

15 DAY

Detox Program

Quick
Reference
Guide



By Sam Stewart

www.helpmetea.com



*“Since I completed the **15 Day Help Me Detox Program** I have never felt better. **I feel energised, rejuvenated and younger already.***

*My body feels amazing and **losing 6kg of excess fat in just 15 days** was an added bonus.... from **a size 16 to a size 12 in just over 2 weeks.... WOW!**”*

— one of our satisfied customers

CONGRATULATIONS ON DECIDING TO GIVE YOUR BODY THE GIFT OF A CLEANSE!

All of this information is included in the 15 Day Detox Program eBook. However, we put together this Quick Reference Guide to help you find key information quickly and give you the best results.

THIS PROGRAM HAS BEEN DESIGNED BY QUALIFIED NUTRITIONISTS TO ENSURE YOU SAFELY DETOX & CLEANSE YOUR BODY WHILST STILL CONSUMING QUALITY NUTRITENTS WHICH ARE ESSENTIAL TO FUNCTION DAY-TO-DAY.

Giving your body a healthy and clean foundation from which to operate from is crucial to building and achieving a long-term balanced, healthy lifestyle. Every day you are faced with choices such as should I exercise or not, should I eat cleansing nutritional foods or nutrient-deficient foods and should I make healthy new behaviours temporary or lasting habits?

Which will you choose?

IMPORTANT

We advise that pregnant or nursing women should not participate in our program. We encourage and recommend you consult your physician if you have any questions. Never stop any medication without consulting your doctor.

WHAT'S IN MY PROGRAM?

Depending on which program you purchased on our website, you will have ordered and should be expecting to receive the following:

| HELP ME Detox Program | BASIC | PREMIUM |
|---|-------|---------|
| <p>Information eBook: 15 Day Detox Program – Give your body the gift it deserves Giving you all the information and tips needed to understand and implement a successful detox cleansing program including templates, do's & don'ts and more...</p> | ✓ | ✓ |
| <p>Quality Cleansing Recipes Included at the back of the Ebook are cleansing recipes for snacks and meals that were carefully selected and tested by our team of qualified nutritionists and health foodists to assist you in your detoxing journey. Its helpful for you to know they also taste really good!</p> | ✓ | ✓ |
| <p>Help Me Detox Tea Program pack With 15 Help Me Detox, 8 Help Me Lose Weight and 7 Help Me Relax herbal tea bags which are all made from 100% natural and organic ingredients specially formulated to support you through this detox program.</p> | ✓ | ✓ |
| <p>FREE eBook called "Find out the benefits of using Help Me Tea, Now" which gives you a detailed breakdown of the ingredients in our quality herbal teas as well as our premium supplement products. This way you understand and gain knowledge on how each of the ingredients can benefit your health, NOW.</p> | ✓ | ✓ |
| <p>Help Cleanse Me (Detox Drinking Clay) A 15 day supply of one of the best drawing clays known on the planet which is designed to improve your overall detoxing experience by helping to draw more toxins from your body. A natural vanilla flavour made with organic ingredients.</p> | — | ✓ |
| <p>Help Energise Me (Super Green Detox powder) A 15 day supply of our specially formulated premium super greens blend which is rich in anti-oxidants, active enzymes, quality vitamins and essential minerals to make the program more effective and achieve better results. Perfect for those who also find themselves short on time and want the convenience of consuming a healthy nutritious beverage whenever, wherever. We promise it doesn't taste like blended grass and many of our customers believe it tastes great.</p> | — | ✓ |
| <p>Help SuperCharge Me (Meal Replacement Formula) 33 servings of nutritious ingredients which leave you feeling full whilst giving your body a chance to rest and not have to breakdown food. It is a quality source of protein and various other vitamins and minerals which ensure that you still get the nutritional intake from a meal without having to rely on your body to break it down. Convenient and ideal for those living a faced paced life to ensure you continue to get the energy to operate day-to-day life during the detox program. We only have chocolate flavour available at this stage.</p> | — | ✓ |
| <p>Ph Testing Strips (Pack of 60) Test yourself daily to see how acid or alkaline your system is by urinating on 1 strip first thing in the morning and comparing it against our colour chart to assess your ph level. There is sufficient supply to test yourself regularly throughout the program to see first hand the changes that will take place.</p> | — | ✓ |

