



ABSOLUTE
DETOX

21 DAY DETOX
CHALLENGE

[Instructions: You will deliver one Absolute Detox Training per day via your recommended training platform to your audience.]

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Introduction

Welcome to the 21 Day Absolute Detox Challenge.

People love challenges as it forces them to action, once they have daily goals to follow.

You want to clean out your system and live a healthier lifestyle, but if you don't put the effort in then, the results will reflect this.

Throughout the next 21 days, you will be given an action to complete of which you can complete one or all of them.

Following this plan will help you achieve your desired goal.

You are accountable for each day you complete; no one is going to shout at you as it is only yourself you are letting down.

Are you ready to get live a happier and healthier life?

Let's get started!

Day 1 – Have a Clear Out

If you have your favorite foods in your cupboard, it's perfectly fine as detox is not about giving up your favorite foods; it's all about eating the right way that will flush toxins out of your body.

You were born naturally so feed yourself natural food while enjoying the many benefits such as living longer, being healthy and having a glowing complexion. More importantly, look forward to fresh reboot.

Detox is the process by which you abstain from something harmful to the body for some time. For example, you might be detoxing your body from nicotine by quitting completely.

This can work, and many people have quit smoking this way, but usually, they find it more useful to use some forms of non-smoking aids, including smaller amounts of nicotine in the form of gums or patches to quit.

It does not have to be a drug or alcohol though that you are getting rid of out of your body.

Steps:

The very first step is to open your cupboards and get rid of any artificial foods, processed meals and fill them with fresh organic foods. Make sure they're in their purest form as possible.

Day 2 – Set Goals

The biggest thing you need to grasp right now is that clean eating is a lifestyle and not a diet. Don't think for a second that you'll lose weight instantly but instead look at clean eating as you taking control of what you eat.

Many people find a great deal of benefit from using detox from food. Of course, it is a bit more complicated since you have to have food to survive, so most food detoxes are short term events.

Sometimes detox is also used as putting in the things that help us thrive better both physically and mentally.

For example, eating yoghurt when you are taking antibiotics can help rebuild the good bacteria in your system that antibiotics tend to kill along with the bad bacteria and that helps prevent some of the worst side effects from using antibiotics to heal serious bacterial infections.

Have a specific goal in mind, do you want to be detoxing within a month or two months. Do you ultimately want to lose weight or just detox?

Steps:

Ask yourself why you want to start a detox. Write it down on a notepad and put it somewhere you'll be able to see every day.

Day 3 – Eat a Bowl of Vegetables

A lot of people in the world aren't eating their fair share of vegetables and relying on processed food to keep their hunger intact.

Eating more vegetables can reduce your risk of diseases and conditions such as high blood pressure, type 2 diabetes, and obesity.

By eating vegetables, you will be releasing fiber into your body which is packed full of good bacteria that fights off harmful pathogens and infections.

Vegetables such as carrots, kale, sweet potatoes, bell peppers, watercress, tomatoes, celery all contain antioxidants, vitamins, and minerals.

Eating veg has been linked to lowering cholesterol levels, lowering high blood pressure and lowers toxins due to its high number of antioxidants.

You can enjoy most of the veg we listed in green smoothies, salads, fried or a favorite of most is in an Indian curry called the Dahl.

Steps:

Finding pesticide-free food at the local store can be a tough chore, and if not near impossible, the best thing you can do is to visit your local farmer market that is pesticide free seasonal vegetables and fruits.

Even if you go to the local store, shop the outer perimeter as that is where the wholesome veg will be. Buy bags of veg and have a bowl of veg today.

Day 4 – Understand Why You Need a Detox.

You have finished a hard day at work or have spent the whole day with There is a saying among computer scientists that goes GIGO which means Garbage In Garbage Out.

In their case, it has to do with ensuring high-quality programming without bugs to ensure a properly working computer.

In your case, it is making sure what goes into your body and mind is of high quality, so you work properly. You're more complicated than a computer, but the principle is the same.

Humans do a lot of horrible things to their bodies and minds regularly. Drinking too much alcohol or sugar, eating too much junk food, smoking and using other drugs along with the environment you live in, can all contribute to a lot of garbage in your body.

Long term stress and abuse of the flight or fight syndrome can lead to too much garbage in your mind. Detoxifying your body and mind is a bit different from just shutting off your computer or restoring it to factory settings.

Steps:

Think about why you are going on detox as motivation to stay on course.

