



# **SPA-INSPIRED DETOX**

DETOX WITHOUT DENIAL

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**BY KRIS ABBEY**

# DO I NEED A CLEAN?

Your body has its own detoxification system, but like anything, if it is overloaded, it begins to fall behind, and the result is a backlog of toxins in the body. The toxins that can't be filtered out of your blood can wreak havoc on your health. And if you're already suffering from an illness, excess toxins can make it worse.

Some of the symptoms of too many toxins in your body are outlined in the box on this page. If you suffer from any of these then you might benefit from a cleanse.

If you experience any of these symptoms, it's your body's way of telling you (very loudly) you need a spring clean. Listen to your body... please! 'Today, with more toxins in the environment than ever, it's critical to detox,' says Linda Page, N.D., Ph.D., the author of Detoxification (Healthy Healing Publications).

Page recommends detoxing for symptoms such as unexplained fatigue, sluggish elimination, irritated skin, allergies or low-grade infections; bags under the eyes; a distended stomach even if the rest of your body is thin; menstrual difficulties; or mental confusion.

Put simply, detoxing (or cleansing) involves giving your body a break from anything toxic, so it can

work these excess toxins out of its system. This then gives your immune system a recharge and is ready to fight a good fight again.

Before starting any new eating program it is wise to consult your health care practitioner. If at any time on the program you experience discomfort, discuss this with your practitioner.

It is likely you will get headaches on the first few days, especially if you have a sugar or caffeine addiction. Around day three you might feel a bit down and not really up to being social. These are common withdrawal symptoms.

Tissue salts can help alleviate the headaches. As for the low mood, try to ride it out - DO NOT resort to a sugar hit or a glass of wine. Be strong and focus on how fantastic you will feel in a few days. You can not give up this early in the program. Be strong!

If you are pregnant, breastfeeding, or going through a stressful time... now is not the time to do the program. The program is not recommended for children under the age of 12 or people over 75, or if you suffer from heart disease, or if you are significantly underweight. If you are taking prescribed medication, check with your doctor before starting the program.

# TAKE THE TEST...

Be honest, tick the boxes of anything here you suffer from on a regular basis. You don't have to suffer, you might just need to give you system a good grease and oil change!

- Frequent headaches
- Poor digestion and bloating
- Acne and skin problems
- Bad breath
- Feeling sluggish & lacking energy
- Poor sleep patterns
- Muscle aches and pains
- Inability to concentrate
- Sense of foginess
- Anxiety and/or mood swings
- Recurring infections
- Nerve pain or numbness

**“Sickness is the vengeance  
of nature for the violation  
of her laws.”**

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**CHARLES SIMMONS**



# YOU ARE WHAT YOU EAT!

Sometimes we live in a state of denial. You might think you are eating healthy, but when you actually take a good hard look at what goes in your mouth, you could be in for a rude shock.

The sugar in your coffee (and how many of those do you have a day), or that breakfast out of a box that can sit on your pantry shelf for weeks and weeks (nothing vital or fresh there). Not to mention the daily wine with dinner (come on, it's just one, sometimes two) and then the piece of chocolate as you watch TV at night. These are all common habits. They may have started as an occasional treat but are now habitual

behaviours you need to stop, or at least modify so they are occasional again.

I want you to write down absolutely everything you put in your mouth (yep, even the cough drop), as well as drinks (water, soft drinks, juice, and hot drinks etc). Be as honest as you can. It is for your eyes only, and it should highlight the weak points of your day.

Knowing when the enemy (cravings) might attack is the best way to be ready to fight it. Plus doing this exercise often highlights how many toxins we willingly put in our body. Time to clean!

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Mid-am							
Lunch							
Mid-pm							
Dinner							
Other							
Drinks							

This form is available for download at [krisabbey.com](http://krisabbey.com)



## WHAT CAN I ACHIEVE?

Reducing your consumption of toxins doesn't have to be a painful or 'scary' task. We have so much fresh food available to us, why would you eat something that has been processed in a lab?

I am a big advocate of Seasonal, Local, Organic and Whole food, prepared with love, and eaten SLOW-ly. Food that comes in a packet and can last in the cupboard for months is really stretching the definition of food! I say eat low HI ie. food with very little Human Intervention.

We will talk more about Low HI later in Step Two. Simply cutting out processed foods and eating fresh produce will have a marked improvement on your health. Following the guidelines of the Spa-Inspired Detox (as close as you can) will give your liver, kidneys and lungs a big boost. This will enable them to function better, keeping your blood clean and your body healthy. Think of detoxing like servicing your car. How much smoother does your car run after a good service?



## AT THE END OF THE 4-WEEK SPA-INSPIRED DETOX IT IS LIKELY YOU WILL EXPERIENCE:

- \* More energy
- \* More vitality
- \* Loss of fat, not lean muscle tissue
- \* Greater concentration and clarity
- \* Improved skin condition and clearer eyes
- \* Improved digestion
- \* Improved acid/alkaline balance of the body
- \* Improved bowel function
- \* Greater health and wellbeing



## COMMON TOXIC SUBSTANCES:

Truth time. Tick the toxin you are guilty of indulging in on a regular basis. The more ticks, the more you need to do this 28-Day Cleanse.