HELP ME PRODUCTS & WHEN TO USE THEM



- **Help Me Detox Tea Bags** – The best time to consume this is first thing in the morning just after you wake up and consume your morning water with lemon juice squeezed into it. Do this every morning for the 15 days straight. (15 total – included in BASIC package)
- **Help Me Lose Weight Tea Bags** – The best time to consume this is just before you go to bed at night. Start this on night 1 and have this variety of tea every second night until the 15th day. (8 total – included in BASIC package)
- **Help Me Relax Tea Bags** – The best time to consume this is just before you go to bed at night. Start this on night 2 and have this variety of tea every second night until the 14th day. (7 total – included in BASIC package)
- **Help Cleanse Me Detox Drinking Clay** – The best time to consume this is either just before your morning snack or just before your afternoon snack. It is also possible to mix it in with your smoothie for breakfast. Take 1 serving each day (15 days supply – included in PREMIUM package only)
- **Help Energise Me Super Green Detox Powder** – The best time to consume this is either just before your breakfast (or in your breakfast shake) or just before your lunch. It is also possible to have just before either your morning or afternoon snack. Take 1 serving each day (15 days supply – included in PREMIUM package only)
- **Help SuperCharge Me Meal Replacement Powder** – The best time to consume this is either instead of your lunch or dinner. Take at least once, and maximum of twice, each day. Mix 1 level scoop (supplied in pack) with water or non-dairy milk. Not to be used to supplement every meal in 1 day. (33 servings – included in PREMIUM package only)

BENEFITS* OF OUR DETOX PROGRAM



Whilst results may vary from person to person, by undergoing our 15 Day Detox Program it is possible you may experience some of the following:

| | |
|--|---|
| GREATER MENTAL CLARITY | WEIGHT LOSS FROM FAT LOSS |
| STRONGER IMMUNE SYSTEM | INCREASED ENERGY |
| REDUCTION IN JOINT PAIN | IMPROVED SINUS & ALLERGIES |
| LOWERING OF CHOLESTEROL & TRIGLYCERIDES LEVELS | ADDICTIONS TO SUGAR, NICOTINE, CAFFEINE & ALCOHOL ARE REDUCED |

** These statements have not been evaluated by the TGA. This program is not intended to diagnose, treat, cure or prevent any disease.*

By cleansing your body on a regular basis
& eliminating as many toxins as possible from
your environment, ***your body can begin to heal itself,***
prevent disease, and become stronger and more resilient than
you ever dreamed possible! —Dr. Edward Group III

QUICK PREPARATION TIPS BEFORE YOU BEGIN

- 1. Failure to prepare is preparing to fail.** Read through the whole book and take notes or highlight as you go to make sure you don't miss anything. If you are going to do a detox you might as well do it properly and the key to a successful cleansing program lies in preparation. Clean out your cupboards and supplies of tempting items (including processed items, dairy, pastas, sugar, nicotine, alcohol, coffee etc) and by this we don't mean binge drink and eat them before you start, just throw them out or pack them away where you won't see them.
- 2. Introduce and experiment** with some of the food and smoothie recipes before you begin the program as this will not only get you familiar with ingredients and tastes of the meals and shakes but also prepare your body for the change and cleanse that is about to occur. Also this should prevent you from cramming in or binge eating and drinking just before you start which, just so you know, is not recommended.
- 3. The best way to start your day** is with a glass of filtered water and half a lemon juiced into it. This not only raises alkalinity of the water but also starts to lubricate and cleanse the liver and digestive tract. Follow this with a cup of our specially formulated **Help Me Detox Tea**. You will also notice that our breakfast options are all highly nutritious smoothies. This is the most effective way to get the power of raw, alkalising, live foods into your body whilst giving your organs a break.
- 4. Don't forget to be open to learning** new concepts and trying new foods and beverages as the program is nutritious and healthy and you will start to feel and see results but only if you stick to it and don't cheat.
- 5. Introduce at least 30 minutes of low intensity cardio exercise from day 5 onwards** into your daily routine. For some of you it may mean getting up 45 mins earlier or going to bed 45mins later to fit it in but this will speed up your metabolism and improve your overall detoxing results considerably. Do this for every day from day 5 until day 15. (e.g. 30 min walk, swim, run, bike ride).
- 6. Surround yourself with positive people and choose positive thoughts.** By consciously doing this it will have an amazing impact on the benefits you will get from the program. Seriously.
- 7. Enjoy it!** Know that by eating and drinking healthy, exercising regularly and introducing positive habits into your lifestyle you are benefiting your body and the engine that runs it.



