Seven Day Detox Drop

Jumpstart Your Diet

Plus:
Lose 11 lbs in 7 days & Eliminate Harmful Toxins

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Your Alkaline & pH Levels:

A pH of 7.4 is the natural and normal alkaline level at which the body functions. At approximately this point, the body’s immune system and metabolism are normal.

However, what we eat largely influences the body’s pH.

The typical American or Western Diet contains many highly acidic foods, including, but not limited to:

- Cheese
- Sodas
- Coffee
- Alcoholic Beverages
- Pasta and bleached flour-based breads
- Chocolate
- Fast foods
- Refined flours and sugars
- Processed and packaged foods

Overeating these very acidic foods can cause a decrease in the body’s pH level and may lead to certain diseases.

In bodies with normal pH levels, the cells are able to consume oxygen and dispose of toxins. However, in highly acidic conditions (aka at lower pH levels), the function of those cells can be disrupted and result in the following:

- Weight gain
- Weakened immune system
- Increased risk of disease (i.e. cancer)
• Constant fatigue (lack of energy)
• Loss of motivation or enthusiasm (depression)
• Nervousness or hyperactivity
• Pale facial complexion, dry or irritated skin, and hives
• Headaches
• Teeth or gum sensitivity
• Excess stomach acid, acid reflux, gastritis, and ulcers

As a result, the body’s natural cleansing system reaches its threshold and cannot function optimally. This results in a toxic accumulation that can last for years and affect every system within our bodies.

**Your Body’s Toxic Build-Up**

On the surface, we may appear healthy, but our body’s internal organs tell a different story.

In addition to unhealthy alkalinity and pH at the cellular level, toxic build-up typically occurs within the organs of most people.

Our bodies are in a constant state of detoxification because our organs naturally go through detoxification and cleansing on a daily basis.

The food we consume, air we breathe, water we drink, and materials we handle (i.e. plastics) cause our bodies to increase their rate of detoxification.

This elimination takes place in the following organs:

• Liver (hepatic)
• Kidney (renal) metabolism
• Skin (in the form of sweat)
• Breath (in the form of gas exchange)
• Gastrointestinal system (bowel movements)

Over time, our bodies become bogged down with an accumulation of the following:

• Metabolic waste
• Environmental pollution
• Heavy metals
• Food preservatives
• Food chemicals
• Other toxins

To determine if your body houses too many toxins and requires a detox, look for the following signs and symptoms, including but not limited to:

• Difficulties losing weight
• Constant food cravings
• Skin abnormalities such as acne, rashes, dryness, eczema, rosacea, itchiness, and other irritations
• Mood swings
• Regular feelings of lethargy, tiredness, or exhaustion
• Muscle aches and fatigue
• Persistent headaches
• Joint pain
• Digestive problems such as gas problems, acidity, or constipation

The more of these signs and symptoms you experience, the more beneficial a body-cleansing detox becomes.

**The Detox Solution**

A detoxification program helps properly cleanse your body by performing the following:

• Assists in removing all of the toxic waste buildup
• Provides respite from certain foods so that the body can reboot, repair, and heal

Through this detox program, I will provide you with a simple step-by-step cleansing approach. It will help eliminate the toxic buildup in your body and give it a much-needed period of rest.

Properly cleansing and detoxifying your body provides many benefits, such as:
- **Weight Loss Help:** Weight loss is an added benefit of the detoxification process. Toxins are an obstacle to burning fat and can contribute to unhealthy weight gain. A detox helps clear these toxins, improves metabolism, and initiates weight loss. By establishing better long-term nutrition and fitness habits, the weight should stay off.

- **Digestive System Improvement:** Clearing away waste, buildup, and toxins from the body results in a healthier digestive system. Excessive gas, acidity, constipation, and many other issues are often cleared up or reduced as a result of detoxification.

- **Healthier Skin:** As you initially start your detox process, you may feel that your skin looks worse. However, that is simply a visible sign that your body has begun eliminating the toxins from your system. Eventually, your skin will improve and have a healthier look and feel.

- **Revitalized Body:** After a detox, most people feel more energetic with an improved sense of mood and well-being.

- **Stronger Immune System:** The immune system fails to function optimally when the body is full of toxins or other harmful substances. The detoxification process gives the immune system a boost by clearing away toxins and frees the organs to function properly.

Other benefits of a detox include improved memory, relief from persistent headaches, clearer thinking, reduced food cravings, better breath, healthier hair, and relief from muscle aches and fatigue. As a result, you will see a cleaner, healthier, and slimmer body.
In preparation for your cleanse, it’s important to consider seven factors:

1. Exercising and/or training
2. Adequate time
3. Real vs. emotional hunger
4. Foods to eat
5. Foods to avoid
6. Food combining
7. Proper hydration

Should You Exercise While Detoxing?

