

PREPARATION: DAY 0

KEY POINTS

- Overview of the weeks ahead.
- Overview of the digestive system and the liver.
- The digestive system as the first line of defence.
- The importance of optimal stomach acid.
- Most of our immune system lines our digestive system.
- The bacteria in our large intestine have an intimate relationship with our immune system.
- The liver is the main organ involved in detoxification.
- Detox is a transformation process.
- Ways we detoxify.
- Why antioxidants are a key part of understanding detoxification.
- Another way we detoxify is via the kidneys.
- Urine is the product of blood having been filtered by the kidneys.
- The importance of hydration.

ACTION POINTS:

- Chew your food well, until it's almost paste.
- Lemon water or apple cider vinegar first thing in the morning.
- Take a break from dairy, gluten, refined sugars, artificial additives, caffeine, and alcohol.
- Avoid drinking water with meals, allow 20 minutes each side of eating.
- Increase your awareness of what you're putting into your body.
- Consider supplementing magnesium citrate to assist with alleviating headaches during caffeine elimination.
- Focus on consuming whole real foods.

