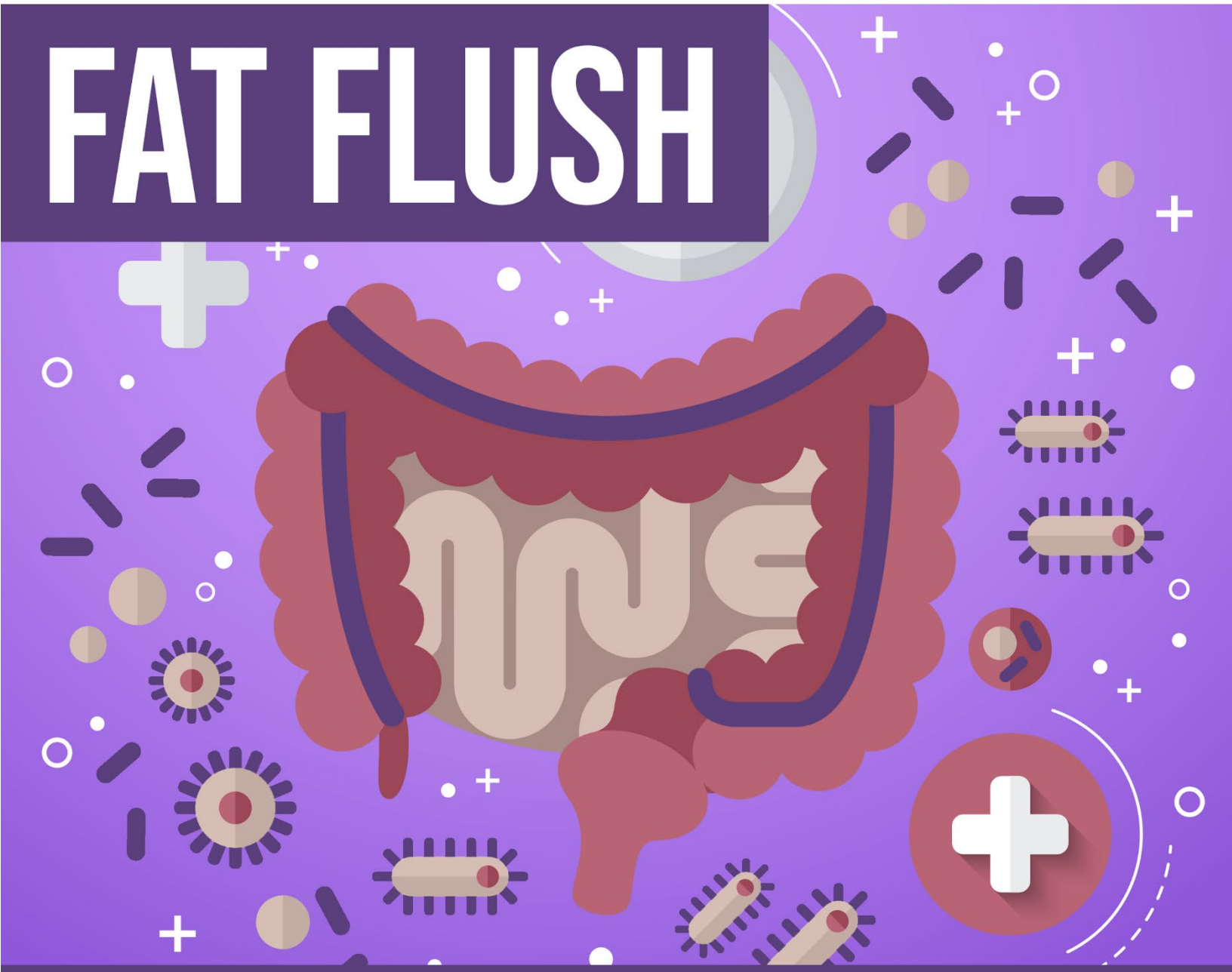
7 DAY FAT FLUSH



QUICK START GUIDE:

COLON DETOX PROTOCAL

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The Fine Print

There's always a legal disclaimer when we discuss health and wellness, isn't there? We live in a funny world where everyone is intent on covering their butts whenever they provide information or opinions. This is especially true when it comes to the subject of health and wellness. I hate having to do this, but it is a necessity, so here goes:

The information provided in this book is for educational purposes only so that you can make better and smarter decisions about your health and wellness.

I am not a doctor, but I am sharing my story and all of the scientific and alternative information I have accessed to help you learn from my experience and make changes in your own life if this resonates with you. I am not permitted to diagnose diseases or conditions. For the diagnosis or treatment of any ailment, please consult a licensed physician or whatever medical practitioner you may prefer.

I am sharing information based on my personal experience and the opinions and conclusions included are mine and mine alone. You and others may or may not agree with them but know that I have done my best to impart information that will educate you and allow you to form your own opinion.

If you should choose to act on any of the information included in this book, please be aware that you do so at your own risk. And that any results may be relative to your own state of fitness and health (physical, mental and emotional) and the awareness, care and attention with which you conduct yourself while participating in the activities or suggestions.

Phew! That wasn't so bad, right?

Ok, so now let's dive in and start learning!

Introduction

Welcome to The BioFit Diet. You've made a very smart choice in choosing this program, and you're

Congratulations on making the decision to change your life, your habits, and enter the new chapter when you reveal an improved, thinner you! If you use guidance in The Fat Loss Accelerator Program, we're confident that you'll be seeing results in no time. You will quickly be living your life, only healthier, slimmer, and without the fear of disease and illness, because you've taken the first step towards handling your weight and we are so proud of you for that.

In this exclusive quick start, **7 Day Fat Flush,** we go even further and show you reset your body for the next stages of weight loss. It all starts with a deep colon flush, to help get rid of extra weight, and reset your system to get it ready for clean, fresh, nutrient-rich foods.

If you follow the practical advice in this plan, you'll quickly cleanse your colon of years of unwanted, stagnant waste. It's one of two parts of the reset phase of the Fat Loss Accelerator Program and will ensure you get the best out of this program today!

Just think how great you'll look and feel just 7 days from now! Let's get started!

