



Gentle Detox

Developed by Dr Arien - especially for you!

The journey into true wellbeing is a conscious one. By choosing daily, making the right choices, becoming the optimally healthy body, including mental-emotional joy, equanimity, peace - ultimately leading to happiness and greater well-being, one day at a time.

Detoxification is often a misunderstood word, and associated with alcoholism and drug addiction. It is in fact one of the most important factors for promoting optimum health and preventing disease and is a fundamental part of your journey to overall wellness.

There are many symptoms that may signal that detoxification is needed:

- Overweight
- Bloating
- Headaches
- Lack of energy
- Mental confusion
- Irregular bowel movements
- Bad skin
- Body odour
- Allergies to name a few.

Start your mental detox by scheduling regular relaxation periods, using the art letting go.

A detox is therefore a good start to your journey into optimal health and wellbeing. This 2 day gentle detox will make you feel energetic and ready to go! And anytime you're feeling exhausted or sluggish, bloated, with hair and skin looking lifeless and dull, waistband just a little too tight, you could be in need of a simple, gentle, healthy 2 day detox – a weekend cleanse will work well to restore your wilting energy levels.

Stress, deadlines, late nights, irregular and/or unhealthy eating habits and too much alcohol, can overload the nervous system, liver, kidneys and digestive tract.

This 2 day gentle detox with fresh, nutritious, cleansing and energising food, high in brain, body, immune and heart boosting antioxidants and restorative gut bacteria, combined with well-deserved rest, while using the relaxation USB included in your package, will ensure you're feeling refreshed and replenished once again.

In preparation

- I recommended that you do the detox over a weekend or any 2 day period, when you'll be able to clear your diary from work and social commitments. This time it's your commitment to yourself and your own health and wellbeing.
- Buy everything (including the herbal drops and food supplements) you'll need, beforehand
- Prepare the fruit compote and soup the day before you start
- Drink 250ml (1 glass) of water for every 10kg in body weight, every day. Add some sliced cucumber, chopped apple, strawberry, fresh basil or mint leaves, a few slices of fresh lemon, or some chopped fresh ginger to support the detox and flushing effect. Select 2 or more of the options and keep a filled jug near you for a quick and easy refill.
- Avoid fruit juice as the sugar content is too high. If you have to, limit it to one glass of fresh fruit juice (grapefruit or berry options are great detox choices) a day
- Avoid coffee and normal tea for the 2 days. Replace with green tea, herbal or fruit extract tea (hibiscus in the blend is wonderful for flavour), adding some natural raw honey to taste if necessary.
- Ensure that the yoghurt you buy contain live probiotics to restore your gut bacteria. If you don't eat dairy, take a [probiotic supplement](#) (ask us which one is best)
- Use freshly ground Himalayan salt (for all the trace minerals you need) and black pepper to flavour meals, and fresh herbs
- [Click here](#) for our Detox Box for optimal results (our gift to you: use **Detox21** as your coupon code to receive 10% off)

The 2 day plan

Eat everything mindfully, using all your senses – look at the colours of the food, smell everything, taste the textures in your mouth, hear the crunch, chew slowly (digestion starts in the mouth), enjoy every bite, then swallow. This will increase your feeling of satisfaction and satiety.

Stretch fully: upon awakening, stretch out your whole body while still in bed. Once you're up, do some yoga stretches and basic asanas.

Relax purposefully: listen to all the tracks on my [Stress Solutions Relaxation USB](#) beforehand, then select one to listen to when you wake up, one for midday and one in the early evening, or just before going to bed. (our gift to you: use **Detox21** as your coupon code to receive 10% off).

Move gently: go for a stroll early morning or late afternoon and get some sunshine on your skin (great for making vitamin D) [Click here](#)

[Click here](#) for our complete online Mindful Lifestyle Plan (A 30 Day Mindful Living Journey).

You'll feel so good, you might just decide to follow the plan indefinitely!

