



AWAKENED WELLNESS LLC

30 DAY

Detox

you
have
Arrived

Approved Fruits

- *blackberries *blueberries
- *boysenberries *elderberries
- *granny smith apple *grapefruit
- *lime *lemon *raspberries
- *strawberries

Approved Vegetables

- Asparagus *avocado *bell peppers
- *broccoli *cabbage *cauliflower
- *celery *cucumbers *eggplant
- *green beans *greens *lettuce
- *onions *radishes *spaghetti squash
- *spinach *zucchini

Foods to AVOID

- grain *rice *pork *seafoods *sugar
- *pop *aspartame *alcohol
- *processed food *corn *artificial sweetener
- * soy & vegetable oil * coffee

Customized Whole Food Supplements

Nurse Tanya will recommend special nutrients that nourish, protect, and stimulate the organs of detoxification and elimination. These are individualized to your specific needs. They will enhance the detoxification process while supporting other vital systems of the body. You will receive a supplement list that is personalized specifically for you.

If this is your first Road to Restoration Detox, it is highly recommended to have done a Gut Zoomer stool test prior to your Detox. However, if this is your semi-annual 30 day detox and your are on a maintenance path your guidelines will very form year to year.

For a more detailed Detox guid please refer to my youtube video.
@nursetanya



Days 1-10

The focus of the first 10 days is on detoxing. Yo will be supporting all the organs of elimination, your sanitation department. You will use nutrition to support the liver to rest and recover during this time.

This phase you remove all meat & eggs

Foods to Enjoy- always follow your food allergies

- *Whole Foods Supplements * Detox Shakes *Approved Beverages
- *Vegetables *Fruit *Quinoa *Beans & Lentils *Coconut oil, organic butter, Gee as cooking agents *Olive oil *Grape-seed oil

Days 11-20

Days 11-30 add additional filtered or structured water to push past any sluggish symptoms. Don't give up up! This is an opportunity to build lasting health promoting habits. You got this.



In this Phase you may add 5-6 oz of fish a day

Foods to Enjoy- always follow your food allergies

- *Whole Foods Supplements * Detox Shakes *Approved Beverages
- *Vegetables *Fruit *Quinoa *Beans & Lentils *Coconut oil, organic butter, Gee as cooking agents *Olive oil *Grape-seed oil

Days 21-30

Days 21-30 you may consider adding some activated charcoal to assist your body in clearing toxins. Use as directed per product label. Ask Nurse Tanya about PEMF and Raindrop EO socks to promote the excretion of toxins.



In this Phase you may add 5-6 oz of fish and 5-6 oz of chicken or turkey a day *fermented dairy *Nuts & seeds

Foods to Enjoy- always follow your food allergies

- *Whole Foods Supplements * Detox Shakes *Approved Beverages
- *Vegetables *Fruit *Quinoa *Beans & Lentils *Coconut oil, organic butter, Gee as cooking agents *Olive oil *Grape-seed oil



AWAKENED WELLNESS LLC

30 DAY

Detox

you
have
Arrived

Detox Shake

Basic

1-2 scoops of your protein powder of choice

6-8 oz of your choice: coconut milk, almond milk, hemp milk, other nut milks.

sweeten if need with honey, pure organic maple syrup, xylitol, stevia to taste.

Add-ins

frozen berries

Nut butter

Cocoa powder

Vinilla extract

coconut oil

MCT oil

Super Food powders

Green powders: chlorella, spirulina

Try and add in some intermittent fasting it is was less stressful when you only eat 2 meals a day.

I recommend your heaviest meal with protein and fat first.

fast 6 hours between the meals.

then lighter meal

Stop eating 3 hours before bed.

if need in the evening do a clear broth or tea with a good fat: MCT, butter, gee.

You pick your time schedule.

example:

8 am big meal

2 pm next meal

6 pm- broth

10 bedtime



Days 1-30

Movement - get 15-30 minute walk in 2X a day.

Each week increase the intensity of your efforts. intervals 2 min walk, 30 sec jog- repeat 4 times_

Use a rebounder (mini tramp) even 30 seconds at a time does magical things for your lymph system.

Days 11-30

Home Spa - Enema

Doing an enema is a very effective way to aid your body in the detoxification process. 1-3 times a week.

Warm water - 2 QTs of warm filtered water.

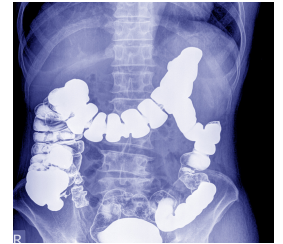
Additions

Salt & Soda - 2T seal salt & 2 T organic baking soda. Great for those with a heavy meat diet.

Apple Cider Vinegar- 1-4 T of ACV

Epsom salt- 4T epsom salt

Organic room temperature coffee- 2 Qts made with filtered water



Days 1-30

Queen of Thrones Caster oil treatments.

bit.ly/45fUxdP Click_Code: tanya10

Castor Oil Packs help move the body into a relaxed state via the gentle compression of the pack on the skin with the oil, producing feel-good hormones like oxytocin and dopamine. Castor Oil is also nutrient-rich with vitamin E, omegas and polyphenols, helps recycle our master detoxification agent, glutathione, and has anti-inflammatory properties.

By balancing stress and inflammation, Castor Oil Packs can help you support your 3 vital body functions:

- Liver detox
- Lymphatic drainage
- Colon cleansing