

The 8 Week Beauty Detox Program



Beauty Detox is an easy to follow 8 program to help you eliminate foods that may contributing to acne, cellulite and brain fog while assisting your body in the gentle release of any stored toxins throughout your body while engaging in practices that reduce stress.

- Includes a pre-detox plan and post-detox plan so you don't experience extremes and are able to sustain your new lifestyle
- Incorporate 1-2 new steps a week, so you can ease in and ease out (eg. Elimination, liquids to raw foods)
- Week 1-7 involves food and body week 8 is a mind, environment and media detox

Week 1: Pre Detox Phase

1. **Hydrate.** Prepare the body for detox by drinking lots of water. Try drinking roughly a gallon a day. Use only glass bottles with spring water or high quality alkaline water. Try adding chlorophyll to your water to help detoxify your blood and build healthy red blood cells. Also drink water with essential oils (Doterra are pure enough to be consumed internally).

Great Essential Oil detox blend (1-3 drops of each): Tangerine, Rosemary, Geranium, Juniper Berry, Cilantro. Apply to bottom of feet or add to cold water or tea and consume

2. **Alkalize.** Upon Rising Drink "Lemon Tonic"

1. Boil some water and let it cool a little in a mug.
2. Add fresh juice of a whole organic lemon, add a dash of cayenne pepper for metabolism boost and ¼ teaspoon turmeric
3. Mix in raw, organic, unpasteurized honey. Add the honey after the water had cooled down as the heat will destroy the nutrients in the honey.

Benefits:

- Soothes, hydrates and cleanses the digestive system, preventing constipation and boosting immune system
- Alkalizes the body, reduces inflammation, balances blood sugar and boosts mood
- Acts as a diuretic and flushes the body. This helps to prevent urinary tract infections.
- Nourishes your liver and helps with whole body detox.
- Great for maintaining a healthy weight.
- Balances lipids in skin and body, makes your skin glow.

3. **Meal Planning.** Start thinking about what foods you would like to eat less of in general or get rid of all together. Start planning meals and schedules for meal prep day.

Week 2: Elimination Phase

1. Eliminate all Dairy (including Eggs), Corn, Gluten, Oats. Substitute with non-gluten grains such as Buckwheat, Quinoa, Amaranth, Millet, Teff, Sorghum, Bean Pastas, breads with almond flour, tapioca flour rice flour, and Potatoes (red, sweet and yams). Dairy substitutes: coconut, flax or almond creamer and milk, nut cheeses
2. Add in Detox Shake and/or Gut Healing Latte

Detox Shake

- Coconut Water
- Aloe Vera Juice (George's is taste free)
- Chlorella or spirulina
- Wild Blueberries from Maine
- Couple of sprigs of parsley
- Fresh Spinach
- Pea Protein

Gut Healing Latte

- Dandy blend
- [Bimuno \(probiotic\)](#)
- Coconut Oil
- [Vital Proteins Beef Gelatin](#)
- Coconut Creamer

Week 3: Elimination Phase

1. Eliminate all meats, nuts and sugar. Add in beans, tempeh, or sprouted soy.
2. Dry brushing 2x daily
 1. Purchase a natural (not synthetic) bristle brush with a long handle so can reach all areas of your body.
 2. While naked, stand in a bathtub or tiled surface and begin brushing by starting at your feet and moving in long sweeping motions toward your heart. Always brush toward your heart. Brush several times in each area, overlapping as you go.
 3. Rinse off in the shower and apply a sesame or coconut oil

**Be sure to sanitize your brush with anti-septic wash and spray with alcohol once a week. Leave to dry in a clean, sunny spot to avoid mold and mildew growth

Benefits:

- Stimulates your lymphatic system
- Reduces cellulite. Cellulite is an accumulation of toxic materials the body has encapsulated in fat to avoid exposure in bloods stream. Dry brushing helps breakdown these trapped toxins and helps the body eliminate through its detox pathways
- Exfoliates and unclogs skin preparing it to take in nutrients

