

21 DAY DETOX CLEANSE

Two days before you start:

1. *Create a grocery shopping list and a meal plan in advance (see page 3).*
2. *Contact your chosen organic cold pressed juice or organic broth delivery company now to ensure your cold pressed juice or broth is booked in advance to avoid disappointment.*
3. *Measure your waistline with a tape measure and record in centimetres or inches*
4. *Increase your water consumption to 3 litres per day which is roughly 1 glass of water for every hour in a 12 hour day.*

Friday Day 1: start the GI Cleanse & Alkalise Nutritional Plan (see page 3)

Saturday Day 2: continue with the GI Cleanse & Alkalise Nutritional Plan. Meal portion sizes should be the same size as your two fists and no larger.

Sunday Day 3: Continue as above

Monday Day 4: Continue as above

Tuesday Day 5: Continue as above

Wednesday Day 6: reduce meal portion sizes by 25% (optional day for 1st colonic)

Thursday Day 7: reduce meal portion sizes by a further 25% so your meal is the same size as one fist (optional day for 1st colonic)

Friday Day 8: reduce meal portion sizes by another 25% to half a fist size

Saturday Day 9: green juice fast or warm broth fast (drink a juice or broth every 2 hours over a 12 hour period)

Sunday Day 10: green juice fast or warm broth fast (drink a juice or broth every 2 hours over a 12 hour period) (optional day for 2nd colonic)

Monday Day 11: green juice fast or warm broth fast (drink a juice or broth every 2 hours over a 12 hour period) (optional day for 2nd colonic)

Tuesday Day 12: eat the same meal portion sizes as you did on Day 8

Wednesday Day 13: eat the same meal portion sizes as you did on Day 8

Thursday Day 14: eat the same meal portion sizes as you did on Day 7

Friday Day 15: eat the same meal portion sizes as you did on Day 7

Saturday Day 16: eat the same meal portion sizes as you did on Day 6

Sunday Day 17: eat the same meal portion sizes as you did on Day 6

Monday Day 18: eat the same meal portion sizes as Day 2 (optional day for 3rd colonic with added coffee enema)

Tuesday Day 19: eat the same meal portion sizes as Day 2 (optional day for 3rd colonic with added coffee enema)

Wednesday Day 20: continue with the GI Cleanse & Alkalise Nutritional Plan with no change to portion sizes

Thursday Day 21: continue with the GI Cleanse & Alkalise Nutritional Plan with no change to portion sizes

Continue the Cleanse & Alkalise Nutritional Plan for a further week for maximum results.

Try not to go without food for longer than 3 hours. Timings can be moved half an hour later if preferred, as long as there is a **12 hour fasting gap** between dinner and the following morning breakfast so that you wake up hungry. Breakfast should be consumed within an hour of waking up, lunch must be consumed by 1pm, and dinner should not be consumed later than 7pm.

For example:

- **6am:** Wake Up and drink a glass of room temperature water kept at your bedside
- **6.30am / 7am** Breakfast
- **9am:** Snack
- **12noon:** Lunch
- **3pm:** Snack
- **6pm:** Dinner
- **9pm:** Sleep

The above is the ideal meal-timing plan. By eating every 3 hours you will keep your stomach active, thereby keeping your blood sugar levels stable and reducing the need for sugar or junk food cravings. **As a result, this will increase your metabolism, therefore helping you to lose weight.**

Monitor your portion sizes. Each complete meal should fit neatly into the two palms of your hands or no larger than two fist sizes. You can get creative with the different types of food items but the main focus is to keep it simple therefore **grilled or steamed are the best options.**

In order to get really good results from the detox, try to wake up early and be in bed by 9pm each night. **Sleep is a very important part of the detox process.**

And finally – Light Exercise! Even if it's a 30min walk on the beach each day, just keep your body moving. **Yoga, Tai Chi or Swimming are the best options when detoxing.**

Complementary/Alternative Treatments to aid the Detox:

1. Spinal/Postural Analysis & Adjustment with an Osteopath or Chiropractor
2. Cranio Sacral Therapy, Acupuncture or Cupping
3. Lymphatic Drainage Massage, Reflexology, Chi Nei Tsang or Thai Massage
4. Pamper yourself with a facial treatment or Traditional Moroccan Hammam
5. Mind-Body Healing – Reiki, Jin Shin Jyutsu and/or Kinesiology
6. IV Vitamin and Mineral Cocktail Drips
7. Daily exposure to direct sunlight for natural Vitamin D
8. Probiotics - as advised by a medical professional
9. Bodysmart Program using Hypoxi and LPG - www.bodysmart.ae (receive 15% off when committing to my detox)
10. Yoga, Pranayama and/or Meditation Classes

COST of 21 Day Detox: Dhs1,950 - price includes initial and follow up consultations together with 3 colon hydrotherapy treatments and one coffee enema.

