



Your 10 Day Whole Person Detox Challenge Cheat Sheet!

Keep track of your progress and celebrate change!

Day One/ Part One: Eliminate Refined Sugar and Flour

- Find a healthy soda substitute (like organic & raw Kombucha).
- Clean out your kitchen cupboards and refrigerator of all refined sugar and grain products.
- Print the list of all the different names for sugar and carry it with you to the grocery store.
- Replace refined sugar and flour with fresh, organic, whole foods your body recognizes and knows how to handle.
- Shop the perimeter of the store! Most processed foods and their tempting, enticing packaging is found in the aisles.
- Remove or greatly reduce the all dairy, Omega-6 vegetable oils, processed foods and alcohol from your diet.
- Print out the grocery list from Day One and buy only whole, unprocessed foods (organic if possible).
- Drink lots of water! - A minimum of 8-12 cups a day if you can.

- Fill 80% of your plate, salad or smoothie with greens, vegetables, and fruit and 20% with protein and good fats (meat, chicken, fish, avocado, nuts etc.). Of course, if you are vegan or vegetarian, adjust accordingly. Also, have your quinoa with veggie's only, no other proteins.
- First thing in the morning, have a glass of warm water or organic decaf tea (warm, not hot) with half a squeezed lemon.
- Print out or memorize the Environmental Working Groups Dirty Dozen list and only buy organic versions of these items.
- *Keep it Simple...*Smoothies, Salads, Soups, and Stir-fry's will help you get the most nutritional bang for your buck.
- Try at least one new recipe each week and file away the "keepers" for future meals.

Day Two/ Water – The Ultimate Natural Detox Tool!!
Drink Plenty of Good Quality Water!

- Buy and drink the best quality water you can find!
- Take your weight in pounds and divide that number in half. This gives you approximately the number of ounces you should drink each day.
- Take a sauna or steam bath once a week if possible.
- Take a detox bath or shower once a week if possible.

Day Three/ Pass on the BPA's

- Toss all the canned foods and/or simply do not buy more unless they are BPA-free. (There are a few organic brands, like Eden and Amy's soups and beans in BPA free cans that are ok to eat).
- Toss all your plastic storage containers and replace with inexpensive glass containers.
- Do not drink water from plastic water bottles. Use stainless steel or the BPA-free versions. Choose glass baby bottles as well.

- Those thermal printer receipts from the store? Don't touch them.

Day Four/Reduce EMF's in Your Home and Body

- Get a 6 pack of EMF Protection Cell Phone Anti Radiation Protector Shields and put one on the back of every cell phone and device in the home.
- Unplug the things you aren't using. When not in use, switch off your computer and TV and unplug it (they give off EMF's even if they are switched off but plugged in).
- Swap out any "smart" devices, like a smart thermostat or a personal smart watch for the standard options.
- Replace CFL's (the swirly light bulbs that contain mercury) with Incandescent bulbs.
- Keep your cell phone least put it 8 feet away from you when you are not using it and don't ever charge it near you.
- Shut off your TV, computer and iPad after dark, or use eye glasses that filter out the blue light.
- Ground yourself often by standing barefoot or lying down on Earth (grass, sand or dirt) when and where possible for at least 5 minutes to discharge EMF clutter out of your body.
- Get rid of your microwave oven.
- Use Tapping or EFT (Emotional Freedom Technique) to normalize your body's frequencies.

Day Five/Green Up Your Cleaning!

- Toss any and all toxic cleaning supplies – This includes, but is not limited to, PineSol, Ajax, Bleach, floor cleaners, all-purpose cleaners, window cleaners, dusting spray, toilet cleaner, dish soap and dishwasher detergents, bubbling shower cleaners, etc...
- Find a non-toxic alternative to all the cleaning supplies you just tossed out.

- Consider making your own cleaning solutions.
- Find a [Norwex](#) representative and at the very least get their [microfiber enviro cloth and window cloths!](#) Used wet and dry, these two cloths will replace most of your cleaning supplies! They have the ability to remove up to 99% of bacteria from a surface with only water!

Day Six/Go Organic (Non-GMO Please!)

- Only buy organic, even if it's only for those items on the EWG dirty dozen list.
- Get rid of all processed foods with Corn, Corn Starch, Soy, Soybean Oil, Corn Syrup, and all derivatives of corn and soy!
- Always clean your produce (even organic produce).

Day Seven/Let Go of Stress and Negativity

- Meditate for 5-10 minutes a day.
- Focus on one task at a time.
- De-clutter! Start the process of getting rid of excess stuff.
- Again, try tapping (EFT) – This is an amazing tool for dealing with anger, resentment, stress and more.
- Get 7-9 hours of quality sleep every night.
- Take a relaxing bath, talk to a trusted friend or go for a walk if you are able when tempted to grab an unhealthy "refill" when your energy feels depleted due to stress and negativity.
- Feed your cravings in a smart and healthy way by always having good choices on hand.

Day Eight/Stop Slathering Petrochemicals on Your Body

- To increase your awareness, go through your personal care supplies and start looking at the ingredients (use the list in Day Eight). Decide what you are going to replace first, second, third, etc...

- Purchase your new personal care products from companies stepping up to the plate and offering chemical free skin care, nail care and makeup solutions.
- Use EWG's Skin Deep data base, it is full of smarter, healthier choices, so this is a good place to start. <http://www.ewg.org/skindeep/>

Day Nine/Incorporate Superfoods into Your New Lifestyle

- Print out the list of superfoods in Day Nine and keep with you when you go to the grocery store. Try to incorporate as many of them as possible into your diet.
- Try a few new superfoods each week that you do not normally add to your diet.
- Look for new recipes that incorporate these superfoods.

Day Ten/Exercise for Detox

- Pick an aerobic activity and exercise for at least 20 minutes two to three times per week.
- Add some stretching after each aerobic session.
- Add strength training and/or yoga 2 X's a week.
- Get some fun bonus activities in whenever possible!
- Try the Sun Salutation yoga sequence and add some pushups and planks for strength.

Bonus

- For more tools and resources to make the detox program easier – click here... <http://amazingjourneycoach.com/person-detox-resource-list>

Here's to living a healthy toxic free life!

<http://amazingjourneycoach.com/>

