

7 FREE Style Yoga De-stress weightloss course



7 Day Anytime course

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Stress Why

We go through periods of time in our lives when the demands are greater and the stress load is heavier. Regardless of the reasons – illness, relationship difficulties, work struggles, caring for an aging parent or ailing child – there can be a physical impact. We may turn to food for comfort, or we may not nourish ourselves adequately. During times of stress there are actual physiological changes that happen in our bodies, one of which is weight gain. It may not happen overnight, but if we do not pay attention to our body's needs, over time we may notice we are putting on the pounds.

Our adrenal glands govern our stress response, by secreting hormones relative to our stress levels. They actually help control many hormonal cycles and functions in our body. When the adrenal glands are overworked, the body prepares for disaster, by storing fat and calories. We crave foods, we lose precious energy, and we gain weight. So how can we keep the heavier stress load from equaling heavier bodies? want a new approach to destress and lose weigh join my 7 day anytime course [click here](#)



Preparation

Glad to have you on board

Prep [click here](#)

Measure Bust, Waist, Hips, arms, and thighs and weigh in too take photos too.

Basic Shopping list click <https://onlineksfl.files.wordpress.com/2013/10/basic-shopping-lis1.pdf>

For Veggie shopping list

https://onlineksfl.files.wordpress.com/2013/10/vegetarian_list-1.pdf

Fats - use freely to cook with - Use Coconut Oil to cook with, you can get this from Holland and Barrett and flavour your food with olive oil.

Drink Water - minimum 3 litres per day Green Tea

Red Bush Tea

Fruit teas

Get organic wherever possible and ensure veg is fresh, washed and peeled before you eat. Steam, grill, poach and lightly fry fish and meat.

Food Journal

You can do this on your pc, on your phone or as a hard copy which ever works for you. Every day please write down EVERYTHING you eat and

drink and the times you eat it.

PLEASE Also photograph your meals on your smart phone you can share these with the group.

Also add a note to the journal about how you feel after you have eaten the meal.

Do you feel really full? Bloating? Uncomfortable? or pleasantly full?

Include in this the quantity of oil you have cooked with or dressed your food with.

Make sure you cook with the coconut oil and dress with Olive Oil

[Click here for more info](#) listen to this tube video in depth if you are interested.



Your Photos - Keep your weekly photos on your phone

detox or not to detox...?

I get asked a lot about detoxing.

Is it a con?

Do we really need to detox?

Doesn't our body do it naturally anyway?

The answer is complicated!

Yes, our bodies have built in detoxification systems to deal with our own internal waste products and environmental toxins – we would never have survived without them.

BUT the question is, were these systems ever designed to cope with the sheer amount of toxins we are exposed to today through;

modern air pollution

contaminated water

fruit and vegetables laden with pesticides and fertilisers

processed foods with artificial chemicals and additives

alcohol, smoking & recreational drugs

medications; painkillers, contraceptive pill, antacids, prescription drugs

new chemicals in personal and household products – put on our skin or breathed in

EMF's (electro magnetic frequencies) from wi-fi, mobile and cordless phones

With modern technology, we have devised a huge number of new chemicals that we were never exposed to previously. According to the US Environment Protection Agency, there are more than 84,000 chemical substances listed on their inventory.

Individual chemicals are pronounced 'safe' by the authorities and are used liberally. However what we don't know is the cumulative effect of so many chemicals in our system. This 'chemical soup' is a new and unknown quantity, and nobody really knows what it's doing to us.

These chemicals are treated as 'innocent until proven guilty', but shouldn't it be the opposite? Guilty until proven innocent? I for one would feel a lot safer!

Our genes play a huge part in how well we detoxify and some people can tolerate a huge number of toxins with no apparent effects. However for many of us, these chemicals can cause huge disruption, especially and worryingly to our hormones.

A scientific statement issued by the USA Endocrine Society in 2009 expressed concern about a certain class of chemicals called Endocrine Disrupting Chemicals (EDC's) and the grave health issues they can cause, including cancer, heart disease, diabetes, PCOS, obesity, thyroid disease, and reproductive issues.

So do we need to DETOX?

Absolutely!

