



“Detox Me Gorgeous” – 21 day Body Reset Program

Welcome to the Detox Me Gorgeous Program! This Program has been designed to Reset your Metabolism and get you looking and feeling fabulous again. It supports your Liver, your Digestion and your Bowel, and allows your body to gently detoxify through the Liver, Kidneys and Digestive system. The supplements are designed to support all of these functions and it’s very important that you take them. They don’t work when they’re in the cupboard!

The Results

Over the course of 21 days, you will burn fat, lose excess fluid, clear toxins, have deeper sleep, feel an increase in your energy, have a flatter tummy, look amazing and have a big smile on your face !!

Before You Start

I want you to set some simple goals. This will help to keep you on track throughout the next 21 days.....so make some notes below....

1/ Why am I doing this Program?

2/ What results do I want? (To lose centimetres/kilos, more energy?)

I want you to post your answers to these 2 questions in the facebook group. It’s really helpful and inspiring, for yourself, and others too.

Then, let’s do a Weigh and Measure before you start

Jump on the scales before you begin your program and record the result here: _____

Do some simple measurements with a tape measure or have someone do them for you:

- Bust (around nipple line) : _____
- Waist (your smallest point) : _____
- Belly Button (measures the stomach): _____
- Hips (right on the hip crest/ bony bits): _____
- Tops of legs (legs together and put tape measure at the bottom bum crease) : _____

Get prepared:-

- This program is simple and it gets results, but you do need to be committed and keep bringing yourself back into a positive headspace. I want you to keep in mind how you want to look and feel at the end of this program, and keep bringing that “picture” into your mind, especially if you’re having a “down” day or feeling emotionally triggered. If you feel sad, grumpy, tired, irritable, hormonal etc, just let yourself feel that way. It’s OK to have a crappy day. Tomorrow will be better.
- Grab your Food list which contains the foods you’ll be having and the foods you’ll be avoiding and write a shopping list so you’re set up for Week 1.
- Now, go to the fridge, then the cupboard and get rid of anything you can that’s going to tempt you while you’re doing this program. I understand that there might be food for others that you can’t throw away, but I’d go so far as to label this food as best you can with other people’s names, so you know that it doesn’t belong to you.
- Exercise - for the first 2 weeks, you’ll be doing a walk or gentle jog for 20-30 minutes, at least 4 days per week. So, work out what time of the day you’ll be doing your exercise and schedule it in. You may have to get up a half hour earlier or move something else back in the afternoon. If it’s in the PLAN, and you’re prepared, it’ll happen!
- Decide what you’re going to replace things like coffee or tea with. You might have a favourite herbal tea or Jasmine tea that you like. Make sure you’ve got it in the cupboard.
- If you like your wine in the evening, then have a plan for what you’ll replace it with. Soda with lime is a great one, or a fermented Kombucha drink, or a homemade iced tea.
- Pop back into the facebook group and let us know how you’re going with your prep :)