

Detox for Life



Cleanse & Heal Your Body!

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(excerpted from INSTANT E.N.E.R.G.Y.™)

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DETOX FOR LIFE: CLEANSE AND HEAL YOUR BODY

A sign I saw recently at a gas station really impacted me. “A clean engine always delivers power.” Of course it reminded me of the fact that most of us take much better care of our cars than the vehicle we live in and use everyday to move through our lives. Perfect health requires proper nutrition, a healthy and active lifestyle, time for relaxation, reflection and prayer, and efficient detoxification practices.

Overtax your liver, the primary organ of detoxification, and you will overtax every organ in your body responsible for balancing your hormones! (For more information on hormones, check out our *Special Reports* at www.MarilynJoyce.com. Out of balance hormones lead to a build up of residual waste by-products of metabolism. When the liver is overtaxed, it can't do its job of:

- Removing these waste by-products
- Cleansing the blood of harmful chemicals, viruses, and bacteria
- Storage of essential nutrients and blood
- Production of bile which is vital for digestion of fats
- It's critical role of metabolizing proteins, fats and carbohydrates

Are you one of the vast numbers of people in this developed nation who suffer from chronic constipation – and believe that one or two bowel movements in a week are normal? Do you suffer with chronic fatigue on an ongoing basis? Do you often experience gas and bloating or stomach pain – in general, poor digestion – after eating? Or worse, do you suffer with acid reflux or severe heartburn following a meal? Or perhaps you suffer with IBS (Irritable Bowel Syndrome) or diverticulitis. Is bad breath a cause of constant embarrassment? Has your libido completely flagged? Do you suffer with headaches and depression? Or have you noticed that indescribable “brain fog” no one wants to talk about for fear of the development of a senility disease being implicated? Or perhaps persistent diarrhea is interfering with your daily life! Or maybe you are experiencing unexplainable excess weight gain, or severe PMS?

We are all so caught up in looking good – on the outside! We spend fortunes on our hair, nails, skin, teeth, and clothes to cover all of our flaws. But our colon, on the inside, which serves as the sewer system for our entire body, along with our lymphatic system, is ignored, forgotten about, taken for granted, and left to function on its own – until that fateful day when we are

diagnosed with a major illness, such as colon cancer. Or for that matter, any kind of cancer or other degenerative illness!

Everyday, we are exposed to thousands of chemicals and toxins—at home, at work, through our food (processed packaged foods, a multitude of simple sugars, and those pesky trans fatty acids and hydrogenated fats), our water, and the air we breath, not to mention the various over-the-counter and prescription drugs we take. There is a saying that death begins in the colon. According to *Vegetarian Times* in March of 1998, “autopsies often reveal colons that are plugged up to 80% with waste material.”

You should be eliminating the equivalent of what you are taking in—*everyday*! If not, the remainder accumulates and hardens, sticking to the colon walls. This in turn inhibits the proper function of absorbing the nutrients from the fecal matter. Instead the colon is forced to absorb the various toxins from the accumulated wastes that also provide a perfect breeding ground for unhealthy parasites.

So what’s the solution?—a good and simple detox program that contains a lot of plant fibers and healthy oils, along with lots of water. The program I use with my clients, as well as myself, is a very simple 7-day system that prepares you, cleans you from the inside out, and starts you on the road to consistent maintenance. And the first step is to make sure you have time to just relax and take some very warm baths throughout the duration of the program. It is important to keep activity to a minimum while going through the process. Colonics are also a valuable tool for removal of the hardened accumulated fecal debris attached to the colon wall. I recommend at least 3 colonics during this week.

First of all, let’s look at the health benefits you will gain from an overall detoxification program. We could fill a page or two with the beneficial outcomes, but for now, let’s focus on the primary benefits that are very far-reaching with respect to your overall health and longevity. They are as follows:

- Release of toxins / poisons throughout your body
- Clear skin of eruptions, hives, pimples, and rashes, as well as a sallow coloring
- Promote shiny, healthy, vibrant and strong hair
- Protect your nervous system and enhance brain function and mental acuity
- Reduce risk for cancer, heart disease, PMS, fibromyalgia, chronic fatigue syndrome, MS, Alzheimer’s, lupus, fibroid tumors, endometriosis, and perhaps type 2 diabetes
- Loss of excess weight, leading to increased energy and vitality

- Feel better than you have in years with a renewed vigor for life and glowing skin!
- Enhance sexual performance and libido

And you will just plain LOOK GREAT without even thinking about it!