- |  |  |
|--|--|
| <input type="checkbox"/> Alcohol   | <input type="checkbox"/> Hydrogenated and trans fats               |
| <input type="checkbox"/> Sugar   | <input type="checkbox"/> Cigarettes                                |
| <input type="checkbox"/> Processed foods                                   | <input type="checkbox"/> Drugs                                     |
| <input type="checkbox"/> Soft drinks                                       | <input type="checkbox"/> Pollution                                 |
| <input type="checkbox"/> Caffeine  | <input type="checkbox"/> Chemical-based skincare and body products |
| <input type="checkbox"/> Artificial colourings, flavourings and sweeteners |  |

While your on the program, try to avoid as many of these toxic substances as you can, if not all of them!

# GETTING PSYCHED.

The word detox has taken such a battering by the media over the past few years that there is more negative connotation and myth associated with it, than the wonderful vitality and rejuvenation it can bring to your health. A good detox program can literally be the start of a new lease on life and the essential first step down the path of long-term wellbeing.

Put simply, to detox means to give your blood a good clean (that grease and oil change), which has a profound and positive effect on your liver, kidneys, and every other organ of your body. Our blood accumulates toxins (more than it can filter out) from both external and endogenous (internal) sources. External toxins come into your body through poor diet, drinking too much alcohol, coffee and tea, stress, poor sleep, exposure to environmental toxins (pollution) and taking drugs... among other things. Endogenous sources are usually a result of hormonal or chemical imbalances, and by-products of the bacteria in our digestive system. Often excess endogenous toxins are a result of exposure to too many external toxins.

When your blood contains too many toxins it compromises every cell in the body. As a result your health pays a price... and ultimately your hip-pocket does too.

I remember the very first Detox program I did, and that intense feeling of being 100% healthy at the end of it. I had spent a week at The Farm at San Benito, Batangas in the Philippines ([www.thefarm.com.ph](http://www.thefarm.com.ph)). At the end of the program I had crystal-clear eyes, my skin was glowing and my energy levels were at an all-time high. My usual Irritable Bowel Syndrome symptoms were no more, and I had never felt so vibrant and healthy in my entire life.

I remember thinking everyone should experience this feeling. Nirvana!

And yes, I confess that a medically supervised Detox program in a beautiful Spa environment, with food and juices prepared for you is a great way to Detox. However, I also believe that with enough motivation, commitment and advance preparation you can complete a very effective Detox program in the comfort of your own home. So, taking the best bits from some of the wonderful Spas around the globe (who have also shared some of their most popular recipes), expert advice from a number of highly regarded naturopaths and nutritionists, combined with my first hand experience, I have created the Spa-Inspired Detox.

Before you embark, think about why you are doing this program. Is it to re-energise? Lose weight? Undo some of the damage done over the holidays? Or to kick-start a new, your healthy lifestyle? Whatever your reason is, write it down. When temptation rears its ugly head, come back to the why you are doing this. I'm sure the reason why is much more meaningful to you than any temptation put before you.

Also think about your end goal. Write that down too. How will it feel to achieve that goal? And what is your reward? Come on, we all need a deal sweetner! A little motivation to keep us on track.



What will you reward yourself with (other than health and vitality) at the end of this program? Make it good... you deserve it!



**Over 95% of all illnesses are lifestyle related... this means they can be avoided!**

**Why am I doing this?**

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**How do I expect to feel at the end?**

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**What is my reward?**

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# CLEAN & LEAN.

Although this is not a fat loss diet, rather a cleanse, one of the beautiful side-effects is that you will lose fat. Yes fat! You don't want to lose lean muscle tissue or too much fluid, over fat. One of the biggest criticisms of fad 'detox' diets is that they encourage the loss of lean muscle tissue, not fat. So, even though you may lose weight on one of those fad detox diets, the weight you are losing is unlikely to be fat, more likely to be lean muscle tissue and water!

Provided you eat protein at every meal, don't starve yourself, and enjoy some exercise (preferably with some form of resistance), you will lose fat, not lean muscle tissue, on the Spa-inspired Detox Program.

The more lean muscle you have, the faster your metabolism, so it is important to preserve your lean muscle mass.

Toxins love fat. When toxins aren't removed from your body they are stored in the liver or adipose (fat) tissue. Without going too detailed into the science behind this, while ever you have an excess of toxins in your body you will have fat! Ironically, a lot of diets suggest special 'diet' food. There's really nothing special about diet food that comes in a box with copious amounts of chemicals added to give it flavour, or synthetic nutrients to replace those denatured during the manufacturing process. They are still processed foods that generate toxins in your body. Fresh is best. Simple!

The aim of detoxifying is two-fold. It's to increase the function of your eliminatory organs (liver, kidneys, colon and skin), as well as drawing stored toxins out of your cells.

Even though exercise is an important part of wellbeing, during this program adequate rest is just as necessary to stimulate and complete the cleansing process. If you over-exercise or place other stresses on your body without getting adequate rest and recovery, the release of toxins will overtake the elimination which leads to recirculation into the bloodstream.

This inevitably leads to headaches, tiredness, skin breakouts or rashes, nausea, cramping and decreased immunity to the point where a cold or flu can take hold.

Detoxification is about resting, cleaning and nourishing the body from the inside out. By removing and eliminating toxins, then feeding your body with healthy nutrients, a good cleanse can help protect you from disease and renew your ability to maintain optimum health. Understanding proper nutrition can be tough when you're given so much misinformation. The complete program provides a comprehensive look at holistic, real, fundamental nutrition. Understanding this will set you up not only a good cleanse, but a healthy life for... life!

