



21DAYDETOXPLAN

The All Natural, Dr Formulated, Food Based Cleanse
That Has Helped Thousands Feel Their Best!

SAMPLE

By: Erica LePore ND

THANK YOU FOR TAKING THE FIRST STEP

Believe it or not, by downloading this sample of my 21 Day Detox Plan, you have completed the hardest step in bettering your health. You have made the decision to seek out information, take control of your health and be active in bettering your life...and that is a wonderful thing!

This sample will give you an excellent feel for what my 21 Day Detox Program is all about. I have included the full table of contents so you can see exactly what I provide in the full 21 Day Detox Guide. You will learn about the wonderful foods you can eat during the detox program and discover which foods you need to avoid. I discuss how you will feel after the 21 Day Detox Program (spoiler alert: you will feel incredible) and we cover many of the Frequently Asked Questions (spoiler alert: no, you will not spend your whole day in the bathroom).

Of course the full 21 Day Detox Guide which is included in my **21 Day Detox Program** has much more information including the full 3 week diet and supplementation plan, the food allergy elimination plan and additional articles to supercharge your detox and cleanse.

Once again, thank you for taking the first step and downloading this sample. Once you have read over the sample and are ready to feel energetic, healthy, young, vibrant and alive - **please visit my 21 Day Detox Program to get started.**

Healthy Regards,
Erica LePore ND

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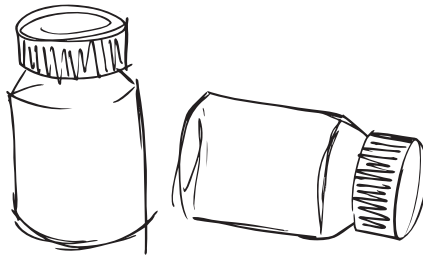
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SAMPLE



VIEW MORE AT:
www.21daydetoxplan.com



HEALTH DISCLAIMER

The views and nutritional advice expressed by Erica LePore, ND are not intended to be a substitute for conventional medical services. This 21 Day Detox does not claim to “cure” disease, but simply to help you make physical and mental changes in your own body in order to help your body heal itself. If you suspect that you have a medical problem, promptly contact your health care provider before beginning this or any other program. It is not intended to suggest that you should not seek professional medical care or that you should disregard professional medical advice. Always work with a qualified health care practitioner to ensure that this complementary approach suits your specific needs. No information offered here, or products suggested for use, should be interpreted as a diagnosis of any disease, nor an attempt to treat or prevent any disease or condition. It can be dangerous to start any health program without consulting your local health professional first. The information and statements in this guidebook and on this website have not been evaluated by the Food and Drug Administration. The information and suggested products are not intended to diagnose treat, cure, or prevent any disease.

WHAT SETS THIS DIET APART FROM OTHER DETOX DIETS?

I've been leading detoxification workshops since 2001, and professionally offering this detox to individual patients since learning about detoxification as a traditional healing method at Bastyr University in 1998. This plan stands the test of time and experience. It's repeatedly been proven to provide results, it's science based natural medicine, and it's easy!

Really! It's easy because you can eat as much of the allowed foods as you want during the 21 days. It works without fasting, juicing, or any required liquid meals. This detox diet includes eating real food that nourishes your body while it's cleansed. Not only are there many allowed foods to choose from, but they can be eaten in whatever quantity you desire. The allowed food provides much of the food-based nutrients that are required for optimum detoxification to occur.

There are no meal replacement drinks. A flavored shake mix for breakfast, lunch, or dinner is a missed opportunity to discover real food you enjoy. The goal of this 21 Day Detox is to set you on a path for a healthier future that can be sustained over a lifetime. You need to eat to live, and eating clean, whole food will help you to live the fullest life possible. It's never too late to start eating clean!



WHAT IS THE 21 DAY DETOX PLAN?

The 21 Day Detox Plan is an opportunity to jump start or reset your health. If you've forgotten what it's like to feel your best, this program will help you to feel well again.

If you already feel well, this program will help you to refocus and to reset your health goals. The 21 days are a pause in your eating routine that will elevate your awareness around how you nourish your body.

Addicted to sugar?
Wondering if you're sensitive to gluten?
Need a break from coffee or wine?

