



fall Detox --- Guidebook

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Welcome to your 7 Day Clean Start, Fall Detox!

This guidebook is designed to give you the basic knowledge upon which to build a strong foundation for your health and achieve a natural state of radiance, energy, and balance. You will be able to use this guidebook again and again as you deepen your understanding of your own needs for detoxing and optimum wellness.

We (Raya & Abigail) created this program because of our own experience with having chronic, nagging, life sucking health problems. We individually learned the value of detoxing to refresh our energy, lose unwanted weight acquired from illness and found new joy in a healthier bodies.



Dear Fellow Detoxer,

Even those who have a super clean diet and lifestyle benefit greatly from seasonal detoxing because of modern day stressors and toxins we cannot always control. So no matter what might be your current lifestyle, health level, diet, or energy level, regular detoxification can be a very special gift to give to yourself.

Many of us set aside time to spring clean our homes, our yards, and our automobiles, yet the body is often forgotten. This is a wonderful opportunity to support your body so that it may function at its full potential.

We see many clients who suffer from allergies, stress, fatigue, headaches, hormonal imbalances, digestive issues, weak immune systems, and skin problems. These are your body's cries for help! Your body is asking for a time to rest, rejuvenate, be deeply nurtured, and "tuned up." During this program, you will need to put a little extra time and attention into breaking from your routine, but your reward will be feeling like you have a new lease on life! *I wish you happy detoxing!*

Welcome to your
7 Day Clean Start Fall Detox!

Warmly,

Raya and Abigail

Disclaimer: The contents of this booklet are based on the knowledge, opinions, and experience of Raya Ioffe and Abigail Thurston unless otherwise noted. The information in this handout does not replace a one-on-one relationship with a qualified health care professional and should not be considered medical advice. Raya and Abigail encourage you to make your own health care decisions based on your research and in partnership with a qualified health care professional. And most importantly, make sure to listen to your body.

■ ■ ■ Why Should You Do a Detox?

Imagine if you lived in a very small space. What would it be like if you could only remove 20% of the trash you brought in? What would it feel like to be in that space after a week? What about a month? Now imagine a year! How does it feel to be in that space now? This is how your cells feel when they cannot release waste.

Detoxing your cells will improve your ability to absorb nutrients and eliminate waste. It will also stabilize and improve your energy. During this program you will improve your health, increase your energy, and eliminate waste that causes disease, weight gain, and cravings.

When your body cannot eliminate waste properly it become acidic and toxic, when it becomes acidic and toxic, your blood and you cells slow down. When this happens, **your body starts to slow down and break down.**

There are three reasons why toxins build up in your body.

1. You take in more than you can eliminate either with food or lifestyle. This inhibits your body from being able to fully recover.
2. Toxins in our food, our environment, and our thoughts create waste that our body cannot use.
3. An overly acidic diet that allows micro-organisms (yeasts, molds, funguses, etc.) produces Mycotoxins in our body which makes more toxins.

Toxins and Inflammation

To achieve health, radiance, energy, balance, and permanent weight loss, it is helpful to understand the underlying causes of diseases and obesity, which are *toxins* and *inflammation*. The good news is that we can restrict these causes by choosing to take an active role in feeling and looking better. A great way to do this is with detoxing. It brings balance to your body and improves your digestive system, enabling you to be more successful with future health goals. But before we begin our detox, let's talk a little bit about toxins and inflammation.

What make you toxic?

Certain foods, our environment, and even our lifestyle make us toxic. The simple truth is, we are surrounded by toxins. In fact, we are exposed to more environmental toxins in one day than our grandparents were in an entire lifetime. Environmental chemicals in solvents, plastics, and adhesives; poisons in makeup, moisturizers, nail polish, hair dyes, and shampoos; pesticides, herbicides, parasites in soil, food, and water; ingestible chemicals in junk and processed foods; the toxins released by our bodies when under consistent stress; and even the toxic thoughts and words that we may subject ourselves to on a daily basis all contribute to an ever-increasing lack of radiance and energy.

Problems that can result from toxic overload and inflammation:

- Bad breath
- Bloating, gas, constipation, and diarrhea
- Canker sores
- Difficulty concentrating
- Excess weight or difficulty losing weight
- Fatigue
- Fluid retention
- Food cravings
- Headaches
- Heartburn
- Joint pain
- Muscle aches
- Puffy eyes and dark circles
- Postnasal drip
- Sinus congestion
- Skin rashes and acne
- Sleep problems

(Toxins can also block your thyroid function, impair female hormones, and may account for depression, anxiety, and fatigue.)

