

# Detox 2 Flourish



# Detox 2 Flourish Overview

## 5 Foods to Stay Away From:

- Sugar
- Dairy
- Alcohol
- Caffeine
- Grains



## Supplements:

### Standard 2-Week Detox

- **MetaFiber** (Supports Intestinal cleansing)
- **Opticleanse** (Supports detoxification, GI health, & hormone balance)
- **GI-Resolve** (Helps repair the gut from leaky gut, malabsorption, and intestinal bloat)
- **Plant Source Minerals** (Mineral support for optimal function & healing)
- **LiverX** (Aids in Phase 1 & 2 of Liver Detoxification)
- **Bind** (Optimizes drainage-elimination of heavy metals, chemicals, toxins, and bio-toxin)

### Advanced 4-Week Detox

- **MetaFiber** (Supports Intestinal cleansing)
- **Opticleanse** (Supports detoxification, GI health, & hormone balance)
- **GI-Resolve** (Helps repair the gut from leaky gut, malabsorption, and intestinal bloat)
- **Plant Source Minerals** (Mineral support for optimal function & healing)
- **LiverX** (Aids in Phase 1 & 2 of Liver Detoxification)
- **Bind** (Optimizes drainage-elimination of heavy metals, chemicals, toxins, and bio-toxin)
- **Cytodetox** (Detoxifies multiple systems at a cellular level, including the brain)
- **Fastonic** (Supports your body's natural ability to fast)

# The Details

## Supplements & Daily Schedule

### Standard 2-Week Detox:

<b>Morning</b>	<b>Meta Fiber</b>	<b>1 Scoop / 8 oz water:</b> <ul style="list-style-type: none"> <li>• First thing in the morning, at least 30 mins before food, even if intermittent fasting, won't break your fast</li> <li>• Blend 1 Scoop (2 tablespoons) in 8 ounces water (quick 5 second blend) and <b>drink right away</b>, otherwise it will get thick</li> </ul>
<b>Breakfast</b>	<b>Food or Intermittent Fasting</b>	<ul style="list-style-type: none"> <li>• Stay away from the 5 "No Foods"</li> <li>• Skip breakfast if intermittent fasting</li> <li>• Recipe Idea: Cage free scrambled eggs with vegan pesto, sauteed baby tomatoes and arugula, wrapped in a toasted almond flower Siete tortilla</li> </ul>
<b>Lunch</b>	<b>Opticleanse</b> <b>GI-Resolve</b> <b>Plant Source Minerals</b> <b>Liver X</b>	<b>2 scoops</b> <b>2 scoops (about 1.5 teaspoons total)</b> <b>4 droppers (4 half-filled droppers, about 40 drops total)</b> <b>2 Capsules</b> <ul style="list-style-type: none"> <li>• Can blend Opticleanse, GI-Resolve, &amp; Plant Source Minerals in water together or in a smoothie (see recipes below)</li> <li>• Take 2 Liver X capsules</li> <li>• Smoothie can be meal replacement for lunch, or if you would like something more, add in a light meal (ex. kale salad)</li> </ul>
<b>Dinner</b>	<b>Food</b>	<ul style="list-style-type: none"> <li>• Stay away from the 5 "No Foods"</li> <li>• Incorporate lots of green leafy vegetables</li> <li>• Recipe Idea: Zucchini spaghetti with marinara sauce, fresh basil, and paleo beef meatballs (recipe below)</li> </ul>
<b>Before Bed</b>	<b>Bind MetaFiber</b>	<b>4 capsules</b> <b>1 scoop in 8oz water</b> <ul style="list-style-type: none"> <li>• Last thing at night before bed, at least 1 hour after supplements or food, at least 2 hours after any medication</li> </ul>

