

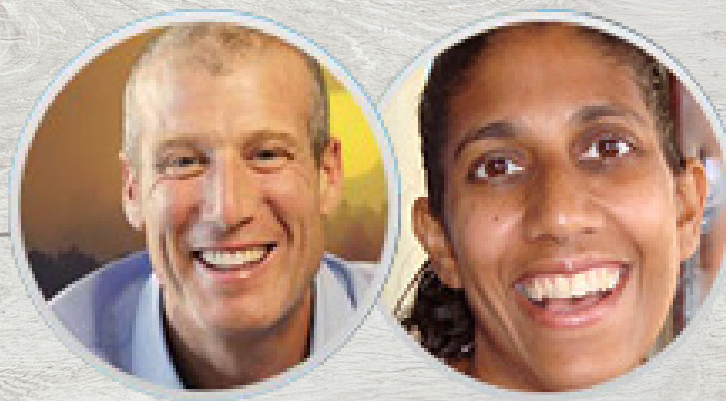
THE
GABRIEL
METHOD

THE **GABRIEL** METHOD

DETOX

PROGRAM

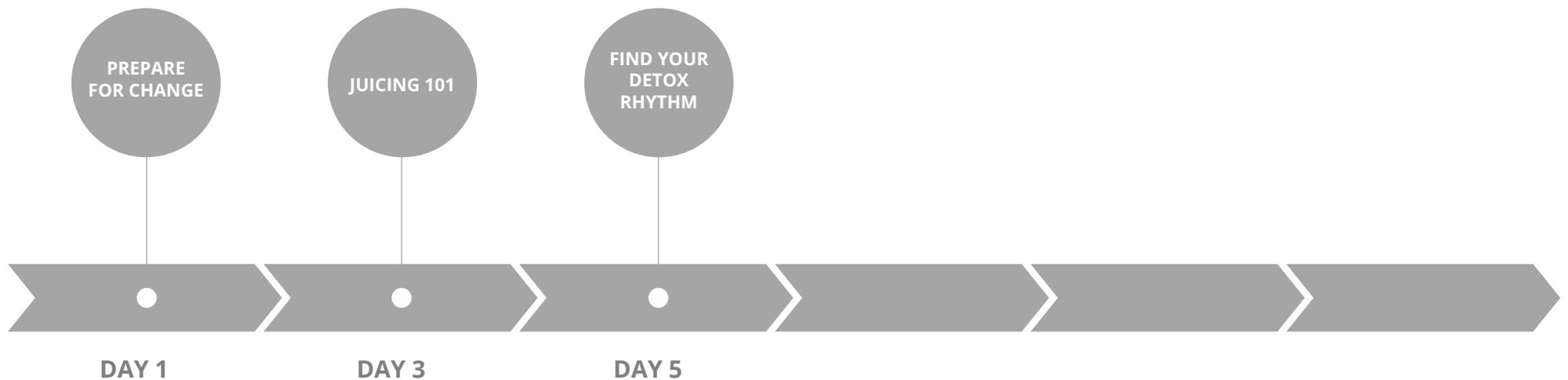
with Jon Gabriel and Coach Nadia



DAY 1: GETTING STARTED

www.TheGabrielMethod.com

WEEK 1: PRE-CLEANSE



WEEK 2: CLEANSE



Daily Schedule

- ▶ 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

- ▶ 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.

