

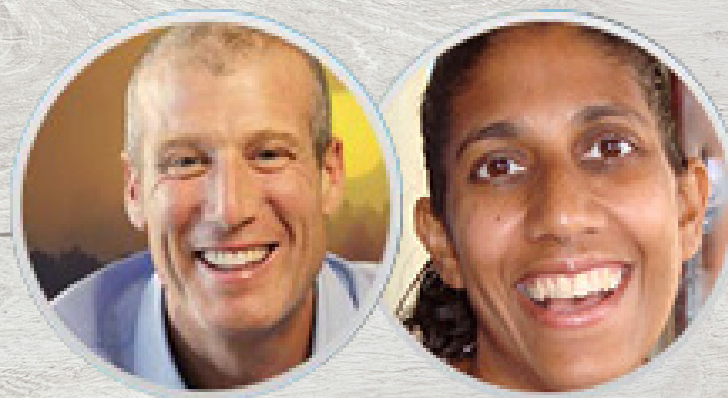
THE  
**GABRIEL**  
METHOD

THE **GABRIEL** METHOD

# DETOX

## PROGRAM

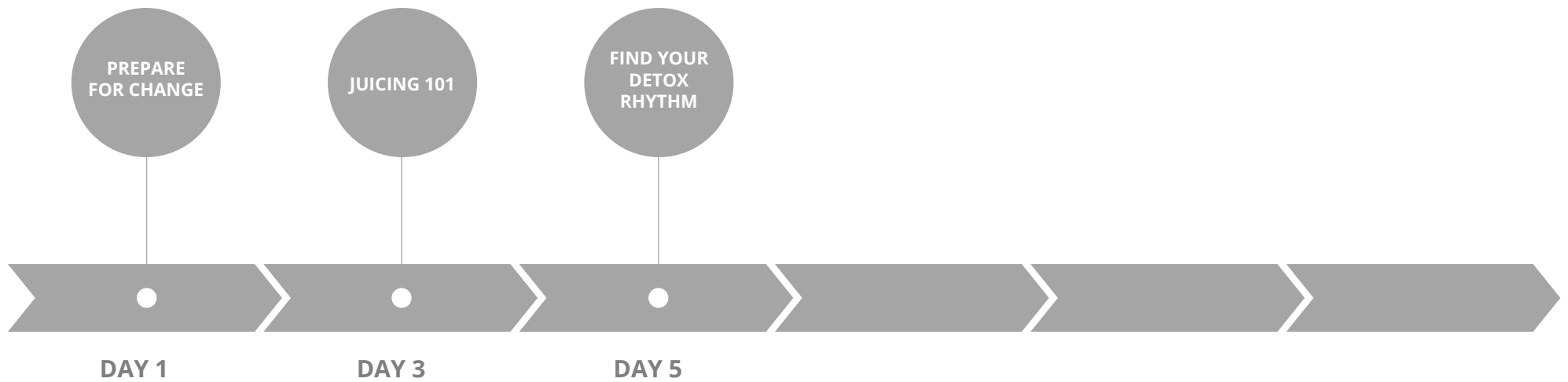
with Jon Gabriel and Coach Nadia



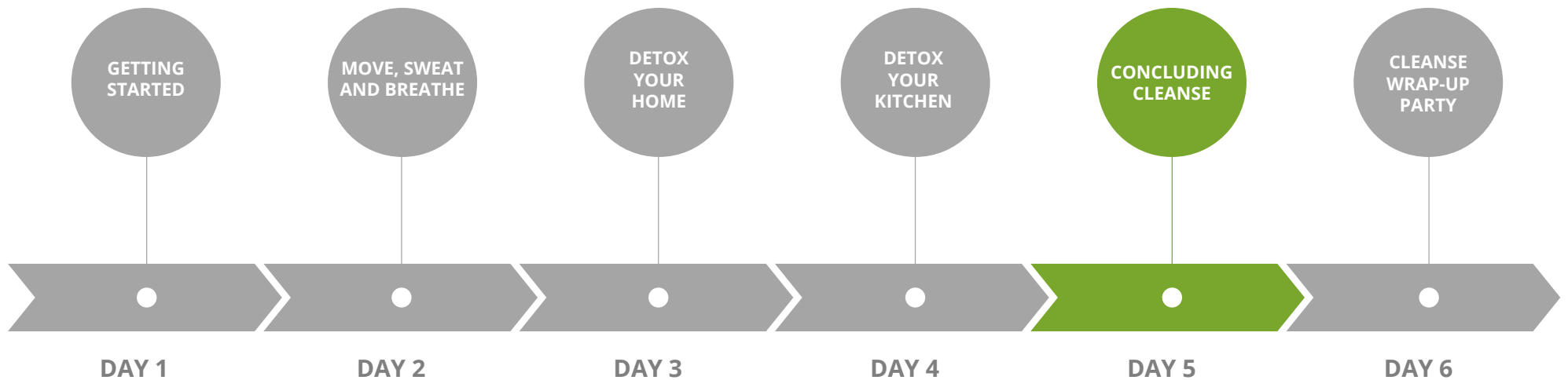
**DAY 5: CONCLUDING CLEANSE**



## 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  
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



**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

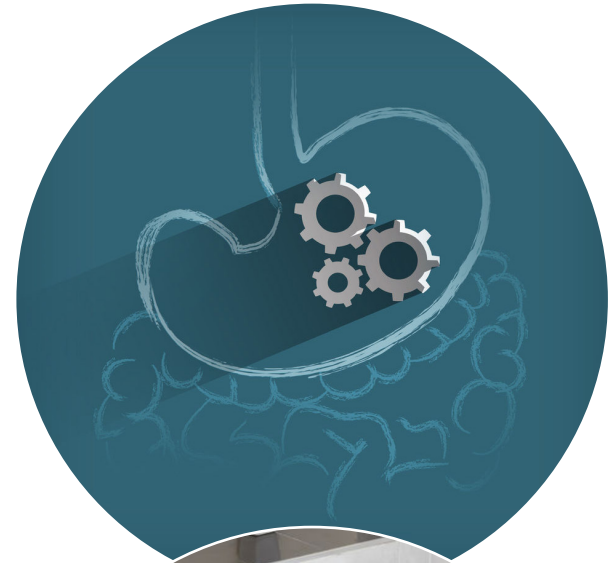
- ▶ Huge salad with grilled fish, beef, or chicken sprinkled with flax meal
