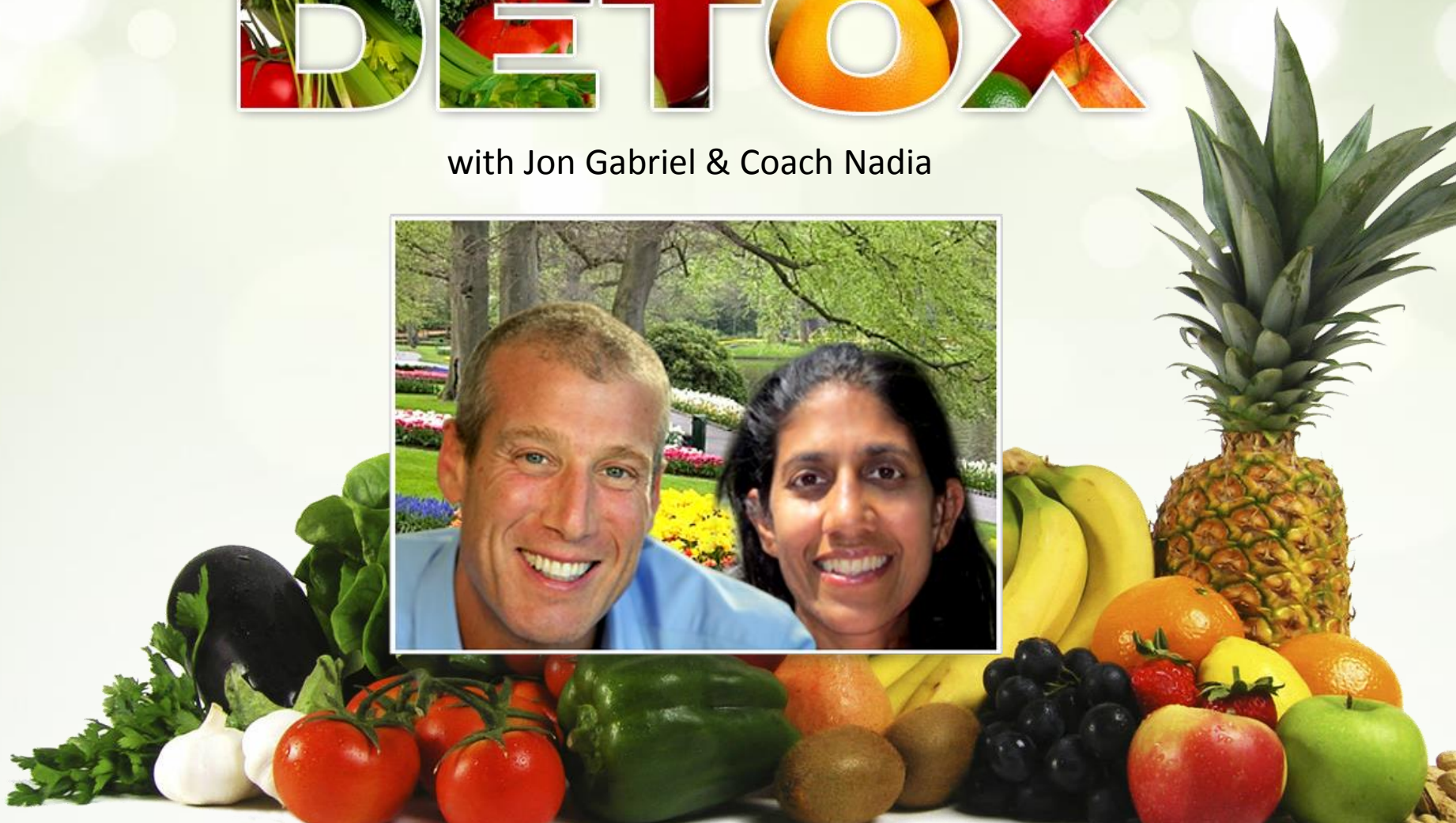
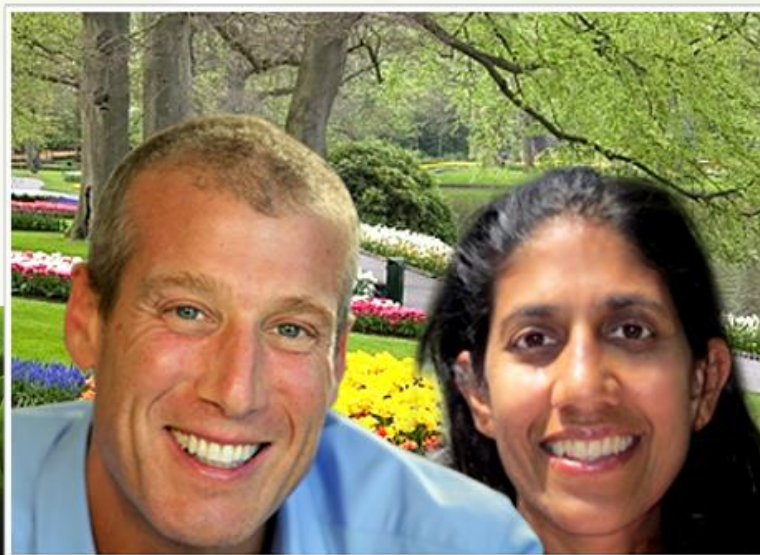