During a detox, you must refrain from training or exercising. The reduced-calorie intake and mobilization of stored toxins during a detox simply do NOT mix well with an increased need for fuel from exercising. Choose a time when you can cease all training for 7 full days of rest.

How Much Time Do You Need?

I recommend arranging a relaxed schedule to allow yourself enough time to easily complete the necessary cleansing processes. Aim for at least 7 days where you can focus on the detox without lots of outside stressors or demands.
Do You Recognize Real Hunger Pangs?

During every detox, you will feel hungry. This is a good thing and indicates that the detox protocol is working.

However, take the time to think about your hunger pangs. Ask yourself whether they are truly physical hunger or simply emotional hunger. The following section will help you differentiate between the two.

The Difference Between Real & Emotional Hunger

For many people, food is more than a means of satisfying hungry feelings. Food has become a core component of our social and everyday life, and many people subconsciously use food to cope with the following emotions and situations:

- Anxiety and stress
- Depression
- Boredom and loneliness
- Discomfort
- Social gatherings

This is known as emotional eating. Emotional eating is generally not healthy, especially for people trying to lose weight.

Before beginning your detox, it’s important to know how to detect emotional hunger. In order to become better aware of the difference between it and real (physical) hunger, remember the following:

Real (physical) hunger

1. Comes on gradually
2. Stops once you’re full
3. Rarely leaves you feeling guilty afterwards
4. Is usually satisfied with a variety of healthy foods

Emotional hunger

1. Comes on quickly
2. Isn’t satisfied once you’re full
3. Generally produces guilty feelings afterward
4. Can only be satisfied by certain “comfort foods”

Foods to Eat & Avoid

Natural low-calorie foods are richer in nutrients and more satisfying than processed or refined foods. In this detox plan, I mainly included those lower-calorie foods.

Aim to increase your consumption of nutritious food and stay away from artificial foods loaded with empty calories and toxins. Later, this book will provide you with what to eat during each phase, but for now, it’s important to consume fresh and organic foods.

Because most produce is sprayed with harmful pesticides, opt for organic fruits and veggies when possible. Also, choose local organic produce from the farmer’s market.

What to Eat?

- Water (high-quality filtered)
- Tea (Decaffeinated herbal)
- Fresh fruits and veggies
- Seeds and Nuts
- Coconuts and Avocados
- Organic meats
- Wild Fish

What to Avoid?

The following foods are allergens and should be avoided

- Refined foods
- Ready-made sauces or dressings
- Packaged foods (or snacks)
- Fried Foods
- Sugar
- Excess salt (sodium)
- Alcohol
- Caffeine
- Non-organic meat
- Eggs and dairy
- Gluten
Food Combining Principles

Few people know that improperly combining foods is one of the chief factors resulting in:

- Bloating
- Gas
- Heartburn
- Upset stomach
- Poor digestion

Poor combinations of food groups can also contribute to malnutrition, even when consuming a healthy diet. So here are two important basic principles of combining food groups to implement while completing your detox.

1 - Consumption of Fruits: Fruits are best eaten half an hour before a meal or two hours after. When eaten on their own, your stomach can more easily digest and absorb the simple sugars found in the fruit.

2 - Separation of Grains & Proteins: Consider separating your grain-based foods from your high-protein meals. Each requires different enzymes to be broken down, and proteins take significantly longer to be digested in the stomach. Non-starchy vegetables are a better choice to pair with grain or protein-based foods.

3 - For improved digestion, weight loss, relief from bloating, and nutrient absorption, soak beans and raw nuts overnight.

Hydration is Critical

Water effectively removes toxins from your body. Drink water at regular intervals to stay hydrated at all times. When fully hydrated, your urine should look clear.

Start your day with the juice of half of a lemon added to warm water to help digestion and clear out toxins. Be sure to stay hydrated during the entire detox. In the Recipe Book, you will find recipes for Fruit-Infused Detox Water. You can drink these as often as you’d like throughout the course of the detox.

- Use high-quality filtered water.
- Drink a minimum of one-half (½) your bodyweight in ounces each day.

For example, a person who weighs 200 pounds would drink at least 100 ounces of water per day.

Here are two critical steps that you need to follow throughout your detox:

- Start your day off with a glass of lemon water by simply squeezing half a lemon into a glass of warm water.
- Be sure to get your daily dose of Greens (1 serving) by mixing it into your water. (You can also mix it into your smoothies if you prefer.)

