

THE  
GABRIEL  
METHOD

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# DETOX PROGRAM

with Jon Gabriel and Coach Nadia



DAY 1: PREPARE FOR CHANGE

# Gabriel Method Detox Overview

- ▶ Over the next 2 weeks, we'll work together to naturally speed up your body's cleansing processes
- ▶ This is not a crash diet and in most cases, the real weight loss benefits are realized after the program rather than during
- ▶ Our focus is on balancing your fat hormones to change your metabolism to that of a fat burning (rather than sugar burning)
- ▶ This is a "nourish your body" approach, not a starvation or deprivation approach

# Rules of Engagement

- ▶ You're always cleansing (naturally), you can't stop the cleansing process, you can only speed it up or slow it down—this program will speed it up
- ▶ Your body is wonderful and perfect, this process is natural and healthful, working with your body
- ▶ We're going to shift your metabolism to that of "fat burning" rather than "sugar burning," so the healthy fats used in the program are essential
- ▶ It's impossible to fail, everything you do here will be beneficial

# Make the Most of Your Experience

- ▶ Relax and simply do your best—no guilt, no shame, just join the journey and see where it leads
- ▶ Stay hydrated, water is the best possible detoxifier for your body, so keep drinking throughout
- ▶ Do your visualizations, your mental shifts are just as important (if not more) than the physical and hormonal changes you'll experience
- ▶ Think “big picture” and “long term” so you're less focused on the juice and schedule and more focused on the journey and the transformation to come

## WEEK 1: PRE-CLEANSE



## WEEK 2: CLEANSE



# Detoxing is Natural

- ▶ Remember that cleansing is perfectly normal and natural, part of our ancestral heritage
- ▶ It continues to happen to everyone on a regular basis
- ▶ We're tapping into something our body already does and enhancing that process



# Myths About Detoxification

- ▶ It has to be extreme
- ▶ You need special pills or machines to cleanse your body
- ▶ It must involve weakness, starvation, extreme elimination (aka sitting on the toilet for a week)



# Truth About Detox

- ▶ No one “invented” it, it’s your body’s normal, natural process
- ▶ You eliminate toxins 3 main ways: through your breath, skin, and through urine/feces
- ▶ Our goal is to accelerate these natural processes
- ▶ When done properly, detoxification can change your metabolism to fat burning rather than sugar burning





# Emotional Support is Key

- ▶ Get friends and family on board for social & emotional support
- ▶ When someone asks you about the cleanse, you can say “I’m doing a really safe, gentle cleanse to heal my body, and I need your support”
- ▶ This is not radical or weird, this is totally natural and healthy—be proud of what you’re doing!



# Let's Go Shopping!

- ▶ Start eating more vegetables, whole fruits, and unprocessed meats (organic, free-range if possible)
- ▶ Focus on the periphery of the grocery store (avoid the middle)
- ▶ Be adventurous with nuts, seeds, seaweeds, and other super foods
- ▶ Cultured/Fermented foods such as: Sauerkraut, Yogurt and Kefir (made from raw dairy or non-dairy milks like coconut), Kombucha, Kimchi, Pickled Veggies (cabbage, carrots, celery etc.), Tempeh, Natto



# Foods to Avoid/Reduce

- ▶ Avoid all processed & packaged foods
- ▶ Avoid inflammatory and allergenic foods like: wheat and milk products



- ▶ Avoid all highly processed vegetable oils (focus on butter/ghee, coconut oil, and cold press olive or flax oils)
- ▶ Avoid all fried and heavily cooked foods (focus on fresh, steamed, or lightly cooked)

# Beverages to Avoid/Reduce

- ▶ Remove all sugary beverages-  
drink water and decaf teas
- ▶ Don't juice during this pre-  
cleanse week, save your juicing  
energy for later
- ▶ Avoid all alcohol (including  
wine)
- ▶ If you're a coffee drinker, start weaning your self off



# How to Deal with Caffeine?

- ▶ If you can give up caffeine easily, go ahead and do that, it will be helpful
- ▶ Heavy coffee drinker?
  - Decrease a little each day. Try herbal teas, hot nut or seed milks w/ cinammon& nutmeg, hot water with lemon
- ▶ Diet soda?
  - Try seltzer water w/ lemon and a touch of natural sweetener.



**Q: Why eliminate caffeine prior to a cleanse?**

**A: Caffeine is a stimulant, and it dehydrates. It's also full of mycotoxins (mold).**

# Pre-Cleanse Tips

- ▶ Drink more water: at least 3 liters of water a day, maybe more
- ▶ Try to add 1 hour to your night of sleep in the pre-cleanse period
- ▶ Have foods in your house that are a temptation?  
Give them away, or toss them!



# Prepare Your Schedule for the Cleanse

- ▶ If you have social gatherings, work parties, let friends know in advance.
- ▶ Try to be around people who will be supportive.
- ▶ You'll want to be somewhere where you can comfortably eliminate; make sure that during the cleanse you'll have access to a bathroom all day.



# Make it Easy, Make it Fun

- ▶ If you're short on time in the mornings, make juice the night before.
- ▶ Make it easy, do it in the time of day that is best for you.
- ▶ Make it social: take photos, post them on your social media.





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