

# DESTRESSING MINI-DETOX

LISTEN TO YOUR BODY, EAT FOR YOUR HEALTH



YOUR QUICKSTART GUIDE  
TO NOURISHING YOUR  
BODY AND MIND,  
REDUCING STRESS, AND  
SUPPORTING YOUR  
IMMUNE SYSTEM.

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When things get stressful, we often find ourselves dealing, (or rather not dealing) by reaching for a glass of wine (or 4), munching on chocolate, or finding ourselves elbow deep in a bag of chips.

While these offer some form of immediate comfort, they leave us feeling physically full yet emotionally empty, they only cause more cravings, and leave us feeling worse about ourselves and the world, guilt ridden, ashamed, and heavier than we'd like to feel.

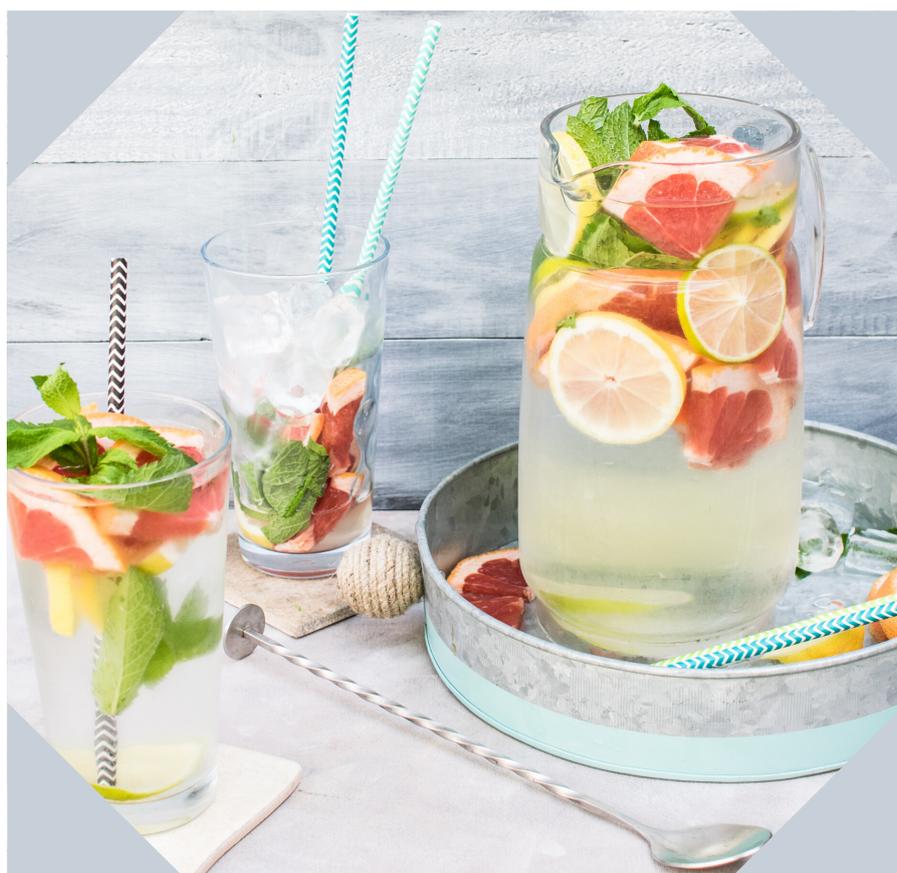
Furthermore, consuming these and other forms of “junk food“, can throw our body off balance, creating blood sugar imbalances and disrupting our hormones, leaving us feeling fatigued, bloated and moody.

This of course makes it a lot harder to cope with what life throws at us (which is a lot at the moment) AND adds stress to the body, suppressing the immune system, which is the EXACT opposite of what we want to achieve.

While there are no quick fixes, sometimes we just need a hard reboot to reset the system and get our mojo back. And this guide provides just that.

In saying that, this detox is NOT your permission slip to go on a cheese, chocolate & wine binge every weekend and use this as your Monday magic pill. It's intended to make you feel better quickly so you can get back on track, feel empowered and in charge of your life, set yourself up for vibrant health, minimal stress, and being able to cope with whatever life decides to throw at you next.

That irritability and discomfort you're feeling is just your body crying out for help, and I want to share with you the 2 most common offenders I see my clients turn to in times of stress, and give you the strategies to quickly reset them.



## Sugar & Carbs

Believe it or not, most of the discomfort you're feeling is likely just a blood sugar nightmare you created in your body with too many potatoes, bread rolls, cakes and pies, and even so called "healthy" grains such as rice, wheat and oats.

Eating simple carbs and sugars of any kind will cause your blood sugar levels to spike and crash, leaving you feeling tired, annoyed, puffy and achey.

If you've ever felt "hangry" or irritable before meals, or relieved after meals, you're likely dealing with blood sugar imbalances.

Don't worry, this is extremely common nowadays, because our modern diet is geared towards a relatively high amount of carbohydrates which leaves most people somewhere on the spectrum of blood sugar dysregulation.

While blood sugar issues lead to mood swings, weight gain and cravings, the most detrimental aspect of them by far is their impact on the immune system.