Even though we can and do detoxify automatically every day, we do need to give our liver that extra support in the face of the onslaught of modern day toxins – something our bodies were never designed to cope with.

Our over-burdened liver

And don't forget that us women also have the added burden of having to detoxify our excess oestrogen. And if our liver is too backed up with other toxins, it can result in oestrogen hanging around too long and we end up 'oestrogen dominant'. Read more about how this can affect us.

The right kind of detox support

Detox has become a huge money spinner with a zillion products on the shelves promising to clean us out and solve all our problems.

But you don't need to live on cabbage soup and lemons to detox yourself!

All you need to do is to limit your exposure to the toxins, and support your own detoxification systems (your gut and liver)– you don't need any fancy potions, starvation diets or complicated programmes.

Of course, we live in a bubble, we can't avoid toxins completely – but we can do a lot to limit our exposure and help our liver along the way.

Eat and drink clean

Switch to organic for your fruit, veg, meat, eggs and dairy – doing this will avoid the majority of petrochemicals, herbicides, pesticides, antibiotics and hormones that non-organic foods can contain

Avoid processed foods – these contain additives, preservatives, colours and other chemicals that never existed in our traditional diet. If you can't pronounce the ingredient (or your grandmother wouldn't recognise it as food!), then try and avoid it

Avoid farmed fish where possible. They have been shown to contain more mercury and PCB's than wild or line-caught fish

Drink filtered water – this should remove any nasty chemicals that may be in your tap water (unless you live next to a mountain spring!)

Nourish your liver (and gut!)

Eat more cruciferous veg – broccoli, cauliflower, cabbage, Brussels sprouts, rocket, watercress, kale – these vegetables support the detoxification pathways in the liver

Increase sulphur containing foods – eggs, garlic, onions – these also help your detox processes

Eat more fibre – this helps with eliminating toxins through the bowel

Eat more liver-supporting foods – coriander, parsley, rosemary, turmeric, ginger, lemon, cinnamon, beets, celery, fennel, garlic

Drink green tea or herbal teas with liquorice, fennel, dandelion, cinnamon, burdock root, cardamom or other herbs

Limit alcohol, caffeine and sugar

Sort out any constipation – if you can't get rid of the toxins, that's where you need to start!

Stay hydrated

Water helps flush out toxins so make sure you are drinking enough

Limit caffeine & alcohol as they can be de-hydrating

Avoid toxic products

Swap to natural brands of household cleaning/laundry products, toiletries and cosmetics (check out this useful site for looking up cosmetic chemicals, and this one for some lovely natural brands)

Particularly avoid anything with 'fragrance' in it (perfume, air fresheners, toiletries) – these contain phthalates which can be hormone disrupting and carcinogenic. Swap to products containing natural fragrances like essential oils

Avoid plastic food containers and water bottles. BPA is one of the main EDC's and is mainly found in plastic as well as tin can linings. Swap to glass or stainless steel, and never heat plastic containers in the microwave (I love these glass water bottles).

Swap to natural organic hair colorants (or consider going natural!)

Avoid Teflon coated cookware. Swap to ceramic, stainless steel or cast iron

What else can you do?

Epsom salt baths – I do go on about these, but the magnesium and sulphur help to mobilize circulation and waste and support the liver

Get a sweat on! – sweating is one of the ways we eliminate toxins. Exercise and sauna's are a great way to sweat it all out

Massage, dry skin brushing, yoga, deep breathing – all great ways to improve circulation and elimination of waste through the lymphatic system

Get a good night's sleep – recent research suggests that sleep is when the brain cleans out it's waste products – check out more tips on how to improve your sleep.

What about juice diets?

I love juicing, there's nothing better than giving your body a huge dose of TLC – the nutrients from a fresh vegetable juice go straight into your cells for a big nourishment hit. Your digestion also gets a bit of a break too – it doesn't have to do much work, so you are likely to feel much more energetic. And great if you have any digestion problems.

BUT, juices don't contain any fibre, protein or fat. You need all of these for your liver and gut to work efficiently, and for absorption of the fat soluble vitamins A,D,E and K.



