

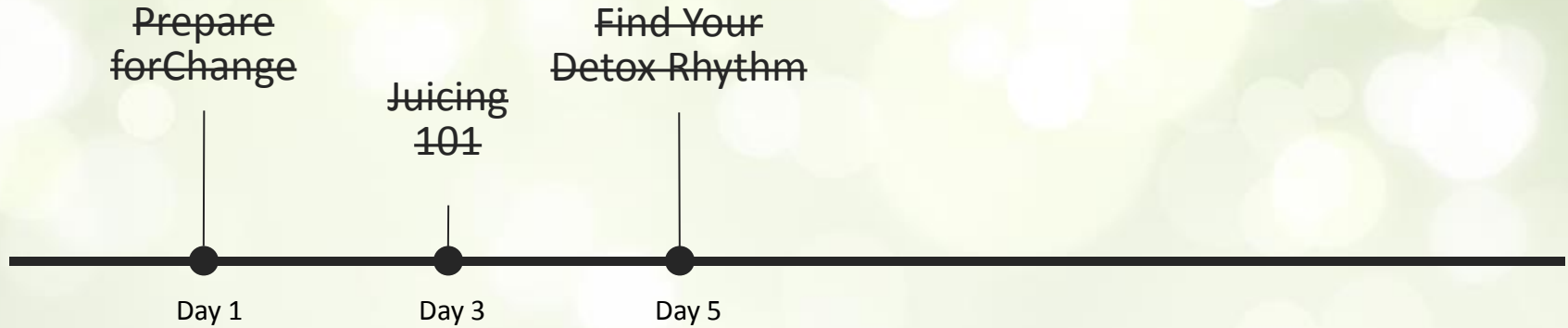
— THE GABRIEL METHOD —

# DETOX PROGRAM

with Jon Gabriel and Coach Nadia



# Week 1: Pre-Cleanse



# Week 2: Cleanse



# Daily Schedule

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- 7 am – Detox Visualization (AM)
- 8 am – Juice I & Detox Tea w/Coconut or MCT Oil
- 10 am – Juice II
- 12 pm – Juice III
- 2 pm – Omega-3 Drink
- 3 pm – Juice IV
- 5 pm – Juice V
- 7 pm – Detox Soup & Omega-3 Drink
- 9 pm – Evening Visualization



# Make It Your Own

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- This schedule is a general guide & is flexible to your tastes.
- Want to make changes? That's perfectly normal!
- Don't like juices? Have more broth.
- Omega-3 drinks can be combined w/super greens or juices.
- Daily visualization is key, but you don't have to stick to this schedule. Pick the time & visualization that works for you.

# Benefits of Low Glycemic Juicing

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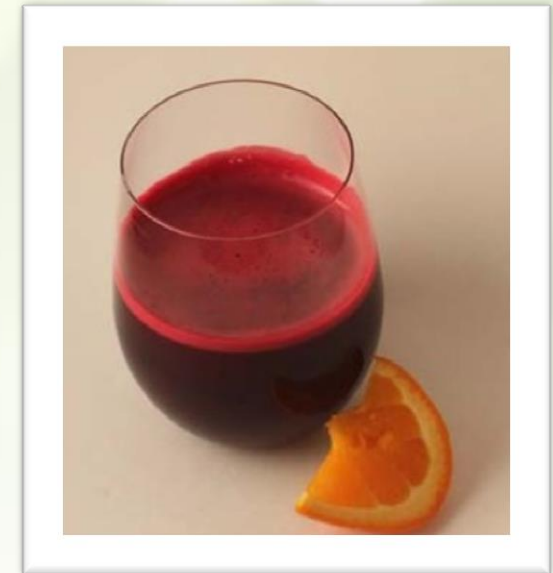
- Why low glycemic juicing is preferable to fruit juicing
- Green juice: cucumber, celery, spinach, chard, kale