## 4 Week Advanced Detox:

<b>Morning</b>	<b>Meta Fiber</b>	<b>1 Scoop / 8 oz water:</b> <ul style="list-style-type: none"> <li>• First thing in the morning, at least 30 mins before food, even if intermittent fasting, won't break your fast</li> <li>• Blend 1 Scoop (2 tablespoons) in 8 ounces water (quick 5 second blend) and <b>drink right away</b>, otherwise it will get thick</li> </ul>
<b>Breakfast</b>	<b>Food or Intermittent Fasting</b>	<ul style="list-style-type: none"> <li>• Stay away from the 5 "No Foods"</li> <li>• Skip breakfast if intermittent fasting</li> <li>• Recipe Idea: Cage free scrambled eggs with vegan pesto, sauteed baby tomatoes and arugula, wrapped in a toasted almond flower Siete tortilla</li> </ul>
<b>Before Lunch</b>	<b>Cytodetox</b>	<b>0.5 ml</b> <b>(Place under tongue &amp; hold for 30 seconds)</b> <ul style="list-style-type: none"> <li>• Do not eat or take other supplements 30 minutes before and after taking CytoDetox</li> </ul>
<b>Lunch</b>	<b>Opticleanse GI-Resolve Plant Source Minerals Liver X</b>	<b>2 scoops</b> <b>2 scoops (about 1.5 teaspoons total)</b> <b>4 droppers (4 half-filled droppers, about 40 drops total)</b> <b>2 Capsules</b> <ul style="list-style-type: none"> <li>• Can blend Opticleanse, GI-Resolve, &amp; Plant Source Minerals in water together or in a smoothie (see recipes below)</li> <li>• Take 2 Liver X capsules</li> <li>• Smoothie can be meal replacement for lunch, or if you would like something more, add in a light meal (ex. kale salad)</li> </ul>
<b>Before Dinner</b>	<b>Cytodetox</b>	<b>0.5 ml</b> <b>(Place under tongue &amp; hold for 30 seconds)</b> <ul style="list-style-type: none"> <li>• Do not eat or take other supplements 30 minutes before and after taking CytoDetox</li> </ul>
<b>Dinner</b>	<b>Food</b>	<ul style="list-style-type: none"> <li>• Stay away from the 5 "No Foods"</li> <li>• Incorporate lots of green leafy vegetables</li> <li>• Recipe Idea: Zucchini spaghetti with marinara sauce, fresh basil, and paleo beef meatballs (recipe below)</li> </ul>
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**\*Fasting Day:** We recommend incorporating one 24 hour fasting period each week during your 4 week program. For example, you could fast from 7pm one day until 7pm the next day. During this 24 hour period, place one FastTonic tablet in 8oz water and let it completely dissolve. Drink this mid way through your fasting period. Do not take any other supplements during your 24 hour fasting period.

# Diet

(Same for 2 Week Standard & 4 Week Advanced)

## Stay away from these 5 food groups:

- Sugar (no refined sugar, honey, maple syrup, or artificial sweeteners such as aspartame, etc. The only sweetener you can have is stevia, monk fruit, or erythritol)
- Dairy (no cow's cheese, could have a small amount of sheep or goat cheese, but keep it very minimal)
- Alcohol
- Caffeine (no coffee, tea, or energy drinks)
- Grains (no rice, oats, barley, quinoa, etc. Although it's not a grain, no corn as well)

\*\*Check your labels carefully in every product you buy for hidden sugar, flour, grains, caffeine, etc. Also check for "natural flavors" or "artificial flavors" - stay away from these.

\*\*Keep processed foods to a minimum and incorporate mainly whole, organic vegetables, fruits, nuts, and meat

## What to Eat:

- Lots of Veggies:
  - Go organic during this detox! (Non-organic produce has pesticides and chemicals that we want to stay away from)
  - Green leafy vegetables are great (and low carb)
  - For root vegetables such as carrots, beets, sweet potatoes, potatoes, etc., keep these to a minimum if your goal is to lose excess weight
  - Stay away from corn (many people have a sensitivity to it and it's usually GMO)
- Healthy Proteins (free range chicken, wild caught salmon, grass-fed beef, etc. or Non GMO Tofu. Stay away from pork and shellfish.)
- Fruits (Again, go organic. Stick to berries and citrus fruits, go very light on high glycemic foods such as bananas and mangoes, especially if you would like to lose a few pounds. Stay away from dates.)
- Nuts and Seeds (raw, organic nuts such as almonds, pecans, cashews, walnuts, sunflower seeds, flax seeds, etc. Stay away from peanuts.)
- Legumes (brown and black beans, lentils, garbanzo beans, etc.)
- Healthy Oils (olive oil, avocado oil, & coconut oil. You can use a healthy vegan butter option. Stay away from hydrogenated oils & canola oil)
- Avocados and olives are great sources of healthy fats
- Eggs (unless you have a food sensitivity to them)
- Paleo/Grain Free Products such as Siete Chips, Siete Tortillas, Paleo Bread, etc. (Try to keep processed foods to a minimum as much as you can, but these products are great for those times when you're missing your comfort foods.)