Benefits of Detoxing:

- Increased energy
- Mental clarity
- Improved digestion
- Allergy relief
- Weight loss
- Hormonal balance
- Radiant skin
- Improved physical appearance
- Longevity and disease prevention
- Relief from minor health conditions
- Clarity in life path and goals
- Tissue regeneration
- Increased general well-being
- Personal confidence and empowerment



Let's Get Started

Preparation

1. **Get organized** – read the program materials provided (They're an easy read with lots of white space for your notes if you choose to print them out.) Mark your calendar for the start date. Set aside time each day to input new habits, self-care, and routines into your schedule– try to automate everything as much as possible.
2. **Go shopping** for the food supplies described in the program.
3. **Create systems to make things easy.** Set up your needed utensils, props, etc. Put away all items you will not need (clean out tempting, forbidden food items... a must for success!) to create a detox-friendly environment.

Clean Start Fall Detox is a Short, Gentle & Effective Detox

This is a gentle and relatively short detox designed to jump-start your journey to health. The diet may seem fairly restrictive compared to the modern day American diet, but you should not go hungry, as this is not a fast. **Eat abundantly from the foods that are listed** for each stage of the program and use the menus and recipes as guides to make the most of your experience.

This detox is designed to be *gentle yet effective*. It is also intended to be doable while you work, play, or go about your normal routine. Your normal routine, however, will be a bit different during this program, simply because you will be eating, doing and thinking different things while detoxing.

One incredible benefit to detoxing will be the awareness gained about how different foods make you feel physically, emotionally, and energetically. Your taste buds will begin to change and you will begin to understand how your body is responding to the foods you are

consuming. This will give you more control of reactions you were not aware were caused by foods.

There are thousands of different dietary recommendations and philosophies, and new ones come up every day. The very best way to figure out your personalized diet is to begin to pay attention to how you feel as you explore different ways of eating and being. In the process of detoxing you will begin to recognize which foods may not be serving you, despite what you have read or been told.

Detoxing and your body

Every toxin that you come into contact with must be filtered through your body (your body is a giant filter) and then be eliminated... primarily through your colon. When the colon becomes overburdened by a build up of toxins it loses its ability to function efficiently. This leads to a cascade of potentially serious health consequences and uncomfortable reactions.

What happens when the colon is not functioning properly or is overburdened? Toxins begin to find their way into other organs especially your liver, skin, fatty tissues, and the blood. This is when we begin to see and feel the manifestation of some of the common ailments described above.

This fall program is focused on detoxing your large intestine. However, it will also provide support to other systems in your body, such as your liver, skin, lymph, lungs, kidneys and bladder, mind, and emotions. As the colon starts the process of releasing toxins, these other organ systems will also provide pathways to efficient elimination.

In the **Beginners Stage** of the program, you will be eliminating the basic inflammatory or allergenic foods. This stage is also for someone who's not ready to give up animal protein during the detox. If this is your first time detoxing, you don't have to go any deeper than this, although we encourage you to try it. The Beginners Stage will set you up for easy success. You'll get more on the Beginner and Intermediate Stages of detoxing.

Common Signs That Your Colon May Need Some Attention

Do you wake up in the morning with diarrhea or constipation?

If you wake up in the morning between 5-7AM, and have an abnormal or fail all together to have a bowel movement; your colon may be asking for some support. While you sleep, your colon, is active and working on cleansing and detoxification. Abnormal elimination during “colon time” can signal that the colon is exhibiting signs of toxicity and needs detoxing. Many times, this happens from not getting enough fiber or water.

Skin problems?

Skin rashes, eczema, psoriasis, rosacea, acne, fungal infections, pimples and dry skin are all clues.

Respiratory problems?

Asthma, allergies, post nasal drip, stuffy nose, sinus congestion/ headaches, excessive mucus, hmmm... hmmm, may be ways your colon is trying to get your attention to tell you it's time to detox your colon.

Emotions like grief and sadness?

If the colon is congested and unable to eliminate in a healthy way, it becomes “sluggish, compacted, toxic,” causing excessive grief and sadness.

Hormonal imbalances?

PMS, hot flashes, and pre-menopausal symptoms are increased due to a congested colon.

Constipation & Diarrhea?

These conditions can often be caused by a congested and toxic colon. The colon should be addressed first in any cleansing protocol as it is the main elimination channel, helping subsequent detoxes to work more effectively.

