

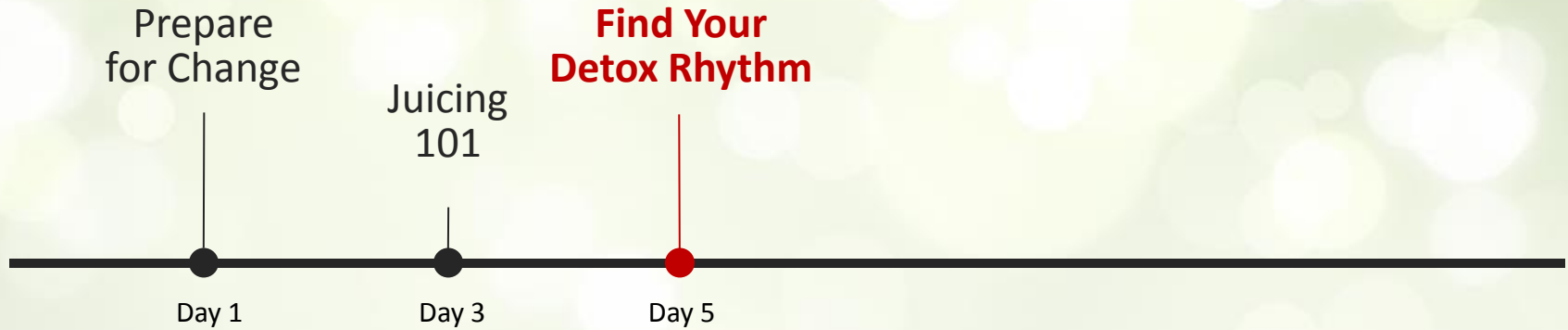
THE
GABRIELMETHOD™

Detox

with Jon Gabriel & Coach Nadia



Week 1: Pre-Cleanse



Week 2: Cleanse



Plan for Success

- The more you plan, the easier it will be
- Detoxifying is fun and simple, but you do need to prep in order to give yourself all the tools you need to be successful
- Advanced preparation is key
- Visualize Success



Shopping, Soup Both – Let's Go!

- Buy loads of fresh produce (refer to the shopping list for ideas)
- Make veggie broth, have it stored in the fridge (we have a video recipe)
- Get some new decaf teas to try, new flavors, new types!
- Don't forget your “spices” like sea salt, cayenne, fresh herbs like coriander, parsley, and mint
- Have glass bottles or jars ready? They are great for storing juice...



Now is the Time to Hydrate

- During the entire detox period, carry around a large 1½ liter of bottle with you, all day, every day—it'll naturally get you drinking more
- During pre-cleanse and cleanse, drink water frequently, aim for 3 liters+ per day
- Add lemon, cucumber, sea salt, or vinegar to your water—it'll help you drink more naturally



Let's Get Juicing!

- Every 2 hours or so throughout your day you'll be having a juice, shake or veggie broth
- Make sure to carry your juices with you if you are going to be out of the house
- If you will be going to a juice bar, make sure to set aside the time to order!



Support = Success

- Share what you're doing with your colleagues, family, and friends so they know what's going on and can provide support
- Let people know in advance that you are doing a detox, especially if you have social engagements, so they are aware
- Invite your friends to join you!



Find Your Rhythm

- You'll find a new rhythm of drinking, juicing, eliminating, taking superfoods throughout the day
- You should not feel starved or deprived
- We are flushing, cleansing and nourishing the body continuously
- After day 2 or 3, it's common for hunger to pass completely and you'll want to skip juices—try not to skip!



Sleep, Dizziness & Symptoms

- It is common to feel a dip in energy, especially mid-afternoon—so don't be upset with yourself, honor yourself and take it easy
- Some people feel dizzy or nauseous while cleansing, again, don't be hard on yourself, this is a big cleanse!
- You'll be urinating constantly, often every hour
- You should aim for 1 bowel movement per day, especially the first days. It's not uncommon for that to slow down after day 3 as you have less inside



Let's Breathe & Move!

- Try the bonus programs...
 - GM Fitness (before & after the cleanse week, but not during)
 - Yoga for Weight Loss (before, during and after the cleanse week)
- Either or both are great to add into your day- for as little as 10 minutes, or as much as 1 hour
- Remember, your body cleanses through sweat and breath, so movement helps speed up the process
- Have fun and enjoy!



Schedule At-a-Glance

This is a rough guide, there is no “set in stone” schedule, but this will help you plan your day. Try to clear your schedule, and to create a supportive environment.

Schedule At-a-Glance

7am: Detox Visualization (AM)
8am: Juice 1 & Detox Tea w/ Coconut or MCT Oil
10am: Juice 2
12pm: Juice 3
2pm: Omega-3 Shake
3pm: Juice 4
5pm: Juice 5
7pm: Detox Soup & Omega-3 Shake
9pm: Evening Visualization



Use Your Resources

- Watch Jon's how-to videos on juicing and detoxing
- Check out the grocery shopping list, juicer information, and other resources
- Review the frequently asked questions—and ask questions yourself!
- Extra Visualizations



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