### **What to Drink:**

- Water- drink lots of water to stay hydrated and flush the toxins
- Herbal Tea (Rooibos, Holy Basil, Chamomile, Hibiscus, Ginger, Detox - make sure to check your tea ingredients for natural or artificial flavors and stay away from these). There is a great tea called Maca Chocolate by Teeccino which is a great caffeine-free coffee and tea replacement
- Vegetable juices- Green veggie juices are great on the detox: celery, cucumber, kale, ginger (keep on the lower side for carrots and beets if trying to lose weight)
- Warm bone broth (bone broth is very healing for the digestive system)

bubble water with lime (Just plain mineral or bubble water. This can be a nice treat with some fresh lemon or lime, but keep it to a minimum. Stay away from La Croix and anything with natural flavors.)

### **What not to Drink:**

- Coffee and Caffeinated Tea (We are staying away from caffeine to give our liver a break and a chance to detox and reset. You should even steer clear of decaf coffee because chemicals are used in the process of decaffeinating the coffee.)
- Soda & Flavored Drinks (These are packed with sugar. Stay away from anything with natural or artificial flavors)
- Juices high in sugar (many juices look healthy and great, but are packed with sugars, be careful of Naked and Odwalla which are high in fruit sugars and stick to lower carb, lower sugar green juices)
- Milk & Dairy Products
- Soy Milk (most soy is genetically modified and we want to stay away from most soy products, unless you are vegetarian and need to have some nonGMO tofu.)

# Preparing for Your Detox

## Mental Preparation

Everyone's experience of this detox will be different. Maybe this is your first detox, or maybe you have done many in the past. Each time it is a new experience no matter how many or how few times you've done it. As you prepare for the detox, it's important to **Determine Your Why!** Why are you doing this detox? What are your hopes, what symptoms do you hope will diminish? What improvements do you want to see? Begin to write these out. We provide you with the Progress Tracker for this purpose. It's awesome to see where you are starting and where you end up!

The most important part of preparation is to commit! This detox is for you and your health, nobody is going to do it for you. It's your commitment that will get you through. At the same time, there are many people supporting you on this journey. Our team is here for you. We are only a phone call or email away. Feel free to give us a call at 949-497-2553 with any questions or email [morea@healthinbalance.com](mailto:morea@healthinbalance.com) or [front@healthinbalance.com](mailto:front@healthinbalance.com) for advice and guidance. You may even want to invite a friend or family member to do this with you as well. Whatever you choose, you are not alone, and yet this is your commitment and your body. Own it and stick with it!

As you go into the detox, it's important to have both motivating and gracious expectations for yourself. Challenge yourself to make the hard choices and stay committed to what you've set out to do. Also be gracious with yourself when it's hard or if you mess up. Commit to lean into this process. It's worth it!

Take some time to fill out your progress tracker, determine your why, and make your commitment.

## Goals and Benefits

This detox is going to benefit your health in many ways. Some of those things will be felt and noticed. Others will be more long term. Detoxing is a very important part of a healthy lifestyle. We are all exposed to so many toxins through our food and environment, which cause many different symptoms. In order to lead a flourishing and healthy life, it's vital to cleanse and detox on a regular basis. Some of the benefits that you can expect after the detox include:

- More stable energy
- Better digestion
- Less pain and inflammation
- Less brain fog
- Weight loss
- Better skin quality
- And lots more!

However, it's important to recognize that this detox is part of your healing journey. It's not a cure all. All of us have a different story with our health and each time we choose to do something like this, it will bring healing in new ways. It's another significant step in building a life of wellness and flourishing.

## Possible Symptoms

It's normal to experience different symptoms throughout the detox. These are signs that your body is going through the detoxification process, and they are OKAY.

