



DETOX

Disclaimer:

The information presented herein is in no way intended to be a medical service or to serve as a substitute for medical advice. It is your responsibility to work with your doctor before, during, and after seeking a fitness and nutrition consultation. Any information provided by Mark Balet should not be followed without prior approval from your physician. If you decide to use this information without your doctor's prior consent, you accept full responsibility for your actions.

DETOX

Apple Cider Vinegar | Natural Juices | Green Tea (3 Days)

This detox/cleanse is a combination of apple cider vinegar detox and juice cleanse that excludes solid foods for a duration of 3 days. It involves consuming raw apple cider vinegar (unfiltered, unpasteurized, mother-induced), freshly made fruit and vegetable juices, green tea, and plenty of water throughout the day to help the body detoxify and potentially reset eating habits. Buy fresh, organic produce to avoid pesticides and other chemicals.

Apple cider vinegar

Raw apple cider vinegar (unfiltered, unpasteurized, mother-induced) is an effective thermogenic and appetite suppressant that, if added to your diet, can help you lose fat. It contains enzymes, minerals, vitamins, and probiotics, as well as antioxidant, antimicrobial, antibacterial, antiviral, antifungal, and more properties. Apple cider vinegar helps detoxify the body and regulates the digestive system and colon.

In a three-day detox, your body will begin to deplete glycogen stores to promote healing and lead to significant improvements in the gut microbiome. By allowing your digestive system to take a break, fasting signals the body to get rid of damaged cells and produce new ones. Your body may focus its attention on removing stored toxins rather than

metabolizing food. Fruit and vegetable juices are also rich sources of antioxidants, which help neutralize free radical damage in the body and reduce inflammation.

Green tea

Green tea is also high in antioxidants that help neutralize free radicals in the body, reducing oxidative stress and potential damage to cells and tissues. The liver is the main organ responsible for detoxifying the body. Green tea supports liver health by improving its ability to process and eliminate toxins. Green tea can positively affect gut health by promoting the growth of beneficial bacteria. A healthy gut microbiome is essential for optimal digestion and detoxification processes.

Pre-Cleanse Diet (Preparation)

A few days before you start your cleanse, gradually eliminate processed foods, caffeine, alcohol, and refined sugars. Increase your intake of fruits, vegetables, and water.

Apple cider vinegar

Recipe Instructions:

1. Add 8-12oz of warm water to a cup
2. Start by adding 1 teaspoon (5 ml) of apple cider vinegar to the cup of warm water, to see how your body reacts. Gradually increase to 1-2 tablespoons (15-30 ml) if well tolerated.
3. Add 1 squeezed lemon
4. Add 1/2 teaspoon of cinnamon powder
5. Add 1-2 teaspoons of raw honey

Note: An apple cider vinegar detox is considered safe for most people within the duration of 1 to 7 days. Always dilute apple cider vinegar to avoid damage to tooth enamel and irritation to the lining of the throat and stomach.

Juice Preparation

Fresh juices: Use a juicer to make fresh juices every day. Seek a variety of colors and product types to maximize nutrient intake

Storage: If you need to store juice, keep it in airtight containers and refrigerate it to preserve nutrients. Consume within 24 hours. If you'd rather make enough juices to last you all three days of fasting, consider freezing them to maintain the nutritional value and extend the shelf life of your juices (freeze juices for days 2 and 3).

Routine

Morning: Start your day with a warm glass of apple cider vinegar with lemon, cinnamon powder, and honey to kick-start your metabolism.

Juice frequency: Drink one juice of 8 to 12 oz every 2 to 3 hours, consuming 5 to 6 juices throughout the day. Include a mix of green juices, root vegetable juices, and fruit juices.

Hydration: Drink plenty of water throughout the day to stay hydrated and help flush out toxins.

Juicing Recipes (Examples for 1 Day)

Green Detox (Main Juice)

1 celery stalk
2 cucumbers
2 green apples
1 bunch spinach
2 lemons

Carrot + Beetroot + Ginger

1 beetroot
8 carrots
6oz of jengibre

Carrot Juice

10 carrots

Citrus blend

2 oranges
1 grapefruit
1 lemon
1 handful mint leaves

Ginger drink (1/2 gallon for 3 days)

- 6-8oz of jengibre
- 1/2 teaspoon cayenne pepper or 1 tablespoon cinnamon powder

- Find instructions for preparation above

Note: I would recommend less ginger and cayenne pepper on an empty stomach.

Green Tea Extract + Lemon + Cinnamon

- 1 teaspoon green tea extract
- 1/2 lemon or lime, squeezed
- 1 teaspoon honey (optional)

Find instructions for preparation above

Additional Tips

Signs of detoxification

Watch for detoxification symptoms, such as headaches, fatigue, or irritability. These should pass within a day or two. If symptoms are severe, consider stopping cleansing.

Physical activity

Do light exercises such as walking, stretching, or other low-intensity exercises during cleansing

Sleep and relaxation

Make sure you get enough rest to support the body's detoxification processes.

See a doctor

If you have any underlying health conditions or are taking medication, consult with a healthcare professional before starting an apple cider vinegar detox.

Listen to your body

Pay attention to how your body responds and adjust the dosage or stop using it if you experience adverse effects.

After cleanse

After 3 days of cleansing, gradually reintroduce solid foods over a few days. Start with light meals like smoothies, salads and soups, vegetable mixes, etc.

Adjust your regular diet to include more fruits, vegetables, and whole foods based on your cleansing experience.