*There's really nothing special about diet food that comes in a box with copious amounts of chemicals added to give it flavour, or synthetic nutrients to replace those denatured during the manufacturing process. They are still processed foods that generate toxins in your body.*  
**BETTER IN THE BIN THAN YOUR BODY!**

**There are many benefits from doing a clean. After a few days your digestion will feel lighter, your head clearer and your energy on the way to full restoration.**

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# UNDERSTANDING NUTRITION

SO YOU NEVER HAVE TO DIET AGAIN

**THIS INFORMATION COMES  
WITH COMPLETE PROGRAM**

# NUTRITION IN A NUTSHELL.

For some reason eating a well-balance diet seems to allude us. If we were all able to complete this simple task, the health of the western world would be much greater than it is, and the national health bill much less. All these lifestyle related diseases such as Obesity, Cardiovascular disease, Type 2 Diabetes, metabolic disorders and some allergies and cancers could be avoided if we just ate a balanced, less toxic diet and made better lifestyle choices. So, what is a balanced diet?

It is eating a combination of lean, unprocessed protein, low GI carbohydrates, a colourful array of fresh vegetables, and a small serve of un-saturated fats. Examples of each of these food groups are outlined below.

The easiest and most visual way to ensure you are eating a balanced diet is to keep your food in the following proportions:

- A quarter of each main meal should be lean protein.
- A quarter of each meal should be carbohydrate: starchy vegetables or low GI carbohydrates.
- Half of each meal should be non-starchy vegetables (colourful greens, carrot, and beetroot etc.)
- Add a sprinkle of healthy fats (think nuts, seeds, avocado, olive oil, sesame or cocunut oil etc.)

## LEAN PROTEIN

Poultry (no skin), lean red meat, seafood, eggs, dairy products seeds and nuts beans and lentils soy products, some grains.

## STARCHY VEGETABLES OR LOW GI CARBS

Pumpkin/squash, cooked carrot, swede, parsnip, cooked beetroot, potato, sweet potato, corn, and broad beans.  
low GI Carbs: Quinoa, cornmeal, pearl barley, bulgar, brown rice (ideally basmati), couscous, wholemeal pasta

## NON-STARCHY VEGETABLES

Alfalfa, asparagus, aubergine, beansprouts, raw beetroot, broccoli, Brussels sprouts, cabbage, raw carrot, cauliflower, celery, courgette, cucumber, endive, fennel, garlic, kale, lettuce, mangetouts, mushrooms, onions, peas, peppers, radish, rocket, runner beans, spinach, spring onions, tenderstem, tomatoes, watercress.

A similar principle applies to snacks, which should comprise of both protein (for example, 50g of nuts or seeds) and low GI carbohydrate (such as berries).



**Don't forget your two litres of filtered water each day so you are well hydrated.**

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## **PORTION CONTROL TIPS**

Have a salad before eating your meal. It will curb your appetite and give you a sense of satiety sooner.

If eating out, split an entrée with a friend. Or order two entrées, instead of an entrée and a main. And don't be afraid to ask for small servings. It will save a lot of over-eating or guilt when you leave food on your plate.

Buy or make single serving snacks. You can easily portion out a large container of nuts into smaller individual serving bags. You will be much less likely to go back for an extra bag than an extra handful.

Keep seconds out of sight. Leave the food in the kitchen, and bring your plate to the table. You will usually think twice about getting up from the table to refill your plate, whereas you might be more tempted to dig in again if the food is within arm's reach.

Have healthy snacks between meals. This will keep you satisfied and stop you from overeating at meal times.



## KEEPING IT CLEAN

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Antioxidants are of many types and are found in an abundance of foods. This table only highlights a few of them. The main thing you need to know is that fruit and vegetables are loaded with them and while you are on the Spa-Inspired Detox you will be eating a lot of these foods, especially vegetables. I'll even have you addicted to green juices and smoothies... I know, it doesn't sound appetising now, but you are about to be wooed.



## ROLE OF ANTIOXIDANTS

Also, you can see the main role of antioxidants is to mop up the free radicals in our blood. This, in simplistic terms, means they clean things up and reduce your toxic load. Toxins in your body cause inflammation, ageing, and at worse, cancer. So, eat, drink and bathe in these foods.

## DON'T GO HUNGRY:

I can not stress enough how important it is that these foods make up at least 50% of your diet. You are not meant to go hungry while doing the cleanse. If you are, eat these antioxidant rich foods, or have a vegetable based smoothie, and add some nuts and seeds to help you satisfy your hunger. This is not a starvation diet, rather a program designed to reduce your toxins, your toxic exposure, nurture your vital organs and leave you feeling absolutely fantastic.



**Fresh vegetable juices are a great antioxidant & enzyme boost, they are a daily must-have.**

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# GET READY.

Before you start the 4-Week Spa-Inspired Detox, and to help you to get the best outcome possible, there are a few things you can do leading up to the start of the program:

Try to slowly wean yourself off your toxic vices. Cut back (with the view to eliminate) alcohol, coffee, cigarettes, refined carbohydrates (such as white rice, white pasta), sugars, chocolate, lollies, sweets, trans and saturated fats, artificial flavours and sweeteners, and foods loaded with preservatives. If you must have a coffee drink it black and without sugar. If you must have milk, choose a non-dairy milk variety.