- Headaches
- Fatigue
- Soreness
- Bloating

## Troubleshooting

If you experience these symptoms listed above, try the following:

1. Drink more water. Toxins are being released in your body and you need water to flush them out. Stay very hydrated.
2. Take 1 capsule of Bind every hour until symptoms subside.
3. If that doesn't work, take ¼ scoop of Opticleanse every hour in water until symptoms subside.

Remember, we are just a phone call or email away. If you are experiencing challenges, reach out to us and we would love to walk you through a solution.



## Pre-Detox Grocery List

Here are some ideas for grocery items as you prepare for the detox. There's no need to get all of this, but this is a friendly guide.

### **Vegetables:**

Kale  
Spinach  
Cabbage: red and green  
Onions  
Carrots  
Sweet Potatoes  
Cauliflower  
Broccoli  
Herbs

### **Fruit:**

Organic frozen and or fresh strawberries, raspberries, and blueberries  
Citrus Fruits: Orange, lemon, lime  
Avocados  
Young Thai coconut (For Coconut Blendies- Recipe at the bottom)

### **Meats:**

Wild-caught salmon  
Free-Range chicken breasts  
Organic ground turkey  
Grass-Fed Organic Beef

### **Nuts:**

Raw organic almonds, pecans, walnuts, cashews  
Almond butter

### **Other:**

Organic Olives  
Free-Range Eggs  
Tamari Sauce (soy sauce substitute)  
Miso  
Coconut milk  
Herbal Tea  
Siete Almond or Cassava Tortillas  
Siete Chips  
Organic Hummus  
Organic Olive Oil

Remember to check your labels while shopping. Many foods look great, but have hidden ingredients that we want to stay away from. Watch out for canola oil, hydrogenated oils, sugars, natural flavors, artificial flavors, artificial sweeteners (like aspartame), etc.

## Detox Tips

**You will be receiving access to your Detox 2 Flourish Membership site as part of your detox!**

**Explore detox tips, videos, recipes and more. Make sure to check it out. Here's some tips from the site:**

- Take all the food that will tempt you, and put it in your garage during your detox.
- If you're having a sweet tooth, try Lily's chocolate, sweetened with Stevia, have a baked sweet potato, or make a Coconut Blendie! (see recipe below)
- Drink lots of water, you'll need it!
- Use dry brushing daily to improve lymphatic drainage .
- Sweat daily, whether through exercise or sauna.
- Keep moving. Movement and exercise are important for detoxification and lymphatic drainage. But don't push yourself too hard, you don't want to stress the body. Walking, jogging, swimming and yoga are great choices.
- Incorporate Qi Gong and Wim Hof breathing- check them out online- great stuff!  
<https://www.holdenqigong.com> [www.wimhofmethod.com](http://www.wimhofmethod.com)
- Harness the healing power of temperature by trying out cold plunges and cold showers. Wim Hof has more information on this on his website above.
- Incorporate Intermittent Fasting: For those who want to lose weight, try fasting for 12-17 hours per day. (Example, you stop eating dinner at 8pm, don't eat anything until 12pm the next day, except for your morning supplements of detox relief and baltone/metafiber)
- If you're taking other supplements and medications, continue taking these or consult with your doctor. Just make sure to take them 30 minutes before or after the detox relief.
- Get a good amount of sleep. This is when your body goes into healing mode. Here are some helpful tips for a restful night sleep: Turn your phone on airplane mode, refrain from looking at a screen for an hour before bed, block out light from entering your room, don't eat dinner too late.

# Recipes

## Opticleanse Smoothie Recipes:

These smoothies are great for meal replacements either for breakfast or lunch (or both if you are intermittent fasting- just have your smoothie as your first meal of the day after 12-16 hours of fasting).

