

3-DAYS DETOX GUIDE



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THE 3 DAY DETOX



We Are What We Eat!-

Dipo Bhakshayate Dhyant

Transform your mind, body and soul, and uncover the harmony within with this all-natural (and completely safe!) detox.

In the hectic pace of life, it's easy to get caught up in the rush, going and going until you find yourself depleted on all fronts, mind, body and soul. The connection between the three is often overlooked, but quickly felt as disharmony sets in leaving you grasping. Exhaustion sets in, and you can't imagine how you can take another step forward in life.

But in this beautiful world, you have been blessed with the freedom of choice, to make the best decisions for yourself and your happiness. If you're holding this detox challenge guide in your hands, you're about to make a great choice! You're only 10 days away from a free and Happy You!

Get ready to experience body, mind and soul working together in harmony



WHAT IS A DETOX?

A detox is an opportunity to cleanse your body of all the negative forces inside that threaten to disrupt the natural harmony. It's not enough to detox on a physical level. Through a combination of diet and lifestyle habits and changes, you can tap into your true self, the Happy You that you were meant to be.

Imbalances in the body are at the core of relationship problems, work problems, and the increased stress you feel as you think about your day. A detox simplifies your life by taking you back to the basics. It rids your body of the bad foods, lifestyle habits and mental tendencies that drag you down and replaces them with good. Detoxing is a reshifting of your focus and awareness toward your whole self, and the connection and interplay of every part of you. While most people think about detox on a physical level, it's so much more.



Detoxifying and cleansing seems to be a fashionable trend these days; however, the science of detoxification has been at the heart of Ayurvedic Medicine for over 5000 years and is indispensable to living a long and healthy life. As a team of experts coming from this background, we use the valuable source of ayurvedic wisdom to create practical solutions for today's needs. In other words, ayurvedic tools made suitable for the demands of modern life.

The food we eat, daily habits and the input we get through our five senses not only affect our body—they impact the mind and emotions too. According to ayurvedic principles, the mind follows the body and the body follows the mind. You can not separate the two. So why not use this to your advantage? Our research has shown that detoxifying the body can considerably improve mental wellbeing and reduce negative feelings, such as depression, anxiety, irritability, lack of concentration and motivation, instability and aggressiveness.

If you've been driving through life on
autopilot, get ready, because the next exit
will reset your course toward a Happy
You!

DISCOVER THE BENEFITS OF DETOX

If you've never detoxed before, it may feel difficult. But the best things in life are well worth the effort. In 10 short days, you'll see benefits and improvements in your life that you've only imagined.



What will you achieve as you set out on this journey? In Ayurveda you should detox regularly so the greatest results are achieved if you could do a detox for 3 days once a month or every 2 months. If you can't do that then do the Detox every 4-5 months, but try to implement this concept in your life as much as you can. Your body and mind will serve you much better and it's a great way to prevent disease.

1 Turbocharge your Metabolism

Our program will rev up your metabolism and leave you feeling energized and light. You will learn to be more aware of the quality of foods you eat and their effects on your body and mind. In time, your body intelligence will naturally incline you to choose the foods, thoughts and actions that are right for you. You will begin to free yourself from unwanted toxins in the body and may even lose some extra pounds as an added bonus!

2 Tap into your Internal Power

A wealth of power resides within you, but it often becomes overshadowed by unhealthy thoughts and emotions. By developing greater awareness, you'll enhance your mind's clarity and increase your focus. Greater focus leads to higher performance and efficiency. You can experience a dramatic increase in motivation, power and zest for life that provides you with the ability and resources to follow your dreams and reconnect with your heart and purpose in life.

3 Boost your Relationships

Become a magnetic person. When you reconnect to your inner source of unlimited power and inspiration in your heart and soul you will experience a sense of inner peace and harmony. This radiance will create a new level of relationships in your life with yourself, your friends, your family and your colleagues. You'll be better equipped and prepared to share your best self with them rather than the leftovers that life leaves behind.

4 Increase your Performance

With your newfound energy, you'll find yourself performing better on all fronts. The all-encompassing sense of wellbeing will permeate to your core, and you'll find yourself acting from new impulses as you hack your life and give yourself the space to be your true self. You'll be more capable of overcoming every physical, mental and emotional challenge in your life, and be better for it.



This 3 day detox challenge is not a starvation diet; it's a healthy way to nourish your mind, body and soul! Ayurvedic detoxing is about introducing wholesome, balancing foods that are full of vital nutrients, antioxidants, fiber and healthy fats. These foods help kick start your metabolism and restore energy, clarity and inner balance.





WHY DO YOU NEED TO DETOX!

