

A close-up photograph of three sliced mushrooms stacked on a wooden surface. The mushrooms are sliced horizontally, showing their gills and stems. The lighting is warm, highlighting the texture of the mushroom caps and the wood grain.

WINTER 5-DAY
detox

for beginners

recipes

WINTER 5-DAY
detox



WINTER 5-DAY DETOX SUGGESTED RECIPES

	BREAKFAST	LUNCH	DINNER
DAY 1	Banana Chia Oatmeal	French Green Lentil Stew with Blanched Greens	Mediterranean Chicken with Sautéed Escarole
DAY 2	Cinnamon Pear Smoothie	Chicken Sausage, Kale & White Beans	Quinoa Bean Bowls with Greens
DAY 3	Poached Egg with Greens	Coconut Yam Soup	Roasted Salmon with 5-Spice Sweet Potatoes & Spinach
DAY 4	Seed Porridge with Chopped Pear	Simple Minestrone	Spicy Butternut Squash & Black Bean Chili with Steamed Greens
DAY 5	Nut Butter Overnight Oats	Asian Steamed Cod & Bok Choy	Indian Style Yellow Curry



CHOOSE YOUR OWN RECIPES

	BREAKFAST	LUNCH	DINNER
DAY 1			
DAY 2			
DAY 3			
DAY 4			
DAY 5			



THE BASICS

Brown Rice

Serves 2

Makes 3 cups cooked rice

Ingredients:

- 1 C brown rice
- 2 C water

Put rice and water into a medium-sized pot and bring to a boil over medium-high heat. Reduce heat to medium-low, cover and simmer until the liquid is completely absorbed and rice is tender, about 40 minutes. When done, let sit for 10 minutes and fluff rice with a fork.

Quinoa

Makes 3 cups cooked quinoa

Ingredients:

- 1 C quinoa
- 2 C water or broth

Put quinoa and liquid into a medium-sized pot and bring to a boil over medium-high heat. Reduce heat to low, cover and simmer until the liquid is completely absorbed, about 15-20 minutes. When done, fluff quinoa with a fork.

Note: You'll know your quinoa is completely cooked when it looks like each seed has grown a tail – this is actually the germ separating from the seed.

Oven Roasted Winter Veggies

Ingredients:

- 1 red or yellow beet, peeled
- 1 rutabaga, turnip, or parsnip, scrubbed
- 1 sweet potato or yam, scrubbed
- 1 head broccoli or 12 Brussels sprouts, trimmed
- 2 TB coconut or olive oil

Directions:

1. Preheat your oven to 375-400 degrees. If you have a 'convection roast' option, use it.
2. Cut all vegetables into bite-sized pieces, aiming for relatively equal sizes to allow for even cooking.
3. Place veggies on a roasting dish and drizzle with coconut or olive oil, then toss to combine. If using coconut oil, you may need to gently melt it. To do this, place the coconut oil in the empty roasting dish and pop it in the oven for 5 minutes, then add the veggies and toss.
4. Roast for 30-45 minutes, depending on how big the pieces are. You'll know your veggies are done when they are fork-tender, meaning you can easily pierce a piece with a fork. Be sure to toss the veggies at least once while roasting - I usually toss them or shake the pan 2-3 times.
5. Store the vegetables in a glass container with a tight-fitting lid for 5-6 days in the refrigerator. Gently re-heat them on the stove-top with a little bit of oil over medium heat.
6. If you don't like any of the ingredients listed above, you can certainly mix and match and substitute. Other good options are cauliflower, mushrooms, and even chopped up kale when added in the last 5 minutes of roasting.



BREAKFASTS

Banana Chia Oatmeal

Serves 2

Ingredients:

- $\frac{2}{3}$ C rolled oats
- 1 $\frac{1}{2}$ C water
- 1 banana, thinly sliced
- 1 TB chia seeds
- 1 TB unsweetened coconut flakes
- 1 TB sliced raw almonds
- Almond or coconut milk to serve (optional)
- $\frac{1}{4}$ tsp raw honey (optional)

Directions:

1. Combine oats, water, banana, chia seeds and coconut flakes in a small pot and bring to a boil. Lower heat and stir occasionally for 5 minutes or until oats are fully cooked.
2. Top with sliced almonds, honey, and almond or coconut milk and serve. This oatmeal is also delicious when topped with fresh pomegranate seeds.

