

NUTRITION TIPS

Detoxification isn't just about taking supplements. It's a lifestyle change that includes eating the right foods and getting enough rest and activity. Follow these general guidelines to ensure your best results.

WASH YOUR PRODUCE

Helps remove pesticides and bacteria.

CONSUME AT LEAST 6 TO 8 SERVINGS OF VEGETABLES PER DAY

The following vegetables help cleanse the liver: asparagus, artichokes, beets, garlic, onions, leeks, radishes, broccoli, cauliflower, Brussels sprouts, red or green cabbage and kale. If you experience digestive issues from eating these raw, try preparing them steamed or roasted. One serving is 1 cup raw or ½ cup cooked.

CONSUME 2 SERVINGS OF FRESH FRUIT PER DAY

Organic berries and cherries are high in antioxidants and low in natural sugars. One serving is ½ cup fruit (1 cup berries), 1 small piece of fruit or ½ banana.

CONSUME HIGH-QUALITY PROTEIN WITH EACH MEAL

This helps to stabilize blood sugars, energy level and cravings as well as provides amino acids needed for the detoxification pathways. Try to include both animal and plant-based protein. Aim for 1 gram of protein per pound of goal weight.

CONSUME OMEGA-3 FATTY ACID SOURCES SEVERAL TIMES PER DAY

These essential fats are critical for building healthy cell membranes and reducing inflammation. Get them from wild-caught, fatty fish (salmon) and take a daily fish oil supplement, as plant-based sources are not converted well by humans.

INCREASE YOUR DAILY INTAKE OF WATER

Water is the most important nutrient for your body, especially during the D.TOXSM program. Water cleanses your organs and helps flush toxins and waste from your cells. Optimal intake is half your goal body weight in ounces.

CONSUME ADEQUATE FIBER DAILY

Fiber helps eliminate environmental estrogens like BPA and feeds the intestinal cells. You will receive fiber from fruits and vegetables, legumes and the Life Time Fitness Fiber.

FOLLOW THE EXERCISE AND LIFESTYLE PLAN

This plan will help optimize the detoxification process. It takes a lot of energy to properly detoxify, and undue physical stress through intense/frequent exercise or mental stress can inhibit this process and dampen your results.

FOLLOW THE NUTRITIONAL PLAN

Consuming the right nutrients in the correct amounts is critical to your success in this program. Not only does proper nutrition support your detoxification pathways, it also supports your energy and immunity.

COMMIT YOUR GOALS TO PAPER

Studies show that it's easier to stay motivated when you write down your goals. Use our daily journal to keep track of your food and supplement intake, activity level, sleep and reactions.