

# **10 Day Detox**

**By Desmond Blakely**

## DISCLAIMER

The information presented herein is in no way intended as medical advice or to serve as a substitute for medical counselling. The information should be used in conjunction with the guidance and care of your physician. Consult your physician before beginning this program as you would with any exercise and nutrition program. If you choose not to obtain the consent of your physician, you're agreeing to accept full responsibility for your own actions. The author shall have neither liability nor responsibility to any person or entity with respect to any loss, damage, or injury caused or alleged to be caused directly or indirectly by the information contained within this book.

## INTRO

- Having skin problems, headaches, neck or shoulder pains?
- Suffering from bad breath, body odour, bloating or gas?
- Feeling a lack of energy or disrupted sleep patterns?
- Straying from your healthier habits lately?

**If you answered YES to any of the above then it might be time for a DETOX.**

Practiced for centuries by many cultures around the world – detoxification is about resting, cleansing and nourishing the body from the inside out.

**A detox program can help the body's natural cleansing process by:**

- Improving circulation of the blood
- Resting the organs through fasting
- Refuelling the body with healthy nutrients; and
- Stimulating the liver to drive toxins from the body

Although a lot of detoxes are gimmicky, expensive, and totally unnecessary, this isn't one of them.

Far from being extreme this detox is simple, safe, effective, and designed to positively impact your health, performance and body composition long-term.

What you'll basically be doing is replacing any negative choices you'd normally make out of habit or convenience with more positive ones, and when you put it like that it doesn't sound so bad.

To achieve this – over the next 10 days – the following things are:

## NOT ALLOWED

- Dairy
- Sugar
- Wheat
- Processed Foods
- Caffeine
- Alcohol

## ALLOWED

### IN ABUNDANCE

- Good fats
- Herbal teas
- Quality protein
- Fresh Vegetables
- Eggs
- Healthy oils
- Herbs and spices
- Plenty of fresh, clean water

### IN MODERATION

- Rice
- Oats
- Fruit
- Starchy vegetables

## WHAT TO EXPECT

Common but temporary symptoms of detoxification may include; mood changes, bloating, cramps, headaches, fatigue and weakness.

But I wouldn't worry too much about those feelings as they will quickly pass, and once they do you will likely see improvements in your sleep and energy levels as well as how you look, feel and perform.

It's also worth noting that the supplements detailed within this plan can vastly limit these reactions.

## DETOX GUIDELINES

### 01 Stay away from anything on the not allowed list.

Dairy, Sugar, Wheat, Processed Foods, Caffeine, and Alcohol.

### 02 Drink only water, herbal teas and your greens whilst detoxing.

Aiming for 1 litre of water per 50 lbs of bodyweight.

### 03 Incorporate more fermented foods into your diet.

Increasing your intake of enzymes and probiotics will help you to absorb more nutrients from the foods you eat.

### 04 Rotate your meat, fish, poultry, fruit and veg; meal-meal and day-day.

Giving your body access to a wider spectrum of vitamins, minerals, and branched chain amino acids.

### 05 Eat plenty of cruciferous and green vegetables.

Such as; cauliflower, cabbage, spinach, rocket, watercress, wheatgrass, radish, kale, bok choy, and broccoli.

### 06 Go organic and free-range wherever possible.

Minimising the impact of pesticides, antibiotics, hormones and genetic modification on your body.

### 07 Practice Intermittent Fasting

This basically means not eating for extended periods of time in order to give your digestive system a break, with an 8hr eating window equaling a 16hr fast.

I'll go over this in more detail, in the next section.

### 08 Exercise Daily: What you do is up to you

Just be aware that exercising during a fasted state may have an impact on your energy levels and ability to perform certain tasks.

### 09 Supplements: An optional extra

Although not needed, there are some powerful natural foods you can use to supplement your diet with for improved results, I'll mention them in a bit.

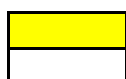
### 10 Lastly: Portion Sizes

During the detox you will only be eating healthy, delicious and highly nutritious foods, because of this fact you won't need to count calories, weigh foods or calculate points. Instead, I recommend you listen to your body by eating when hungry and stopping when full.

That said; do make sure you're hungry and not just bored or thirsty before deciding to eat.

**INTERMITTENT FASTING**

	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon
DAY	01	02	03	04	05	06	07	08	09	10
	x	x	16/8	16/8	16/8	16/8	16/8	16/8	x	x
06:00										
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**Fasting**  
**EATING**

Example: 16/8  
16 hour Fasting Window vs. 8 hour Eating Window

As part of your **10 Day Detox** you'll be practicing **Intermittent Fasting**. Have a look at the above table as a rough guide to what you'll be doing.

During your **Eating Windows** you can eat whenever you like as long as it's healthy and within the guidelines of the detox (breakfast - lunch - snacks - dinner).

During your **Fasting Windows** only water, herbal teas, (and your supplements) will be permitted, but bear in mind you'll be asleep for roughly eight of those hours so you'll only have to get through a further eight whilst up, out and about.