Week 4: Heavy Metal Detox

1. AM: (½ hour after lemon tonic and 1 hour before detox smoothie)

Bind: Mix 10 drops Zeolite Liquid + 2 TBSP liquid bentonite clay + 2 capsule activated charcoal

Benefits:

- Binds to heavy metals and toxins in gut, blood and tissues
- Natural chelation
- Supports Immune function
- Alkalizes the body

2. PM: 1 hour before bed drink **Clean Sweep** followed by 6-8oz water with 2 capsules magnesium

Clean Sweep: Mix 1 heaping TBSP Psyllium Husk + 2 oz non-sweetened cranberry juice + 4 oz water+ 1 TBSP Raw Apple Cider Vinegar. Blend and drink quickly as the psyllium husk gets gloppy quickly.

Benefits:

- Flushes the body of accumulated and toxins removed from tissues
- Improves bowel movements

3. Add in supplements NAC and Selenium. Glutathione is an essential antioxidant that supports liver in its detox pathways, unfortunately supplements not easily absorbed by your intestines. N-acetylcysteine (NAC) is a glutathione precursor and can raise glutathione storage. Try taking 2-3 600 mg capsules daily. Also, selenium supports glutathione and boosts immune function and detox pathways.

4. Alternate Nostril Breathing. Using your thumb and ring finger take turns holding one nostril while inhaling and exhaling slowly and deeply through one nostril at a time starting with left nostril. Do this for 2 minutes each day preferably in the morning upon rising.

Week 5 & 6: Liquid Cleanse

1. Blended Liquids only soups/smoothies/juice. You will still be drinking your detox elixirs as well. I suggest starting with a green juice first, preferably plain celery juice. This will help your body build its on HCL and is highly healing for the gut.
2. Pre-make soups for 3 days. I find juices and smoothies are best made each day and has highest efficacy but if time doesn't permit, making batches for 3 days is fine.
3. Journal morning pages – This is where you let it all out. If you have any negative thoughts, this is where you put it. Take a look and acknowledge it, and set an intention to work on it.

Week 7: Re-Introduce

1. To gently introduce solids back into your diet it's best to stick to warm and easily digestible foods. Incorporate steamed veggies and rice/ quinoa (80/20 rule). Be sure that your plate is 80%veggies and 20% rice or quinoa. Also only eat until you are 80% full.
2. Gratitude Journal – Each night write 5 things that you are grateful for and why

Week 8: 80/20 Rule

1. Incorporate fresh fruit and salads still maintaining the 80/20 rule. Fruit should ALWAYS be eaten alone and never with anything else. Especially after a meal, fruit will putrefy in the stomach. If eaten alone you can eat other types of foods 30 minutes after consuming fruit. Try eating nothing but fruit from morning until noon if possible. This will keep your bowels moving
2. Social media detox – withhold from checking social media, watching the news or anything else. This is the last week of your cleanse and it's time to celebrate regroup and get ready to get back to your new life. Fresh and revitalized.

When you are back to eating you're normal diet, be sure to maintain the 80/20 rule. For example if you decide to have an animal protein, be sure it's from a pure source but also be sure that 80% of the meal is veggies and only 20% is protein. Try not combine carbohydrates & proteins in the same meal as it is difficult for our stomachs to digest.

Tips for Meal Planning

1. If you aren't able to prepare your foods daily, I recommend picking a "food prep day" steaming all your veggies, make your salad, cut fruits and vegetables, cook your grains and legumes etc so you have healthy choices when it's "Go Time". That way you can also have a variety of things including soups, warm bowls, salads, things to munch.
2. Be sure to soak your beans for 3-4 days changing the water daily and rinsing off the white foamy part each time. Soak your gluten free grains for 24 hours before cooking.
3. You will need to go to the grocery store approximately every 5-7 days
4. Feel free to use the vegetables and fruits that you like but try to get a wide variety to get a range of nutrients and to keep yourself from getting bored.

POWERFUL DETOX FOODS, HERBS AND SUPPLEMENTS

Anti-inflammatory Spices

Garlic • Ginger • Turmeric • Curry powder • Chili peppers • Basil • Rosemary • Thyme • Cinnamon

Apples

Filled with fiber, vitamins, minerals and many beneficial phyto-chemicals used in the detox process. Apples are high in pectin which helps detox metals and food additives from your body as well as help boost bile production.