PHASE 1: PLANNING & PREPARATION

Take 2 days to get yourself ready for the detox program both physically and psychologically. This phase of good preparation and planning is critical to your success in following through and executing this program as without a strong plan and foundation, your chances of succeeding and doing this detox properly is drastically reduced.

In fact, studies have proved that by not doing this simple but powerful exercise of preparing and planning your detox can take your chances of completing the program from 100% down to 20% so you **MUST** plan and prepare your detox **BEFORE** you start. What does this look like? During these 2 days you should:

- 1. Read the Ebook from front to back and then re-read it** and make notes/highlight important parts that you feel are important to you. Depending on your habits and current diet acidity levels, different people may find certain parts of this program easy but other parts hard. For instance you might be exercising 5 days a week but you have an acidic diet eating take away food, drinking soft drink or alcohol or smoking etc so this will be more important to you than someone who doesn't eat or drink any of those items.
- 2. Go through the recipe section and complete your meal planner** to decide on recipes that appeal to you and plan for each nutrition period for each of the 15 days. When doing this make a list of items you will require for the meals, snacks and drinks that you will consume in the first 5 – 7 days. Make sure you put these ingredients down on your blank shopping list template.

- 3. Clean out your cupboards and fridge.** Go through every cupboard and remove (hide, throw out or give away) all processed foods, pre-packed foods, and sugary items etc that aren't on your shopping list. Any item that contains sugar, in any form, should be removed. Any item that has trans fats and refined vegetable oils should be gone. Any item that has artificial



sweeteners, preservatives, additives or colouring must go. All gluten grain, and dairy products must also be cleaned out of your living space.

- 4.** Obviously if you already have items on hand that you will need for your meal plan then don't get rid of them. Unfortunately yes, you will have to get rid of the pasta packets, the chocolates, the soft drinks, alcohol, vinegar, cigarettes, chips, pre-made microwavable meals, breads, cow's milk, cheeses, butters, jams, peanut butter, frozen fish, coffee, cordials etc. This also means we strongly recommend you don't indulge or engage in binge eating or drinking of the items you don't need for the 15 days challenge as this will just put you in a worse position from which to start the program than if you just simply get them out of sight and out of mind.

5. **Go shopping and stock up** on ingredients you will need for your first 5 – 7 days of the program. You will be surprised that most items are readily available from your local supermarket as well as health food stores. These items may include snacks such as almonds, walnuts, fresh fruits and vegetables, free-range eggs, quality oils, nuts and seeds. Perhaps it could also mean getting a pair of new joggers to walk in, or swimmers to swim laps in or borrowing a friend's push bike to do your low intensity cardio exercise on. Whatever you need for it make sure you get it before you start the program as all too often people fail due to a lack of preparing.



6. **Before you start, try preparing or making some of the dishes,** snacks or drinks that you will be consuming throughout the program so you are familiar with it and get a feel for how long it takes to prepare, portion sizes and enjoy the taste knowing that it is nourishing your body. Also start tapering yourself off coffee, alcohol, cigarettes and sugar.

Today, more than **95% of all chronic disease** is caused by **food choice, toxic food ingredients, nutritional deficiencies, and lack of physical exercise.** —Mike Adams

7. **Make your first journal entry** as to why you are 100% committed to achieving the 15 day detox. Why it is important to free your body from the toxins and acidity which have affected your health and energy levels. The 'why' is the most important part of anything we do in life. Without a strong enough desire or motive to take action and turn your SHOULD into MUSTS, our best intentions can be made redundant. Do not try to do this program as there is no such thing as try. There is only do it or don't do it. If you try and fail that means you didn't do it. Step up and commit to making it through the entire 15 days and take the time to write down 'WHY' you will make the 15 days (without cheating). This will also begin the process of shifting your mental thinking to a more healthy state of mind where you breakdown mental obstacles, beliefs and attitudes you have subconsciously built up over time which contribute significantly to your acidic or toxic state of being you are currently experiencing.