Why You Need A Colon Cleanse

You've been eating the wrong way, stuffing yourself with junk food, processed foods, meats, and antibiotics for years and years. All that time, your colon has been working overtime, getting backed up and causing damage to your gastrointestinal tract.

On top of just poor food choices, you've potentially been exposed to intestinal parasites, which enter easily through the intestinal wall, easily entering your body through this major organ. This contamination can occur from drinking impure water sources, contaminated beverages, or consuming undercooked meat.

Your colon is a part of your digestive system, a critical organ which absorbs vitamins and other nutrients, and it processes undigested food into your small intestine and eliminates waste. Over time, however, your colon can stop functioning the way it was designed to; it starts to absorb toxins rather than eliminating them from your body.

If you suffer from any of the following,
you may have poor colon health:

- Constipation
- Bloating
- Headache
- Weight gain
- Gas
- Fatigue
- Low energy

The consumption of processed unhealthy foods, is acidic to your body. Your internal organs react to this acidity and defend themselves, so it covers the food in a mucus layer. With time, this mucus begin to occupy your intestine and halt the effective nutrient absorption that should be occurring. This results in further symptoms.

10 Symptoms Your Colon Is Toxic

- Indigestion and stomach ache
- Acidity and bloating
- Muscle and joint pain
- Poor immune system
- You suffer some digestive problems like diarrhea, constipation, and IBS
- Anxiety, fatigue, poor memory, mood swings, brain fog and depression
- Recurrent bladder or vaginal infection
- Skin rashes
- Often feeling unwell
- Getting season sickness

So Why A Colon Cleanse?

Well, if you suffer from any or all of the symptoms, you can greatly benefit from giving your body a reset to get yourself prepared to absorb nutrients from your food again. You can get great results by way of a natural colon cleanse. There are plenty of ways to do a detox / fat flush, but in this guide you will find a detailed diet plan for our amazing 7 Day Fat Flush. You're just a week away from ridding your body of harmful toxins and kickstarting your weight loss journey to get great results!

Join me! Let's get started now. Read on!

Cleanse Foods

It's critical that during a colon detox you nourish yourself with foods rich in natural fiber, vitamin D and folate (Vitamin B).

Recommended foods consist largely of deep green vegetables, known as powerful fat burning foods that support colon fat flushing and general weight loss.

Colon Cleanse Approved Foods:

- Broccoli
- Beetroot
- Spinach
- Apples (Green and red)
- Berries (blueberries, gooseberries, cranberries, strawberries, and raspberries)
- Avocado
- Flaxseed
- Celery seed
- Grapefruit
- Kale
- Oats
- Legumes
- Watercress
- Aloe Vera
- Lemon
- Fruit juice
- Green leafy vegetables
- Garlic
- Green tea

While you nourish yourself with healthy, nutritious foods you need to ensure that you cut down on processed foods, milk products, sugars and red meat.

What to Avoid During A Colon Cleanse:

- Cheese
- Butter
- Cottage cheese
- Meat(Pork, beef, hot dogs, cold cuts, deli meats, veal, fish, canned meats)
- Alcohol
- Cigarettes
- Cakes
- Pastries
- Biscuits
- Bread
- Sugar
- Ice Cream
- Sour cream
- Mayonnaise
- Eggs
- Steak sauce
- Salad dressings
- Chocolate
- Ketchup
- Coffee
- Soft or energy drinks
- Nuts (Though nuts are healthy, you need to exclude them from a cleansing diet. If you still want to eat, soak them in hot water for 2 hours and then consume)

Practical Tips of Colon Cleansing

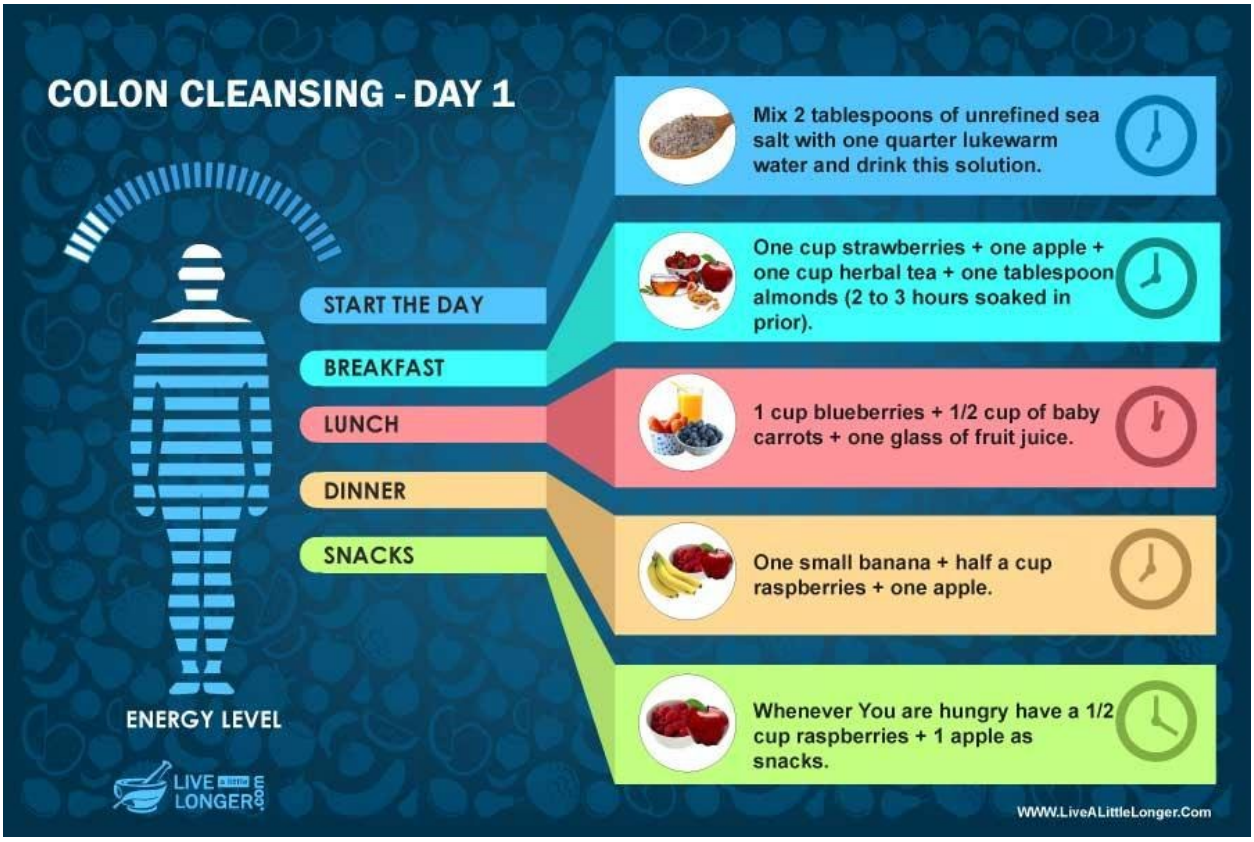
For the week of your colon flush, you will primarily be eating a fruit & plant based diet and limiting grains. It's totally typical that you will feel low energy for the first few days. Irrespective of how much you consume, you will tend to feel as if your still hungry. In light of this, it is critical you **continue consuming water,** salad, soups, fruit and vegetable juices within every 2 hour gap.

