



Veggie & Fruit Detox

Have you ever wanted to do a detox (=fasting) without even feel it and without suffering any hunger? Than this is the best possibility to start with you first detox, because the Veggie & Fruit Detox is our lightest versions of all detox methods.

This very simple but still delicious plant based food will help you to get rid of toxins in your body by giving 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.

You will feel more energized and will slim down pretty fast.

The less toxins in the body the sooner you can lose fat, but of course you have to stay on a healthy diet after the detox to maintain your results.

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:

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

Food Example for 1 day

B: Fruit Salad + Walnuts

S: Turmeric Boost

L: Vegetable Wok + roasted mixed Seeds

S: Coconut Water

D: Magic Soup + fresh Herbs

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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 Detox

The first 48 hours 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/food boxes/jars will be picked up with your new delivery on the next day, please have them handy for our drivers.