Cinnamon Pear Smoothie

Serves 1

Ingredients:

- 1 ripe pear, cored and chopped
- 2 TB raw almond butter, or ¼ C almonds soaked overnight
- 1 TB chia seeds
- ⅔ C almond, hemp, or coconut milk (or more for a thinner smoothie)
- ¼ tsp honey
- ¼ tsp cinnamon powder

Directions:

Place all ingredients in a blender and blend until smooth. Then serve and enjoy.

Poached Egg with Greens

Serves 1

Ingredients:

- 1-2 free-range organic or farm fresh eggs
- 1 TB white vinegar
- 5 leaves kale, Swiss chard or collard greens, or 2 big handfuls spinach. If using the bigger leafy greens, remove the hard stems and cut into thin strips.
- 1 clove garlic, finely chopped
- Sea salt and pepper to taste

Directions:

1. Bring a shallow pan of water to a boil. Lower heat and add vinegar. Crack egg and put in a ladle. Set ladle in water and gently tip eggs out into the simmering water. Cook 5 minutes, then remove eggs with a slotted spoon. Alternately, simply fry an egg in a little olive oil.
2. Meanwhile, heat a skillet with a little olive oil. Add garlic and greens, and cook until wilted. You may need to add a splash of water and cover the greens to get them cooked all the way.
3. Plate the greens, top with the egg, and season with a little sea salt and freshly ground pepper.

Seed Porridge with Chopped Pear

Serves 1

Ingredients:

- 2 TB unsweetened coconut flakes
- 1 TB raw pumpkin seeds
- 1 TB flax seeds
- 2 tsp chia seeds
- ½ pear, seeded and chopped
- 2-4 TB full-fat coconut milk

Directions:

1. Grind the first 4 ingredients in a clean coffee grinder and cover with 4-6 oz hot water.
2. Let seed mixture sit for a few minutes to thicken, then add chopped pear and coconut milk. You can add a little honey to sweeten if needed.

Nut Butter Overnight Oats

Serves 1

Ingredients:

- ½ C rolled oats
- 1 TB chia seeds
- ½ C unsweetened almond or coconut milk
- ½ TB maple syrup
- 2 TB nut butter

Directions:

1. Place the first four ingredients in a mason jar and stir well to combine. Add the nut butter and stir again – don't worry about it being perfectly mixed in.
2. Store in the fridge overnight and eat for breakfast the next morning.

French Green Lentil Stew and Blanched Greens

Serves 6

Ingredients:

- 1 TB olive oil
- 1 medium yellow onion, chopped
- 2 garlic cloves, minced
- 2 tsp coriander
- 2 tsp cumin
- 1-2 tsp freshly grated ginger
- 1 tsp allspice
- 1/4 tsp cinnamon
- Dash cayenne pepper
- 2 carrots, chopped
- 3 stalks celery, sliced
- 1 parsnip or celery root, peeled and chopped
- 6 C broth or water
- 1 C French green lentils, picked over and rinsed
- 1 bunch kale or collard greens washed, de-stemmed, and cut into thin strips
- 1 TB red wine vinegar

Directions:

1. Heat oil in a large, heavy saucepan over medium-high heat. Sauté onion and garlic until translucent then add all spices and stir for a few minutes.
2. Add celery, carrots, parsnip, lentils and broth.
3. Bring soup to a boil. Reduce heat to medium-low, cover, and simmer until lentils are tender, about 50 minutes.
4. Meanwhile, bring a pot of water to a boil. When boiling, drop kale and/or collard greens into water. Turn off heat, cover, and let sit for 2 minutes, then drain.
5. Season lentil soup with salt and pepper. Add vinegar if desired.
6. Serve soup over a pile of the cooked greens.

Note: This soup freezes well, especially when you cook the greens separately and keep them out of the frozen soup. It's super simple to cook a fresh set of greens while you are re-heating the frozen soup.