THE
**GABRIEL
METHOD™**

DETOX

with Jon Gabriel & Coach Nadia



Gabriel Method Detox Overview

- Over the next 2 weeks, we'll work together to naturally speed up your body's cleansing processes
- This is not a crash diet and in most cases, the real weight loss benefits are realized after the program rather than during
- Our focus is on balancing your fat hormones to change your metabolism to that of a fat burning (rather than sugar burning)
- This is a “nourish your body” approach, not a starvation or deprivation approach

Rules of Engagement

- You're always cleansing (naturally), you can't stop the cleansing process, you can only speed it up or slow it down—this program will speed it up
- Your body is wonderful and perfect, this process is natural and healthful, working with your body
- We're going to shift your metabolism to that of “fat burning” rather than “sugar burning,” so the healthy fats used in the program are essential
- It's impossible to fail, everything you do here will be beneficial

Make the Most of Your Experience

- Relax and simply do your best—no guilt, no shame, just join the journey and see where it leads
- Stay hydrated, water is the best possible detoxifier for your body, so keep drinking throughout
- Do your visualizations, your mental shifts are just as important (if not more) than the physical and hormonal changes you'll experience
- Think “big picture” and “long term” so you're less focused on the juice and schedule and more focused on the journey and the transformation to come

Week 1: Pre-Cleanse



Week 2 : Cleanse



Detoxing is Natural

- Remember that cleansing is perfectly normal and natural, part of our ancestral heritage
- It continues to happen to everyone on a regular basis
- We're tapping into something our body already does and enhancing that process



Myths About Detoxification

- It has to be extreme
- You need special pills or machines to cleanse your body
- It must involve weakness, starvation, extreme elimination (aka sitting on the toilet for a week)



Truth About Detox

- No one “invented” it, it’s your body’s normal, natural process
- You eliminate toxins 3 mains ways: through your breath, skin, and through urine/feces
- Our goal is to accelerate these natural processes
- When done properly, detoxification can change your metabolism to fat burning rather than sugar burning



Emotional Support is Key

- Get friends and family on board for social & emotional support
- When someone asks you about the cleanse, you can say “I’m doing a really safe, gentle cleanse to heal my body, and I need your support”
- This is not radical or weird, this is totally natural and healthy—be proud of what you’re doing!



Prepare your Kitchen

Let's Go Shopping!

- Start eating more vegetables, whole fruits, and unprocessed meats (organic, free-range if possible)
- Focus on the periphery of the grocery store (avoid the middle)
- Be adventurous with nuts, seeds, seaweeds, and other super foods



Prepare your Kitchen

Foods to Avoid/Reduce

- Avoid all processed & packaged foods
- Avoid inflammatory and allergenic foods like: wheat and milk products
- Avoid all highly processed vegetables oils (focus on butter/ghee, coconut oil, and cold press olive or flax oils)
- Avoid all fried and heavily cooked foods (focus on fresh, steamed, or lightly cooked)



Prepare your Kitchen

Beverages to Avoid/Reduce

- Remove all sugary beverages—
drink water and decaf teas
- Don't juice during this pre-cleanse
week, save your juicing energy for
later
- Avoid all alcohol (including wine)
- If you're a coffee drinker, start
weaning your self off



Pre-Cleanse Nutrition

How to Deal with Caffeine?

- If you can give up caffeine easily, go ahead and do that, it will be helpful
- Heavy coffee drinker?
 - Decrease a little each day. Try herbal teas, hot nut or seed milks w/ cinammon& nutmeg, hot water with lemon
- Diet soda?
 - Try seltzer water w/ lemon and a touch of natural sweetener.



Q: Why eliminate caffeine prior to a cleanse?

A: Caffeine is a stimulant, and it dehydrates. It's also full of mycotoxins (mold).

Pre-Cleanse Tips

- Drink more water: at least 3 liters of water a day, maybe more
- Try to add 1 hour to your night of sleep in the pre-cleanse period
- Have foods in your house that are a temptation? Give them away, or toss them!



Prepare Your Schedule for the Cleanse

- If you have social gatherings, work parties, let friends know in advance.
- Try to be around people who will be supportive.
- You'll want to be somewhere where you can comfortably eliminate; make sure that during the cleanse you'll have access to a bathroom all day.



Make it Easy, Make it Fun

- If you're short on time in the mornings, make juice the night before.
- Make it easy, do it in the time of day that is best for you.
- Make it social: take photos, post them on your social media.



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