What Exactly Is The Detox / Cleanse Designed To Do?

This Plan – and all of that which is included in this book – is designed to:

- Provide a jump-start to your new or renewed health and wellness program—a quick and easy method which starts the process of creating, in your life, new 5-minute health habits and strategies, and helps to motivate you to stay on the program in this book.
- Maintain your initial commitment to gaining or regaining your health, and help you continue to stay on a healthy program for life.
- Assist you in making healthier, more wholesome, food and lifestyle choices.



- Educate you in healthy lifestyle choices: recommending appropriate exercise guidelines, encouraging relaxation and self-nurturing, motivating shifts in attitudes about food, exercise, substances and oneself. This is the purpose of this entire book – the detox just starts the process!
- Provide a simple, delicious easy-to-follow 7-Day **Detoxification Diet**.
- Make available the right products and information necessary to help you adhere to the program.

The Detoxification Plan is broken down into 3 distinct phases, each of which has a very definite and specific purpose.

- **Phase 1** Preparing for the Detoxification / Cleanse
- **Phase 2** 7-day Detox Diet
- **Phase 3** Transition into Lifetime Healthy Habits

Phase 1 – Preparing for and Enjoying the Detox Program

Prior to beginning the program:

- Throw out or give away all foods that are triggers for you when your temptation is low: bread, crackers, baked products, potato chips, nuts, snacks, cookies, cakes, pies, ice cream, dairy products, chocolate, and other candies and sweets.
- Sit down with a pen and paper, and a cup of green tea with lemon, and write a list of all of the benefits of having a slim, healthy and fit physique. And then list the consequences of being unhealthy, out-of-shape, and possibly overweight. Now put all of this on an index card and carry it with you at all times. Refer to these lists often. Make several copies and place them in conspicuous areas where you can't miss them.
- Program yourself for a week at home relaxing and rejuvenating your body. Stock up on your favorite videos, music CD's, magazines, books, candles, flowers, perfumes, bath oils or salts, essential oils (I personally love the Young Living Oils!), lotions, etc.
- Consider turning off your phones, including your cell phone(s), and let your VM systems or answering machines take the calls.
- Pamper your inner self, your quiet self – that part of you that rarely gets the care and attention it deserves – by soaking in a bathtub or treating yourself to a massage. Add some Epsom Salts to the bath water, as the salts will draw out the toxins that have accumulated and are about to be released during the detox program. *It is recommended that you add this step (daily bathing with Epsom Salts) to your daily regime throughout the 7 days.*
- Plan the start of the program at a time when you do not have heavy or pressing work or personal commitments.
- Call a friend who is supportive of your desire and efforts to cleanse and rejuvenate your body, if you find yourself weakening – maybe they will even want to join you on your journey! *And you can do this step any time throughout the week as well.*
- Acquire the necessary equipment and incidentals for ease of following through with each step of the program – even if you have to borrow from someone who has these items. You will need:
 - ✓ Vita-Mix machine
 - ✓ Rebounder (mini-trampoline)
 - ✓ Bathtub
 - ✓ Timer

- ✓ Yoga mat
- ✓ Candles
- ✓ Epsom Salts
- ✓ Essential Oils
- ✓ Lotions, facial scrubs and masks
- ✓ Dry Brush Kit
- ✓ Calming music CD's (see the *5 Minute Hour* CD at my website under audio products – www.marilynjoyce.com)
- ✓ DVD comedies
- ✓ Flowers for several rooms in your home – very relaxing
- ✓ Work-out clothes that you feel good wearing
- ✓ Satin bed sheets – or something similar – makes you feel pampered

Phase 2 – 7 Day Detox Diet

So, in a nutshell, here is my 7-day plan . . .

