

MOTION FITNESS FOOD

Whole Grain Detox (rice, fruits & veggies)

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 fibre, 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 people who work. With our box delivery service it can fit easily into your daily routine.

How it works...

The day before: eat light, minimize animal products, eat more vegetables and fruit. Drink a lot of herbal 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.

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 in one go. Follow with 4 glasses of lukewarm water. After about 1hr and for a period of approx. 2hr you will be busy going to the toilet. So be prepared!

What do 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 and 1 box mixed with natural/red rice, vegetables, seeds, herbs and spices, 1 bottle of Coconut Water 1 bottle of herbal tea 1 bottle of Turmeric Boost.

You'll split each box into 2 - 3 portions and eat the food over the day. Last meal of the day will be a portion of the rice - vegetable box 1 hour before going to sleep. Eat nothing else in these 6 days

Drink: min. 3 liters of water + the bottles you receive and if possible, drink more herbal teas such as peppermint, camomile, rooibos or any other herbal tea you prefer. Flush your body - more you drink as better the body gets rid of toxins. Best start is to drink herbal 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 herbal tea.

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

Additional recommendations: Scrub your body with a dry towel or use body brush before every time you take a shower. 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: Follow your body sensations 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 as well.

After the Slim Booster

The first 48 hours after breaking the detox follow 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, eggs and fish.

Example:

Breakfast: fruit salad + walnuts/almonds or a rich juice with 2/2 veggies/fruit

Lunch: salad or cooked vegetables with any complex grains such as quinoa or millet

Dinner: cooked vegetables with tofu/tempeh/brown rice or sweet potato

Snacks: a handful of nuts and fruit

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.