

- Fruits are a great choice during this detox. Berries are extra helpful because they are packed full of antioxidants and have a low glycemic load.
- Try to eat a wide variety of vegetables throughout the week, and choose leafy greens at least once a day.
- Add fresh herbs like cilantro, parsley and dill to your meals as they increase the flavor profile and also have a lot of detoxifying properties.
- Skip potatoes and potato products. Please note that sweet potatoes and yams are acceptable during this program as they are botanically different from other types of potatoes.

WHOLE GRAINS

- Look for whole grains like brown rice, black rice, quinoa, millet and amaranth.
- Keep your eye out for ancient grains like spelt, barley, and faro – although these are whole grains, they also contain gluten, which we are avoiding.

ESSENTIAL FATTY ACIDS

- Healthy fats like avocado, wild caught fatty fish, lean proteins, olive oil, coconut oil, and nuts and seeds. Be sure to get enough of these each day as they help with feeling full and satisfied after each meal.

BEVERAGES

- Water is your primary drink for the next week. Aim to get ½ your body weight in ounces per day. You can add things like lemon, lime, or orange slices, frozen berries, cucumber slices, or even herbs like parsley, cilantro and basil to make your own “spa” water.
- Sparkling water as long as it doesn't have added sugars (check the label).
- Herbal teas, especially dandelion or nettle, as they support liver function.



THE IMPORTANCE OF ELIMINATION DURING THE DETOX

Your body eliminates toxins in 4 ways:

- Sweating
- Breathing
- Urination
- Bowel movements

It's critical for you to maximize your ability to adequately get rid of the toxins your body is mobilizing. If you do not properly eliminate daily, you may experience increased fatigue, brain fog, headaches and flu-like symptoms.

To avoid sabotaging your detoxing efforts, here are a few suggestions:

- Drink enough water that you are urinating frequently. If your urine is not light in color, drink more water. Your urine should have a light straw color. However, if you are taking B vitamins, your urine will likely look bright yellow for most of the day.
- Do gentle physical activities such as yoga or brisk walking to enhance sweat.
- If you have access to a sauna or steam room... great! If your schedule permits, try using it daily for 10 to 20 minutes as tolerated. It has been shown that sauna therapy increases the excretion of heavy metals and fat-soluble chemicals from the body.
 - Note: If you are chronically ill or take medication, be sure to get your doctor's permission before using this program and especially before starting sauna or steam therapy. When your physician has cleared you, start with short time increments and gradually increase time as tolerated.
 - Remember to drink at least 16 ounces of water before entering the sauna and the same amount after therapy to flush the mobilized toxins.

You should be having bowel movements daily; otherwise, you can reabsorb the toxins in your gut. If you are not having daily BMs, consider taking an herbal laxative at bedtime. Herbal laxatives should include cascara or senna, and can be found in capsule or tea preparations. Do not use herbal laxatives if you are pregnant or breastfeeding.



DAILY CHECKLISTS

DAY 1

- Drank lots of water
- Was more conscious about moving throughout the day
- Was more mindful of my eating habits
- Practiced gratitude
- Stuck to the meal guidelines
- Went to bed early

DAY 2

- Drank lots of water
- Was more conscious about moving throughout the day
- Was more mindful of my eating habits
- Practiced gratitude
- Stuck to the meal guidelines
- Went to bed early

DAY 3

- Drank lots of water
- Was more conscious about moving throughout the day
- Was more mindful of my eating habits
- Practiced gratitude
- Stuck to the meal guidelines
- Went to bed early

DAY 4

- Drank lots of water
- Was more conscious about moving throughout the day
- Was more mindful of my eating habits
- Practiced gratitude
- Stuck to the meal guidelines
- Went to bed early

DAY 5

- Drank lots of water
- Was more conscious about moving throughout the day
- Was more mindful of my eating habits
- Practiced gratitude
- Stuck to the meal guidelines
- Went to bed early



Disclaimer:

This information is being provided to you for educational and informational purposes only. It is being provided to educate you about how to take care of your body and as a self-help tool for your own use so that you can reach your own health goals. It is not intended to treat or cure any specific illness and is not to replace the guidance provided by your own medical practitioner. This information is to be used at your own risk based on your own judgment. If you suspect you have a medical problem, we urge you to take appropriate action by seeking medical attention.

This detox and the information provided within have been carefully tested and crafted, and are a core part of my business. As a courtesy to me, the amount of work I've put in, and your fellow detox members, please do not share these materials with anyone.