Asparagus

A veggie to help support the kidneys, asparagus contain a multitude of vitamins and minerals like vitamins A, C, E, K, and B6, as well as folate, iron, copper, calcium, protein, and pre-biotic fiber. Asparagus contains high levels of the amino acid asparagine, a natural diuretic, helps flush excess fluid and salt from your body.

Beets

Packed with phytonutrients called betalains, vitamin C, K Folate and Iron, beets protect against free radicals and supports detoxification through an important phase 2 detox step in the liver.

Berries and Lower Glycemic fruits

Raspberries, Strawberries, Blueberries, Blackberries, Peaches, Nectarines, Oranges, Pink Grapefruit, Red grapes, Plums, Pomegranates, Cherries, Pears are rich sources of flavonoids and carotenoids with antioxidant and anti-inflammatory properties. Choose as many colors as possible to ensure a wide range of vitamins and minerals. Blueberries neutralize free radicals, strengthen the cardiovascular system, protect against cancer development, and have been linked to healthy eyesight. Raspberries are another great antioxidant, while also help prevent overgrowth bacteria and fungi.

Bitter vegetables

Bitter melon, dandelion greens, mustard greens and chicory promote the production and flow of bile. A great side dish to help support detox Dandelion + Cilantro Sauteed dandelion leaves and cilantro with coconut oil, Himalayan salt, turmeric for a powerful detox side dish to add to your warm bowls.

Burdock Root

Used for centuries to cleanse the blood and induces the lymphatic system and detoxification, reduce excessive heat and help heal skin ailments. Is anti-bacterial, anti-inflammatory as well as fights free radical damage. Burdock root not only stimulates the kidneys to increase urine elimination, the fiber content is excellent for detoxification and facilitate elimination. Burdock root is a vegetable and can be consumed in it's natural form, as a tea or supplement.

Carrots

Fresh carrots are rich in beta carotene, which can neutralize toxins. For a quick and easy detox drink, try blending a few carrots with fresh lemon juice and monk fruit.

Chrysanthemum

Chrysanthemum is rich in B Carotene which is converted to vitamin A in the liver, which helps boost detoxification. Helps increase blood flow and helps clear arteries. Can be eaten raw or in a tea. Great for reducing inflammation, and helping with acneic skin conditions.

Cilantro

High in Vitamin K, vitamin C, along with phosphorus, potassium, zinc, dietary fiber, calcium, iron, and magnesium. Helps rid the body of heavy metals. Lowers blood sugar levels, protects against oxidative stress, reduces stress and anxiety and helps improve sleep cycles.

Cruciferous Plants

In addition to vitamins, minerals and fiber, cruciferous vegetables contain phytochemicals that help activate enzymes that detoxify the body from carcinogenic compounds before they damage our cells. Cabbage, cauliflower, broccoli, Brussels sprouts, kale and radishes are cruciferous veggies.

Dandelion

High in vitamins A & K and fiber it helps cleanse the liver, kidneys and colon. Dandelion greens can be chopped up and used as a garnish or an addition to a sauce, or they can be eaten raw or cooked to minimize their somewhat bitter flavor. You can also use the dandelion root, stems and flowers to make a delicious and super-healthy tea. Either way, you reap the benefits of this unexpected nutritional plant.

Dark leafy greens

Raw and cooked vegetables such as spinach, collard greens, kale, swiss chard are rich sources of flavonoids and carotenoids with antioxidant and anti-inflammatory properties. Choose a colorful range to ensure a wide variety of vitamins and minerals.

Essential Oils

Lavender, Lemon, Cilantro, Thyme, Black Pepper, Helichrysum, Tangerine, Rosemary, Geranium, and Juniper Berry. Taken internally to promote heavy metal detoxification.

Garlic

Best used raw for microbial properties, although cooked garlic still has a lot of value. In fact, the antioxidant value is equal (or sometimes even higher) when cooked. During your cleanse, you can add raw garlic to any soups, stews or stir fries or salads.