Blood sugar spikes and crashes are such a stress to the body, they create an emergency state, keeping the body in "survival" mode, and overriding any healing and repairing that might be needed. This adds to the other stress you're already experiencing in your life, making it that much harder to cope. Stress creates further blood sugar problems, regardless of what you eat.

Think of your blood sugar as a distraction that keeps your immune system busy instead of it fighting off infection and keeping viruses at bay. It basically weakens you and leaves you more susceptible to disease.

## The Reset:

Let's not beat around the bush here. Jump in with both feet and take a 24 hour break from all sugar and grains. Don't think about it, just do it.

Keep it super simple, don't over complicate things, take it one meal at a time and set yourself up for success.

Here's a simple sample menu for you to follow:

**Breakfast:** eggs cooked your way in coconut oil, duck fat or real butter with some spinach & mushrooms, you can throw in an avocado for good measure, some smoked salmon or bacon, just hold the bread.

**Lunch:** A fresh salad with mixed leafy greens and some colourful seasonal veggies, with leftover roast chicken or fish if you have any in the fridge, or open a tin of tuna or salmon. Add a drizzle of olive oil and apple cider vinegar, and season with salt & pepper.

**Dinner:** Sautéed or stir-fried veggies in coconut oil. Focus on leafy greens and add your protein of choice.

**Snacks:** You should feel full and satiated if you follow this menu and may find you don't feel like snacking, but if you really need to snack, opt for raw veggie sticks, or small amounts of nuts.

**Sugar cravings:** If they rear their ugly head (from physical or emotional reasons), add some roasted sweet potato or pumpkin to your meals or eat small amounts of berries, citrus or kiwifruit.

Sticking to this template, just use whatever ingredients are readily available to you and remember to keep it simple.

# Alcohol

Ok, so 1 glass of wine won't hurt, but 3,4,5 or more can have a serious effect on your body and you'd be feeling it.

Ciders, beers and cocktails are even worse as they contain alcohol AND sugar.

The organ that carries the most brunt here is the liver that is in charge of processing and detoxifying not only toxins (and yes alcohol is a toxin), but also your hormones.

So if your liver is busy dealing with excess alcohol, you can bet it won't be very efficient at processing your hormones and the hundreds of other functions your brilliant liver has, so it's no surprise you're not feeling great.

Another indication your liver needs some help is if your experiencing anger.

Anger is an emotion associated with liver congestion, or an overworked and insufficient liver.

So if you've been noticing things are getting to you, and you're lashing out at the kids or your partner more than you'd like to, it's probably a good idea to give your liver some lovin'.

Lastly, if you find yourself waking at 3am, this is the liver hour according to Chinese medicine, and is one more indicator that your liver is in need of some TLC.

Experiencing stress and anxiety burdens the liver too, so this reset is an incredibly powerful way to support your body and mind in this time.

## The Reset:

Make today all about hydration by tracking how much water you drink. Fill up bottles or jars to keep track of your water consumption. Aim for 8 cups of water (tea & coffee don't count, sorry).

Start your day with a big glass of warm water with lemon juice.

Add a pinch of pink Himalayan salt to your water for better absorption and electrolyte balance, and enjoy some fresh coconut water to mix things up during the day.

If you don't like plain water, add some fresh mint, a cinnamon stick, a squeeze of lime or some sliced fruit to keep things interesting.

This green smoothy will give your liver all the love it needs and leave you feeling great:

1 cup spinach

1 small apple, orange or 1/2 cup berries

1 cucumber

1 stalk celery

1/2 cup fresh herbs - parsley, mint & coriander (cilantro) are my faves.

1 piece of fresh ginger to taste

juice of half a lemon

Ice

1 cup Coconut water

Blend in a high-power blender and enjoy.

Boost your vitamin C levels with capsicums (peppers), kiwifruit, strawberries & citrus fruit.

Other liver loving foods to include in your reset are bitter greens (dandelion, rocket, radicchio, kale), beetroot (including the leaves) and dandelion root tea.

## That's it.

By combining these 2 simple yet powerful strategies you will be feeling better in no time.

Nourish your body with clean healthy foods that make you feel good, hydrate with pure water to support your body's natural detox pathways, to cleanse and heal, and in turn, you will be brighter, lighter and more vibrant and much better able to cope with life.

You should enjoy better sleep, better skin, better mood, and less cravings, less mood swings, less bloating.

What you may not notice, is the wonderful break and boost you are giving your immune system.

Enabling and freeing it to work for you in its most optimal way, just as it was designed to do, just as humans have survived and thrived as a species for millions of years, long before modern medicine.

Our immune system is designed to fight viruses, and we will have the best chance at great health, if we support our immune system with nourishing foods and proper hydration.

Other ways to support our health during this time is with spending time outside and getting sun, even if it's just on your balcony or back yard, moving your body, even if it's just stretching on your yoga mat, and getting plenty of rest.

Switch off the news, hop off social media, listen to music, have a dance, meditate, read books, play with your kids, plant seeds, and have meaningful conversations.

This is what this time is about.