Keep in mind, you need not each so much that you start feeling bloated or heavy. Try to keep your meals healthy and light, and ensure you have enough energy to get through the week!

7 Day Fat Flush Plan

Now, let's start the 7 Day Fat Flush!

Day 1: Colon Detox Plan



Start With Sea Salt Solution

Salt water purges all the bacteria, mucoidal plaque and bacteria from your colon. The process of cleaning your colon with sea salt is also called "salt water flush". This is something you should begin your routine with.

Step 1: Mix 2 tablespoons of unrefined sea salt (do not use common salt) with one quarter lukewarm water.

Step 2: Drink this solution firstly in the morning. If you do not like the taste, you can buffer it up with some fresh lime or lemon juice.

Step 3: After you drink the salt water solution, be prepared for the next hour. You might feel a headache, nausea and even queasy – because salt water removes all the toxins and then carries them through your intestines. Since this process happens quickly, you will start to visit the washroom more frequently. While some may evacuate all the salt water just within 1 to 2 hours, some can take few hours.

For Breakfast

Option 1: One cup strawberries + one apple + one cup herbal tea + one tablespoon almonds (2 to 3 hours soaked in water).

Option 2: One glass of fresh vegetable juice + one avocado + half a cup raspberries.

Option 3: One plate of fruit or vegetable salad mixed with 1 tablespoon flaxseeds or flaxseed powder + one glass of freshly prepared vegetable or fruit juice.

Make sure to drink lots of water throughout the day.

For Lunch

Option 1: Half a cup quinoa + half a cup of steamed peppers and asparagus.

Option 2: One cup blueberries + half a cup of baby carrots + one glass of fruit juice.

Option 3: One bowl of steamed vegetables + one cup of pureed vegetable soup.

Make sure to drink plenty of fluids throughout the day.

For Dinner

Option 1: One cup of spinach soup garnished with a few garlic pieces + one bowl of broccoli sprouts.

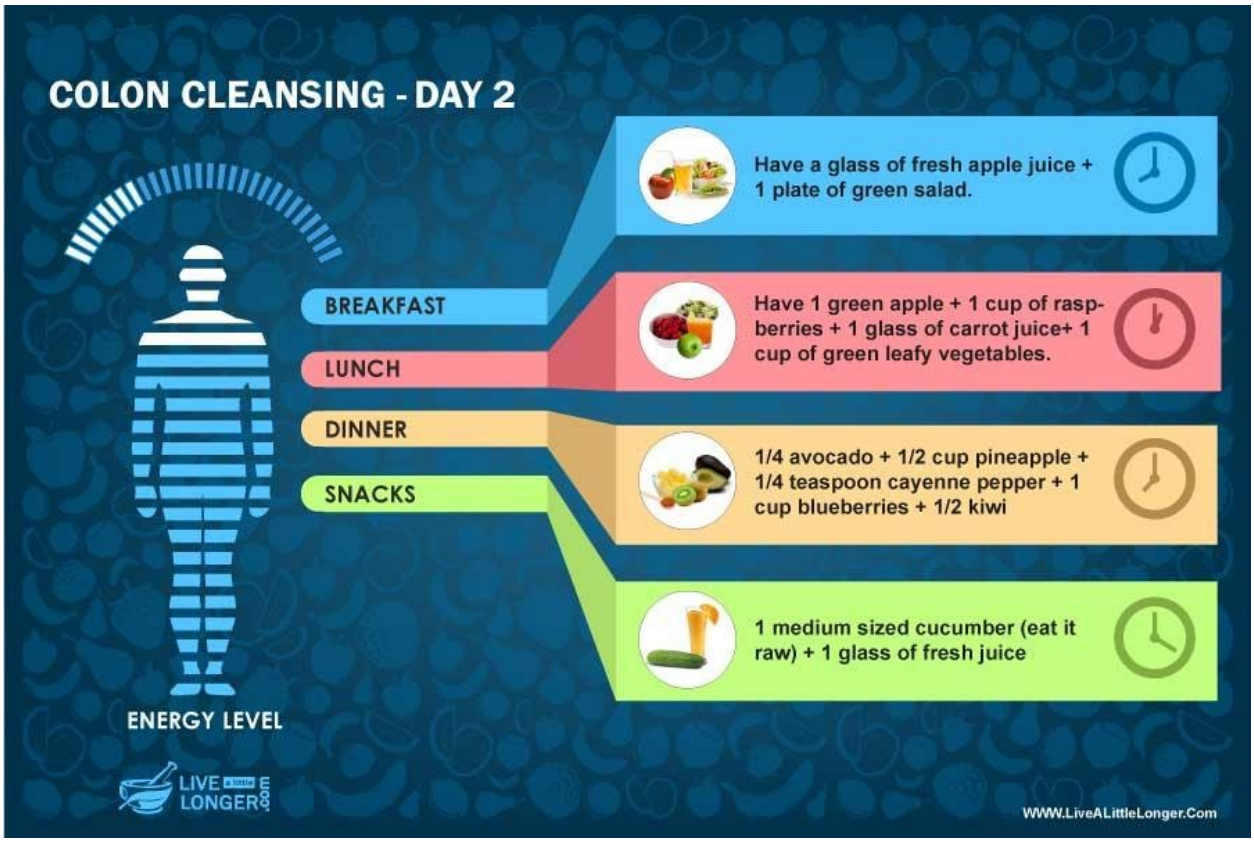
Option 2: One small banana + half a cup raspberries + one apple.