The Detox allows you to “clean house” on many levels. By taking a break from common food “allergens” and toxic, processed foods, you will begin to calm inflammation and clear the way for restored health. The 21 days of clean eating will raise your consciousness around food choices, and shift you toward choosing nutritious foods most of the time. This focus on clean, hypoallergenic foods will allow the most nutrient dense foods to fill your shopping cart, your plate, and your body.

HOW WILL THIS DETOX HELP YOU?

During this diet you will focus your energy on two nutrition goals:











1. Saying no to processed, chemical laden, toxic and potentially allergenic foods that impede digestion, increase inflammation, and offer little or no nutrition.
2. Saying yes to fresh, whole, clean nutrient dense foods that nourish and heal.

“At each stage of learning we must give up something, even if it is a way of life that we have always known.” -- Australian Aboriginal

This quote is a reminder that growth requires stretching ourselves outside of our comfort zones and letting go of old habits that no longer serve us. When entering a new phase of life, learning, or love, this release of the old allows space for the new to come in and flourish. If we make room for renewed health and wellness, the reward will be feeling our best and most vital. We all deserve to feel strong and healthy, but for many that feeling seems distant and unfamiliar. This 21 Day Detox is a program that puts wellness within reach. You may have to give up something comfortable and familiar along the way, but it will be replaced with a new habit and routine that will nourish you in a different and wonderful way.

Some perspective: It's only 21 Days. When compared to how many days there are in a year or a lifetime, the number seems less daunting. It's truly amazing how many positive changes in health can start to take place in as few as 21 days. Begin by focusing on the number 21, and at the end you can decide how many changes you can make stick. For now, think of only the 21 days, starting with Day 1. You can do anything for 21 days!

DO NOT UNDERGO THIS PROGRAM IF YOU:

-  Are pregnant or nursing
-  Are actively trying to become pregnant (do not try to conceive until two weeks after the detox is completed. Important: all participants using birth control pills should use a back-up method during the detox and for two weeks after completing the program.
-  Are less than 18 years of age
-  Have a gallbladder disorder or obstructions of the bile ducts or intestinal tracts
-  Have active cancer
-  Have bipolar disorder
-  Have type I diabetes
-  Are taking anti-seizure medication, chemotherapy drugs, anti-arrhythmia medication, and/or blood thinners
-  Are taking any other prescription medication that requires consistent blood levels
-  Have an allergy to one or more of the ingredients in any supplement.

Before Beginning:

Do not stop any prescription medication that you are currently taking unless advised by the prescribing physician.

If you are taking any prescription medications or if you have a medical condition, ask your medical doctor or health care practitioner before starting this detoxification program.

Talk to your doctor before starting this program if you have any health condition.

If you have high blood pressure or type II diabetes and your health care practitioner advises you to complete this program, increased monitoring of blood pressure and blood sugar is required throughout the 21 days.

If you are cleared for a detoxification program, and are taking medications, you must take your prescription and over the counter medications one hour before or two hours after taking any of the recommended supplements.

To Decrease Caffeine Withdrawal Symptoms:

Consider weaning off of coffee before beginning. Decrease coffee by $\frac{1}{4}$ cup each day. Either drink less (16 oz to 12 oz to 8 oz, etc) or replace the caffeinated coffee with decaffeinated coffee by $\frac{1}{4}$ cup. Do this until you are either not drinking coffee or you are drinking fully decaffeinated coffee. If weaning off of soda or energy drinks, decrease by $\frac{1}{2}$ can or bottle every other day. You will need to discontinue the decaffeinated coffee at the start of the 21 days.

HOW AM I GOING TO FEEL IN THE BEGINNING?

Side effects are very common during Week 1, and are an expected result of the increased detoxification process. As the body gradually adjusts and reacts to the new diet and its enhanced detoxification abilities, side effects most likely will occur. Don't let the list alarm you! You will not experience the entire list of side effects! The majority of people only experience headaches and fatigue. If you do experience other symptoms, remember that if you ride the wave, you'll reach the shore. When you arrive, you'll feel fantastic.

Possible side effects of detoxification include**

- ▶ Headaches, runny nose, cravings, fatigue, flu-like feeling
- ▶ Skin rash, dizziness, brain fog, nausea
- ▶ Muscle aches and pains (especially in the thighs and low back.
This is a somewhat common side effect)
- ▶ Vivid dreams (Emotions are heightened and transformation is occurring on all levels, not just the physical. Vivid dreams are very common. Now may be the perfect time to keep a dream journal.).

