

MOTION FITNESS FOOD

Pure Elixir Detox

How it Works . . .

Our Pure Elixir Detox, or juice fasting, involves the intake of a light but rich in nutrition green elixir, coconut water, turmeric boost, herbal tea and water.

A juice fast is considered an extreme form of detoxification because no solid food is consumed. There should be a gradual start into this detox as well as a slow return to solid foods.

The benefit of juice fasting is that it gives your digestion system a break from working so hard to process a large meal. Therefore your body can concentrate and work rapidly on the detoxification. This leads to feeling joyful and light, and keeps you slim and radiant.

You will receive your daily package of fresh juices 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 advice below.

What do you get?

This Juice detox contains 6 x 600ml bottles of Detox Green Elixir + 1 x 600ml bottle Turmeric Boost + 1 x 600ml bottle Coconut Water

The combination of ingredients (Ginger, Parsley, Cucumber, Lemon) are very healing and powerful. It's flushing your system but also curing it from bacteria and fungus.

3 days until 6+ days are recommended and no longer as the ingredients are at the same time so powerful that a too long intake could harm your system as most superfoods do.

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 ☺

How to drink our detox juices?

- You can drink sips from the bottles over the day or drink the juice by glass.
- Drink slowly to avoid swallowing air.

- Don't mix the juice with water.
- Drink at least every 2 hours.
- Have your last glass of juice by 8pm; after 8pm just drink water.

Drinking:

Min. 3litre of water/day, plus the bottles you receive. If you like to drink more tea, e.g. peppermint, chamomile, 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!

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

The Coconut water is great to drink in the afternoon.

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 Epson 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 Juice 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 bottles will be picked up with your new delivery on the next day, please have them handy for our drivers.