

# **DETOX BOOT CAMP**

## **Clean & Lean in 2014**

### **YOUR 7 DAY DETOX PLAN**

### **FOR GOOD HEALTH**

**By Sue Alexander**

Welcome to my Detox Boot Camp. All the information contained in this program is presented solely for information purposes so that you may learn more about the subject.

#### **Disclaimer**

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#### **About Sue Alexander**

With over 30 years of experience in the holistic health and beauty industry. I have a wealth of knowledge in all aspects of natural beauty and provide a diversity of treatments for my discerning clientele all over the World.

My vision is to provide information to aid ultimate well being and to share some of my knowledge and experience. I specialize in bespoke treatment plans using many different disciplines but above all I believe that wellness comes from an array of forces that lead us to have a great attitude and include healthy food choices and listening to your bodies needs. We all need support, guidance and knowledge. Sometimes we fall off the emotional wagon; ultimately that affects our spirit and shows physically through premature aging, weight issues, lack of energy and disease.

I firmly believe that we all deserve not just good health, but amazing health. That takes conscious action, realignment and constant adjustment in the fast pace world we live in.

The Detox Boot Camp has come about through advice that I offer my clients and being asked by so many of you for that help too.

So it is with love that I give you a platform to live your life consciously, give you the tools to make wise decisions, grow, learn, experience and become the very best version of you.

*We Are All beautiful; it is my role to ensure that your beauty is experienced at cell level and that you hold the tools to total wellness.... Sue Alexander 2007*

## Detox Boot Camp Shopping & Eating Plan

### Food Focus

Rather than following an extreme detox plan that limits just about every food except fruit and vegetables and can leave you feeling fragile, this plan is safer and more sensible and will not leave you short in nutrients. You can follow it for just one week if you have a special occasion that requires special effort, or ultimately for 28 days. However, it is a safe enough plan to continue for more than a month should you need to continue to lose weight.

### Your plan should include:

**Arbonne Protein Shakes**, 1 or 2 per day, made with water and or almond, rice or coconut milk or fruit juice. Make 300mls to 2 scoops of protein shake with equal parts of water and chosen a compliment.

**Fruit** – your plan can include any fruit including fresh or frozen if necessary. Apples, apricots, bananas, blackberries, blueberries pears, oranges, lemons, limes, satsumas, pineapple, mango, kiwi fruit, strawberries, raspberries, blackcurrants, nectarines, peaches, melons, star fruit, cherries, figs, papaya, plums etc

**Fruit juice** – either make homemade fruit juices or smoothies from fresh fruit & vegetables. Or freshly pressed juice without sugar or preservatives from a reputable supplier.

**Vegetables** – eat any vegetables including fresh or frozen (without salt added). This includes carrots, onions, turnip, swede, sprouts, cabbage, peppers, mushrooms, sweet corn, peppers, leeks, courgettes, broccoli, cauliflower, lettuce, rocket, tomatoes, cucumber, spring onions, bok choy, celery, kale, cucumber, avocado\* beetroot, bamboo shoots, beans (green, string, yellow) artichokes, asparagus, mushrooms, peas, okra, pumpkin, radish, rhubarb, snow peas, spinach, alfalfa, squash, sweet potato, watercress

**Beans and lentils** – This includes red kidney, haricot, cannelloni, butter, black eye, pinto, red lentils, green lentils and brown lentils

### Tofu and Quorn

**Potatoes\*** – Sweet potato only

**Brown rice and rice noodles**

**Rye crackers, rice cakes and oatcakes\***

**Fresh fish** – fresh fish including cod, plaice, mackerel, salmon, lobster, crab, trout, haddock, tuna, prawns, Dover sole, red mullet, halibut, lemon sole, monkfish, swordfish etc. Limit to once/twice per week. Ensure sustainable source and not farm fed.

**Unsalted nuts\*** – eat any including Brazil, peanuts, almonds, cashew, hazel nuts, macadamia, pecans, pine nuts, pistachio, walnuts etc

**Unsalted seeds** – including sunflower and pumpkin

**Plain popcorn\*** – without sugar or salt!

**Live natural yoghurt\***

**Extra virgin olive oil, coconut oil, flaxseed oil and balsamic vinegar,**

**Garlic, ginger and fresh herbs**

**Freshly ground black pepper**

**Honey\* stevia\***

**Almond butter, almond milk, rice milk, coconut milk, hazelnut milk**

**Organic eggs\***

**Herbal, Green & Arbonne Herbal tea**

**\* = Eat in moderation**

## **Water**

**At least 2 litres a day.**

**Drink bottled, mineral water.**

**Calculate how much water you need using this simple formula:**

**Weigh yourself in stones, divide the number by 3 and convert to litres.**

**Eg.: 9 stone divided by 3 = 3 litres**

## **Foods to avoid during your detox**

- Red meat, pork, chicken, turkey and any meat products like sausages, burgers, and pate for 7 days.
- You may then introduce organic free range chicken & turkey after the 7 days. Beef should be grass fed and only consumed if essential once per week.
- Milk, cheese, cream
- Limit eggs in the first 7 days, then re-introduce organic free range eggs after initial 7 days.
- Butter and margarine, peanut butter.
- Any food that contains wheat including bread, croissants, cereals, cakes, biscuits, pies, pastry, quiche, battered or bread crumbed foods, etc
- Crisps and savory snacks including salted nuts
- Chocolate, sweets, jam and sugar, artificial sweeteners.
- GM Soya
- Processed foods, ready meals, ready-made sauces and takeaways
- Alcohol
- Coffee and tea
- Sauces, pickles, shop bought salad dressing, mayonnaise, MSG, vinegar
- Salt
- Fizzy drinks including fizzy water and squashes, including diet versions, they are the worst!

Do not cheat! You will slow down the cleansing process and whatever you eat will undo all the good you have done. Snack on healthy foods if you are hungry.

## **Important Information**

**The source of your food is important. If you have the choice eat organic, locally produced food. Get to know your health food shop and buy everything fresh where possible.**

**Eat until you are full.**

**Never skip meals.**

**Never allow yourself to be hungry, don't restrict yourself to three meals per day. Many of us function better on refueling on smaller meals every 2-3 hours. The more you eat of the listed foods the easier your body will allow weight loss and toxin removal.**

**No fruit in the afternoon, except an apple, as fruit can ferment in your tummy.**

**Individuals with thyroid problems should avoid cauliflower, broccoli & flaxseed oil.**

**Drink plenty of water, away from meals, and do not get dehydrated!**