

Mini detox challenge

- 1) Have a glass of freshly squeezed lemon juice in warm water before eating anything in the morning. This boost metabolism and it alkalizes your system.
- 2) Add 1 tablespoon of organic Apple Cider Vinegar to your salad or just have it is.
- 3) Eat blueberries daily. They are delicious and full of antioxidants
- 4) Drink 3 litres of water. This will help flush out the toxins.
- 5) Have a green juice daily – Kale, Avocado, Green apple and Kiwi is a delicious combo.
- 6) Get a good quality probiotic. Gut health is essential to absorb nutrients and for a good immune system and digestive health.



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7) Body brushing: Doing this daily will support circulation and increase skin detoxification. Using a loofah or natural fibre body brush, brush the skin with firm circular strokes before you step into the shower. Start from the feet and hands, moving up the legs and towards the arms, avoiding the delicate area of throat and face, and any rash or sore spots. Then jump in the shower. Finish your shower with a one-minute burst cold water which brings the blood circulation to the skin.

8) Sleep! Get 9 – 10 hours sleep a night. This will help you lose weight, feel energized and avoid sugar cravings.

