



14-DAY DETOX

BY

Teecino



14 Day Sugar & Caffeine Detox Plan

It's simple. For 14 days, wean yourself off of two addictive stimulants: **sugar** and **caffeine**.

- **Lose weight**
- **Control your appetite**
- **Decrease stress**
- **Increase energy**
- **Improve mood**

Help your body recover from the roller coaster ride of energy highs and lows caused by stimulants.



The Goals

- Wean yourself off your dependency on stimulants.
- Stabilize your blood sugar and control your appetite.
- Give your adrenals a rest from caffeine so they can rebuild your natural energy supply without stimulants.
- Take control of cravings that don't serve your health.
- Retrain your tastebuds to enjoy other flavors like savory and bitter rather than the American diet of sweet, sweet, sweet.
- Avoid caffeine withdrawal symptoms such as headaches, fatigue, and irritability.

After 14 Days. . .

- Your tastebuds will be retrained.
- You'll experience more energy.
- You'll be more sensitive to stimulants.
- You'll be in control of your appetite.

Keep in mind: This is just for 14 days. You can do it!

Teeccino® Quitting Caffeine



First things first. Kick the caffeine habit.

It may sound daunting but Teeccino makes it easy! You need to wean yourself off of caffeine in order to give your adrenal glands and your liver a break. The success of detox programs depends on giving your adrenal glands a chance to bounce back to naturally producing abundant energy.

Quitting caffeine cold turkey can cause nasty side effects. Teeccino's Kick The Caffeine Program gradually weans you off caffeine by giving your body enough time to adjust to less and less caffeine daily.

This gradual withdrawal helps you avoid unpleasant symptoms like headaches, nausea, and fatigue that are caused by a sudden drop in caffeine intake.

Teeccino® Quitting Caffeine

Coffee Drinkers:

Follow the chart below and blend Teeccino with your regular coffee in gradual amounts over a two-week period. If you want to drink ready-to-go brewed coffee at a cafe or at the office, we recommend you carry a thermos of brewed Teeccino that you can blend with coffee in the cup. Or take Teeccino tea bags with you to steep a cup on-the-go!

Day/s	Regular Coffee	Teeccino
1-3	4 tbsp	1 tbsp
4-6	3 tbsp	2 tbsp
7-9	2 tbsp	3 tbsp
10	1 1/2 tbsp	3 1/2 tbsp
11	1 tbsp	4 tbsp
12-13	1/2 tbsp	4 1/2 tbsp

Day 14 - No Regular Coffee, 5 tbsp Teeccino





Reduce your sugar intake by eliminating:

- Any foods with added sugar such as muffins, cookies, cereals, sodas, juice, candy and chocolate.
- Any form of cane sugar including “evaporated cane sugar”, high fructose corn syrup, agave syrup, honey, maple syrup and fructose.
- All synthetic sweeteners including NutraSweet, Splenda, Sweet & Low, etc.





Sweets you can eat:

- Non-caloric sweeteners such as stevia, erythritol, monk fruit and xylitol. Remember, the goal is to wean yourself off of the need for sweet tastes. Even non-caloric sweeteners have been shown to stimulate the craving for sweets. Studies show that when sweet flavors hit your taste buds, your body prepares for a spike in blood sugar. The insulin surge lowers your blood sugar, making you hungry again!
- Eat as many apples a day as you like when you want something sweet. Other seasonal fruits may be enjoyed such as berries, tangerines, oranges, kiwis, grapes, melons, and pomegranates.
- Go easy on super sweet fruits like bananas, mangos, watermelon and pineapples.

Teeccino® Healthy Swaps + Tips



Healthy foods you can enjoy.

BREAKFAST

- Eat a bowl of TeeChia, a sugar-free super seed cereal formulated by Teeccino's founder, Caroline MacDougall, to create the perfect stimulant-free breakfast. Enjoy lasting energy and satiety all morning long, plus it keeps you regular. With antioxidants, omega-3 fatty acids, and soluble and insoluble fiber, TeeChia makes a quick and wholesome meal.
- Eat high omega-3, free-range brown eggs or vegetarian sausages for additional protein.
- Make a smoothie using Teeccino and an unsweetened nut milk as a base and add a protein powder to boost the protein content and TeeChia for fiber and satiety. Avoid smoothies made with lots of fruit.

