



Slim Booster (Rice & Fruits Detox)

The Benefits of the cleanse . . . This light brown/red rice cleanse is especially useful for dropping a few quick pounds, and it's a great way to transition from an unhealthy diet into a better diet. A brown rice cleanse is based on macrobiotic principles and low sodium for body balance. You don't feel like you're on a cleansing at all, yet it does the trick. It's a diet that uses rice as a nutrient building food, fruits and nuts as concentrated cleansing supplements. It eliminates meat and dairy protein. A brown rice cleanse is high in fiber, potassium, natural iodine, and other minerals, so most people notice improvement in their hair, skin texture and nail growth. The weight loss depends on the body type but you will feel the improvement in vitality and energy levels right away during this cleanse. Get more energy, glowing smoother skin and loose some weight. A brown rice diet is the best cleansing diet for working people. With our box delivery service it can fit easily into your daily routine.

How it Works . . .

The day before:

Eat light, minimize animal products and eat more vegetables and fruit and drink a lot of 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.

First day:

Early morning you have to do the **Epsom salt flush**.

Mix the full pack of Epsom salt you receive in 250ml glass lukewarm water.

Drink the glass completely without a break.

Follow with 4 glass lukewarm water. After about 1hr and for a period of approx. 2hr you will be busy going to the toilet.

What you get:

1 pack Epsom Salt (ask for more if you want to do it second time)

1 Box mixed with natural/red rice, fruits, nuts, coconut and dates

1 bottle coconut water

1 bottle herb tea

1 bottle Turmeric Boost

With the Booster Box you'll split the food in 3 or 5 portions and eat over the day.

Eat nothing else in these 6 days.

Drink:

Min. 3L water + the bottles you receive and possible to drink more tea as Peppermint, Camomile, Rooibos or any Herbal tea you prefer. Flush your body, the more you drink the better your body can get rid of toxins.

Start best with tea in the morning without sugar/honey...

The Turmeric boost is best to drink between breakfast and lunchtime.

The Coconut water is great to drink in the afternoon.
All day long drink water and tea.

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 Toning Oil mixed with 7 different essential oils.
If you have a bathtub take a warm 1 bath with 500g Epsom salt.
Have a massage and have a good rest in the evening and try to get enough sleep.

Exercise:

Follow your body sensation and inner voice.
It is good to stay active as this boosts your energy and hormones.
You are allowed to do exercise in the pace you feel good.
Still balance your mind and body with a daily meditation or Yoga routine too.

After the Slim Booster

The first 48hours after breaking the detox have just a vegan diet.
NO ALCOHOL! Stay low in animal products and dairy in the first 1-2 weeks.
Step by step start eating some yogurt, egg and fish.

Example:

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 physical exercise to your lifestyle.