Daily Greens

Detox Organics helps you to get all the vital nutrients your body needs to live a healthy lifestyle.

You should take one serving of Greens everyday and the best way to do this is by mixing it directly into your water or smoothies.

Click here to get Detox Organics.
IMPORTANT: You should only implement a detox if you have read the previous pages, decided that you are fit for a detox based on what was presented, and are ready to STOP training for 7 days.

Based on cleansing intensity, choose from two different detox cleanses:

1 - Four Phase Detox - a gentler cleanse
2 - Five Phase Detox - a more intense, thorough detox, incorporating a 3-day liquid cleanse.

You decide whether to start with the gentle or intense cleanse. You may stop whenever you see fit. Most importantly, pay attention to your mind and body throughout the detox.

The Detox Cleanse includes the following:

- Recipes for each phase
- Re-introduction steps

These detoxes will purify you, enhance your tastes, and give you a fresh new start!

Side Effect Symptoms of Detox

There is a chance that you might experience symptoms such as headaches, bloating, acne, or constipation when you start the detoxification process. These are all signs that your body is releasing the toxins and waste.
The basic detox includes four phases (7 days total). You may choose to take on these four phases, or to add the Liquid Cleanse (Phase 5) for a more intense detox (10 days total).

**Recommended Length of Time:**

It’s generally recommended to use this detox protocol for only 3 days to start. Gauge how your body responds. It will be extremely easy for some, while others may find it very hard and taxing both mentally and physically.

If you find that you are comfortable with the detox after 3 days, move forward with the phases at the pace best for you.

The detox will proceed as follows:

- **Daily** Each morning, drink a glass of warm lemon water.
- **Phase 1 (Days 1 & 2)** Eliminate all processed food, sugar, and alcohol.
- **Phase 2 (Days 3 & 4)** Eliminate meat, poultry, and eggs.
- **Phase 3 (Days 5 & 6)** Eliminate dairy and gluten.
- **Phase 4 (Days 7)** Focus on eating mostly raw food.
- **Phase 5 (Days 8, 9, & 10)** Cleanse with juice or smoothies.
- **The Reintroduction Steps (following week)**
Here are recommended detox supplements for your consideration:

1 - Neera Natural: This is one of the most effective detoxification products: a combination of high-grade maple syrup, sea salt, and detoxification tea. It contains just enough calories to maintain the basal systems but not enough to require excessive digestion and metabolism, which gives the entire GI system (pancreas, liver, stomach, gallbladder, small/large intestine) a much reduced workload. (Dose as per the kit).

2 - Fiber: It’s essential to add a high-quality fiber supplement. Some of the best choices are Max Fiber or Fiber Smart; these contain added ingredients to stimulate GI healing. They also add bulk to your diet to help maintain peristaltic movement and clearance of waste while on the detox. (1 scoop AM, 1 scoop PM)

3 - Chlorella: This blue-green algae supplement is beneficial during the detox because of its ability to both bind with heavy metals, whose release may be accelerated during the cleanse, and increase SlgA, a marker of mucosal immunity and health. (5g AM, 5g PM)

4 - Holy Basil (Tulsi): This common herb is used for its adaptogenic properties. The lowered caloric intake of a detox places stress on the body, and this supplement help attenuate those effects.

Ocimum sanctum (Holy Basil) also contains hepatoprotective abilities, which are useful as the liver regenerates. (Drink and utilize as a tea)

5 - Probiotic (multi-strain): Probiotics are a beneficial GI ora that help to keep your digestive system running smoothly. (6 billion units per cap; 1 in AM, 1 in PM)

6 - Colostrum: Aids in GI function and healing leaky gut syndrome. (1/2 tsp 3-5x/day, approximately 1,000-1,500 mg per 1/2 tsp)

7 - Glutamine: Preferential fuel for the GI epithelial cells, which is essential for healing and regeneration. (20-30g 3x/day)
Re-Introduction Steps

After the cleanse, it is critical to slowly start eating solid (whole) food again.

Here’s the recommended order for re-introducing food:

- Day 1: Organic (preferably homemade vegetable, chicken, or beef broth.
- Day 2: Fruits and vegetables.
- Day 3: Small amounts of animal-based protein.

Your digestive enzymes and HCL have been down-regulated, so slowly adding in easily digestible foods allows your body time to readjust.

As you reintroduce each food back into your diet, notice how your body reacts to it. Make a note if you feel any changes in your energy levels, sleeping habits, or digestive system. Consider consuming less or completely eliminating any food that negatively affects you.

How to Select Your Recipes

Select from any recipes in the upcoming phase(s).

