



**21-Day Belly Fat Detox
Coaching and Q&A Call #2**

With Nutrition & Fitness Coach Melissa Koerner

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Here's the Plan

- Share your **wins** from the week
- Review **parts 4-7** of the detox program overview
 - These steps are **not required** but can greatly **enhance** your detox experience!
- **Q&A** – asked via email and FB and live

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Time Share Your Wins!

Your Key to Success...

Focus on the GAINS not the GAPS

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THE EMOTIONAL SCALE
WWW.DANAWILDE.COM

4 Steps to Shift Your Thinking & Move UP the Emotional Scale:

1. Become **AWARE** of what you're thinking and talking about.
2. **DECIDE** if you want to keep matching that story?
3. Tell a **NEW** story in way that makes you FEEL GOOD! (Remember to use the word **BUT**.)
4. Really **FEEL** the positive emotion. (**FEELING GOOD** allows you to use your **BEST** brain to make **BETTER** choices, take **BETTER** action and get **BETTER** results.

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7 Parts to Your 21-Day Detox

- Part 1 – The Mindset Plan
- Part 2 – The Food Plan
- Part 3 – The Supplement Plan
- Part 4 – The Stress Management Plan**
- Part 5 – The Sleep Plan
- Part 6 – The Exercise Plan
- Part 7 - Detox Boosting Tools

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Part 4: The Stress Management Plan

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**Excess Mental/Emotional Stress Creates Toxicity in the Body.
Here's how...**

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How Excess Mental/Emotional Stress Creates Toxicity

- Excess mental/emotional stress **elevates** the stress hormone cortisol.
- Excess cortisol has to be **detoxified** by your liver.
- If the liver is already **overburdened** from trying to filter toxins, it may not be able to properly **filter** this excess cortisol, allowing this excess cortisol to **recirculate** in your system.
- Large amounts of cortisol are actually **TOXIC** when they're left circulating in your system for prolonged periods of time.

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**Having Tools to Manage Stress
is KEY to Your Detox Plan.**

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Daily Habit #1:

Do Deep Breathing Exercises

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Deep rhythmic breathing causes the diaphragm to expand.

It **relaxes** the body and **massages** your lymphatic system which helps in the elimination of toxins.

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4-7-8 Deep Breathing Exercise (3 rounds twice a day)

- Place the tip of your tongue against the ridge behind your upper teeth and exhale completely through your mouth so that you make a whoosh sound.
- Close your mouth and inhale deeply through your nose for a count 4, hold your breath for 7 counts, then exhale through your mouth for a count of 8.
- Repeat three times.

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Daily Habit #2:

Meditate

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Meditation helps detox your mind and enhance your ability to focus.

It reduces Emotional Toxins like negative thought patterns or attachments to negative feelings that actually influence our physical chemistry.

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Benefits of Meditation

- Improved sense of awareness
- Improved mental clarity
- Improved energy
- Improved athletic ability
- Disappearance of chronic ailments
- Tighter, younger skin
- Brighter eyes



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Meditation

- Meditate for **10-30 minutes** once or twice a day (or more!)
 - You can do **seated**, **standing** and **walking** meditations.
 - You can follow a **guided meditation** using a **free apps**. (I like Insight Timer. Ground Now: 5 Minutes to Presence with Willa Blythe Miller is a good one to start with.)
 - You can do **classes** if you want help creating a practice.
 - **Deepak Chopra** has some great free resources on YouTube.

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Standing Meditation

Getting started:

1. Stand with **good posture**.
 - ✓ Keep your knees **unlocked**.
 - ✓ Position your feet about **hips width** apart and **parallel**.
 - ✓ Keep your spine **lengthened**, standing as tall as you comfortably can.
2. Gently **draw** your belly button toward your spine, keeping your chin **tucked** slightly and your shoulders and arms **relaxed**. (Your shoulders should roll back slightly.)
 - ✓ In the correct position, your ear, shoulder, hip, knee and ankle **line up** from side view.
3. **Rest** your tongue on the roof of your mouth behind your front teeth.
 - ✓ Keep it **relaxed** at all times.

* When you're in the proper position it allows for **optimal** energy flow called "Chi."

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Standing Meditation cont.

In standing position, you can perform the exercise in several ways:

1. Let your arms hang at your sides completely **relaxed**.
2. Pretend you're holding a **soap bubble** ("chi bubble") about size of a basketball right in front of lower abdominals.
 - ✓ Feel and imagine the chi bubble being half in and half out of body.
 - ✓ You can change the size and location of the Chi bubble.
 - ✓ Move it up and down body, wherever it **feels right**.
 - ✓ Remember to focus on the bubble being half in and half out.