Cost does NOT include the three day juice or broth delivery service, meals or recipes or any recommended complementary treatments to aid the detox.

Juice and Broth Delivery Contacts:

Essentially: www.essentially.ae (organic cold pressed juices)

The Clean Living Company: www.cleanlivingcompany.ae (organic bone, chicken or vegan broth)

GI CLEANSE & ALKALISE NUTRITIONAL PLAN

EAT SOMETHING EVERY 2-3 HOURS, monitor your meal portion sizes — therefore maximum 2 “hand fist” sizes per meal, chew your food well, eat slowly, and follow a 4-day rotation of ingredients

Main Food Groups to Completely Avoid:

All Dairy, All Grains, All Legumes, All Tomatoes, All Red Meat, All Sugar, All Coffee, All Alcohol, All Processed & Junk Food, All Fried Foods - more details below

WAKE UP

- Glass of freshly pressed celery juice on an empty stomach first thing. Celery only, nothing else! **Great for balancing stomach acid and bloating.**
- OR**
- Cup of warm water with freshly squeezed lemon juice/lemon slices as soon as you wake up. **This will help expel gas from the intestines, purify the blood, alkalise the body and boosts liver detoxification.** Discontinue after 30 days in order to avoid tooth enamel erosion.

BREAKFAST (eat within the 1st hour of waking up)

- Bowl of organic rolled oats porridge cooked with coconut milk / oat's milk / almond milk / quinoa milk / cashew milk or water; add some berries, ground/crushed seeds and sprinkle with cinnamon. Adding a teaspoon of organic raw honey is also fine.
- **Or** a bowl of fresh fruit (*choose from blackberries, blueberries, cranberries, raspberries, strawberries*), sprinkle with coconut/almond flakes or pumpkin seeds.
- **Or** homemade Paleo bread or Paleo muffins (*no grains used*) with organic raw honey. Google “Paleo bread/muffins” for recipes and ideas.
- **Or** Eggs if you have no egg sensitivity, make sure they are free range and organic (scrambled, poached, omelette, boiled), with a side portion of steamed spinach and avocado.
- **Or** Paleo pancakes (*no grains or animal milk used*) with fruit.

SNACKS (between main meals)

- Freshly made smoothies (*without animal milk or yoghurt*)
- Whole fruits
 - **Preferred fruits** — *blackberries, blueberries, cranberries, raspberries, strawberries, mango, apple, apricot, banana, camu-camu, cherries, coconuts, figs, grapefruit, nectarine, orange, papaya, peaches, pears, pineapple, plums, pomegranate, rhubarb, lychees, mangosteen (grapes not allowed)*
 - **only consume alone and sparingly, and not with other fruits or food** — *watermelon, cantaloupe/rock melon/sweet melon, honeydew melon and all other melons*
- Handful of unsalted, raw nuts/seeds (*peanuts and pistachios are not allowed*)
 - *almonds, brazil nuts, chia seeds, flax seeds, hazelnuts, macadamia, pecans, pine nuts, pumpkin seeds, sesame seeds, walnuts*
- Chia seed pudding, home made with coconut milk. Add berries and cinnamon for flavour
- Carrot, celery and/or cucumber sticks with guacamole dip or homemade tahini or zucchini hummus (*chickpea hummus not allowed*)

DRINKS – try not to drink fluids with your meals, drink 20min before or after food

- Still water — drink a glass every hour, minimum 3 litres per day
- Herbal teas or Rooibos tea
- Only have freshly pressed raw green vegetable juices and as your snacks, not with your main meals
- Kombucha

LUNCH / DINNER (a selection of some of the following ingredients & use your imagination!)