- ▶ Steamed vegetables with a 2-egg omelet
- ▶ Grilled vegetables with seafood, butter/ghee and berries for dessert
- ▶ Fresh fruit & chopped veggies as snacks
- ▶ Vegetable broth to warm you up





# 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 shelfdate), 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!





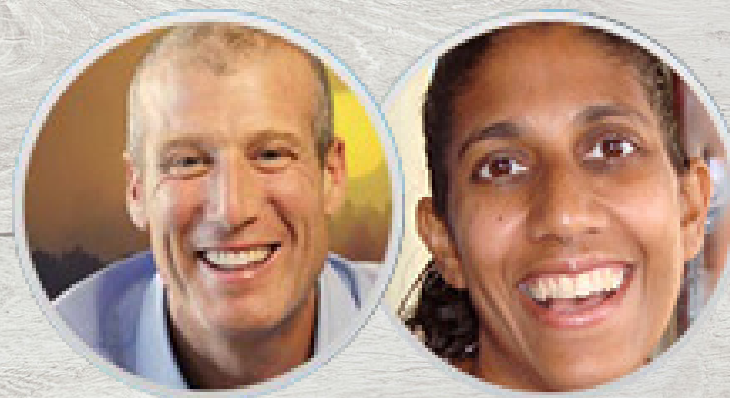
THE  
**GABRIEL**  
METHOD

THE **GABRIEL** METHOD

# DETOX

## PROGRAM

with Jon Gabriel and Coach Nadia



**DAY 5: CONCLUDING CLEANSE**