Something I get asked quite regularly is if the timings shown are set in stone, and the answer is no. Adjust them if necessary to match your schedule, just be sure to maintain the **16/8** ratio.

## SUPPLEMENTS

### Higher Nature (Glutamine)

Proteins are made up of amino acids; some are essential and some are non-essential. Although Glutamine is considered a non-essential amino acid it plays a large part in maintaining the health of the digestive tract and is particularly useful for those who are physically active.

- Curbs cravings for sugar.
- Aids muscle recovery after exercise.
- Assists in the transporting and absorbing of nutrients.
- Take 1 tsp, once per day, upon waking.

### Green Vibrance (Greens Drink)

Green Vibrance is a nutrient dense food supplement containing 70+ individual ingredients. In each serving you will get a high concentration of green vegetables, grass juice powders, algae, sea vegetables, digestive enzymes and probiotic cultures. It's powerful stuff.

- Improves gastrointestinal health.
- Helps to maintain high energy levels.
- Supports optimal brain, digestion, immune and liver function.
- Take 1 scoop (or 1 sachet), once per day, with your glutamine.

## OUTRO

If you follow this plan as it's laid out I guarantee you'll come away with some fantastic results; continue to implement some of these practices over a longer period of time and you'll get even better results.

It's really not that complicated.

I'm hoping this information is clear, concise and easy to follow but if you've got any further questions feel free to drop me an email: [desmondblakely@gmail.com](mailto:desmondblakely@gmail.com)

**ADDITIONAL INFORMATION**

**Specific to your Goal(s)**

<b>Increased Health</b>
<b>Decreased Bodyfat</b>

## Example SHOPPING LIST

<b><u>Lean Meats:</u></b>			
<ul style="list-style-type: none"> <li>- Steak</li> <li>- Lean Beef (trimmed of visible fat)</li> <li>- Lean Pork (trimmed of visible fat)</li> </ul>	<ul style="list-style-type: none"> <li>- Veal</li> <li>- Pork Loin</li> <li>- Pork Chops</li> </ul>		
<b><u>Game Meats:</u></b>		<b><u>Other Meats:</u></b>	
<ul style="list-style-type: none"> <li>- Buffalo</li> <li>- Venison</li> <li>- Wild Boar</li> </ul>	<ul style="list-style-type: none"> <li>- Squirrel</li> <li>- Roebuck</li> <li>- Pheasant</li> </ul>	<ul style="list-style-type: none"> <li>- Rabbit (any cut)</li> <li>- Goat (any cut)</li> <li>- Offal (variety/organ meats)</li> </ul>	
<b><u>Poultry:</u></b>		<b><u>Eggs:</u></b>	
<ul style="list-style-type: none"> <li>- Duck</li> <li>- Turkey</li> <li>- Chicken</li> </ul>	<ul style="list-style-type: none"> <li>- Emu</li> <li>- Goose</li> <li>- Ostrich</li> </ul>	<ul style="list-style-type: none"> <li>- Duck</li> <li>- Turkey</li> <li>- Chicken</li> <li>- Quail</li> <li>- Goose</li> <li>- Caviar</li> </ul>	
<b><u>Fish:</u></b>		<b><u>Shellfish:</u></b>	
<ul style="list-style-type: none"> <li>- Cod</li> <li>- Herring</li> <li>- Haddock</li> <li>- Mackerel</li> </ul>	<ul style="list-style-type: none"> <li>- Tuna</li> <li>- Trout</li> <li>- Tilapia</li> <li>- Salmon</li> </ul>	<ul style="list-style-type: none"> <li>- Crab</li> <li>- Clams</li> <li>- Lobster</li> <li>- Crayfish</li> <li>- Prawns</li> <li>- Oysters</li> <li>- Mussels</li> <li>- Scallops</li> </ul>	
+ Any other commercially available fish			
<b><u>Vegetables:</u></b>			<b><u>Good Fats:</u></b>
<ul style="list-style-type: none"> <li>- Celery</li> <li>- Broccoli</li> <li>- Cabbage</li> <li>- Asparagus</li> <li>- Cauliflower</li> </ul>	<ul style="list-style-type: none"> <li>- Onions</li> <li>- Lettuce</li> <li>- Collards</li> <li>- Cucumber</li> <li>- Mushrooms</li> </ul>	<ul style="list-style-type: none"> <li>- Peas</li> <li>- Spinach</li> <li>- Peppers</li> <li>- Seaweed</li> <li>- Watercress</li> </ul>	<ul style="list-style-type: none"> <li>- Seeds</li> <li>- Olive Oil</li> <li>- Avocados</li> <li>- Coconut Oil</li> <li>- Nuts/Nut Butters</li> </ul>
<b><u>Fermented Foods:</u></b>		<b><u>Supplements:</u></b>	
<ul style="list-style-type: none"> <li>- Kefir</li> <li>- Sauerkraut</li> </ul>	<ul style="list-style-type: none"> <li>- Kimchi</li> <li>- Tempeh</li> </ul>	<ul style="list-style-type: none"> <li>- Higher Nature (Glutamine)</li> <li>- Green Vibrance (Greens Drink)</li> </ul>	