### Berry Smoothie:

- 12-18 ounces water
- Handful of raw organic nuts: pecans, cashews, walnuts, almonds, sunflower seeds (whatever you like)
- Cup of frozen organic berries, Trader Joes or Costco, blend those up first with water to make it into smooth mix
- Option: Add in spinach and kale
- Blend together until smooth
- Turn off blender, add in 2 scoops of opticleanse, 2 scoops GI-Resolve, and 4 droppers of Plant Source Minerals and blend for only 3 seconds (don't want to denature the proteins)



### Nutty Chocolate Smoothie:

- 12-18 ounces water
- Handful of raw organic nuts, pecans, cashews, walnuts, almonds, sunflower seeds (whatever you like)
- Tablespoon of Raw Cacao Powder
- Ice
- Blend together until smooth
- Turn off blender, add in 2 scoops of opticleanse, 2 scoops GI-Resolve, and 4 droppers of Plant Source Minerals and blend for only 3 seconds (don't want to denature the proteins)



# Breakfast & Brunch

## Cherry Tomato, Kale & Egg Breakfast Wrap

### Ingredients:

- 2 organic free range eggs
- 6 organic cherry tomatoes cut in half
- 1/3 cup diced organic yellow onions
- 3 large organic kale leaves, washed and cut into bite sized pieces
- 1 Tbs vegan pesto (or diced fresh basil)
- Almond Flour or Cassava Siete Tortilla
- 1 Tbsp extra virgin organic olive oil or avocado oil



### Directions:

Dice the yellow onions and sauté in a medium frying pan or cast iron skillet with olive oil or avocado oil. Once the onions are golden brown, throw in the cherry tomatoes and kale and cook until soft.

Whisk the two eggs in a separate bowl, then add into the pan with the onions, tomatoes and kale. Cook and scramble until eggs are to your liking and season with salt and pepper.

Lightly heat the Siete tortilla on the griddle until it starts to bubble, but is still soft.

Spread the vegan pesto on the heated tortilla, fill with the scrambled eggs, and wrap it up!

Enjoy!

## Enchilada Egg Bake

By Siete Foods: <https://sietefoods.com/collections/recipes/products/enchilada-egg-bake>

### Ingredients

#### Egg Bake

- 1 Siete Red Enchilada Sauce
- 4 organic free range eggs
- Pickled red onion
- Fresh chopped cilantro



#### Dairy Free “Sour Cream”

- ¼ cup cashews, raw
- ¾ cup water
- 1 lemon juiced
- 1 pinch salt

### Directions

1. Preheat oven to 350F.
2. In a wide oven safe pan, place enchilada sauce and heat to medium. Let sauce simmer for 5-10 mins to get slightly thicker.
3. Gently crack each egg into sauce, leaving enough room in between each egg. Season each egg yolk with salt and pepper.
4. Place in oven and bake for 10-12 mins or until egg whites are cooked through.
5. Blend all sour cream ingredients in blender until completely smooth. Refrigerate until ready to use.
6. Serve with a drizzle of dairy free sour cream, pickled red onions, and chopped cilantro.

# Salad Recipes

## Dressing

Ingredients:

- ⅔ cup extra virgin olive oil
- 3 Tbsp balsamic vinegar
- 2 Tbsp apple cider vinegar
- 2 crushed garlic cloves
- 1 Tbsp dijon mustard
- Salt
- Pepper
- Seasoning and herbs of your choice

Mix Ingredients together and throw on your favorite salad!

## Arugula Fennel Salad

Ingredients:

- 5 ounces (about 5 packed cups arugula, washed and dried)
- 1 small fennel bulb, shaved on a mandoline or thinly sliced
- Sliced lemon wedges
- Salad dressing above

Directions:

Toss arugula and fennel together with dressing to taste and top with lemon wedges. Enjoy!

## Crunchy Balsamic Almond Salad

Ingredients:

- Mixed green lettuce
- Sweet peas chopped
- Carrots grated
- Cherry tomatoes cut in half
- Cucumbers sliced
- Sliced toasted almonds
- 1 Tbsp balsamic vinegar
- Salad dressing above

In a medium frying pan or cast iron skillet on medium heat, place a small amount of olive oil to coat the pan. Throw in a couple handfuls of sliced almonds and toast until golden. Pour balsamic vinegar on top and toast for another 30 seconds. Take almonds out of pan and let dry on a plate until crispy.

Toss all other ingredients together with salad dressing to taste. Put crunchy balsamic almonds on top!