# What Happens w/Sweet Juices?

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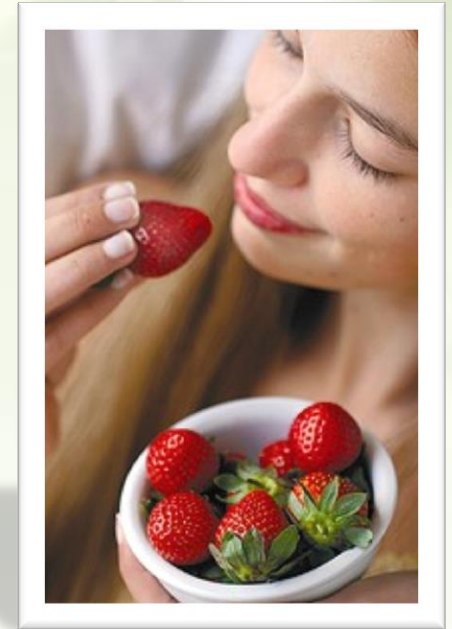
- Fructose levels in modern fruits are more than 10x's higher than what they were before commercial agriculture
- Fructose does not raise blood sugar as quickly as other forms of sugar, but it does raise blood sugar
- Fructose is extremely poor at triggering satiety, meaning you can eat a ton of fruit or fruit juice and not feel at all full
- Fructose is highly lipogenic, meaning it converts very quickly and easily into body fat in the liver



# Why is Whole Fruit Different?

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- Whole fruit has a ton of fiber that slows down sugar absorption
- Unlike fructose, fiber creates feelings of satiety very quickly, so you feel more full eating full-fiber fruit
- Like all whole foods, your body generally self-regulates much more naturally when a food is in its natural state—so you tend to overeat whole fruit much less than juiced fruit
- All that said, we try to focus on low glycemic fruits like berries, for example



# The Importance of Omega-3 Fats

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- Essential and unique part of this cleanse
- They are included in the form of chia or flax seeds, or chia or flax oil
- Almost everyone has an essential fatty acid deficiency
- Benefits of Omega-Fats:
  - Reduce inflammation
  - Help with hormonal balance
  - Deliver soluble fiber that helps regulate bowels





# Coconut Oil is Amazing

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## The Power of Medium Chain Fatty Acids

- Your body metabolizes them very easily, almost as easily as sugars but without the hormonal upset
- They don't affect your insulin levels
- Put your body in a fat burning metabolic state
- Coconut fats contain anti-fungal and anti-bacterial fatty acids



# Coconut Oil (cont'd)

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## The Power of Medium Chain Fatty Acids

- Create feelings of satiety extremely quickly (you feel full!)
- They slow down the sugar absorption of anything else you might eat (fruit for example)
- It heals the gut with natural anti-microbial properties so effective they are used medicinally—but available to you nutritionally



# Burn Fat Instead of Sugar

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- Our goal in this cleanse is to move away from a sugar-burning metabolism
- We want to create what Dr. Ron Rosedale calls a “fat-burning metabolism” where your body prefers fat as it’s primary source of energy
- During this cleanse, we get most of our energy from healthy fats and proteins, instead of mainly from sugar



# Fat Burning Metabolism (cont'd)

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- Your body is designed to make glucose from the foods you eat—it's not designed to intake large amounts of dietary glucose
- As you transition from a sugar burning metabolism to a fat burning metabolism, it's natural to feel a little sluggish, you might crave sugar, & you might at times feel a little dizzy as your body works to normalize your blood sugar
- The change can happen quickly & once you shift, then your FAT Programs turn off, weight loss becomes so much easier

# Stay Warm

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- When you're detoxing, your body doesn't want to waste energy keeping you warm.
- It can cause unnecessary stress on the body.
- Living in a cold climate? Wear layers & drink more warm liquids, like broth and teas.
- Get out in the sun whenever possible.



# Days 1 & 2 Are Challenging

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- You might experience headaches, dizziness, fatigue etc.
- After day 2, many of those detox symptoms subside. It gets easier!
- After day 2, people often feel calm, peaceful & sometimes even euphoric



# Your Questions Answered

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- Doesn't dietary fat lead to body fat?
- Doesn't dietary fat cause heart disease?
- What if I'm going to the bathroom a lot, or not at all?
- What if my juice has been out for more than 24 hours?
- Share your detox questions



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