Minimise use of chemical-based household cleaners and personal health care products (cleansers, shampoos, deodorants, make-up and toothpastes), and substitute with natural alternatives. You'd be surprised how many chemicals are in your body products.

Try to reduce your stress levels, which triggers your body to release stress hormones into your system. While these hormones can provide the adrenaline rush to win a race or meet a deadline, in large amounts they create toxins and slow down detoxification enzymes in the liver. Yoga, meditation and taking time out for you, are great ways to help reduce and manage stress.

Get rid of any foods or beverages that might tempt you during your cleanse. It's harder to have a chocolate if it's not in the house.

Drink More Water. Your body needs plenty of water to flush out toxins during your cleanse and it will keep you hydrated. Drink at least 2 litres (8 glasses) of filtered water per day.

To enhance relaxation as you detox, consider buying some essential oils to add to your bathwater or use for massage. Incredibly calming, lavender oil may be especially helpful for those suffering from withdrawal-related headaches.

Even though exercise is an important part of wellbeing, during this program adequate rest is just as necessary to stimulate and complete the cleansing process. If you over-exercise or place other stresses on your body without getting adequate rest and recovery, the release of toxins will overtake the elimination which leads to recirculation into the bloodstream. Allowing yourself to recover is vital!

Inadequate rest inevitably leads to headaches, tiredness, skin breakouts or rashes, nausea, cramping and decreased immunity to the point where a cold or flu can take hold.

Detoxification is about resting, cleaning and nourishing the body from the inside out. By removing and eliminating toxins, then feeding your body with healthy nutrients, a good cleanse can help protect you from disease and renew your ability to maintain optimum health. Understanding proper nutrition can be tough when you're given so much misinformation. The next few chapters are dedicated to holistic, real, fundamental nutrition.

Understanding this will set you up not only a good cleanse, but a healthy life for... life!

## WATER WISE

Drink 2-3 litres of purified water every day (more if you have a good sweat)

Store your water in glass or stainless steel bottles

Add flavour to your water with fresh sliced lemon, lime, orange, mint or basil leaves

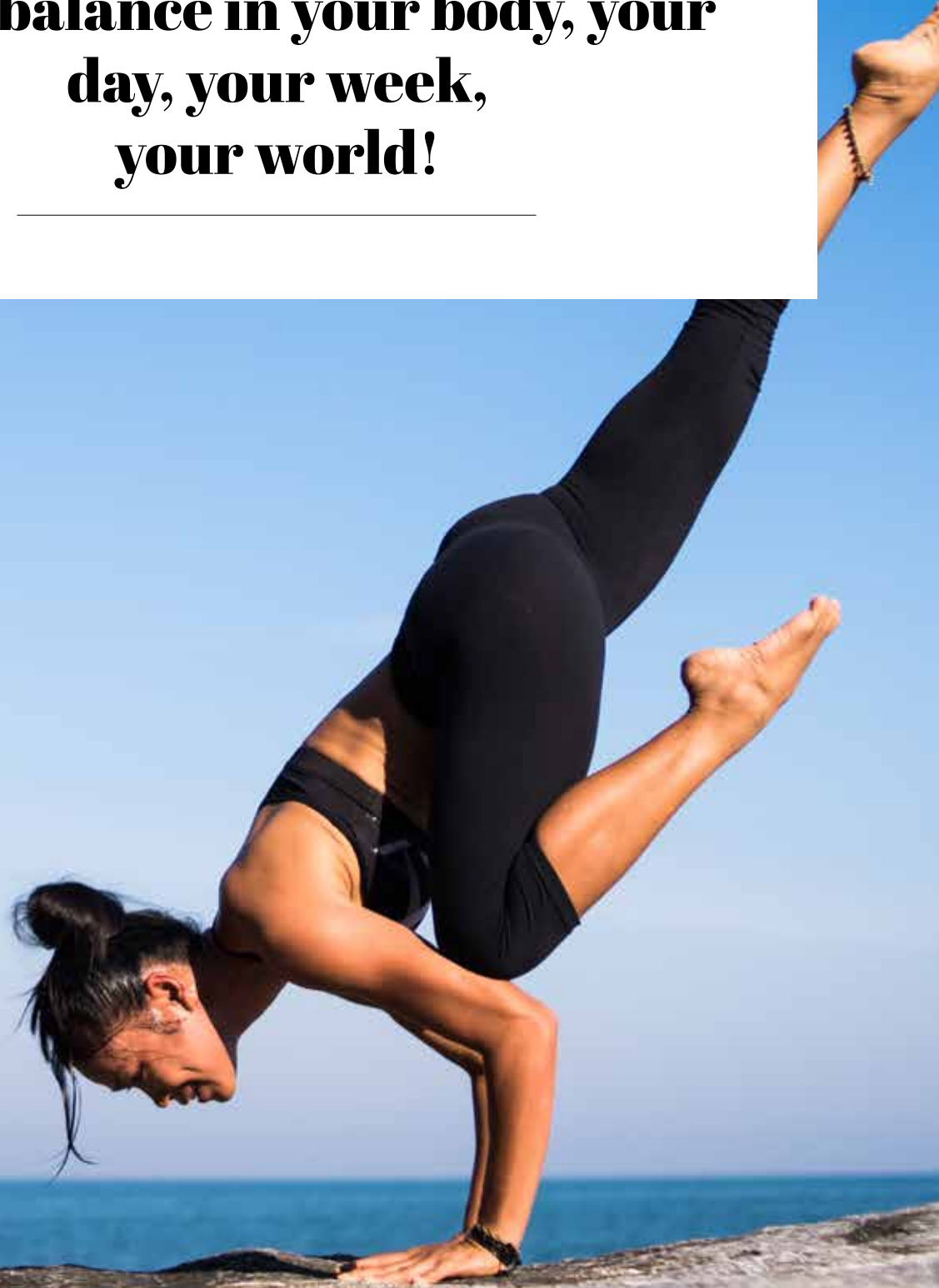
Drink herbal tea instead of coffee or black tea, which have a diuretic effect

