

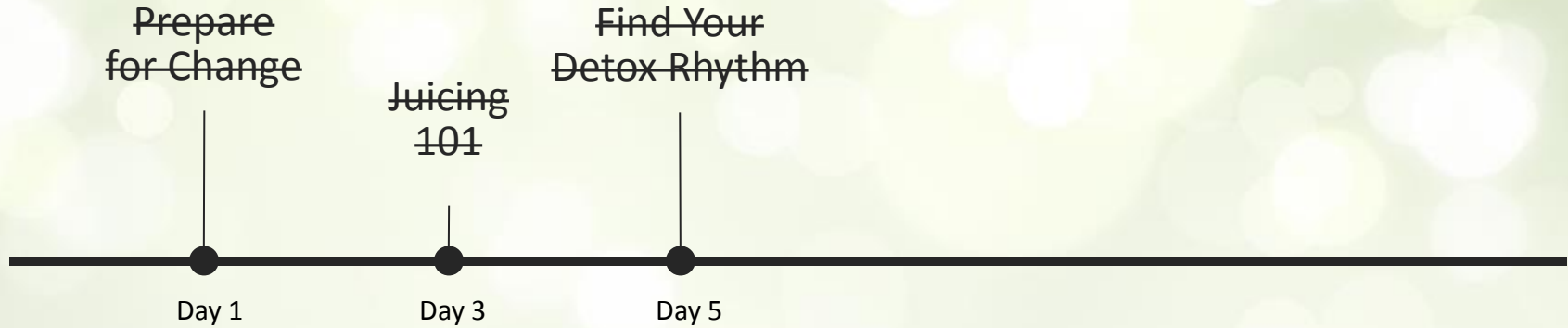
— THE GABRIEL METHOD —

DETOX PROGRAM

with Jon Gabriel and Coach Nadia



Week 1: Pre-Cleanse



Week 2: Cleanse



The Key is to Go Slowly!

- Your body hasn't had any solid foods in a long time
- Your stomach acids, enzymes, & activity have slowed—so take your time, ease back into eating solids
- End like we began with simple, whole, fresh foods
- Chew & eat food slowly
- Stick to smaller portions at first
- Keep your water intake high



OK...But What to Eat?

- You can never go wrong with The Gabriel Method “Big 3”
- Start with live foods:
a fresh salad and some whole ripe fruit
- Get some nice protein from nuts and seeds or meats that are organic, home-made (not processed)
- Keep it going with Omega-3's, using flax or chia seeds w/ all your meals



NOTE: you will get full quickly post-cleanse, so eat small portions to start. If you eat too much, you may feel sick.

Post-Cleanse, Day 1

- Raw vegetables
- Whole fruits
- Lots of salads
- Blended soups and smoothies
- Lots of water



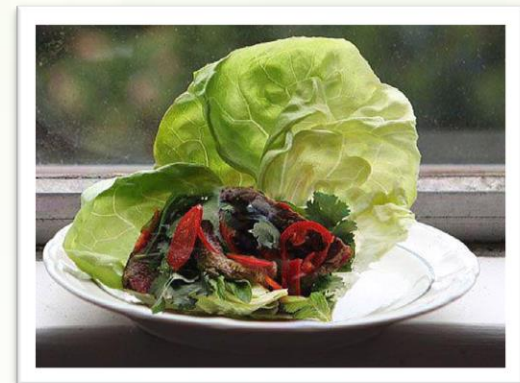
Post-Cleanse, Day 2

- Try to eat lots of live foods: fruits, veggies, nuts & seeds
- Add healthy fats with each meal, particularly those Omega-3's
- Keep drinking lots of water
- Keep portions small
- Lighter proteins like eggs & fish
- Include fiber in your diet.



Day 3 & Beyond...

- Start to introduce heavier animal proteins such as chicken, beef or pork
- Eating The Gabriel Method “Big 3” is a really smart, healthy & hormonally responsible way to eat
- When you eat the “Big 3” you can eventually eat freely without restriction, which is an amazing place to be
- Remember, cleansing doesn't stop—the process continues forever



Simple Post-Cleanse Meal Ideas

- Huge salad with grilled fish, beef, or chicken sprinkled with flax meal
- Steamed vegetables with a 2-egg omelet
- Grilled vegetables with seafood, butter/ghee and berries for dessert
- Fresh fruit & chopped veggies as snacks
- Vegetable broth to warm you up



Restart Your Digestion

- You should have a solid bowel movement again within 2 days post-cleanse.
- Not happening? Encourage your body by:
 - Chewing food well
 - Eating veggies & fiber
 - Massaging the abdomen
 - Taking further steps if needed (Senna tea, herbal supplement, enema)



Get Moving!

- From Day 3, add brief, high intensity fitness
- Try GM Fitness, which will get you sweating in < 15 minutes!
- Try adding brief sprints: when you walk, going upstairs, going up a hill, etc
- Resistance/strength training: pushups, curls, presses, using weights or water bottles
- Visualization: visualize your ideal body when sprinting, or chasing/being chased by a predator



Weight Gain Post-Cleanse

- It is common after a cleanse to gain back 50 – 80% of weight lost during the cleanse.
- Much of that weight loss is water weight, and comes back quickly once you start eating.
- Follow the post-cleanse suggestions to minimize short-term weight gain.
- Detox gives you a great way to move forward, w/ a healthier body that releases toxins & weight much easier.

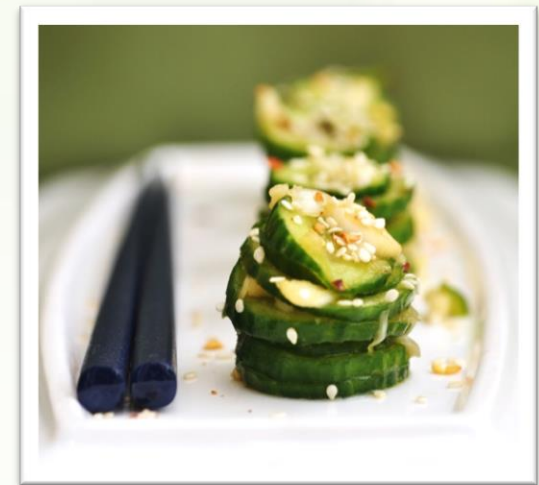
Processed Food vs. Healthy Digestion

- Friendly bacteria & digestive enzymes are important for a healthy digestive system
- Processed food kills enzymes & friendly bacteria, and increases our overall toxic load.
- **Tip:** If it's resistant to breaking down in the store (has a long term shelf-date), then it will be resistant to breaking down in your system. Go for fresh, “real” food whenever possible!



Keep it Simple, Delicious & Fun!

- Healthy foods taste great... enjoy!
- Choose foods you love, to stay motivated—no need to suffer to eat well
- Enjoy this new adventure in eating, adding in Omega-3's, experimenting with new meats and seafoods, and bringing more live foods into your life
- You worked hard in the cleanse, don't destroy your work by binging on unhealthy foods
- Celebrate your success & share a healthy meal with friends!



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