So if you are doing a juice only programme, make sure you are adding in some protein (protein powder, nuts, seeds) and some healthy fat (avocado, nuts, seeds, coconut oil/milk). You can juice the vegetables, then put them in the blender with your other ingredients to make a super nutritious juice based smoothie.

So my view is that supporting your own detox process is absolutely essential in this modern world. Ignore it at your peril!

Symptoms of A Whole Body detox

Overview

A whole body detox is very helpful in weight loss and ridding the body of toxins. The process of detoxification is not generally pleasant, but the end result is worthwhile. Some symptoms often associated with a whole body detox include irritability and moodiness, tiredness and some other physical symptoms.

Irritability and Moodiness

A whole body detox can cause excessive irritability and moodiness. It is actually the toxins in the body that cause this problem in the first place. Detox symptoms are simply manifestations of the bodies self-cleansing and self- healing process to get rid of toxins. When you begin the detox, all the toxins get pulled out of your system so the irritability and moodiness can become much worse before they get better, though it will only be for a short period of time. View it like cleaning a house. In the process of cleaning, everything becomes more messy and cluttered than before you started cleaning. But in order to enjoy a clean house you have to deal with the messiness in the cleaning process. Likewise, in order to help with irritability and moodiness, you have to get past the beginning phase of the whole body detox.

Fatigue

Fatigue is another common symptom of a whole body detox. This includes having a lack or even loss of energy. The severity of this symptom depends on what your lifestyle is like before the detox and how quickly you make the change into the detox. If you more gradually start a detox and prepare your body ahead of time, you will not be as negatively affected by symptoms. This can be compared to soreness from exercising. If you never exercise but then decide to go for a run one day, you will most likely feel sore the next morning. However, if you exercise on a regular basis, the aches and pains will be lessened. This is how it is with detoxifying your body. If you slowly start a detox rather than fully jumping into it right away, the symptoms will not be as severe.

Other Physical Symptoms

When you begin to detoxify, the cells in your body start to eliminate toxic substances. However, before they make their final exit, the toxins are released into the bloodstream then carried through the circulatory

system and this may result in other physical symptoms. Some of these symptoms include body aches and pains, cravings or withdrawal, nausea or vomiting, clogged sinuses, constipation or diarrhoea, coughing, fever, flu or cold-type symptoms, bad breath, gas, headaches and stomach aches. The toxins are also eliminated through the skin this can result in acne, rashes, or other skin issues. All of these symptoms do not occur for everyone, but it is at least good to know what to expect so you don't panic.

Trust me the process is worth it as you are going to feel awesome x

Day 1 [Click here](#) exercise day 1 & 2 Yoga [Click here](#)



Day 1 and 2 listen goal setting

<https://soundcloud.com/esther-shortt/sounds-from-monday-afternoon>

LETS DO THIS!!!! Make sure you have weighed and measured and taken a pic!!!
As soon as you get up do the Fit Test Workout 1 – Record your scores and write in Facebook Group.
Food I wont be giving you meals you can choose your own meals from the shopping list today.
This is to give you an idea

Meal 1

Must start your day with a protein rich breakfast 3/4 egg omelet with spinach, peppers.

Meal 2

Meat or Fish with TONS of green veg as much as possible. Green veg is the key.

Meal 3

Meat/Fish with tons of Greens as above

or Prawns and Avocado Salad

Minimum of 3 litres of bottled water

Herbal tea – Liquorice tea is great until 3pm then switch to Tulsi tea would be perfect if you dont have use green teas but make sure it caffeine free (Liquorice and Tulsi help manage Cortisol)

Afternoon/Evening

Repeat Fit Test / Workout 1 (you don't have to record your scores 2nd time round?)

If you have purchased Fish Oils take 5 after each feed

My Typical Day

Meal One – 2/ Eggs Omelette with spinach/courgettes/water cress/

Meal Two – Slow Cooker 4 Chicken Thighs with Spinach, Green Beans, Kale, Purple Sprouting Broccoli

Meal 3 – Cod with Same Veggies as above

3 Litres of water.

Liquorice Tea until 4pm then Tulsi Tea for evening

Bed by 10 – 1030pm here is a link to the exercises,

Here are 2 meditation apps I recommend:

<http://meditationlounge.org>

For this one if it's your first introduction into meditation go to the first steps to meditate and do the 2 stages x

I listen to the meditations on peace a lot as well, these are great to find a relaxing place within to help you switch off.