Healthy Fats

Coconut Oil, Extra virgin olive oil, Walnut oil, Avocado Oil, Hazelnut oil, Flax Seed Oil, Sunflower oil
Healthy fats are rich in monounsaturated or omega-3 fatty acids. Extra-virgin olive oil is high in polyphenols with antioxidant activity. Avocado, Flax, Chia, Hemp Nuts and seeds are whole food sources of healthy fats rich in monounsaturated and/or omega-3 fatty acids.

Kombucha

Rich in many of the enzymes and bacterial acids our body produces and uses to detox your system, thus reducing our pancreatic load and easing the burden on our liver. Also, because it's naturally fermented with a living colony of bacteria and yeast, Kombucha is a probiotic beverage and aids in digestion. This has a myriad of benefits such as improved digestion, fighting candida overgrowth, mental clarity, and mood stability. Helps relieve symptoms of fibromyalgia, depression and anxiety.

Legumes

Legumes can stimulate bowel movement, help with constipation, and induce diuresis. You can put red beans to stew in an electric cooker or crockpot before going to bed and then drink the liquid the next morning to promote detoxification. Adzuki, Lentils, Peas (black, chickpeas, black-eyed peas), Red Beans, Black Beans, Fava Beans, Edemame are a low glycemic load food, rich in folic acid, magnesium, potassium, and soluble fiber. During cleanse you may have 2-3 servings daily.

Lemon

Helps alkalize the body, assists bowel movements and helps reduce calcification of kidneys. Drink upon rising daily.

Millet

A gluten-free, fiber rich food, millet helps regulate your your digestive system and eliminate waste. Millet is also high in antioxidants that help neutralize free radical damage as well as quercetin, curcumin, ellagic acid that help detoxify harmful substances and promote proper excretion.

Onions

Onions are rich in sulfur, a powerful detox element that helps the body release toxins, especially from the liver. Also rich in quercetin, a powerful antioxidant that helps lower inflammation, fights bacterial and viral infections. Be sure to blend your onions to activate the cancer fighting enzymes before heating.

Radishes

Part of the cruciferous family, radishes contain an antioxidant that supports the liver while reducing inflammation in the blood. Also, an excellent source of potassium which acts as a natural diuretic.

Raw Apple Cider Vinegar

Contains acetic acid which helps kill pathogens including bacteria, virus and fungus, some claims help prevents cancer and reduce tumors. It helps support kidney and bowel function. Drink some diluted vinegar with a dollop of honey after breakfast and dinner.

Sea vegetables

Prevent aging and chronic disease, lowers cholesterol, helps deliver minerals, detoxifies heavy metals and carcinogens from the body, balance thyroid and boost bowel function. Be sure to get from a really clean source, organically farmed if possible. Sea vegetables are known to be the sponge of the sea, as they have the ability to absorb heavy metals and radiation. Therefore, if you consume sea vegetables from a contaminated source, it could cause much more harm than good. Try adding nori or dulse to salads or cooking your soups and grains with kombu to add a nutritional boost.

Sweet Potatoes

Perfect for a detox diet, sweet potatoes are an excellent source of dietary fiber as well as being loaded with vitamin A, C, manganese, copper and B Vitamins. Great steamed or baked, adding honey, a tsp of coconut oil and a dash of cinnamon for a nutrient packed, guilt free treat.

Sweeteners

Raw organic honey, Raw Cacao, Dark 70% Raw Chocolate, Monkfruit, Stevia, Xylitol

Tempeh, Sprouted Soy

Whole soy foods provide isoflavones, free radical scavenging antioxidants.

Tomatoes

The antioxidants in lycopene protect the liver from free radical damage. This allows the liver to function optimally, metabolizing and removing toxins from the body. Anti-aging experts believe that lycopene is essential to maintaining good health as people grow older. It boosts the immune system, and fights against cancer cells. Although fresh tomatoes are a good source of lycopene, tomato sauce, paste, and ketchup are a more concentrated source as cooking helps break down cell walls, making more lycopene available, and unlike many other nutrients, exposure to heat does not alter the healthful qualities of lycopene.