# Dinner Recipes

## Taco Bowls

### Ingredients:

#### Meat:

- Organic ground turkey
- 1 yellow onion
- 2 cloves garlic
- Black beans

#### Coleslaw:

- Red cabbage
- Purple cabbage
- Red onion
- Grated carrots
- Sugar snap peas

#### Coleslaw Dressing:

- 4 Tbsp mayonnaise (Made with avocado oil- Primal Kitchen is a great brand)
- 2 cloves fresh garlic
- 1 tsp lime juice
- 1 tsp lemon juice
- Hot sauce (to taste)

### Directions:

Dice the yellow onions and sauté in a medium frying pan or cast iron skillet with olive oil or avocado oil. Once the onions are browned, add in 2 cloves of minced garlic and saute until golden brown.

Cook ground turkey in a medium cast iron skillet with olive oil or avocado oil. Mix this with the onion and garlic.

Heat up the black beans in a saucepan.

For the coleslaw, finely chop the green cabbage, red cabbage, and red onion. Grate the carrots and cut up the sugar snap peas. Combine all of this in a salad bowl.

To make the sauce for the coleslaw, combine vegan mayonnaise with fresh crushed garlic, lime juice, lemon juice, and hot sauce. Pour on top of coleslaw and mix.

Taco bowl: Layer meat on the bottom, beans, and then coleslaw. Add avocado slices and salsa on top.

Enjoy!



## Pad Thai Veggies & Chicken

### Grilled Veggies:

Choose some of your favorite veggies to grill in the oven. For example:

- Broccoli
- Cauliflower
- Carrots
- Fennel
- Onion



Cut them into bite size pieces and lay them out on a baking sheet.

Sprinkle olive oil, salt, pepper, fresh herbs, and seasoning on them.

Put them in the oven at 400 Degrees until browned on the edges.

### Chicken Breasts:

Grill up some organic free-range chicken

### Dressing:

- 1 cup coconut milk
- ½ cup raw almond butter
- 1 Tbsp minced ginger
- 2 Tbsp tamari sauce
- 1 Tbsp miso
- 2 garlic cloves
- 2 Tbsp lemon juice
- ⅛ tsp cayenne
- 1 Tbsp chopped jalapeno (optional)

Combine all the ingredients in the blender and blend until smooth. Pour on top of your veggies and chicken for a wonderful meal.



## Keto + Whole30 Italian Meatballs

(by Tastes Lovely:

<https://www.tasteslovely.com/paleo-whole30-italian-meatballs/>)

### Ingredients

3/4 cup almond flour

1/2 cup chicken stock

1 TBSP olive oil

1 yellow onion, finely chopped

3 cloves of garlic, grated or finely minced

2 pounds ground beef (85% lean)

2 eggs

1/2 cup packed finely chopped fresh parsley (about 1/4 of a bunch of fresh parsley)

2 tsp salt

1 tsp pepper

1 tsp dried Italian herb seasoning

1 jar of your favorite paleo/whole30 marinara sauce



### Instructions

Preheat oven to 425°F. Line a large rimmed baking sheet with parchment paper or foil (for easy clean up), and place the wire rimmed baking rack on top.

In a large mixing bowl, combine the almond flour and chicken stock. Stir and set aside while it absorbs the liquid.

Heat a medium size skillet over medium heat. Add olive oil, onions, garlic and a pinch of salt & pepper. Cook, stirring occasionally, until the onions are soft and turning golden brown, about 8-10 minutes.

In the same large mixing bowl that has the almond flour and chicken stock, add the cooked onions & garlic, ground beef, 2 eggs, parsley, salt, pepper and Italian seasonings. Use a spatula or hands to mix until completely combined.

Use a large cookie scoop (or measure out 3 tablespoons) to scoop out meatballs, and use hands to roll into balls. Place meatballs on wire baking sheet. Will make 23-24 meatballs.

Bake the meatballs in the oven for 25 minutes, or until golden brown.

Serve immediately while warm, topped with your favorite marinara sauce. Delicious on top of zucchini noodles or roasted spaghetti squash.

Leftovers will keep refrigerated in an airtight container for 5 days, or frozen for 6 months.

