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26 day detox manual

What's better than the Diet? ... True Detox! Robyn Shares her Detox Secret, for Limited Time - GET ACCESS HERE! Our beautiful templates for a wide variety of infinish vegetables and superfoods in your smoothies-print these and eliminate the need for recipes! Get it now for free! GreenSmoothieGirl Detox is 26 days of rest and the most productive repair you might give to your body in a lifetime. Empty your brain fog, depression, and anxiety. Say goodbye to inflammation, and ditch extra pounds. Statements made on this website have not been evaluated by the Food and Drug Administration. Our products are not intended to diagnose, treat, cure, or prevent any medical illnesses or conditions. GreenSmoothieGirl's name and logo are registered trademarks of GreenSmoothieGirl.com, Inc. New Edition 2020! 151 pages: Explanation of Detox Program Meal Plans, Recipes & Shopping Lists Photos of each detailed walking recipe throughout the detox day after Detox guide to help you maintain the progress you've made towards you healthier! The GreenSmoothieGirl Detox manual includes all the information you need to go through your own 26-day detox program at any time. With this option, you just get a Manual. Or you can choose a Full Support Membership for One for 3 months, or Full Support Membership for Two for 3 months. Or a Lifetime Membership option – your best deal – gives you lifetime access, plus a bonus package worth \$200! GreenSmoothieGirl is a family business: YOU are our family, and YOU are our business! We want you to be happy with your experience here. When you shop with us, you get: Unique Programs, Books and Products: You won't find Robyn's programs or nutrition products elsewhere! All are designed with YOUR needs in mind, not the latest fads, the hottest materials, or the cheapest resources. We constantly review and improve to give you the most high-impact value for your time and money. Professional and friendly Customer Support: Our Customer Support staff are graduates of our program and go further to ensure you are satisfied and supported in your purchases, comments, and questions. 30-Day Satisfaction Guarantee on all products that GSG can use. Shop confidently! Happy Shopping and Fast, Affordable Shipping: Flat \$4.99 shipping on all orders, and free shipping on orders over \$75! Most orders are delivered equally or the next day. We look forward to serving you! Detox?? You mean choking a coarse powdered drink and Horse Pills? Well, no, not exactly. I recently finished my second 26-day detox. Why? I'm glad you asked! Do you know your heart really regenerates every 90 days? Do you know the average person can walk around with up to 15 pounds of mucus? Yuck! You frequently change the oil in your car. Why? Because if you do not, the old oil will the gum rises the engine and eventually damages it. Our body deserves as much attention (or more!), including keeping things cleaned and in good order. Everyone should consider a detox, at least once a year, preferably twice. And guess what? It's actually not that difficult! Here's a peek at what my days look like during the recent detox, which, by the way, involves NO coarse powdered drinks or any horse pills! Just the whole, nutritious food and some delicious recipes! As a Green Smoothie Girl apprentice coach, I finally decided in May that maybe I should at least try out the 26-day detox that Robyn Openshaw, Green Smoothie Girl, spent years researching and creating. How difficult is it, after all? Fortunately, not really hard at all! Detox, a vegetarian plan, is designed to detoxify all major body systems, one by one, with each phase that lasts anywhere from 2-7 days, depending on the system in focus. It begins with the colon because a good elimination is essential to be safe and easily eliminate toxins. Consuming only fruits and vegetables, then gradually adding some cereals and legumes, your body can focus on releasing toxins instead of spending a lot of digestive proteins on energy, sugar and processed foods. Getting rid of salt (the hardest thing for me!), even good salts like The Himalayan Pink or Celtic grey sea salt allow your cells to release saved toxins more easily. Is this the only way to detoxify? do not. Many plans exist. But I like the fact that this uses whole foods and targets every major body system, one at a time. The Detox Manual is a 203-page chock full of great information, recipes, and step-by-step instructions for each phase. There is flexibility too, as I learned early. During the first detox I lost 8 pounds, and while the ultimate goal wasn't really weight loss, it was a fringe benefit. Since I have about 45-50 pounds more to lose, it tends to get a lot of my attention. The second I lost about 12 pounds, despite changing things more than the first time, seems successfull! Day 1: My biggest issue of overeating, which even caused misery, still struck me! Happy today is the beginning of the detox. Look forward to simpler food, but will miss salt! Food: 2 Pts No-Fruit smoothie (actually pretty delicious), 1+ c soaked oats groats, 2c roasted cauli, baked sweet potatoes (4 small – I'm hungry, ok?), cuke-tom salad, and Hippo Soup ask – I don't know why it's named!). Day 2: Got pretty full today but ate less than yesterday. I think I didn't stomach this section well (no pun intended). Basically the same as yesterday but only 2 sweet potatoes are burned instead of 4. Day 3: There won't be too hard to lose weight in this first phase because I'm heartache Soup Hippo and tom/cuke salad, which I don't like in May. Will try all the vegetables are today when I make the next group. Really looking forward to the smoothie days. I ate more of the same from day 1 & 2, but no Hippo Soup – not ready yet. Day 4: Happy today is the last day of this phase! Having roasted Hippo Soup tonight and it's actually really good, especially with the addition of a little cayenne. The bill loves it too; we both ate 2 bowls. Guess I'll always roast all the vegetables anytime I make this in the future. Day 5-7: About like this: Classic green smoothies, 3 qts, plus bananas. Also added 1 avocado, frozen zucchini, flax, claw seed oil. Had 1 pt smoothie Bill from the previous day because I only made 2.5 qts. Having Bill's last pint is also in the evening. Too hungry. Day 8: Not bad for my first day back to solid food instead of smoothies. But then silly Hockey pucks (yes, that's their name) not done in time to take up work, and I forgot to take grapes for lunch, so dinner along with small sweet potatoes, little roasted vegetables and Purple Paradise (one of our all-time favourite recipes - we made this LOT, detox or not!). Okay, 2 c from millet is too much, but 1 c isn't enough. Will try 1 1/2 c on Monday. Feeling full all day, uncomfortable stomach by 8pm or so. Not eating too much except the factory in the morning. Day 9-13: This phase, with the exception of The Hockey Pucks, is my favorite phase. Cereal porridge with orange sauce is a bomb, we all love Purple Heaven, and Hot Pink Breakfast Smoothies are yummy! Down about 6 pounds so far. Day 12: Feeling pretty good yesterday and today. Not too much. Go for a 2 consecutive night stroll, plus a lot when getting groceries. Maybe getting more than 10k steps today, we'll see. Horrible allergies THROUGHOUT THE DAY. Snoring, serial nose, itchy face and throat. Think it might turn out to be a sinus issue. Try everything, oil, Cold Calm, homeopathic allergies meds. Nothing really stops it, just slows it down a bit. I used to sneeze and sneeze nose in the ams, but this really went on all day. I crowded and sounded like I had a cold. Day 13: Allergy symptoms disappear, except for a small little in general as usual. Really weird. I didn't eat anything different yesterday than the previous day, so who knew what sparked it. Call it, Black Bug Soup isn't bad. Now I wonder if I marched it pretty much the last time I made it, in May. Eat 2 large bowls. Day 14-26: to the kidney cleansing phase - 2 days nothing but watermelon and good luck, I love watermelon, so it is simple, then I actually put in and follow Andreas Moritz Miracle Liver & Gallbladder clean up * as it flirts well with detox, so is the heart/GB flush on Saturday night 3rd detox. Next Monday, I had my first colon hydrotherapy session, which was interesting and proved me releasing stones, stones, very small ones. By the 26th time rolling around, I would lose more than 12 pounds and feel light and energetic. I will definitely repeat the detox in January when they do another group across the country. My next adventure was to do 30 days of Kickin' Candida Cleanse that started September 1. And the good news!!! I can have salt again! All photos (except top images) taken from the GreenSmoothieGirl Detox Manual, pages 122, 126, and 122. Published by Robyn OpenshawGreenSmoothieGirl.com London, UT November 2013 (July 2014 Update) Copyright © 2013-2014 Robyn OpenshawGreenSmoothieGirl.com copyright food © 2013 Katie Dudley All copyright. * I would recommend purchasing this version of the booklet, not kindle. I bought the Kindle but ended up buying papers when I realized there were a lot of backs and so forth looking for protocols, source, etc. © 1996-2014, Amazon.com, Inc. or its affiliate Show 1-19 Start your review 26 Days Detox Anni evaluates it really likes Apr 14, 2019 Nancy Steele now reading it Dec 27, 2019 Rachael marks it as a recitation of Jan 02, 2020 Brenda Jo marks it as a recitation of Jan 03, 2020 Daniele marks it as a reading June 06, 2020 Kathleen marks it as to read Nov 09, 2020 Kristin marks it as a Reading Dec 15, 2020 Martin marks it as a reading dec 24, 2020 2020

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