

About the 3 Day Detox



health nag.



I nag because I care

No sugar coating, we're
not kids anymore.

Why Detox?

We are bombarded by hundreds of toxins on a daily basis: they are in our food; they are in our air & they are in our immediate environment. Sad but true. Chemical stress, pollution, poor food choices, all this bad stuff builds up, bit-by-bit, until we are carrying around a lifetime of toxins that burden our immune system. Therefore, a regular structured detox and intermittent fasting is crucial in order to maintain great health, smooth digestion, strong immunity, beautiful skin, healthy weight and of course, happy moods. No, not just once in a lifetime, but regularly. A liquid fast is one of the best things you can do for yourself and your beloved body.



**Trust me on this.
Great health starts here.**

This is a powerful program.

- It is going to rejuvenate & reset your entire system.
- It will boost your immunity & reduce inflammation.
- It is going to transform your energy levels & bring back that overall sense of wellbeing that you've been missing.

IN JUST 3 DAYS

This 3 Day Digestive Detox will prove that you can survive three days without food. Not only that, but it will show you (yes, you are going to see it) just how much junk you were carrying around in your colon. Unlike other detoxes, this one actually guarantees visible results. But don't start panicking it's not a laxative, just a very effective type of fibre. You won't have to put yourself on a "house arrest" for these 3 days.

In just 3 days this detox will:



Remove harmful toxic build-up from your intestines and colon.



Purify the entire digestive system and re-activate proper digestion.



Minimise food intolerances.



Help to lose stubborn fat and speed up the metabolism.



Improve digestive activity and the absorption of nutrients.



Strengthen your immune system and support all your healing processes naturally.



Give you tons of energy immediately on completion.

HEALING IS LIVING

Let's break it down.

The 3 Day Digestive System Detox is a complete liquid fasting program that replaces all your regular meals for three days. But don't start panicking, the sachets are very filling and will trick your mind into being full.

THIS IS WHERE THE MAGIC IS

The program has been carefully designed for food addicts (that's most of us, then) and it will keep you feeling full throughout.

Sure, you might get hunger pangs every now and then, but you'll have to (wo)man-up and trust the process. You want that toxic build-up and chronic mucoid plaque out of your system, don't you?

How does it work?

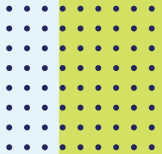
This is the only detox product in the world that contains oil palm fibre – a powerful cleansing ingredient that absorbs, catches and binds with waste inside your body, then helps it all slip out effortlessly and painlessly, in one big rope. It will help you get rid of years of 'abuse' that you've been carrying around with you and you'll be surprised (shocked, probably) by what you've been storing inside all this time.

The fasting process allows your digestive system to eliminate that hard-to-remove waste and rebuild damaged cells and tissues. It is important to give your body rest away from digesting food so your body can focus on this 'spring cleaning'. You won't necessarily need to pause your normal daily routine, but it's worth taking a few days to prepare before you start.

It's probably best not to plan anything major during the three days of the program either. You can, however, workout if you feel like it and I even encourage you to move, walk or do light yoga to support your blood circulation and lymph flow. Saunas or steam rooms would be a fantastic addition to your detox.

Think of this as your time to slow down, relax and let go. A bit like a mini break, but without the 'food fun'.

↳ DETOX → DETOX → DETOX
↳ DETOX → DETOX → DETOX



Change happens when change happens

Before your detox

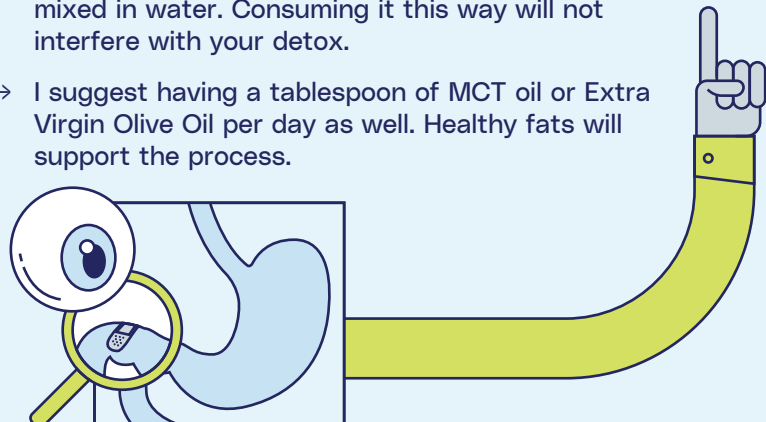
You will need:

