

detoxify

To be *your best self*, you must be balanced in your body, mind and soul. It is so hard to be happy and peaceful to people, raging with positive energy and passion if you are high strung, stressed out and wired on what I like to call your *"false energy givers"*.

When ingested, *"false energy givers"* cause your body to release cortisol into your system, raising your blood sugar levels, causing inflammation. This elevated blood sugar and cortisol provides you with a short burst of energy, however what goes up, must come down and this crash in your blood sugar can leave you craving for more energy, which you can often seek in a quick fix form, such as sugar or caffeine. The danger, is that long term behind the scenes your body is left feeling more depleted and fatigued due to the amount of stress this places on your adrenal glands and your nervous system.

SO WHAT ARE FALSE ENERGY GIVERS?

They are:

- Caffeine
- Alcohol
- Energy Drinks
- Soft Drinks
- Iced Teas
- Refined Sugars
- Processed foods
- White processed carbohydrates (*such as; bread, pastas, white potatoes & white rice*)

It is so important to try and eliminate the *"false energy givers"* in your daily meals as much as possible, which will allow your adrenal glands to rest, recover and restore its natural energy levels. Eliminating these foods will also give your digestive system a chance to heal and most importantly your nervous system a chance to balance out. This in turn can help you lose weight, have more energy than ever before and leave you feeling peaceful, happier and healthier.

However, if you are like most women who love their morning coffee, 3pm sugary snack and evening wine, it can be a difficult challenge to take on. So to help you in the process, I have included some 'swap this for that' options below which you can use as a replacement so you don't feel deprived along the way. I have also included these alternative foods in your meal program so you can easily start to introduce them into your day. The key is to start small, if you are a big coffee drinker, switch to decaf as a first step then try herbal tea and so forth.

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COFFEE FOR...	DECAF COFFEE WITH ALMOND MILK OR DANDELION HERBAL TEA
SOFT DRINK FOR...	FRESHLY SQUEEZED VEGETABLE JUICE OR SODA WATER WITH LEMON
ALCOHOL FOR...	SPARKLING WATER WITH LIME IN A WINE GLASS (THE REVERSE PSYCHOLOGY OF JUST HOLDING A WINE GLASS ACTUALLY WORKS!)
ICED TEA FOR...	HERBAL TEA (PEPPERMINT, FENNEL, DANDELION, CINNAMON, LIQUORICE, YOU CAN MAKE A MEAN ICE TEA FROM THESE HERBS TOO.)
SUGAR FOR...	STEVIA, COCONUT NECTAR OR RICE MALT SYRUP
WHITE RICE FOR...	QUINOA, MILLET, BROWN RICE OR BUCKWHEAT
WHITE PASTA FOR...	QUINOA, BROWN RICE OR BUCKWHEAT PASTA (MAKE SURE THERE ARE NO STARCHES IN THE MIX AND IT IS AS PURE AS POSSIBLE)
BREAD FOR...	BROWN RICE & QUINOA RICE CAKES
WHITE POTATOES FOR...	SWEET POTATOES
MILK FOR...	ALMOND MILK, RICE MILK OR COCONUT MILK (MAKE SURE YOU BUY A BRAND WITH NO ADDED SUGARS OR NASTIES IN THE INGREDIENTS)
CHEESE FOR...	CASHEW CHEESE
YOGHURT FOR...	COCONUT YOGHURT OR SHEEP'S YOGHURT