

# *10 Day Detox*

How and Why to Detox



**10 DAY DETOX -  
HOW & WHY TO DETOX**

# About the Author

**John Turner I am an entrepreneur and digital information product creator. Which, considering where you're reading this, makes perfect sense. I enjoy self-improvement books and activities, as should all right thinking people.**

**John's words of wisdom:**

***"I believe that knowledge is power. Everyone should improve themselves and/or business, no matter what stage in life they're in. Whether it's to develop a better mindset or to increase profits. Moving forward is key."***

**If you would like to learn more from John Turner, please visit:**

**SQRINDLE eBook store**

**[Link to SQRINDLE eBook Store](#)**

# CONTENTS

**THE DETOX 10 DAY GUIDE - HOW & WHY TO DETOX 1**

**CONTENTS ..... 2**

**INTRODUCTION..... 6**

**WHO NEEDS TO DETOX? ..... 6**

**WHAT ARE TOXINS? ..... 7**

**WHEN IS IT BEST TO DETOX? ..... 8**

**HOW LONG DOES DETOX TAKE?..... 9**

**CLEANING OUT: THE PROCESS ..... 11**

**THE LIVER: ..... 11**

**THE LUNGS: ..... 11**

**THE KIDNEYS:..... 11**

**THE INTESTINES:..... 12**

**THE SKIN:..... 12**

**WHO CAN'T DETOX?..... 12**

**OK: LET'S DO IT!..... 13**

**CHOOSE YOUR FOODS WITH CARE! ..... 16**

**DAY 1 ..... 18**

**½ HOUR BEFORE BREAKFAST: ..... 18**

**BREAKFAST:..... 18**

**MORNING SNACK:..... 19**

**LUNCH: ..... 19**

**AFTERNOON SNACK: ..... 19**

DINNER: .....	19
SUPPER:.....	20
THROUGH THE DAY:.....	20
<b>DAY 2 .....</b>	<b>21</b>
LUNCH: .....	21
MID AFTERNOON SNACK:.....	21
DINNER: .....	21
SUPPER:.....	22
DURING THE DAY TRY TO TAKE A LITTLE EXERCISE .....	22
<b>DAY 3 .....</b>	<b>24</b>
LUNCH: .....	24
MID AFTERNOON SNACK:.....	24
DINNER: .....	24
SUPPER:.....	25
DURING DAY 3 YOU SHOULD TRY TO DO A LITTLE MORE EXERCISE .....	25
<b>DAY 4 .....</b>	<b>27</b>
MID-MORNING SNACK:.....	27
LUNCH: .....	27
MID-AFTERNOON SNACK: .....	28
DINNER: .....	28
FLUID AND FIBER .....	28
EXERCISE! .....	29
SKIN CLEANSING.....	29
SUPPER:.....	30
<b>DAY 5 .....</b>	<b>32</b>
BREAKFAST:.....	32
MID-MORNING SNACK:.....	32
LUNCH: .....	32

MID-AFTERNOON SNACK: .....	32
EXERCISE: .....	33
FLUIDS: .....	33
DINNER: .....	34
SUPPER:.....	35
<b>DAY 6 .....</b>	<b>37</b>
BREAKFAST:.....	37
MID-MORNING SNACK:.....	37
LUNCH: .....	37
MID-AFTERNOON SNACK: .....	38
EXERCISE: .....	38
DINNER: .....	38
SUPPER:.....	39
<b>DAY 7 .....</b>	<b>40</b>
MID-MORNING SNACK:.....	41
LUNCH: .....	41
MID AFTERNOON SNACK:.....	41
EXERCISE: .....	42
DINNER: .....	42
INDULGENCE: .....	42
<b>DAY 8 .....</b>	<b>44</b>
LUNCH: .....	44
MID-AFTERNOON SNACK: .....	45
EXERCISE: .....	45
DINNER: .....	45
ENJOYMENT: .....	46
SUPPER:.....	46
<b>DAY 9 .....</b>	<b>47</b>
MID AFTERNOON SNACK:.....	47

