

# Your 3-Day Detox Guide

## Day 1

<b>Upon Waking Up:</b>	Warm lemon water
<b>Breakfast:</b>	Banana spinach smoothie
<b>Lunch:</b>	Fermented apple juice or apple cider vinegar water
<b>Dinner:</b>	Blueberry + raspberry smoothie

## Day 2

<b>Upon Waking Up:</b>	Warm lemon water
<b>Breakfast:</b>	Banana spinach smoothie
<b>Lunch:</b>	Celery smoothie
<b>Dinner:</b>	Kale detox salad or detox zucchini noodles

## Day 3


Note: This detox diet is a sample. Make smoothies from detox fruits and vegetables or a combination of both to avoid monotony. Don't forget to add healthy snacks in between meals.

# Detox Plan

**Ann Louise Gittleman**



## **Detox Plan:**

**Detox Cleanse** Ethan Owen,2014-07-02 What is the detox cleanse all about and why do we really need to do it To learn about the cleanse and what the benefits are you must get a copy of Detox Cleanse by Ethan Owen It define what the detox cleanse and carries the reader on a journey where they get to learn of the benefits that come with doing a cleanse and what can happen in the long run if it is not done The main aim that the author has with this book is to inform and educate the reader on all the relevant information pertaining to the detox cleanse It has drawn a lot of skepticism from many persons but as more information comes out it is being accepted by more persons **The Great Detox Miracle Cleanse for Men and Women** Jessica Caplain,2018-03-16 HOW NEW DISCOVERIES IN SELF DETOXIFICATIONS WILL MAKE YOU HEALTHIER AND BEAUTIFUL INSIDE AND OUT Detoxification or detox has been a popular go to remedy for getting rid of toxins from the body You will be surprised to find out that there are certain toxins that stay in your system for a long time and these can make you age easily and get you sick more often These are harmful substances that people are constantly exposed to and directly or indirectly affected by The many harmful toxins around you can affect your health and possibly reduce your spark and vitality Through detoxification your body can remove the accumulated harmful substances that negatively affect your overall health In this guide you will explore the general concept of detoxification and the many different processes involved You will also learn about The major types of detoxification The definition of toxins How and where you can get exposed to toxins How toxins affect your life The body s natural detox process The major detox players in your body The many different ways to detox The do s and don ts in detox The health benefits of detoxing The potential pitfalls How to tell if your detox is working and much much more All of these topics will be discussed thoroughly Everything that you need to know about detoxification and toxins is right here in this guide Do yourself a favorr and GET YOUR COPY TODAY **DASH Diet Detox** Kate Barrington,2015-12-22 A POWERFUL EASY TO FOLLOW CLEANSE UTILIZING THE SCIENTIFICALLY PROVEN DASH DIET THE 1 OVERALL DIET BY U S NEWS WORLD REPORT FIVE YEARS IN A ROW Shedding pounds lowering blood pressure and detoxing your body have never been easier thanks to the DASH Diet Detox This helpful handbook offers all the tools you need for a healthy weight loss plan including Easy to use 14 day meal plans Delicious recipes for every meal Ready to go shopping lists Superfood suggestions for natural detoxing Tricks for breaking unhealthy habits Advice on transitioning from detox to diet Drawing from the diet rated 1 overall by U S News World Report five years in a row the DASH Diet Detox shows you how to quickly lose pounds and start living a healthier life today [The Ultimate Guide to a Successful Keto Detox Diet](#) Effie Manolas, Thinking of finally kickstarting your Keto diet journey The Ketogenic diet is becoming increasingly popular due to the host of benefits that it promises one s health After trying out so many diet plans could the Keto diet finally be the one that works for you In this Keto book you get to learn everything about the Keto detox diet how it works why it is so effective what Keto recipes you can try and so much more Our keto diet books aim to equip you as you take the first step

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*Total Detox Plan* Sarah Brewer, Carlton Books Staff, 2000-08-15 *Detox Yourself* will explain why our body needs help in coping with the onslaught of chemicals everyday and how it functions to do this

*The Dairy-Free Detox Diet: the 14-Day Plan* Dawn Hamilton, Jane Sen, 2003 Improve your health and well being and lose weight too by dropping dairy products from your diet and following this excellent 14 day detox plan from the co author of *Lose Wheat Lose Weight* Includes 30 dairy free recipes from healthy eating expert and author of *Healing Foods and More Healing Foods* that make the detox plan easy to stick to From the co

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*Detox Solutions Select* Helen Foster,Octopus Publishing Group,2003-06 Including 14 detox regimes for every area of your life ranging from the pre party and hangover plans to the beauty boosting and anti cellulite plans this guide uses diet alternative therapies massage and exercise to combat many of the toxic elements of modern life Description from www amazon com

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*Detox* Parragon, Incorporated,2002

**The Fat Flush Plan** Ann Louise Gittleman,2001-12-27 The breakthrough weight loss system that melts fat from hips waist and thighs in just two weeks and reshapes your body while detoxifying your system

*The New Fat Flush Plan* Ann Louise Gittleman,2016-12-02 WHAT S NEW ABOUT THE NEW FAT FLUSH PLAN

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