Strategies for Success throughout the program:

- Drink lots of water between meals to flush out the toxins. Always have a minimum of 8-8 oz glasses, preferably 10-12 glasses, each day of the program.
- Drink no water with meals – only ½ hour before or 1 hour after.
- Make sure all produce is organic. No point attempting to clean out our insides while adding more toxins is there?
- Avoid all alcohol, caffeine, tobacco, and soft drinks – no recreational drugs of any kind!
- Eat / drink meals slowly, chewing your food and beverages (that's right, even your beverages) well, and savor every morsel.
- Dry brush your entire body every morning before you shower. There are many sizes, shapes, and styles of body brushes to fit your individual needs. Proponents of dry brushing, including me, believe that by dry brushing you get rid of dead skin cells and surface toxins on the skin, allowing the skin, which is the body's largest organ of elimination, to breathe and to detox more efficiently. This, in turn, energizes your skin to improve lymph and blood flow, and decreases puffiness. Like a light acupressure treatment, the gentle brushing also has a calming effect.

How to Dry Brush:

- ✓ Allow 5-10 minutes
- ✓ Get into the shower

- ✓ Use a brush with soft bristles, a loofah sponge, or a silk mitten
 - ✓ Brush in small circles, moving towards the heart, applying very light pressure
 - ✓ Avoid skin rashes, broken skin, the face and inner thighs (areas of thin skin), varicose veins, broken blood vessels
 - ✓ Start with your feet, work up each leg, then each arm, brushing from fingertips towards your heart
 - ✓ Reach round to your back, brushing towards your stomach
 - ✓ When finished enjoy your shower
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- Light stretching should be done in the morning before you start your day, and in the evening to end your day. See the exercise chapter, *Fit in Fitness*, for the Sun Salutation. This is a very effective way to stretch every part of your body. Do one complete cycle just before, and right after, your time on the Rebounder, to prevent any stiffness.
 - Bounce on your Rebounder – mini-trampoline – for 1 minute the first day, 2 minutes on the 2nd and 3rd days, 3 minutes on the 4th and 5th days, and 4 minutes on the 6th and 7th days. Use a timer to insure that you fulfill the time commitment. See the chapter, *Fit in Fitness*, for details on the importance of the Rebounder (www.reboundair.com). It is imperative that you clear the lymphatic system as you detox your entire body, releasing the accumulated toxins into the sewer system of the body for release.
 - Treat yourself daily to one of: a massage, a sauna with steam, a Tai Chi class, a yoga class, or any other relaxing program available to you. And it is imperative for rejuvenation, to take time to be still and meditate or pray, or preferably do both.
 - Go for a 15-minute walk after your evening “meal” to release any tension and to enjoy the evening air. Walk with a supportive buddy.
 - Visualize yourself at optimal health, completely cleansed and rejuvenated. Do this 3 times during the day – first thing in the morning, midday, and last thing in the evening. The very best time to do this is just as you are awakening, and just before you go to sleep. That is when your brain is most receptive to receiving and assimilating this new information. Remember: all successful people, including world-class athletes, claim that this is their secret weapon in achieving their goals. However, you must do it with the intensity of feeling that you would experience as if you have already achieved your desired health goals.
 - At the end of the week reward yourself with a non-food gift. Determine this reward in advance. What do you deeply desire that would assist you in keeping your commitment to complete the entire

week of self-care? Maybe it is new clothes, a concert, a new CD set, a day at a spa, a trip to a special resort, a sexy pair of shoes you've had your eyes on for a while . . . *Make it something you personally consider very special.*

"To lose one's health renders science null, art inglorious, strength unavailing, wealth useless, and eloquence powerless." Herophilus, c. 300 B.C.

Day One:

- Begins with the evening meal. Drink an 8 oz glass of water first with 2 Juice Plus+® Garden Blend capsules.
- Salad only – lots of raw greens, sprouts, celery, carrots, cherry tomatoes, parsley, watercress, green and red peppers, and cucumbers.
- Add small amounts of Udo's Oil Blend (a combination of oils in one bottle, combining the correct balance of omega 3, 6, and 9 fatty acids, together with the other essential fatty acids—distributed by Flora, Inc.), apple cider vinegar or balsamic vinegar, hummus, sesame, pumpkin and sunflower seeds, and pine nuts.
- Enjoy as you chew very slowly and with intention. Follow about ½ hour later with a very warm bath, with or without Epsom salts.