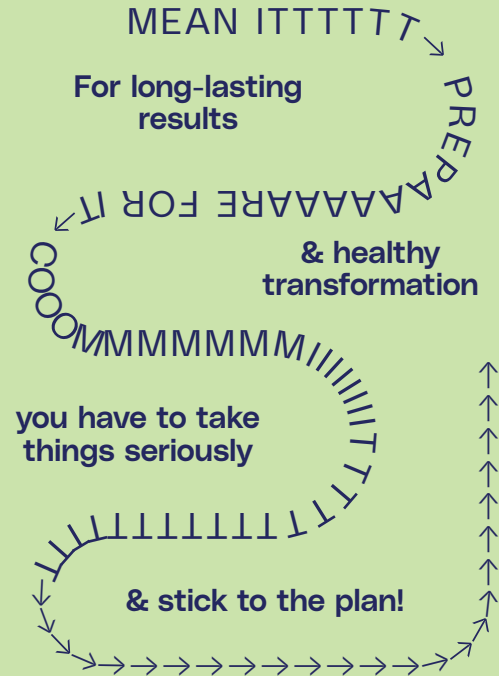
- A shaker.
- Green veggie juice or any healthy liquid of your choice.
- A vegetable or a bone broth a day (recommended).
- 2-3 litres of room temperature or warm mineral water per day. It needs to be a mineral water, because you need minerals during this time. Ideally in a glass bottle.

PLEASE AVOID JUST SIMPLY DRINKING
WATER IN PLASTIC BOTTLES

- Green Tea or Matcha is perfectly ok during the detox, but stay away from coffee.
- Liposomal Glutathione to support your liver detox during and for at least 1-2 months after the detox. Liver does a lot of 'heavy lifting' for us.

- Any green superfood powder for extra benefits.
- You can take any additional anti-bacterial, anti-viral or anti-parasitic supplements during this detox. As well as any other nutraceuticals or herbs that you believe will support this process.
- A small amount of pure plant-based protein powder, around 20-50g is optional for those who need it. Strictly mixed in water. Consuming it this way will not interfere with your detox.
- I suggest having a tablespoon of MCT oil or Extra Virgin Olive Oil per day as well. Healthy fats will support the process.





I believe in you

Before you start, let's get something clear. This is a detox. You are going to have to prepare for it, at least a few days before. The better you prepare, the easier it will be.

To keep dizziness, headaches and bloating at a minimum, it's a good idea to spend three to five days reducing your calorie intake and eliminating those bad habits.

If you want long-lasting results and a healthy transformation, you have to take things seriously and stick to the plan.

I NAG BECAUSE I CARE

No sugar coating, we're not kids anymore.

During your detox

IT'S ONLY 3 DAYS YOU CAN DO IT CHAMP!

During the program, you might feel dizzy or light-headed. The more toxic you are, the worse you are likely to feel – fact.

Don't panic, none of us feel great during a detox. We all do it for the after-effects.

There is nothing to worry about for any of the right. →→→→→→→→→→→
Our bodies respond differently to the detox. Just keep going and trust the process.

DURING THE 3 DAY DETOX YOU MAY EXPERIENCE THE FOLLOWING

- Extreme bloating
- Stomach pain
- Chills
- Hunger
- Moodiness
- Fatigue
- Flu like symptoms
- No bowel movements for 1-3 days
- Headaches



No alcohol, black tea or acidic coffee in the week before or minimum 2 days prior.



No meat in the week before or minimum 2 days before. Try going vegan for a few days.



No sugary or fried foods in the week before or minimum 2 days prior.

No Way!

Okay!



Go for lighter meals a few days before, don't try to stock up on calories before your detox.



Wheatgrass is great. You can start taking it a few days before to help kick off the detox process or any other green superfood of your choice such as chlorella, spirulina or green vegetable juices.



Drink plenty of water, coconut water and herbal teas like nettle, milk thistle, mint, chamomile and rooibos etc.



Light exercise and saunas would be great but remember to replace your lost fluids.