**** See "How Do I Minimize Side Effects" for more information**

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Important:

Hives are **NOT** a normal detox reaction. If you experience hives, you may be allergic to one or more ingredients in a detox supplement. Discontinue the supplements immediately if hives occur.

The Healing Crisis:

In order for the body to heal, the original symptoms may worsen before improving. This process is called a “healing crisis” and is a sign that the body is healing from the inside out, the optimal progression for healing to occur. It is a very normal and natural part of the detoxification process to experience a temporary worsening of symptoms or “to get worse before you get better”. If possible, it is recommended not to suppress these side effects with over the counter pain relievers, but to try supportive therapies as listed below **(See “How Do I Minimize Side Effects”)**. The goal is to allow the body to heal, and suppressing side effects may inhibit or delay this process. I usually tell my clients that those who feel the worst before they start and those who experience the most side effects during the cleanse, will feel the best at the end. It might be a bumpy ride, but the destination will be worth it.

These side effects can last anywhere from 1-14 days. However, most people improve within 3 days, and begin to feel their best by day 12.

How am I Going to Feel by the end:

You’re going to feel amazing! By the middle of the 21 days, most people begin to feel clear and light, and many pre-detox symptoms begin to improve. By day 12, and certainly by the end, it is very common to experience more sustained, stable energy, less pain and inflammation in muscles and joints, improved sleep, vibrant, smoother, healthier skin, greatly improved digestion (health begins in the gut!), weight loss, and reduced menopausal symptoms, headaches, gastric reflux, sinus congestion, and environmental allergies and sensitivities.

WHAT CAN I EAT??

- ▶ Organic foods as often as possible – buy organic any food that is on the Dirty Dozen** list
- ▶ Focus on whole foods and prepared foods with as few ingredients as possible.
- ▶ All vegetables including sea vegetables (except corn)
- ▶ Gluten free grains such as millet, quinoa, buckwheat and brown rice (rinsed well before cooking, and limited amounts due to high arsenic content)
- ▶ All fruit (no citrus, except lemons and limes) – unsweetened and unpreserved fresh, frozen, dried, or water-packed fruits. Apple juice sweetened dried cranberries are allowed. Check ingredients of dried fruit to avoid added sugar and sulfite preservatives.
- ▶ Fish from the Environmental Working Group's Consumer Guide to Seafood:

<https://www.ewg.org/consumer-guides/ewgs-consumer-guide-seafood>

This list includes: Atlantic mackerel from Canada and the US, Freshwater Coho Salmon farmed in tank systems from the US, wild caught Pacific sardines, wild caught Alaskan salmon, and canned, wild-caught Alaskan salmon. Sardines are also allowed.

Consider buying seafood from Vital Choice:

<http://www.vitalchoice.com/shop/pc/home.asp>

- ▶ Organic turkey, organic chicken, lamb, and venison (if you have access to other wild game, it is okay to have elk, bison, and rabbit)
- ▶ Extra virgin olive oil, canola oil, coconut oil, grapeseed, safflower, sunflower, sesame, walnut, pumpkin, flaxseed, avocado, almond oils (cold pressed, unrefined, and organic). Do not heat pumpkin, walnut, flaxseed, or almond oils. Use as a dressing only. (No peanut oil)
- ▶ All vinegars (except malt vinegar), mustard, and most hot sauces, soy free veganaise
- ▶ All herbs and spices, including sea salt and black pepper
- ▶ Wheat free tamari (soy sauce) or Bragg's liquid aminos (Week 1 only)
- ▶ Coconut, coconut oil, coconut milk, coconut water, coconut aminos (soy sauce substitute that is allowed all three weeks), and coconut water
- ▶ Whole, fermented soy products (no isolated soy protein or soy protein powder)
Best soy foods for week 1 are fermented soy products such as: tempeh, natto, miso, nama shoyu (raw soy sauce), and wheat free tamari (gluten free soy sauce) (Week 1 only)
- ▶ Beans and other legumes such as lentils and split peas (no peanuts)
- ▶ Nuts and seeds and nut butters (except peanuts and peanut butter). Sesame seeds, tahini, hemp seeds, sunflower seeds, sunflower seed butter, almonds, almond butter, cashews, cashew butter, macadamia nuts, hazelnuts, pistachios, brazil nuts, pecans. Raw or dry roasted are best.

