

Believers Guide To:



Feeling a
little **lethargic**
and **soggy**?

A body **detox** could
be just the **cure!**



The New York Times Best Seller

What Is The Importance Of Detox?

Feeling a little lethargic and soggy? A body detox could be just the cure you are looking for to restore your health. Read on to learn why detox is important for your overall well-being.

Substances that accumulate within your body's internal cells and pose a risk to your health are known as toxins. These toxins stimulate the formation of harmful free radicals. Scientists now believe that the cause of premature aging, degeneration, chronic ailments, and decay is primarily due to the presence of free radicals in the body.

What Are The Various Sources Of Toxins?

You are absorbing a large amount of harmful toxins every day pending on your environment. The toxins can be absorbed into the body through eating, breathing, and drinking. Moreover, unhealthy lifestyle choices such as alcohol, smoking, processed foods, and artificial sweeteners increase the toxic load of your body.

Toxins influence your state of mind, senses, and various organs of the body; they can originate from a myriad of sources, such as:

- **Physical Sources:** weather, electromagnetic fields, light, noise, etc.
- **Chemical Sources:** medicines, pollution, body care, cleaning products, insecticides, etc.
- **Biological Sources:** allergens, molecules, bacteria, fungi, etc.
- **Physiological Sources:** anxiety, hypertension, and psychological diseases, etc.

A Brief Introduction To Your Excretory System

Your excretory system involves contribution of bodily systems and organs that work in accordance to throw the waste and toxins out of your body. These organs are:

- **Skin:** The largest organ that eradicates toxins and waste through perspiration.
- **Liver:** The liver works to deactivate toxins and chemicals so that they can be efficiently thrown out of the body.
- **Colon:** The colon gets rid of chemicals processed by the liver and insoluble waste out of the body.
- **Kidneys:** The kidneys help eliminate water-soluble waste through the bladder.
- **Blood:** Blood transports nutrients and oxygen to various parts of the body while eliminating harmful chemicals.
- **Lungs:** The lungs help to clear your body of toxins through exhalation and deep breathing exercises.
- **Lymphs:** The network of the lymphatic system removes poisonous substances out of the body.

Your body is capable of eliminating toxins for a time, but it becomes overloaded by long-term exposure to toxins. When toxins are not eliminated properly from the body, they accumulate into the body and affect the body's metabolism negatively.

This in turn causes the weakening of the nervous system, immune system, vital organs, hormonal system, cellular respiration, and mucosal surfaces. Most diseases are a result of the body's inability to eliminate toxins.

What Is Detoxification?

In order to be in a healthy mental and physical state, your digestive system should be clean and free from blockages. If not, then detoxification becomes essential. Detoxification is the procedure of eradicating collected wastes and toxins from the body. It is pertinent to achieve optimum health that the detoxification organs, as well as the liver, continue to break down and remove toxins.

It does not matter if you are eating healthy foods such as organic produce, fruits, and vegetables. These foods still have toxins that can accumulate in your digestive system and overburden it. The digestive system is made up of many organs such as kidneys, intestines, the pancreas, liver, and stomach; these toxins end up in the aforementioned organs and settle there. It is therefore ineffective to clean just one organ; instead, opt for a complete body detoxification to clear everything all at once.

A good detoxification program helps to cleanse your body of toxins completely. It can drastically reverse the symptoms of illness and change your life for better. The liver, small intestine, kidneys, and colon are the major organs of the body that are cleansed during a body's detoxification program.

When done correctly, people will find immense benefits to detox:

- Lose weight
- Remove toxins from the body
- Restore balance to the body's systems
- Improve skin quality
- Improve memory power
- Remove symptoms such as allergies, headaches, bloating etc.
- Prevent chronic disease
- Improve quality of life
- Slow premature aging
- Improve the function of liver and kidney.
- Improve the function of liver and kidney.
- Increase energy
- Enhance immune system function
- Mental and emotional clarity

Remember!

Regular body detox is not just important, but it is absolutely necessary for our health.

