



# SKINNY BUDDHA DETOX BIBLE

## **BUDDHA'S DETOXIFICATION DEFINITION:**

Detoxification is a basic function of the human body. It is how the body eliminates toxins through the kidneys, colon, liver, lungs, lymph and skin. It is about cleaning and nourishing the body from the inside out.

The levels of pollution in the water, food and air today make it extremely difficult for the body to consistently detoxify effectively. When toxins cannot be flushed, they are set aside and surrounded by fat in order to protect the body and its organs from the harmful effects of these toxins.

By removing and eliminating toxins, then feeding your body optimal nutrients, detoxifying can jump-start your body's natural detoxification processes.

## **FIVE DAYS IN THE LIFE OF A SKINNY BUDDHA:**

-25 Detox Meals (daily calorie range 1200-1500 cal)

## **BUDDHA'S NUTRITION PRESCRIPTION:**

**-Meals must be consumed 2-4 hrs apart** (not a minute more or less)

-Meals are to be finished within a half hour. You should try to eat the meal in its entirety, but if the portion is too large, dispose of the remainder. **DO NOT SAVE AND EAT AT ANOTHER TIME!!!**

-No beverages are to be consumed other than water, seltzer, or unsweetened tea between meals. (organic lemon juice may be added)

-Caffeinated Coffee is prohibited (good luck-you can do it!)

-All sweeteners are prohibited other than Organic Stevia. Stevia is an all natural, calorie-free sweetener that will not affect your insulin levels.

-1 gallon of water must be consumed daily (not an ounce less). The bathroom should be a regular stop for all detoxers due to the increased amount of fluid being consumed, coupled with the high fiber content of your meals. If you are not emptying your bladder much more than usual during the detox, you are probably not drinking enough water. Label 8- 16 ounce bottles, or keep a gallon jug of water handy to repeatedly drink out of until all bottles are empty.

-Unlimited organic, raw vegetables may be eaten between meals to abate hunger, but are not recommended. You should not be hungry if you stick to the 2-4 hrs apart rule. If you find that you are hungry, it is probably time for your next meal.

## **BUDDHA'S FITNESS PROGRAM PROTOCOL:**

Resistance & Cardio training aids in the detoxification process. During your Detox it is recommended that you incorporate up to 45 minutes of cardio training per day. Examples of cardio training are spinning, jogging, running, walking, hiking, elliptical training, stair master. Exercise is not mandatory. Your body will detox without resistance training, or cardiovascular exercise.

While Buddha's Detox is not a weight loss program, it is recommended that those in search of weight reduction undergo up to 45 minutes of cardiovascular training, & 30 minutes of resistance training 4-5 days of the detox. Keep in mind, you may experience weight reduction without any exercise.

Throughout the 5-day detoxification process, your mind and body will undergo continuous change. The synchronicity between your Skinny Buddha chef's prepared meals, and your current exercise regimen should better equip you both mentally, and physically to embark on your journey towards achieving the mind and body of which you have always dreamed.

"Positive change is a foregone conclusion. It is not a question of if you will improve but, rather, when." – Dr. Rashid A. Butt

## **BUDDHA'S DETOX DISCLAIMER:**

The Skinny Buddha 5-Day Detox is not a fat or weight loss program. Although Skinny Buddha's in-training may experience fluctuations in weight, the focus of this program is to bring previous eating patterns to a halt, and prepare the mind and body to embark on a long-term holistic approach to health and wellness.

Generally, the first two days will be the most nutritionally, as well as physically challenging for detoxers. Drastic change in dietary patterns, and increased exercise intensity can be utilized to assist in the detoxification process.

During the second to third days of the program, detoxers may experience a noticeable dip in energy level, headaches, body aches, and flu like symptoms or increased elimination. Try to steer clear of over the counter pharmaceutical medicines, as these may end up putting more toxins back into your body. The flu like symptoms you may experience are only temporary. These withdrawal symptoms serve as an uncomfortable, yet eye-opening experience. Thus, exposing the flaws in the detoxer's prior eating habits. By the end of day three you will begin to feel light, energetic, and free of toxic accumulations.

When performed as instructed, the Skinny Buddha Detox is not only a physical detox, but it may also prove to be a mental & emotional detox as well. The process of eliminating toxic thoughts and behavior patterns is easily facilitated by the drastic change in eating patterns, nutritional components & physical activity.

The Skinny Buddha Detox is a time for reflection and self-evaluation. Detoxers are forced to relinquish control over their daily routines and habits that have been instilled, both consciously and subconsciously. Skinny Buddha's approach allows you to free yourself of these detrimental behavior patterns by teaching you to relinquish control.