8. **Weigh In and measure up.** Write down in a journal your current weight, height, waist, hips and thigh measurements. Also if possible, consult your doctor to obtain your blood pressure and cholesterol readings.

PHASE 2 – EXECUTION OF THE 15 DAY DETOX PROGRAM

1. **Nourish your body** with cleansing and highly nutritious and alkalising food and drinks. Please refer to our recommended daily meal planner in this pamphlet for your quick reference, as this format is ideal to continually give your body proper nourishment throughout the day.
2. **Give yourself the gift of aerobic power** by undergoing 30mins of low medium intensity exercise every day from day 5 until day 15. Be sure to warm up and warm down for 15 minutes either side of exercising. Examples of good aerobic activities include walking, jogging, riding, swimming, paddling, climbing/hiking, bush walks and surfing. Ideally, do these in the morning after your glass of water with lemon and detox tea. If you need to set your alarm an hour earlier than usual to ensure you have the time to do this activity, then do it.
3. **Continue to make journal entries** on how you feel, what your moods are, any challenges you are facing, energy levels, cravings and emotional state on a daily basis.

4. **Sleep at least 7 to 8 hours unbroken sleep each night if possible.**

Rest and recovery are very important in the detox process so be sure to organise adequate time to give your body a chance to recharge and rejuvenate.



5. **If possible, cleanse, drastically reduce or limit your use of technology:** mobile telephones, tablets, computers and any other media for the 15 day period. This means limiting yourself to using these items for work purposes only but if possible, do not use them at all. You will be surprised at the effect this can have on your mental and physical states as well as energy levels.
6. **Meditate for 15 minutes minimum a day.** This may mean you simply sit quietly for 15 minutes, releasing any thoughts as you aim to think about nothing. For some people it may mean playing soothing music or lying down with your eyes closed whilst for others, it could mean watering the garden, going fishing or playing golf. Whatever quiet time means to you try to at least get 15 minutes' quality quiet time each day and twice daily, where possible.

PHASE 3 – TRANSITIONING TO A HEALTHIER LIFESTYLE

You are feeling and looking great but how do you transition from this detox program into a healthier and sustainable lifestyle? You've had a small taste of what it feels like to have more energy and health than ever before but **now you are at a fork in the road where, if you go in one direction you can easily slip back into your old habits** of an acidic lifestyle which saps your energy, causes disease within your body, involves a clogging diet and leads you back to putting on unwanted weight gain.

OR you can take the other path which involves introducing the new healthy habits you have formed and work these into your new healthy, sustainable lifestyle because once you have experienced the taste of vibrant energy, a cleansing diet, freed yourself from toxic cravings and addictions, and feeling healthier and more energetic, you will not want to go back. What you do post-program is just as important to your health as what you have just done. Reverting to an acidic lifestyle and diet will render the 15 days of detoxing pointless and ineffective.

After taking your final measurements and your final journal entry of the program, you review your results and progress to see that as a result of introducing healthy habits such as eating clean with 90% alkaline foods (all live and not cooked if possible) drinking alkaline fluids, exercising regularly, being conscious of your thoughts and taking the time to meditate each day, you will feel fantastic.

You will also have started to lose excess kilograms as your body starts to find its optimum weight range. Some customers go straight into our [30 Day Lose Weight And Feel Great program](#) to help with their transition of ensuring temporary changes revert to long lasting habits.



For those who just want to do the detox program, try following the outline for 5 days a week and then give yourself a leave pass for the weekend or do 4 detox days and 3 leave days each week. Whatever you decide, make sure it is challenging but sustainable as there is nothing worse than setting yourself up to do something that is unsustainable long term or going back to your old acidic ways.