How Do You Know If You Need To Detox?

There are many simple things that can help you determine if you need to detox your body of toxins that are making you sick. More than likely, you are aware of the symptoms you are experiencing, but you feel as though it is too inconvenient to remedy them yourself.

You may have become used to feeling fatigued, soggy and lethargic all day long, and figured that this is normal – but, no! The fact is that you are sick because of the toxins that must be eliminated in order to gain your life back. To know if you are the right candidate for a detox therapy, continue to read.

Here are the nine most common signs that indicate that you should do a body detox to restore and rejuvenate your health:

1. **You Feel Lethargic:** You gather a lot of courage to get up from your bed in the morning, and you wake up feeling lethargic, moody, and low in energy. This only indicates that your body is tired and needs adequate rest. Opting for a detox will fill you with energy and flush out chemicals that are making you sluggish and tired. After a detoxification program, waking up in the morning will feel more like a fresh start.
2. **You Can't Lose Weight:** Experts suggest that losing weight depends on the number of calories you burn. You can lose weight by eating healthy and exercising. If you are doing as recommended but still cannot shed those stubborn pounds, then you need to get rid of accumulated toxins in your body soon. Toxins overwhelm your system, weaken your body's metabolism, and lower your vitality, which in turn makes it difficult to keep you in shape.
3. **You Feel Irritable:** When you are in an unhealthy state, you are unable to cope with day to day stress. Prolonged stress further overloads your system by producing toxins. It is, therefore, important that you break this cycle by detoxing and feel great once again.
4. **Your Skin Is Breaking Out:** No, it may not always be your skin products. Dull skin, acne, redness, itching, and other skin disorders may sometimes crop up because of the increased toxicity in your body. Detox is great for rejuvenating your skin and removing blemishes, dullness, and acne from your skin to make it bright and clear.
5. **You Are Often Constipated:** Constipation usually occurs when your digestive system is not getting enough fiber and fluids, and the lack of these nutrients makes it difficult to allow regular bowel movements. Consuming too much junk food with zero nutritional values also causes you to feel sick and constipated. The great thing about detoxification is that it helps to cleanse your colon of deposited faecal matters and clears the passage for regular motions. Also, cleansing your colon will provide you relief from cramping that often occurs when you are constipated.
6. **You Have Puffy Eyes:** When your kidneys and liver are overworked, it starts to show on your face and skin. Puffy eyes are often indicators of exhausted organs.

7. **You Are Bloating:** Bloating is caused by water retention. It is a common symptom faced by many people and is mainly caused by excessive exercise or salty foods, or they are experiencing their menstrual cycle. Although feeling bloated for three to four days is quite normal, it can pose risks to your health if it persists for a long time. You can minimize symptoms of bloating by regularly doing a detox.
8. **You Are Suffering From Food Addiction:** Some people find themselves snacking on foods, specifically processed foods more often during the day. They may not realize it, but they are addicted to junk foods because of the deposited chemicals and toxins in their body. If you need to free yourself of this unhealthy addiction, it's time to detox and cleanse your body off harmful chemicals that are making you fat and unhealthy.
9. **You are Suffering From Multiple Symptoms:** Even if you are not overweight, you can suffer from the symptoms like brain fog, digestive problems, fatigue, headaches, and allergies. In order to rid this weighed down feeling, you need to detox your body of harmful toxins. With a good detoxification program, feeling good is only a few weeks away.

So, now you know you are feeling weird since your body is poisoned because of the deposited toxins. But, how do you find out which detox is best for you? There are thousands of detox programs available on the Internet, but not all are as effective as they promise to be. To learn more about the best detox program for the healthy you, check the next section.

The Divine Health's 21 Day Detox program

The Divine Health's 21 Day Detox is a healthy program for detoxifying your body. When you take the time to get rid of accumulated toxins from the body, you are rewarded with amazing health and increased energy. This detox program is specifically designed to clear out your blocked organs and digestive system, which are preventing you from feeling your best.