For example, during Phase 1 of the detox, you can choose recipes from Phases 1 through 4. However, you’re not allowed to select in reverse, so during Phase 4, you CANNOT choose recipes from Phases 1 through 3.

- Phase 1: Select recipes from Phases 1, 2, 3, & 4
- Phase 2: Select recipes from Phases 2, 3, & 4
- Phase 3: Select recipes from Phases 3 & 4
- Phase 4: Select recipes only from Phases 4
- Phase 5: Select recipes only from Phase 5

The recipes are quite flexible, so you can easily swap grains, proteins, and vegetables to suit your individual tastes.
Choose ONE option in each section as your meal.

**PHASE ONE**

*Breakfast:*
- Two Eggs With Vegetables
- Cinnamon Apple Steel Cut Oats
- Banana Toast
- Apple Butter Rice Cakes

*Lunch:
- Grilled Chicken Berry Salad
- Capri Salad
- Orzo Chicken Salad

*Dinner:*
- Shrimp With Brown Rice & Asparagus
- Turkey Burger
- Stuffed Acorn Squash

*Snacks:*
- Celery With Peanut Butter Or Low Fat Cream Cheese
- Fresh Fruit With Greek Yogurt
- 1 Oz Nuts Of Your Choice

**PHASE TWO**

*Breakfast:*
- Caribbean Green Smoothie
- Banana Pancakes
- Peaches With Cottage Cheese

*Lunch:*
- Grapefruit And Fennel Salad
- Toast W/Pomegranate, Avocado & Feta
- Banana Pancakes
- Easy Vegetable Risotto

*Dinner:*
- Pesto Pasta
- Vegetable Chili
- Mediterranean Salad

*Snacks:*
- Carrot And Celery Sticks
- One Banana
- 1 Oz Nuts Of Your Choice
PHASE THREE

**Breakfast:**
- Very Berry Green Smoothie
- Quinoa Granola W/Coconut and Chia Seeds

**Lunch:**
- Apple Coleslaw Salad
- Fresh Vegetable Medley Soup
- Cauliflower Fried Rice
- Butternut Squash Soup

**Dinner:**
- Grilled Eggplant, Tomato & Zucchini
- Spaghetti Squash W/ Lentil Meatballs
- Kale Salad W/Apple & Roasted Sweet Potato

**Snacks:**
- 1 Cup of Fresh Cubed Melon
- 1 Cup Sliced Vegetables of Your Choice
- 1 Oz Nuts Of Your Choice

PHASE FOUR

**Breakfast:**
- Caribbean Green Smoothie
- Fresh Fruit
- Strawberry Smoothie Bowl

**Lunch:**
- Collard Wraps
- Fruity Salad
- Raw Spring Rolls

**Dinner:**
- Gazpacho
- Zucchini Noodles W/ Avocado Dressing
- Raw Lasanga

**Snacks:**
- Handful Of Raw Nuts
- Celery With Raw Almond Butter
- Fresh Fruit Or Vegetables
PHASE FIVE
(3 Day Liquid Cleanse)

Selecting Your Recipes

For an even more intense cleanse there are two liquid cleanses that you can opt for - either a smoothie or juice cleanse.

Moving on to the liquid cleansing after the food detox is complete, is recommended, to help with smooth transition.

Drink the recipes (juices or smoothies) for three days consecutively.

OPTION: If you’re not ready to do an all-liquid cleanse, you can drink the smoothies or juices for your first two meals, and eat a clean meal for dinner rather than a juice or smoothie. (Anything from phases 2 & 3 would work well.)

Juicing Properly

If you choose the juice cleanse, juices should be made properly and consumed immediately after juicing because they will lose their nutritional value if left unconsumed for hours. Lemons and limes should simply be squeezed into the drink and consumed immediately.

Also, drinking water is recommended between every two juices. As long as the contents are fresh, organic and not processed, tea is good as well. The Fruit-Infused Detoxifying Water recipes included in the Recipe Book are highly recommended.

Juicing Commitment

If you are not ready to fully commit to the juice cleanse, then perhaps consider complete the first 4 juice/smoothie drinks for the day followed by a clean, healthy meal that contains a decent amount of protein, such as fish or chicken. Avoid adding sauces, oils, spices, and salts. The fewer ingredients or condiments you use, the better for your detoxification process.

Breakfast:

• Blueberry Delight Smoothie
• Green Attack Juice
• Apple Burst Juice

Lunch:

• Green & Lean Smootie
• Green Attack Juice
• Lemon n’ Cayenne Juice

Dinner:

• Tropical Bliss Smoothie
• Underground Serve Juice
• Vanilla Pleasure Juice
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To Your Success and Health,

Michael Morelli Jr.

Your Dedicated Coach