Whenever You Are Hungry (In-between meals), Have This Snack:

Option 1: 1/2 cup baby carrots + 1/2 cup broccoli sprouts

Option 2: 1/2 cup raspberries + 1 apple

Day 2: Colon Detox Plan



For Breakfast

Option 1: Start with a fresh Natural colon cleansing juice: 1 handful of fresh spinach, 1 handful of parsley, 1 cucumber (neatly peeled), 1 celery stalk and 1/2 fresh lemon (neatly peeled) + Eat 1 fruit, either apple or a pear.

Option 2: Have a glass of fresh apple juice, as it flushes out all the toxins, encourages bowel movements and improves your overall digestive system + 1 plate of green salad.

Make sure to drink lots of water throughout the day.

For Lunch

Option 1: Have 1 cup kale + 1/2 cup vegetable soup + 4 celery stalks + 1 cucumber + 1/2 green apple + 1 cup pineapple + 1/2 squeezed lemon

Option 2: Have 1 bowl of fresh green salad (avoid toppings) + 1 bowl of steamed vegetables + 1/2 cup steamed asparagus.

Option 3: Have 1 green apple + 1 cup of raspberries + 1 glass of fresh carrot juice (no sugar or sweeteners) + 1 cup of chopped green leafy vegetables.

For Dinner

Option 1: Have 1 1/2 cups of coconut water + 1 pear + 1 cup raspberries + 1 cup kale + 1 tablespoon flax-seed.

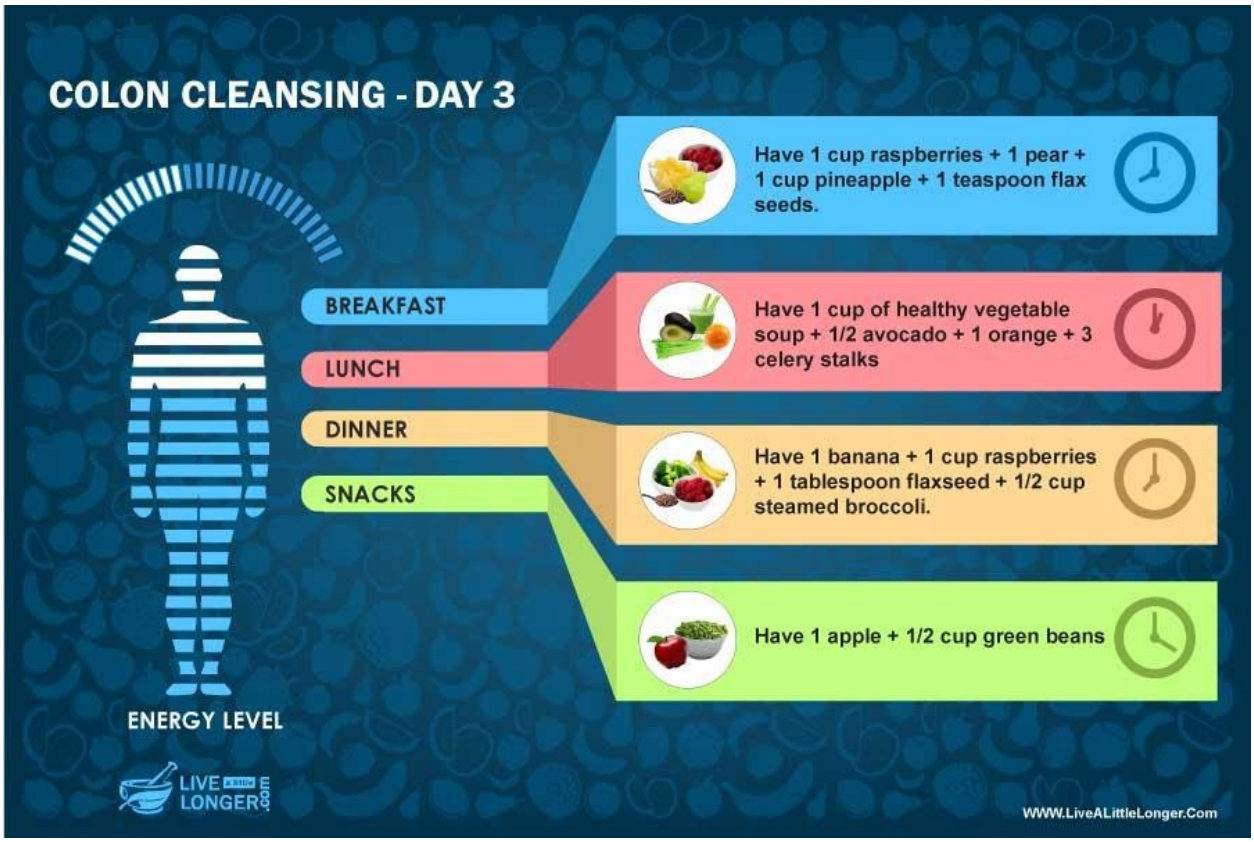
Option 2: Have 1/4 avocado + 1/2 cup mango (if unavailable, replace with pineapple) + 1/4 teaspoon cayenne pepper + 1 cup blueberries + 1/2 kiwi

Whenever You Are Hungry (In-between meals), Have This Snack:

Option 1: 1 glass of fresh lemon juice (no sugar) + 1 cup fresh cherries

Option 2: 1 medium sized cucumber (eat it raw) + 1 glass of fresh juice

Day 3: Colon Detox Plan



For Breakfast

Option 1:

Start your third day of your diet with a healthy morning smoothie. To do this, follow the steps given below:

Step 1: Prepare a glass of fresh lemon juice.

Step 2: Grate ginger root (about 2 inches) and 2 garlic cloves. Mix these two into the prepared lemon juice. Ginger enhances blood circulation while garlic helps in detoxification.

Step 3: Add 2 tablespoons of flaxseed oil (cold pressed).

Step 4: Add some cayenne pepper. It purges all the toxins out.