Teecino® Healthy Swaps + Tips



LUNCH & DINNER

- Enjoy fresh salads made with a variety of leafy dark greens and colorful vegetables.
- Replace wheat and rice with quinoa, the high-protein seed from the Andes that cooks like a grain.
- Eat an abundance of vegetables – as many as you desire with lemon juice, olive oil, and herb salt to flavor them.
- Stick to lean proteins like tofu, wild fish and organic, free-range chicken and turkey.

Teeccino® Healthy Swaps + Tips



SNACK IDEAS

- A Teeccino cappuccino with frothed almond milk is a satisfying, low-calorie snack!
- In limited quantities: Seeds and unsalted nuts, unsweetened yogurt, almond butter on slices of organic apples or rice crackers.
- For appetizers, enjoy baby carrots, celery sticks, and endive spears with hummus or olive tapenades. Organic cucumber and tomato slices drizzled with olive oil, vinegar, salt and pepper, garnished with fresh basil.
- Blueberry Date Energy Balls (see recipe below) make a delicious snack. The low-glycemic natural sugar from dates will help you satisfy your sugar cravings!

Teeccino® Healthy Swaps + Tips



DESSERT

- Drink Teeccino Herbal Coffees and Teas like Dark Chocolate, Macadamia Nut, Dandelion Vanilla Nut, Chocolate Mint or Chocolate Raspberry for a satisfying dessert drink without all the calories. Enjoy hot or iced and add frothed milk or unsweetened non-dairy milk and if desired, sweeten with stevia or xylitol. Sprinkle with cinnamon!
- Make a bowl full of fruits with vibrant colors. Add plain yogurt and sprinkle with toasted almonds.



Teeccino® Healthy Beverages



Healthy beverages to replace caffeinated sodas, coffee and tea.

- Drink Teeccino, instead of coffee, in the morning and afternoon for an energy pick up.
- Drink sparkling mineral water instead of sodas with a squeeze of fresh orange or a splash of pomegranate juice.
- Refresh with iced Teeccino: Chill brewed Teeccino. Add milk or non-dairy milk and pour over ice. Sweeten with stevia or monk fruit.
- Drink a variety of caffeine-free herbal teas. Rooibos is an excellent alternative to black or green tea. It's high in antioxidants and other health benefits. Or taste caffeine-free Tulsi teas that help relieve stress and boost your immune system.



Tip: Dealing with energy slumps.

We all experience them those moments when we wish we could take a nap but we're in a meeting, or taking care of others, or have a deadline to meet.

Here's how you can generate steam to keep on going:

- Drink Teeccino Herbal Coffees & Teas when you feel a mid-morning or afternoon energy slump.
- Make a Teeccino smoothie with some protein powder to replace a meal or snack and give you longer lasting energy.
- Eat an apple to stave off hunger and for a quick, energy-producing snack. They are high in fiber and will fill you up.
- Take a brisk walk or do some yoga stretches to oxygenate your body. Daily exercise helps produce more energy!



Blueberry Protein Smoothie

You'll find Teeccino makes the perfect low calorie base for smoothies that will keep your blood sugar stable for hours.

Here's one of our favorite Teeccino recipes from The Fat Flush Cookbook!

Ingredients:

- 1 cup plain yogurt OR non dairy yogurt
- 1 cup frozen blueberries
- 1 cup Dandelion Vanilla Nut Teeccino (brewed and chilled)
- 30 grams protein powder of your choice
- 1 tbsp flaxseed oil
- To taste: Non caloric sweetener such as stevia (see page 2 for approved sweeteners)



Cool Mint Detox Smoothie

Cool off this summer with a refreshing blend of your favorite green fruits and veggies (cucumber, melon, kiwi, kale) and Teeccino Dandelion Mocha Mint.

This nourishing, neutralizing and detoxifying smoothie is easy-to-prepare and light enough to serve as a snack, but full of fruit and healthy greens.

Ingredients:

- 8 oz frozen Teeccino Dandelion Mocha Mint (4 Teeccino ice cubes)
- 1 cups coconut water
- 1 cup honeydew melon, peeled and chopped
- 1/2 cucumber
- Handful fresh mint
- 1 whole kiwis skin removed
- 1 handfuls kale or romaine leaves (kale will have a stronger flavor)



Cinnamon Spice Latte

Want a stimulant that will wake up your digestive system and increase your metabolism naturally? You'll find it in hot beverages brewed from spices that produce thermogenesis: the production of heat in the body.