Mediterranean Chicken with Sautéed Escarole

Serves 2 with leftovers for 2 lunches

Ingredients:

- 1 ½ lb boneless, skinless free-range organic chicken breasts, cut into small chunks
- 1 TB olive oil
- ½ small yellow onion, chopped
- 1 tsp dried oregano
- 1 (14-oz) can chickpeas, drained and rinsed
- 1 (14-oz) can stewed tomatoes (Eden Organics brand if possible)
- 3 TB chopped & pitted Kalamata olives
- 4 garlic cloves, chopped
- 1 C artichoke hearts in water, chopped
- 2 tsp red wine vinegar
- Sea salt and vinegar to taste
- 1 large or 2 small bunches curly endive or escarole, cleaned and torn into small pieces

Directions:

1. Heat a large skillet over medium-high heat. Add olive oil, chicken and onion to pan and sauté until chicken begins to brown.
2. Turn down the heat and add oregano, chickpeas, stewed tomatoes, Kalamata olives and the chopped garlic. Cover and simmer for 20 minutes.
3. Stir in artichoke hearts, escarole or other greens, and wine vinegar, and cook 5 minutes more, tossing occasionally. Season with sea salt and pepper and then serve.

Quinoa Beanoa

Serves 2 with leftovers

Ingredients:

- 4 C broth
- 2 C quinoa, rinsed
- 1 TB olive oil
- 1 small yellow onion, chopped
- 4 cloves garlic, minced
- 1 (14-oz) can or jar of stewed tomatoes
- 2 (14-oz) cans pinto beans, black-eyed peas or kidney beans, or a combo, rinsed and drained
- 1-2 bunches leafy greens (mustard, kale, collards, turnip tops, or Swiss chard) rinsed, tough stems removed, and torn into small pieces.
- 1 ripe avocado, cut into slices
- Sea salt and freshly ground pepper to taste
- Chopped green onions or sliced radish to top (optional)

Directions:

1. Bring broth to a boil, then add quinoa. Reduce heat, cover and don't touch it again for 15 minutes. Seriously, no stirring! After 15 minutes, remove lid. Just before serving, fluff quinoa with a fork.
2. In another pot or skillet, heat onion and garlic in olive oil. Add tomatoes and beans and heat until warmed through and bubbling a little.
3. Bring a pot of water to a boil. Drop greens into pot, turn off heat and cover for 2 minutes, then drain.
4. In each bowl place ½ - 1 C quinoa, ½ C bean mix, and lots of greens. Top with avocado, green onion, and/or radish. Season with sea salt and freshly ground pepper to taste.

Roast Salmon with Sweet Potatoes and Spinach

Serves 2

Ingredients:

- 2/3 lb wild-caught salmon
- Sea salt and pepper
- Juice of a lemon
- Freshly grated ginger
- 1 TB wheat-free tamari sauce
- 1 really large or 2 medium sweet potatoes or yams, scrubbed and chopped into 1-inch chunks
- 1-2 TB coconut oil
- 1/2 TB Chinese 5-Spice powder (optional)
- 1 TB olive oil
- 1 bunch organic spinach, washed
- 1/2 small yellow onion, chopped

Directions:

1. Preheat oven to 400 degrees. Place yams/sweet potatoes into a 9x13 casserole dish and add 1-2 TB coconut oil. Sprinkle with Chinese 5-Spice if using. Bake for 35-40 minutes, until fork-tender, tossing a few times while cooking.
2. Meanwhile, cut salmon into 2 pieces and place in the center of a baking sheet. In a small bowl, whisk together the lemon juice, grated ginger and wheat free tamari sauce, then drizzle over the salmon.
3. Roast salmon in oven for 10 minutes or until the flesh easily flakes with a fork. Don't overcook the salmon – if you have a thin piece, it may only take 5-7 minutes to be done.
4. A few minutes before the salmon is done, heat a medium-sized skillet to medium-high heat. Add olive oil, spinach and chopped onion and sauté for 5 minutes, tossing frequently.
5. Remove sweet potatoes/yam and salmon from the oven and serve everything. Yummy!

Spicy Butternut Squash and Black Bean Chili with Steamed Greens

Serves 2

Ingredients:

- 1 TB olive oil
- ½ small butternut squash, peeled, seeded, and cut into ½ - inch chunks
- 1 medium yellow onion, chopped
- 1 green bell pepper, seeded, cored and diced
- 1 jalapeno, seeded and diced finely (optional)
- 1 (14-oz) can diced tomatoes
- 2 TB chili powder
- 1 tsp cumin
- 1 C broth
- 1 (14-oz) can black beans, rinsed and drained
- 1 tsp sea salt
- 1 large bunch kale, collard greens, or chard

Directions for Chili:

1. Heat a large Dutch oven or soup pot over medium-high heat. Add little olive oil and the butternut squash and onions. Sauté for 10 minutes or until butternut squash is starting to brown.
2. Add bell pepper and jalapeno, stir, and cook 3-4 minutes more.
3. Stir in the tomatoes, chili powder, cumin and broth. Bring pot to a simmer, cover, and cook for 10-15 minutes until the butternut squash is fork tender.
4. Add the beans and sea salt and stir gently to combine. Let heat through, about 5 minutes.
5. Serve and offer chopped green onions, diced red onion, sliced avocado or cilantro as toppings.