Do you find yourself experiencing any of the following?

- You feel stressed at work or at home
- You often feel exhausted
- You feel restless and/or edgy inside
- You have brain fog and/or concentration problems
- You tend to feel bloated and heavy after meals
- Your digestion is off track
- You find it hard to get out of bed in the mornings
- You regularly suffer from infections
- You have allergies
- Your skin is dry, tired, pale and tends to have pimples
- You are taking regular medications
- You can't seem to lose weight, no matter which diet you're on
- You have a poor quality of sleep
- You feel a general lack of motivation
- You've never done a detox before



HOW YOU WILL FEEL

By taking part in a holistic detox program that integrates the mind, body, and spirit, you'll experience countless benefits:

- You'll fire up your metabolism and feel more energized
- You'll become more aware of what you eat and its effects on your body and mind
- Your thoughts will become clearer and more focused
- You'll discover higher performance and efficiency
- You'll be a healthier, more focused, Happy You!

HOW IT WORKS

Detoxification occurs naturally in everybody. It's a process through which toxic substances in the body are neutralized and excreted in urine, stools or sweat.



Do I have toxic substances in my body?

Detoxing is for everyone, no matter how healthy your diet is. Regardless of what you eat, we all come in contact with environmental toxins on a daily basis. We pick them up from food, the air, medications, household cleaning products — just about anything you can imagine. These toxins put our body through increased stress, and put us at risk for a range of health issues, including poor quality of sleep, depression, anxiety, weight gain, allergies, inflamed skin, and digestion problems.

In addition to the external forces acting on our bodies, we also produce metabolic end-products that must be eliminated on a regular basis. When working properly, your body is a 24/7 detox factory that maintains the status of Happy You.



What is the detox system?

When we talk about the 'detoxifying system' of the body, we're referring to a combination of organs, including your liver, kidneys, lungs, lymphatic system and skin. However, your digestive system plays the key role. In Ayurveda we call it the 'Agni'—the digestive fire. Think of it as the coal on the grill. The hotter the coal, the faster and more efficient you can metabolise food and neutralise toxic compounds.

Many factors can contribute to decreased Agni, including: an unbalanced or unhealthy diet, stress, lack of sleep or exercise, dehydration or shortage of enzymes. Low Agni leads to the accumulation of 'Aam' in our body, which are sticky toxins that can lead to a variety of negative physical, emotional and mental symptoms.



The detox Philosophy:

In this 3 day Detox program you eliminate everything in your diet and just focus on green vegetables and the magic mung soup. If you are getting very hungry in between you can add some of the healthy carbs from the list like Quinoa.

You can eat it 3-4 x a day whenever you feel hungry. You support your Detox when you leave a gap of 3-4 hours between the meals. If you want you can add in the morning a healthy Smoothie with greens, fibre like soaked chia seeds and flax seeds (2-3 tablespoons), some olive oil and berries like blueberries or apple.

- **Improve the input to your senses to create a window for light, attraction and energy to flow freely into your life.**
- **Shift your awareness towards your whole self and experience your greatness, inner strength and abundance.**



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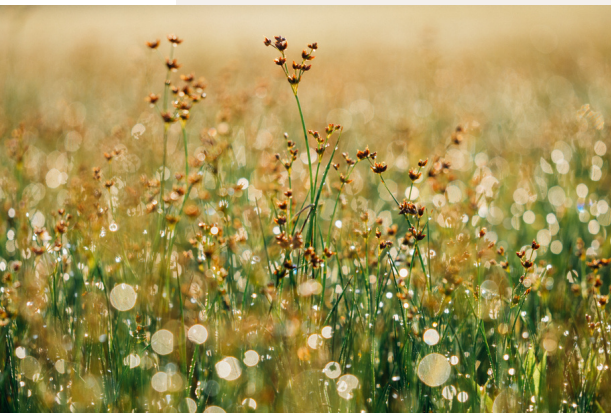
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The Detox will empower you to really transform your life, live at a higher level, and experience more Happiness every day. It's a simple, doable system that will leave you full of inspiration and inner joy. It will awaken your natural intelligence and give you the freedom to cut off old habits that were blocking you from becoming Happy You. Are you ready to become the best version of yourself and tap into a deep inner freedom and new impulses to recreate your life?