Day 1 (e.g. Saturday)

Upon awakening: A glass or mug of hot water with 1 slice fresh lemon and 1 slice of fresh ginger, with a little natural raw honey if necessary

Breakfast: Put 4 tablespoons of rolled, raw oats and 1 tablespoon almond slivers in a bowl, cover with 200ml oat milk, cover and place in fridge overnight. Add 1 grated apple, a handful of blueberries and 1 tablespoon of full cream Greek yoghurt before eating

Take the Detox drops as per instruction

Mid-morning: 1 apricot and almond bite*

Lunch: Carrot and nut salad*. Kiwi and pomegranate fruit salad: peel and slice one large kiwi, mix with seeds of 1 pomegranate

Mid-afternoon: 1 tablespoon red pepper humus on 1 slice of dry rye bread

Supper: Avocado and chicken/prawn tabbouleh*. Orange slices with cinnamon: peel and slice 1 large orange, sprinkle over pinch of ground cinnamon and chilli.

Take the Detox drops as per instruction

Bedtime snack: 2 fresh dates, guavas or figs – chew slowly to enjoy fully!

Day 2 (e.g. Sunday)

Upon awakening: a glass or mug of hot water with 1 slice fresh lemon and 1 slice of fresh ginger, with a little natural raw honey if necessary

Breakfast: spiced fruit compote* with one small pot full cream Greek yoghurt

Take the Detox drops as per instruction

Mid-morning: berry smoothie – put 100g of frozen summer berries and 100ml oat milk in a blender, whizz until smooth

Lunch: Leek and watercress soup*. Fresh fruit salad: mix ½ small melon, 1 kiwi and flesh of 1 passion fruit (granadilla)

Mid-afternoon: 1 apricot and almond bite*

Supper: 2 scrambled eggs with 100g flaked poached salmon. 2 tablespoons of full cream Yoghurt with fresh raspberries or strawberries

Take the Detox drops as per instruction

Bedtime snack: 2 fresh dates, guavas or figs – chew slowly to enjoy fully!

The Recipes

Apricot and almond bites

Put 100g almonds in a food processor for 30 seconds. Add 100g chopped dried apricots, 50g dates, 2 tbsp raw, rolled oats, 3 tbsp almond, peanut, or macadamia butter and process. Roll into balls. Coat with dry coconut and leave in fridge for about an hour

Carrot and nut salad

Peel and grate 1 large carrot. Dressing: whisk together 2 tbsp orange juice, ½ teasp balsamic vinegar, 1 crushed garlic clove, 1 tbsp pumpkin seed or coconut oil. Roughly chop 25g peanuts, almonds, macadamia or pecan nuts. Add to carrots with 2 tbsp chopped, fresh chives. Toss with dressing.

Avocado and chicken tabbouleh

Put 50g bulgur wheat in a pan, cover with boiling water and simmer for 10-15 minutes. Drain and stir in 100g cooked chicken breast, or cooked, peeled prawns, 6 halved cherry or rosa tomatoes, 3 finely chopped spring onions, 1 small diced avo, 1 crushed garlic clove. 2 tbsp each chopped fresh mint, parsley and coriander. 1 tbsp extra virgin olive or pumpkin seed oil, juice of ½ lemon, Himalayan crystal salt and freshly ground black pepper

Spiced fruit compote

Put 150g mixed dried fruit (e.g. apples, pears, prunes, apricots, peach) with a pinch each of ground cinnamon, ginger and nutmeg in a bowl. Cover with 150ml fresh orange juice and 150ml boiling water. Allow to cool, cover and leave overnight in fridge. Mix 1 teasp coconut or corn flour with cold water to make a paste. Use a little of the liquid from the fruit in a pan, add the paste, stir, bring to boil and cook for 1 minute. Mix with fruit.

Enough for 2 servings

Leek and watercress soup

Heat 1 tbsp coconut oil in pan, add 1 sliced leek, red onion, some fresh ginger and garlic, and fry for 5 minutes. Add 1 peeled, diced potato and sweet potato. Cook for 5 minutes. Add 400ml chicken stock. Bring to boil, cover and simmer for about 30 minutes. Take pan off heat, add 100g watercress. Allow to cool, transfer to food processor and blend until smooth.