- Variety of at least 3 different types of vegetables daily
 - **preferred vegetables** — broccoli, green beans, mange tout, asparagus, artichoke, green or red cabbage, bok choy, spinach, zucchini/courgettes, Brussels sprouts, carrots, sweet potato, parsnips, butternut squash, pumpkin, celery, leeks, fennel, onions, radishes, avocado, cucumber, collard greens, kale, turnip greens, arugula, watercress, cauliflower, beets/ beet greens, garlic, peas and snow peas, olives, lettuce, bitter melon/karela, okra, sea vegetables, mushrooms especially shiitake
 - **Nightshade foods eat sparingly** — eggplant/aubergine, capsicum/bell peppers, potatoes, gojiberries (avoid if you have IBS/IBD, arthritis, psoriasis or other autoimmune disease)
- Eat beetroot 3 times weekly (boil it / grill it / grated raw or spiralized raw)
- Quinoa, Chia, Buckwheat, Amaranth (defined as pseudo-grains i.e. false grains & gluten-free)
- Soba Noodles (read ingredients label, make sure they are 100% buckwheat and no other added flour, try www.edenfoods.com)
- Steamed or grilled fish wild caught only (**NO farm raised fish**)
 - **Preferred fish** — salmon, cod, sea bass and bass, red snapper, anchovies, grouper, haddock, halibut, herring, mani mahi, sardines, trout, walleye and local fish
 - **Eat sparingly but best avoided** — tuna, king mackerel, swordfish, marlin and other predator fish due to high mercury levels
 - **No shellfish allowed**
- Steamed or grilled poultry (preferably organic and make sure it's free range, grass-fed, hormone free and **NOT corn-fed**)
 - chicken, turkey, duck, quail (**never** reheat chicken)
- Flavour food with natural fresh herbs and spices
 - basil, cilantro, coriander, cinnamon, cloves, cumin, dill, fennel, garlic, ginger, mint, mustard seeds, nutmeg, oregano, parsley, peppermint, rosemary, sage, tarragon, thyme, turmeric, black pepper, paprika & cayenne pepper (avoid paprika & cayenne pepper if you have IBS/IBD, arthritis, psoriasis or other autoimmune disease)
- Condiments allowed
 - guacamole, sea salt/himalayan pink salt, homemade tahini, vanilla and almond extract, organic raw honey, sauerkraut, homemade za'atar, homemade baba ghanoush (**chickpea hummus, vinegars & soy sauce are not allowed**)
- Oils allowed (preferably organic, unrefined and cold pressed)
 - avocado oil, almond oil, coconut oil, grapeseed oil, macadamia oil, olive oil, sesame oil, walnut oil. **Only cook with coconut oil.**
- Pre-cook homemade vegetable soups to store in the freezer for those "too lazy or too late to cook" meals (add cooked quinoa to soup to thicken it)
- Make your own chicken broth/stock to freeze, made with an organic chicken carcass, carrots, celery, leeks, onions, garlic, rosemary, parsley, bay leaves, thyme, turmeric and pepper corns. A great immune booster and fabulous for stews, tagines and casseroles.

Always remember what you CAN eat because the above list is full of many choices.

Try not to go without food for longer than 3 hours. Timings can be moved half an hour later if preferred, as long as there is a **12 hour fasting gap** between dinner and the following breakfast so that you wake up hungry. Breakfast should be consumed within an hour of waking up, lunch must be consumed by 1pm, and dinner should not be consumed later than 7pm. For example:

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AVOID

- **All grains except organic rolled oats**
 - **foods with grains to avoid** — breads, rolls, chapatis, naan breads, crumpets, scones, pancakes, wafers, cakes, biscuits, breakfast cereals, pizza, pasta, pastries, Yorkshire puddings, ice-cream, powered drinks, malted drinks, chocolate bars, liquorices, puddings, beer, stout, lager, whiskey, most spirits, pre-made/packaged soups, commercial sauces and spices, processed meats, ready-made meals, oven chips, salami, sausages, scotch eggs, meat or fish coated in bread crumbs, corned beef, pates and spreads, crisps, salad dressings, ham, gravy, stock cubes, baking powder, tinned foods (including beans), spaghetti, crisp breads, crackers, pumpernickel bread, rye bread, barley water, pot water, pearl barley, coffee substitutes
 - **grain ingredients to avoid** — binder or brown flour, breadcrumbs, bulgar wheat, triticale, kamut, spelt, rice, maize, barley, rye, wheat, malt, bran, dextrin, millet, cracked wheat, kibbled wheat, couscous, wheat bran, durum wheat or semolina, gum base, hydrolysed wheat protein, wheat gluten, rusk, wheat starch, modified starch, food starch, wheat flakes or edible starch, whole wheat or puffed wheat, wheat germ flour, unbleached flour, wheat germ oil, wheat germ extract, wholegrain or wholemeal flour
- **All dairy products**
 - **foods with dairy to avoid** — all animal milk, milkshakes, yoghurt, fromage frais, ice cream, cheese, cream, butter, spreads, custards, puddings, sauces, gravy, creamed soup, cakes, scones, donuts, waffles, pancakes, biscuits, bread, pizza, instant mashed potato, ready meals, processed meats, sausages, packet snacks, confectionery, chocolate
 - **dairy ingredients to avoid** — kefir, butter, butter oil, casein, casein ate, cream, light cream, demineralised whey, whey, sweet whey powder, beta-lactoglobulin, alpha-lactoglobulin, non-fat milk, milk powder, skimmed milk powder, milk solids, non-fat milk solids
- **Eggs only if you have an egg sensitivity otherwise they are allowed**
 - **foods with eggs to avoid** — omelettes, quiches, cakes, biscuits, sweets, meringues, ice-cream, custard, steamed pudding, pancakes, crepes, cheesecakes, pavlova, creme caramel, pasta, noodles, Chinese rice and soups, some sushi, Yorkshire puddings, foods coated in batter/breadcrumbs, mayonnaise, tartar sauce, horseradish sauce, lemon curd, salad dressings, scotch eggs, gala pie, hash browns, some potato products, ready meals, fresh bakery goods not labeled, soups
 - **egg ingredients to avoid** — albumin, egg white, egg yolk, frozen egg, pasteurised egg, dried egg, egg powder, egg protein, ovalbumin, ovovitellin, ovomucin, globulin, livetin, vitelin
- **All legumes**
 - alfalfa, lentils, carob, soybeans, peanuts, tamarind, beans & pulses, chickpeas
 - but **peas and green beans are allowed** as an exception to the rule
- **All tomatoes and tomato based sauces**
- **All corn and corn products, corn flour, corn oil, corn fed animal meat, etc.**
- **All yeast products**
 - **yeast products to avoid** — marmite, bovril, vegemite, stock cubes, gravy, baker's yeast, brewer's yeast, breads, pizza bases, pastries, pitta and naan breads, some sourdough, beer, wine, cider, spirits, ginger ale, vinegar, soy sauce, dressings, tempeh, miso, tamari, pickles, relishes, tomato ketchup, mayonnaise, Worcestershire sauce, horseradish, chilli sauce, mushrooms, mushroom sauce, truffles, pickled, smoked and dried fish, meat and poultry, cured pork bacon, peanuts and peanut products, pistachios, ripe foods especially cheeses like Brie and Camembert, malted milk, malted drinks, home-made ginger beer, textured vegetable protein, Quorn (mycoprotein), tofu, dried fruits, over-ripe fruit, packaged fruit juices, hydrolysed protein, hydrolysed vegetable protein or leavening, citric acid, monosodium glutamate (MSG), some nutritional supplements so check the labels
- **All shell fish**
- **All red meat**
 - including beef, lamb, bison, venison, wild game meat, pork

- **All sugar including sweeteners**
 - **alternative names for sugar:** *sucrose, mannitol, glucose, lactose, fructose, sorbitol, corn syrup, corn syrup solids, malt, malt extract, malt syrup, maltose, rice syrup, rice extract, molasses, golden syrup, invert sugar, agave nectar, barbados sugar, barley, malt, barley malt syrup, beet sugar, brown sugar, buttered sugar, cane juice, cane juice crystals, cane sugar, caramel, carob syrup, castor sugar, coconut palm sugar, coconut sugar, confectioner's sugar, corn sweetener, date sugar, dehydrated cane juice, demerara sugar, dextrin, dextrose, evaporated cane juice, fruit juice concentrate, golden sugar, grape sugar, HFCS (High-Fructose Corn Syrup), icing sugar, maltodextrin, mall, mannose, maple syrup, muscovado, palm sugar, panocha, powered sugar, raw sugar, refiner's syrup, saccharose, sorghum syrup, sweet sorghum, syrup, treacle, turbinado sugar and the list goes on!*
- **Processed spices and spicy food**
- **All pre-made and packaged sauces / salad dressings / mayonnaise / ketchup**
- **All frozen and ready-meals, packaged foods, tinned foods**
- **All fried foods**
- **All Canola, vegetable, peanut and corn oils**
- **Black tea / coffee / carbonated sodas / alcohol / boxed juices**
- **All chips, crisps and all health bars (granola bars etc)**
- **Avoid raw foods and salads at night;** rather have “warming foods” i.e. steamed, grilled and homemade stews, tagines, casseroles to aid digestion