FAQ

WHAT IF I FEEL HUNGRY?

Continue drinking plenty of fluids throughout the programme – you can have an unlimited amount of water, fresh coconut water, freshly squeezed vegetable juices or herbal teas. Vegetable juices are great – they help the detox process whilst keeping hunger under control.

Try drinking more warm water than room temperature, this will also help your bile moving.

Healthy bile function = digestive health.

If you are not a big fan of the sachet taste, you can mix them in your choice of liquid mentioned above. But try to stay away from anything too sugary or out of a can.

If you feel starving (which is unlikely and mostly psychological), there is only one thing you are allowed to have just once and that is a small papaya fruit or an avocado as far as the solid food goes. However, I actually encourage you to have broth or veggie juices. Bone broths are great because they also help heal the gut.

You will see, the results will be well worth it; you will feel very energised immediately after completion. Remember though, mild bloating is normal for up to 5 days after the detox. Do not worry about it, it will go away as soon as the cleansing process is fully completed.

Your body will start cleansing itself very quickly when you're fasting—this is its natural healing reaction when it doesn't have to cope with the normal burden of digestion. It is the time of heightened immunity.

OUR DIGESTION TAKES UP TO 70% OF TOTAL ENERGY

Digestion takes up to 70% of our total energy, so by eliminating that burden, your body can focus on the most important part which is cleansing, healing and repairing. Toxins will be released into your bloodstream and might cause nausea, headaches and chills. This is completely normal, just rest and let the healing process do its thing.

You might feel bloated too, like you're about to burst, but this is where the magic lies.

The bloating occurs due to a large fibre intake and will subside after your detox. This actually what is going to keep you full during these days. Oil Palm Tree Fibre expands up to 5 times its original size in our stomach, before working its way through our intestines and colon. It clings on to all that waste and then gently removes itself. The bloating is only a temporary sensation and nothing to worry about.

If you don't have a bowel movement in the first few days, that's ok. The fibre might need some time to work, up to day 4-5. The more bloated you feel, the more will slip out the next day. It might be uncomfortable, but it's normal. Fibre does its job perfectly and is quicker. This is why it is more effective than any other detox supplements or digestive cleanses out there. If you feel too full, you can skip 1-2 of the fibre sachets per day, this will not affect your detox and you will still get the benefits.

FAQ

HOW OFTEN SHOULD I DO IT?

I recommend doing the 3-day detox 2-3 times a year. The initial program is designed to last 3 days, but you could continue for up to 5 or 6 days if it feels right for your body. To restore your digestive system to its original state and keep it in a best condition, repeat the programme every few months. Continue to take any prescribed medication, especially those for chronic diseases such as high blood pressure and diabetes.

Use your cleanse as an opportunity to have a good rest. Try going to sleep early. A cup of hot chamomile tea and a lavender oil bath will help you to relax.

WHAT IF I COULD ONLY COMPLETE ONE OR TWO DAYS? CAN I FINISH IT LATER?

Yes. You can finish the remaining sachets another time. You can either do one day of liquid fasting or do two in a row. You will still get benefits. But 3 days in a row is always much more effective and transformational. Because the real magic happens on day 3 of your calorie restriction regime.

CAN I DO IT WHILE PREGNANT OR BREASTFEEDING?

Short answer is no.

YOU'VE DONE IT!
AWESOME WORK



**You are officially
allowed to feel like
a superhero.**

You have given yourself the best gift of health by getting rid of all toxic residue you've been carrying around for years. Now you know what was going on in there.

This post-cleanse period is the time to nourish your body and soul with the right foods. The best diet to stick to is a paleo diet 2-3 days a week, and then a non-dairy keto diet in between. I recommend fish over meat normally. Try to avoid gluten and sugar as these are inflammatory foods. Bone broth is amazing. It helps to repair and soothe the gut and provide a positive environment for friendly bacteria.

Break your fast with a little fruit, like papaya, a low sugar vegan protein smoothie, vegetable soup or some steamed vegetables. Berries are great too. Don't go for anything too hard to digest right away and certainly don't start with meat, eggs or dairy. Healthy nourishment is what you need right away in order to preserve the health benefits from this cleanse.