11 Steps that Support a Healthy Colon

1. Eliminate toxins from your diet and your life as best you can.
2. Drink pure (filtered) water throughout the day.
3. Drink your hot lemon water first thing every morning.
4. Eat dark greens, preferably raw, every day (e.g. "green juice," a big green salad, and green food supplements). Eat lots of celery (a good source of plant sodium that helps support the adrenals), watercress, broccoli, kale, cucumber, spinach, romaine, fresh herbs like basil and cilantro, and sour green apples.
5. Eat animal protein between 10 a.m. and 3 p.m. It can be stressful for your body to eat the animal protein later in the day or evening, especially if you are showing signs of colon stress.
6. Remember, you need protein to support and detoxify the colon. In addition to protein naturally found in foods, good sources of protein include nuts and seeds, including hemp protein and green superfoods like spirulina, chlorella and blue-green algae.

7. Eat dinner at least 2-3 hours before bedtime.

8. Make sure that your colon is supported and clean. When toxins remain in the colon, they are sent back to the liver. The liver then sends them right back down to the colon in the bile. To help permanently eliminate these toxins from the body, add extra fiber, probiotics, and filtered water.

10. Sweat! Saunas and exercise are a good way to sweat. Another way is to take the toxin elimination baths (details provided in your Bonus, Savvy Self-Care Detoxer's Guide) at least 3-4 times per week.

11. Assist your lymphatic system - Use a dry body brush every day to stimulate your lymphatic system and help move your lymphatic fluids. You can also lymphasize, which is a way to stimulate lymphatic drainage, ridding your body of toxins, wastes, trapped protein, bacteria, and viruses. What do you need to do? Jump on a mini-trampoline -- this is called rebounding. This creates an ideal condition for cleaning the cells. The vertical acceleration and deceleration help the cells squeeze out waste.



Your Detox

We have outlined the basic detox program below. If you have any specific issues, such as inflammation, candida, cellulite, hormonal issues, possible food intolerances, allergies, or blood sugar issues (hypoglycemia, insulin resistance), we can provide you additional information to support these conditions. Please let us know and we can schedule a one-on-one session to discuss. This detox is based on the Beginners and Intermediate model.

Although we know everyone likes to be told exactly what to do... you will need to take some responsibility and tune into your specific needs to fit your unique intention. This detox is for 7 Days, but can be

safely continued for anywhere from 14 to 28 days. That may sound like a lot, but keep in mind that soon after you begin the program, you will feel more energized and lighter and have no cravings, which will make the time pass quickly.

The Two Stages of this program:

1. **Beginners Stage** – preparation, elimination of refined foods and stimulants
2. **Intermediate Stage** – deepening your detox with optional Savvy Self-Care, extra colon detoxing supplements and eliminating additional foods during the detox

You'll also be Guided to Transition out of the detox:

Gently adding grains and proteins back into your diet will reduce body stress. You can begin to add animal proteins if you wish (go slow adding grains and/or dairy).

Take at least 3-4 days to introduce a new food before adding in another one, to let your body speak to you clearly about how the “new” food makes you feel. **This is the most important aspect of this cleanse!**

How to optimize your detox

- It is ideal to **space meals 3-4 hours apart**. This allows the body to tap into and begin to burn fatty tissue that is storing toxins. This will also keep your energy level consistent.
- **Eat your evening meal at least 3 hours before going to bed**, to ensure that you are not still digesting when your body needs its rest and renewal. The body, does some serious detoxing at night. This is why staying up past midnight to party (alcohol, drugs) is particularly destructive to your body.

Basic Detox Foods

On the basic detox you will be eating only the foods on the “good food” list, as well as including at least some of the suggested therapies and lifestyle habits.

Foods you'll enjoy during Beginners and Intermediate Stages of detoxing.

Vegetables (buy local, seasonal and organic)

- broccoli
- Brussels sprouts
- burdock
- cabbage
- cauliflower
- celery
- chives
- cucumber
- all leafy greens (kale, chard, collards, lettuces, dandelion, beet, etc.)
- kohlrabi
- leeks
- onions
- garlic
- peppers
- parsley
- cilantro
- green onions
- radishes
- parsnips
- turnips
- winter squash
- watercress
- fennel
- Jerusalem artichokes
- sea veggies
- squash
- sweet potatoes
- mushrooms
- celeriac

Seeds & Nuts (including nut/seed butters and milks) - try sprouted versions for ease of digestion; the following are your go-to seeds and nuts for the week to increase your fiber intake