Another one which i've recommended on past programmes is:

[Simply Being -](#)

<https://itunes.apple.com/gb/app/simply-being-guided-meditation/id347418999?mt=8>

For this one you can choose 5/10/15 or 20 minute meditations x

Please try it, don't expect too much when you first start, just give yourself time x

Mediation for today [Click here](#)

Day 2 [click here](#)

Well done on making it through your first day, you may not be feeling on top form today due to the withdrawal from caffeine/sugar etc, like I've said this may take a few days to pass, these first few days are the toughest depending on the amount of sugar and caffeine you used to eat and drink will depend on the severity of the withdrawal, drink plenty of water to flush these toxins out.

Yoga Session Day 1 & 2 exercise [click here](#)

I'd like you to ideally do the yoga session on rising before you eat breakfast, yoga is better done on an empty stomach. Also feel free to do this later on in the day if you have time, maybe before the meditation before bed.

Food Day 2:

Today's food is the same as Day 1 but today I'd like to you to add a small amount of starchy carbs (**a handful**) from the shopping list, ideally I'd like you to have them for breakfast or lunch rather than eating a carby meal before bed.

Starchy Carbs:

- Sweet Potatoes
- Butternut Squash
- Carrots
- Brown Rice
- Berries
- Small Banana
- Legumes (beans and lentils)



- Quinoa

Day 2 Example:

- Drink at least 500ml of water on rising
- Breakfast protein and plenty of veg:

○ Options omelette, scrambled egg, fish/meat and veg, add in starchy carbs, fish oils.

- Lunch: Fish/Meat and Veg, Salad with added veg and plenty of protein, fish oils

Walk/Yoga/Meditation/Exercise Class/Gym

- Dinner: Fish/Meat and Veg, Salad with added veg and plenty of protein, add in starchy carbs if you didn't have them at breakfast or lunch.

Drinks:

An absolute minimum of **3 litres** of bottled or filtered **water** to be consumed. Herbal tea/Fruit tea

Green Tea (make sure its decaffeinated)

Bed by 10 – 10.30pm

Remember I'm here to support you so please use the secret Facebook group if you need any help, or even just to post your thoughts and feelings, everyone is going through the same process so support each other.

What is mediation ? [**Click here**](#)

Day 3/4 day exercise [Click here](#)

So you've reached Day 3, fantastic work!

I know right now you may be struggling with lethargy and headaches, you are ridding your body of toxins to turn it in to a more efficient fat burning machine, if you go off the plan even a little bit at the moment you will ruin all your hard work and your body will need to start the detox process again.

Stick to the plan and trust me!

Yoga Session Day 3 :

Food: NO STARCHY CARBS TODAY

Meal 1:

A protein rich breakfast including plenty of vegetables – make sure you are full up at the end.

Example: 3/4 egg omelette adding whatever ingredients you like off the list, scrambled eggs and salmon with spinach.

Meal 2:

Meat/Fish and Vegetables or Salad with plenty of protein. Once again make sure you are full by the end of your meal

Walk/Yoga/Meditation/Exercise Class/Gym Meal 3:

Same as above

Drinks:

An absolute minimum of **3 litres** of bottled or filtered **water** to be consumed. Herbal tea/Fruit tea

Green Tea (make sure its decaffeinated)

Bed by 10 – 10.30pm

Remember aim for a minimum of 8 hours sleep!

Day 3 Recipe:

Asian roll (3 rolls):

Ingredients:

- 3 chard leaves
- 3 spring onions
- 3/4 avocado
- 1/2 cucumber
- 1 carrot (optional)
- 9 prawns
- 1/2 salmon fillet

Mint, basil or fresh coriander (depends on your taste)

Method:

Place your chard leaves for 1 minute in some boiling water and plunge them straight after in some cold/icy water. Blanching the chard leaves will make them easier to fold.

Chop the vegetables into thin sticks.

