



DANETTE MAY

THE *one day* DETOX

Rid your body
of toxins and
boost your
metabolism with
this simple one
day cleanse



Welcome

The One-Day Detox

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Lets Get Started

You find yourself sluggish, constipated, over weight and burned out... You know the symptoms. Even still you probably wonder why it's happening. Sometimes, the body builds up large amounts of toxins that are known to wreak havoc on your internal systems. Toxins build up in your body no matter the season.

It's important to know how your body actually becomes toxic. Below is a list of the 8 most common causes of toxic build-up in the human body

8 COMMON CAUSES OF TOXIC BUILD-UP IN YOUR BODY.

Constipation

The colon is your body's sewage system. If the sewage system backs up, toxins become trapped in your colon. Chronic constipation means that toxins are fermenting and decaying in the colon, being reabsorbed into the bloodstream, polluting our tissues and cells.

Poor Diet

Poor diet includes: dead, cooked, devitalized, low fiber foods, fried foods, junk foods, over-processed foods, etc. As a modern society, we have drifted away from eating raw, organic fruits, vegetables and whole grains high in natural fiber, nutrients and enzymes.

Over Consumption

Overeating puts a tremendous strain on your digestion system. Sometimes people eat too much food, too fast. Foods are not properly broken down and lodge in the lower intestines, causing vital nutrients to NOT be absorbed.

Lack of Water

Water makes up 65% to 75% of the human body. It's second only to oxygen in order of importance to sustain life. Water cleanses the inside of the body as well as the outside.

Stress

Stress affects every cell and tissue in the human body. Stress breaks down the immune system as well as all of the major organs. Stress is TOXIC to your bodies.

Antibiotics

Antibiotics, despite their benefits in fighting certain bacterial infections, have a damaging effect on the intestines. Their intended purpose is to eliminate unhealthy bacteria in the body; the bacteria that causes illness. Unfortunately, they not only eliminate the bad bacteria but the good bacteria.

Lack of Exercise

Exercise strengthens your entire body. It stimulates the circulatory and lymphatic system, building stronger muscles, nerves, glands, lungs, and heart; invigorating blood, brain, mind and mood.

Eating Late at Night

The human body uses sleep to repair, rebuild and restore itself. In essence, your body uses the sleeping hours to cleanse, and to build strength and immunity.

THE GOAL

The goals of this detox are to cleanse the liver, decrease inflammation, and reset your metabolism. All of this will help you clear out any toxins that are making it hard for you to lose weight and feel great.

You don't need to buy into the hype of spending money on magic drinks or pills to do an effective detox. Nothing is more powerful than healing foods to clean out your system. Food is medicine and you're about to learn exactly what you need to grab at your local supermarket to have the greatest benefit on your health, skin, and organs. Not to mention the way you look and feel!

Before we get to your one day cleanse, let's look at some amazing facts about what's going to help you feel so wonderful!

- The healthy fats in kefir will help you absorb the fat soluble vitamins in this drink. Kefir is loaded with 10x the probiotics as Greek yogurt and helps with gut inflammation as well as boosting your immunity. The high percentage of protein in kefir will also help you stay satiated and feel fuller longer.
- Berries are loaded with antioxidants as well as citrus and vitamin c which will help you absorb the iron that is in the spinach or kale.
- Limes helps with digestion, and constipation. It will help you eliminate all the toxins and build up.
- Chia seeds are loaded with vitamins, nutrients, and fiber (which will help you flush out unwanted waste), antioxidants, and help flatten your gut.
- Kale & spinach are two of the best superfoods for detoxing the liver as well as other organs in your body.
- Bananas help with inflammation and make the drink naturally sweet.
- Cucumbers are a great source for clearing out the internal system, and are loaded with rich vitamins that help with arthritis, diabetes, and cholesterol.
- Not only do pineapples taste amazing, but they contain bromelain which has amazing anti-inflammatory and digestive benefits; as well as protecting against macular degeneration.
- Coconut oil will help your skin all around. The healthy fats in this superfood will help you feel full as well as eliminate all the toxins built up.
- Cacao is loaded with antioxidants and tastes delicious.
- Avocados contain a wonderful fat that helps you burn pounds.

