



# SEVENTEEN DAY DETOX

CURATED BY OMIKUNLE EKUNDAYO

# SEVEN DAY DIET BOX

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Ignorance is not bliss, ignorance is the enemy.  
May our hearts and minds open.

**Note:**

This eBook does not contain information on how to detoxify someone undergoing treatment for alcoholism or substance abuse. Detoxing from alcohol or other hard substances, particularly benzodiazepines, should always be conducted under the supervision of a medical/wellness professional.

# DETOX

Detoxification, or detox, is the process of removing toxic substances from the body. The contemporary junk food and fast food diet is based upon unnatural, highly refined, processed, genetically altered and synthetically chemicalized non-foods. This modern “food” looks like food, but amounts to chemical waste.

Consider the SEVEN DAY DETOX to be a guide for your mind, body and spirit. It is an one-week guided program to self education, self-evaluation, and self-care.

## THE DETOX

For the next week, avoid or drastically reduce your intake of the following:

- Refined sugars
- Alcohol (wine, beer, spirits, etc.)
- Soda, juice
- Gluten
- Dairy (yogurt, sour cream, cheese, milk, etc.)
- Corn and all corn products, especially high fructose corn syrup
- Canned and processed foods
- Food additives, preservatives, and artificial flavorings
- Butter, margarine, commercial salad dressings
- Hydrogenated vegetable oils/refined vegetable oils
- Animal protein

You can eat:

- Vegetables (all except corn)
- Fruit (fresh or frozen)
- All dried beans and legumes
- Bottled spring or alkaline water
- Soy, Almond, Rice or milk
- Organic tofu
- Brown rice, wheat bread, pastas (gluten free if possible)
- Ground turkey, chicken (if you need to give yourself baby steps)
- Fish (but not more than two servings a week of fatty fish like salmon and for damn sure no tilapia-it is not fish)

# EXAMPLES OF WHAT TO EAT

## VEGAN/VEGETARIAN OPTIONS

Make your favorite meals without meat or try eating meat for just one meal per day.

### BREAKFAST

Fruit/Vegetable smoothie

Melon, grapefruit or other fruit

Add bananas, raisins or berries to your cereal

Sautéed vegetables/potatoes—onions, celery, green or red bell peppers, or spinach

Toast + Avocado

Protein drink

Vegan pancakes, french toast, waffles

Oatmeal

### LUNCH

Fruit or vegetable salad

Vegetable sandwich—cucumber, sprouts, tomato, lettuce or avocado

Vegetable soup. (Compare food labels and choose the product with the lowest amount of sodium you can find in your store, or make soup from scratch.)

Peanut butter + jelly

Tacos

### SNACKS

Raw veggie—cucumbers, green or red bell peppers, green beans, celery or carrots.

Dried fruits/vegetables

Fresh fruit—grapes, apple, banana, orange, kiwi, etc.

Nuts, pita chips, pretzels, hummus, chips and salsa, chips and guacamole

### DINNER

Fruit or vegetable salad with dinner.

Steamed vegetables w/ brown rice

Curried coconut stew (chick peas, carrots, potatoes, scallions, etc)

Fried cauliflower, (BBQ, Teriyaki, Sesame, etc)

Fried vegetable rice

Vegetable Spaghetti (Add spinach, garlic, tomatoes—whatever you'd like)

# FOOD

## THE PROTIEN MYTH

Food is supposed to be composed of nutrients (vitamins and minerals), carbohydrates (starches) and fats and proteins, which provide energy. Carbohydrates are quick energy foods. Fats are the slowest burning energy source. They are composed of smaller substances called fatty acids. Some fatty acids can build themselves into larger groups of fatty acids. These types of fatty acids are called poly (many)–saturated fatty acids. This type of fat is usually in a solid form. Polyunsaturated fats are found in nuts, seeds, omega-3, omega-6, soybeans, etc. Saturated fatty acids usually found in animal fats, cow's milk, beef, pork, etc. We typically take in 30% more than we need to in units of unhealthy fat energy. It's dangerous to eat too much protein, especially from animal sources.

