

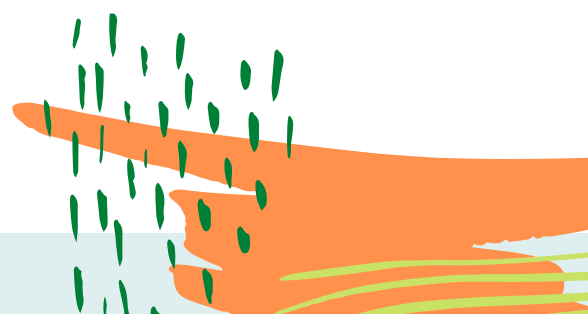


Detox WEEK

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Detox Week

STEP BY STEP GUIDE

1. AWARENESS

Understand the importance of detoxifying the body on a regular basis, benefits and warnings.

2. MY EVOLUTION FILE

Complete the form: date, weight, measurements, energy level and state of mind.

3. GUIDELINES

Read list of recommendations, and list of what You should NOT consume.

4. SHOPPING

Stock up on the list of vegetables, foods, fruits, and ingredients for the broth.

5. PURIFICATION BROTH

Buy, boil the ingredients, save broth and soup to consume in 3 days.

6. DETOX WEEK

Follow the example of a detox diet for a week and enjoy the results.

Have an excellent week!

DETOX

WHY IS IT IMPORTANT TO DETOXIFY YOUR BODY?

The term detox means "the period of time in which an individual stops taking harmful foods, beverages or drugs in order to improve their health." (Cambridge Dictionary). Purifying the body is a practice with centuries of tradition and that has been shown to bring very healthy benefits to the body.



WHY DO WE ACCUMULATE TOXINS?

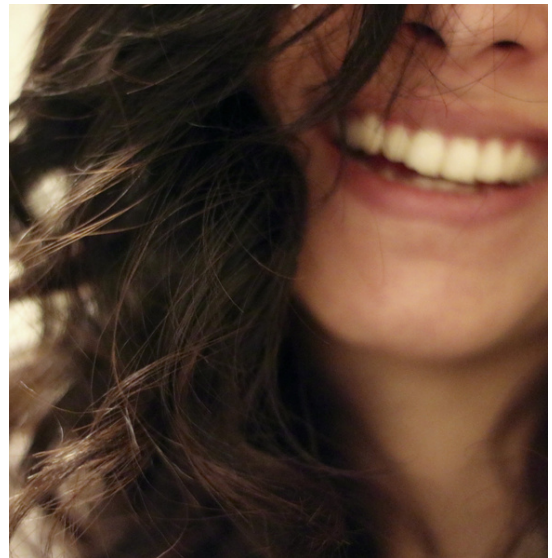
There are many external and internal factors that contribute to the body assimilating toxins. Processed food additives, pesticides found in non-organic fruits and vegetables, environmental pollution, chemicals in cleaning and cosmetic products, drugs, tobacco, alcohol, heavy metals, are examples of external factors. The main internal factor is stress, which is developed by our emotional state. When more toxins accumulate than the body is really genetically adapted to eliminate, the liver is overworked, its ability to clean the blood diminishes, and it makes it difficult for the cells to properly oxygenate. As a consequence, physical and mental performance decreases.



WHAT TELLS US THAT WE NEED TO DETOXIFY OUR BODY?

Often we are not aware of the level of accumulation of toxins that our body faces every day, but if you pay attention, you may be able to identify some symptoms that you need to cleanse your body with a detox diet:

- **Headache, poor memory**
- **Digestive problems (constipation, poor absorption of nutrients, abdominal bloating, heavy digestions, gastric reflux)**
- **Overweight, fluid retention**
- **Stress or chronic tiredness**
- **Lack of energy and vitality**
- **Bad mood, Irritability**
- **Dull, dry skin or acne**



WHAT DOES THE DETOX DIET CONSIST OF?

The standard diet includes frozen, canned, packaged and preserved products. A detox removes these "dead foods" and replaces them with natural and organic foods, which help us reconnect with the earth.

Raises awareness of how to maintain a healthy lifestyle with short-term results, thanks to the elimination of liquids, the minimum intake of calories and the considerable content of fiber, potassium and vitamins.

The detox diet consists of helping our body to eliminate what it does not need. Thus, its operation is much more effective, we promote weight loss in a healthy way and improve rest.

The human body is composed of organs that are responsible for cleaning our body on a daily basis. Following a detox diet provides extra support to the organs in charge of cleaning our body (kidneys, liver and skin, among others) of the toxins that we accumulate daily.