Cut the fresh salmon in small strips (the thinner, the better).

Build the roll! Using the chard leaves as a wrap, place all the ingredients in the centre of the leaf, align the prawns and drizzle with a bit of balsamic vinegar. Close up your rolls and enjoy!

Fasting what is it?

Before you all scream I cant fast! I cant go without food you will not believe how amazing you will feel after this. Your mind becomes focussed and sharp and you feel fantastic.

There is lots of research around regarding the benefits of fasting and giving your digestive system a rest. Your energy levels will soar after this so go for it and give it a try.

I've got to be honest with you – I've tried everything to lose the extra pounds and THIS is what has done it for me. I cant tell you how much this has helped my diet also my mental focus. I feel so differently about food now,

I don't HAVE to keep eating every 3 hours like I did before. I plan my days food and fasting days and it WORKS so give it everything you have.

This weekend at the Fitpro convention all of the top fatloss and nutritionist presented research on fasting and eating less meals in the day. The old way of eating and snacking your way through the day is becoming outdated as we gain so much more data and information on metabolism.

If you eat less meals in 1 day this does not affect your metabolic rate at all.

How do we do an IM (Intermittent Fast)

We are trying to fast for 17 hours so if your last evening meal on Day 2 was 9pm you fast until 2pm. If its 8 you fast until 1pm etc.

So after your evening meal tonight you fast until then.

You will only be eating Greens, Proteins and Fats today no fruit or root veg.

Break the fast

Only consume Bottled Water and Herbal teas no other supplements are required today.

As soon as you rise drink a pint of water.

Do Workout.

Once you break the fast take your supplements as normal.

Ideas for Lunch (Fast Breaking Meal)

Chicken with Tons of Salad and Veg

Fish with Tons of Salad and Veg

Snack 3 hours later if hungry

Dinner

Protein rich with tons of Veg and Greens.

You will be amazed how fantastic you feel!

Fasting Information

Why do I have more energy when I'm fasting

2 Main Reasons

1- you're not on a blood sugar 'roller coaster' as you aren't wolfing food down every 2,3,4 5 hours.

2-Your digestive systems is also one of the biggest 'users of energy' in the body, so with that 'resting' your body's energy will be much higher

Tips

Don't surround yourself with food.

You will of missed meals in the past due to be being busy. Its really no biggy.

You need tons of water which will speed up fat loss and detoxification.

Plan your lunch and evening meal and make it look great and appetising

5. Stay positive and think "Im giving this 100%"

Theres a many, many, scientific studies that link fasting to positive health benefits including the possibility of living longer. If you want to read the science behind this then have a read of Brad Pilon's Eat Stop Eat or check out his videos on youtube. Its very interesting.

Its only till 1 or 2pm YOU CAN DO THIS

Food Day 4: NO STARCHY CARBS ALLOWED TODAY Day 4

Example: [Click here for exercise](#) for Fat loss

- Get up drink 500ml - 1 litre of water.
- Breakfast protein and plenty of veg:
Options omelette, scrambled egg, fish/meat and veg.
- Lunch: Fish/Meat and Veg, Salad with added veg and plenty of protein,

Walk/Yoga/Meditation/Exercise Class/Gym

- Dinner: Fish/Meat and Veg, Salad with added veg and plenty of protein.

Drinks:

An absolute minimum of **3 litres** of bottled or filtered **water** to be consumed. Herbal tea/Fruit tea

Green Tea (make sure its decaffeinated)

Meditation before bed.

Bed by 10 – 10.30pm

Post in the Facebook group your thoughts and feelings!

Recipe 4:

Moroccan meatballs (2 servings) Ingredients:

- 300 grams lean minced beef, veal or lamb
- (or a mixture of two of them)
- 2 tbsp of tomato paste
- 1/2 large red onion
- 1 small garlic clove
- 2 egg yolks
- 1 tsp of cumin

- 1 tsp of cinnamon (yes, trust me, it's delicious)
 - 1/2 tsp of paprika
 - 1/4 tsp of ground black pepper
 - Fresh parsley
 - Coconut oil
- Method:**
- Chop the onion and crush the garlic clove.
 - Mix all the ingredients together, using a food processor, or better, your hands.
 - Shape the meatballs.
 - Heat up some coconut oil in a pan and sear the meatballs for few minutes.