Step 5: Blend everything in a mixer until it becomes a smoothie.

Step 6: Pour it in a glass, mix well and drink it.

Eat a fresh fruit, either an avocado or an apple.

Option 2: Have 1 cup raspberries + 1 pear + 1 cup pineapple + 1 teaspoon flax seeds

Make sure to drink plenty of natural fluids throughout the day.

For Lunch

Option 1: Have a spinach based salad. Spinach is known to have an antibacterial compound that helps in fighting off the bad bacteria lining your colon and intestine + 1 cup pineapple + 1/2 cup grilled peppers + 1/2 cup quinoa.

Option 2: Have 1 cup of healthy vegetable soup + 1/2 avocado + 1 orange + 3 celery stalks

For Dinner

Option 1:

Aloe Vera is a great Natural colon cleanse. Its medicinal properties not only improve your overall colon health but also treat other issues like skin infections, constipation, diarrhea, headaches and gastric pain. So, for dinner, make sure to drink this juice:

Step 1: Cut an Aloe Vera leaf and take out its gel.

Step 2: Add some lemon juice into it.

Step 3: Put the mixture into a blender and blend it until it turns it to a smoothie.

Step 4: Drink the juice.

After 30 minutes, have a plate of green salad or hot vegetable soup.

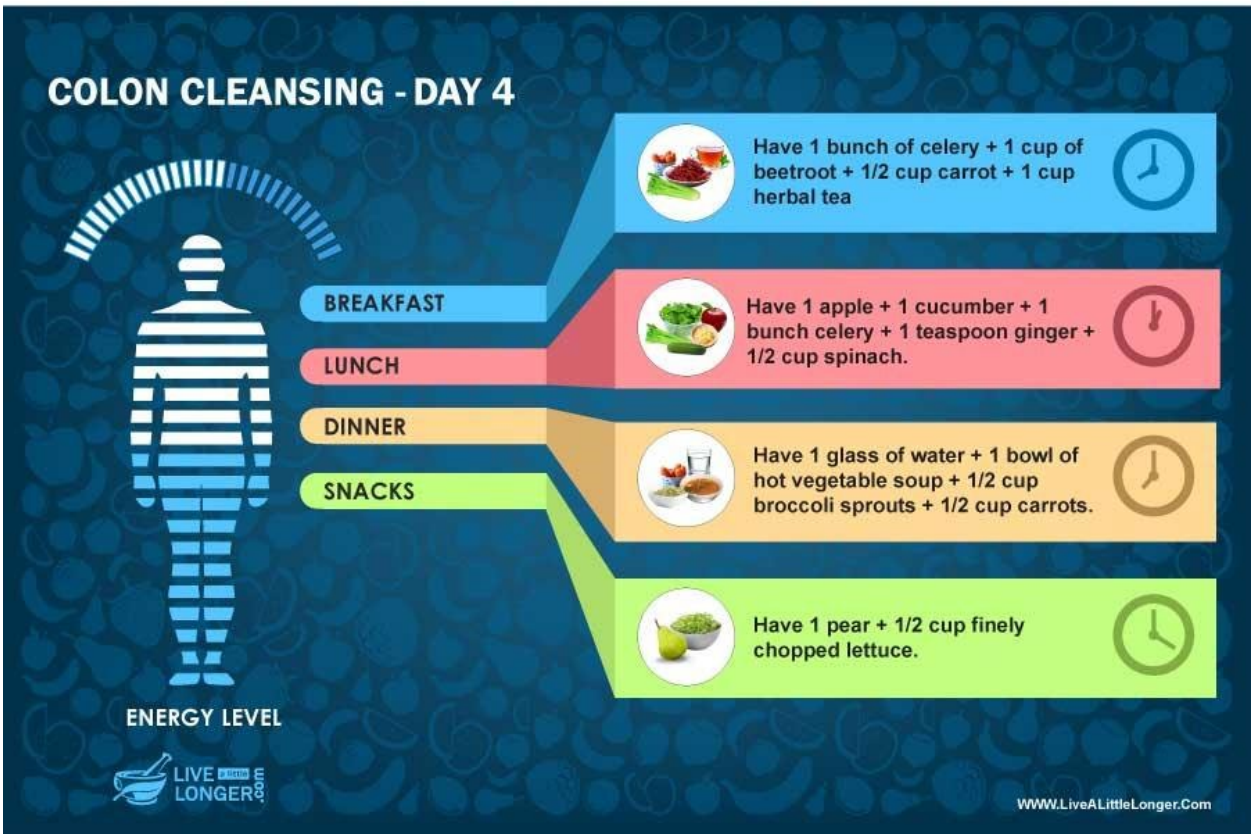
Option 2: Have 1 banana + 1 cup raspberries + 1 tablespoon flaxseed + 1/2 cup steamed broccoli.

Whenever You Are Hungry (In-between meals), Have This Snack:

Option 1: Have 1 cup herbal tea + 1/2 cup steamed peas

Option 2: Have 1 apple + 1/2 cup green beans

Day 4: Colon Detox Plan



For Breakfast

Option 1: Eat a plate of green salad made of these leafy, fibrous vegetables: peas, spinach, artichokes and broccoli + 1 apple + 1 cucumber + 2 carrots.

Option 2: Have 1 bunch of celery + 1 cup of beetroot + 1/2 cup carrot + 1 cup herbal tea

Make sure to drink plenty of natural fluids throughout the day.

For Lunch

Option 1:

Drink this Natural colon cleansing smoothie:

Ingredients Required:

Chopped spinach – ½ cup

Chopped celery – ½ cup

Cabbage – ¼ head

Lime (peeled) – 1

Senna tea (brewed) – ½ cup

Instructions:

Step 1: Blend all the above-mentioned ingredients in 1 cup water until it becomes smooth.

Step 2: Pour it in a glass. Mix well and drink right away.

After this cleansing smoothie, have 1 cup of beetroot + 1/2 cup carrot + 1 teaspoon lime juice.

Option 2: Have 1 apple + 1 cucumber + 1 bunch celery + 1 teaspoon ginger + 1/2 cup spinach.

For Dinner

Option 1: Have 1 glass of water + 1 bowl of hot vegetable soup + 1/2 cup broccoli sprouts + 1/2 cup carrots.