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Standing Meditation cont.

Watch Your Breathing:

- ✓ Breathe in through your nose and out through your nose or mouth.
- ✓ Keep your breathing deep, slow, rhythmic and relaxed— never forced.
- ✓ Allow your belly to expand as you breath in.



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Seated Meditation

- If your get tired while standing, you can **sit** and continue the meditation.
- Continued to stay **aligned**.
- Try to work up to 30 minutes of doing **nothing** every day.
- 60 minutes is a bonus. :-)



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Walking Meditation

- **What is it?**
 - ✓ Talking time out for self, **away** from people and technology.
 - ✓ Taking a **break** from stressors of everyday life.
- **How to do it:**
 - ✓ As you walk, time your breath with your steps.
 - i.e. Inhale 4 steps, hold for 1, exhale for 4.
 - ✓ Count your steps until master the process.
 - This **empties** your mind of stressors as you focus on your steps and breathing.
 - ✓ Do it for at least 15 minutes.
 - ✓ It's best done in **nature**.
 - You benefit from the earth's energies.



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Observe Your Mind

- While you're doing nothing, your mind will wander.
 - You'll think about your daily stressors.
- Observe your mind each time it wanders.
 - Grab it and pull it back to a quiet place.
- Have a jumpy mind?
 - Count your breaths.
 - This gives you something non-stressful to focus on.



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Part 5: The Sleep Plan

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Adequate and quality sleep each night is a MUST to support your body's health and natural detoxification system.

- Sleeping allows your brain to reorganize and recharge itself.
- Sleep also helps removes toxic waste byproducts that have accumulated throughout the day.

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When the body is toxic, it will disrupt your sleep wakes/cycles, leading to poor quality sleep...

Detoxing helps you RESET your sleep cycles, so you get the BEST quality sleep and wake feeling rested.

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Here are Some Sleep Hygiene Tips to Promote Better Quality Sleep...

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Get to Bed at the Same Time Every Night

- The more consistent your sleep/wake cycle, the more consistent your body will function.
- To determine your ideal bedtime, subtract 7.5 hours from the time you need to get up.
- Why? On average we need 7.5 hours of sleep. (5 cycles X 90 minutes = 450 mins./60min. = 7.5 hrs)
- Ideally, you want to wake up without an alarm – this allows your natural circadian rhythm to come thru.
- Go to bed when naturally feel tired and wake up when naturally want to wake up – this is your chronotype.

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Get at least **7 hours** of **uninterrupted** sleep each night.



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Sleep Hygiene Tips for Better Sleep

- Allow **fresh air** into your room.
- Only use your bed for **sex** and **sleep**.
- Don't bring screens to bed and don't watch TV in bed. (The blue in your electronic screens **interferes** with the productions of the sleep hormone melatonin.)
- Get at least **30 minutes** of outdoors time (even if it's not sunny).
- If you are not tired after you have gone to bed, get out of bed and go into another room to **meditate**. (Don't turn on the light.)
- **Avoid** caffeine, sugar, marijuana, and alcohol completely. (Consuming any of these will create a spike and fall in your blood sugar that can wake you up later into the night.)

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Sleep Hygiene Tips for Better Sleep cont.

- Do not read or do any activity that causes **mental stimulation** one hour before bedtime. (The best activity is meditation or another contemplative exercise, reading a book that is NOT mentally stimulating, and/or sex.)
- Make sure your bedroom is **dark**, **quiet**, and **cool**.
- Progressive relaxation, restorative yoga or stretching can **calm** your body and help prevent leg cramps. (No hard exercise for 6 hours before bedtime.)
- **Avoid** sleeping pills or use them **cautiously**. (Most doctors do not prescribe sleeping pills for periods of more than three weeks because they cause dependency.)

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Sleep Hygiene Tips for Better Sleep cont.

- Use natural sleep aids *sparingly*, and only after you've exhausted all other steps to a good night's sleep.
- There are some herbs and supplements that can be helpful supporting restful sleep, like melatonin, but it depends on your situation.

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Sleep Cocktail Recipe

- If you have a hard time relaxing at night, falling asleep and/or staying asleep, try this Sleep Cocktail.
- **Sleep Cocktail Recipe:**
 - 1/2 cup coconut, hemp or flaxseed milk**
 - 4 strands saffron
 - 1/4 tsp fresh ground nutmeg
 - 1/4 tsp cardamom
 - Dash of cinnamon
- Warm and whip in blender.
- If constipated add 4 tbsp castor oil before whipping.

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My secret weapon to getting the best quality sleep...