Food Day 5 Exercise today [click here](#)

intermittent Fast until 1ish – Try and go 17 hours since last meal so no breakfast on Saturday and eat again lunch timeish

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Its only till 1 or 2pm YOU CAN DO THIS

Protocols

1. Perform Workout

2. Cold shower.

3. 2 High Protein meals spaced out as required. No fruit or starchy carbs today.

Day 6 Click here Exercise for today Click here

intermittent Fast until 1ish – Try and go 17 hours since last meal so no breakfast on Saturday and eat again lunch timeish

You need to get into the right mindset and to be honest you wont believe how much more time you have today as you wont be planning and eating food. Its liberating to be honest.

Points about fasting.

You are giving your whole digestive system a complete break. So you wont be on an insulin/cortisol blood sugar roller coaster.

Highly regarded studies have shown you will not lose muscle mass or slow down your metabolism – this theory is a complete myth.

People all around the world use Fasting weekly and during religious periods. It is totally common practice for many, many people.

Fasting once a week will help manage your weight, help you lose weight, regulate hormones and blood sugar.

Improve brain function, memory capacity, enable you to focus and improved mental clarity.

The food industry has been trying very hard to hide the benefits of fasting – think if the population of the UK fasted for 24 hours every week think how this would affect supermarkets/food production/food manufacturing companies etc.

You are totally fine to train and teach in a fasted state.

A 24 hour fast has been shown to be the optimum amount of time to get the best results from a fast.

You may actually have never in your life experienced hunger. We are conditioned to eat every 3/4 hours, we have been told that's how we must eat, and that is conditioned into us. Even if you dont eat for 5 hours after your last meal your body is still in a fed state is still processing and digesting food, there is tons of unused energy in your system to keep you going.

Fasting for 24 hours has shown to drastically reduced insulin levels.

When you are in fasted state your body can burn fat.

Fasting increases the production of growth hormone.

Fasting once a week coupled with a HIT exercise plan and resistance training is a highly effective method to losing weight. It can also correct some of the negative metabolic effects that come from spending so much time in a fed state.

Fasting once a week will lower your overall calorie intake per week of 15/20% with no negative effects on your metabolism.

According to research after 18 hours without food the body begins to burn significantly more fat but then it levels out at 30 hours so 24 hours is a good point to go for.

1/ 2 fasts maximum per week will bring your significant results.

Fasting Tips.

Keep busy and active all day – Keep your mind occupied.

Drink 3 – 4 litres of water

Drink Fruit Teas.

Break your fast with nutrient rich meal of Meat/Fish/Veggies.

Eat again in the evening.

It no biggy you are only missing breakfast.

Once you have done this a few times you get a feel for the reasons behind why you eat, what you eat and when you eat. Often times, hunger isnt one of these reasons. Habit and emotional connection are usually the reasons.

I fast on a day when I'm super busy and never when Im at home all day so I don't even think about food and have a lovely meal prepared in advance in the slow cooker.

Day 7 [Click here](#) for exercise for [click here](#)



Fruit Teas all day

Day 7 Results Day

Intermittent Fast Until 1pm Today Firstly, I must congratulate you on coming this far. This is a tough DETOX and you are doing amazingly well! Remember your body will burn the most fat while fasting between



17 and 24 hours. Today's Workout Choose that you have done this week. Choose the one you enjoyed the most and the one you found the hardest. Perform Workout 1 Weigh and Measure yourself and take a picture and post your results in the Facebook Group. Break your fast Meal 1 – Meat/Fish Tons of Veggies Workout 2 Meal! 2 – Meat/ Fish/ Veggies. 4 litres of water and lots of fruits teas until 4pm then only drink Tulsi Tea! Make sure you get to bed by 1030pm latest so you wake up rested .
Cant wait to get your results

Please post your results in the group. [Click here](#) if you wish do 3 more days, by repeating first 3 days.

Relax and enjoy

<https://youtu.be/CmXhf0ZxjCk> 7

Exercise links [click here](#) code yoga