

CLEANSING & RESTORING

THE SUPERFOODGURU 3 DAY JUICE DETOX MIX

*The ultimate Guide to a mild but effective
cleansing 3 Day Juice Detox.*



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*In this Detox guide Superfoodguru prepares
you for your Detox in a safe and comfortable way.*

PREFACE

"The body provides natural detoxification every day. However, depending on what you eat and how you live, that natural detoxification may often need some help. The intestinal tract is the body's drain. If the drain gets clogged, toxins become The blood vessels in the intestinal wall absorb the toxins into the bloodstream, resulting in a poorer performance of the body's functions After a while, the toxins get stuck in the body and settle in the organs, causing fatigue, digestive problems , weight gain, skin problems, the hair and overall health. "



HOW DOES IT WORK?

1. You prepare your body for at least 3 days (preferably 1 week) by adjusting your diet according to our instructions.

2. You follow the 3 day juice detox where you only drink 6 bottles of vegetable / fruit juice, herbal tea and water per day. In this way you rinse yourself internally and your body is better able to absorb nutrients.

You will feel better but you also lose weight, on average 1 kilo per day.

WHY IS DETOXING GOOD FOR YOU?

If you are going on a juice fast, autophagy will occur. What is autophagy? Autophagy causes the body to clear up all unhealthy cells.

After a fasting period, you can therefore state that only healthy cells are left and that you therefore function better.

Tuesday October 4, 2016, the noble prize for physiology and medicine was awarded to the Japanese Yoshinori Ohsumi for his study of the mechanisms behind autophagy.

<http://www.nemokennislink.nl/publicaties/nobelprijs-voor-ontrafeling-autofagie>

What does autophagy do exactly for your cells?

- It reduces unnecessary processes within the cells
- It cleans up the waste from the cells that are normally responsible for aging
- It repairs damaged cells;
- It suppresses cancer and tumor growth
- It destroys microbes inflammations in the cell
- It gives extra energy

AFTER DETOX

After the detox follow the instructions of this preparation to rebuild your diet. You maintain your weight / lifestyle by eating as many healthy meals as possible and in addition you can continue to drink 1 to 4 bottles of juice a day.

Occasionally take a balance day and only drink juices that day. Follow a detox a few times a year to keep your system clean and supplied with nutrients.

Contact us with questions: info@superfoodguru.shop



Preparation

Follow the instructions below the week before your detox. The better prepared you are, the easier the detox will be.

1 week before the start of the detox

- Supply your kitchen with healthy foods that you will eat prior to your detox as stated on the checklist.
- Hide / avoid foods that may be a temptation before / during the detox.
- Adjust your lifestyle during this week by eating more fruits and vegetables, avoiding caffeine and alcohol, eating healthy vegetable proteins and fats, eating whole grain / spelled grains or gluten-free, no refined sugars, avoiding of dairy products.
- Drink a glass of water every hour
- Active sports are allowed prior to the detox.
- Take your rest and relaxation

3 days before the start of the detox

- Moderate or avoid alcohol consumption

2 days before the detox

- Do not drink alcohol
- Avoid heavy / high-fat foods

1 day before the start of the detox

- Do not drink alcohol
- Do not drink coffee
- No meat or fish
- Do not eat heavy foods such as pasta, rice, cheese or (red) meat or fish
- Take a light vegan meal such as a salad with lots of vegetables
- Go to bed early

WHAT SHOULD YOU NOT EAT?

Use this checklist to know what you should not eat if you want to prepare well for a detox. For some it may seem like you can no longer eat anything. The opposite is true! You will appreciate foods without these ingredients and when you see the results, you will certainly like them.

Checklist

- Refined white sugar
- Table salt
- Processed meats (eg bacon, ham, salami, sausage etc)
- Ready-made meals
- Pizzas
- Soft drinks
- Canned food
- Products of white bread
- Wheat products (bread, etc.)
- Tarts and cookies
- Packaged food with added sugar or salt
- Potato chips
- Cow's milk
- Cream
- Cheese
- Margarine
- Butter
- Caffeine (coffee, black tea, cola)
- Alcohol
- (Red meat
- Fish
- Chicken
- Chocolate
- Candy
- Pastry
- Ice
- White rice
- White pasta

WHAT BETTER WAY TO EAT?