Directions for Steamed Greens:

1. Place 3 cups lightly salted water into a large pot and place a steamer basket on top. Cover and bring to a boil.
2. Once boiling, drop greens onto the steamer basket and cover again. Steam for 2 minutes, then toss and cover, steaming for 2 minutes more. Turn off the heat, drain, and serve.

Asian Steamed Cod with Bok Choy

Serves 2

Ingredients:

- 2 six-oz skinless, wild-caught cod fillets
- 3 TB rice vinegar
- 2 TB wheat-free tamari or soy sauce
- 6 baby bok choy, washed and sliced in quarters lengthwise
- 1-2 TB grated peeled fresh ginger
- 4 scallions, cut in thirds and thinly sliced lengthwise

Directions:

1. In a small skillet, combine rice vinegar, wheat-free tamari and ginger. Add fish to the skillet and bring to a boil; reduce heat to a simmer, cover and cook for 5 minutes.
2. Add baby bok choy and scallions on top of the fish, and replace lid for 1-2 more minutes, until scallions and bok choy have wilted and fish is opaque and flakes easily.
3. Serve with a side of brown rice or quinoa if you'd like a heartier meal.

Coconut Yam Soup

Makes enough for 3 lunches

Ingredients:

- 2 large or 3 small garnet yams, peeled and cut into chunks
- 1 small yellow onion, diced
- 5 garlic cloves, minced
- 1 TB extra virgin olive oil
- 2 C vegetable or chicken broth
- 1 (14-oz) can full-fat coconut milk
- 1 TB wheat-free tamari
- 1 tsp grated fresh ginger
- 1 tsp dried thyme
- Sea salt and pepper to taste

Directions:

1. Preheat oven to 375 degrees. Place yams or sweet potatoes on a baking sheet and bake until soft, about 40 minutes. Remove from oven and allow to cool.
2. Meanwhile, heat a skillet over medium high heat and sauté garlic and onions in olive oil until the onions are soft and translucent.
3. Place all ingredients in a large blender and turn on low. Gradually blend until smooth, adding water by the TB if you need more liquid.
4. To reheat, place in pot and warm slowly over medium-low heat, stirring until warmed through.

Note: It's very important to place a towel between the blender and the lid if the sweet potatoes are still hot to prevent the lid blowing off when blending. Heat expands in blenders and can create so much pressure that the lid can come off and spray hot soup all over you and your kitchen.

Simple Minestrone

Makes 3-4 servings

Ingredients:

- 1 lb mild Italian chicken sausage
- 1 TB extra virgin olive o
- 1 small yellow onion, diced
- 2 garlic cloves, minced]
- 4 C vegetable or chicken broth
- 1 (14-oz) can kidney beans, rinsed and drained
- 1 (14-oz) can diced roasted tomatoes
- 1 bunch kale, washed, de-stemmed and cut into thin ribbons
- 1 tsp dried thyme
- Sea salt and pepper to taste

Directions:

1. In a large pot, sauté chicken sausage for 3-4 minutes, using a wooden spoon to break it into small pieces. Add olive oil, onion and garlic, and sauté for 5 minutes more, stirring occasionally.
2. Add broth and tomatoes, then cover and bring to a simmer, cooking for 20 minutes. Stir in kidney beans, kale, and dried thyme and simmer for 5 minutes more, then serve.

Sausage, Kale and White Beans

Serves 2

Ingredients:

- 1 TB olive oil
- 1 large bunch kale, washed, de-stemmed, and roughly chopped
- 4 garlic cloves, chopped
- 1 lb chicken sausage, removed from casing
- 1 (14-oz) can cannellini beans (or white kidney beans), rinsed and drained
- Salt, pepper, and white wine vinegar (optional)

Directions:

1. Heat a large skillet over medium-high and add olive oil.
2. Add chicken sausage, and break up using a spatula. Sauté until lightly browned, about 5 minutes.
3. Add garlic cloves and beans, and cook 2 minutes more.
4. Add kale, toss to combine, and cover the pan for 1-2 minutes. Dish is ready when kale leaves are wilted but not mushy.
5. Add salt and pepper to taste and a splash of white wine vinegar if desired.