BENEFITS OF THE DETOX DIET

- **Strengthens our immune system.** Toxins compromise our defenses and make us vulnerable to all kinds of diseases. A detoxification alkalizes the body and assists our immune system.
- **It helps you lose weight.** By decapsulating toxins from fat cells, it improves metabolism and boosts the body's ability to lose weight naturally.
- **Avoid premature aging.** By removing accumulated toxins on the surface of the intestine, it improves the absorption of nutrients, antioxidants and vitamins.
- **Improves skin quality.** The clearest signs of toxicity are reflected in skin conditions through acne breakouts and dull skin.
- **Increase energy.** By reducing the workload on our body, we feel more vital, light and radiant.
- **Fight stress.** By eliminating toxins, we also eliminate secondary symptoms of toxicity such as anxiety, irritability, impulsivity and tiredness.

MY EVOLUTION FILE

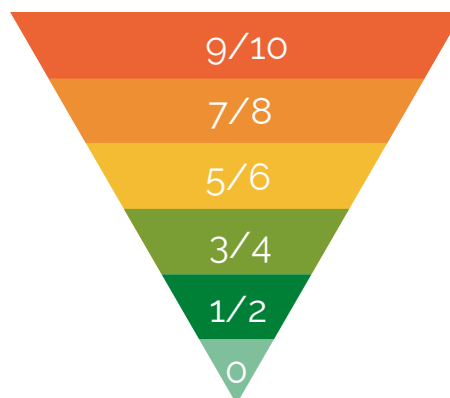
DATE:

MY WEIGHT:

MEASUREMENTS

- Chest:
- Right upper arm:
- Left upper arm:
- Belly:
- Hip:
- Right thigh:
- Left thigh:

MY ENERGY LEVEL



MY SYMPTOMS

.....

.....

.....

MY MOOD



RECOMMENDATION LIST DURING DETOXIFICATION



WATER 2 LT PER DAY



LEMON WATER FASTING



MODERATE EXERCISE



CONSUME ORGANIC
PRODUCTS WHENEVER
POSSIBLE



HAVE DINNER 3 HOURS
BEFORE BED



REST WHAT IS NECESSARY



HAVE A BOWEL
MOVEMENT EVERY DAY



DISCONNECT FROM THE
TOXIC NEWS



PREGNANT, LACTATING OR
CHRONICALLY ILL, CONSULT
YOUR DOCTOR

LIST OF WHAT YOU SHOULD NOT CONSUME DURING DETOX

- ✗ SUGAR
- ✗ GLUTEN
- ✗ LACTOSE
- ✗ COFFEE, NOIR TEA
- ✗ FERMENTED FOODS
- ✗ ALCOHOL
- ✗ PROCESSED PRODUCTS
- ✗ CANNED PRODUCTS
- ✗ FROZEN PRODUCTS
- ✗ ANIMAL PRODUCTS

DETOX WEEK

EXAMPLE

DAY 1

Lunch: 1 glass of vegetable broth, salad of lettuce, cherry tomato, carrot, avocado and quinoa.

Dinner: Vegetable soup, two rice cakes with hummus.

DAY 2

Lunch: 1 glass of vegetable broth, brown rice with sautéed vegetables, aubergine, onion, pepper and garlic.

Dinner: Baked vegetables, potato, sweet potato, squash, zucchini, asparagus, carrot.

DAY 3

Lunch: 1 glass of vegetable broth, lentil burger (gluten free), lettuce salad, beets, cherry tomato and mushrooms.

Dinner: Kidney beans with broccoli and tomatoes and garlic.

DAY 4

Lunch: 1 glass of vegetable broth, salad of lettuce, tomato, cucumber, avocado, beet and buckwheat.

Dinner: Vegetable soup, two rice cakes with hummus.

DAY 5

Lunch: 1 glass of vegetable broth, corn tortillas, hummus, avocado, lamb's lettuce, cherry tomato, mushrooms

Dinner: Boiled vegetables, spinach, pumpkin, carrots, potatoes, sweet potatoes.

DAY 6

Lunch: 1 glass of vegetable broth, brown rice with sautéed vegetables, onion, bell pepper, cauliflower, soy protein, coconut milk and curry.

Dinner: Vegetable soup, two rice cakes with hummus.

DAY 7

Lunch: 1 glass of vegetable broth, quinoa salad, radishes, cherry tomato, cucumber, avocado, peas and corn.

Dinner: Sauteed vegetables, onion, bell pepper, bean sprouts, eggplant, tofu, mushrooms and polenta cake

Breakfast and Snack: Fruit and / or vegetable smoothie, seeds and nuts or unsweetened oatmeal with fruit.

Broth / Soup: Celery, leek, parsnip, carrot, onion, flax seed, fennel, turmeric, ginger and cumin.



PURIFICATION BROTH INGREDIENTS LIST

- ☐ Celery
- ☐ Leek
- ☐ Carrot
- ☐ Parsnip
- ☐ Onion
- ☐ Ginger
- ☐ Parsley
- ☐ Turmeric
- ☐ Flax seeds
- ☐ Fennel
- ☐ Cumin

Boil the ingredients in 1.5 liters of water for 30 min.

Save a liter of broth and process the rest into soup.



