

All Natural 12 Day Detox



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This program cannot be construed as a recommendation of medical treatment or medication. It is not professed to be physical or medical treatment nor is any such claim made.

There are no medical recommendations or claims for the 12 Day Detox program or for any of the vitamin or mineral regimens described in this program.

No individual should undertake the 12 Day Detox program or any of its regimens without first consulting and obtaining the informed approval of a licensed medical practitioner. The author makes no warranties or representation as to the effectiveness of the 12 Day Detox.

Goal Setting



The more control you have over a goal the better chance you have of attaining it. So, if you set the goal by the performance of the action rather than the outcome, you will be happier. For example, you might set a goal to finish a 5K (performance-based), rather than to score in the top 10 at the 5k (outcome-based).

There are several steps in goal setting:

1. Become aware of a need.
2. Envision the outcome.
3. Set the intention.
4. Focus on the goal.
5. Take action to achieve the goal.
6. Have faith that if you set the intention, focus and take action, you will reach your goal or the outcome that is best.



Goal Setting



Setting and working toward goals is a powerful process that can lead to real personal transformation.

When setting personal goals, it helps to start by thinking big, and then identifying smaller goals and action steps that will take you to your big goal. You are doing this program because you want to work on your health, so we will focus on health-related goals.

1. Start Big Picture

This means looking 10 or 15 years in the future, and creating a detailed picture of what you want your health to be like at that time. How do you feel? How do you look? What do you do to maintain this? Is it fun, easy, routine? Create a detailed image in your mind of what this looks like.

2. Create Stepping Stone Goals

No big achievement happens overnight. Now that you have a picture of what you are striving toward in the long-term, consider the next month or two. What can you reasonably achieve, right now, that will be a stepping stone toward that vision? What are the targets you must hit soon to achieve your Big Picture Goal?

Goal Setting



A helpful tool to use while setting your Stepping Stone Goals is the mnemonic “SMART”.

- S** - Specific
- M** - Measurable
- A** - Achievable
- R** - Rewarding
- T** – Timely

Let’s break this down with an example scenario. You might have a Big Picture Goal to “Live a vibrantly healthy life” in 10 years – and you’ve created a lot of specific detail around what that means. One of your Stepping Stone Goals is to remove foods that make you feel ill. So let’s put it through the SMART process to get specific.

	Stepping Stone Goal: Remove foods that make me feel ill.
S - Specific	Identify the foods that make me feel ill and remove them from my diet.
M - Measurable	Go one week without having digestive upset from eating.
A - Achievable	Work with my health coach to create a process for an elimination diet. I realistically have the budget and time to do this right now.
R - Rewarding	Go a WHOLE WEEK without feeling sick!
T - Timely	Complete food testing within three months, by July 17.

Goal Setting



Any goal worth achieving is a goal worth working toward. We've all heard some variation of this thought at one time or another.

Achieving goals takes discipline, motivation, and the willingness to see things through even when they are difficult. Your health goals will not be any different.

The odds are good that, in the coming few days, your commitment to your Big Picture Health Goal is going to be tested. It is likely that you may experience some discomfort, mental or physical, during this detox program.

The next two pages talk about what you can expect, and how to manage this discomfort with grace and ease so that you stay on the road to your greater health goals.

Expect Symptoms



It is normal to experience uncomfortable symptoms of your body cleansing itself. Some of these symptoms may include:

- headaches
- lethargy
- temporary muscle aches
- mucus or other discharge
- a coated, pasty tongue
- flu-like symptoms
- irritability
- difficulty sleeping
- weakness
- cravings
- nausea
- constipation
- diarrhea
- gas



Relief from Symptoms



Your body may be suppressing symptoms, and the steps you take during the next 12 days may bring them to the surface. It might seem like you are really sick, but it is important that you continue on with the cleansing food and drink that allows you to detox.

Here is the hard part: don't be tempted to take pain medicine that will alleviate or mask the symptoms. Allow yourself a little time to be kind to yourself. Remember that this program is about self-care and long-term health. Get a little extra sleep. Go easier on your workouts. Take a bath every night by candlelight. Do what you need to do to practice self-care.

If you are very uncomfortable, eat easily digestible healthy food (such as cooked vegetables rather than raw, yoghurt, non-citrusy fruits) that slows the process down. Raw nuts, sunflower seeds or avocado could help.

When you have spent some time detoxing and are on the other side of this discomfort, you will glow from the inside out, your body will be clean and detoxified of chemicals and toxins. Don't be tempted to go back to eating processed foods. You will just start clogging yourself up again.

12 Day

Natural

Detox