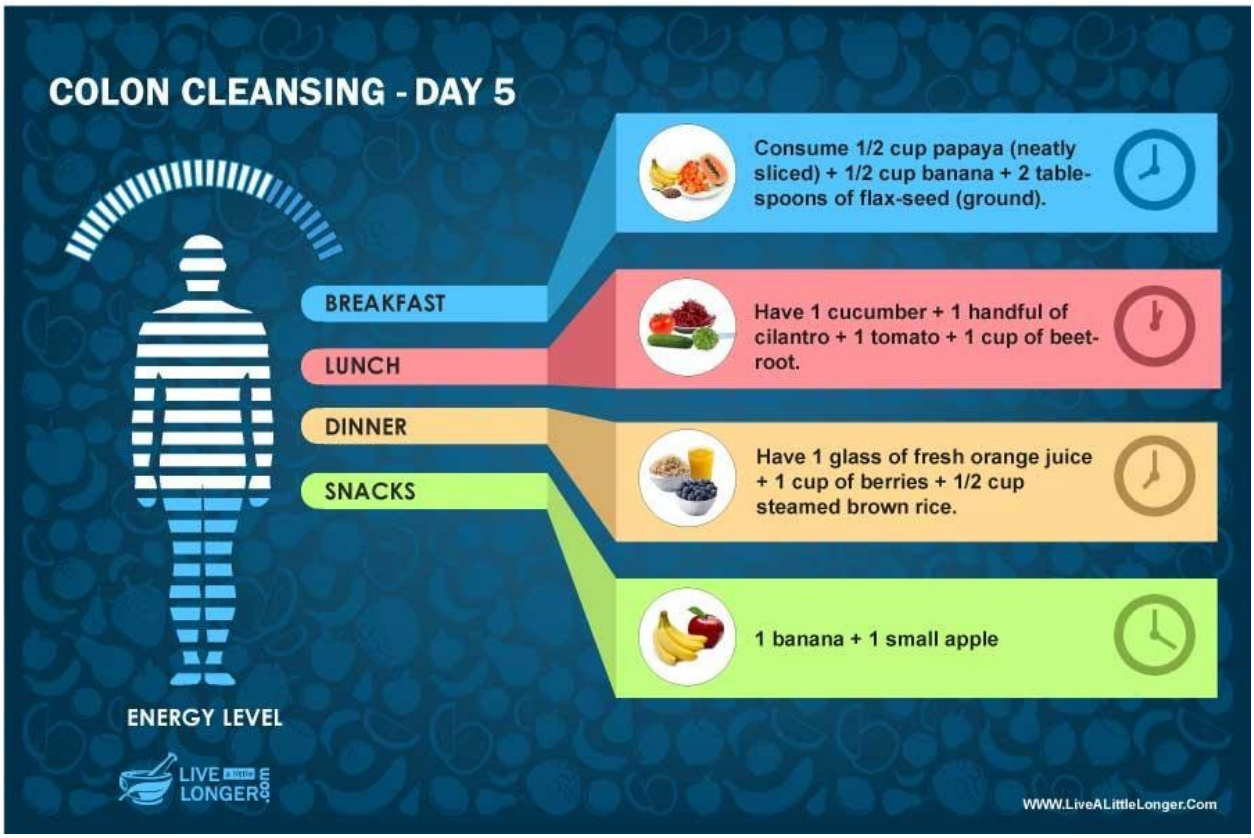
Option 2: Have 1/4 cup strawberries + 1 cup kale + 1/2 cup spinach + 1 small banana.

Whenever You Are Hungry (In-between meals), Have This Snack:

Option 1: Have 1 pear + 1/2 cup finely chopped lettuce.

Option 2: Have 1 cup raspberries + some prunes. These will help you eliminate the toxins from the colon.

Day 5: Colon Detox Plan



For Breakfast

Option 1:

A ginger-psyllium cleanse is must when it comes to maintaining a healthy colon. Follow this recipe:

Step 1: Fill freshly-prepared apple juice in a glass measuring 8 oz.

Step 2: Add 1 teaspoon of ginger (ground) and 1 teaspoon of psyllium husk (ground).

Step 3: Blend all these ingredients until it turns smooth.

Psyllium helps in binding all the waste together whereas ginger helps in flushing out all the toxins from your colon. On the other hand, apple juice improves the colon's functionality.

After drinking this smoothie, roughly after 20 minutes, drink 8 to 10 glasses of water in order to flush away the psyllium from your colon.

Next, have 1 cup of spinach +1 teaspoon flax seeds + 1/4 teaspoon ginger + 1 cup beetroot + 1/2 tomato.

Option 2: Consume 1/2 cup papaya (neatly sliced) + 1/2 cup banana + 2 tablespoons of flax-seed (ground).

For Lunch

Ginger-psyllium is often referred as the master cleanser for your colon. Hence, it is very important to keep your lunch and supper extremely light (if you are going with option 1 as your breakfast). Psyllium will expand inside your stomach. Hence, eating some heavy foods can cause a stomach ache.

Option 1: Have 1 bowl of cold spinach soup, garnished with few coriander leaves + 1 fruit + 1 cup carrots + 1/2 cup french beans.

Option 2: Have 1 cucumber + 1 handful of cilantro + 1 tomato + 1 cup of beetroot.

Make sure to keep yourself well-hydrated throughout the day.

For Dinner

Option 1: Have 1 glass of freshly-made coriander juice. If you don't like its taste, add few drops of lemon juice into it for an extra natural flavor + after a 10 to 15 minutes time gap, have a vegetable salad or fruit salad.

Option 2: Have 1 glass of fresh orange juice + 1 cup of berries + 1/2 cup steamed brown rice.

