

# 5-DAY *Slim Down*

GUIDE



# 5 DAY SLIM DOWN

I designed this amazing 5-Day Slim Down program for people just like you and me: busy. You may work from office or home, have a busy family life, or maybe you're retired, but let's face it... today we live in a busy, fast-paced world.

Sometimes we just need a jumpstart to get back on track with our health and wellness goals. Imagine having the tools, the meals, and everything you need at your fingertips to melt away fat and jumpstart your body. Well, that's what you have in this program! The body is a beautiful machine and when treated right, it performs with lots of energy and vitality.

## QUICK TIPS FOR A SUCCESSFUL PROGRAM

1. Read the materials. Look through your daily drinks, your meals, and your shopping list.
2. Buy BPA-free or glass containers for food preparation.
3. Buy a BPA-free or glass water bottle, as hydration is key for slimming down.
4. Eliminate processed carbs such as white pasta, white bread, and sugar. These white goodies are NOT your friends. For example, the bread is filled with yeast. Have you seen bread rise? This is what yeast is doing to your body...making it puffy. Plus, the yeast can cause imbalances in the digestive system hampering weight loss.
5. Reduce the coffee you drink to 1 cup a day. If you feel cranky, consume green tea. Green tea has the added benefit of boosting your metabolism.
6. Buy lemons. Alkalizing your body by adding lemon to your water is a foolproof way to reduce toxins that lead to fat and cellulite. Lemon water hydrates and alkalizes you promoting better skin, hair, nails, and weight loss.
7. Start taking a high quality probiotic. I like [Probiotic GI](#), from Pure Encapsulations. Take as directed on the bottle. I also recommend eating live probiotic coconut yogurt. I have 1-2 Tablespoons morning and evening. My favorite is Cocoyo, which I purchase at Whole Foods.
8. Mineralize. Many of us are deficient in minerals. If you do not like coconut water, buy minerals from the store to add to your daily diet. I love Sun Warrior. But, there are other great minerals like Trace Minerals, which can be bought at [thrivemarket.com](#), [amazon.com](#) or Vitamin Shoppe.
9. Go organic. Pesticides and herbicides can lead to a poor metabolism. Make sure to shop organic for this program. You can save money by shopping at a local farm or by joining a CSA.
10. Go toxin free. Too often, we cannot lose weight because our bodies are ridden with toxins from cleaning supplies, makeup, lotion, etc. Take time to exchange the bad for the good this week. Read labels. If you cannot pronounce it, your liver cannot process it either.

Our bodies are cleansing themselves naturally all the time to prevent us from getting sick. However, the toxins present in our modern world are putting increasing demands on our bodies' detoxification pathways.

When the system is overloaded, we can experience one or more of the following:

- Thyroid issues
- Headaches
- Adult acne
- Belly bloat
- Weight gain or weight loss
- Allergies (chemical or food)
- Poor sleep
- Loss of sex drive
- Mood swings, anxiety, or depression
- IBS or constipation
- Diabetes, cancer, or other diseases...

When you have completed this program, specifically designed with foods that reduce inflammation, blast fat, and reduce your toxic load, you will:

- Have better daily bowel movements
- Have clearer skin
- Have better sleep
- Have less body odor
- Have less belly bloat
- Have reduced sugar and caffeine cravings
- Have a stronger sex drive
- Have better mental clarity

Maybe you thought this was your typical weight loss program.

IT'S NOT. This program is designed to shed the weight, and feel more energy and mental clarity.....The RIGHT WAY.



# MEET YOUR PROGRAM

You now have a plan of action. Even if you are traveling, you can follow this simple plan.

<b>UPON RISING</b>	Take a probiotic with lemon water. Or have 2 Tablespoons of coconut yogurt.  Dry skin brush to reduce your toxins
<b>BREAKFAST</b>	OPTIONAL – Drink 1 cup of organic coffee, coffee substitute, or non-caffeinated tea with coconut milk or unsweetened almond milk.  Eat breakfast. See <i>Suggested Meals</i> .
<b>MID-MORNING</b>	Eat a snack, if you are hungry.
<b>LUNCH</b>	Eat lunch. See <i>Suggested Meals</i> .
<b>AFTERNOON</b>	Eat a snack, if you are hungry.
<b>DINNER</b>	Eat dinner. See <i>Suggested Meals</i> .
<b>BEDTIME</b>	Take a moment in your journal or food diary nightly. Even if you are just planning your next day on the calendar.  Dry skin brush before bed and take a hot bath with epsom salt to detox and relax.