This 21 Day Detox program is all about making healthy food choices that don't overburden your body. It's about taking the right nutritious supplements in order to keep you healthy when your body is getting rid of toxins.

Are You Wondering Why 21 Days?

21 days are needed to help you form new habits and stick to them while accommodating yourself to your fresh, healthy eating routine. Three weeks will allow your taste buds to reset. Gradually, your taste buds will start liking healthier and nutritious foods as compared to the junk foods that you were eating in abundance till now. You will notice rapid results once your body is free of toxins. Soon, you will find yourself renovated and free from the unpleasant symptoms you were facing for so long.

The Divine Health's 21 Day Detox program can be a life changing experience for you. All you need is 21 days to rejuvenate yourself once again!

What To Expect During The Detox

You have made the decision to detox your body. You decided on a **“21 Day Detox program”** and you have prepared yourself physically and mentally to follow the guidelines properly.

However, you were not prepared for suddenly feeling sick. What is making you sick when you are strictly following the routine and eating healthy? Here’s the answer:

It is normal to feel sick when you detox, and its intensity depends upon various factors.

These are the location where your toxins are deposited, the types of toxins that are present within your body, and the degree of damage that has been done to your health by these toxins. The symptoms that occur during a detox are caused because the toxins that are being released from inside the cells of various organs of your body. This reaction is often termed as Herxheimer reaction, which is caused as a result of inflammation in the body.

What Is Herxheimer Reaction?

During a detox, the body releases toxins, bacteria, viruses, and other harmful chemicals in order to put you in a healthy state. The release of toxins creates an aggravated reaction from the body in a form of uncomfortable symptoms, called Herxheimer reaction.

Unusually, people experience headaches when toxins are released from the brain. A person may also feel tired, sluggish, and forgetful. When the toxins are deposited under the skin and released during a detox, the person may break out in rashes and acne. It is common to feel constipated and have diarrhoea. Having flu like symptoms is also a common symptom felt by many people who undergo a detox program. Other symptoms include joint or muscle pain, dizziness, muscle cramps, nausea, heart palpitations, chills, bone pain, sleep disturbances, hypertension, increased fatigue, metallic taste in mouth, conjunctivitis, night sweats, low blood pressure, and so on.

Do not let these symptoms scare you, since they only last for a few days. The occurrence of these symptoms is a mere indication that a 21 Day Detox is working effectively to rejuvenate your health once again. The initial discomfort you suffer is well worth the outcome!

What Can You Do To Feel Better During A 21 Day Detox?

One of the easiest and most effective things to make you feel better during a detox is to drink plenty of water. Water is a universal solvent and assists in the process of elimination. It works to cleanse your body of parasites and toxins quickly and reduces the intensity of Herxheimer reaction. It is recommended to drink at least 2 litres of plain, clean water each day during detox. Refrain from drinking coffee, alcohol, tea, and other flavoured juices.

One Important Tip: Stay Encouraged!

"You may feel worse before getting better during a detox program. But, this should not deter you from the path of being healthy-physically and mentally."

Happy Detoxing!

Nourishing Detox Recipes

Here are a few detox recipes that you can include in your detox program!

Nutritious Kale Salad

Ingredients:

- Kale leaves: 4 cups
- Radish: 1 (peeled and cut into small pieces)
- Avocado: ½ (chopped)
- Celery: one stalk (chopped)
- Red onion: 1/3 cup (chopped)
- Pomegranate seed: handful
- Hemp seed: 1 to 2 teaspoon
- Edible oil (avocado, flax, hemp or extra virgin oil): 1 teaspoon
- Maple syrup: 1 teaspoon
- Sea salt and cayenne pepper: a pinch

How To Prepare

Clean kale leaves thoroughly, and chop them finely.

Place chopped kale leaves in a large bowl and add maple syrup and oil. Mix all the ingredients thoroughly and sprinkle some sea salt. Keep the mixture to marinate for a while.

Mix all the chopped vegetables with marinated kale leaves.

Top up with hemp seeds, and your dish is ready to eat.