- ▶ Green tea (decaffeinated or regular) and white tea – caffeinated varieties of green and white tea are allowed. This is good news if you're a morning coffee or black tea drinker! The caffeine content of tea is less than that of coffee, and green and white tea contain powerful antioxidants. These less fermented and less oxidized varieties contain polyphenols that aid the body in detoxifying harmful chemicals. Since the decaffeination process reduces the polyphenols by as much as 25%, either variety is allowed on the diet. To be extra diligent, when buying decaffeinated varieties, use only brands that use the effervescence method to decaffeinate. This method uses only water and carbon dioxide and retains 95% of the polyphenols (Numi organic tea and The Republic of Tea both use this chemical free method. Check your favorite company to find out which method they use).
- ▶ Up to 3 teaspoons a day of honey, maple syrup, coconut palm sugar, stevia (you won't need three teaspoons of this one!), and/or blackstrap molasses. Avoid brown rice syrup due to potentially more concentrated amounts of arsenic.



WHAT CAN'T I EAT?

- ✘ Foods containing Genetically Modified Organisms
- ✘ Gluten containing grains such as: wheat, spelt, barley, rye, kamut, bulgur, semolina, farro, graham, triticale
- ✘ Oats (even gluten free oats)
- ✘ Corn
- ✘ White rice
- ✘ Beef, veal, pork and pork products, cold cuts (organic, natural turkey and chicken breast cold cuts are allowed), hot dogs, sausage, canned meats
- ✘ Eggs
- ✘ Shellfish
- ✘ Corn oil, soybean oil, vegetable oil and peanut oil
- ✘ Dairy (milk, all cheese, cream, yogurt, butter, ice cream, sour cream, half and half, non-dairy creamer) – all cow's milk, sheep's milk, and goat's milk products
- ✘ Margarine, shortening, processed oils, and spreads such as mayonnaise
- ✘ All soda, alcohol, coffee (decaf and regular) and black tea (decaf and regular).
Although alcohol in moderation, coffee, and black tea all have proven health benefits, they are not allowed on the detox. Alcohol taxes the liver and focuses all of its detoxifying energy on the alcoholic beverage.

- ✘ Coffee and black tea are acidic and may be contributing to inflammation in the body.
- ✘ Chocolate, cacao/cocoa powder, cacao nibs
- ✘ Soy Foods (eliminated in weeks 2 and 3 only)
- ✘ Potatoes, eggplant, tomatoes, peppers (nightshade elimination during weeks 2 and 3 - only eliminate if you suffer from arthritis or fibromyalgia)
- ✘ White and brown sugar including sugar in the raw, turbinado, sucanat, cane sugar, evaporated cane juice, corn syrup, high fructose corn syrup, brown rice syrup, and beet sugar
- ✘ Overly processed foods. Check ingredient lists.
- ✘ Chemical additives and preservatives including: sulfites, sulfur dioxide BHA, BHT, THBQ, artificial food colorings, azodicarbonamide, maltodextrin, partially hydrogenated vegetable oil, carrageenan caramel color (4-methylimidazole), mycoprotein (quorn) artificial sweeteners such as aspartame (NutraSweet and Equal), saccharin, and acesulfame-potassium, and sucralose (Splenda) potassium bromate, sodium nitrate, sodium nitrite, and propyl gallate.



BREAKFAST & LUNCH MENU

- ❖ Puffed or crispy rice cereal or puffed millet cereal with almond or coconut milk or other non-dairy, unsweetened milk with fresh or frozen organic berries.
- ❖ Toasted rice bread with cashew, almond, or sunflower butter and sliced banana, apple, strawberries or all fruit jam.

**PURCHASE
THE 21 DAY
DETOX PLAN
TO GET THE
FULL MENU!**



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By: Erica LePore ND

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DINNER MENU & SNACKS

- ✦ Baked, grilled, or poached chicken or fish, millet or quinoa, steamed broccoli, sautéed kale, or other vegetable
- ✦ Soups (bean, lentil, veggie, kale and bean, escarole and bean, potato leak, sweet potato chowder), vegetarian chili

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DIRTY DOZEN PLUS 2 OF SPECIAL CONCERN 12 MOST CONTAMINATED

► Apples

► Strawberries

► Grapes

PURCHASE
THE PLAN TO
SEE THE REST
OF THE DIRTY
DOZEN!



