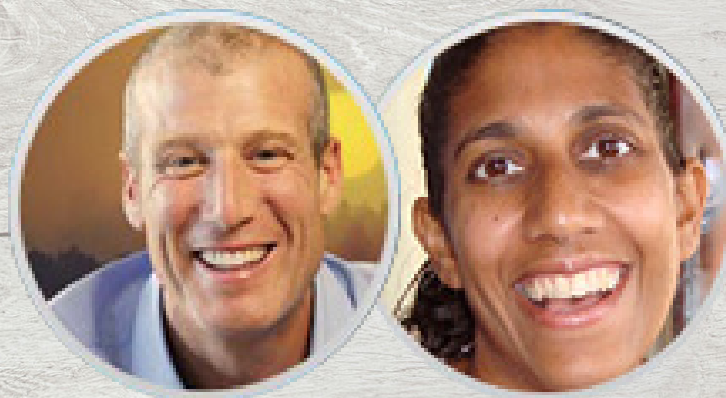


THE
GABRIEL
METHOD

THE **GABRIEL** METHOD

DETOX PROGRAM

with Jon Gabriel and Coach Nadia



DAY 4: DETOX YOUR KITCHEN

www.TheGabrielMethod.com

WEEK 1: PRE-CLEANSE



WEEK 2: CLEANSE



Big Offender: Bad Oils

- ▶ If it's cheap, yellow, and in a clear bottle—say no!
- ▶ Corn, canola, soy, sunflower, safflower
- ▶ Highly processed, rancid oils
- ▶ Polyunsaturated = not stable
- ▶ Denatured and inflammatory
- ▶ Leads to skin and digestive problems



NOTE: 98% of commercial oils should avoided

Common (Unhealthy) Oils

- ▶ Originated from painting industry
- ▶ Created to treat wood & oil paints
- ▶ Very cheap
- ▶ Don't eat them!



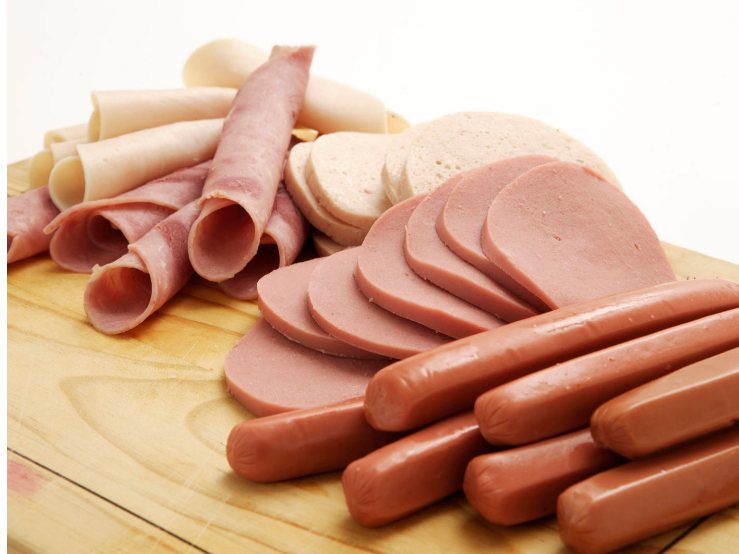
Healthy Oils

- ▶ Grass-fed butter
- ▶ Grass-fed ghee
- ▶ Coconut oil
- ▶ MCT oil
- ▶ Olive oil
- ▶ Macadamia nut oil
- ▶ As a staple for cooking, use grass-fed butter or ghee, or coconut oil
- ▶ Gourmet/novelty oils: macadamia nut oil, cold pressed flaxseed oil, chia seed oil, sesame seed oil



Processed Foods are Full of Toxins

- ▶ Processed Foods include:
 - Sauces, salad dressings, dips
 - Boxed food mixes
 - Packaged cookies & crackers
- ▶ Full of nasty preservatives, flavors & additives



Processed Foods Often Contain MSG

- ▶ MSG is a common additive (comes under many names)
 - related to sodium
 - is a flavor enhancer
 - associated w/ increase in hunger & weight gain
 - is a neurotoxin
 - confuses body's hunger signals



GOAL: try to get rid of processed foods, move toward natural ones

Toss the Wheat

- ▶ Wheat-based products are so inflammatory that they lead to cravings
- ▶ Cravings cause us to eat foods that we should be getting rid of (packaged & processed)
- ▶ All wheat foods are quickly converted into sugar in the body, even whole wheat, leading to hormonal imbalances that cause weight gain



Sauces & Salad Dressings

- ▶ Most packaged sauces & dressing have nasty sweeteners and preservatives in them
- ▶ It's just as simple, easy & more affordable to make sauces, dips, and dressings
- ▶ Homemade sauces are much more delicious and your family & friends will love you for them



Top Grade your Spice Cupboard

- ▶ Buy nice sea salt (nonbleached), like Himalayan Salt, Sea Salt, Volcanic Salt
- ▶ Get salt that 'looks dirty'- has not been bleached & still has its trace minerals
- ▶ Whole form sea salt has 84 trace minerals- we want those!
- ▶ Forget "iodized salt", get your iodine from sea vegetables instead



Healthy Spices (cont'd)

- ▶ Most spices have a shelf life of < 2 years
- ▶ Old spices lose flavor, but worse, they grow mycotoxins that cause all kinds of health problems
- ▶ Whenever possible, buy spices in smaller quantizes, buy them fresh, and change over your spice cupboard regularly



Clean Your Kitchen w/Safe Cleaners

- ▶ Organic dish soap is becoming more affordable, it's much better for you and your family
- ▶ Use vinegar to clean your produce, countertops and cutting boards (an inexpensive white vinegar is just fine for cleaning, no need for gourmet vinegars for cleansing)
- ▶ Be careful of strong oven and stovetop cleansers, many contain ammonia and other very toxic acids and compounds



Make Your Kitchen Come Alive!

- ▶ Buy fresh herbs and put them in water like flowers
- ▶ Grow sprouts, the most inexpensive and original superfood that most people have forgotten
- ▶ Fill your fruit bowls & refrigerator with fresh produce—it's beautiful, delicious, and will give your kitchen a whole new feeling
- ▶ Replace “dead foods” in your cupboard with nuts, seeds, healthy oils & fresh spices

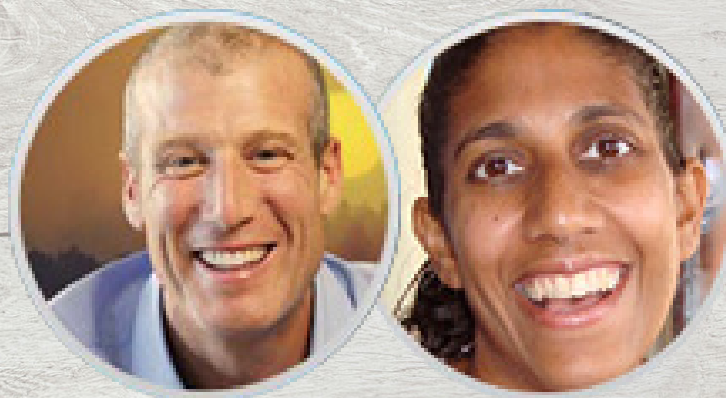


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