



Detox

A little detox can go a long way in helping your body recover from processed foods and catch up on much-needed nutrition.

As we discussed in the book, there are 4 main objectives to the detox:

- 1 Detoxify the body
- 2 Reset the palate
- 3 Jump-start fat loss
- 4 Supercharge the body with nutrients

With detox, you can improve digestion, boost energy, reduce cravings, and better support fat loss. It's not about extreme restriction—it's about resetting and nourishing your body.

Detox Guidelines

Running a detox is very simple and there are many ways to go about it. The way that works for one person may not be ideal for another, so you have to experiment and find your own approach.

To give you some general guidelines:

① You can do the detox for 1, 2, 3, or even more days. I find that somewhere between 2-3 days is a good place to start.

② During these days, you limit your diet to the following:



Fresh Smoothies

Made from organic fruits and vegetables



Filtered Water

Drink purified and filtered water



Raw Vegetables

If you are craving solid food



Chia Pudding

This is optional but preferred

③ Get plenty of fresh air, good sleep, and some sunlight, if possible.

④ Take it easy and avoid strenuous activity

Those are the general guidelines. But if you'd like some specifics, here's how I would approach this mission.

Doing The Detox



Every day of the detox, I would have at least 1, but ideally 2 green smoothies (recipe next in this guide).



I would also include 2-4 other smoothies, which may have some vegetables in them, but may also be fruit-only.



If I didn't feel like making the smoothies myself, I would buy them from a quality juice bar or organic grocer like Whole Foods.



I would eat a serving of Chia Pudding or some raw, organic vegetables if I was craving solid food.



I would drink plenty of water, but not a crazy amount, since the smoothies have lots of water in them already.



Ingredients

- 1 cup filtered water
- 2-3 stalks of kale, hard centers removed
- 1 cup packed spinach
- ½ cup packed parsley
- ½ cup packed cilantro (optional)
- 1-2 stalks of celery, cut into pieces
- 1 medium cucumber, peeled and cubed
- 1 apple, cored and cubed
- ½ lemon, skin removed
- Piece of ginger (to taste)
- 1 teaspoon raw honey (optional)

Preparation

1. Put all of the ingredients into a powerful blender and blend into oblivion.
2. Drink within 30 minutes of preparation.



Smoothie Algorithm

2 servings

Use the following guidelines to design and experiment with your own smoothie recipes.

Base

1 cup total

- Almond milk
- Cashew milk
- Coconut milk, light
- Coconut water
- Cold-pressed juice (apple works well)
- Filtered water
- Hemp milk

Power Greens

2-3 cups total

- Kale
- Collard Greens
- Mustard Greens
- Rainbow chard
- Swiss chard
- Romaine
- Cilantro (for flavor, not too much)
- Parsley (for flavor, not too much)

Veggies or Fruits

1-2 cups total

- Avocado
- Cucumber
- Celery
- Apple
- Peach/Nectarine
- Banana
- Strawberry
- Cherry
- Raspberry
- Blueberry
- Lemon
- Lime
- Mango
- Melon
- Pear
- Pineapple

Notes

- When putting ingredients into a blender, put them in the following order:

Liquids go in first, followed by any leafy greens, then fresh fruits/vegetables, and finally frozen fruits/vegetables go on the very top.

- If you want something without greens/vegetables, then just use fruit. But do try to have at least one 'green' smoothie per day.
- For sweetness, add more fruit, use a fruit juice base, or add a teaspoon of honey.
- To cut down on sweetness, use a neutral base like water or almond milk and decrease the amount of fruit in the recipe.
- If you're craving solid food, feel free to eat raw, organic vegetables. Or add chia pudding to your detox menu.