

# MOTION FITNESS FOOD

## Soup Detox

**How it Works . . .** Our soups detox, involves the intake of slowly cooked vegetable- soups, coconut water, herbal tea and water.

**This warm detox provides you with clean veggie soups, to get rid of toxins and regenerate cells with the help of nutrients and minerals.**

- Based on vegetable soups
- Rich in vitamins and minerals
- Recommended to do 3 – 6 days
- Get rid of accumulated toxins
- Feel lighter and balanced

You will receive your daily package of fresh soups and drinks every morning, one delivery per day.

**The day before:** Eat light, minimize animal products, eat more vegetables and fruits. Drink a lot of tea (no green/black tea) and water. A good preparation makes your 1st detox day easier as you will be less hungry!

**Don'ts** Coffee, green/black tea, cigarettes, drugs and any other intake besides the advices below.

**What do you get?** Everyday includes: 1 x Coconut Water, 1 x Magic Soup, 2 x Green Soup, 1x Miracle Soup, 2 x Herbal Tea

**First day:** Early morning you have to do the **Epsom salt flush**. Mix the full pack of Epsom salt you have received in 250ml glass lukewarm water. Drink the glass completely in one gulp,

to be followed up with 4 glasses of lukewarm water straight afterwards. After about 1hr and for a period of approx. 2hrs you will be busy going to the toilet, so be prepared ☺

**Drinking:** Min. 3litre of water/day, plus the bottles you receive. If you like drink more tea, e.g. peppermint, camomile, rooibos or any herbal tea you prefer. Flush your body! The more you drink the easier the body can get rid of toxins. Start best with tea in the morning - without sugar/honey or anything else!

*Recommend Supplements:* Calcium, Magnesium, Iron, Fish oil capsules

**Additional recommendations:** Scrub your body before every shower with a dry towel or body brush. Moisturise your body well with natural oil like coconut oil or our Avocado Toning Oil (a mixture of 7 different essential oils). If you have a bathtub, take a warm bath with 500g Epsom salt (need to order it additionally) Have a massage and a good rest in the evening. Try to get enough sleep.

**Exercise:** It is good to stay active as this will boost your energy and hormones. You are allowed to do exercise in the pace you feel good, just follow your body feeling and inner voice when exercising. We recommend to balance your mind and body with a daily meditation or Yoga routine too.

## **After the Soup Detox**

The first 48hours after breaking the detox, follow a vegan diet (no animal products at all). NO ALCOHOL! You should stay low in animal products and dairy for the following 1-2 weeks, then start step by step to eat some yogurt, eggs and fish.

**Examples:** Breakfast: Fruit Salad + Walnuts/Almonds or a rich juice with 2/2 Veggies/Fruit Lunch: Salad or cooked Vegetable with any complex grains as Quinoa or Millet. Dinner: Cooked Vegetable with Tofu/Tempeh/Brown Rice or Sweet Potato Snacks: A hand full of Nuts and Fruits

**Stay on track and** make healthy eating and sport to your lifestyle.

**PLEASE NOTE:** All empty drink Jars and bottles we recycle, please give them back to us!