SUGAR DETOX OVERVIEW

WHAT IS A DETOX AND WHY DO WE DO IT?

Detoxification is a period of time given to allow the body to cleanse itself of toxins. In todays world we are exposed to thousands of toxins each day which can be potentially harmful to our health. Toxins can come from man made sources such as foods but we are also exposed to them through our water and and the polluted air we breathe. They can also be produced within our bodies. As we are continually exposed to these toxins day after day the level of toxicity builds up in our bodies. Everyone has the ability to detoxify, but sometimes we need to give our bodies a helping hand, by detoxifying we aim to relieve stress from the major organs to allow the body to cleanse itself and excrete these harmful toxins.

If fat loss is your goal then detoixfying your body and improving your health from the inside should be your first port of cal. The key to fat loss is to create a clean environment in the body. To do this we use the Suagr Detox shopping list and nothing more as clean organic food will get us clean inside. When the body is clean our fat loss potential is massively increased because the liver can stop working tirelessly to get rid of toxins produced naturally inside the body, or man-made toxins and preservatives and chemicals we consume (in processed, low fat, sugary, man made foods).

The liver’s main job is to actually burn fat as an energy source but when we consume foods full of toxins the liver turns its attention to ridding the body of them. When the body becomes overwhelmed with toxins, or the body finds it difficult to get rid of them, the body stores these toxins in fat cells (where they can do the least potential harm to the body). Toxins and free radicals do there damage in the blood stream and until the liver gets rid of them, you are always going to struggle to burn boidy fat on ANY diet.

HOW CAN WE HELP OUR BODIES TO DETOXIFY?

* Eat as much green, leafy vegetables as possible – They are loaded with indole-carbinol-3 which is essential for making your detoxification pathways work
* Increase fibre intake – Vegetables are loaded with fibre, and adding flaxseed is essential if you want to get lean because of all its healthy nutrient dense properties, and of course it is loaded with fibre too
* Drink adequate amounts of clean, purified water, NOT Tap water.
* Limit exposure to toxins as much as possible
* All fruits and vegtables must be oirganic. All meats, poultry and fish must be grass fed/wild and organic when possiuble.
* Follow the Suagr Detox for 7 days and you will notice significant improvements in energy, sleep, alertness, productivity, and better mood.

FOODS TO STAY AWAY FROM

* No grains/wheat – Bread/Pasta/Rice/cereals
  + Processed Foods
  + Tap Water (where possible)
  + Tinned food
  + Packaged food
  + Low fat products (this is very important)
  + Dairy
  + Margarine
  + All fruits except berries
  + Soy products
  + No oils apart from coconut oil, extra virgin olive oil and walnut oil
  + Drinks: No pops, fizzy drinks, carton drink, or dilute juices
  + Caffiene
  + Alcohol
  + Bad fats (trans fats from poor quality processed foods)

TEMPORARY SYMPTOMS YOU MAY EXPERIENCE

* + Headaches
  + Lethargy
  + Joint and muscle pain
  + Bloatedness
  + Mucus or other discharge
  + A coated, pasty tongue
  + Flu-like symptoms
  + Irritability
  + Difficulty sleeping
  + Weakness
  + Cravings
  + Nausea
  + Constipation
  + Diarrhea
  + Gas

FOODS YOU CAN HAVE

* + As much green leafy vegetables as you want
  + All grass fed red meats (except pork, bacon, sausages, and gammon)
  + All white meats
  + All fish except tinned fish
  + All herbs and spices are allowed for any meals to add flavor and extra antioxidants
  + Cooking oils you can have - Coconut oil, Extra Virgin Olive Oil, Walnut oil
  + Organic flaxseed
  + Clean, purified water

BENEFITS YOU CAN EXPECT TO SEE FROM COMPLETING THE SUGAR DETOX

* + Increased energy levels
  + Improved sleep
  + Improved mood
  + Body fat loss
  + Glowing skin and brighter eyes
  + A stronger immune system
  + Increased feeling of wellbeing
  + More mentally alert and productive - less brain fog!
  + increased metabolic rate

MIX AND MATCH GREEN SMOOTHIES

To help you consume enough nutrients to improve the detox process green power smoothies can be a great additon to your diet. This easy to follow table allows you to see exactly what nuttientrs are needed in your shakes and how to vary them.

|  |  |  |  |
| --- | --- | --- | --- |
| **COLUMN A** | **COLUMN B** | **COLUMN C** | **COLUMN D** |
| 2 cups of Spinach  1 cup Kale  3/4 cup of Broccoli  1/2 head romaine lettuce  1/3 bunch parsley  1/3 bunch mint  1 cucumber | 1 cup berries  1/2 lemon (juice)  2 stalks celery  30gms goji berries  30gms raw almonds  1 tsp chia seeds  1 tsp Flax seeds  1 tsp Maca Powde  1/2 Avocado | 1 cup water | 1/3 cup fresh watercrress  1/3 cup fresh parsely  1/3 cup fresh basil  1/3 cup fresh thyme  1/3 cup fresh oregano |

**How to Mix your Green Smoothie**

Pick 1 ingredient from Column A

Pick 2 ingredients from Column B

Pick 1 ingredient from Column C

Pick 1 ingredient from Column D

Place in your blender, secure lid, and blend until smoothie consistency is reached.

PORTION SIZE

This easy to follow table allows you to see examples of exactly how to construct the portion sizes for your meals. Include:

|  |  |  |
| --- | --- | --- |
| **A PALM OF PROTEIN** | **2 HANDFULS OF GREENS** | **2 TBSPS OF GOOD FATS** |
| Meat  Poultry  Fish  Wild exotic meats (eg. kanga­roo, bison) | Broccoli  Sprouts  Cauliflower  Spinach  Watercress  Kale  Asparagus  Cabbage  Celery  Lettuce  Courgette | Coconut Oil  Extra Virgin Olive Oil  Walnut Oil |