

Divine Health 21 Day Detox

www.divinehealthdetox.com

Below are common questions about the 21 Day Detox program and other general questions about Detoxification.

Foods I Can Eat During Detox

During the 21 Day Detox you can eat beans, peas, lentils, all fruits, grasses and most vegetables including: Artichoke, Arugula, Asparagus, Legumes, Broccoli, Brussels sprouts, Cabbage, Calabrese, Carrots, Cauliflower, Celery, Chard, Collard greens, Herbs, Chamomile, Dill, Fennel, Lavender, Lemon Grass, Marjoram, Oregano, Parsley, Rosemary, Sage, Thyme, Kale, Kohlrabi, Lettuce, Mushrooms, Mustard greens, Nettles, Okra, Chives, Garlic, Leek, Onion, Parsley, Beetroot, Celeriac, Daikon, Ginger, Parsnip, Rutabaga, Turnip, Radish, Spinach, Topinambur, Squashes, Acorn squash, Butternut squash, Banana squash, Zucchini, Cucumber, Delicata, Gem squash, Hubbard squash, Marrow, Squash, Patty pans, Pumpkin, Spaghetti squash, Watercress.

Foods to Avoid During 21 Day Detox

You need to avoid all meats, peppers, potatoes, tomatoes, grains, corn and dairy. Processed foods and sugars. Alcohol, processed vegetable oils, deep fried foods, microwaved foods, hydrogenated and partially hydrogenated fats and oils which are found in butter, margarine and shortening, soy, fish and poultry.

How Much Water Should I Drink?

Multiply your weight by 0.8 (For example. If you weigh 140lbs (140 x 0.8 = 112), so you should drink 112 oz water/ daily)

How do I know If I Need to Detox

You may need to detox if you are experiencing any of the following symptoms: fatigue, memory loss, premature aging, skin disorders, arthritis, hormone imbalances, anxiety, emotional disorders, cancer, heart disease.

What Are Common Symptoms of a Detox?

During a detox, you are ridding your body of chemicals, toxins, pesticides and heavy metals that have been building up for years. A common side effect of removing these toxins is dry mouth, brain fog and sweating. The best way to diminish these symptoms is to drink lots of water.