Also be sure to send us a testimonial to support@helpmetea.com to let us know how the program has changed you and your body, what you love about it and what you think we can do to make it better for others. It would also be greatly appreciated if you could refer someone close to you or someone who you may know that could benefit from such a program.

If you keep dealing with the cause and not the source, nothing changes for you and hence why you have to keep dealing with it. Instead, commit to changing the foundation of your health and your habits because if you do it properly you will create lasting change.

Physical change...

starts with **mental change.** —Unknown



Free yourself of the addictive toxic and acidic lifestyles that control and drain most people's life and energy levels. **Decide now to take control of your health, and ultimately your life, by unlocking your true energy and vibrant power. Give your body the gift of a 15-Day Detox Cleanse.**

Change the way you eat,
the way you drink, the way you
move, the way you think and the
way you feel by doing our
15 Day Detox Program!

IMPORTANT POINTS ON THE PROGRAM YOU NEED TO REMEMBER

Keep a journal from start to finish and enjoy your path through the detox process.

Begin your day with a detox tea and filtered water with fresh lemon juice.

Break your fast (breakfast) by giving your body quality nutrition. Our nutritious green smoothies are the ideal way to start the day as your body gets the benefits of a highly alkaline meal in a form which supports your detox and gives your major organs a break. Smoothies are also an easy and delicious way to consume raw, living foods.

Drink filtered water consistently throughout the day in manageable quantities

ELIMINATE your consumption of:

- Processed and unhealthy fats including butter, margarine
- Dairy products - cheese, cow's milk and yoghurt etc
- Toxic addictions including sugar, alcohol, nicotine, caffeine, drugs and vinegar
- Animal products- the only animal products you can consume are free-range eggs (no more than 8 per week).
- Canned, frozen, refined or processed foods - Get rid of pasta, rice, flour, chips, biscuits, cordials, soft drinks, coffee, microwaveable meals and everything processed not in its natural state and not considered to be a LIVE food

Watch your portion sizes to re-train yourself to eat for nourishment and not until you feel full.

Consume quality oils and fats such as cold pressed olive oils, udo's oil, flax seed oil and avocados. We suggest having a tablespoon of udo oil and a shot of wheatgrass at least once a day.

Consciously choose positive thoughts and avoid feeling stressed. Do not eat when you are stressed.

Do not consume any water or other fluids during meals and leave at least 20 minutes after a meal before consuming more fluids.

Buy organic, free range, local and seasonal produce wherever possible

If you are going to miss a meal, be sure to consume a meal replacement shake to ensure you do not leave your body without essential nutrients it needs to function.

From day 5 onwards, exercise at an aerobic level (low intensity) for at least 30 minutes a day. You can ride, walk, jog, swim, hike or paddle. If you can hold a conversation during these sessions, this usually means it is low intensity.

Finish each day with a **Lose Weight** or **Help Me Relax** tea and consume a glass of filtered water with fresh lemon juice.

Meditate for at least 15 minutes a day.

Get 8 hours of quality sleep each night at minimum.

Tell all your friends how good you feel and encourage them to take part in our program.

If you enjoyed all or some, of our tea you had during the program, you can still order it independently and consume it post program. Simply go to our website www.helpmetea.com choose the variety of tea you desire and checkout.

CONSUMING ALKALINE FOODS

For the next 15 days, your diet must be designed with 60% of your diet from the 'Alkaline' column, 30% from the 'Slightly Alkaline' column and the remaining 10% from the 'Slightly Acidic' column from the chart on the following page.

Consider the small portion of your diet coming from the 'Slightly Acidic' column as a treat so have sparingly. All items in the 'Acidic' column are eliminated for the next 15 days.



CHALLENGE: Of the foods and drinks you choose to consume, we challenge you to also have 80% of these foods in their natural living state. Doing this will give you best results and make the detox far more effective than if you were to have the foods in the allowable columns cooked or heated.

To make this clear and simple, think of the five nutritional intake periods you have each day (breakfast, morning snack, lunch, afternoon snack, dinner) as having a 20% value on it.