Day 5 – Make Lemons and Avocados Part of Your Diet Today

People are always searching for foods that are free from pesticides; fruit needs to be on top of your list. Lemons and Avocados contain plenty of vitamins, fiber, and minerals. They help reduce cholesterol levels, and the fiber inside of fruits helps you lose weight.

Lemon can be added to water to give it a bit of flavor and of course, tastes great in green tea with a small bit of honey if you need it to be sweeter. If you are detoxing stay away from table sugar which is more refined and does not have the antibacterial effect of honey.

Even when you are not, cutting down on refined sugar is always a good idea. Other citrus fruits also have much of the same benefits as lemons as well, so if you really can't stand lemons, there are other choices.

Avocados are loaded with good fats that help your body instead of the bad fats which harm you. They taste great and not just in guacamole either. You can add them to sandwiches, salads, mix them in with

Steps:

Add lemon to your fish or water and eat half an avocado on toast. It will fill you up.

Day 6 – Plan Next Week

You need to set up a plan for after your detox since you will want to use it as a reboot of your system and not go back to the old habits.

So if you're the natural 300 carbohydrates eating with lots of fast food junkie, you need to plan how you will address this after the detox as well as during the detox, or you will lose the benefits from doing it.

A good way to do this is to set up a plan where you limit the poor eating habits over time for a few weeks, then do the detox, and then switch over to mostly healthy eating afterwards.

It doesn't have to be perfect, and you can have your favorite junk foods in moderation, as long as you mostly eat good food that nourishes your body.

You also should pick which types of detox you will do at once. Some combine well, but you do not want to overdo how many types you do in a single detox session. If you mix too many things at once, you can put your body into shock.

Even water is something you can overdo.

You're after all getting rid of toxins out of your body and just like with quitting smoking it will not always be pleasant, but it will be worth it.

If you smoke or use other addictive substances, you will get far more benefit out of your detox if you also quit them.

Steps:

Set up your plan and stick to it and be kind to yourself as you go through the process and realize it is normal to have some unpleasant symptoms as you detox.

Day 7 – Exercise

When you're on a detox, you're accessing a lot of vitamins and mineral which will help you with exercise as this is perfect especially if you're into high-intensity exercises.

Any high-intensity exercise over 10 seconds should be avoided as this is the point where muscles rely on sugar which is being restricted.

When you are healthy you feel better, but it is more than that, your mental state can also be affected by toxins in your body.

If you're overloaded, you'll find you're more depressed and anxious than usual. You may not sleep well which causes several health issues. You may find you lack stamina and have no desire to exercise no matter how much you want to.

By doing a detox, you can reset your mental switch along with your physical one. It may not be immediate, but you will feel more energy and less depressed and anxious. And with more stamina, you can get out there and exercise.

Steps:

Take 15 – 30 minutes to do a little exercise and note down how you feel afterward. If you can do this each day, then you are ahead of many others.

Day 8 – Drink More Water

You'll want to add things like lemon water, green tea, dandelion tea, juices or smoothies, probiotics, and herbs which promote a deep cleansing of the body.

You'll need to figure out how long you will detox. The more stringent you are about things you are leaving out, the shorter the detox should be.

If you are doing a water fast, for example, it should be very short no more than a day, while with an intermittent fast you can go longer because you are still getting some food in the form of one meal a day.

A juice fast can last a bit longer than water fast, but you still need to be careful, especially if you have a history of hypoglycemia (low blood sugar) or diabetes.

Steps:

Every hour was the remainder of today, take time to drink a glass of water. If you're struggling to drink water then add sliced fruit to it.

Day 9 – Balance Your Protein

Protein is very critical to the detox process and to building a healthy body. A low protein diet will lead to your body taking from your muscles to meet its needs.

Many times when people go on fad diets, especially those that are extremely low calorie or focus on just one food, they will lose weight, but much of that weight will be water and muscle weight.

This is why you will see someone who has lost a lot of weight and think they need to put on a few more pounds. It is not they need more fat; they need to build up their muscle weight.

You can get protein in your diet in several ways. Eating complete proteins such as fish, eggs, dairy, and meats is the easiest way. They are called complete because they include all the amino acids needed for humans.

It's best to go for the higher quality ones such as eggs fish, chicken and turkey. The serving size is about the size of a deck of cards, so you do not need much meat to fulfill your daily need for protein.

Steps:

Sit down and write out two weeks' worth of recipe ideas that contains protein. You'll need to eat around 50g per day at least and no more than 130g.

Day 10 - Avoid Processed Food

Not all processed food is bad. Think about when you're cutting up vegetables, mixing dressing in your salads that is processed food.

