

Detoxification Simplified

7 STEPS TOWARD PERFECT HEALTH



Enjoy

feeling more light / being more energetic
dropping excess weight / claiming health sovereignty
improving every health condition

Join my Telegram Group: <https://t.me/detoxwithlex>

1. STOP THE INTAKE OF THE 3 WORST SUBSTANCES

Meats / Dairy / Processed Foods

In order to cleanse and heal we must stop increasing the problem first.

The human body can derive some energy from those “substances” but it is not designed for it.

They will clog the lymphatic system, which is our sewage system. When the elimination is impaired then the body needs to store the waste in the tissue, we then call it disease with various names depending on the location and level of stagnation.

2. INCREASE YOUR FRUIT INTAKE

- Fruit only in the morning
- Continue with fruit as long as possible
- Start with a fruit per day per week
- Use the “food combining sheet”
- Start with a juice or water only per week
- Eat watery and acidic fruit first and then move on to more dense sweet fruit. You can use a meal of watery fruits first and 1 or 2 hours later have another meal with more dense fruits

The human body is designed for fruits, berries and melons, plus tender leafy greens - nothing else !

It is such an amazing machine that it can even function under a very wide range of foods or so called “foods” but as humans we have our species specific diet just like any other species. A cow will gladly take some apples when they are in the reach but the entire digestive system is perfectly adapted to a herbivore diet.

The more we move away from our diet, the more we tend to accumulate acids and every system can get affected in the process and if we notice the impact, we call it “disease”.

3 FURTHER HELPING THE BODY TO CLEANSE AND • REGENERATE ITSELF

Reduce, and/or gradually stop all of the following foods:

- Cooked foods
- Gluten / starches
- Legumes
- Industrial ready made “foods”
- Salt, refined sugar, nuts, seeds, proteins
- Isolated chemical supplements
- Fermented foods

Gradually taper off or discontinue consumption based on your specific situation.

During a period of healing, it's advisable to abstain from these foods entirely.

For optimal bodily function, it's preferable to eliminate their usage entirely. However, when the body is in good health, it is possible to reintegrate them, albeit in moderation!

4 REPLACE COOKED MEALS WITH LARGE SALADS

- GRADUALLY

- Elevate your salad preparation with an abundance of fresh, tender lettuce or a variety of youthful, delicate greens.
- Opt for zesty limes or other citrus options as a vinegar replacement, eliminating excess acidity.
- For a healthier twist, minimize the use of olive oil, or even better, incorporate half an avocado for creaminess.
- Enhance your salad's vibrancy with a colorful array of bell peppers, nutrient-rich spinach, crisp cucumbers, succulent tomatoes, sweet carrots, invigorating sprouts, and fragrant herbs.
- For added nutritional value, consider incorporating wholesome grains like quinoa, millet, or, for an even better option, buckwheat, or wild rice (soak and enjoy them raw).
- Tailor your salad to your personal taste preferences, and embrace the changing seasons to savor the finest flavors and freshest ingredients available.

5 . RAISE YOUR RAW FOOD INTAKE

Cooking carbohydrates generates acrylamide, a known carcinogen, and also results in the loss of essential enzymes and vitamins. Interestingly, the inclination to cook food largely stems from ingrained habits and cultural practices.

Raw food, in contrast, retains its inherent vitality, while the cooking process diminishes the vital energy that our bodies direly require. When our body's energy remains unaltered, it empowers the immune system to ward off intruders and fosters continuous self-regeneration—an innate and biological function of the body, if only we allow it to unfold.

The sole compelling reason for incorporating cooked food into one's diet arises during detoxification or when the healing process progresses too rapidly, leading to a healing crisis. In such instances, introducing a modest amount of cooked food can provide grounding and alleviate symptoms.

"Nature provides all the nutrients our bodies need for optimal health.
Stick to a diet rich in fruits, vegetables, and herbs."

6 . FURTHERMORE, INDISPENSABLE

- Daily yoga, meditation, breathwork practice, start small and build up, but START
- Have a positive approach towards your healing journey (acceptance)
- Go step by step and trust the process
- Use affirmations daily (believe, mindset, thought, words will affect your health)
- Stop ALL chemical cosmetics
- Start to make fresh fruit juices
- Drink enough water, most people are dehydrated
- make an iridology analysis and start working with herbs
- Take a detox-retreat, after only a week of fruits you have levelled up your diet
- Start with a day of fasting per week (only water)
- In case you're on meds, look for an MD who can help you wean off them
- Choose organic if you can, but also conventionally grown foods will work
- Look out for some food corporations in your area (Community Supported Agriculture) - ask yourself, what can you change in your life to be more fulfilled ?
- Detoxification is not a quick fix, start with the first step and just keep on going !

7. START WHERE YOU ARE AT

Don't hold off until you stumble upon the flawless fruit, discover your dream environment, or locate the ideal setting. Instead, progress steadily in alignment with your present life circumstances. Commence your journey today, taking measured steps toward your goals, no matter where you currently stand.

Start today !

Take the opportunity for a brief, complimentary consultation focused on how to best approach to detoxification process effective and practically. And to discover strategies to delve deeper into detoxification, taking the first step towards enhanced well-being.

Don't hesitate; [schedule your consultation now to embark on your detoxification journey.](#)

FREE DETOXIFICATION CONSULTATION

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www.detox-retreat.net

You Can Do It !