

BLISSFUL BABE

7-DAY DETOX

formula



If you find yourself feeling lethargic, overwhelmed, or just in need of a reset try this 7-day cleanse. This formula works by combining self-care with clean food to flush out toxins, feel lighter, and rejuvenate.

Be sure that you give your digestions system a break by fasting for no less than 12 hours. Eat your last meal by 8pm and no earlier than 8 am, try going for 11 am. Aim to do this at least 3-5 days during the week to help your body take a break.

Practice Mindfulness while doing a detox, journal how you are feeling. Take notice if any emotional outbursts or reactions come up for you. Stick to your skincare routine, take long baths, try facial massage, take your vitamins, get plenty of rest, eat slowly and express gratitude for any food that you put into your body. Don't judge yourself if you eat something bad or miss a day of detox, just get present and refocus your attention on nourishing yourself mind, body and soul right now.

According to research, it takes 7-10 days for sugars and toxins to leave your body and flush out of your system, you may experience withdrawal symptoms but your skin, hair, body, mood, energy and wellness will thank you for it. You can do this!

INCLUDE:

- hot water with lemon
- Berries & fruits
- Fresh or frozen veggies
- avocado
- Extra Virgin Olive Oil
- Raw mixed nuts
- Healthy carbs (brown rice, quinoa, etc)
- Vitamins and Supplements
- Green Smoothies
- Fruit/Veggie infused water

ELIMINATE:

- Coffee, Alcohol & Soda
- Processed foods
- Animal (Eggs & Meat, fish okay)
- Fried Foods
- Added Sugars (package labels will let you know if there are fake sugars)
- Dairy (you can use vegan milk/cheese etc.)

HABIT / RITUAL	MON	TUES	WED	THU	FRI	SAT	SUN
Drink 64 oz of water							
Movement/Exercise							
Eat Veggies							
Take Vitamins							
Bubble Bath							
Journal Feelings							
Skin Care							
Reduce Media Intake							