# FOLLOWING THE PLAN

- Review the recipes in your **Recipe Guide**.
- Print out the handy **Suggested Meals** and **Shopping List**.
- Make a plan and stick to it.
- If you need to exchange any meals, please do.
- If you are eating out, look for a Whole Foods, Trader Joes or a restaurant, where you can get a beautiful salad and protein. A great restaurant order is a salad with salmon, olive oil, and lemon juice.
- Make sure to hydrate. So many of my clients have poor elimination and dry skin due to dehydration.

## HOW TO CLEAN OUT THE PANTRY FOR OPTIMAL WEIGHT LOSS

Your weight is directly linked to what is in your pantry. Your pantry is your ultimate enemy, if it is filled with the wrong stuff. However, it can be your best buddy, if you stock it only with healthy foods. This might sound weird, but when you start losing weight, you realize that your pantry is an extremely powerful tool. **A pantry stocked with healthy produce supports you and your weight loss.** On the contrary, a pantry filled with junk food is a source of temptation that sabotages your efforts.

Thus, cleaning out the pantry holds a lot more importance than you may realize. **You need to remove items that hold no nutritious value and replace them with highly nutritious substitutes.** The very first step to weight loss is to declutter your pantry and sweep it clean of all the junk. If it's not good for you, it doesn't belong in your pantry.

# STEPS TO CLEANING OUT YOUR PANTRY

## 1. Remove processed food items:

The first step to declutter your pantry is to take everything out and place it in front of you. You need to read nutrition labels and go through the ingredients contained in each item. Remove any processed food. Colored foods with preservatives and additives are not an acceptable choice for you, if you are looking for optimal weight loss. Take them out and trash them.

## 2. Bring on the nutrition:

Your next step is to do some research. Look online to gather some simple and healthy recipes to guide what healthy produce you put in your pantry. Finding delicious recipes will make you love your weight loss plan and help change your eating habits too. Make a list of healthy products you want in your pantry and head out to the supermarket to buy them. Make sure your list includes salad essentials like dried fruits, nuts, seeds, almond butter, etc.

## 3. Consider beverage choices:

Beverages are a huge concern for anyone who wants to work on their diet. You know what you need to do; remove the sodas, juices, and other preservative drinks. Keep in mind that what you drink contributes to your weight too. Beverage calories are just as important as meal calories. You can find delicious detox drink and smoothie recipes online that promote weight loss and keep your calories low, while you continue to enjoy satisfying beverages – without gaining extra weight. Stock up on ingredients for those beverages.

## 4. Organization is key:

How easy is it to get sucked in by quick-fix meals, ready-made pizzas, and mini burgers? Macaroni and cheese anyone? These options seem like the perfect answer to “What’s for dinner” and they save you time too. Right?... Wrong! These foods are destroying your health. The best way to avoid the trap set for you by processed foods is TO GET ORGANIZED. Consider making your meals on the weekend and store them to be used throughout the week. This method saves you time and ensures a healthy meal is available whenever you’re ready for it. Moreover, you will discover that healthy meals take less time to prepare than you previously thought. When you are organized, you can easily fix a fresh and tasty, healthy meal any time you want.

# FOOD COMBINING & WEIGHT LOSS

Many of my clients who have suffered from belly bloat and digestive distress have found it helpful to experiment with food combining. The recipes in this program are properly food combined to ensure your digestive system is absorbing the nutrients and that enzymes are not competing. Many have found candida, weight issues, and even sugar cravings fade away when they combine foods properly.

The recipes in this program do not follow any food combining rules, but I want you to have this information, so you can adjust **ANY** recipe if needed if you find your weight loss is not happening as fast as you desire.

Experiment with your food diary and test out these theories for yourself.

## SIMPLE FOOD COMBINING RULES TO OPTIMIZE DIGESTION

- EAT FRUIT ALONE:

Fruit digests itself, passing through the digestive system within 20 minutes. By eating fruit alone, you avoid fermentation occurring in your belly. Fermentation can lead to gas, rob you of energy, and slow down your digestion.

- EAT STARCHES WITH VEGETABLES

Foods such as baked potatoes and sweet potatoes should be eaten alone, with a vegetable, or with very little fat. If you choose to eat grains, starches such as quinoa, buckwheat, brown rice, millet, and amaranth should be eaten only with vegetables. Starches require different digestive enzymes than proteins.

- EAT PROTEIN WITH VEGETABLES

Unlike starches, proteins require an acidic environment for ideal digestion, so it is best to eat protein with vegetables and a healthy fat. When you add a starch, you force your body's natural enzymes to compete to digest your food.

To find out more about food combining for weight loss, click here:

[https://bodyecology.com/articles/food\\_combining\\_optimal\\_health\\_and\\_weight.php](https://bodyecology.com/articles/food_combining_optimal_health_and_weight.php)

# REDUCE TOXINS TO LOSE WEIGHT

There are many ways to reduce your toxic load.