There is day to day items that you buy in store you think are not processed and need to be avoided altogether.

Here are a few ways you can avoid processed food:

Read the Ingredients

Plenty of people will focus on things like calories and fat, but you need to focus on the ingredients, and if any item of food contains a wide variety of ingredients, it's best to avoid it altogether.

Visit the Local Baker

The next time you buy bread at your local store, have a look at the ingredients on whole-bread, and you will probably find that it contains more ingredients than you care to digest.

Visit the Local Market

Finding pesticide-free food at the local store can be a tough chore, and if not near impossible, the best thing you can do is to visit your local farmer market that is pesticide free seasonal vegetables and fruits.

Steps:

Go to your local store, market or bakery to pick up what you need for the next few days. Spend a little bit of extra time reading the labels. If you find anything with more than five ingredients, avoid it.

Day 11 – Eat Leafy Greens

Leafy greens are far more than iceberg lettuce which is the lightweight of the bunch. In general the darker the green, the more it has. Go for spinach, kale, and some of the darker loose leaf lettuces.

Not only do they have more nutrition and more detox value, but they have more flavor as well. Throw some baby spinach into your juice or smoothie along with oranges or other fruits.

Cabbage, Brussels sprouts, broccoli, and cauliflower are amazing vegetables. They are high in fiber, high in nutrition, low in carbohydrates and calories.

They also help with detox, why not include them in your meals practically every day or even every day?

They are also versatile, and cauliflower is often used as a substitute for potatoes and rice in Keto diets.

Steps:

Take a trip down your local market and buy cabbage, Brussels sprouts and broccoli. Add them into your diet or blend together to make a juice.

Day 12 – Eat an Apple

In a way, you can say an apple a day does keep the doctor away.

Apples are high in soluble fiber and are a great way to naturally sweeten food so you can stay away from refined sugars.

They also have detox qualities. Apple juice along with orange juice is often used in juicing fasts for detox.

Apples also are great along with oranges and berries to sweeten a mostly vegetable juice along with carrots.

Carrot and apple and either Baby Kale or Baby Spinach make a wonderful juice or smoothie.

Steps:

Apples are inexpensive so grab your keys, head to the store and buy a bag of apples. Wash them first before you eat.

Day 13 – Reduce Stress

Stress, if bad enough can have an impact on your physical and mental health, and certain foods can help you feel calm due to the nutrients they contain.

Eggs – Contain a nutrient called choline which changes the way the brain regulates your mood and reduces stress.

Kidney Beans – They have an amino acid which helps in the production of serotonin which helps with calming.

Sweet Potatoes – Lower your blood sugar levels which balance your mood due to being rich in fiber and carbs.

Brown Rice – Your mood is stimulated due to a variety of B vitamins creating serotonin and dopamine.

Steps:

Eat one of the foods above for at least a week and notice your stress levels reducing.

Day 14 – Make a Juice

When making juices think outside the box instead of just sticking with the old standbys of orange, apple, and grape juice, if you are doing a juice cleanse you will get very tired of these three very quickly, plus you get more nutrition and fiber when you mix fruit with vegetable juices.

Carrots are on the sweet side and along with the fruits, will sweeten the stronger vegetable flavors, especially Kale which can be on the bitter side if you are not used to it.

Juicing is best if you do it fresh instead of relying on store brand juices and that way you can add more of a mix of vegetables and enough fruit to make it taste sweet.

Also, you can keep the pulp in that way for extra fiber if you choose. You can add some protein power and even some of the algae to it for an additional boost. If you are doing it for a cleanse though skip the protein powers but keep the algae and the pulp.

Kale or baby spinach works well mixed with carrots and fruits like apple, berries and oranges. You can also turn it into a smoothie by adding some almond milk or plain yoghurt and ice.

If you are doing intermittent fasting, a smoothie can be a great way to get some extra nutrition in and still eat your one meal in a few hours after.

Steps:

Grab some leafy greens or fruit and make yourself a juice. It's great to have one at lunch time to give you energy for the remainder of the day.

Day 15 – Add Turmeric to Your Meals

Turmeric has been used in Asia for centuries as both a spice and a medicine. It is a natural anti-inflammatory agent. It is a bright yellow color and is often used in Indian cooking to give a yellow color to the curry.

Another common use is in a drink called golden milk which is popularly used as a tonic in India and other countries. Like garlic, it boosts your circulatory system as well which helps when you are doing a detox.

