

THE DETOX CHALLENGE

SEPTEMBER 4-29 2014

in collaboration with



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	2	3	4 Set an Intention and Tour Through Tools	5 The Functional Medicine Elimination Diet, Overview of Food Triggers, Shopping List, Label Reading, and Food Prep	6 The Role of Movement, Massage, and Mobility	7 Cleaning the House: Personal Care Products and Home Cleaning
			PREPARE	PREPARE	PREPARE	PREPARE
8 Your Detox Organs: Eliminate, Support, and Nourish	9 Eating Clean Nourishment: Organic Food and Nutrients for Detox	10 Protein and Detox	11 Red Foods and Detox	12 Orange Foods and Detox	13 Yellow Foods and Detox	14 Green Foods and Detox
CALL						
15 Blue/Purple/Black Foods and Detox	16 White/Tan/Brown Foods and Detox	17 Food Triggers: Focus on Gluten and Dairy	18 Food Triggers: Focus on Sugar and Sweeteners	19 Food Triggers: Focus on Caffeine and Alcohol	20 Emotions and Detox	21 Emotional Triggers: Anger, Guilt, and Shame
CALL						
22 Emotional Eating: Strategies to Overcome	23 Fitness, Sweat, Hydration, and Detox	24 Clearing the Mind and Establishing New Thought Patterns of Health	25 Social Networks of Support	26 Living a Non-Toxic, Health-Promoting Lifestyle	27 Detailing Food Reintroductions	28 Celebrating Your Success and Cultivating a Sustainably Healthy Life
CALL						
29 Follow Up after Detox - What's Next?	30					
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