

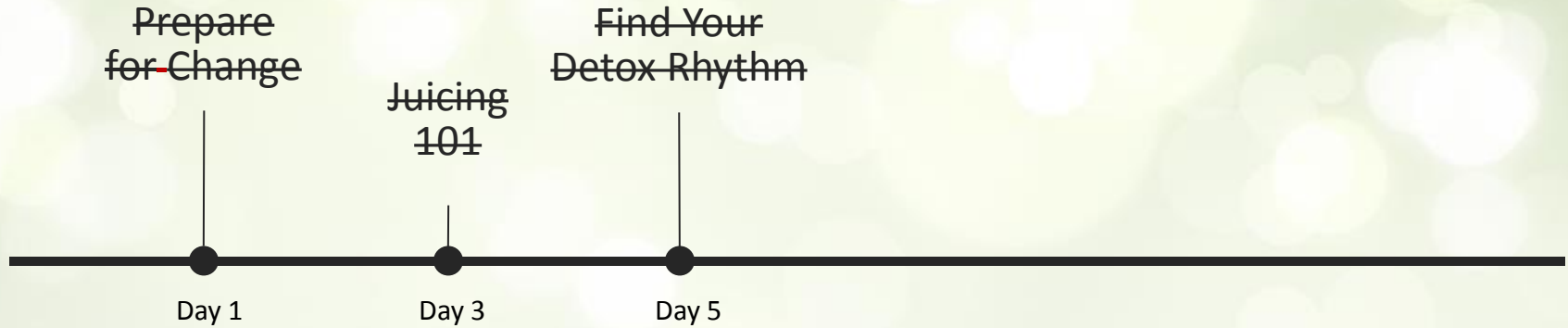
— THE GABRIEL METHOD —

# DETOX PROGRAM

with Jon Gabriel and Coach Nadia



# Week 1: Pre-Cleanse



# Week 2: Cleanse



# 3 Main Methods of Detoxifying the Body

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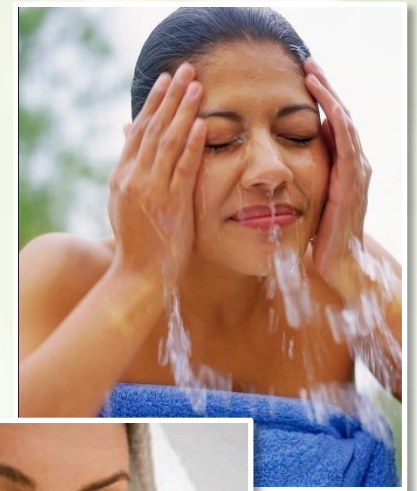
- **Elimination:** defecating and urinating (aka “going to the bathroom”)
- **Breathing:** we detox through breath constantly (think: alcohol smell on your breath after drinking—that’s detoxifying)
- **Sweat:** skin is our largest detoxifying organ in the body (this is why exercise can be so cleansing)



# Your Skin = Largest Detox Organ

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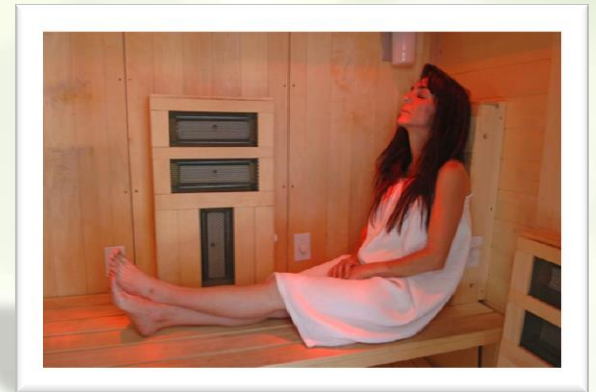
- Bigger than your liver!
- We constantly release toxins through our skin
- People who work at fast food restaurants and on airplanes often have bad skin, this is often due to corrupted fats in their diet being detoxified through the skin
- Healthy skin is often a sign of a healthy, detoxified body



