



PHYSIQUE

THE DESIGNER BODY SHAPING BEVERAGE

The Detox Mono/Multi Diet Plan

Defining Detox

Whenever we eat or drink, our organs work together to filter and flush out toxins. But in the modern day, man-made toxins, like preservatives and pollution, are so pervasive that our organs can't do everything on their own. That's why more and more people are turning to detox.

Detoxification has been practiced for centuries by the oldest cultures of the world as a natural way of eliminating toxins and purifying the body. Used in Ayurveda and traditional Chinese medicine, detox aims to cleanse the body through a combination of rest, relaxation and nourishment. Most detox diets may ultimately preventive and seek to protect the body from disease through a holistic regimen of exercise, proper sleep and vital nutrients. Dangerous toxins in the body build up in the bloodstream, tissues and organs — but must first pass through the digestive tract in order to be absorbed into the blood.

Detox diets may prevent these toxins from entering the bloodstream by regulating food intake. During the course of any given diet, the body will process and remove existing impurities while only intaking natural and required nutrients.

Once a detox regimen is completed, the body is cleansed — but only for a time. Regular detox is recommended in order to maintain optimum health.





The Detox Mono Diet Plan

When I was first introduced to the most ancient form of internal medicine, Ayurveda, I was about 60 pounds heavier than I am now. Heavy, tired and sluggish, I couldn't understand what I was doing wrong. I ate "well," exercised moderately, and was gluten and dairy free. What I didn't take into account was stagnation caused by seasonal changes. That, "I feel off but I don't know why" sense I would get every few months would hit me hard and it took me a while to get out of the funk. After going to school for clinical Ayurvedic medicine I became much more in tune with how nature can affect the body. It is during the change in seasons that one can feel more stagnated, like a muddy pond instead of a vibrant rushing river. This time is called Ritusandhi. It is the junction between two seasons — the 15-day period when one season ends to welcome another. I always recommend doing a detox during this time to give the system a break and regain vibrance.

My dear friend, both a Harvard-trained medical doctor and a Traditional Chinese medical doctor, and I have fine tuned what we believe to be a very well-rounded detox. The first few days of the mono detox can be a little hard for some but come days three and four, the clarity returns and it's as if you just put a brightening Instagram filter on life.

You definitely do not have to do the mono or full detox diet to enjoy the benefits of the Physique 15-Day Teatox or Daily Slim. You can always try it once and see how it goes — one day at a time. This program is not easy but the feeling from the full cleanse is amazing and 100% worthwhile.

Asti Alexandria
Founder/Owner, Physique

Please consult your physician before starting a new diet program. This program is not intended to treat or cure any illness. Everyone reacts differently. Individual results may vary.

Why Detox?

A properly regimented detox program that takes into account the body's needs can:

- ☞ Rest the organs that process toxins through fasting
- ☞ Give the organs ample time to drive existing toxins from the body
- ☞ Filter blood and improve circulation
- ☞ Refuel the body with essential nutrients
- ☞ Acclimate the body to a healthy, natural diet

The right detox program effectively neutralizes toxins and restores health and energy levels. But how do you know if detox is right for you? You can begin by asking yourself if you are suffering from any of the following symptoms:

- ☞ Unexplained sudden-onset fatigue
- ☞ Low-grade chronic infections
- ☞ Puffy eyes or bags under the eyes
- ☞ Easily irritated skin
- ☞ Menstrual problems
- ☞ Consistent stress
- ☞ Constant bloating

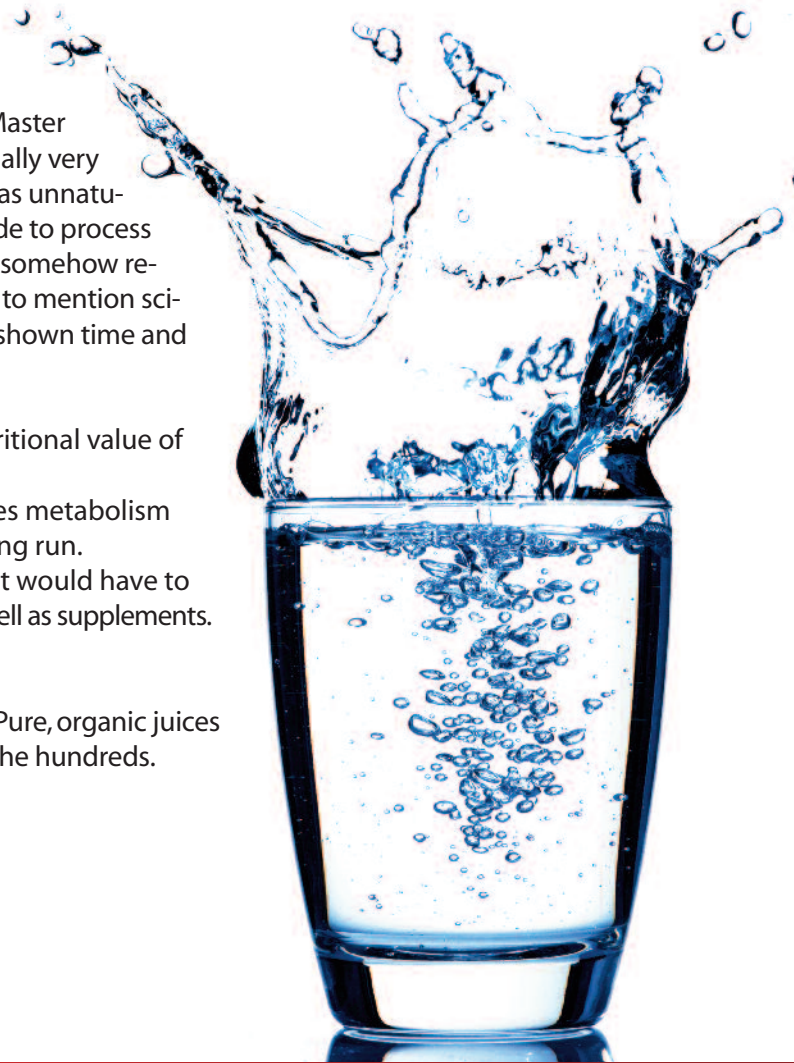
If you're suffering from any combination of these symptoms, chances are a good night's sleep and small changes to your diet won't be enough to give your body the jump start it needs. It could be time — but are all detoxes created equal?