## Example MEAL PLAN: Mon-Sun

### SUPPLEMENTS

Drink this first thing every morning:

- Higher Nature (Glutamine) x1 tsp
- Green Vibrance (Greens Drink) x1 scoop (or 1 sachet)

### BREAKFAST

- OPTION 1.** Meat and Nuts
- OPTION 2.** Bacon and Eggs
- OPTION 3.** Smoked Salmon and Scrambled Eggs

### LUNCH

- OPTION 1.** Ham Salad
- OPTION 2.** Chicken Stir Fry
- OPTION 3.** Minced Beef Chilli with Cauliflower Rice

### SNACKS

- OPTION 1.** Fruit
- OPTION 2.** Biltong
- OPTION 3.** Protein Shake
- OPTION 4.** Mixed Nuts/Seeds
- OPTION 5.** Natural Greek Yogurt
- OPTION 6.** Raw Vegetables with Guacamole or Hummus

### DINNER

- OPTION 1.** Fish with Steamed Vegetables
- OPTION 2.** Steak with Roasted Vegetables
- OPTION 3.** Homemade Hamburgers with Parsnip Chips

**NOTE:** You are NOT limited to only the above, this is just to give you an idea of what you can have.

Example **PLANT BASED** Meal Plan: Mon-Sun

### SUPPLEMENTS

Drink this first thing every morning:

- Higher Nature (Glutamine) x1 tsp
- Green Vibrance (Greens Drink) x1 scoop (or 1 sachet)

### BREAKFAST

- OPTION 1.** Oatmeal, Nuts and Raisins
- OPTION 2.** Baked Eggs and Ratatouille
- OPTION 3.** Spinach and Tofu Scramble

### LUNCH

- OPTION 1.** Tofu Stir Fry
- OPTION 2.** Quinoa Stuffed Peppers
- OPTION 3.** Pinto Bean Chilli with Cauliflower Rice

### SNACKS

- OPTION 1.** Fruit
- OPTION 2.** Kale Chips
- OPTION 3.** Protein Shake
- OPTION 4.** Mixed Nuts/Seeds
- OPTION 5.** Natural Greek Yogurt
- OPTION 6.** Raw Vegetables with Guacamole or Hummus

### DINNER

- OPTION 1.** Vegetable Curry
- OPTION 2.** Roasted Eggplant with Mixed Veg
- OPTION 3.** Chickpea Burgers with Parsnip Chips

**NOTE:** You are NOT limited to only the above, this is just to give you an idea of what you can have.

## Intermittent Fasting (IF) – Cheat Sheet

A cheat sheet or crib sheet is a concise set of notes used for quick reference.

### **What is Intermittent Fasting (IF)?**

IF is basically the practice of occasionally going for extended periods of time without eating.

### **What are the benefits of IF?**

Fasting can help you feel more energized, recover better from exercise, burn fat, hold onto muscle and protect your body from heart disease, cancer, and diabetes.

### **Who shouldn't do IF?**

Intermittent fasting isn't for everyone and if you fall into any of the following categories I'd actually advise against it; children under 18 years old, those who are underweight or have an eating disorder, pregnant women or breastfeeding mothers, people recovering from surgery, and those who are unsure if it will interfere with their prescription medications.

### **Surely I won't have any energy if I go so long without food?**

The digestive system is a group of organs which expend a large amount of energy; by not eating and resting this system you may find you've actually got more energy rather than less.

### **What am I allowed to have during a fast?**

Plenty of water, herbal teas, and (of course) your supplements.

### **FASTING – TOP TIPS**

- Don't surround yourself with food.
- Keep yourself full by drinking water.
- Physically fasting is not a problem, any hunger you feel will more than likely be psychological - you've missed meals in the past - just keep busy and stay focused.
- Exercise can boost the effects of a fast just be aware of your overall stress levels and don't overdo it - train but train smart - and stay hydrated.
- Plan a nice meal to break your fast, something you can look forward to that's high in protein with lots of vegetables.

### **REMEMBER:**

Whilst fasting your cells are doing a lot of routine maintenance and repair work plus your body is burning fat. You're doing this for a reason, it may be challenging but you can do it.

## TESTIMONIALS



Making the small changes laid out in this plan made a massive difference to my skin and muscle tone, plus I lost 4lbs which is a lot for me.



8 DAYS IN... 2 KILOS LOST.  
SIMPLE RULES... EAT FRESH AND HEALTHY.  
DRINK LOTS OF WATER.



Day 7 of the 10 Day Plan, I've lost 3.5lbs, my stomach looks flatter and my skin looks amazing too! Pat on the back to me.



Thank you for all the info and advice. I've lost 3kg so far and my sugar cravings are gone! Thanks for giving me the motivation to enjoy healthy eating again.