Indian Style Yellow Curry

Serves 2

Ingredients:

- 1 TB coconut oil
- ½ medium yellow onion, chopped
- 2 cloves garlic, minced
- 2-3 TB curry powder
- 1 small sweet potato, scrubbed and cut into small chunks
- 2 carrots, peeled and sliced
- 1 small head cauliflower, broken into ½-inch-sized pieces
- 2 C vegetable or chicken broth
- 1 (14-oz) can full-fat coconut milk
- 1 C frozen peas
- 1 (14-oz) can garbanzo beans, drained and rinsed
- 1 handful cilantro, rinsed and finely chopped (optional)

Directions:

1. Heat a large, heavy pot over medium high heat, then add coconut oil and onions. Sauté for a few minutes until onions are translucent, then add garlic and curry powder and stir for about a minute.
2. Next, add sweet potato, carrots and cauliflower, and sauté for 2-3 minutes. Then add coconut milk and chicken broth. Stir to combine, reduce heat, then cover and simmer for about 20 minutes.
3. Check sweet potatoes to make sure they are fork tender, and when they are, add peas and garbanzo beans. Stir to combine and let heat through for a few minutes, then serve with brown rice and top with cilantro if desired.



SALAD DRESSINGS

Garlic Tahini Dressing

Makes ½ C dressing

Ingredients:

- ¼ C tahini
- 1 TB olive oil
- 2 cloves garlic, peeled and finely minced
- Juice of a lemon
- ½ tsp sea salt
- ½ tsp black pepper
- 1-3 TB hot water to thin

Directions:

1. Combine first 6 ingredients in a bowl and whisk until combined. It will be a little thick, so just do your best to get the ingredients combined.
2. Whisk in hot water, one tablespoon at a time, until you reach your desired consistency, then serve.

Note: This dressing is also delicious on top of roasted vegetables – you'll lick your plate clean!

Honey Dijon Balsamic Dressing

Makes about a cup of dressing

Ingredients:

- 1 TB finely minced shallots
- 1 TB Dijon mustard
- 1 TB honey
- ¼ C balsamic vinegar
- 1/3 C olive oil
- ½ tsp sea salt
- ½ tsp black pepper

Directions:

Combine all ingredients in a jar with a tight-fitting lid, and shake well to combine.



SNACKS

Kale Chips

Ingredients:

- 1 bunch lacinato kale
- Olive oil
- Sea salt

Directions:

3. Heat oven to 350-375 degrees, depending on your oven. The kale chips burn quickly, so keep the temperature on the lower end if your oven tends to get hot or have hot spots.
4. Clean kale and remove the thick stem by folding each leaf in half lengthwise and cutting it away. Make sure kale is quite dry.
5. Pour a little olive oil into a dipping bowl. Dip your fingers in the olive oil and rub over each kale leaf, front and back.
6. Arrange kale on several baking sheets, making sure not to crowd the leaves. Sprinkle sea salt over the top.
7. Bake for 5-7 minutes, keeping an eye on the chips to make sure they don't burn. Turn the chips over and then bake for 5 minutes more. You may need more or less time depending on your oven. The chips are ready when they are bright green and haven't turned brown yet except maybe at the edges.
8. Spice it up by sprinkling smoked paprika, cumin, or curry on before baking.

Homemade Trail Mix

Ingredients:

- ½ C macadamia nuts
- ½ C raw walnuts
- ½ C raw pumpkin seeds
- ½ C raw sunflower seeds
- ½ C goji berries, dried cranberries, or dried currants (just make sure there's no sugar added!)
- ¼ cup golden raisins

Directions:

Mix together and store in an airtight container for about a week. It's easy to pre-portion this into ½ C servings so you don't eat the whole batch at once.

