Your Guided Health Journey

Health is your True Wealth

How NOT to Re-Tox after your Detox!

- What was your Why? Keep that top of mind now too.
- Write down how you felt at the beginning and how you feel now, add this to your Why and post this page front and center where you'll continue to see it.
- Use the Sensitive Gut Guide provided to you if you have gut issues and you may continue to use the 21 day detox recipes as well.
- Use the high quality foods list, Dirty Dozen / Clean 15 and Magic Snacks documents provided, to keep you on track.
- Complete the 4 day energy experiment to understand the type of protein your body does best with.
- Listen to your body.
- Continue to space out your meals 3.5 – 4 hours
- Liquid before lunch for optimal energy
- Do check-ins before your meals – turn on your "rest and digest" system
- Slow down – 20 minutes / meal
- Drink your solids / Chew your liquids
- Use the hunger / fullness scale
- Keep meal planning!!

Next Steps:
1-day re-set monthly (document posted in Week 4's lessons) This can be done weekly if you like.
Quarterly do at least a 7-day detox (depending on your score at the end of this detox, you might still need to do another 21-day or a 14-day detox next time). Mark this in your calendar and buy your kit ahead of time.

You may miss your daily shake and it's a powerhouse of good vitamins and minerals.

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If you would like to know you are getting a really great foundation of supplements to support your body moving forward, this is what I recommend:

Level 2 Daily Protocol, which includes:

- 2 tubs daily nutritional shake
- Daily fruit & vegetable blend (the apple crisp flavour is really yummy!)
- Omega 3
- Probiotic

This gives you the best of functional medicine and whole food nutrition so your body & brain can function at this best. The other supplements I always recommend are

- Magnesium (with citrate, glycinate and malate) – this helps the body calm and can be taken at bedtime if you like.
- Vitamin D (about 4000 – 5000 iu / day) – take this with a small amount of fat like coconut oil or avocado for best absorption.
- Vitamin C (Ascorbic Acid) – take 1000mg at least twice daily at breakfast and dinner.
- Zinc (during Covid, or winter months to boost immunity) – take this with dinner with Vitamin C, which helps the Zinc get into the cells.
- Omega 3 (if not buying the Level 2 protocol above) – this helps with sleep and can be taken at dinner or bedtime if you like.