VIEW MORE AT:
www.21daydetoxplan.com

CLEAN 15 - LEAST CONTAMINATED

- ▶ Avocado
- ▶ Sweet Corn (Frozen)**
- ▶ Pineapples

WHAT ARE THE OTHER 12 CLEAN 15 FOODS?



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WHY ARE SUPPLEMENTS AN IMPORTANT PART OF THE 21 DAY DETOX?

This program is supported by supplements because antioxidants, fiber, clay, and specific herbs will facilitate the detoxification process. Without the support the supplements provide, the body may be overwhelmed by toxins released from fat and other body tissues.

The supplements help to enhance the natural function of the liver and the colon during the cleansing process. The herbal liver supplement provides the additional support and stimulation necessary for the liver to turn the fat soluble toxins that are released during detoxification into harmless water soluble molecules that can be eliminated from the body. The antioxidant rich baobab fiber and antioxidant rich, liver supportive herbs help to protect the tissues from these circulating toxins before they are fully transformed and ready for elimination. This elimination occurs through the kidneys (urine) and bowels (stool).

Adequate fiber intake (through a plant based diet and the additional baobab fiber) decreases the reabsorption and recycling of bile acids by binding toxins in the gut and improving the efficiency of elimination. Although medical doctors consider “normal” bowel movements to range from three per week to three per day, naturopathic doctors define constipation as less than one bowel movement per day. If stool sits in the colon, toxins can be reabsorbed back into circulation. This places additional stress on the liver and reduces the number of toxins that are eliminated from the body.

The liquid bentonite clay is not digested, but binds toxins in the digestive tract and further prevents reabsorption of toxins. The toxins bound to the clay are then eliminated from the body in the stool. Proper hydration and healthy, regular bowel movements are key components of a detox program.

WEEK 1 SUPPLEMENT PLAN

Bowel cleansing drink:

Mix 1 Tablespoon Sonne's liquid bentonite clay and 2 level scoops powdered baobab in 8 ounces of filtered water. For flavor (optional) add two ounces apple cider (juice, not vinegar) or other non-citrus, 100% juice. Stir vigorously, and drink immediately.

Follow with 10 ounces of lemon water – filtered water with 1 teaspoon of lemon juice (fresh squeezed is best, but organic, bottled juice is allowed for convenience)

Lemon juice stimulates digestive enzymes in the stomach, contains antioxidant compounds that activate detoxifying enzymes, and is alkalizing.

The baobab requires a lot of water to be taken with it. Please don't skip the second large glass of lemon water.

All day:

Drink at least 8 glasses of water daily. This includes any herbal teas (all varieties are allowed except those containing orange or grapefruit rinds).

Breakfast, Lunch, & Dinner

From allowed food list with Week 3 changes noted above. Try to wait one half hour after bowel cleansing drink to eat breakfast.

See recipes at:

www.21daydetoxplan.com

and sample menu plan (above)

Advisory:

All medications, prescription & over the counter, must be taken away from any supplements on this plan. The typical recommendations are to take all medications one hour before or two hours after supplementation. Check with your medical doctor before beginning this program and about any herb drug interactions.

PERFECT LIVER DETOX SUPPORT:

2 capsules 2x per day

Take 2 capsules, 2 times per day. Since most of the body's detoxification functions occur during sleep, it is best to take one dose before bed. This formula is best absorbed when taken on an empty stomach. This means 20-30 minutes before a meal or two hours after a meal. If stomach upset occurs, it can be taken with a small meal or snack.

LIVER STIMULATING HERBAL TEA (OPTIONAL):

2 cups per day

Mighty Leaf Tea Organic Detox Infusion, EveryDay Detox by Traditional Medicinals or DeTox by Yogi Tea (not peach or berry flavored since those varieties contain orange peel). Steep one bag for 15 minutes, covered. Drink 2 cups per day. (or 2 teabags per one cup)

How Do I Minimize Side Effects?

