

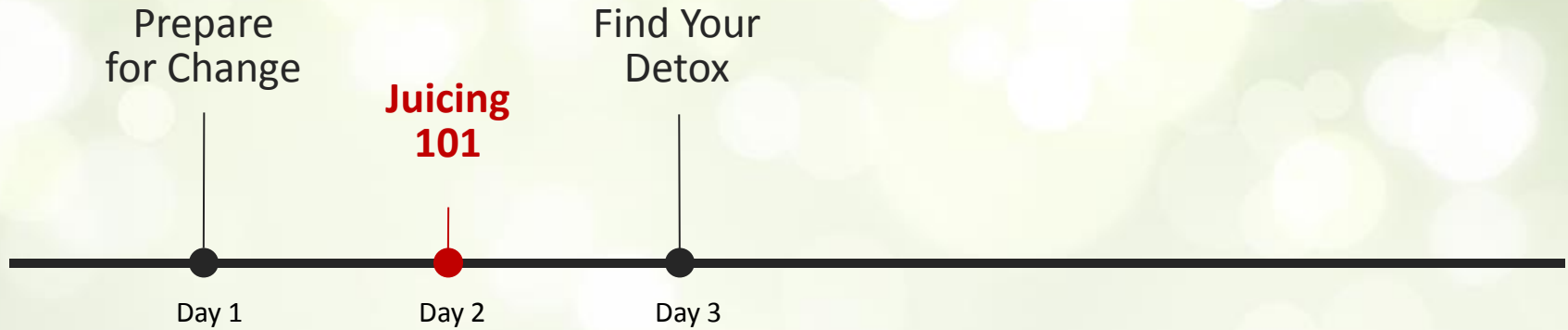
— THE GABRIEL METHOD —

DETOX PROGRAM

with Jon Gabriel and Coach Nadia



Week 1: Pre-Cleanse



Week 2: Cleanse



GM Detox Juicing 101

- Focus on veggies/greens (less fruit)
- Low glycemic = more hormonally sound
- You're meant to be ultra-hydrated and nourished
- The goal is to change your metabolism to fat burning rather than sugar/carb burning



A “Nourish Your Body” Approach

- This is not about starvation or deprivation
- Your body is not dirty or bad, toxins are normal and everyone has them
- “No pain, no gain” does not apply here—we are striving for hormonal balance and fat burning metabolism and that can only happen through nourishing your body
- The extreme cleanses, lemonade diets, and other things you might have seen are not recommended and not what works long term—our goal is to mimic natural fasting rhythms not artificially impose them

“Low Fruit” Explained...

- Veggie juice is much more micro nutrient rich than fruit juice
- Fructose, the sugar found in fruity juices, does not trigger satiety (fullness)
- Fruit tastes great, so use it as a sweetener—but a little goes a long way!
- Try $\frac{1}{2}$ an apple or pear, $\frac{1}{4}$ of a beetroot, or 1 carrot



Spice Up Your Juices!

- Fresh ginger
- Fresh herbs like mint & parsley
- Salt & pepper
- Cayenne pepper (spicy)
- Turmeric



Options for Home Juicing

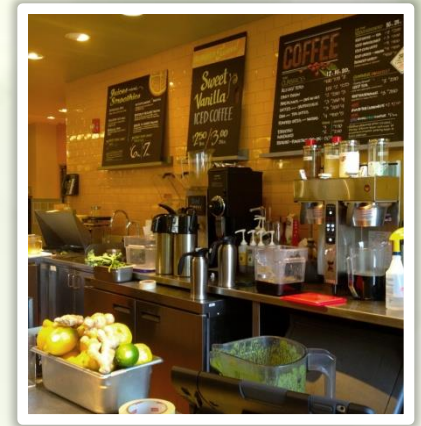
- **Centrifugal juicer** – this is the most-common and lowest cost juicer, but has some limitations.
- **Masticating juicer** – more expensive, but more effective for greens and can even do wheatgrass.
- **Blender + Strainer** – Any old blender will work! The top-of-the-line model are the VitaMix or Blend Tech, but any blender you have at home will work.

NOTE: if you're considering buying something, please refer to a more detailed analysis of juices and blenders in the members' area.

Ordering Juice On-the-Go!

At Juice Bars

- Always order “green juice”
- Double/triple confirm because they will naturally want to add tons of fruit even to green juices



At Health Food Stores

- Make sure it has an expiry date of < 1 week (means it's fresher and perishable)
- Since they tend to be more “fruity”, dilute 1 part juice to 4 parts water to reduce the blood-sugar impact

No Juice to Be Found - Now What?

- Fresh orange juice is available most anywhere
- Fresh lemon juice (with no sugar) can often be ordered upon request
- In all cases, dilute 1 part fruit juice to 4 parts water to reduce the blood sugar impact

REMEMBER: it's ok! Do your best, and you'll do just fine.



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