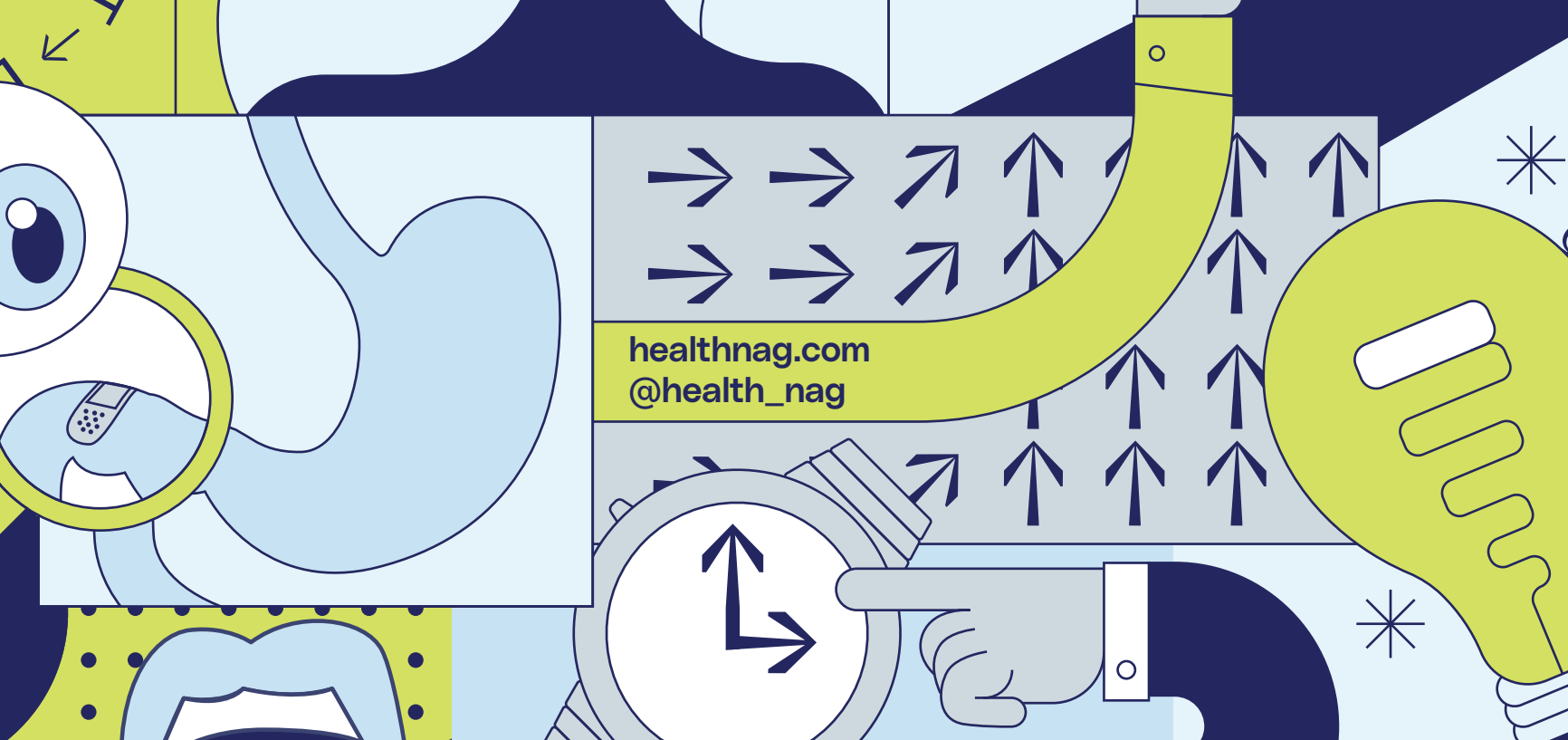
To support digestion after the detox, I recommend taking a teaspoon of raw apple cider vinegar in a glass of warm water before each meal.

Your cravings will now be reduced, as well as your caffeine cravings and it will feel much easier to follow a healthier diet. Do yourself a favour and stock up on good-for-you groceries to avoid slipping back into bad habits, especially in this crucial period straight after your detox.

I also advise you to add a gut healing regime afterwards. The best way to maintain a healthy digestive system post detox is to start taking Pro Enzymes and Digesta Plus supplements by Health Nag with every meal. Enzymes will help you to break down, digest and absorb food better while Digesta Plus will promote healthy acidity levels and help reduce gut inflammation. Continue taking both for at least 2-3 months.