- flax seeds
- chia seeds
- pumpkin seeds
- hemp seeds

- sunflower seeds
- almonds
- walnuts
- cashews
- macadamia
- pecans

Legumes (aka beans)

- lentils
- mung
- adzuki
- pinto
- black

Fats & Oils

- olive oil (no-low heat)
- sesame oil
- coconut oil
- flax (not for cooking)
- hemp (not for cooking)
- avocado

All fermented foods

- miso
- pickles
- krauts
- kimchee

High Mineralized Sea Salt

- Celtic, Himalayan, or Hawaiian Red

Coconut

- oil
- milk
- butter

Broths

- bone broths

Alternative Sweeteners

- raw honey
- liquid stevia

Soy

- miso

- tempeh

Seasonal Fruit

- apple
- pear
- dried cranberries (if fruit-sweetened)

Herbs to Include/Highlight

- garlic
- ginger
- cinnamon
- cayenne
- nutmeg
- milk thistle
- dandelion
- marshmallow root
- pau d'arco

Foods to Eat In Moderation

- starchy vegetables & nightshades
- potatoes (white or red)
- carrots
- tomatoes
- eggplant

Foods and substances to avoid during all detox stages:

- grains
- sugar and all commercial sweeteners (white sugar, cane sugar, dehydrated cane juice, brown sugar, honey, maple syrup, high fructose corn syrup, sucrose, glucose, maltose, dextrose, lactose, corn syrup, and white grape juice concentrate)
- Sugar alcohols such as sorbitol, mannitol, xylitol, and malitol
- Artificial sweeteners like aspartame
- Powdered forms of sweeteners like stevia (liquid is okay)
- Alcohol
- Caffein... coffee, soda, tea (except green tea)
- Yeast (baker's and brewer's)
- Dairy products

- No soy products (e.g. tofu)
- Gluten (anything made with wheat) and all flour products
- Corn
- all processed foods
- all fried foods and trans fats
- all food additives
- coffee
- dairy (cow, sheep, goat, raw and not)
- Peanuts
- Refined oils and hydrogenated fats such as margarine
- Processed foods or food additives
- Fast food
- Junk food
- Any food that comes in a box, package, or is commercially prepared

Water, water, water! The must have essential while detoxing

- Drink 8 – 12 glasses (8 ounces each) of water a day!
- Plan on drinking 8 ounces of water every two hours you are awake.
- Start your day with at least 2, eight ounce glasses of water before any food intake.

A note about absolutely necessary detox supplements:

Probiotics are included on your daily protocol because they are essential for optimal digestion of food and absorption of nutrients, and they help your body produce vitamins, absorb minerals and aid in the elimination of toxins.

In your Bonus: Savvy Self-Care Guide there will be several optional and affordable supplements you may choose to support you colon in eliminating toxins.

Preparing for Your Clean Start Detox

Preparation

To begin to prepare the body, you will eliminate sugar, dairy, refined foods, refined oils, and coffee. You will also want to prepare your environment and collect the foods, tools, supplies, and supplements that you will need. During this phase you will experience the strongest and most frequent signs of toxic withdrawal.

What is toxic withdrawal?

When you start to eliminate substances that your body has become dependent upon (addictive substances), your body will naturally respond and ask for them back. It doesn't do this in a comfortable or easy way. It is important for you to realize that only unhealthy, toxic substances are addictive. If you experience uncomfortable sensations, these are signals that repair is under way and the removal of toxins from your body is occurring. The more you search for fast, temporary relief with a candy bar, soda, or chips, the more you will inhibit the healing detoxification process.

Signs that you are experiencing toxic withdrawal are:

- Headache
- Weakness
- Stomach cramping
- Lightheadedness

- Empty, growling stomach
- Irritability, moodiness
- Fatigue
- Bloated feeling

Depending on your situation, this could last a couple of days. This will be the most difficult phase of the program, but these changes are the most important to getting you started. Don't give up!

Intermediate Stage: Deepening the Detox /Alkazing the Body

In this phase, avoid animal protein, and reduce the amount of brown rice or quinoa consumed to one or no servings per day. I suggest you eat yams, carrots, beets, or other starchy vegetables as your main starches whenever possible. You will be enjoying an abundance of alkazing fresh (organic) plant foods.

This is a great time to juice vegetables, make green smoothies, and drink broths. You are free to enjoy salads and elixirs as well. These all help keep the body fortified with nutrients, while facilitating detoxification. You may choose to extend or shorten this stage. It's up to you.