Wholesome Detox Salad

Ingredients:

- Broccoli: 2 (stems removed)
- Cauliflower: 1 (stems removed)
- Carrots: 2 1/2 cups (shredded)
- Fresh parsley: 1/2 cup (finely chopped)
- Raisins: 1/2 cup
- Fresh lemon juice: 4 to 6 tbsp
- Sunflower seeds: 1/2 cup
- Currants: 1 cup
- Kosher salt: to taste
- Pepper: to taste
- Kelp granules or Herbamare (optional)
- Maple syrup (optional)

How To Prepare

Cut the broccoli, carrots, and cauliflower into small pieces.

Mix them together in a bowl and add chopped parsley, sunflower seeds, currants, and raisins.

Add salt and pepper to taste.

Add lemon juice and drizzle maple syrup. Your healthy detox recipe is ready to eat!

Hot and Sour Soup

Ingredients

- Dried shiitake mushrooms: 5 pieces
- Dried wood ear mushrooms: 5 pieces
- Fat-free and lower sodium vegetable broth: 1 (32-ounce)
- Fresh ginger: 1 tablespoon (peeled and minced)
- Garlic: 1 teaspoon (minced)
- Rice vinegar: 1/4 cup
- Low-sodium soy sauce: 1 tablespoon
- Freshly ground black pepper: 1/2 to 1 teaspoon
- Tofu: 1/2 pound (reduced-fat firm or extrafirm, drained and cut into small cubes)
- Corn-starch: 2 1/2 tablespoons
- Egg whites: 4 large (lightly beaten)
- Green onions: 1/2 cup (chopped)
- Fresh cilantro: 1/4 cup (minced)
- Dark sesame oil: 1 teaspoon
- Water: 2 1/4 cups

How To Prepare

Place mushrooms in a bowl containing boiling water and cover with a lid. Let it stand for 10 minutes until mushrooms are tender. Drain and cut them into thin slices.

Add 2 cups water, broth, garlic, and ginger in a large saucepan over medium heat and bring it to boil. Now, add mushrooms and simmer for 5 minutes.

Mix vinegar, pepper, tofu, and soy sauce. Bring it to a boil, reduce heat, and simmer for 5 minutes.

Add the remaining water to corn-starch and stir the mixture properly. Add this mixture into broth mixture and let it boil. Reduce heat and simmer for three minutes. Stir frequently and let the soup thicken.

Now, add egg whites to the soup and stir constantly with a wooden spatula. Remove from heat and add green onion, cilantro, and sesame oil.

Beet And Carrot Smoothie

Ingredients

- Red beet: 1 (peeled and chopped)
- Carrot: 1 medium-sized (peeled and coarsely chopped)
- Sweet apple: 1 (coarsely chopped)
- Ripe pear: 1 (coarsely chopped)
- Fresh lemon juice: 2 tablespoons
- Fresh ginger: 2 teaspoons (minced)

How To Prepare

Combine all ingredients in a blender and blend until smooth. Your relishing and healthy smoothie is ready!

*** For more recipes, visit the website www.DivineHealthDetox.com*

The Four Beneficial Supplements That Come With Your 21-Day Detox Package

The Divine Health's 21-Day Detox Package is composed of four nutritious supplements that support your health and rejuvenate your body during a detox program. The inclusion of these four supplements in your daily diet ensures that you are receiving proper nourishment while your body rids various toxins from the kidneys, brain, liver, and blood.

The four supplements are known as:

1. **Living Green Supremefood Canisters:** Green supremefood supplement from Divine Health is an amazing blend of several plant-based superfoods that work to eliminate toxins from your liver and blood. This broad-spectrum supplement is easy on your digestive system. The presence of green vegetables, organic grasses, adaptogenic herbs, digestive enzymes, and organic algae make Living Green Supremefood supplement your perfect source of nourishment. It provides your body with antioxidants, enzymes, vitamins, minerals, fiber, protein, and probiotics. The best thing about Living Green Supplement is that it is free from synthetic additives such as preservatives, diluents, and colors.
2. **All-in-one Plant Protein:** Protein is an integral part of a diet since it is essential for maintaining your optimal health. Protein is derived from both plant and animals; however, some people are allergic to animal protein, and therefore adding protein from other sources such as plants becomes inevitable. Also, plant protein is much more nutritious and safer to your health as compared to animal protein. It is an alkaline forming food that helps to reduce your stress, fight inflammation, and protect your bones.