Day Two:

- Water first. Drink 8 oz with 2 Juice Plus+® Orchard Blend capsules.
- Fruit next – a variety of fruits in season (slices or chunks of cantaloupe, watermelon, strawberries, tangerines, oranges, various berries, etc.).
- Follow with a small green salad (using the same ingredients as the evening before).

Lunch & Dinner:

- Water first – 8 oz with 2 Juice Plus+® Garden Blend capsules before Dinner.
- Then have a salad (see the evening of Day One for details).

Days Three & Four:

- Water first – Always 8 oz with 2 Juice Plus+® Orchard Blend Capsules in the morning.
- Fresh processed (in Vita-Mix if possible) whole fruit juice – one fruit only.

Every two hours after that you need to have each of the following in this order:

- ✓ 1 oz of Udo's Oil
- ✓ 1-2 oz of wheat grass juice or Perfect Food by Garden of Life (green powder mixed into 8 oz of water)
- ✓ 1 cup of fresh watermelon Juice (make in Vita-Mix machine so that nothing is thrown out)
- ✓ Another shot of Udo's Oil
- ✓ Another shot of wheatgrass juice or glass of Perfect Food & 2 Juice Plus+® Garden Blend capsules
- ✓ A cup of fresh processed (in Vita-Mix if possible) whole food vegetable juice (include some carrots, celery, cucumbers, watercress and parsley, any one of or combination of these).

Days Five & Six:

The same as Days Three and Four with one exception:

Add a smoothie midday, of one of the following combinations (processed in a Vita-Mix for best consistency):

- a) ½ avocado, about 10 almonds (soaked overnight), ½ fresh green apple with skin on, and a drop of liquid stevia to sweeten. You can add one of the 1 oz shots of Udo's Oil to this smoothie.
- b) ½ avocado, 1 fresh peach, a handful of sunflower, pumpkin and sesame seeds (all soaked overnight), and a drop of stevia to sweeten if necessary. Udo's Oil can be added to this.
- c) ½ avocado, about 10 almonds (soaked overnight), and 2 fresh carrots. Add a drop of stevia if necessary.

Day Seven:

Repeat the program outlined for Day Two.

And After Day 7—Now What . . .

Remember to come off the cleanse slowly—no animal proteins at all for the first 3-5 days, if at all. And keep soy protein and legumes (beans, peas, and lentils) to a minimum for the initial 3 days following the cleanse. Take a good bifidus supplement (I strongly recommend BB536 probiotic by Morinaga Nutritionals—www.morinu.com—and see the chapter, *Dr. Joyce Recommends* . . . for more on probiotics and BB536) after you have completed

the detox. This is especially important after you have completed a series of colonics, should you choose to incorporate colonics over the week. The minimum recommended is 3 colonics over the 7 days.

Cheers to your renewed health and vitality!! And who knows—you may even drop a few of those unwanted pounds that have snuck up on you lately! You will definitely feel a lot lighter and cleaner from the inside out, and your increased alertness, focus and concentration may just astound you. Your life may never be the same again!

A Note on Toxic Emotions:

Not many people can look and feel vibrant and fully alive while feeling anxious depressed or stressed. It is critical to address the problems in your life that may be prematurely aging you. Many times we are carrying suppressed feelings in our subconscious mind that we are not even aware of on a conscious level. It is crucial to uncover these feelings because there is also an emotional aspect to detoxifying the body. And often, when we are going through a detox program, feelings of grief, sadness, or anger may surface during your cleanse. This is perfectly normal. If you experience “toxic emotions,” let them come to the surface, acknowledge them, and then let them go. That way you can rid your body of any negative suppressed feelings.

It’s important to plan your cleanse when you have time to rejuvenate. Plan to incorporate time for reflection, meditation, or a quiet hobby like reading. Stretching or yoga will help calm emotional upsets and help keep you from reabsorbing toxins in your tissues. And remember to reflect on your experiences and make a decision, in advance of beginning the program, to fully enjoy every step of the journey. As with everything in life, and especially during a cleanse, it is not the end that is important, but rather, the journey and all of the unique experiences you will have along this 7 day path.

