




# Daily Schedule

This schedule below should be considered a general guide. If you need to make changes, that's perfectly normal, just be sure to keep drinking water, catch up on your juices if you miss one, and try to listen in on the group classes to get support and education as you go.

|  Time |  Name |  Description  |
|---|--|--|
| <b>7 am</b>   | <b>Detox Visualization (AM)</b>  | The morning visualization practice is a short but extremely important practice where you'll set an intention for your day and establish the mindset and inner peace that will help support you mentally and emotionally during you cleanse.  |
| <b>8 am</b>   | <b>Juice I &amp; Detox Tea w/Coconut or MCT Oil</b>                                    | While cleansing, it's nice to start your day with something warm and creamy. The Gabriel Method signature Detox Tea is fast and easy to make, it's also delicious and satiating, made with extremely healthful, energy-provided fats that will help transition your body from a sugar burning metabolism toward that of a fat-burning metabolism.  |
| <b>10 am</b>  | <b>Juice II</b>  | There are a variety of recipes and options for your morning juice, so check out the video recipes, get creative, and enjoy! Remember to drink water with your juices, and always focus on low-sugar, mostly vegetable juices.  |
| <b>12 pm</b>  | <b>Juice III</b>   | Pick your favorite juicy recipe and enjoy!   |
| <b>2 pm</b>   | <b>Omega-3 Shake</b>   | Most people suffer from omega-3 deficiencies. Omega-3's are essential fats that our body cannot create—so we must eat them or we don't get them. A lack of omega-3 fats is associated with mood disorders, food cravings, inflammation, and impaired cognitive abilities. While cleansing, it's imperative that we nourish our bodies with this essential fat from chia, flax or fish oil. |
| <b>3 pm</b>   | <b>Juice IV</b>  | Pick your favorite juicy recipe and enjoy!   |
| <b>5 pm</b>   | <b>Juice V</b>   | Pick your favorite juicy recipe and enjoy!   |
| <b>7 pm</b>   | <b>Detox Soup &amp; Omega-3 Shake</b>  | Detox Soup is a delicious and savory vegetable broth that is a comforting end of day cleansing "meal." Along with your soup, be sure to have another Omega-3 shake. The essential fats will help you feel full and sleep through the night, and the soluble fiber will help to keep your bowels regular.   |
| <b>9 pm</b>   | <b>Evening Visualization</b>   | The Gabriel Method Evening Visualization is used by hundreds of thousands of people all over the world each night before bed. It's an extremely effective way to relieve stress, reduce your stress hormones, and create the mind-body shift needed for lasting change. Listen in bed, and if you fall asleep listening, that's just perfect.  |

Learn More:  
[www.TheGabrielMethod.com/detox-program](http://www.TheGabrielMethod.com/detox-program)

# Frequently Asked Questions

**Q: What if I miss a juice/shake/soup?**

**A:** No problem, just catch up when you have time, you don't have to follow the schedule exactly.

**Q: If I don't feel like juicing, can I just skip a juice or shake?**

**A:** Do your best not to skip juices. We are working to rebalance your hormones, and it's important that your body remain properly nourished throughout the day. It is normal to lose interest in juices, but do your best to keep juicing—it's worth it!

**Q: Can I drink more Detox Soup instead of juice?**

**A:** Yes, that's just fine. If you'd prefer a soup instead of a juice please go ahead. That works too!

**Q: What if the only type of juice I can get is fruit juice?**

**A:** That's ok, just dilute it 4 parts water to 1 part juice, and drink slowly.

**Q: Is it normal to walk up at night to use the bathroom?**

**A:** Yes, while cleansing, you drink so many liquids, most people do wake up in the middle of the night to urinate. That's perfectly healthy and normal.

**Q: How often should I have a bowel movement?**

**A:** The first 1-3 days, you should have a daily bowel movement. Since most everything you'll be eating is liquid, it's not uncommon for the bowels to slow down from day 3 onward, but your Omega-3 Shake will help. An Epsom Salt bath is a great way to relax and stimulate your bowels naturally as well.

**Q: Do I need to do enemas or colonics?**

**A:** No, colonics and enemas are not a required part of The Gabriel Method Detoxification Program. That said, if you are constipated and are comfortable with at-home enemas, it is perfectly fine to include.

**Q: What if I feel nauseous from the green juices?**

**A:** Green juices are very alkaline and very powerful cleansing drinks. When you first start drinking them, it can sometimes make you feel nauseous. If this happens, the best thing to do is to dilute your juice with water and drink it more slowly. You can also focus on more gentle green juices such as more celery and more cucumber.

**Q: What if I get up very early or go to bed very early?**

**A:** No problem at all, just shift the detox schedule to meet your schedule.

**Q: What if I feel so hungry and I just have to eat something?**

**A:** No problem, just refer to the "back foods" list and enjoy a fresh coconut, some celery or cucumbers. Fruit is OK too, but if you can, try to focus on fresh raw vegetables as the fiber and low sugar is preferable.

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