

Maintenance

AFTER YOUR DETOX

It's nearly impossible in our culture to avoid these things 100% long term once your detox is over.

I believe in the 80/20 rule, and more specifically the 90/10 and even 95/5 if you're up for the challenge. As long as you are eating 80, 90, or 95% clean, you'll still get close to 100% of the benefits.

This is because your body will be cleansed and able to process out all of the toxins efficiently because it's not overloaded and stressed out.

You may notice some very interesting things about your body once you reintroducing some of these foods back into your diet after your cleanse.

This is your body letting you know that it is **NOT** a fan! Pay attention to what your body is telling you.