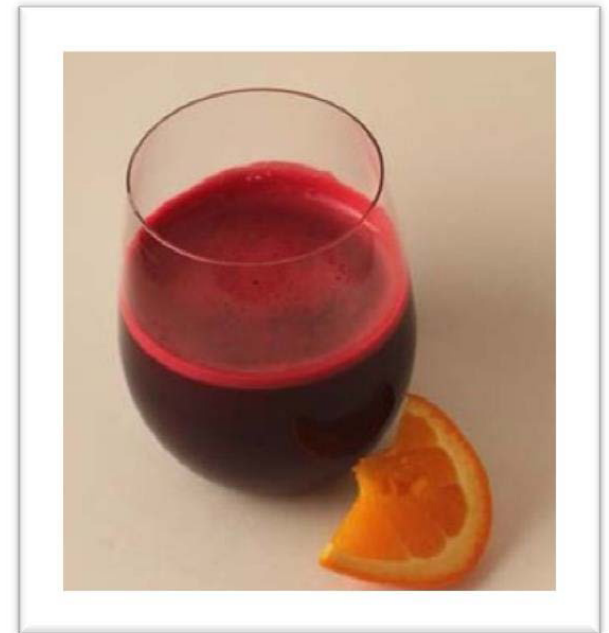
Benefits of Low Glycemic Juicing

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



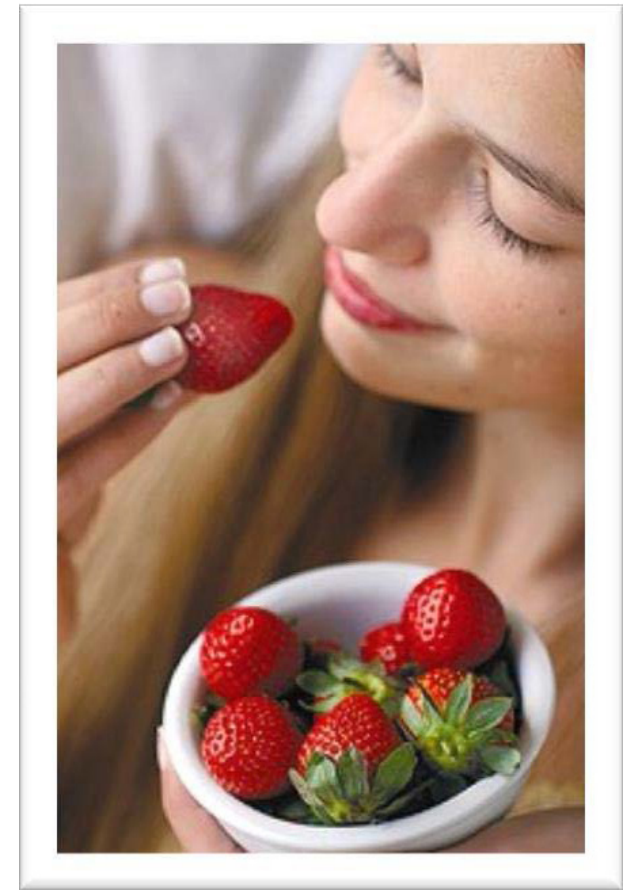
What Happens w/Sweet Juices?

- ▶ 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?

- ▶ 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

- ▶ 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

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)

The Power of Medium Chain Fatty Acids

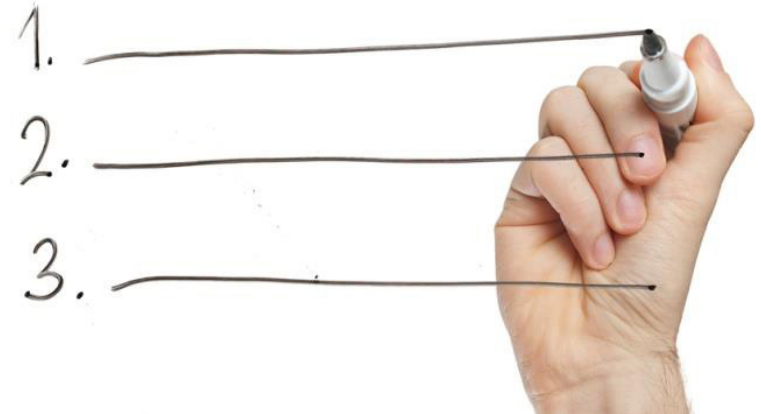
- ▶ Create feelings of satiety extremely quickly (you feel full!)
- ▶ They slow down the sugar absorption of anything else you might eat (fruit for example)
- ▶ It heals the gut with natural anti-microbial properties so effective they are used medicinally—but available to you nutritionally



Burn Fat Instead of Sugar

- ▶ 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

Goals



Fat Burning Metabolism (cont'd)

- ▶ 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

- ▶ 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

- ▶ 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

- ▶ 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



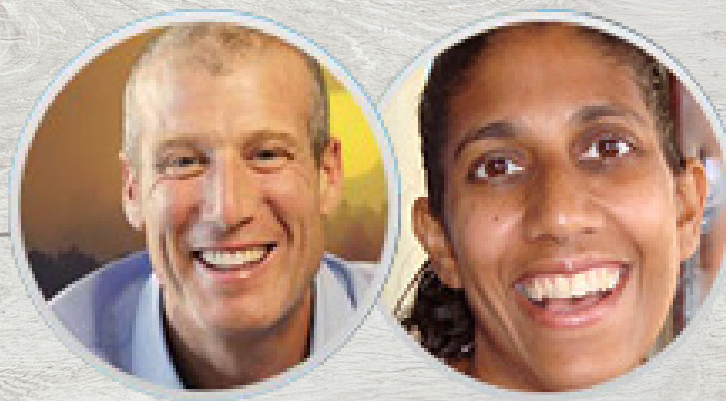
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