This Intermediate stage of cleansing is for you if... you are ready to clear and restore the body on a deeper level.

Coming off your detox and adding foods back with awareness!!!

At this point you will be adding back the foods you eliminated during the detox. This can be a difficult time because you will be adding back foods that may have been causing you irritation, so take it slow. The first step is to stick with the foods on the "foods you will enjoy" list. Refer to the comment above about introducing foods one at a time, especially adding grains and dairy back in. Take one step at a time. This is the best time for you to listen to your body.

If adding animal protein, make sure it is clean (organic or pastured). You will do this for the first 4 days. After the 4th day if you want, you can add in the other food groups we eliminated. However, when you add these foods, add them in one at a time and journal about any symptoms you notice, such as:

- Headaches
- Sore throats
- Sinus pressure or changes with your sinuses
- Dry skin
- Moodiness
- Stomach issues
- Irregular bowel movements
- Gas
- Dry eyes
- Disrupted sleep
- Bloating
- Weight gain

As you add back food groups, you are keeping track of symptoms so that you can identify food sensitivities and understand how certain foods affect you. This will help you understand how and why you are feeling a certain way. For example, too much alcohol is known to cause hangovers. Food, especially sugars, works the same way.

Optional

Home enema or professional colonic if you have someone in your area who provides these:

Benefits of enemas and colonics:

- ✓ Anti- Candida Support
- ✓ Skin problems
- ✓ Total internal detoxing/colon
- ✓ Liver detoxification

Listen to your body. If you feel like resting, rest. If you feel like taking a nap, nap.

Food Intolerance – Why Are We Eliminating Certain Foods?

Do you have a favorite food that you HAVE to have or can't stop eating? Do you feel tired, bloated, and drained ALL the time? These may be signs of a food addiction or food intolerance. And if you're thinking, "Okay, so what's the big deal," then you should know that it takes only ONE food to wreak havoc on your health and your ability to maintain a healthy weight, immunity, and more.

Many times, the foods we think we LOVE the most are actually the foods that our bodies have a sensitivity to or intolerance to, keeping us from losing weight and making us feel tired and depressed.

When we eat a food that we have an intolerance or sensitivity to, it causes an inflammatory reaction and floods our body with chemicals. And it's the chemicals that our body releases that we can become addicted to and could be keeping us from losing weight, causing us to be tired and starting a cascade of other symptoms. One reason is that our immune system can attack the food much like it would attack a germ, taxing your whole body and draining your energy.

Food allergies and intolerances are much more common than most people realize.

Millions of adults and children suffer from allergic reactions to food and do not know it because the symptoms can be hard to diagnose. The reason a food intolerance is so difficult to identify is that there are so many different symptoms and the symptoms are different for

everyone. Also, there is often a delayed reaction from eating the food, so you may eat wheat one day and feel fine, but then the day you feel bloated and tired.

More common allergies are really more like food sensitivities and because the symptoms are bloating, poor digestion, headaches, lethargy, depression, and weight gain, most people don't think they're caused by the food they've been eating for their entire lives. They just think, "There must be something wrong with me." The most common foods that people have a sensitivity, or intolerance to, are dairy, wheat/gluten, and soy. (Gluten is the portion of the wheat that causes the problems, and it also found in other gluten grains.) These are the foods that often end up being trigger foods for people, along with sugar.

When people don't know that a food intolerance is the root cause of their health issue, they usually blame it on their slow metabolism or their bad genetics and they just live with it. Once you have eliminated these reactive foods from your life, you will be amazed at how quickly your energy and health will increase and, if needed, weight will effortlessly fall off. Your body will thank you for returning it to its natural state of radiant health.

Symptoms caused by food intolerances:

- Acne/skin breakouts
- Anxiety
- Gas/bloating
- Slow metabolism
- Depression
- Headaches
- Lethargy
- Weight gain
- Digestive issues
- Cravings for food

- Binge eating

In Closing

Remember, the first 2 -3 days are usually the most challenging. It actually gets easier the longer you are on the detox. Once you overcome the food addiction withdrawal, you will feel like a new person. As you stick with this program you will become more aware of your body and how food is affecting you. You will become your own detective. Having this knowledge gives you the freedom to know what, when, and how much you can eat without feeling like you need to be deprived. Once you make the connection of how certain foods are affecting you, you will not miss the foods that were making you feel miserable.

We wish you great success with this program and suggest you come back to it a few times a year.