Leave a water jug on your desk at work to remind you to drink water

If you're dehydrated, you will feel sluggish. Drink a few glasses of water and feel your vitality return.

**Balance is beautiful!**  
**This program aims to create**  
**more balance in your body, your**  
**day, your week,**  
**your world!**

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# GET SET.

Now is the time for you to change your mind-set on how you feed your body. Treat it like a temple. It is the only body you have... it will repay you in ways you didn't think were possible. In the words of a very wise man 'Let food be your medicine and medicine be your food. Nature heals: the physician is only nature's assistant.' (Hippocrates)

In an age where choice is over-whelming, and there is a lot of misinformation about what we should and shouldn't eat, let's make it simple and break it down to two choices: Choose foods that provide you with the best possible support biochemically and energetically for health and wellbeing. And choose foods that are irresistibly delicious and colourful. You've read about nutrition, you've detoxed your cupboards and stocked up on clean food, here are a few last-minute tips before you GO!

Aim to eat at least 50 per cent of your foods in their natural state. When you are under stress, increase this to 75 per cent. From sashimi to strawberries, clean, wholesome foods eaten raw have remarkable health-enhancing and antiageing properties.

This is why most of the best and most famous Spas and Health Retreats around the world serve raw food for healing and rejuvenation. Uncooked fruit and vegetables improve micro-circulation, cellular functioning, and DNA expression. Eating a high percentage of raw food improves your energy and stamina, supplies a high level of bio-photon order to the living matrix, slows ageing and provides you with the great antioxidant support. Raw doesn't need to be bland. Google raw food recipes and get ready to be wooed

## A quick over-view of the 4-Week Spa-Inspired Detox:

- 1 Reduce your toxic exposure through a clean diet and lifestyle
- 2 Rest and recover your major organs
- 3 Remove bad bacteria and toxins from your digestive system
- 4 Stimulate the liver to drive toxins from the body
- 5 Promote elimination through the intestines, kidneys and skin
- 6 Improve circulation of the blood
- 7 Refuel your body with healthy, fresh, nutritious, SLOW food
- 8 Have you feeling tip-top and restore good health



# 10 TIPS FOR CLEAN EATING

## ONE

Try to stay away from grain-based carbs for 4 weeks. These include flour, breakfast cereals, pasta, breads and all forms of sugar. If this is too hard, add small amounts of whole grains such as brown rice, oats, bread made from rye, oats or spelt, quinoa, amaranth, millet, and buckwheat.

## TWO

Eat an abundance of fresh (preferably organic) fruit and vegetables every day. Non-starchy vegetables will be your main supply of carbohydrates for the next 4 weeks. Add small amounts of above if you are feeling tired.

## THREE

Eat at least 1 big, colourful salad every day. Make it as colourful as you can get and add fresh herbs to give it zing. Sprinkle a good quality protein over the top (nuts, seeds, lean chicken, fish, egg or tofu) and voila!

## FOUR

Cut out soft drinks, packaged fruit juices, cordials and alcohol. If you must have the occasional glass of wine, keep it to no more than 2 glasses of quality wine and only indulge once a week. If you can sustain for 4 weeks it's worth it.

## FIVE

Use cold-pressed extra-virgin olive oil, walnut oil, hazelnut oil and flaxseed oil on your salads. For cooking use butter (yes, that natural stuff that gets a hard wrap), coconut oil or olive oil (these don't convert to trans fats when heated like many vegetable oils).

## SIX

For your protein sources choose raw, unsalted nuts, seeds, free-range eggs and non-GMO soy products.

For the non-vegos choose oily fish (no more than three times each week), free-range chicken and turkey and lean cuts of meat.

## SEVEN

Stay as far away as you can from margarine (even those with added plant sterols that reduce cholesterol). Also avoid processed and highly hydrogenated vegetable oils and any sauces or dressings that contain them. Make your own salad dressings with natural ingredients, fresh herbs, cold pressed oil (above) and a good balsamic vinegar. Remember low HI, and that's for all of your food choices.

## EIGHT


Eliminate all sugars, including malt extract, corn syrup, and especially those artificial ones (which should be banned along with all those 'diet' drinks that contain them)! If you need a sweetener use Manuka honey, grade A Maple syrup or Stevia (a very sweet herb grown in South America).