If you are suffering from **acid reflux/heartburn** please avoid the following in addition to the above: *All citrus fruit (oranges, clementines, lemons, grapefruit), mint or peppermint flavours, garlic and onions — contact me if no improvement to acid reflux after a week.*

HEALING CRISIS — you may experience some negative symptoms during the first week:

- More tired than usual
- Increased need to sleep
- Sugar cravings
- Mild diarrhoea / constipation
- Bloating / flatulence
- Furry white tongue
- Bad breath
- Face spots / rash
- Headache
- Moodiness
- Nausea
- Dizziness - if you feel dizzy please eat more, this is not a diet. Contact me if no improvement.

EXERCISE

- Try to allocate 30 min each day even if it's a long walk on the beach, but it is important to at least break into a sweat. Exercise will:
 - Help lower blood pressure
 - Reduce heart attack and Diabetes risk
 - Help control your weight
 - Increase levels of good HDL cholesterol
 - Keep bones and joints strong
 - Improve your moods and ease depression
 - Increase your energy levels
 - Reduce your need to sleep

GI CLEANSE & ALKALISE NUTRITIONAL PLAN

BENEFITS

Nutrient Rich Healthy Foods Support Healthy Weight Loss =

Maximum Nutrients

Minimal Calories

- **Helps Manage Adverse Food Reactions**
- **Promotes Energy Production**
- **Promotes Optimal Metabolism**
- **Promotes Digestive Health**
- **Promotes Liver Health**
- **Balances Blood Sugar Levels**
- **Reduces Inflammation**

TIPS

- Buy a **White Board** and start with developing a meal planner for the week to help you plan your main meals and snacks in advance.
- The meal planner will also help you develop a shopping list thereby saving time and money spent on buying unnecessary food items.
- In the meal planner for the week try not to repeat an ingredient over a 4-day period, however you can repeat it on the same day for lunch & dinner. As an example try not to eat avocado for four days in a row, eat on day one and then only again on day 5. This will help eliminate and avoid possible food intolerances, gut inflammation and increase nutrient variety.
- When shopping in the supermarket, stick to the outer peripheral aisles where all the fresh whole food is displayed and not the internal aisles where the processed or packaged food is kept.
- Google “Paleo” recipes as these type recipes usually won’t contain the above mentioned foods you need to avoid.
- Batch cook and freeze meals to save time (fish cakes, soups, chicken stock, bone broth etc).
- Clear out your cupboards and fridge from foods you need to avoid and other temptations.
- Reduce your social engagements and commitments where food will be served especially buffets.
- Keep fruit or nuts/seeds in your bag in case you get delayed or can’t reach your next meal in time.
- Always keep a bottle of water on you at all times and hydrate constantly.
- **Eat breakfast like a King, lunch like a Prince and dinner like a Pauper.**
- By eating every 3 hours you will keep your stomach active, thereby keeping your blood sugar levels stable and reducing the need for sugar or junk food cravings. **As a result, this will increase your metabolism, stabilise insulin levels, reduce inflammation and balance hormone levels.**
- **Chew each mouthful really well to release the digestive enzymes; and to break the food down well before swallowing.** It is important not to multitask whilst eating therefore eat away from your desk or any distracting activity. Focus on each meal for minimum 15 minutes so really take time out to eat and relax and to be mindful of what you are eating without blindly eating.
- Allow each main meal to have a balance of 65% complex carbs (vegetables), 15% protein (chicken/fish/nuts/seeds), 20% good fats (olive oil, nut/seeds, avocado, etc). Keep your dinner as light as possible.