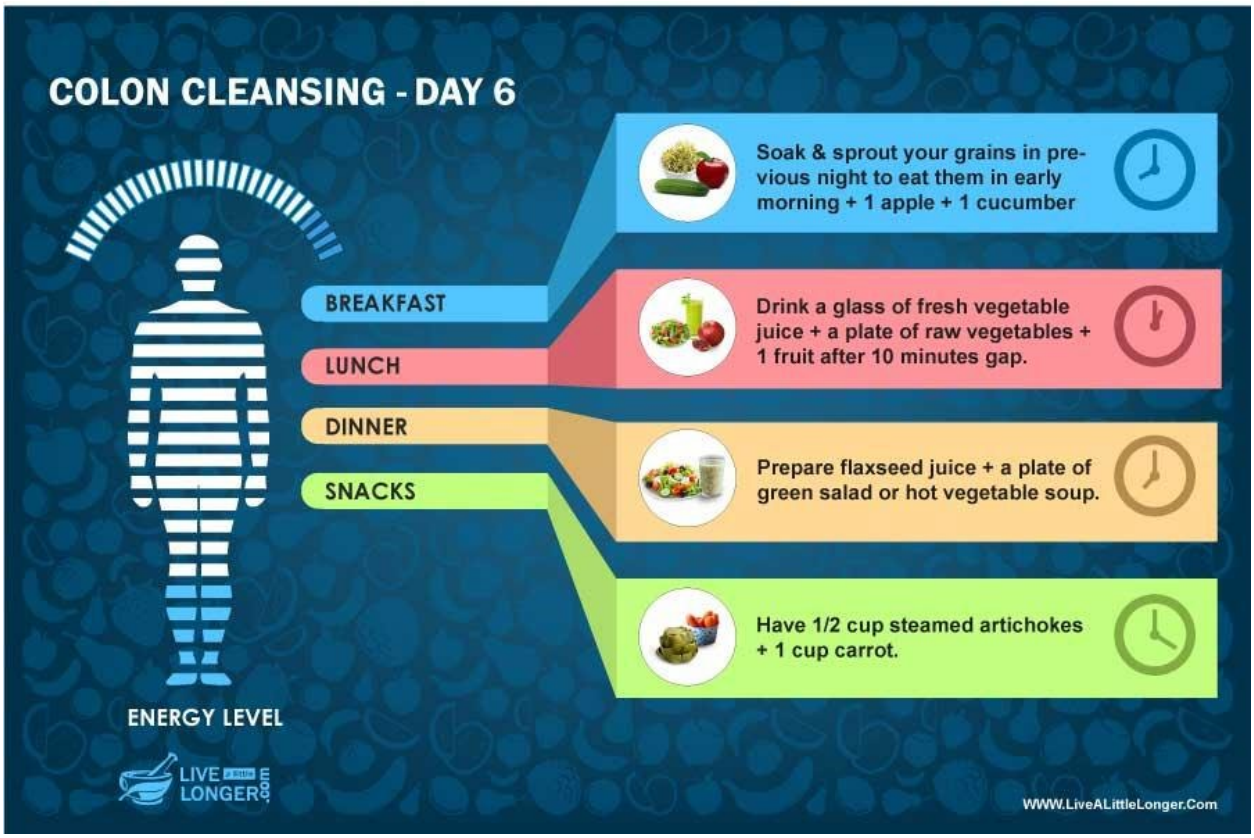
Drink a glass of water before you go to bed.

Whenever You Are Hungry (In-between meals), Have This Snack:

Option 1: 1 glass of fresh lime juice + 1 cup raspberries

Option 2: 1 banana + 1 small apple

Day 6: Colon Detox Plan



For Breakfast

Option 1:

Start your day with flaxseed. Since it is enriched with natural fibers and omega-3 fatty acids, it is well-known as a colon cleanser. It absorbs all the water and expands the colon. Further, it eliminates mucus and toxins too. To start your breakfast right, follow the flaxseed recipe given below:

Step 1: Add 1 tablespoon flax seeds (finely ground) into 1 glass of water.

Step 2: Mix it well.

Step 3: Drink this 30 minutes prior having your breakfast.

After 30 minutes, eat a fresh green apple instead of red. However, if you don't get this one, go with the red. According to Dr. Ben Kim, an acupuncturist and a chiropractor at

Ontario, Canada, apples have a lot of fiber and are a great way to flush off the toxins from the colon. Also, apples turn your internal waste into soft-formed stools.

Consume some fresh green salad to sustain energy.

Keep drinking fluids throughout the day.

Option 2: Soak & sprout your grains, seeds, and nuts in water (previous night) so that you can have them early morning + 1 apple + 1 cucumber

For Lunch

Option 1: Drink a glass of freshly made vegetable juice + a plate of raw vegetables + 1 fruit after 10 minute gap.

Option 2: 1 cup watermelon + 1 cup beetroot + 1 cup steamed asparagus + 1/2 cup peas.

For Dinner

Option 1: Prepare flaxseed juice (1 tablespoon of flaxseed powder in a glass of water) and drink 30 minutes before starting your dinner +After 30 to 45 minutes, have a plate of green salad or hot vegetable soup. You can even add some flaxseed powder in your vegetable soup or fruit salad.