Top Detox Supplements

Alpha Lipoic Acid

A powerful and versatile anti-oxidant that has both water and fat soluble properties. This allows it to enter major organs such as the brain, liver and nerves. ALA protects the mitochondria of the cells from free radical damage while also regenerating other anti-oxidants such as vitamin C, E and CoQ10 thus helping support glutathione levels. ALA also plays an important role in optimizing blood sugar levels, strengthens blood vessels and gut lining. Key to helping detoxify the body from harmful substances while preventing more leakage into the blood and thus reducing autoimmune activity. Recommended dosage R-ALA 500mg daily

Chlorella

This blue green algae is a potent source of chlorophyll, trace minerals especially magnesium and zinc. Chlorophyll also helps to purify the blood by binding to toxins and improving the body's ability to bring oxygen to cells boosting energy and anti-oxidant production. Chlorella contains the phytonutrient sporopollenin, which is able to bind and trap heavy metals, chemicals and even mold, and viral toxins. Recommended Dosage: 2 - 4 grams taken in several dosages daily via capsules, tablets or dried powder

Chlorophyll

Chlorophyll helps to purify the blood by binding to toxins and improving the body's ability to bring oxygen to cells boosting energy and anti-oxidant production. Add to water to build red blood cells and detoxify liver and blood.

Glutathione & NAC

Glutathione is considered the master anti-oxidant as it's responsible for protecting our DNA from free radical damage, helps maintain other anti-oxidants, and is critical in the detoxification process. It is naturally produced by every cell in our bodies. As you can imagine, by being confronted with constant oxidative stress, our reserves get depleted swiftly. Unfortunately our body doesn't easily assimilate glutathione supplements, therefore taking N-Acetyl Cysteine (NAC), the precursor to Glutathione, is the most effective way to help support our natural glutathione levels. Recommended dosage 500 mg daily

Lecithin Powder (Non-GMO)

A key component of lecithin, phosphatidylcholine, is the main lipid component in both plant and animal cellular membranes. Every cell of your body contains phosphatidylcholine. Phosphatidylcholine is responsible for maintaining the surface tension of the cell membrane. Without enough phosphatidylcholine, our cell walls harden and hinders the process of nutrient absorption and waste removal. Lecithin helps keep fats emulsified in our body so that they may be more easily broken down and used as a source of energy. Lecithin supports healthy metabolism and liver health. Recommended Dosage: 1-2 TBSP daily

Milk Thistle

Helps boost glutathione and superoxide dismutase, 2 essential antioxidants involved in detoxification. A powerful liver detoxifying agent as well as protecting the intestinal lining, thyroid, and immune system from radiation stress. Recommended Dosage 500 mg daily.

MSM

An organic sulfur compound that's naturally derived during the earth's rain cycle. Sulfur is present in many natural unprocessed foods, but it's quickly lost during the cooking process. MSM helps with collagen production and is essential for healthy skin, hair, nails and joints. It also is a key detoxifying agent as it makes our cells more permeable, supporting detox pathways in the cells. Best taken with Vitamin C. Recommended Dosage: 1000mg daily.

Psyllium Husk or Pectin

Psyllium husk is an edible soluble fiber and prebiotic, needed for healthy colonies of probiotics to grow in the gut. Your body is better able to fight infection, reduce inflammation, and maintain healthy tissue and cells. Psyllium is considered a bulking fiber because once it is ingested, it expands, forming a gel-like mass by drawing water in from the colon. It then promotes gentle and healthy elimination by sweeping waste out of the colon quickly and efficiently. Recommended dosage 1 TBSP up to 2x daily.

Selenium

Selenium is a trace mineral that acts as an anti-oxidant that plays a key role in detoxification and immune regulation. It effectively binds to mercury and other heavy metals in the blood stream and helps flush out of body. Recommended dosage is 200-400 mcg of selenium daily.