## NINE

Drink 2 litres of water every day. If coffee is a must-have, restrict to one cup a day and drink it unsweetened and black. Same goes for tea. If you do have a black tea or coffee, drink two extra glasses of water to compensate for the diuretic effect these have.

## TEN

If you do succumb to temptation, DO NOT beat yourself up and shower yourself in guilt. Put it behind you and get back on track. Don't use it as an excuse to throw in the towel. Even applying 6 of these tips is better than nothing. Get back to the why you are doing this, and get back on with the doing.



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Your skin is the largest organ of your body and should receive a regular detox. Dry brush your skin every day. Start at the extremities and work your way towards your heart. This not only gets rid of dead skin cells, it stimulates blood flow, and helps get rid of cellulite. Also drink plenty of purified water, have a good sweat at least once a day and eat foods that feed your skin such as carrots, avocado, mango, sesame and pumpkin seeds, and pears. Simple measures that go a long way in helping you achieve an inner and outer glow!

Try mixing sea salt and avocado oil for a home-made exfoliant. Rub it all over your body (be careful on your face and near your eyes) and wash off in the shower. Your skin will feel silky smooth and supple. Add some essential oils to the mix if you want to smell nice too!



# 10 TIPS TO HELP YOU GET CLEAN

There are lots of things you can do to help your body clean out the toxins. These practices should become part of your lifestyle to help your body detoxify on an on-going basis.

## ONE

Start each day with a shot of Apple Cider Vinegar (ACV). Mostly I put 2 tablespoons of the vinegar in a mug of hot water and drink it like a tea, but when I'm on the run, a quick shot is the way to go. It stimulates digestive enzymes. Lemon juice in warm water has a similar effect, and a great alternative if the vinegar is a bit too sour for you.

## TWO

Eat plenty of fiber, including brown rice and organically-grown fresh fruits and vegetables. Beets, radishes, artichokes, cabbage, broccoli, spirulina, chlorella, and seaweed are excellent detoxifying foods.

## THREE

Cleanse and protect the liver by taking herbs such as dandelion root, burdock and milk thistle, and drinking green or dandelion tea.

## FOUR

Take vitamin C, which helps the body produce glutathione, a liver compound that drives away toxins. Other recommended supplements are listed on page 19 and can be purchased online at [www.krisabbey.com/shop/](http://www.krisabbey.com/shop/)

## FIVE

Drink at least 2 litres of filtered water each day. I know I have stated this before but it is vitally important to good health. With so many people not drinking enough water I feel the message isn't getting through.

## SIX

Breathe deeply to allow oxygen to circulate more completely through your system. This is great for assisting with cleaning your blood. Yoga, meditation and other practices that focus on breathing not only clear the body, but the mind too. Absolutely gold if you suffer from stress.

## SEVEN

Cut yourself some slack. Don't always focus on the negative. Positive affirmations and thoughts (and a big smile) can have a profound affect on your health. More and more research is proving that your mind and body work as one.

## EIGHT

Treat yourself to a regular massage. This not only stimulates your lymphatic system, but is a great way to reduce tension in your muscles. And I shouldn't call this a treat, it should be a habit!

## NINE

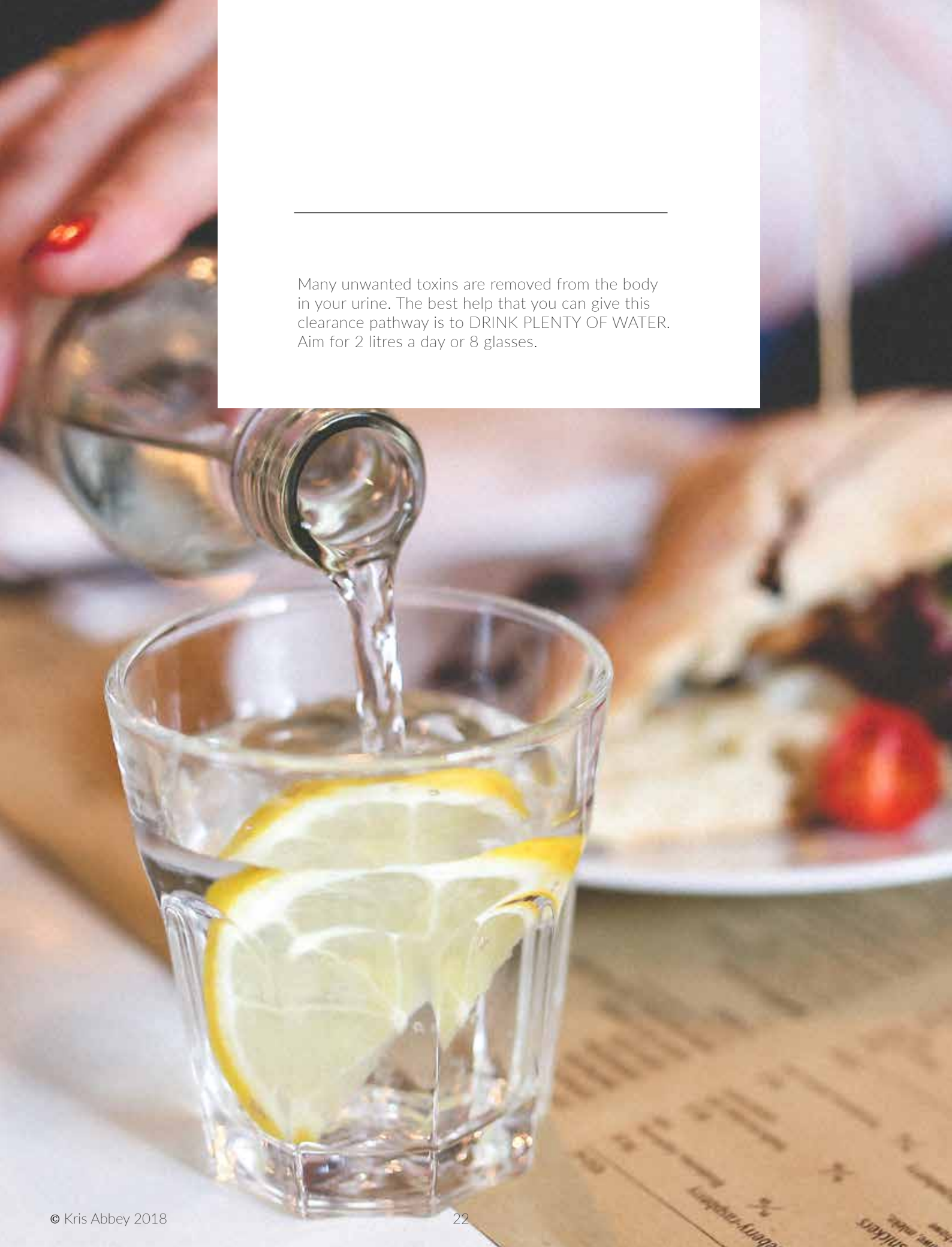
Dry-brush your skin every day before you jump in the shower. This removes dead skin cells so toxins can be removed through the skin more efficiently. It's also very stimulating and great for reducing cellulite.