Turmeric's main compound is called curcumin has been linked to many health benefits for the brain, for depression, and even for potentially helping in patients with Alzheimer's.

Patients with arthritis also benefit from using this spice. It may take some getting used to the taste of it, and too much can cause some minor upsets in the digestive system, so use as directed for a detox.

Steps:

Add this to a light curry that you made yourself or a dash of it to a little steak and serve with salad.

Day 16 – Eat Ginger

Ginger is also another spice that has been used for medicinal purposes in Eastern medicine for centuries. Like turmeric, it is very spicy, and you may want to introduce it slowly over time to get used to it.

You can overdo it as well so make sure to follow the guidelines listed in your detox recipes. It can be difficult to find fresh though easier than finding fresh turmeric, but if you can get it in its bulb form and prepare it yourself, you will get the most benefit from ginger.

A common detox tea combines ginger, turmeric, and lemon to improve the effectiveness by the combining of three ingredients with detox abilities.

Ginger is often used for digestive issues as well but if overdone can cause heartburn, a problem you can get with any super spicy food. So if you have never had it, start with a small amount and increase slowly.

Steps:

Improve today by adding ginger to one of your meals.

Day 17 – Eat Chlorella and Spirulina

The algae Chlorella and Spirulina are closely related. Both work well on heavy metals when used as a detox.

They can be found in pill form or can be put in like a shot in a juice or smoothie. They also have other nutrients as well as the ability to detox. Both are related to the kelp you find in the ocean which is eaten by many sea animals.

They can also be used to detox as a skin wrap applied in a spa as one of the ways to rejuvenate your skin and to relax your mind.

Algae are high in the B vitamins which help with the function of many of your organs and with energy.

Steps:

Blend some algae in a juice and consume within a few hours.

Day 18 – Add Garlic to Meals

Garlic is a bulb-shaped vegetable you usually use as a spice. It can be found in powdered form or fresh.

For seasoning, it does not matter, and you may find the powdered works well, however for detox and to get more benefit over long term use you want to get fresh garlic.

In addition to benefit from detox, garlic has been shown to have a great deal of benefit for the heart. It boosts liver function as well which is why it is a good choice to help you detox.

In addition to crushing up and using in your food, you can drink it as a tea.

It's very strong so do not be surprised if you develop an odor in your mouth if you use a lot of it.

It's one of the oldest known ingredients used by mankind to help with many medical needs.

Steps:

Add garlic to any healthy meal or drink it as tea and feel refreshed today.

Day 19 – Read Detox Success Stories

There is a lot of people that are still thinking of starting a detox, but you have made a start by going through this challenge.

You are preparing for what is ahead and will be miles ahead of everyone else; however, in the back of mind lurking around is “doubt.”

Doubt that you will never make this work and to simply give up and move on with your life walking like a penguin or dealing with health related issues

Results speak for themselves, and by reading different success stories, you will be able to touch base with what people went through to achieve their desired weight.

No one person is the same; it may take you longer than another person to lose a similar weight but by spending at least 30 minutes in a day reading success stories will keep you motivated to keep on with your diet.

So, don't let doubt ruin your opportunity at a new life, these success stories that you can find via Google will show you that everyone has struggled at some point but have continued to soldier on.

Steps:

Take 30 minutes today to read successful stories of people that have rebooted their lives because of going on a detox.

Day 20 – Join a Detox Facebook group.

During your first-week on a detox, you can expect to hit road blocks but remember to keep drinking more water than usual to avoid becoming dehydrated.

As you progress further into the detox, you will start to notice an improvement in energy but no actual physical improvements.

This can be a bit dis-hearted to some but it is perfectly normal, and you can keep motivated by joining support groups.

There are plenty of detox groups on Facebook that you can join that have people in the same state as yourself.

Steps:

Join Detox Facebook groups and share your stories and upsets, then watch the amount of support that you get.

Day 21 – Prepare, prepare and prepare

You have made it to the last day of the challenge that is preparing you to go a full detox from tomorrow.

Now things will get hard for you as you will start eating only detox friendly foods while still maintaining the good habits you have achieved on the previous days.

Stay on track by eating the correct amounts of wholesome food, remember that a detox is not just about going on a diet; it is a way of life so treat it as your new lifestyle.

Have plans for the first few days to keep yourself occupied while you progress through the change of your detox. Most importantly revisit the goals you want to achieve.

Steps:

Get yourself ready for next week as you are going to start a complete detox regime.

Get the shopping complete, contact everyone to make sure they know and most importantly document your results.