Spring Detox
Objectives

- What is a detox and why do it?
- Spring cleaning
  - Body
  - Mind
  - Kitchen
- Spring/Summer recipes
Why Detox?

- Re-set your taste buds
- Identify food sensitivities
- Rebuild your base
- Lose weight
- See quick results to improve motivation
Why Detox?

A detox helps the body's natural cleansing process by:
- Resting the organs
- Stimulating the liver to drive toxins from the body
- Promoting elimination through the intestines, kidneys and skin
- Refueling the body with healthy nutrients

Can be done a few times a year
What to Eliminate & Why

- Remove all sugar and sugar containing products
  - Includes corn syrup and high fructose corn syrup, honey, maple syrup, agave nectar etc…

- Includes sugar substitutes
  - Splenda, Truvia, Aspartame, Acesulfame Potassium etc…
What to Eliminate & Why

- Alcohol
  - Is a toxin
  - Increases triglyceride production
  - Slows metabolism
  - Stresses your liver
Caffeine

• **Signs you should cut back on coffee...**
  ◦ Coffee is the only thing that wakes you up
  ◦ You feel stressed, anxious, or tired a lot
  ◦ You need another boost in the afternoon to keep you going at work
  ◦ Your coffee looks like a light shade of khaki...
• Benefits to Cutting Back
  ○ Coffee is very acidic – it leaches minerals from your body such as magnesium and calcium
  ○ Stress Hormones/cortisol – caffeine triggers the body to release adrenaline=belly fat storage
What Can I Eat?

- You will be consuming a combination of foods that:
  - Are anti-inflammatory
  - Aid in increasing healthy bacteria production and improve gut function
  - Balance blood sugar
  - Reduce cravings through nutrient density
Hydration

- Many of us are chronically dehydrated
- Important for flushing the toxins out of your system to lose weight
- Consume half your body weight in ounces
  - Put tap water through Brita filter
  - Add lemon to water to help the kidneys even more
Hydration

Infused water ideas

- Lemon and cucumber
- Strawberry and basil or Strawberry and kiwi
- Raspberry and mint
- Watermelon and cilantro
- Lemon, lime and orange
Perfect Timing

• It’s SPRING!!
• Set your intentions
• What are you goals?
  o S.M.A.R.T
  o Specific
  o Measurable
  o Attainable
  o Realistic
  o Timely
Detox your Mind

Why would you need to detox your mind?
- Stress, lack of sleep, our hectic lives, cravings/addictions

Mind Full, or Mindful?
Detox your Mind

- Reduce stimulants
  - Coffee, soda, TV, electronics before bed, too much news...

- Soak up positivity
  - Home, work, and the company you keep.

- Turn worrisome thoughts into action
  - Goals (daily, weekly, monthly)
  - PowerSheets (www.laracasey.com)
  - Journaling

- 5 Minute Guided Meditation
Detox your Kitchen

- Set aside 1 hour
- Scrutinize labels
  - Short
  - Readable
  - Read like a recipe
- Ditch your temptations, bad fats, HFCS, artificial sweeteners
- Stock up on wholesome foods
The Well Stocked Fridge

- Milk, Eggs, Cheese, Yogurt
- Butter/Earth Balance
- Fresh fruit and vegetables
- Nut Butter (Organic Peanut or Raw Almond)
- Bragg’s Amino Acids
- Annie’s Catsup (No HFCS)
- Heinz Organic
- Mustard
- Salad dressing (Cindy’s Kitchen, Newmans)
- Olives, pickles, Salsa, Hummus
- Vegenaise or Hellman's Olive Oil
The Well-Stocked Fridge

- Earth Balance Original
- Vegenaise
- MaraNatha Organic Raw Almond Butter
- Stonyfield Greek Yogurt
- Stonyfield Organic Low Fat Milk
- Bragg Liquid Aminos
- Newman’s Own Oragnics Italian
- Annie’s Organic Ketchup
<table>
<thead>
<tr>
<th>The Well Stocked Pantry</th>
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<tr>
<td>• Organic tomatoes, whole peeled, crushed, diced, puree, etc.</td>
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<td>• Dry beans</td>
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<td>• Quinoa Pasta/Brown Rice</td>
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<td>• Raw Nuts, and seeds</td>
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<td>• Almond meal or</td>
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<tr>
<td>• GF Bread Crumbs or plain Panko</td>
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<tr>
<td>• Extra Virgin Olive Oil</td>
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<td>• Vinegars</td>
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<td>• Steel Cut Oats</td>
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<td>• Raw Honey</td>
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<tr>
<td>• Wild Planet or Pices Tuna</td>
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<tr>
<td>• Organic Chicken Stock</td>
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<tr>
<td>• Maple Syrup</td>
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<tr>
<td>• Organic Cane Sugar</td>
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<td>• Onions, garlic, fresh herbs</td>
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Spice Up Your Spice Rack

- Kosher salt
- Black pepper
- Mexican
  - Chili powder, paprika, onion powder, garlic powder, cayenne pepper, cumin
- Italian
  - Dried parsley, dried basil, dried oregano, crushed red pepper, garlic powder
- Indian
  - Curry powder, crushed red pepper, cumin, coriander, dried mint, turmeric, ground ginger
The Well-Stocked Freezer

- Stock pile leftovers that can be easily reused.
  - Grilled chicken, or pork
  - Turkey meatloaf/meatloaf cupcakes
  - Chicken sausage and mini quiche
  - Soups, stews, pesto
- Frozen berries
- Frozen vegetables
Spring Cleaning Recipes

- Spring Salad with Mimosa Vinaigrette
- Apple and Fennel Salad
- Citrus Chicken
- Kale Salad with Creamy Cashew Dressing
- Asparagus and Radishes
We are what we think. All that we are arises with our thoughts. With our thoughts we make the world.
- Buddha