During the next days you will focus on:

- Diet
- Lifestyle
- Exercise
- Work Life
- Powerful Mindset
- Heartfelt Connection
- Celebrating your achievements and creating a deep imprint on others

Don't consume:

- All sources of gluten such as wheat, spelt, rye, kamut, couscous, bulgur
- refined sugar (steer clear from pastries, fast food, soft drinks, fruit juice)
- Red meat, poultry, fish and sausages
- Animal byproducts such as dairy and eggs
- Fried foods high in saturated fats
- Tomatoes
- Refined oils
- Preservatives
- Alcohol



Do consume:

- Fresh, organic foods (ideally prepared at home).
- Mostly vegetables (go for green)
- Fruit (apple, berries)
- Foods rich in antioxidants, minerals, vitamins, fiber and goodness

Vegetables to eat a lot:

- Zucchini
- Broccoli
- Spinach
- Witloof
- Kale
- Cabbage/ Chinese cabbage
- Chard
- Fennel
- Artichokes
- Radish bok choi
- Asparagus
- Celery

Vegetables to eat less of:

- Carrots
- Sweet potatoes
- Pumpkin
- Beetroot
- Parsnips
- Parsley root
- Turnips
- Snow peas
- Green beans
- Celery
- Salads, various
- Dandelion
- Radicchio
- Sprouts, alfalfa
- Sprouts, cress



Spices/ Herbs:

- Ginger
- Turmeric
- Cumin
- Fenugreek
- Fennel
- Asafoetida
- Ajwain
- Cardamom
- Cinnamon
- Cloves
- Vanilla
- Anise
- Coriander
- Basil
- Oregano
- Rosemary
- Marjoram
- Thyme
- Lovage
- Cress
- Dill
- Bay leaf
- Sage
- Chives

Grains:

- Quinoa
- Amaranth
- Buckwheat
- Brown rice
- Millet



Glutenfree flour:

- Teff
- Coconut
- Linseed meal
- Banana meal
- Amaranth
- Buckwheat

Oils:

- Ghee
- Olive oil
- Linseed oil
- Canola oil
- Hempseed oil
- Coconut oil
- Pumpkin seed oil

Sweeteners:

- Xylitol
- Stevia

Coffee

If you can't go without coffee:

- Limit your intake to one cup of espresso coffee/ organic coffee per day.
- Add a non-dairy alternative such as almond, quinoa, amaranth or rice milk.
- One matcha latte with almond milk is a delicious alternative to coffee



Detox Routine

- Upon waking, drink 2 glasses of warm water while sitting down. This will kickoff your detox day.
- Give yourself an extra boost by boiling the water for 10 minutes. Wait until it has cooled down before drinking (while sitting down).
- Prepare a detox tea. Take 2 tsp of fennel seeds, 1 tsp of cumin, 1 tsp of coriander powder, boil it in one liter of water for 10 minutes, strain it and have it in small sips during the day.
- Launch your day off right with this power blend. Soak 10 black raisins and 5 almonds and a teaspoon of fennel seeds overnight. In the morning, rinse them, put them in a blender with a glass of water, and make a delicious smoothie.

Your daily plate should look something like this:

60% Vegetables |

30% Vegetables || (legumes/ gluten-free grains)

10% Everything else (nuts, seeds, organic tofu, good fats)



Magic Mung Soup

- Helps to balance all three metabolic body types or Doshas: Vata, Pitta & Kapha.
- Aids the clearing away of Aam (toxicity) as a powerful detoxifier.
- Has anti-cancer and anti-inflammatory properties, helps diabetes, improves cholesterol and blood pressure levels, plus is very high in antioxidants, and is rich in vitamins and minerals.
- Best diet to speed up healing in the body (recommended with cooked green vegetables).
- One great benefit of eating only moong soup during a detox is that you are not eating all the other stuff that has been causing you problems.
- High in digestible protein - these beans are one of the best plant-based sources of protein. Rich in essential amino acids (amino acids that your body is unable to produce on its own), such as phenylalanine, leucine, isoleucine, valine, lysine, arginine and more.
- High in soluble fiber and resistant starch, promoting and improving digestive health.



Magic Mung Soup Recipe

- 1 cup mung beans soaked overnight – with 1 tsp. of baking soda. Rinse well.
- 2 Tbsp. Ghee over medium heat and add 1 tsp. black mustard seeds. Cook until the mustard seeds pop
- 1 heaping tbsp. minced garlic
- 1 tsp minced ginger
- 1 bay leaf
- 1 tsp. turmeric
- 1 tsp. coriander
- 1 tsp. cumin
- 1 tsp. garam masala
- 2 pinches of hing or asafoetida
- 1 chopped onions
- Add any other vegetable(s) you want 2-3 cups
- 3 pieces of kokum chopped
- 7 cups of water
- 2-5 vegetable bouillon
- **Add Lots of Love**

Wish you a successful and happy Detox - with lots of love Suyogi

**Make an appointment for deeper healing:
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