

LIGHTEN UP DETOX PROGRAM

WHAT'S OUT!

- 1/ **No Sugary foods** (sugar only from fruit & veg)
- 2/ **No Wheat** (wheat flour, bread, pasta, white rice, pastries, biscuits – try alternatives such as; Brown rice, Quinoa, Lentil pasta)
- 3/ **No Dairy** (try alternatives such as: unsweetened Soy, Almond or Oat milk)
- 4/ **No Meat** (except certain fish, & free range, organic chicken (after the first 2 days of the plan))
- 5/ **No Alcohol** (if you use this as a stress relief after a long day at work, try exercise instead for this week, & see how you feel!)
- 6/ **No Caffeine** (except green tea)

WHAT'S IN!

- 1/ **3 Meals Daily (+ snacks)** – involving food & drinks which help clean & strengthen the liver & digestive system
(Make up your own meals from the ingredients list)
- 2/ **Morning Lemon Juice** – Start the day with glass of filtered water with fresh lemon juice
- 3/ **2 – 3 litres of Filtered Water** daily (including herbal teas) – Our bodies are made up of over 60% water, and is essential for the functioning of every cell in our body. Water is also essential for flushing out waste products and toxins from the body
- 4/ **Exercise Daily** (at least 20 mins), this helps to stimulate the detox process in many ways; sweat out toxins through the skin, clears out stale air from the lungs, stimulates the bowels, breaks down fat (which also releases stored toxins) & increases lymphatic flow... And much more!!!
- 5/ **Breathe Deeply** – either at the start of your day whilst still in bed, or at the end of your day before sleep, or at lunch time, sit down, relax & take 10 deep breaths.... This helps to clear out the stale air & pollution from your lungs, as well as creating a feeling of inner calm & peace.
- 6/ **Body Brushing** (additional option) – to remove old, dead skin cells, before your shower is recommended
(click on this link if you need more info <http://www.mindbodygreen.com/0-7955/why-you-should-start-dry-body-brushing-today.html>)