## TEN

Enjoy daily exercise. A good Sweat allows your body to eliminate wastes through perspiration, as well as many other benefits to your mind, body and soul. It's also great for ensuring a good night's sleep.

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Many unwanted toxins are removed from the body in your urine. The best help that you can give this clearance pathway is to DRINK PLENTY OF WATER. Aim for 2 litres a day or 8 glasses.



# GO.

So now you have a good understanding of nutrition, you know what foods to enjoy and what to avoid. You've cleaned your cupboards and stocked up on clean food. You've got your cooking basics down-pat. I think you're ready to Get Clean and Get Lean.

The only thing left now is to do it! For the next 28 days you are going to treat your body like the temple it is. I should warn you, some days will be tough, but worth it. You won't know yourself at the end of the program. You are going to be one vital, vibrant, full of energy person, ready to take on anything life throws at you.

And then once you're clean and lean there will be no going back. You won't want to. Because you'll know what it is like to have clear skin, no bloats or headaches, you'll have lost weight, you'll be sleeping better, you'll listen to and hear your body telling you things, and your tastes will have changed. That's when you'll adopt the Low HI way of eating (Step 2). Not a diet, not a fad, just a great way of eating to stay healthy and vital for life. But for now...

LET'S GET CLEAN  
& GET LEAN.

## A QUICK RECAP:

- ✓ Dry body brush before jumping into the shower
- ✓ Look in the mirror and like what you see (smile)
- ✓ Finish shower with the water on cold for 30 seconds
- ✓ Have apple cider vinegar before breakfast and lunch
- ✓ If you're taking supplements remember to take them
- ✓ Drink eight glasses of water
- ✓ Eat only what's on the 'allowed list'
- ✓ Exercise for at least 30 minutes
- ✓ Take time-out to breathe
- ✓ Book a spa or massage treatment





# THE 7-DAY SAMPLE PLAN

MEAL PLANS & SHOPPING LISTS

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# GET CLEAN GET LEAN EATING PLAN WEEK 1

This 1 Week plan is simply a guide to help you out until you get in the groove of creating your own meal plans. This is a BIG step in the education process of what you should eat rather than someone spoon-feeding you (pun

intended) every day. You'll learn to listen to your body and make proper decisions for you and your health like the smart individual you are. Where there is an asterix (\*) it means the recipe is in the GCGL Recipe book.

EVERY DAY: Don't forget to drink 8 glasses of water and enjoy herbal teas.



Do not beat yourself up if you stray and have sugar or a glass of wine. You're only human. Get straight back on the bike (so to speak) and keep going forward. Some days will be better than others. Just remember **WHY** you are doing this, **WHAT** is your goal, and **HOW** are you going to reward yourself at the end.



# MONDAY

## BREAKFAST

Poached egg on Rye or whole grain toast  
Avocado (or olive oil)  
Spinach

## LUNCH

BIG salad with plant proteins  
(chickpeas, nuts, seeds)  
Lots of Green veges and a vinegarettte dressing

## DINNER

Protein Smoothie

## SNACKS

Green Juice\*  
1 Piece fruit  
Handful of nuts







# TUESDAY

## BREAKFAST

Home-made Granola\*  
1 Cup Berries

## LUNCH

Detox Garden Salad with Wasabi Dressing\*

## DINNER

Grilled fish  
Loads of steamed greens, tossed through garlic  
and olive oil

## SNACKS

Kamalaya Detox Juice\*

Toss frozen berries, a sliced banana and 2  
tablespoons chia seeds in a covered glass  
container and let it sit in the refrigerator  
overnight. Enjoy!