So when you consume a raw, live foods smoothie for breakfast (green smoothie), raw morning snack (10 almonds & piece of watermelon), natural meal replacement shake for lunch and raw afternoon snack (celery sticks with organic cashew butter) you have had 4 meals that have all been in their natural state making up 80% of your diet. This then means the dinner meal can have a cooked portion in it, such as quinoa salad.

The best and most **efficient pharmacy** is within
your own system. —Robert C. Peale

| ALKALINE (60% of Diet) | SLIGHTLY ALKALINE (30% of Diet) | SLIGHTLY ACIDIC (10% of Diet) | ACIDIC (ELIMINATE) |
|--|--|---|--|
| <p><u>Vegetables</u> Beans - Green Beetroot Broccoli Cabbage Capsicum/Peppers Celery Cucumber Garlic Ginger Grasses Kale Kelp Leafy Greens Lettuce Olives (not soaked in vinegar) Onion Parsley Radish Rocket Spinach Sprouts Wheat Grass</p> <p><u>Fruits</u> Avocado Coconut Figs Grapefruit Lemons Limes Tomato</p> <p><u>Other</u> 9.5 Alkaline Water Burdock Root Chia Seeds Green Drinks (Help - Energise Me) Himalayan Salt Quinoa Udo Oil</p> | <p><u>Vegetables</u> Artichokes Asparagus Brussels Sprouts Cauliflower Carrot Eggplant Leeks Peas Rhubarb Sweet Potato Watercress Zucchini</p> <p><u>Fruits</u> Fresh Dates Melon Nectarines Passion Fruit Pears Plums Watermelon (seeded)</p> <p><u>Other</u> Almond Milk Almonds (soaked) Coconut Oil Flaxseed Oil Help Cleanse Me - Drinking Clay Herbal Teas Herbs & Spices Goat Milk Lentils Pumpkin Seeds Raisins Rice Milk Sesame Seeds Soy Beans Spelt Sunflower Oil Tofu Water with Lemon - Squeezed in Watermelon Seeds Walnuts</p> | <p><u>Vegetables</u> Black Beans Chickpeas Kidney Beans</p> <p><u>Fruits</u> Apple Banana Berries Grapes Mango Orange Other Stone Fruit PawPaw Pineapple Strawberries</p> <p><u>Other</u> Brown Rice Cacao Oats Natural Juices Wild Rice</p> | <p>Dried Fruit Coffee Fruit Juice Jams Vinegar Soy Sauce Yeast Beef Chicken Fish Pork Shellfish Cheese Dairy(milk) Processed Foods Mushrooms Alcohol Nicotine Sugar Chocolate Ice Cream Chips Lollies White Bread White Pasta Pre-Made Meals Rye Breads Whole Wheat Butter/Margarine</p> |

WHAT YOU NEED TO ELIMINATE AND AVOID

| WHAT YOU WILL ELIMINATE FOR 15 DAYS | WHY? |
|--|--|
| <p>COFFEE</p> <p>SUGAR</p> <p>ALCOHOL</p> <p>VINEGAR</p> <p>RECREATIONAL DRUGS</p> <p>NICOTINE (cigarettes)</p> <p>(we recommend you continue to eliminate these from your diet even after the program finishes)</p> | <p>These are known as acid addictions and when they are consumed in your body it creates, or intensifies, an over-acidic environment of your blood which then encourages or promotes the growth of bad bacteria, yeast, fungus and virus. This is what can give rise to infections and diseases.</p> |
| <p>ALL DAIRY PRODUCTS</p> | <p>Puts strain on your liver to remove the animal protein from your system which then can affect your entire excretory system and workload on your liver.</p> |
| <p>PROCESSED FATS & OILS</p> | <p>These fats promote poor circulation (high blood pressure), clog your waste system and encourage an acidic environment which leads to dis-ease within the body.</p> |
| <p>ANIMAL PRODUCTS</p> | <p>Clogs your elimination system and requires your organs to use a lot of energy to break these products down to digest them properly. The constant consumption of these products is an excellent reason to do a detox in the first place.</p> |
| <p>STRESS</p> | <p>Your feelings are very powerful and even if you eat and drink everything as per the program, if you are constantly in a state of stress or worry, your body will be acidic regardless of the nourishment you try and give it. It really is this powerful.</p> |

