



## PLAN YOUR 24 HOUR DETOX

At this stage I'd like to give you plenty of time to organise the 24 hour Detox Day for yourself which you will be doing during Week 4.

Although weekends tend to be easier for most, ultimately it really is whichever day suits you best. If you are working – try and take the day off, if you have children - can they stay at friends or parents for even a few hours?

Create the time and space for yourself. Give yourself guilt-free permission to take this time and to use it as 'me time'.

Time to reflect, relax, let go and detox. Week 4 will be the perfect time to implement this, especially if you have been adhering to your Health Profile.

**PREPARATION :** Your Detox Kit

### ***Foods and teas***

Linseeds	25g fresh peas
Dandelion tea	1 tbsp chopped fresh parsley.
Seasonal fruit, especially berries	1½ tbsp olive oil
Kale leaves	½ tbsp cider vinegar
Celery	¼ tsp dijon mustard
1 lettuce	Garlic clove too if you like
A lemon	50g walnut halves
2 apples	Pumpkin seeds
Fresh ginger	200ml pink grapefruit juice
1 cucumber	2 tbsp hemp oil or olive oil
2 ripe avocados	10 drops milk thistle extract
Small handful of mint leaves	Lots of bottled water if you do not have a filter (you're aiming drink 2 litres of water on the day of the detox)
¼ red or white cabbage	
2 medium carrots	
½ red pepper	
2 small spring onions	

### ***Equipment***

- Blender
- Juicer
- White candle
- Essential oils of Frankincense and Myrrh
- Hot water bottle



# YOUR DETOX DAY : Page 1

## Prepare yourself

On waking, do the energise exercise for 5 minutes.

## BREAKFAST

Large mug of Dandelion tea  
Strain the linseeds from last night and drink the broth

Prepare and eat a seasonal fruit salad.  
*Berries are great for the liver. Nourishing the liver is key for detoxification.*

## MID MORNING Detox Juice

Juice 5 kale leaves, 2 celery sticks, a handful of lettuce leaves, half a lemon, 1 apple and a 2cm piece peeled fresh ginger

**Go for a 1 hour walk.** If it's raining take an umbrella!  
*This will get things moving; increasing your circulation and oxygen supply around your body.*

## LUNCH

### Avocado & Cucumber Whiz

*This makes two servings so save some for later or tomorrow.*  
Peel, deseed and roughly chop 1 cucumber.  
Add flesh of 2 ripe avocados and a small handful of mint leaves.  
Blend or process until smooth.  
Thin if necessary with a little veggie stock.  
Serve chilled.

## MID AFTERNOON Detox Juice

As morning.

Prepare dinner as it needs to chill in the fridge for an hour or so.

# YOUR DETOX DAY : Page 2

## DINNER

This makes two servings, so save half for tomorrow - it's perfect for lunch boxes. Add nuts or seeds just before you leave the house so they remain crunchy.

- Core and finely shred ¼ red or white cabbage
- Peel and grate 2 medium carrots.
- Trim and slice 1 stick of celery;
- Deseed and slice ½ red pepper.
- Trim and slice 2 small spring onions.
- Place all of these in a salad bowl with 25g fresh peas and 1 tbsp chopped fresh parsley.

For the dressing:

- Whisk together 1½ tbsp olive oil, ½ tbsp cider vinegar 1½ tbsp cold water and ¼ tsp dijon mustard (add half a peeled crushed garlic clove too if you like).
- Fold into the salad.
- Cover and chill for a while.
- Sprinkle with 50g walnut halves or pumpkin seeds just before serving.

## EVENING

### Detox Cocktail

- Mix 200ml pink grapefruit juice with 2 tbsp hemp oil or olive oil. Add 10 drops milk thistle extract.
- Drink slowly, lie down on your left side and gently massage below your right rib for about five minutes.
- Turn on to your right side and rest in that position for five minutes.

### Meditation by Candlelight.

Place a white candle in a safe place about a foot in front of you. Make sure that you can look at it without slouching or feeling uncomfortable. Sitting at a table is often the best position for this meditation.

Light the candle. Close your eyes and focus on your body and your centre. Ground yourself in the moment by being aware of the ground, floor, chair, or whatever you are sitting on.

Open your eyes and look at the flame, and pay attention to it – the colours, the movement and the still place in the centre of it.

You'll have thoughts. Let them go without worrying about them – they are just thoughts...

Bring your attention back to the candle.

Do this for about ten minutes.

The candle symbolically brings positive light into your body and soul.

# YOUR DETOX DAY : Page 3

## **Bath Time**

Take a short bath on the night of Detox Day, and if you feel like a hot bath, make sure it's just for 20 minutes at the most. (I normally do not recommend 'hot' baths - tepid, or just slightly warm, is best.)

Use just a couple drops of myrrh and frankincense essential oils in the bath and light some candles.

Enjoy the aroma of the oils.

**Go to bed early** with a hot water bottle – relaxed and cleansed.

Well done!