**Notes:**Meal Prep Instructions: Store in an airtight container for up to 5 days in the refrigerator. HEATING: Either microwave until warm, about 3-5 minutes (I like to sprinkle in a little water to help it steam and prevent it from drying out). Or reheat in a 350°F oven until warm, 10-15 minutes. When meal prepping, I prefer serving these with spaghetti squash noodles since they reheat better.Freezing: After baking, allow the meatballs to cool completely, then freeze the baked meatballs in a freezer zip top bag for up to 6 months. When ready to reheat, bake the frozen meatballs on a baking sheet in a 350°F oven for 15-20 minutes until heated through.

# Detox Friendly Treats

## Coconut Blendie

### Ingredients:

- 1 young Thai coconut
- 1 Tsp cinnamon
- ½ tsp turmeric powder
- 1 tsp organic vanilla extract
- ¼ tsp salt (Himalayan Sea Salt is best)



### Directions:

Cut open the Young Thai coconut without draining the coconut water. (Usually they will cut the top for you at the grocery store)

Pour the coconut water into the blender. Scoop out all the coconut meat with a spoon and put it in the blender.

Add in the cinnamon, turmeric, vanilla extract, and salt.

Blend it all up and enjoy!



## Keto Banana Bread

Recipe by This Mom's Menu - Author: Sabra

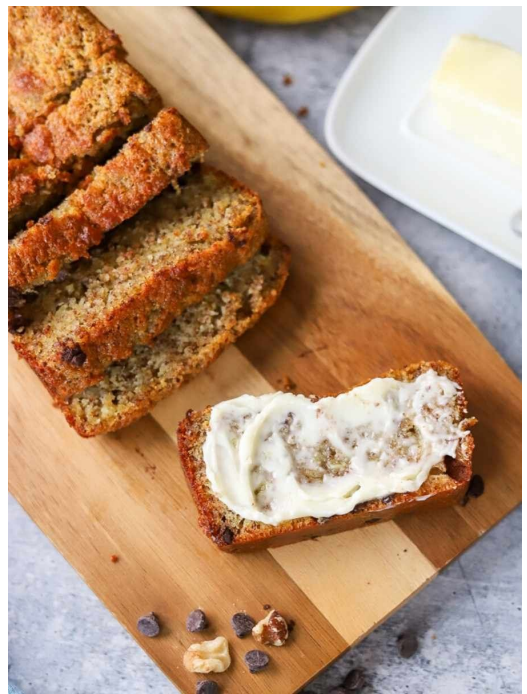
Source: <https://www.thismomsmenu.com/keto-banana-bread/>

Prep Time: 15 minutes Cook Time: 30 minutes Total Time: 45 minutes Servings: 12 servings

Calories: 155 kcal

### Ingredients

- 1 medium overripe banana
- 2 large eggs
- 2 egg yolks
- 1/2 cup of butter melted (sub ghee or coconut oil for dairy free, paleo options)
- 1 tsp *vanilla*
- 3/4 cup *Almond Flour*
- 1/4 cup of *flax meal*
- 1/2 cup of *confectioners erythritol* or sweetener of choice
- 1/4 tsp of salt
- 1 tsp *Baking Powder*



### Instructions

Preheat the oven to 350F and grease a muffin tin or large loaf pan with non stick spray.

In a large bowl, mash the banana with a fork then add in the melted butter, eggs, egg yolks, and vanilla. Stir until well combined.

In a separate bowl, combine the almond flour, flax meal, erythritol (or other sweetener), salt and baking powder. Stir until it's all mixed together.

Gradually combine the dry ingredients with the wet, stirring after each addition, until they are well incorporated.

Transfer batter to muffin tin or loaf pan, and bake 20 minutes for muffins and 30-35 minutes for a loaf pan.

Serving: 1slice/muffin | Calories: 155kcal | Carbohydrates: 5g | Protein: 4g | Fat: 14g | Saturated Fat: 6g | Cholesterol: 80mg | Sodium: 129mg | Potassium: 118mg | Fiber: 2g | Sugar: 2g | Vitamin A: 325IU | Vitamin C: 0.8mg | Calcium: 51mg | Iron: 0.7mg

# Ending Your Detox Well

As you approach the end of your 2 week detox, there are a few things to consider. You want to begin to introduce foods back into your diet **slowly**. It's important to ease your body back onto the 5 food groups in stages so that you don't overwhelm your system.

