



Sifu's Mind Body Method™ – Detox Starter Kit

🌟 *7-Day Jumpstart*

A Message From Sifu Rafael:

This method is not about temporary results. It's about reclaiming control of your body, your habits, and your energy. This starter kit is your Day 1 Playbook. Read it. Use it. Live it. Let's reset, realign, and rise — together.

1. The Mind Body Detox Formula

Each day for the next 7 days, follow this rhythm:

- 🇺🇸 Upon Waking:
- ✅ Drink 8–16 oz of infused water (see recipes below)
- ✅ Do 20–30 minutes of movement
- ✅ Write 1 sentence intention: “Today I will...”

2. Eliminate These from Day 1

- ❌ Soda (even diet)
- ❌ Gatorade or energy drinks
- ❌ Fruit juice with added sugar
- ❌ Candy, cakes, cookies, pastries
- ❌ Fried foods
- ❌ Processed meat
- ❌ White bread, pasta, or rice


3. Add These In

- ✅ 64–80 oz of water per day
- ✅ Leafy greens
- ✅ Lean proteins
- ✅ Healthy fats
- ✅ Complex carbs
- ✅ Fresh fruits

4. Infused Water Recipes (Pick 1 Daily)

- Lemon + Cucumber + Mint — Flushes toxins & calms digestion
- Strawberry + Kiwi — High in vitamin C, immune-boosting
- Blueberry + Basil — Anti-inflammatory + delicious
- Orange + Ginger Slices — Energizing + metabolism kick

5. 7-Day Detox Tracker


Day	Water	Workout	No Junk	Journal Done	Win? 
1					
2					
3					
4					
5					
6					
7					

BONUS MINDSET TIP:

When your brain says “just one sip,”
Respond: “I don’t drink that anymore.”
Discipline is a decision — not a debate.

You now have the Detox Starter Kit.

Next up?

 The Method.

 The Movement.

 The Results.