You Will Need

Note: Buy Organic, if possible

- Plain organic kefir or [protein power](#)
- 3 Lemons
- 1 Lime
- Kale or spinach
- Unrefined coconut oil
- Cayenne pepper
- [Cacao Bliss](#)
- 1 Banana
- Pineapple
- Cucumber
- Berries
- 1 Avocado
- 2 Packets of green tea (can be any flavor or type)
- Chia seeds (optional)
- Coconut water (optional)

THE BREAKDOWN

Note: Remember to drink water throughout the day! Your goal is to drink 1 gallon of water. If you have a hard time drinking water, you can drink pure coconut water. Make sure it is real coconut water, not added with other flavors or ingredients. Let's do this!



The Meal Plan

Upon Waking

LEMON WATER & CAYENNE

Ingredients:

- 1 cup warm water
- Juice from 1/2 of a lemon
- Pinch of cayenne pepper
- 1 tsp. Apple Cider Vinegar with the “Mother” Root

Squeeze fresh lemon juice and apple cider vinegar in hot water with a pinch of cayenne pepper.

BENEFITS: Lemon is a phytochemical that helps to detox your liver. Cayenne pepper contains capsaicin which boosts your metabolism by slightly raising your body temperature while boosting your immune system and decreasing inflammation which occurs in your gut. This is a great way for you to begin your day as well as reset your pH levels and start the cleansing process.



One Hour Later

LEMON GREEN TEA

Ingredients:

- Green tea (flavor of your choice)
- 1 cup hot water
- Juice from 1/2 of a lemon

Squeeze fresh lemon juice in hot water and steep green tea to taste.

BENEFITS: Catechins, the major component of green tea extract, have various physiological effects. They help remove toxins as well as having a significant impact on reducing body fat. Green tea can also alleviate caffeine withdrawal headaches.

Breakfast

WAKE ME UP, SHRINK ME DOWN SMOOTHIE

Ingredients:

- 1/2 cup kefir (or 1 serving [protein powder](#))
- 1/2 cup water
- 1/4 cup berries of choice
- 1/4 cup spinach or kale
- 1 tbsp. chia seeds (optional)
- 1/2 cup ice (optional)

Add all ingredients to a blender and blend until smooth. Enjoy!



Lunch

DETOX PINA COLADA SMOOTHIE

Ingredients:

- 1/2 cup spinach or kale
- 1 cup water or coconut water
- Juice from 1 lime
- 1/2 cup organic cucumber
- 1/2 cup fresh organic pineapple
- 1 tsp. unrefined coconut oil

Add all ingredients to a blender and blend until smooth. Enjoy!



Dinner

FIRED UP METABOLISM DRINK

Ingredients:

- 1/2 cup kefir (or 1 serving [protein powder](#))
- 1/2 cup spinach or kale
- 1 serving [Cacao Bliss](#) (can use 2 tbsp. raw cacao powder instead; not cocoa, not Hershey's)
- 1 banana
- Half of an organic avocado
- 1 cup water
- 1/2 cup ice

Add all ingredients to a blender and blend until smooth. Enjoy!

Before Bed

LEMON WATER & CAYENNE

Ingredients:

- 1 cup warm water
- Juice from 1/2 of a lemon
- Pinch of cayenne pepper
- 1 tsp. Apple Cider Vinegar with the "Mother" Root

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Congratulations

Once you complete the One-Day Meal Detox you're ready to take the next step toward a healthier and happier you!

The One-Day Detox is an introduction to what you'll get in my [Fit Rise Program](#) which will show you exactly how to jumpstart your metabolism, slow aging, lose stubborn fat...and keep it off while enjoying healthy, real food!

You'll discover deliciously simple fat-burning recipes, a detailed 30-day meal plan, and the exact fat blasting workouts that you need to torch body fat once and for all. Plus you'll get exclusive access to the Facebook Group where you'll get DAILY support from experienced mentors, other loving members, and me. Plus...you'll get access to ALL of the wildly popular Challenges I host!

Now let's get started! Get my BEST workouts, challenges, recipes, and support today! [Click here to join Fit Rise.](#)

Danette



About Danette



Danette May is the founder of Mindful Health, LLC and The Rise movement. She's a world renowned motivational speaker, #1 best-selling author of seven health and women empowerment books, former celebrity fitness trainer, wife, and mother. She's also shared her unique, inspiring message on national TV, including Access Hollywood, Hallmark Home and Family, CBS, and many others.

Since 2011 she's helped transform the physical, mental, emotional, and spiritual lives of millions of people around the world by focusing on healing foods, healing movement, and a healing mind. She teaches students how to transform the "muck" of their lives into inner motivation, empowering them to transform their bodies and minds. Her mission is helping others love the bodies they live in and love the life they live!