Create a **Power Down Hour!**

Break the hour before bed into three 20-minute sessions...

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First 20 minutes:

Wrap up loose ends for the day and **prep** for tomorrow i.e. to-do list/notes for things you want to remember so they don't wake you up in the night, brain dump, plan schedule, meal prep etc.

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Second 20 minutes:

Second 20 minutes nightly **hygiene routine** i.e. hot shower with lavender candles, self-massage with lavender oil, brush teeth, PJs etc.

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Last 20 minutes:

Relaxing activity i.e. stretching, restorative yoga (no hard exercise for 6 hours before bedtime), light reading, casual conversation, games, meditation, alternate nostril breathing, prayer, scripture, journaling, appreciation, gratitude, forgiveness, mental pictures etc.

Try to **let go** of thoughts of worry – actively forgiving someone's who's upset you and doing alternate nostril breathing are great for this!

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Part 6: The Exercise Plan

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Seven horizontal lines for writing notes.

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.

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Seven horizontal lines for writing notes.

Here's Why "Working Out" During the Detox is NOT a Good Idea ...

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Seven horizontal lines for writing notes.

Your fat HOLDS ONTO toxins.

And burning toxic fat, with intense exercise, is **VERY HARD** on the liver!

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The liver's job is to neutralize toxins and render them harmless.

- If there's too many toxins in your body it can **overburden** the liver, causing it to slow down.
- This allows toxins to **build up** and **recirculate** in the blood, which can affect many body functions.

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Intense "work out" exercises ELEVATE the stress hormone cortisol.

- This excess cortisol has to be **detoxified** by your liver.
- If the liver is already **overburdened** from trying to filter toxins, it may **not** be able to properly filter this excess cortisol, allowing this excess cortisol to **recirculate** in your system.
- Large amounts of cortisol are actually **TOXIC** when they're left circulating in your system for prolonged periods of time.

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So, in the case...

Working out ends up causing **more harm than good!**

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To Support the Detox Process...

I recommend "working in" instead of "working out."

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"Work in" exercises naturally support the detoxification process by:

- REDUCING your stress hormones
- INCREASING your growth and repair hormones
- BOOSTING your energy
- STIMULATING your lymphatic system

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I've created a special BONUS for you called...
The Exercise Formula to Boost Your Detox Video Training

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Exercise Formula to Boost Your Detox Video Training

- I'll guide you through the most **effective, low-impact, low-intensity** exercises.
- Help **boost** the detoxification process by **reducing** your stress hormones, increasing your circulation, and **improving** your energy naturally.
- These **simple** exercises can be done right from home in less than 10 minutes a day.

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**Part 7:
Additional Detox Boosting Tools**

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3 additional tools that help during the detox process:

- Epsom Salt Baths
- Colon Hydrotherapy
- Infrared Sauna



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Take an Epsom salt bath every evening right before bed.

- Add 1 cup salt with **relaxing** essential lavender oil.
- Epsom salt breaks down into magnesium and sulfate and is supposed to allow for minerals to **"draw out"** toxins from the body.
- Supporters claim that soaking in an Epsom salt bath can **remove** harmful toxins and **balance** the body.
- Just soaking in warm water can help **relax** muscles and **loosen** stiff joints.

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If you have access, do Colon Hydrotherapy once a week.

- The purpose is to **flush out** built-up waste stored by rehydrating old stool that's become impacted.
- Most colon cleanses use water to infiltrate hardened stool and **loosen** it up so it can be passed more **easily**.
- The ultimate goal of a colon cleanse is really to **help the digestive organs do their job** in the best way possible, managing things that get in the way and interfere with normal bowel functions.
- Colon cleanses aren't necessarily needed by every person, but some people can really benefit from **eliminating** waste, bacterial matter and toxic material that's stored in their bodies.

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If you have access, do the Infrared Sauna 3-5 days a week for 30 minutes.

- Infrared saunas act as an **immune system booster**.
- One of the biggest infrared sauna health benefits is its ability to **increase** your blood circulation and **stimulate** the sweat glands, **releasing** built-up toxins in the body.

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Week 2 Action Steps:

- Try the deep breathing exercise and/or one of the meditation practices and aim to implement at least **one** stress reduction practice into your **daily** routine.
- Implement the **top one to three** sleep hygiene tips that **resonate** with you most.
- Review the The Exercise Formula to Boost Your Detox Video Training and aim to implement the **top one to five** exercises that **resonate** with you most.
- Implement the "additional detox boosting tools" that feel the most **appropriate** for you.
- Listen to your body and add what **feels right** for **YOU**.

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Share Your Wins and Q&A Time!


