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The Truth About Dangerous Detoxes

By Mike Whitfield | February 22nd, 2017

What is the deal with these "Master Cleanses" and dangerous Detoxes? It's almost out of control. In fact, my longtime client of 9 years was telling me about his friend drinking nothing but chicken broth and water for 3 days.

I can see it now... on day 4, I would binge on a large pizza, some Ben & Jerry's Ice Cream and Doritos. Any weight lost would come back on within minutes.

But when you see promises such as "lose 10lbs in 2 days", it attracts us to at least try it when we're frustrated and hit a plateau.

Sure, these gimmicks may trick you into thinking you've lost weight because the scale goes down, but you end up losing water weight with no energy.

I'm all about a fast start. After all, seeing results immediately gives you the motivation to keep going. But when we're constantly told to cut out bread or any other food group for that matter, it's just not doable.

Then when we can't stick with it and we feel defeated, so we go back to our old ways. That's why we're seeing a rise in obesity.

It comes down to this...

A fast start that leads into an achievable long-term plan.

Today, you'll get a simple "template" that will give you that fast start. It's actually doable and with just as good results as those dangerous cleanses.

The 4-Day Detox Template:

- 1)** Drink 80 – 100 ounces of water every day
- 2)** Move your body (preferably in the morning) for 5-10 minutes using low to non-impact movements and be sure to hit all major muscle groups. Do this all 4 days.

Moving your body (without destroying it) encourages blood flow to flush out toxins from your system.

- 3)** Keep dairy and grains to an absolute minimum (milk, cheese, bread, pasta, etc., etc.)
- 4)** Eat only until you are 80% full, using fruits and veggies as your main source of food.
- 5)** Keep caffeine to just one serving MAX per day (preferably NO caffeine).
- 6)** Eliminate red meat and processed sugars (c'mon - it's just 4 days!)