# Put Your Skin to Work Cleansing

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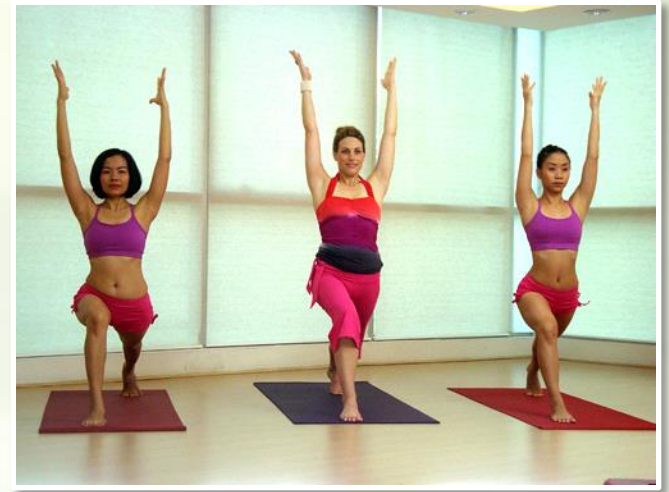
- Jacuzzi, hot bath or even a hot shower is great for stimulating detoxification through your skin
- Steam rooms, sauna and infrared heat are amazing for getting your body sweating
- Exercise (though remember to keep it brief) can be great for putting your skin to work in cleansing



# Yoga for Weight Loss

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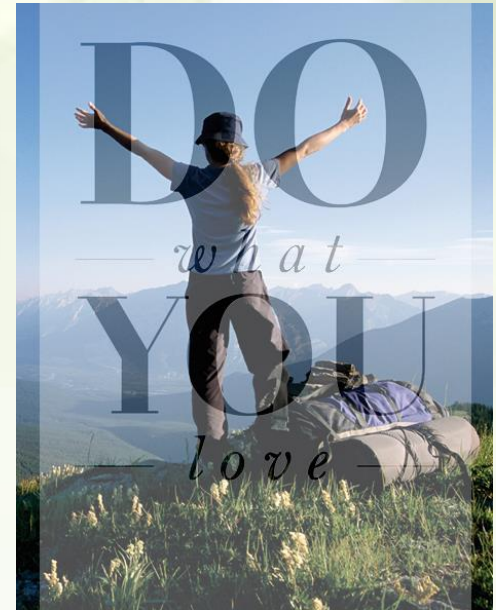
- Yoga tends to be less sweaty than other exercises, but it is excellent at incorporating breathing, make it a great option
- Focus mostly on the breath, don't get too worried about getting the poses just right—try the poses, master the breath!
- Enjoy Katrina & Jon's guided visualizations, they're a great addition to your practice



# Got a Better Fitness Idea? Do that...

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- Go for a hike, walk, do what you love
- If you like dancing or playing with your dog—that's just fine
- Exercise that feels good & is enjoyable is 10x's better than forcing yourself to do something dull
- Stuck for ideas? Think back on things you did as a kid—tried Hula Hoop lately?
- Remember not to overdo
- If you can find a warm room (or a warm park), that's great for working up a sweat



# Breathing to Cleanse

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- When someone has been drinking alcohol, you smell it on their breath, that is their body detoxifying
- Your body detoxifies many other compounds and gases via the lungs too, so we want to encourage deep and full breathing
- Breathing should always be done slowly and carefully, never forced or rushed





# How to Breathe to Cleanse

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- The magic number in breathing is a 1-to-2 breathing ratio
- This means you inhale to a 4 count and exhale to an eight count (you can also do 5/10 or 6/12... whatever works for you)
- When the exhale is longer than your inhale, it triggers a parasympathetic nervous system response (you calm down) and thoroughly cleanses the lungs of waste with each breath
- Aim for 10 rounds each time you practice with a full inhale and exhale counting as 1 round

# Organs of Elimination

- Just as we want to sweat & breathe more, we also want to use the bathroom more often
- First, you want to be urinating at least every 2 hours, and as much as every 1 hour
- Drink 3+ liters of water & this will happen automatically
- Cleansing myth: you have McDonald's fries stuck in your colon or bubble gum from when you were 5 years old—this is not true
- Mostly, your body's toxins are stored in body fat, mucus & to a lesser extent in muscle tissue and blood



# Organs of Elimination

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- You want to have daily bowel movements day 1 & 2 of the cleanse, but as the cleansing days go on, it's normal for bowel movements to reduce, as you have very little solids inside you
- Constipated? You can consider using a natural fiber supplement like psyllium husk before bed
- You can also consider self-enema treatment (optional, not required)



# It's Already Working!

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- Remember, you are in the cleanse now, and doing a great job of detoxing through breath, sweat & elimination
- Your liquid drinks are providing your body with energy and micronutrients to nourish & balance it on a hormonal level
- Your body is releasing fat & fat-borne toxins that are being excreted at an accelerated rate when you sweat, breathe, and visit the bathroom



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