<b>EXERCISE:</b> .....	<b>47</b>
<b>DINNER:</b> .....	<b>48</b>
<b>SUPPER:</b> .....	<b>48</b>
<b>DAY 10</b> .....	<b>50</b>
<b>MID AFTERNOON SNACK:</b> .....	<b>50</b>
<b>DINNER:</b> .....	<b>50</b>
<b>SUPPLEMENTS</b> .....	<b>52</b>
<b>SO WHO NEEDS SUPPLEMENTS?</b> .....	<b>52</b>
<b>MILK THISTLE</b> .....	<b>53</b>
<b>VITAMIN E</b> .....	<b>53</b>
<b>DANDELION</b> .....	<b>53</b>
<b>YERBA MATE TEA</b> .....	<b>54</b>
<b>HOW DO SUPPLEMENTS HELP?</b> .....	<b>54</b>
<b>WHAT TO DO WHEN THINGS FEEL BAD</b> .....	<b>56</b>
<b>YOGA/STRETCHES</b> .....	<b>56</b>
<b>EXERCISE</b> .....	<b>57</b>
<b>DEEP BREATHING</b> .....	<b>57</b>
<b>AROMATHERAPY</b> .....	<b>57</b>
<b>PATTERNS OF THOUGHT</b> .....	<b>58</b>
<b>END OF DETOX</b> .....	<b>59</b>
<b>CHANGE FOR LIFE</b> .....	<b>59</b>

# **INTRODUCTION**

Detox, or to give it its full name 'detoxification' has been around since humans first became civilised and is a very natural way of getting rid of harmful pollutants that may have built up in our bodies.

Sometimes people are scared of 'detoxing' because they think that it will mean going without food for the entire process and existing only on water with the occasional shot of lemon juice. But this is not the case. Detox is simply a way of cleaning out your body, helping to give the internal organs a little breathing space, so that they can recharge and continue to operate as they should.

In this book you will learn just how to detox safely, with minimum discomfort, so that your body becomes clean, pure and is returned as near as possible, to its optimum state of well being.

## **WHO NEEDS TO DETOX?**

Unless you live on a very remote island, where there is no traffic, no processed food and you grow all your own fruit and vegetables (organically of course) and you rear all your own cattle, animals for meat and milk them yourself, then you need to detox.

Every day people are subjected to toxins. These build up in the body and mean that instead of dealing with natural substances only our poor old kidneys and livers have to handle lots of 'foreign' matter, in other words : the 'terrible toxins'.



This can make people more susceptible to stress, so if you are constantly feeling as if you are stressed out and tired, then a detox program could certainly help you to regain some balance.

But there are other symptoms of too many toxins being present in the body and these include:

- Tiredness,
- Overly rapid pulse rate
- Swollen ankles
- Craving sweet or salty/fatty foods
- Poor digestion
- Insomnia
- Cellulite
- Decreased sex drive
- Problems in concentrating
- Dry mouth
- Bladder problems

There are many more symptoms, but these are often the most common and the ones that can be most easily remedied, by a simple detox program that will help flush out all those toxins, leaving you fresh and bright, with a renewed vigor and zest for life.

## **WHAT ARE TOXINS?**

So what are these toxins? Well basically toxins can be grouped into three different sections. There are exogenous toxins, endogenous toxins and finally autogenous toxins.

Exogenous toxins are ones that are created from outside, or things that we eat. They can be residue from herbicides that are sprayed onto vegetables or fruit, but they can also be stimulants, alcohol, caffeine, too much sugar or fat in the body, the build up that has been caused by breathing in fumes that are in the air if you live in a city or big town.

Endogenous toxins are more complex. These often are formed in the bowel and they are the residual waste that have been created after you have a virus or some kind of bacterial infection. So, you get an infection, you get 'better' and you think that life carries on as normal. Well deep in the heart of your bowel, lots of little toxins are left over from the infection and they just clog up the work that your bowel is trying to do! The only thing you can do to help your bowel is to get rid of 'em.

Finally, the last group of toxins are the autogenous toxins. These are all made by you yourself. Everyone has these. They are simply a way of the body dumping out some refuse, as a result of the natural metabolic process. So they are completely natural, but they can still act as a barrier to your body working as well as it could.

## **WHEN IS IT BEST TO DETOX?**

You may read different things about the best time to detox, but in reality there is only one best time to go through a detox program and that is NOW! Some people like to detox in spring, because they think that it is a time for new beginnings, time to clean the home, yard and basically get fit for the summer. But it is really ok to detox any time. After all if you are thinking about detoxing in the fall and then you leave it till spring time, then you may