Animal protein is high in saturated fats that can put your health at a risk of developing life-threatening diseases, such as heart strokes and high cholesterol. Consumption of plant protein, which is rich in unsaturated fats, keeps your heart and health in good shape. The Divine Health's All-in-one Plant Protein is a blend of essential amino acids that are needed for repair and restoration of your body. It also contains:

- **Pea Protein:** All-in-one plant protein is a rich source of pea protein, which is regarded as one of the easy-to-digest and high quality proteins. Pea protein helps increase your energy level and assists your muscles in recovering after a workout.
- **Brown Rice:** Another effective plant protein source that is contained in this supplement is obtained from the barn of sprouted brown rice. Since brown rice is very low in calories and fat, it helps to manage weight. It is a direct source of nine essential amino acids that are not secreted by the human body.
- **Other Ingredients:** Along with these two rich sources of protein from plant sources, All-in-one Plant Protein also contain organic insulin and flax powder that helps your body replenish needed minerals, vitamins, and energy. This product is safe to use since it is free from soy, gluten, dairy, and artificial sweeteners.

3. **MaxOne:** MaxOne from Divine Health is a glutathione supporting supplement and therefore helps in the secretion of glutathione in your body. Glutathione is naturally produced in the body to increase your immunity. It is a sulphur molecule, which is sticky in nature and works to eliminate harmful heavy metals from the body, neutralize free radicals, and detoxify and fight inflammation. The accumulation of toxins and absence of required building blocks reduces the amount of glutathione in your body.

This nutritious supplement is powered by RiboCeine technology, and thus is the most advanced glutathione supplement you can use to boost your health. The RiboCeine technology provides your body's cells with the components needed for the secretion of glutathione. The ribose compound of RiboCeine helps in the production of cellular energy, which causes the secretion of more amounts of glutathione and a stronger defence system that benefits your health. The presence of adequate amounts of glutathione makes your body capable of fighting damaging free radicals during stress and illness, and supports your body's detoxification.

4. **Divine Health's Fiber Formula:** Intestinal toxins can be effectively thrown out of the body with the presence of fiber. Fiber is an essential supplement that should be taken during a detoxification process since it binds toxins and helps the body rid of them. Fiber formula from Divine Health is the best supplement since it is backed by clinical evidence and is found to support the body's immunity, cardiovascular health, and endocrine system. The presence of short chain fatty acids (SCFA) helps to support the body's repair and restoration, and intestinal health.

Most low quality fiber formula turns into a messy paste and cannot pull the impurities out of the body. However, Divine Health's Fiber Formula is a blend of natural fiber sources that stimulate regular bowel movements, secretion of bile, healthy immune systems and blood sugar levels in diabetics. The fiber of this supplement disperses all throughout the digestive system and works like small brushes to remove the deposited faecal matter and other toxins with a scrubbing action. The non-gritty and tasty berry flavour of Divine Health's Fiber Formula replenishes your daily fiber requirements to keep you healthier and happier.

Healthy Eating Habits During A 21-Day Detox Program

A good detox diet can help to reduce your weight, increase your energy level, and rejuvenate your health. When you are on a detoxification program, it is important to avoid all types of foods that can hinder the progress. Any detox program may likely fail if your body is continually loaded with toxins.

What Foods Should I Avoid?