FRESH VEG SHOPPING LIST DETOX WEEK

<input type="checkbox"/>	Lettuce	<input type="checkbox"/>	Beetroot
<input type="checkbox"/>	Cherry tomato	<input type="checkbox"/>	Mushrooms
<input type="checkbox"/>	Carrot	<input type="checkbox"/>	Broccoli
<input type="checkbox"/>	Avocado	<input type="checkbox"/>	Cucumber
<input type="checkbox"/>	Aubergine	<input type="checkbox"/>	Corn
<input type="checkbox"/>	Onion	<input type="checkbox"/>	Spinach
<input type="checkbox"/>	Pepper	<input type="checkbox"/>	Cauliflower
<input type="checkbox"/>	Garlic	<input type="checkbox"/>	Peas
<input type="checkbox"/>	Asparagus	<input type="checkbox"/>	Bean sprouts
<input type="checkbox"/>	Potato	<input type="checkbox"/>	Radishes
<input type="checkbox"/>	Sweet potato	<input type="checkbox"/>	Canon lettuce
<input type="checkbox"/>	Squash	<input type="checkbox"/>	Ginger
<input type="checkbox"/>	Courgettes	<input type="checkbox"/>	



OTHER FOODS SHOPPING LIST DETOX WEEK

<input type="checkbox"/>	Brown rice	<input type="checkbox"/>	Paprika
<input type="checkbox"/>	Chickpeas	<input type="checkbox"/>	Sea / himalayan salt
<input type="checkbox"/>	Quinoa	<input type="checkbox"/>	Curry
<input type="checkbox"/>	Buckwheat	<input type="checkbox"/>	Soy sauce
<input type="checkbox"/>	Lentils	<input type="checkbox"/>	Coconut cream
<input type="checkbox"/>	Beans	<input type="checkbox"/>	Olive oil
<input type="checkbox"/>	Polenta	<input type="checkbox"/>	Flax seeds
<input type="checkbox"/>	Oats	<input type="checkbox"/>	Chia
<input type="checkbox"/>	Soy	<input type="checkbox"/>	Nuts
<input type="checkbox"/>	Rice crackers	<input type="checkbox"/>	Flour (no gluten)
<input type="checkbox"/>	Soy protein	<input type="checkbox"/>	Green Tea
<input type="checkbox"/>	Corn tortilla	<input type="checkbox"/>	Rice drink
<input type="checkbox"/>	Tofu	<input type="checkbox"/>	Tahini



FRUIT LIST RECOMMENDED DETOX WEEK

Recommended fruits

☐

Orange

☐

Apple

☐

Lemon

☐

Grapefruit

☐

Cranberries

☐

Strawberry

☐

Raspberry

☐

Blackberries

☐

Pineapple

☐

Melon

☐

Watermelon

☐

Kiwi

Consume wisely

☐

Pears

☐

Grapes

☐

Cherries

☐

Peaches

☐

Damascus

☐

Mango

☐

Plums

☐

Banana

☐

Apricots

☐☐☐

Annexes

WARNINGS

Depending on the amount of toxins accumulated, you may feel more tired during cleaning. Remember that toxins of hundreds of cells are released into the blood and the body is working at full speed to eliminate them. Skin conditions may increase during this period.

It is for this reason that you should moderate your physical exercise, let the body work this week without more effort. Do stretching and joint movements, such as sun salutations. These are good exercises to improve circulation without exhausting the body.

It is important that you can have a bowel movement every day, more than once a day better. If it is difficult for you, you can take a teaspoon of magnesium (san peregrino) or a natural laxative without overdoing it.

If you feel that your energy is very low, you can take an over-the-counter vitamin supplement.

The benefits of cleansing are usually noticeable a few days after finishing the diet.

LEGAL NOTES

The success of the program and the benefits that can be achieved vary from person to person. Various factors must be taken into account, such as age, subsequent eating habits, lifestyle, genetics and the physical and psychological aptitudes of each individual. Before starting the diet, you can make an independent medical consultation to verify that you are fit to do the program.

In the presence of illnesses, disorders of all kinds, including chronic physical and / or mental ones, in the event of a planned or current pregnancy or while breastfeeding, consult your doctor before following the program.

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Detox Week

As you approach the end of this material, I want to remind you that a detox diet is much more than a simple eating routine; It is an opportunity to reconnect with yourself and renew your body from the inside.

As a comprehensive wellness coach, my purpose is to guide you on this journey towards a healthier and more balanced life.

If you decide to embark on this detox experience, I invite you to do so with awareness and love for your body.



Verónica Guzmán Livingston
HOLISTIC LIFESTYLE & NUTRITION COACH
Author of the book "Reach within and dare to dream"

Remember, every step you take towards comprehensive well-being is an investment in your future and your quality of life. I am here to support you and accompany you at every stage of your transformation.

Together, we will make this an unforgettable journey towards your best version!

Success on your path to well-being and
thank you for trusting my guidance!