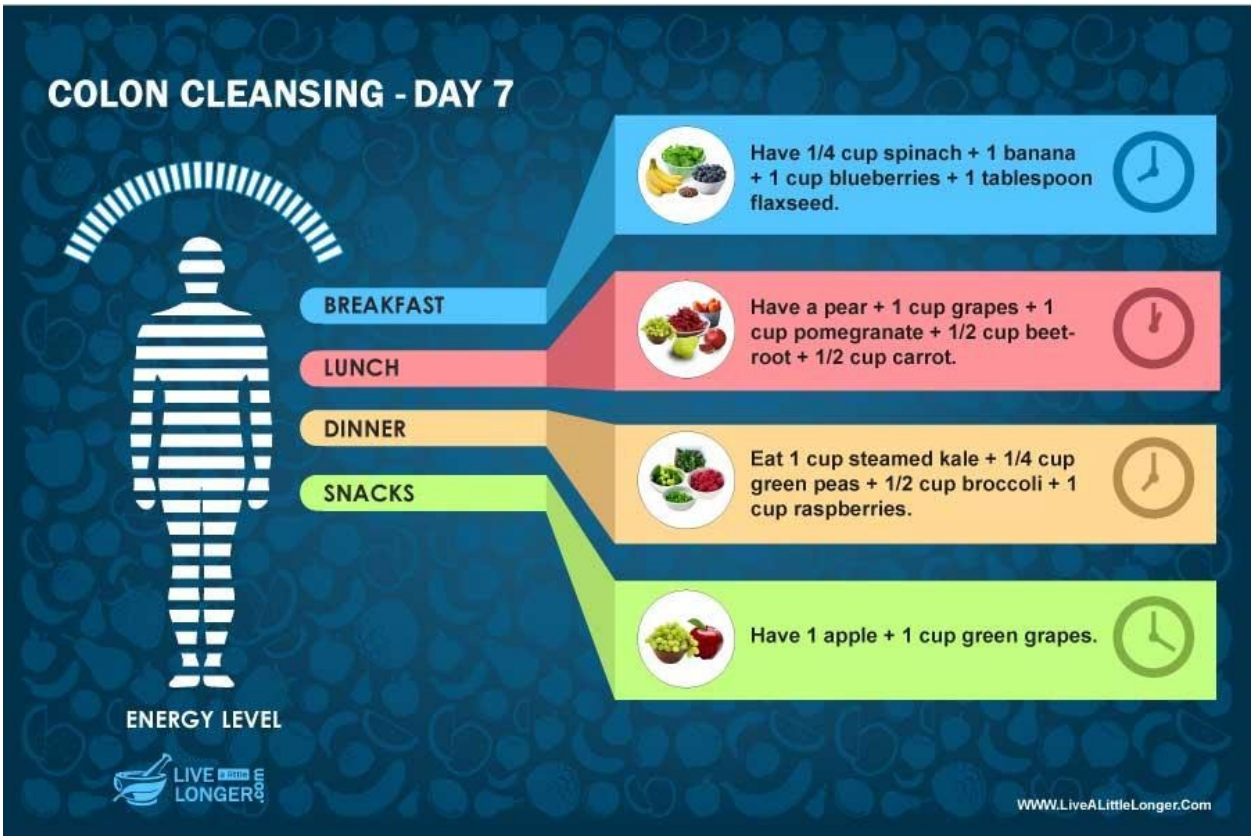
Option 2: Have a healthy natural colon cleansing soup: Add vegetable stock (2 cups) with 1/2 teaspoon of lemon juice. Then, include few pieces of cucumber and 2 avocados. Next, add 1/2 onion (finely chopped), 3 cloves of garlic (roasted), 1 jalapeno pepper (finely chopped), 1 tablespoon cilantro and 1 tablespoon parsley. Don't heat these ingredients. Just blend them and consume it.

Whenever You Are Hungry (In-between meals), Have This Snack:

Option 1: Have 1 avocado + 1 cup raspberries.

Option 2: Have 1/2 cup steamed artichokes + 1 cup carrot.

Day 7: Colon Detox Plan



For Breakfast

Option 1: On the final day, either have a glass of freshly made apple juice or eat a raw apple + With a 10 minutes gap, eat fruits or vegetables that are rich in fiber.

Option 2: Have 1/4 cup spinach + 1 banana + 1 cup blueberries + 1 tablespoon flaxseed.

Make sure to drink plenty of natural fluids throughout the day.

For Lunch

Have a lunch that is 50% green veggies, especially when you are on apple cleanse. This prevents unpleasant side effects like fatigue and tiredness. Also, green leafy vegetables will help you supply a good amount of calories to do your everyday tasks.

Option 1: Have 1 cucumber + 1 teaspoon ginger + 1 bunch celery + 5 leaves of romaine lettuce.

Option 2: Have a pear + 1 cup grapes + 1 cup pomegranate + 1/2 cup beetroot + 1/2 cup carrot.

For Dinner

Option 1: Eat 1 cup steamed kale + 1/4 cup green peas + 1/2 cup broccoli + 1 cup raspberries.

Option 2: Have 1 cup steamed asparagus + 1 cup spinach with brown rice (steamed) or quinoa.

Whenever You Are Hungry (In-between meals), Have This Snack:

Option 1: Have 1 apple + 1 cup green grapes.

Option 2: Have 1/2 cup steamed artichokes + 1/2 cup beetroot.

Gut Microbiome Health

For those that want to expedite the speed and effectiveness of their gut flush, the benefits of adding a probiotic or supplementation to diet can be of great value. When I first started sharing this diet program with those looking to conquer their weight issues and lose their excess body fat, I used to recommend third-party supplements to help support the amazing results of the program.

Unfortunately, I eventually found the supplements I was suggesting had deteriorating quality over time. The manufacturers slowly started decreasing the critical ingredients or replacing them with less pure versions in order to increase profits. When this started occurring, people I encouraged to try our special weight loss plan, as well as this 7 Day Fat Flush, were not seeing the expected weight losses.

Naturally, I wasn't happy continuing to recommend substandard products to people who trusted me. Their disappointment did not sit well with me, and I felt I had to do more than just make suggestions. I had to take matters into my own hands and make a supplement that you could rely on. That's why Biofit was born.

Today, our corporate mission is to bring health and wellness alternatives to the masses with a revolutionary and easy diet program supported by products that actually work, are of the highest quality, and at a price point that most consumers can afford.

With Biofit, we can now proudly and confidently offer everyone who is willing to jump aboard the Eden Diet a winning formula to maximize their results.

Not only does Biofit contain all the required ingredients at effective therapeutic dosages, it's also more cost effective. This is a product that we proudly and confidently stand behind the quality and potency in source ingredients, so when you buy it, use it, and combine it with the food and lifestyle suggestions in this program, you will get optimal results.

Truly, Biofit is the only assured way to get the specific strains of these powerful pre- and probiotics in the ratios needed and thoroughly studied by our advisors. And it's available exclusively for The Fat Loss Accelerator Program.

If you are ready to reset your gut and overcome your weight issues and the guilt, shame, and disappointment that has dogged you all these years, then I invite you to do what I did (and what thousands of others did) and invest in your health and wellbeing today.

How To Get It

If you did not order BioFit with your purchase of the Favorite Foods Program, you can still get it!

FOR A LIMITED TIME: New customer are eligible for a 30% discount if you order within 7 days of purchasing the Favorite Food Diet.

Note: It's make in small batches to ensure potency and quality, so sometimes we run out of stock. It's best to order as soon as possible so you aren't delayed in getting into the best shape of your life.

YES! Give Me BioFit Now!

www.GetBioFit.com/Discount

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