Side effects are most common in the first few days of Week 1, but can last longer (very rarely through the 2nd week). To minimize side effects of the detoxification process, consider adding the following recommendations to your routine:

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Stay Hydrated! Drink 64 ounces of water a day. This includes any herbal teas.

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Take 1,000 to 3,000 mg of buffered Vitamin C in divided doses. Try Garden of Life's Raw Vitamin C.

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Try 1 Tablespoon of organic, extra virgin, cold pressed olive oil before bed and/or upon waking to lubricate the bowels and to stimulate the gallbladder. This will help to relieve constipation.

.....

Take Magnesium citrate at a dose of 1/4 scoop or 1/8 teaspoon per day of **Perfect Magnesium** in between meals. It will help relieve detox related headaches and ease constipation. It's advisable to start at 1/8 teaspoon per day and work up to 1/2 teaspoons if well tolerated. Magnesium deficiencies are common in chemically overloaded individuals, and correcting depletion may increase one's ability to detoxify.

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Take a bath with **Ancient Minerals Magnesium** Bath Salts to alleviate muscle aches and pains. Dissolve 1-3 cups to warm bath water and soak for 30 minutes or longer. Drink plenty of water before and after each bath.

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Focus on foods that aid in elimination and detoxification: apples, artichokes, avocados, basil, brazil nuts, beet greens, beets, broccoli, broccoli sprouts, Brussels sprouts, cabbage, cauliflower, cinnamon, cilantro, cranberries, dandelion greens, endive, garlic, ginger, grapes, green peppers, green tea, kale, melon, onions, parsley, pineapple, pomegranates, pumpkin, radishes, raspberries, quince, rooibos tea, rosemary, sea vegetables, sesame seeds, spinach, squash, strawberries, turnip greens, watercress, white and green tea, zucchini.

Getting A Feel for How Simple & Effective This Food Based Detox Program is? Dr. LePore has spent 14 years perfecting this plan.

**CLICK HERE TO
ORDER THE FULL
21 DAY DETOX
PROGRAM &
GET STARTED
TODAY!**



VIEW MORE AT:
www.21daydetoxplan.com

BONUS: IDENTIFY AND REMOVE YOUR FOOD SENSITIVITIES

Testing individual foods:

This is an important next step, especially if your pre-detox symptoms have improved and you are wondering which food may be contributing to your symptoms. If reintroducing certain foods causes a recurrence of symptoms or new symptoms, you are most likely sensitive to those foods (also called “allergic”, but not a true allergy). Identifying these food sensitivities is an opportunity to further improve your health long term.

**YES YOU GET
THIS BONUS AS
WELL IN THE
21 DAY DETOX
PLAN.**

Learn how to identify the foods that are making you sick and eliminate them from your diet.

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FREQUENTLY ASKED QUESTIONS

Q: Help! I didn't have a bowel movement yesterday. What now?

A: Daily bowel movements are essential for detoxification. Once the liver neutralizes toxins and readies them for elimination, they must find their way out through the urine and bowels. If you find yourself constipated, which sometimes happens from the change in diet and routine, take a day off from the Liver Detox Support and try one or two of these supportive therapies:

Try adding a probiotic and/or increasing fermented foods such as sauerkraut, kimchi, and kombucha in the diet.

Focus on hydration! Make sure that you are drinking plenty of water, especially when taking the additional psyllium fiber.

Try 1 Tablespoon of olive oil in the morning upon waking or before bed to lubricate the bowels and to get them moving!

Try adding in prunes, pears, or prune or pear juice.

Take some Magnesium Citrate at a dose of 338 mg before bed can be helpful.

A cup of Smooth Move tea by Traditional Medicinals can help, too.

Q: I have a headache!! Can I take Advil or another pain reliever?

A: Yes, you can, but I don't recommend it. Instead, try drinking enough water, taking 250-350 mg of magnesium citrate, and getting into a dark quiet room or bed to rest. If it's not possible to take time out for this type of care, have some green tea with a meal and see if this helps. If not, and you are a coffee or black tea drinker, you can have a small amount of coffee or black tea to relieve your headache and then wean back off slowly once you feel better. I'd rather you have some coffee than take a pain reliever. If headaches are not related to caffeine withdrawal, they may be caused from withdrawing from other trigger foods such as sugar and gluten. Eat regularly, stay hydrated, and rest. A warm water foot soak with an ice pack on the head can also relieve head pain.