Zeolite

Zeolite particles are negatively charged particles that draw heavy metals out of tissues and blood and eliminated through normal bodily functions without endangering other tissue.

Recipes

Clean Sweep

- 1 heaping TBSP Psyllium Husk
- 2 oz non-sweetened cranberry juice
- 4 oz water
- 1 TBSP Raw Apple Cider Vinegar

Directions: Blend and drink quickly as the Psyllium husk gets gloppy quickly.

Metal Binding Elixir

- 6 oz water
- 10 drops Zeolite Liquid
- 2 TBSP liquid bentonite clay
- 2 capsule activated charcoal

Directions: Take in the morning ½ hour after lemon tonic and 45 min before detox smoothie

Spicy Lemon Tonic

- Juice from 1 lemon
- 8 oz. hot water
- Pinch of cayenne pepper
- ¼ teaspoon turmeric
- Raw Honey

Directions: Boil some water and let it cool a little in a mug. Add fresh juice of a whole organic lemon, add a dash of cayenne pepper for metabolism boost and ¼ teaspoon turmeric. Mix in raw, organic, unpasteurized honey. Add the honey after the water had cooled down as the heat will destroy the nutrients in the honey.

Healthy Lemonade

- 2 organic lemons
- 4+ cups water (more if needed)
- Dash of cayenne pepper
- Monkfruit or Xylitol

Directions: Cut the lemons into quarters. Place lemon sections in a blender. Add monkfruit or Xylitol and cayenne to taste and add water. Blend on HIGH for one full minute to produce a frothy liquid.

Sea Breeze

- 8-12 oz coconut, flax or almond milk
- 1/2 cup frozen mango
- 1/2 cup frozen pineapple
- 1 handful fresh spinach
- 1 scoop pea protein
- 1-2 TBSP Lecithin
- 1 scoop MSM
- 1 scoop Glutamine

Directions: Pour in liquid of choice. Add pea protein, lecithin, MSM and Glutamine. Add frozen fruit and spinach. Blend on HIGH until fully liquified. You can add water or coconut water for thinner consistency.

Detox Shake

- 4-6 oz Coconut Water
- 4-6 oz Aloe Vera Juice (George's is taste free)
- ½ tsp Chlorella or spirulina
- 1 cup Wild Blueberries from Maine
- Couple of sprigs of parsley
- Bunch Fresh Organic Spinach
- Scoop Pea Protein

Directions: Add blueberries, spinach first then all powders. Add liquids last and blend. If you want it thinner you can always add more liquid

Gut Healing Latte

- 1 tsp Dandy blend
- Low Acid Organic Coffee (if you drink coffee otherwise eliminate)
- 1 packet Bimuno (probiotic)
- 1 TBSP Coconut Oil
- 1 scoop Vital Proteins Beef Gelatin
- 2 TBSP Coconut Creamer

Directions: Brew coffee. Add to blender with all other ingredients. Blend and enjoy.

Liver Cleanse

- 2 Tbs. chopped celery
- 1 red bell pepper, seeded and chopped
- 1 teaspoon chopped cilantro
- 1 green apple, peeled, cored and chopped
- Juice from ½ lemon
- Dash of cayenne pepper

Directions: Puree all the ingredients in a blender and serve chilled.

Cauliflower Soup

- 1 medium cauliflower head, with outer green leaves removed and chopped into pieces
- Flax milk
- Ghee
- Garlic
- High quality sea salt, to taste

Directions: Steam cauliflower. Add all the ingredients to a blender and blend until smooth. Can be eaten warm or cold.

Probiotic Soup

- ½ onion
- 2 broccoli floweretts
- 1 small cauliflower head
- 6-8 asparagus shoots

Directions: Blend ¼ to ½ onion in 32 ounces of water. This will be soup base. Then steam broccoli cauliflower and asparagus. Add to onion water and simmer and add more water, and high quality sea salt to taste.

Easy guacamole

- 1 large avocado
- A few cherry tomatoes
- ¼ onion
- Several sprigs of fresh cilantro
- 1 lime
- Pinch of salt

Directions: Blend or use a food processor to mix ingredients. Great for dipping veggies.