

Your 10-Day Detox Check Off List

This detox is not meant to cure or diagnose anything. Please check with your doctor before starting and if you have diarrhea (you may or may not) for more than 2-days stop the detox and check with your doctor. If you feel constipated, take magnesium citrate twice a day until symptoms subside.

Check Off Days 1-10 Tasks:

	Start your day off with a breakfast detox shake. For the recipes go to http://womengettingfit.com/detoxshake/ and follow with a glass of water.
	Have your Digest Gold Enzymes + Probiotics with each meal: breakfast shake, lunch and dinner.
	Take Great Lakes Gelatin, Collagen Hydrolysate with a glass of water 20-30 minutes before lunch and dinner . Take twice a day.
	Take L-Glutamine 20-30 minutes before breakfast detox shake or with it and with your Great Lakes Gelatin, Collagen Hydrolysate before lunch or dinner (take twice a day). Take this supplement if you have a sugar craving just open capsule and place it under your tongue.
	Drink 7-8 glasses of water each day. Track this in the easiest way that works for you.
	Eat your meals and snacks (do not skip). Your meals should come from 10-day detox cookbook or pre-made meals from Luvu on Amazon! Snacks can come from "What to Eat" library in your member site.
	Get as much rest as possible
	Limit your computer time as much as you can
	Stay away from negative conversations and media
	Exercise for at least 30 minutes each day
	Do your mirror practice for 72 seconds each day saying: "I'm eating more healthy and energizing foods and it's easier than I thought possible. I'm feeling so healthy and good in my body!"
	Daily Journal: Answer these questions: How is my energy today? What am I noticing in my body and in my thoughts? Did I give myself permission to have some down time today? How can I nurture and support myself and my detox sisters tomorrow?

Day 3:

Your shake is designed to cleanse your system including your liver. If you are feeling any side affects like headache, diarrhea, fatigue or moodiness, drink more water and **do not** do the next step until your symptoms subside. Stay with what you're doing.

If you have no side affects and feel ready for the next step, add your Raw Organic Perfect Whole Food Alkalizer & Detoxifier powder with 8 ounces of water or with your Great Lakes

Gelatin, Collagen Hydrolysate 20-30 minutes before lunch. Drink a full glass of water after taking alkalizer and detoxifier drink.

Day 4-7

If you are showing no side effects from your detox as stated in the Day 3 instructions, **have two detox shakes** one for breakfast and one for either lunch or dinner, your choice. Have a full glass of water after your shake.

Day 8

Go back to having one detox shake with your breakfast and your Raw Organic Perfect Whole Food Alkalizer & Detoxifier powder with 8 ounces of water or with your Great Lakes Gelatin, Collagen Hydrolysate 20-30 minutes before lunch. Drink a full glass of water after taking alkalizer and detoxifier drink.

Day 9-10

Go back to having only your breakfast detox shake. Drink a full glass of water after your shake.