



HealthyBodyHealthyLife
with *Melissa Koerner*

21-Day Whole Foods Detox Plan Overview



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21-Day Whole Foods Detox Plan Overview

There are 6 parts to your 21-Day Whole Foods Detox Plan. Read each section below to learn more.

Part 1 - The Food Plan

Food Plan Highlights:

- *First* thing in the morning drink 8-10 ounces of warm water with 1-2 Tbsp fresh lemon juice and 1-2 Tbsp of olive oil.
- Eat 4-6 cups of veggies a day (in a smoothie, roasted, sautéed).
- Drink 50% of your body weight in ounces of water each day.
- Drink Dandelion Tea, Nettle Tea and/or the “Detox Tea” (see recipe below) throughout the day. Traditional Medicinals is a good brand of tea.
- Avoid alcohol and caffeine (i.e. no soda, coffee or caffeinated teas.)
- BONUS: Drinking my Morning Cleansing Drink first thing in the morning, 30 minutes before or after the warm lemon water with olive oil. (See recipe on page 5).

Detox Tea Recipe (*optional):

Boil 1 quart of water in the morning. Add 1/4 tsp. whole cumin, 1/2 tsp. whole coriander, 1/2 tsp. whole fennel, 1-inch fresh ginger root peeled and diced or minced, 1 mint tea bag. Let steep for ten minutes with the lid on. Strain out the spices and pour water into a thermos and sip 6-8 cups throughout the day. Start fresh by making a new batch of tea in the morning. Improves digestion, skin and food absorption.

Phase 1 of the Detox (Days 1-10)

Don't eat: Meat, fish, poultry, nuts, eggs, beans, grains, sugar or sugar substitutes, soy, dairy, coffee, alcohol, anything other than water and herbal teas, processed foods of any kind, any foods you're sensitive to.

Eat: Low glycemic fruits and veggies, vegetable broth, Pure Pea Protein Powder, quinoa, lentils, green beans and peas, fat (avocado, butter, coconut oil, flaxseed oil, ghee, olive oil, pumpkin seeds, pumpkin seed butter, sunflower seeds/butter and chia seeds) and apple cider vinegar. (NOTE: all sweeteners are out, but Stevia and monk fruit are ok to eat on the plan. See the detox supplements for the Pea Protein that I recommend.)

NOTE: Whenever possible, buy organic, non-GMO foods to avoid harmful chemicals used in conventional farming practices. The goal is to eliminate as many food toxins as possible.



Breakfast and Lunch: Plant-Based Detox Smoothies (see the Detox Recipes for suggestions)

Snacks (2-3 per day as desired)

- Carrots or celery with mashed avocado with sea salt and lemon or lime
- Trail mix: sunflower seeds, pumpkin seeds, coconut flakes, and goji berries
- Pumpkin or sunflower seed butter with celery, carrots, green apple, banana or flax crackers
- Cucumber, tomatoes & sliced avocado with vinaigrette (olive oil and apple cider vinegar)
- Flax crackers with mashed avocado and salsa
- Chocolate Protein Smoothie: 8 ounces hemp or flaxseed milk, ½ banana, 1-2 tbsp sunflower butter, 1 scoop Pure Pea Protein Powder, 1-2 Tbsp cacao powder, 1-2 scoops stevia (optional)
- Strawberries dipped in whipped coconut milk flavored with stevia and vanilla extract
- Tahini (see Detox Recipes) with sliced apple
- Vanilla, Chocolate or Berry Chia Pudding (see Detox Recipes)
- Pumpkin seed butter balls (see Detox Recipes)

Dinner: Plant-Based Meal

- Veggie salad (mixed greens, tomatoes, cucumbers, peppers, avocado, sunflower and/or pumpkin seeds)
- Quinoa salad
- Lentil soup salad
- Split pea soup
- See the Detox Recipes for meal ideas

Days 11-21: Phase 2 of the Detox

The food plan is the same as phase one except you can add lean proteins like chicken and turkey. You'll continue to have a smoothie for breakfast and lunch and 1 meal a day have eat 3-4oz of lean poultry with veggies and healthy fats.

After the Detox

You'll begin to add foods back in *one* at a time moving from vegetable broths and shakes to cooked veggies, animal proteins, nuts and eggs. You'll keep sugar, processed foods and alcohol out of your diet for as long as possible. Use Teeccino or Capomo instead of coffee. The goal is to prevent *retox* after you detox and live your life in a clean way, so you'll continue to look and feel fantastic!



Morning Cleansing Drink Recipe:

I drink this beverage first thing *every* morning before I eat. This recipe helps detoxify the body, regulate digestion and boost the immune system. It's important that you drink the cleansing drink on an *empty* stomach right after you get up and that you wait 45-60 minutes before you eat your first meal.

Ingredients (serves 1)

12 ounces filtered water

1 tbsp. bentonite clay water (here's a recommended brand: <http://amzn.to/21m2UyR>)

1-3 tsp psyllium husk powder (here's a recommended brand: <http://amzn.to/21m30Gx>)

1 tsp. unpasteurized apple cider vinegar (here's a recommended brand: <http://amzn.to/1MXc6jw>)

1 tsp. lemon juice

1/8 tsp. cayenne pepper

1 scoop Stevia *optional (here's a recommended brand: <http://amzn.to/1MXbUAJ>)

Directions: Fill glass with 12 ounces of water. Add remaining ingredients and mix well. Drink *immediately*.