A combination of various nuts, seeds, whole grains (wheat) and beans are healthy sources of protein. Meat/cattle get their protein from plants. Plants are the source of amino acids, which are used to make protein. Meat eaters, wait for animals to eat the plant protein and then they eat the meat. Meat is a second hand protein. Vegetable proteins such as chia seeds, soy beans, hemp seeds, quinoa, hummus, spinach, guava, peas, beans, lentils, avocado, peanut butter, almonds, shelled pumpkin seeds, cashews, etc are all great sources of protein. So, a proper combination of beans, raw nuts, raw seeds, and whole grains does provide complete protein balance. The nutrients in fresh fruits and vegetables have amino acids, as well as chlorophyll that stabilize amino acids and this reduces the protein requirement for vegetarians. Vegetarians use amino acids to make protein.

## FRUITS + VEGETABLES

Eat as many fruits and vegetables as you'd like throughout a day, but not less than 5 servings. The beneficial plant chemicals or phytonutrients come in a variety of colors.

Despite having over 150,000 edible plant species on earth, most people limit themselves to iceberg lettuce, tomatoes, potatoes (french fries), bananas, and oranges (mainly as juice). So when you're shopping, think rainbow colors, fresh, and unusual to you. Crunchy orange carrots, deep purple eggplants, bright red plump tomatoes, green peppers, abundant green leafy romaine lettuce, kale, spinach, yellow and green squash, watercress, avocado, cilantro, peaches, mangos, etc. These are nature's gifts, filled with an incredible array of vitamins, minerals, and phytonutrients that nourish and heal us. The deeper the color, the more antioxidants and other beneficial phytochemicals you're getting. They have fiber that aids in digestion and sugars that break slowly for steady energy, some even have protein.

They are best bought fresh, the closer to picking time the better and eaten soon after. Next best is frozen, and very last is canned (avoid canned if you can–haha, if you **can**). Try your best to support your local farmers market or produce providers. You can eat vegetables raw, steamed, or lightly sautéed in coconut oil. The varieties and recipes are endless–get creative. As far as salads, add healthy salad dressings and avoid those with sugar, MSG, and other chemicals. Or make your own!

# FRUITS + VEGETABLES

## 10 QUICK FACTS

*Every time you eat or drink you are either fighting disease, or feeding it. –Chef Ahki*

1. Eating more fruits and vegetables as part of a healthy diet may help you reduce your risk of chronic diseases such as heart disease and some forms of cancer.
2. The fiber in fruits and vegetables may help to lower blood cholesterol levels.
3. Eating more fruits and vegetables may help reduce your chance of Type 2 diabetes.
4. Generally, fruits and vegetables are lower in calories than many other foods, so choosing to eat more fruits and vegetables can help to lower your overall calorie intake.
5. Foods that are rich in potassium like oranges and bananas may help you maintain a healthy blood pressure.
6. Almost all fruits and many vegetables are low in fat and sodium. Also, fruits and vegetables are naturally cholesterol free.
7. Eating whole fruits and vegetables adds fiber to your diet. Fiber fills you up. This feeling of fullness may help you maintain your weight.
8. If you are a woman of childbearing age or in your first trimester of pregnancy, you need folate (folic acid), a nutrient that is found in fruits and vegetables. Folate reduces the risk of birth defects during your baby's development.
9. Fruits and vegetables contain phytochemicals (plant compounds) that may help prevent or delay disease and help you maintain good health.
10. And finally, here's a great reason to eat more fruits and vegetables – the variety of colors, flavors, and textures that fruits and vegetables bring to meals and snacks.
11. Keep fruit and vegetables where you can see it. That way you'll be more likely to eat it

# DRINK MORE WATER

Getting enough water is essential to your health. Among its other health benefits, water helps maintain your body's fluid levels, which helps your kidneys flush out the body's main toxin, blood urea nitrogen. Your body is composed of roughly 70% water. That means when we are dehydrated – and most of us spend our days constantly dehydrated to some degree – we are affecting the performance of the majority of our body. Nearly all of our systems do not function as well without the proper water intake.

- Your brain is strongly influenced by hydration status. Dehydration can trigger headaches and migraines in some people.
- Drinking water makes us feel so refreshed that it actually improves our state of mind. You don't even have to be severely in need of it to benefit.
- Drinking plenty of water can help prevent and relieve constipation, especially in people who generally do not drink enough water.
- It may help keep us alert. If you're going to need to concentrate for long periods of time, keep water handy to help you stay refreshed, hydrated, and focused. Dehydration can impair your attention span, memory, and motor skills.
- Hangovers are partly caused by dehydration, and drinking water can help reduce some of the main symptoms of hangovers.

