

# DETOX

## WHY DETOX?

The detox programmed is optional but highly recommended for optimal results. This systemized detox is intended to:

- Cleanse your body of toxins and impurities
- Engage your digestive system and prepare your body to flush fat
- Jump-start your metabolism to burn fat
- Reset your palate to crave healthy, fat-burning foods and reduce cravings for salt, fat and sugar
- Help you mentally prepare for your new lifestyle and transformation
- Improve your body's ability to absorb nutrients

## PREPARING TO DETOX

- Set your detox goal How many days will you detox? (4-7 days depending on your plan)
- Get organized Prepare a list of what you may eat for meals and snack times; create a grocery list.
- Purge Clean out your cabinets and refrigerator of junk food (cake, candy, processed foods, and chips) to mentally prepare yourself. Donate foods to the local food bank
- Enlist support from your family, friends, TLS Coach or roommates. If you have a buddy to participate with you it may be easier.
- Read the TLS 7-Day Detox menu plan for additional information and education on detox week.

## RULES FOR OPTIMAL DETOX

Every morning, drink the juice of ½ a lemon in warm water to aid in emulsifying fat. Warm lemon water –

- Aids your gall bladder since it is responsible for fat digestion.
- Is a natural detoxifier and may help rid your body of toxins.
- May help to satisfy cravings. Eliminate caffeine-containing beverages (coffee or other)
- Large quantities of caffeine can interfere with healthy detoxification
- One cup of black coffee per day is permitted if you are unwilling to remove it from your diet or are having unfavorable withdrawals. It is advised to refrain from caffeine during your detox period.
- Consider switching to organic coffee to minimize unwanted impurities; or, switch to tea like green tea or kombucha tea for their antioxidant properties and digestive support. Eat as many vegetables as you like, with leafy greens as the base
- Mix it up and make your plate colorful, but be sure to include dark green leafy vegetables
- Use spices and herbs to add flavor to vegetables
- Raw is best, but vegetables may be steamed, grilled, or lightly sautéed in broth
- Avoid starchy vegetables like sweet potato
- Eat two 3 oz servings of lean proteins daily
- Eat two servings of healthy oils daily
- Eat fruits each day, but limit them to three servings per day maximum
- Drink plenty of liquids (filtered, purified, or mineral water, and decaffeinated herbal teas, and broths are okay)
- Proper hydration is required for all metabolic processes but will also help you to curb cravings and feel more satiated
- Proper hydration assists your body in flushing out the impurities

Remove these foods: dairy, artificial sweeteners, sugar, grains, beans, legumes, nuts, seeds and processed foods.

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Refrain from alcohol for at least 21 days

Sleep as much as possible. The naturally occurring plant compounds in fruits and vegetables – staples of your detox menu – help accelerate the cleansing process. This may make you feel a little more tired than usual the first couple of days. Do not engage in strenuous physical activity even if it is a part of your normal routine – consider yoga, walking, gentle stretching or swimming.

## CONSTIPATED?

You may think that adding so many vegetables will make you run to the bathroom, but this is not true! You will not be tied to the bathroom during this detox! The goal is to become regular (not over or underactive). Because there is bulk in the fibrous vegetables you consume during detox, some people may feel constipated. Don't worry! Here are some things to consider:

- Are you drinking enough water?
- Are all your veggies raw? Cooking them may aid in their breakdown.
- Adding one or an extra spoonful of cooking oil when preparing meals
- Consider nutritional support. Supplements that may be helpful include:
  - ✓ Isotonix® Digestive Enzymes
  - ✓ Ultimate Aloe® powder
  - ✓ Ultimate Aloe® juice

Talk to your TLS coach to find the right supplement regimen for you!

## MANAGING HUNGER

- Eat more vegetables
- Drink more water, tea, or low sodium vegetable broth
- Try to limit your exposure to triggers that make you think of eating (kitchen, watching TV at night)

Engage in alternate activities when experiencing cravings (organize a closet or engage in an unstressful activity that may give you a sense of accomplishment)

- Get out of the house (walk or take a drive)

## WHAT COULD A DAY LOOK LIKE?

### WHAT WOULD I EAT?

Before starting detox, be sure to read through the TLS Detox Power Foods list available in the TLS 7-Day Detox menu plan. It is strongly recommended that you eat pure, organically grown foods to support the ideals of clean eating. If you cannot find organic foods or choose not to purchase them, please ensure you wash your fruits and vegetables thoroughly.

### SUPPLEMENTS FOR DETOX

The recommended supplements combine four of our most popular products to support your health, wellness and weight management. Shed pounds and cleanse the digestive system with the TLS Detox Kit.

Nutriclean™ Advanced Fibre Powder delivers soluble fibre and beneficial probiotics which detoxify and cleanse the digestive tract. The probiotics support the intestinal tract's number of good bacteria.

This product can be consumed in a daily basis. Drink plenty of fluids while using this product. Rectal bleeding or failure to have bowel movement after using of a fiber product may indicate

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a serious condition. If you experience these effects, discontinue use immediately and consult your healthcare provider.

This kit is also paired with our all-star antioxidant, Isotonix OPC-3™, which helps fight free radicals. OPCs are among today's promising free-radical fighters and are effective in neutralising harmful free radicals and oxidants built up in the body. Thanks to the power of Pycnogenol®\*, Isotonix OPC-3 helps fight oxidation and free radicals in the gut.\*\*

While following a detoxification plan, it's a good idea to take a multivitamin to supplement your body with essential nutrients. Containing 100 percent or more of the daily value of essential vitamins and minerals, multivitamins help promote the conversion of food into energy, maintains normal metabolic functioning, support a healthy immune system, and help maintain water and electrolyte balance in the body to help promote a healthy weight.\*\*

To help you manage your cravings while detoxing, TLS™ CORE Fat & Carb Inhibitor helps inhibit the amount of starchy carbohydrates being absorbed by the body while promoting the feeling of fullness to help you manage hunger and cravings that could interfere with the detox