- **Dairy Products:** Consumption of dairy products puts a heavy burden on your body's detoxification system. So, avoid foods such as cheese, milk, and other dairy products during your detox.
- **Alcohol:** Consumption of even small amounts of alcohol when you are following a detox diet can overwhelm the excretory organs of your body, especially the liver. Giving your liver a break is very important during a detox program.
- **MSG:** Monosodium Glutamate, or MSG, is one of the harmful food additives. According to experts, MSG overexcites your cells, thus causing their damage and even death. It is most often found in packaged foods such as salad dressings, canned meats, crackers, seasoning packets, canned soups, and frozen dinners.
- **Artificial Sweeteners:** Synthetic sweeteners such as Splenda and Aspartame can increase the amounts of toxins in your liver. Strictly avoid their consumption during your cleanse in order to gain maximum benefits.
- **Processed Foods:** White bread, pasta, and other processed foods contain refined carbohydrates that can overload your body with toxins. This overload puts you at a risk of life-threatening diseases such as high blood pressure, insulin resistance, and heart attacks.
- **Coffee:** Coffee can rob your body of essential nutrients and make you dehydrated. Try cutting down your coffee intake in order to a minimum during a detox.
- **Sugars:** You should avoid eating excessive amounts of added sugars and table sugar. Sugar can prevent your body's ability to secrete certain enzymes that are required for detoxification. High fructose syrups, processed foods with added sugars, and other foods high in sugar encourage overeating and stimulate your liver to produce more amounts of triglycerides that can increase your risk of heart diseases.
- **Red Meat:** Excessive consumption of red meat can increase your risk of suffering from heart problems and digestive issues. Your liver is already loaded with toxins, so it has trouble breaking down red meat properly; this in turn builds up the amounts of waste products in your system.

In short, you need to avoid all meats, peppers, potatoes, grains, corn, dairy, processed foods and sugars. Alcohol, processed vegetable oils, deep fried foods, microwaved foods, hydrogenated and partially hydrogenated fats and oils which are found in butter, margarine and shortening, soy, fish and poultry should also be avoided.

What Foods Should I Eat

It is recommended that you include lots of vegetables and fruits into your diet during a detox program to help eliminate toxins quickly. A few of the foods that you should include in your diet are:

- **Beets:** Regarded as superfoods, beets help to throw the toxins out of your body. They also fight harmful free radicals that can damage your system.
- **Asparagus:** Asparagus is an amazing detoxifier that also works as an anti-aging food. It keeps your heart healthy and protects you from getting cancer.
- **Broccoli:** Packed with goodness of nutrition, broccoli is a nourishing food to include in your detox diet.
- **Artichokes:** Artichokes support liver and help your body eliminate toxins and other harmful chemicals. It increases the production of bile that works to break down foods in order to utilize their nutrients.
- **Avocados:** Avocados are rich in fiber and antioxidants that help increase the process of detoxification. Avocados contain good fats that protect your heart and keep it healthy.
- **Garlic:** Garlic boosts your body's immunity and helps get rid of toxins because it is loaded with sulphur.
- **Cabbage:** High amounts of sulphurous compounds contained in cabbage make it a perfect detox food. It has cleansing properties because it binds toxic substances and eliminates them from the body.

The complete list of foods that you can eat include beans, peas, lentils, all fruits, grasses and most vegetables including: Artichoke, Arugula, Asparagus, Legumes, Broccoli, Brussels sprouts, Cabbage, Calabrese, Carrots, Cauliflower, Celery, Chard, Collard greens, Herbs, Chamomile, Dill, Fennel, Lavender, Lemon Grass, Marjoram, Oregano, Parsley, Rosemary, Sage, Thyme, Kale, Kohlrabi, Lettuce, Mushrooms, Mustard greens, Nettle, Okra, Chives, Garlic, Leek, Onion, Parsley, Beetroot, Celeriac, Daikon, Ginger, Parsnip, Rutabaga, Turnip, Radish, Spinach, Topinambur, Squashes, Acorn squash, Butternut squash, Banana squash, Zucchini, Cucumber, Delicata, Gem squash, Hubbard squash, Marrow, Squash, Patty pans, Pumpkin, Spaghetti squash, Watercress.



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Divine Health[®]
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