Take a look at the checklist below with healthy foods that you can eat the week before your detox. You can make the tastiest dishes yourself or take a look at our blog: Into the Guru for healthy recipes. Whether you choose to integrate these eating habits occasionally into your diet after the Detox or if you want to eat full-time Plant-Based, you will certainly feel better about it!

Prior to the Juice Detox you will be following, eating these foods is a super efficient way to prepare and you will be able to easily follow your detox.

Checklist

- Leafy vegetables (eg Endive, Kale, Lettuce, Lamb's lettuce, Arugula, Spinach, Cress)
- Vegetables (eg eggplants, avocados, tomatoes, broccoli, peppers, sweet potato)
- Fruits (eg Strawberries, blueberries, bananas, kiwi, mango, pineapple)
- Sprouts (eg sprouted alfalfa, bean sprouts, sprouted quinoa, sprouted chickpeas)
- Beans (e.g. black beans, lentils, kidney beans, mung beans, Haricots verts, Adzuki beans)
- Seeds (eg sunflower seeds, hemp, pumpkin seeds, sesame seeds)
- Grains (eg brown rice, spelled, rye, buckwheat, quinoa, bulgur, oats, kamut)
- Seaweeds (e.g. Arame, Kelp, Nori, Wakame, Dulse)
- Flour types (eg buckwheat flour, oatmeal, lentil flour, chickpea flour)
- Fresh herbs and spices (eg basil, garlic, mint, ginger, coriander)
- Sweeteners (eg Yacon, carobe, dates, raw honey)
- Herbal teas (eg mint, chamomile, nettle, ginger, dandelion)
- Nuts raw (eg almonds, cashews, hazelnuts, walnuts, coconuts)
- Tofu (choose fermented tofu)
- Tempé
- Seasonings (eg apple cider vinegar, tamari, white wine vinegar, mustard, miso paste)
- Almond or coconut yogurt without sugar
- Juices & Smoothies

FAQ'S

As part of a healthy lifestyle, detoxing is a great way to cleanse your body.



DO I GET HUNGRY DURING THE DETOX?

We have designed the juice detox cure so that it is full of nutrients. So you do get the required nutrition!

6 bottles per day provide sufficient nutrition and a full feeling, so you certainly do not have to feel hungry! However, each person may experience this differently depending on your current lifestyle.

For some people it may take some getting used to that you don't have to chew for the next 3 days.

Preparation is very important. The better you prepare, the easier the detox will be.

CAN I EXERCISE DURING THE DETOX?

You can exercise in a moderate pace. Walking or light aerobic exercise such as yoga, pilates, cycling, leisurely jogging, light strength training. When you sweat you help your body with the cleaning process.

Avoid intensive sports such as heavy strength training, long-distance running, high intensity workouts.

You can continue to perform your daily activities as usual (business as usual).



STORAGE

- You keep the bottles in the fridge (at home or at work).
- Take the bottles with you in a cooler bag when you are on the move.

DELIVERY

- You can click on your preferred date via the calendar on our website.
- If your day is not listed, contact us and we will help you to check out other delivery possibilities.



DAILY SCHEDULE

Dag 1 Detox Menu

07.00 u	1 bottle / no. 04
09.00 u	1 bottle / no. 04
11.00 u	1 bottle / no. 04
13.00 u	1 bottle / no. 02
15.30 u	1 bottle / no. 02
18.00 u	1 bottle / no. 02

Drink a minimum of 2 a 3 liters of water per day to remove toxins and prevent headaches.

You can also drink as much herbal tea without caffeine as you want.

Dag 2 Detox Menu

07.00 u	1 bottle / no. 06
09.00 u	1 bottle / no. 06
11.00 u	1 bottle / no. 06
13.00 u	1 bottle / no. 03
15.30 u	1 bottle / no. 03
18.00 u	1 bottle / no. 03

On day 1 you only drink the juices, water and herbal tea to your preference.

During the detox you do not eat or chew anything. You thereby give your intestinal system rest to remove toxins through the juices.

Dag 3 Detox Menu

07.00 u	1 bottle / no. 7
09.00 u	1 bottle / no. 10
11.00 u	1 bottle / no. 7
13.00 u	1 bottle / no. 10
15.30 u	1 bottle / no. 7
18.00 u	1 bottle / no. 10

Would you rather drink the flavors in a different order than in this example scheme?

That's no problem. Adjust the order to your liking.