This is called a rotational diet. You are incorporating foods one by one to see if they cause any fatigue, achiness, brain fog, intestinal bloating or pain, or any other symptoms. Pay careful attention to how you feel after introducing each food and make lifestyle changes based on those observations. You may want to leave some of these food groups out of your diet altogether or simply diminish them. Hopefully you've found some healthy replacements on this detox that you've started to really enjoy!

Before your detox ends, start to set your intentions for when and how you will incorporate these foods back into your diet slowly. Maybe take one day to introduce caffeine back into your diet (but again, go slowly, maybe one cup of green tea or a small coffee to start). Then, the next day, try another food group, let's say dairy. And the next day, try one type of grain.

When you incorporate dairy, maybe you will find that you react negatively to it, and you realize that you want to cut dairy out of your diet or that you just want to keep it to a minimum.

For caffeine, you may have found that your natural energy has gone up on its own without a caffeine boost. Pay attention to that and transition accordingly. You may not want to drink as many cups of coffee as you used to or maybe you shift to a different source of caffeine like matcha, which provides a longer-lasting energy boost, or black tea, which has less caffeine.

Your body may react differently to different types of grains including gluten and wheat, oats, rice, etc. Incorporate these separately and wait a few days before having the others. You may find that you bloat or have fatigue after eating one of these. That's a sign to start to decrease or fully take that grain out of your diet.

For sugar, start with healthy, natural sugars like sucanat, honey (raw unfiltered, unheated), coconut sugar, and maple syrup. And again keep this low when you are reintroducing it.

When you have your first alcoholic beverage after the detox, be sure to have a scoop of opticleanse in water that night before bed. The next morning, have 2 scoops. This will help your body process it well. You should also consider switching over to organic wine to stay away from sulfites and chemicals.

One awesome result you will recognize is that your cravings may have changed throughout this process. You may find that the sweet things you used to crave are too sweet for you now. Stick with that! Incorporate new choices to replace old unhealthy habits. Those are the lifestyle changes you want to see coming out of this! Your body has shifted in terms of what you depend on and what you crave. You are forming healthier rhythms, tastes, and lifestyle choices. Keep this up!

You have done something so wonderful for your body through this detox! We are confident that it will provide long-term results and benefits.

# Supplements After Your Detox

You may have some supplements leftover after your detox. We recommend that you continue to use these to ease your body off of the detox and continue the benefits of the nutrients. You will begin to use them at a decreased dosage. Follow this daily routine until your supplements run out:

- **MetaFiber:** (Fiber for GI Cleanse)
  - Blend 1 Scoop in 8 ounces water (Quick 5 second blend) and **drink right away**, otherwise it will get thick
    - 1 Scoop at night (last thing at night before bed)
- **Bind:** (Charcoal detoxifier)
  - 2 Capsules Night (Take with Metafiber)
    - Last thing at night before bed, at least 1 hour after supplements or food, at least 2 hours after any medication
- **Opticleanse:** (Liver Detoxification Powder)
  - 1 Scoops a day (in your smoothie or in water- don't blend for longer than 3 seconds)
- **GI-Resolve**
  - 1 scoops a day (add in with your opticleanse)
- **Plant Source Minerals**
  - 2 droppers daily (to clarify: 2 half filled droppers, approx 20 drops)
- **LiverX**
  - Take 1 capsule daily

## Seasonal Detoxification

We recommend that you incorporate detoxing into your lifestyle on a seasonal basis. We find that doing a detox 3 times a year is a wonderful and natural rhythm. It keeps your body clean, healthy, and functioning well. On a yearly basis, we usually find that these three detoxes are great times of cleaning:

- New Year's Detox in January
- Pre-Summer Detox in May/June
- Fall Detox in September/October

Due to all the toxins we are exposed to, detoxing on a regular basis is a vital part of a healthy and flourishing life. We will see you on your next Detox 2 Flourish!

**That's all the info you need to be successful...**

**It's Detox Time!**

**Stay committed, and you will see the results.**

**We are in this together; let's get healthy!**