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Q: Why aren't eggs, oranges, grapefruits, and corn allowed? Aren't they healthy foods?

A: These foods are all less known food "allergens" that could be the underlying cause of a health complaint you are experiencing. For example, corn is an allergen to some people, and our bodies are overwhelmed with corn and corn products in our food supply through processed foods: corn syrup, corn solids, corn starch, maltodextrin, etc., and from the animals we eat whose diets consist largely of corn. As Michael Pollan says, "So that's us: processed corn, walking". As one researcher put it after carbon testing American hair samples for corn type carbons, "We North Americans are corn chips with legs." If we are what we eat, let's make it a variety of whole, clean, healthful foods instead. There are plenty of foods to eat on the detox, and you're about to discover them.

Although not every possible allergenic food is removed from the diet on this plan, the most common ones are eliminated (dairy, gluten, coffee, sugar, alcohol, chocolate, eggs, oranges, grapefruits, corn, and soy). This elimination gives the body a break from foods it "sees" frequently. If one or more of these foods are allergens for you, the removal of them from the diet allows the body to expend less energy on digestion and more energy on healing. Since a healthy gastrointestinal tract leads to a healthier overall body, decreasing the assault of these allergenic foods on the gut will allow the gut to heal and the body to recover.

Q: How important is it to read labels?

A: Extremely! For example, corn and sugar are in some gluten free foods and they are to be avoided on this detox. Read all labels, even if the product makes front of the box health claims such as “gluten free” and “all natural”.

.....

Q: I have a job where I can't be in the bathroom all day. Will my bowel movements be increased? Will I have diarrhea?

A: No and No! Even with the recommended addition of psyllium fiber, bowel movements will still be in the normal range of 1-3 a day. The quality of the movement will be soft and formed. It is essential to have at least one healthy bowel movement a day while detoxing. Remember to stay hydrated!

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Q: Will nutrients be pulled out with the toxins?

A: As part of the body's normal function, most water-soluble nutrients that are not utilized are excreted daily in the urine and stool. Only fat-soluble vitamins (A, D, E, and K) and some minerals such as iron are stored for later use. The Liver Detox Support will not “pull out” nutrients or increase this normal excretion process, but it will enhance the liver's detoxification function. This enhanced function will require a regular supply of amino acids from protein, and vitamins and minerals from food to optimize liver function. During a nutritional cleanse (one where food is allowed, and no fasting is involved), a focus on a chemical free, nutrient rich diet is important to further supply these required nutrients that support the liver's detoxification ability. The body needs optimum nourishment to enhance the detoxification process (which is why water fasting is not recommended), including organic animal and vegetarian proteins, organic fruits and vegetables including sea vegetables, nuts and seeds, and healthy fats such as coconut oil and extra virgin olive oil.

Q: Will I feel well enough to work?

A: Most people do experience some signs and symptoms of detoxification including those listed in the side effects section. Although these side effects usually resolve within three days, they can be uncomfortable. It is rare for someone to have to skip work due to discomfort. Often it is recommended to start a new detoxification program on a weekend when there is more time for self-care and rest. And remember, for most people the positive effects come after the first week, when it is common not only to feel well enough to work, but to fully enjoy all of one's daily activities.

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Q: Can I exercise at my regular intensity?

A: Yes! If you feel well enough to exercise and you've already been exercising, you can keep it up. Sweating releases toxins through the skin, and the deeper breathing helps release toxins through the lungs. The overall enhanced circulation and lymphatic flow also aid in moving toxins out. Consider walking, running, cycling, and salt water swimming according to your fitness level as part of the detoxification regimen. Hot yoga is especially detoxifying, and a wonderful complement to this program.

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Q: I have social plans that can't be changed. Can I eat out?

A: It's difficult for many people to find three weeks without a holiday or birthday to celebrate or a previous engagement that can't be skipped. Try your best to stick to the diet while enjoying your plans. This cleanse is designed to work optimally if the diet and supplement plan are closely followed. Check the menu in advance or talk to the waiter about finding a meal that works on the diet. Usually fish, greens, and a salad are a good option. Skip the alcohol, and drink sparkling water with lemon or lime instead. For dessert, have a cup of mint tea and enjoy the company, the conscious choice to not overindulge, and the commitment to this investment in yourself.