***IMPORTANT:** Psyllium is a pure dietary fiber that helps support healthy bowel movements. When added to water, psyllium swells and makes the drink thicken to a gel-like consistency. It's very important that you drink a minimum of 12 ounces of water with each serving and that you drink it *immediately*. Be sure to drink water throughout the rest of the day (ideally 50% of your body weight in ounces.) *If you don't drink adequate amounts of water, the psyllium can have a constipating effect.* It's a good idea to start with smaller amounts and gradually increase over several weeks.

Bentonite clay water works like a magnet by grabbing chemicals, heavy metals, herbicides and other unwanted substances and removing them from the body. ***If you are taking medication, are under a doctors' care, and/or have specific medical conditions, consult your doctor before taking psyllium hulls and bentonite clay water***



Part 2 - The Supplement Plan

To help aid in the detox process, I recommend the supplements listed below. These supplements are not required to do the detox, but they're highly recommended. These detox supplements are specifically designed to help assist the liver in detoxification (your liver is your main filter during detoxification), boost digestibility of foods, support regularity and reduce Herxheimer Reaction. (Read the "What to Expect" section below to learn more about Herxheimer Reaction). To learn more about the specific benefits and functions of each supplement and why each supplement is recommended, watch the first Detox Coaching Video.

Recommended supplements and serving sizes:

- Digestive Enzymes Ultra: Take 1-2 capsules with *each* meal.
- HLC High Potency (Probiotic) : Take 1-2 times daily with a meal.
- ClearVite (Liver Support): Mix 1 scoop with up to 8 ounces of water. (*Consult your healthcare professional before use if taking medications.)
- Aloe Vera Gel & Juice (Colon and Motility Support): Drink 1 to 8 ounces per day or mix into your favorite smoothie. (*Only take if experience constipation.)
- Lean & Pure Pea Protein: Put 1 scoop in your smoothie.
- Organic India Whole Husk Psyllium: Add 1 tablespoon to 12 ounces of water.

To order these supplements and save 15% follow these steps:

1. click here <https://us.fullscript.com/welcome/mkoerner> to create an account on Fullscript.com. You'll enter your email and full name and you'll create a password.
2. Once you create an account you'll be able to login by entering your email and password.
3. When you login in to your personal account, on the tool bar, click where it says "Catalog." Then click where it says "Melissa Koerner's Dispensary favorites." You'll see several categories come up. Click where it says "21-Day Detox" to access all of the recommended detox supplements.

Fullscript is really simple and easy to use. If for some reason you have any issues with your order, Fullscript offers live chat support. They're really helpful.

Also, I recommend that you stop taking all *non-prescribed* supplements for the 21 days, so you can give your system a chance to rest and then test your reaction to the supplements after the detox ends. The reason I suggest doing this is because it's hard to tell how well your body truly responds to supplements, unless you test them one at a time. And this means taking them out for a period of time then adding them back in one by one to see how your body reacts.



Part 3 - The Stress Management Plan

To reduce mental/emotional stress, I suggest doing deep breathing exercises and a daily meditation practice twice per day. Watch the first Detox Coaching Video to learn how to do these exercises.

Part 4 - The Sleep Plan

Getting restorative sleep is *key* during the detox process. You'll want to get to sleep by the same time each night and get *at least* 7 hours of uninterrupted sleep. Watch the first Detox Coaching Video to learn how to create a "Power Down Hour" and implement healthy sleep hygiene habits to promote better sleep quality.

If you have a hard time relaxing at night, falling asleep and/or staying asleep, try this Sleep Cocktail.

Sleep Cocktail:

1/2 cup coconut, hemp or flaxseed milk

4 strands saffron

1/4 tsp fresh ground nutmeg

1/4 tsp cardamom

Dash of cinnamon

Place all ingredients in a saucepan and warm up. Then whip in a blender. If constipated, add 4 tbsp castor oil before whipping.

Part 5 - The Exercise Plan

During the detox, I don't recommend doing ANY kind of intense exercise. During a detox process, your body needs to be able to use most of its energy to remove toxins, reduce inflammation and repair cells. Doing intense exercise requires a lot of your body's energy and work from your liver, so if you work out during the detox, you'd be stealing your body's energy away from the detoxification process. Watch the first Detox Coaching Video to learn more about why this happens.

Instead of working out, I suggest doing "work in" exercises, which naturally support the detoxification process by reducing your stress hormones, increasing your growth and repair hormones boosting your energy and stimulating your lymphatic system.

I've created a special BONUS for called *The Exercise Formula to Boost Your Detox Video Training*, where I guide you through the most effective, low-impact, low-intensity "work in" exercises that you can do right from home in less than 10 minutes a day. You can find it in the member area under "Detox Bonuses."



Part 6 - Additional Detox Tools

There are three additional tools that help during the detox process. These are not required, but recommended.

- Take an Epsom salt bath every evening right before bed. (Add 1 cup salt with relaxing essential lavender oil.)
- If you have access, do the Infra-red Sauna 3-5 days a week for 30 minutes.
- If you have access, do Colon Hydrotherapy once a week. (This is especially beneficial if you experience constipation.)

Watch the first Detox Coaching Video to learn about the benefits of each.

What to Expect

When you're doing a detox, you're basically cleaning up all the "junk" in your system and sometimes the organs of detoxification (i.e. your lymphatic system, lungs, skin, liver, kidneys etc.) can get clogged up.

Also, sometimes there's a "die off" of microbes and your body's immune system and liver can have a "reaction" to dying metabolites. This is called the *Herxheimer Reaction*.

Watch the first Detox Coaching Video to learn more about the signs of *Herxheimer Reaction*.