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# WEDNESDAY

## BREAKFAST

2 Egg Green Omlette\*  
(no dairy use olive oil)  
Serve with tomato and mushrooms

## LUNCH

Freestyle Salad with any colourful vege,  
avocado and Best Zesty Dressing\*

## DINNER

Eggplant Moussaka on spinach with  
Roasted Tomato sauce\*

## SNACKS

Raw date & Almond Slice\*  
1 Piece fruit  
Handful of nuts



# THURSDAY

## BREAKFAST

Home-made Granola\*  
1 Cup Berries

## LUNCH

Eggplant Moussaka on spinach with  
Roasted Tomato sauce\*

## DINNER

Asian Style Thai  
Pumpkin Soup\*

## SNACKS

Green Juice\*

Toss frozen berries, a sliced banana and 2  
tablespoons chia seeds in a covered glass  
container and let it sit in the refrigerator  
overnight. Enjoy!





# FRIDAY

## BREAKFAST

Poached egg on Rye or whole grain toast  
Avocado (or olive oil)  
Spinach

## LUNCH

Superfood Black Bean & Quinoa Salad

## DINNER

Lean protein and 75% Vegetable  
(some raw, some cooked)

## SNACKS

Kamalaya Detox Juice\*  
1 Piece fruit  
Handful of nuts







# SATURDAY

## BREAKFAST

Oats with a sprinkle of seeds and nuts.  
1/2 C strawberries

## LUNCH

BIG salad with plant proteins  
(chickpeas, nuts, seeds)  
Lots of Green veges and a vinegarettte dressing

## DINNER

Rice Paper Rolls\*

## SNACKS

KA Protein Balls\*  
Hummus + Vege crudites

# SUNDAY

## BREAKFAST

Pached eggs  
Steamed greens (spinach & asparagus  
(no dairy use olive oil)  
Serve with tomato and mushrooms

## LUNCH

Asian Style Thai Pumpkin Soup\*  
(left overs)

## DINNER

Poached Sea Bass (or white fish) with  
Soya and Thai Seafood Sauce\*  
Steamed greens\*

## SNACKS

Kamalaya Detox Juice\*  
Raw date & Almond Slice\*



# CLEAN GET LEAN EATING PLAN SHOPPING PLAN.

Grocery shopping can be a chore if you let it. Or it can be a nice trip to the markets where you chat with the growers and learn what is fresh and in season, and what you should be stocking up on. I'm not giving you a prescriptive shopping list, because I don't believe I should dictate to you what you should eat. Don't waste your money on kale if you don't like it, and nine times out of 10 you throw it in the bin after it has spent a week wilting at the bottom of your fridge.

The shopping list over page is a guide. And if you have most of this on hand, you can pretty much whip up anything in the GET CLEAN GET LEAN RECIPE BOOK. Remember to plan out what you intend

to eat through the week and then shop accordingly. I like to buy my fruit and veges fresh as possible, so I don't buy in one bulk shop. If you are able to do that too, I'd recommend it as it ensures you have the freshest produce possible (and that's when it is most nutritious). Likewise, with fresh protein, try to buy as you need or put it in the freezer. Store nuts and seeds in glass jars in the fridge (as they have fats that oxidise at room temp). And as previously stated, any snacks you can freeze (protein balls), do so as they will keep better and for longer.

Happy shopping! And remember, don't shop on an empty tummy or when you're craving toxic food.





Fruit	Vegetables	Herbs & Spices
Avocado Bananas A selection of fruit in season Mixed berries Majool dates Lemons Limes Pears Tomatoes	A variety of leaves Beetroot Broccoli Capsicum Carrots Cauliflower Celery Cucumber Eggplant Garlic Spinach Sweet Potato/Kumera Onions Zucchini	Cinnamon Chili Garlic Ginger Corriander Curry powder Himalayan or Celtic Salt Parsley Rosemary
Protein	Nuts & Seeds	Fridge & Pantry Items
Blackbeans Eggs Chickpeas Tofu Clean Lean Protein Powder Lean Chicken - Organic Lentils Salmon Wild Tuna	Almonds Almond meal Brazil Nuts Cashews Macadamia Nuts Nut butter Pinenuts Walnuts Chia seeds Pumpkin seeds Sesame seeds Sunflower seeds	Apple Cider Vinegar Balsamic Vinegar Brown Rice Cinnamon Cold-pressed Olive oil Coconut Milk Coconut Oil Coconut - Shredded Cocunut water Cocoa Powder (or carob powder) Honey Hummus Organic Maple Syrup Pepper Quinoa Tahini Tamari Vanilla extract Whole rolled Oats





**MY NOTES:**

A series of horizontal dotted lines for writing notes, spanning the width of the page below the 'MY NOTES:' header.





# CONGRATULATIONS YOU DID IT

## DETOX WITHOUT DENIAL

IF YOU WOULD LIKE TO DO THE ENTIRE PROGRAM  
SIMPLY GO HERE: [krisabbey.com](https://krisabbey.com)

USE THE CODE **SAMPLE** AT CHECKOUT TO RECEIVE A  
25% DISCOUNT.

THE RECIPE BOOK COMES WITH THE COMPLETE  
PROGRAM OR YOU CAN PURCHASE ON ITS OWN.  
<https://krisabbey.com/product/easy-healthy-recipe-book/>

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