WHAT ELSE SHOULD YOU AVOID? (Just to give you a little bit more clarity)

- **Fruit juice** – Whilst fresh fruits are good for you, too much of it in a concentrated form will contain a large amount of sugar which is what we are trying to avoid. In general it is better to have this than a chocolate bar though.
- **Breads/smoked or cured meats** – These are loaded with sugar and sulfites
- **Condiments** – tomato sauce, mayonnaise, dressings, jams, butters, soy sauce etc are mostly sugar or vinegars which you need to avoid
- **Sugar alternatives** – agave, molasses and rice syrup.
- **Mushrooms & pickles** – Mushrooms are yeast and pickles are normally made with vinegar
- **Soy products** – unless they are organic and raw soybeans of course.
- **Any pre-packaged chips or meals** – even ones that say baked not fried or fat free or natural ingredients on them. You need to make every meal yourself (unless taking our supplements) as at least that way you know exactly what you are putting into your body.
- **Canned foods** – Some people think canned asparagus or beetroot or tuna would be acceptable but it is a processed food, which are commonly soaked in other products which contain toxins or detract from the original nutritious state that the product would have been in, in the first place.

The more **efficient** your **body**, *the better you feel*
and the more **you will use your talent**
to produce outstanding results. —Anthony Robbins

DAILY ROUTINE FOR THE NEXT 15 DAYS

WAKE UP (6am – 7am)

- Glass (400ml) of filtered or purified water with lemon juice
- The **Help Me Detox Tea**

BREAKFAST (8am)

- 1 – 2 Glasses (400ml) of filtered or purified water
- Alkalisng smoothie from 'Breakfast Recipes'

MORNING SNACK (9am – 10am)

- 1 Glass (400ml) of Filtered or purified water
- PREMIUM CLIENTS:** **Help Energise Me Detox Super Greens mixed with 350ml filtered or purified water**
- BASIC CLIENTS:** Alkalisng juice (see breakfast recipes for the details).
- Nutritious snack from the 'Snack Menu'

LUNCH (12pm – 1pm)

- 1 – 2 Glasses (400ml) of filtered or purified water
- PREMIUM CLIENTS:** **Help SuperCharge Me Meal Replacement Shake – 1 level scoop mixed into 250ml filtered or purified water**
- BASIC CLIENTS:** Alkalisng salad (see dinner recipes for the details)
- Choose 1 of the following fruits to eat: 1 medium size banana, green apple, piece of watermelon, rockmelon or honeydew

AFTERNOON SNACK (3pm – 4pm)

- 1 Glass (400ml) of Filtered or purified water
- PREMIUM CLIENTS:** **Help Cleanse Me Detox Drinking Clay mixed with 350ml filtered or purified water**
- Nutritious snack from the 'Snack Menu'

DINNER (6pm – 7pm)

- 1 – 2 Glasses (400ml) of filtered or purified water
- Alkalisng meal from 'Dinner Recipes'

BEFORE BED (9pm – 10pm)

- Glass (400ml) of filtered or purified water with lemon juice
- Alternate each night between the **Help Me Lose Weight** and the **Help Me Relax Tea**

Remember to consult the recipes section for healthy and tasty ideas to plan your 15 days of cleansing. Use the following template to schedule and plan your meals for each part of the day by selecting a snack or meal from our recipe section and putting it into the relevant slot on your meal chart. This way you know what you are having for each meal of every day for the 15 days and can plan your shopping lists accordingly.

NB. You are allowed to interchange the lunch and dinner options as you wish. In other words, clients can have the dinner meal at lunchtime and the either the shake or cleansing salad and fruit for dinner. Ultimately its better to have your main meal of the day at lunch time and then a shake or cleansing salad for dinner but as most of us work during the day and the fact that it is nice to eat with the rest of your family/friends at dinner time instead of drinking a shake, it is more practical to have the shake/salad option at lunch and a meal that you have time to prepare fresh for dinner.

OUR QUALITY, ALL-NATURAL PRODUCTS & EBOOKS HELP
YOU REACH YOUR HEALTH & FITNESS GOALS
THE HEALTHY & SAFE WAY!



www.helpmetea.com

