



Health Nag

**Time to get  
pretty on the  
inside too!**

**3 Day Detox**  
Important Information

# Why Detox?

Like it or not, a regular structured detox is crucial in order to maintain great health, smooth digestion, strong immunity, beautiful skin, healthy weight and happy moods.

Stress, pollution, poor food choices, all this bad stuff builds up, bit-by-bit, until we are carrying around a lifetime of toxins that make us feel way less than wonderful. And by toxins, I mean a build-up of old undigested food, chemicals, pesticides, candida, parasites and other nasty residue that clog up our insides and weigh us down.

But all that is about to change! This is a powerful program. It is going to rejuvenate and reset your whole digestive system. It is going to transform your energy levels and bring back that overall sense of wellbeing that you've been missing. In just 3 days.

This 3 Day Digestive Detox will prove that you can survive three days without food. Not only that, but it will show you (yes, you are going to see it) just how much junk you were carrying around in your colon. Unlike other detoxes, this one actually guarantees visible results. But don't start panicking it's not a laxative, just a very effective type of fibre.

In just 3 days this detox will:	
01	Remove harmful toxic build-up from your intestines and colon
02	Purify the entire digestive system and re-activate proper digestion
03	Minimise food intolerances
04	Help to lose stubborn fat and speed up the metabolism
05	Improve digestive activity and the absorption of nutrients
06	Strengthen your immune system and support all your healing processes naturally
07	Give you tons of energy immediately on completion

## Let's break it down.

**The 3 Day Digestive System Detox is a complete fasting programme that replaces all your regular meals for three days.**

**Hungry already? You'll get over it.**

The programme has been carefully designed for food addicts (that's most of us, then) and it will keep you feeling full throughout. Sure, you might get hunger pangs every now and then, but you'll have to **(wo)man-up and trust the process**. You want that toxic build-up and chronic mucoid plaque out of your system, don't you?

## How does it work?

This is the only detox product in the world that contains **oil palm fibre** – a powerful cleansing ingredient that absorbs, catches and binds with waste inside your body, then helps it all slip out effortlessly and painlessly. It will help you get rid of years of 'abuse' that you've been carrying around with you and you'll be surprised (shocked, probably) by what you've been storing inside all this time.

The fasting process allows your digestive system to eliminate that hard-to-remove waste and rebuild damaged cells and tissues. You won't necessarily need to pause your normal daily routine, but it's worth taking a few days to prepare before you start. Probably best not to plan anything major during the three days of the programme either.

**Think of this as your time to slow down, relax and let go. A bit like a mini-break, but without the fun.**

# Before your detox.

Mean it.  
Prepare for it.  
Commit.  
I believe in you.

Before you start, **let's get something clear.** This is a detox. You are going to have to prepare for it, at least few days before. The better you prepare, the easier it will be.

To keep dizziness, headaches and bloating at bay, it's a good idea to spend three to five days reducing your calorie intake and eliminating those bad habits.

If you want long-lasting results and a healthy transformation, you have to take things seriously and stick to the plan.

No Way!	No alcohol, black tea or coffee in the week before or minimum 2 days prior.
	No meat in the week before or minimum 2 days before. Try going Vegan for a few days.
	No sugary or fried foods in the week before or minimum 2 days prior.
Okay!	Go for lighter meals few days before, don't try to stock up on calories before your detox.
	Wheatgrass is great. Start taking a few days before to help kick off the detox process or any other green superfood of your choice such as chlorella, spirulina or green vegetable juices.
	Drink plenty of water, coconut water and herbal teas like nettle, milk thistle, mint, camomile and rooibos etc.
	Light exercise and saunas would be great but remember to replace your lost fluids.

# During your detox.

**It's only 3 days.**

**You can do it!**

During the programme, you might feel dizzy or light-headed. The more toxic you are, the worse you are likely to feel—fact. Don't panic, none of us feel great during a detox. We all do it for the after-effects. During the 3 Day Detox you may experience the following:

Bloating

Mild headaches

Chills

Hunger

Moodiness

Fatigue

No bowel movement for 1-2 days

There is nothing to worry about for any of the above. Our bodies respond differently to the detox. Just keep going and trust the process.

Your body will start cleansing itself very quickly when you're fasting—this is its natural healing reaction when it doesn't have to cope with the normal burden of digestion. Toxins will be released into your bloodstream and might cause nausea, headaches and chills. This is completely normal, just rest and let the healing process do its thing.

You might feel bloated too, like you're about to burst, but this is where the magic lies. This actually what is going to keep you full during these days. Oil Palm Tree Fibre expands up to 5 times its original size in our stomach, before working its way through our intestines and colon. It clings on to all that waste and then gently removes itself. The bloating is only a temporary sensation and nothing to worry about.

If you don't have a bowel movement in the first few days, that's OK. The fibre might need some time to work, up to day 4-5. The more bloated you feel, the more will slip out the next day. It might be uncomfortable, but it's normal. Fibre does its job perfectly and is quicker. This is why it is more effective than any other detox supplements or digestive cleanses out there.

# Questions?

What if I feel hungry?

Continue drinking plenty of fluids throughout the programme—you can have an unlimited amount of water, fresh coconut water, freshly squeezed vegetable juices or herbal teas. Vegetable juices are great—they help the detox process whilst keeping hunger under control.

If you mind the taste of sachets, you can mix them in your choice of liquid mentioned above. But try to stay away from anything too sugary, out of a can or anything that contains caffeine.

If you feel starving (which is unlikely and mostly psychological), there is only one thing you are allowed to have just once and that is papaya fruit. But just a handful and nothing else is allowed. You'll be getting sufficient nourishment from your shakes, which contain everything that your body needs to function.

Your system needs a break from digesting solid foods so that it can focus on the cleansing process. You will see, the results will be well worth it and you will feel very energised immediately after completion.

How often should I do it?

The initial program is designed to last 3 days, but you could continue for up to 5 or 6 days if it feels right for your body. To restore your digestive system to its original state and keep it in a best condition, repeat the programme every few months.

Go on, make a note in your calendar.

Any other tips?

Continue to take any prescribed medication, especially those for chronic diseases such as high blood pressure and diabetes.

Use your cleanse as an opportunity to have a good rest. Try going to sleep early.

A cup of hot chamomile tea and lavender oil bath will help you to relax.

# After your detox.

**You've done it! Awesome work.  
You are officially allowed to  
feel like a superhero.**

You have given yourself the best gift of health by getting rid of all toxic residue you've been carrying around for years. Now you know what was going on in there.

This post-cleanse period is the time to nourish your body and soul with the right foods. Break your fast with a little fruit, like papaya or mango, fresh smoothie, vegetable soup or some steamed vegetables. Don't go for anything too hard to digest right away and certainly don't start with meat, eggs or dairy. Healthy nourishment is what you need right away in order to preserve health benefits from this cleanse.

Your cravings will now be reduced, as well as your caffeine cravings and it will feel much easier to follow a healthier diet. Do yourself a favour and stock up on good-for-you groceries to avoid slipping back into bad habits, especially in this crucial period straight after your detox.

You have done an amazing thing for your body. Now go and nag your friends and family to do the same.

*Health Nag x*