## # 1

First, **reduce all those chemicals** and read those labels. Look for natural makeup, hair products, skin products, and cleaning products.

## # 2

Next, support your body to cleanse and get rid of cellulite. My favorite way to get take care of my skin is to **dry skin brush daily**.

**DRY SKIN BRUSHING:** I dry skin brush every morning. As the largest detox organ, the skin is vital for healthy detoxification. You can purchase a skin brush at Whole Foods, on amazon.com, or simply use a dry towel.

## HOW TO SKIN BRUSH:

1. Use a dry brush before you shower or bathe.
2. Always brush toward your heart, with the flow of the lymphatic fluid.
3. Begin at the soles of your feet, and then move up your legs, brushing in a circular motion.
4. Brush your chest and shoulders toward your heart in long strokes, then start at the fingertips and brush toward your body. Use small, circular strokes in your armpits.
5. A circular, counterclockwise motion is recommended on your stomach to respect the direction of digestion and to encourage detoxification and cleansing.
6. Follow with a shower or bath using all-natural body and hair-care products.



# ALKALINITY

Alkaline foods raise the amount of oxygen taken in by the blood. The body is naturally slightly alkaline, but eating too many acidic foods (such as sugar, caffeine, and mucous-producing foods like dairy and glutinous grains) can disrupt its pH balance, making you susceptible to illness.

## WAYS TO ALKALIZE THE BODY

- Eat more greens and water-rich foods such as raw fruits and vegetables.
- Add lemon and lime (which may taste acidic, but are actually alkalizing) to your water.
- Drink coconut water, green juices, and water with superfood greens (such as spirulina, chlorella, wheatgrass, barley grass, or wild blue algae).
- Add sprouts to your diet. Sprouts are a nutrient-dense, enzyme-rich food full of vitamins and minerals.
- Include sea vegetables such as nori, dulse, or wakame in your diet. They are naturally cleansing and wonderful for the thyroid, adrenals, kidneys, and liver. They help to cleanse the liver and digestive tract. One of my favorites is Maine Coast Sea Sprinkles.
- Breathe deeply.
- Reduce stress factors.

Food is fuel. That may sound like an obvious statement, but often we reach for foods as a quick fix without thinking of the effect on our bodies. **Eating living foods, such as fresh, organic vegetables, gives you vitality.** These foods are full of live, rich enzymes and provide energy — supporting you to rid yourself of cravings and that dreaded afternoon slump. Chemicals found in nitrates and foods loaded with hormones contain toxins, which deplete you of energy.

To live healthily in a cost-effective way, look for a local CSA or farmers' market, shop at Trader Joe's or Costco, or buy food online. Frozen organic produce can also be a good value for your money.

**A good alkaline diet keeps your body in balance.** Keeping a proper pH level boosts elasticity and creates younger looking skin. It also supports good digestion and helps in keeping your metabolism running efficiently.

It is not hard to check whether your pH is alkaline, acidic, or in perfect balance. If your skin gets dry often, you have hair loss, or your face is very pale, your pH level might be acidic. Other indicators of acidity in your system are digestive issues and a slow metabolic system.

You can keep your body's pH level in perfect harmony. Follow the suggestions above. Focus on enhancing your diet and adding in healthy foods. These foods keep your body balanced, aid in weight loss, and combat stubborn fat too. Lemon water is famous for keeping your body alkaline and perfectly balanced. Lemon water is basically normal lemonade without any sugar.

## TEAS TO BLAST FAT

**Ginger Tea** - Ginger is famous for settling all stomach issues and burning unwanted weight. This powerful antioxidant can support the immune system and boost metabolism.

**Green Tea** - Green tea is famous for its weight-loss perks. You can't really argue with this one; it's a slam dunk.

## INFUSED WATERS

The basic rule of detox is to stay hydrated. But, we often get bored of plain water. In this section, we are sharing some terrific infused waters, which not only taste amazing, but also boost your fat blasting as well.

**The best way to infuse water is with fruits.** Simply add lemon, kiwi, apple, or grapefruit to your water and allow the water to soak in the nourishing properties of the fruit. Drink the infused water and you will discover a more vibrant flavor than your typical water. Moreover, the water becomes infused with metabolism-boosting and satiating properties.

Another option is **cinnamon-infused water**. Adding cinnamon to your water is incredible for blasting fat. You can add it to plain water or tea. This helps in balancing your blood sugar levels and boosts your metabolism – key to great weight loss.

Lastly, **apple-cider-vinegar-infused water** is another trick for boosting the flavor of your water and your metabolism at the same time! Try adding 1 tablespoon of raw apple cider vinegar to 20 ounces of water with lemon, basil, and mint. Let the herbs infuse the water and then consume throughout the day.