## ACIDS + ALKALINES

Your body's alkaline and acid balance, also known as pH, can affect your overall well being. The acid alkaline balance of the body is usually measured by pH. The pH scale measures from 0 to 14; from 1 to 7 is acid, 7 is neutral, and 7-14 is alkaline. Everything has its own pH such as the vagina, stomach, skin, etc. Anger is acid, happiness is alkaline, tears of sadness is acid, tears of joy are alkaline, stress is acid, relaxation is alkaline, exercise is acid, rest is alkaline, etc.

Maintaining a balance of 75 percent alkaline foods and 25 percent acidic foods is ideal. An easy way to accomplish this is to make fruits and vegetables the main part of each meal. Most fruits and vegetables are alkaline in nature. You can also start drinking alkaline water!

# MEDICATING EMOTIONS

The tendency to like types of foods or snacks can indicate emotional imbalance. The food industry makes food that will appeal to dysfunctional feelings, emotions and lifestyles. The industry uses psychologists to help create emotions and feelings for food and to connect subconscious desires to food.

<b>TYPE</b>	<b>EMOTIONAL ADDICTIVE FACTOR</b>
<b>BREADY</b>	Relieves feelings of anxiety and soothes dissatisfactions
<b>CHEWY</b>	Relieves tension/stress and the need to slow down and unwind
<b>CREAMY</b>	Helps satisfy need to be nurtured and comforted
<b>CRUNCHY</b>	Helps release anxiety and social pressure
<b>SALTY</b>	Redirects anger, frustration, violence
<b>SUGARY</b>	Helps satisfy the need to give and/or receive love

# MA'AT PRINCIPLES OF DIET

Ma'at is a Kemetic (Egyptian) goddess who represents truth, justice, balance and morality. Use these principles as your diet guideline. If you are hungry and have a craving for sweets, junks foods, fattening foods, alcohol, snacks, etc., evaluate your emotions and reasons for craving and relate them to Ma'at principles. Question your emotions (feelings) and reasons based upon Ma'at (truth + balance).

## **TRUTH**

Am I really hungry? Am I medicating my emotions with junk foods and alcohol? Does my body need nourishment? Am I being a slave to my taste buds?

## **JUSTICE**

Does my choice of food give nutritional justice to my body or does it nutritionally starve my body?

**RIGHTEOUSNESS** Is the food good for God's Temple (my body)? Is there a healthy snack I can eat instead of junk?

## **HARMONY**

How does eating junk food serve my body and benefit my wellness?

## **BALANCE**

Does eating this food maintain my biochemical balance or does it cause a negative drain of energy?

## **ORDER**

Does the food follow the correct order (amount) of nutrients?

## **PROPRIETY**

Is this food adding to my wellness and helping me to eliminate or decrease my intake of packaged, processed, synthetic, foods, dead animal flesh, cloned, chemical-laced preservatives?

## **COMPASSION**

Do I accept that my wellness adds to the health of humanity and serve Ma'at or do I feel deprived when I do not eat junk?

## **RECIPROCITY**

Does this food ultimately cause disease or wellness?

# DETOX

## THE MIND

Take a close look at your thought patterns and the stories you tell yourself, accept about your self and accept about reality. A thought is energy, or light that has been shaped by consciousness. We are dynamic beings of light that at each moment informs the energy that flows through us. We do this with each thought and with each intention. What we feel, what we think, how we behave, what we value and how we live our lives reflect the way we are shaping the light that is flowing through us.

We change the way we shape the light which is flowing through us by changing our consciousness. We do this for example when we challenge a negative thought pattern such as anger and consciously choose to replace it with compassion or when we challenge impatience and consciously choose to understand and appreciate the needs of others. So, its important to understand that you are not the thought. You are the awareness of the thought and you have a choice to consciously and intentionally shift the thought or become a witness to the thought through observation.

No story or intention is more powerful than the ones we tell ourselves about who we are, how the world sees us, and what we are capable of. There is no story or intention that can not be replaced with another. When we experience anger or jealousy or any other emotion other than peace and joy, we are in an illusion that is designed to bring our awareness to those parts of the soul that need healing. When your mind/ego is engaged in illusion or negative self talk, catch yourself and change the story. You can say, "this thought pattern is not useful."

Your thoughts are vibrations and like energy attracts like energy. This is the law of attraction. If you don't change the story, your thoughts will only create more suffering/illusions.

Change the story.