Ingredients:

- 2 tbsp Teeccino French Roast
- 1 tsp cinnamon powder
- 1/2 tsp ginger
- 4 oz hot frothed milk or dairy alternative
- Stevia or monk fruit, if desired

Directions:

1. Put Teeccino grounds into the filter of a drip coffee maker or into a French Press.
2. Sprinkle cinnamon evenly over Teeccino grounds, then sprinkle the ginger evenly over cinnamon
3. Brew Teeccino (1 rounded tbsp per 2 cups water in a drip coffee maker; 1-2 tbsp in a French Press)
4. Sweeten with preferred non-caloric sweetener.
5. Add frothed milk or non-dairy alternative.
6. Sprinkle powdered cinnamon over the frothed milk.



Blueberry Date Energy Balls

Ingredients:

- 1 cup TeeChia Blueberry date
- 10 dates
- 1/2 cup currants
- 1/2 cup walnuts or pecans or pumpkin seeds
- OPTIONAL coating: 1/ C cocoa powder, sesame seeds and shredded coconut.

Directions:

1. Soak the pitted dates in 1/4 cup hot water in a small bowl, then mash the dates in the hot water with a fork.
2. In a food processor, grind up the nuts or seeds until they are small.
3. Brew Teeccino (1 rounded tbsp per 2 cups water in a drip coffee maker; 1-2 tbsp in a French Press)
4. Add the TeeChia, dates (with water they're soaked in), and currants. Blend well until ball forms.
5. Using a tablespoon, scoop out balls from the mix. Coat with desired topping.



Bonus: Health Educators Speak Out About Caffeine & Sugar

Brendan Brazier, *The Thrive Diet*

“If stimulation is used when it will not help you achieve something of value, it is an uncomplimentary stress. I consider coffee drinking an uncomplimentary stress. I view it as a form of credit, similar to shopping with a credit card. You get energy now that you don’t actually have, but you pay for it later – when the “bill” or fatigue hits. Simply drinking more coffee to put off the inevitable is like paying off one credit card with another: It will catch up with you sooner or later. You’ll most likely pay a high interest rate as well, needing more time to recover than if that energy had not been borrowed in the first place.”

“Food cravings, usually for sugary or starchy foods, are often telltale sign that the diet lacks nutrients or is tired. Cravings and chronic hunger, if not addressed, will lead to weight gain and fatigue in the short term and, in the long term, any number of health problems.”

“Nutritional stress, for the average North American, is by far the greatest source of uncomplimentary stress...Not eating enough natural, unprocessed foods rich in vitamins, minerals, enzymes, high-quality protein, fiber, essential fatty acids, antioxidants, and good bacteria (probiotics) is a major source of stress on our bodies...Not having enough nutrients in our diet is a form of nutritional stress and therefore produces a stress response.”



Marisol Hemingway, *Healthy Living From the Inside Out*

“If you use caffeine throughout the day, then time and again you’re forcing your adrenals to respond as if there’s an emergency. It’s no wonder that when this becomes a habit it puts great wear and tear on the body...Without a regular intake, you feel withdrawal symptoms, such as powerful headaches. During one notorious episode when I quit coffee cold turkey at the height of my habit, I forgot all my lines on the TV show I was filming and the crew resorted to holding cue cards saying, “please have some java!”. Coffee had such an effect on my wiring that without it, I was turned upside down.”

Dr. Kathleen DesMaisons, *Potatoes Not Prozac*

“Yes, you can be addicted to sugar, to sweet foods and to white-flour products that your body responds to as sugars. This addiction is physiological and affects the same biochemical systems in your body as do drugs like morphine and heroin. You can actually get high on sugar. Eating it can make you feel euphoric immediately afterwards. If you don’t have your regular sugar ‘fix’, you may experience withdrawal symptoms. Yes, You can become physiologically dependent upon the effect sugars have on your body.”

Dr. Ron Rosedale, *The Rosedale Diet*

“Excess sugar poses a far greater threat to your body than excess fat (which isn’t good either, but is not quite as bad as sugar – diabetes can kill you faster!). When sugar combines with the proteins in your body (called glycation), it triggers chemical reactions that can be very damaging to healthy cells and can cause aging, disease, and death. Sugar burning also promotes the formation of potentially high amounts of toxic chemicals called free radicals, unstable oxygen molecules that can damage cells and ultimately lead to numerous diseases. My hunch is, the body probably burns off sugar first as a defense mechanism to protect you from the potentially lethal effects of sugar. Thus, if we bombard our bodies with sugar-producing foods, it becomes harder for our bodies to switch to fat-burning mode.”