Spicy Chickpeas

Ingredients:

- 2 (14-oz) cans chickpeas/garbanzo beans
- 2 TB olive oil
- 1 tsp smoked or regular paprika
- Pinch cayenne pepper
- 1 tsp sea salt

Directions:

1. Preheat oven to 400 degrees.
2. In a large bowl, whisk together the olive oil, paprika, cayenne and sea salt.
3. Rinse and drain chickpeas. Dry well by putting them in a clean kitchen towel and rolling them around, then dump the chickpeas into the bowl with the oil and spices.
4. Spread chickpeas in a single layer on a baking sheet and bake for 30-35 minutes or until golden brown and crispy. Halfway through baking, shake the tray to toss the chickpeas.
5. Remove from oven and let cool. Store in an airtight container on the counter for 3 days.

ADDITIONAL SNACK IDEAS:

- Hummus or black bean dip with cut vegetables
- Small handful of nuts
- 2 slices turkey breast
- Small handful of mixed fresh olives
- One or two hardboiled eggs
- Raw sauerkraut
- Sliced apple with 1-2 TB nut butter (almond, cashew, macadamia or even sunflower seed)
- A small salad with lots of crunchy veggies and sunflower seeds
- Half an avocado
- Steamed artichokes with tahini for dipping
- Roasted pumpkin seeds
- Coconut date rolls (find these at a health food store)
- Fruit smoothies with a handful of leafy greens like spinach or collard greens
- Green juices

Remember the magic formula when eating: fat + fiber + protein = balanced blood sugar and the key to you staying full longer



SWEET TREATS

If you are having a major sugar craving, try one of the following recipes to see if that satisfies your sweet tooth. **Try to avoid having sweets as much as possible this week – have one or two sweet treats for the whole week, not each day.**

Ginger Mashed Yams

Serves 4 (or 2 with leftovers for breakfast!)

Ingredients:

- 2 garnet yams, scrubbed but not peeled
- ½-inch chunk fresh ginger, grated
- 1-2 tsp ground ginger
- ½ (14-oz) can full-fat coconut milk
- Salt and pepper to taste

Directions:

1. Bake yams on a baking sheet for about 45 minutes in a 375-degree oven. You'll know they are done when they are quite soft to the touch.
2. When cool, squeeze yams out of their skins into a stovetop pot. Heat over medium-low heat. Add fresh and ground ginger, then add up to ½ can coconut milk 2 TB at a time, being sure to incorporate milk fully into the mash before adding more.
3. Season with salt and pepper to taste.

Note: You can eat the leftovers as breakfast porridge the next day. Simply re-heat, add a little more coconut milk, and top with honey, cinnamon and walnuts.

Detox Hot Chocolate

Combine 1 TB raw cacao powder, a pinch of sea salt, ¼ tsp cinnamon and a dash of cayenne pepper in a mug. Pour hot water over the top, and whisk until frothy. Add a little honey to sweeten, if desired. Mix in 1-2 TB full-fat coconut milk and enjoy!

Baked Apples or Pears

Cut up an apple and place it in a baking dish with a little coconut oil. Sprinkle cinnamon and nutmeg over the fruit. Bake in a 350 degree oven for about 30 minutes, or until the fruit is tender.

Rooibos Tea

It's naturally sweet, caffeine-free and tastes great.

Chocolate Fat Bombs

Ingredients:

- 1 C raw cashews
- ¼ C cacao powder
- ¼ C raw liquid honey
- ⅛ C hemp seeds
- ⅛ C chia seeds
- ⅛ C shredded coconut
- 2 T coconut oil, gently melted
- 1 small pinch vanilla bean
- 1 pinch sea salt
- Optional boosters:
 - 1 tsp spirulina or maca powder

Directions:

1. Process all dry ingredients in a food processor until finely ground. Add honey and oil and process again.
2. Roll into balls by the teaspoonful. Keep in a glass container with a tight-fitting lid in your fridge for a week or in your freezer for a month.

Disclaimer: This information is being provided to you for educational and informational purposes only. It is being provided to educate you about how to take care of your body and as a self-help tool for your own use so that you can reach your own health goals. It is not intended to treat or cure any specific illness and is not to replace the guidance provided by your own medical practitioner. This information is to be used at your own risk based on your own judgment. If you suspect you have a medical problem, I urge you to take appropriate action by seeking medical attention.

This detox and the information provided within have been carefully tested and crafted, and are a core part of my business. As a courtesy to me, the amount of work I've put in, and your fellow detoxers, please do not share these materials with anyone.