Phase 3 – Transition into Lifetime Healthy Habits

Here are some general guidelines and suggestions for continued success in keeping your newly cleansed and rejuvenated body functioning optimally, while efficiently balancing your immune system. Read ALL guidelines before beginning. And have fun with this flexible, adaptable program! It is a *choice-based system*, designed to fit into your lifestyle/ pattern of eating. You will find everything you need too succeed throughout the pages of this book.

- Use attractive plates and bowls. This lifts your spirits when eating.

- Take small bites, chew food slowly and thoroughly; savor every bite.
- Drink non-caffeinated herbal teas without sweeteners of any kind and natural unsweetened mineral waters, as desired throughout the day. Other alternatives: Pero or Postum (coffee substitutes), seltzer water, organic Swiss water-processed, or water-processed, decaffeinated coffee, if drinking coffee at all.
- If you drink caffeinated coffee, limit your intake to a maximum of one to two cups per day, and again, only organic.
- Drink eight 8-12 oz glasses of water throughout the day. The herbal teas and natural mineral waters can be substituted for the water. It is also OK to add fresh squeezed lemon juice or lime juice to teas and waters.
- Drink no water or other liquids with meals; only 15-30 minutes before, or 1 hour after.
- Drink green tea at least once per day, preferably young loose leaves. A good brand is Dragonwell from China.
- Avoid tobacco and soft drinks, and limit caffeine from any source.
- Limit alcohol consumption to a maximum of 1 drink per day, preferably wine or beer. It is high in empty calories that turn quickly to sugar in your body (cancer feeds on sugar), low in nutrition.
- Increase activity any way you can. Include aerobics, stretching and outdoor activities. Recommend at least a 15-30-minute walk / run every morning and / or evening.

Other strategies:

- Walk or run upstairs whenever possible
 - Park car a farther distance from destination
 - Put some music on and move to it
 - Take a walk during lunch break / Go for a swim
 - Jump rope—the new rage / Find a buddy to stretch with
 - Bounce for 5 Minutes on a Rebounder (www.reboundair.com)
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- For a meal on the run fresh fruit with an 8 oz carton of nonfat yogurt or soymilk, or 1-½ oz of organic low fat cheese. Best brands of yogurt, organic milk and soymilk: Trader Joe's, Alta Dena, Mountain High, Continental, Brown Cow, Nancy's, Silk, Horizon.
 - For an evening snack the best choices are fresh fruit or fruit sorbet (blend fruit with ice).
 - Limit pasta intake to a maximum of 2 times per week, *only whole grain*, i.e. quinoa, spelt.
 - Limit red meats, including beef, pork and lamb, to a maximum of 2 servings per month, free-range, organic (no hormones/

antibiotics). 1 serving of any meat is equal to 4-5 oz for women, 5-6 oz for men.

- Buy nothing with more than 3 *grams fat per serving* listed on the label (see Chapter on *Get the Skinny on Fats*).
- Choose meats, including fish, which are baked, broiled, roasted, grilled, steamed, or stir-fried without oils or fats.
- Sauté or stir-fry foods in stock or water instead of oil.
- Marinate meat, chicken, turkey, fish, tofu, or tempeh in broth, lemon juice, flavored vinegars (avoid distilled), nonfat yogurt, tomato or vegetable juice, instead of oil.
- Determine your unhealthy trigger foods, if you have any, such as ice cream, chocolate, chips, nuts, cheese, cookies, etc. And do not buy them or keep them in your home.
- If dessert is a must, finish your meal with fresh fruit, ½ cup fruit sorbet (blend fruit with ice), ½ cup nonfat frozen yogurt, plain kefir, or a fruity iced tea lightly sweetened with 1 tsp pure maple syrup, or Organic Sucanat, or Stevia.
- When eating out, follow the guidelines and suggestions in the Eating on the Run Chapter.
- If you indulge beyond the recommended proportions or range of foods recommended, enjoy that meal or that snack, and get back on track with the next meal. *One meal or snack will not destroy all of your previous efforts or your health!*

Always, Always . . .

Visualize and *feel* yourself reaching and maintaining your goal of being clean from the inside out and optimally healthy.

Now, go to the 30-Day menu plans to choose the healthy breakfast, lunch and dinner choices that will inspire you to stay on track every day. And then email us (marilyn@marilynjoyce.com) or call us (800-352-3443) to tell us about your experiences during and after your detoxification program. Plan a cleanse at least once a year!