If you absolutely must cheat, pick one food to add in and then remove it again at the next meal. The foods must be removed for two weeks to identify a food sensitivity. If necessary, the diet portion of the detox can be extended to ensure that a food is removed for at least 14 days before officially adding it back. For example, if you have some dairy (consciously or inadvertently), you will remove dairy for the required number of extra days before testing it as described in the food challenge section below.

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Q: I really cheated! What now?

A: Just forgive yourself and keep going. It happens, and as long as you get back on track, you will do fine. You will have to extend the diet portion at the end of the detox before challenging foods, but with patience and commitment you'll still get results.

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Q: Can I travel while completing the 21 Day Detox?

A: If it can't be avoided, it can be done. You can repackage your supplements to have the supply you need for the days you will be away. Some people choose to bring food with them as well, especially snacks. It will depend on the circumstances of your travel and your own flexibility, but with proper planning, the detox can be done anywhere.

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Q: I don't want to lose weight. What do you recommend?

A: I've found that if you have weight to lose, you'll lose weight. Otherwise, you may see a pound or two of weight loss, but not much more. As long as you're eating lots of high quality food often, your weight loss should be minimal. Focus on nuts, fruits, and avocados, coconut and coconut milk, and don't skip meals. Add protein powder, nut butters, and avocados (maybe not at the same time!) to your smoothies, and snack on nuts, nut butters, and seeds.

Q: I do want to lose weight. Will I?

A: Weight loss is common on the 21 Day Detox and ranges from 3-10 pounds with some people losing less and some losing more. Underlying food sensitivities (and it's not just gluten!) can lead to weight gain. Uncovering these foods can free a bogged down and inflamed digestive system and help with weight loss. For those who have a food sensitivity, weight loss may be more pronounced. Our bodies are all unique and genetics, monthly hormone fluctuations, and metabolic variations all contribute to our own healthy weight.

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Q: I didn't lose any weight!! Why not?

A: Some people are disappointed if they don't lose 10 or more pounds in three weeks. Remember, there is a range, and losing 1-3 pounds is very normal, and a great start. It is uncommon to not lose any weight during the three weeks, but if this does occur, the weight loss may still come during the food challenge phase. For some people it just takes longer to respond to the change in diet and lifestyle. Sticking with new healthy habits and slowly replacing less nourishing foods with more nourishing ones will keep you on a path toward your healthiest weight. Remember, this is a new road you're traveling down, not just a detour. If lasting, healthful changes to diet are made, the weight loss will continue slowly over time. For now, focus on the other positive results and try to remind yourself that the number on the scale isn't always the best indication of your health and vitality.

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Q: Should I be concerned about sugar grams or just added sugar?

A: Added sugar! Reading the ingredient list is the most important tool you have to discern what it is you are eating. The Nutrition Facts label lists "Sugars" as a breakdown under "Total Carbohydrate", but this number includes both added sugar and naturally occurring sugar. Naturally occurring sugar such as fructose in fruit is fine on this detox. It's the added sugar you want to watch out for while on the detox (and after you're done).

Look for words such as evaporated cane juice, cane sugar, beet sugar, maltose, glucose, corn syrup, high fructose corn syrup, and invert sugar and avoid the products that contain these added sugars. Even supposedly “healthy” and “natural” products can be full of sugar. Remember that 1 teaspoon of sugar is equal to 4 grams. You can quickly do the math by dividing the grams of “Sugars” listed on the label by 4 to figure out how many teaspoons of sugar are added to a serving of your favorite foods. It’s astonishing (especially considering how small a serving size is!).

The American Heart Association recommends no more than 6 tsp/day of added sweeteners for women (24 grams) and 9 tsp/day (36 grams) for men.

Q: Is kombucha okay to drink?

A: Most kombucha has black tea and sugar in the ingredient list and is not detox friendly. Some varieties, such as Kevita’s Sparkling Probiotic Drink (except for the Lemon Ginger which has added cane sugar), are allowed. Check the ingredient lists.

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Q: I gave up Diet Coke, but I miss the carbonation. Is fizzy water okay to drink?

A: Yes!

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Q: Can children complete this detox?

A: No. The 21 Day Detox is designed for adults 18 and over. It is not recommended for children.

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