YOU HAVE DONE AN AMAZING
THING FOR YOUR BODY

**Now go and
nag your
friends and
family to do
the same.**



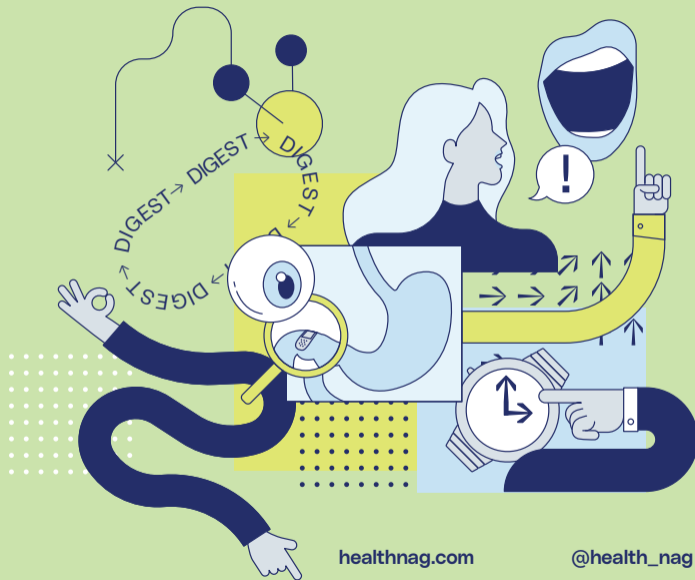
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A beautiful slap in the face.

Warning: the truth may be hard to swallow

HERE'S YOUR 3 DAY SET MENU

You still get to have breakfast, lunch and dinner plus two snacks. See, not so tough after all. But remember, this is a detox and not a fine dining experience so don't expect extra gourmet flavours from your sachets.



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INSTRUCTIONS

Here is your 3-day set menu.

The good news is that the shakes will keep you full and additional vitamins and enzymes will keep you nourished. Try not to miss any sachets even when you are feeling full. They are serving a powerful cleansing purpose and the results will only come if you follow the rules. You are either in or out. Same goes for your toxins.

Feel free to mix the sachets with any healthy liquid of your choice like fresh vegetable/green juice, freshly cracked coconut water, herbal teas or room temperature water. No blended smoothies, no caffeine and nothing too sugary. I also encourage you to drink either bone or vegetable broth in between sachets, as well as any herbal teas. Matcha and green tea are ok too.

IMPORTANT

You must drink the FIBRE sachets immediately after mixing them with water or juice, otherwise they get too thick and clumpy to drink. Within 30 seconds maximum. Oh yes you can, champ. Do not use a blender for mixing the sachets because it is ok if they are not fully dissolved. They are not supposed to, so do not worry about it. Just shake them up in a shaker for no more than 1-2 seconds and drink up. Whine and swear as much as you like but bottoms up!

TIME	SACHET	DIRECTIONS
7:00 AM Or Upon Waking	Wheatgrass & Enzymes	Mix 1 sachet in 250ml of room temperature water or other healthy liquid of your choice.
8:00 AM Breakfast	Fibre 1 Fibre 2	Mix each sachet separately in 350ml of room temperature water or healthy liquid of your choice, shake for no more than 2-3 seconds and drink right away, one after the other. Do not blend.
10:00 AM Snack	Bio Nutrition	Mix 1 sachet in 250ml of room temperature water or other healthy liquid of your choice.
12:00 PM Lunch	Fibre 1 Fibre 2	Mix each sachet separately in 350ml of room temperature water or healthy liquid of your choice, shake for no more than 2-3 seconds and drink right away, one after the other. Do not blend.
3:00 PM Snack	Bio Nutrition	Mix a sachet in 250ml of room temperature water and shake quickly.
6:00 PM Dinner	Fibre 1 Fibre 2	Mix each sachet separately in 350ml of room temperature water or healthy liquid of your choice, shake for no more than 2-3 seconds and drink right away, one after the other. Do not blend.
8:30 PM Or Before Bed	Wheatgrass & Enzymes	Mix a sachet in 250ml of room temperature water and shake quickly.