What About Liquid Cleanses?

Liquid cleanses like water fasting, juice fasting or the Master Cleanse seem to be a good idea on paper, but are actually very harmful. That's because liquid cleanses are just about as unnatural a human diet as you can get. Our bodies aren't made to process just liquids, so to assume that a liquid-only diet would somehow restore our natural health is counterintuitive at best, not to mention scientifically unsound. In fact, liquid cleanses have been shown time and again to be bad for your body because they:

- ☞ Provide only a fraction of the calories and nutritional value of solid food.
- ☞ Promote muscle deterioration, which decreases metabolism and actually encourages weight gain in the long run.
- ☞ Are too complicated. A truly holistic liquid diet would have to include several dozen different components as well as supplements.
- ☞ Are very expensive.

Make no mistake - juicing cleans out your wallet, too. Pure, organic juices can cost more than \$50 a day. Even DIY juicers cost in the hundreds.



The Best Way to Detox?

A lot of detox diets, like the liquid cleanse, are ineffective, unreliable, or just plain gimmicky. That's why we recommend our 15-Day Detox Multi Diet. But start with our Mono Diet program.

Detox mono-diets are single-food diets, typically of a specific, nutrient-rich fruit like banana, grape or papaya. Our version of the detox mono diet starts off with only papaya because papayas are one of the most nutrient dense and filling fruits. Plus it is a perfect partner for the liver — the number one detox organ. However, you can substitute green apples for papaya. After the mono-diet phase, the multi-diet plan allows for the gradual reintroduction of other carefully chosen foods, like other fruits, vegetables and cereal. That way, you can satisfy your cravings while detoxing with a vibrant selection of nutrients.

The Detox Mono Diet

In order to start the equilibrium restoration process, you need to first detox your body by modifying your eating habits. This means designing a diet that will help your organs (especially the liver and kidneys) recover their full functionality.

For 4 days you will eat only one type of fruit...papaya OR green apples.

You can choose between papaya OR green apples and eat your chosen fruit as a juice or solid for breakfast, lunch and dinner. We recommend papaya unless you physically are unable to consume it. To spice things up a bit, add a hint of lime or a teaspoon of organic sugar.

Whatever you do, it is extremely important to understand that **YOU CANNOT CONSUME ANY OTHER TYPE OF FOOD OR FRUIT**. If you break this rule, you might as well start back at square one.

This first phase of detoxification will not accomplish the desired result unless it's a true mono diet.



What You're Allowed

You can consume liquid without restrictions, preferably hot or room temperature water with/without aromatic herbs like chamomile, lemon verbena, peppermint, etc. These drinks can be sweetened with liquid stevia if needed.

What To Keep In Mind

During this period you may feel anxiety and meat/carb withdrawal. Try to relax and think of the benefits that will come from this detox diet.

DO NOT CONSUME LARGE QUANTITIES OF THE ASSIGNED FRUIT in one sitting. Instead, try to split up your portions. This will help you control anxiety and hunger.

Remember, this is a period of recuperation for your organs, so you may need to avoid excessive efforts, exercise, and stress. Don't spend long hours in the office or travel over the weekends.

You can do this!





The Detox Multi Diet Plan

When most people think of a “diet” their eyes roll back and dread sets in. But if you approach this one with a different mindset, that of a lifestyle, you’ll quickly get excited about how great you’ll feel in 15 days — and how your attitude towards clean eating will set your new habits in play.

I’ve made this easy. You’ll find a step-by-step process, lists of “do”s and “don’t”s and tips to help you gain the most out of your commitment. If you have any questions, you can ask away by sending a note to me at Asti@PhysiqueTea.com. I personally answer all of my messages and I’m eager to assist in anyway possible.

You can rock this!

Asti Alexandria
Founder/Owner, Physique

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Step 1 Vegetables

Over the next three days, enjoy a load of seedless vegetables. DO NOT CONSUME LEGUMES (any type of bean, chickpea, lentils or soy). Avoid mushrooms for now, too.

What You're Allowed

The vegetables you can eat include:

- 🌱 Sweet potatoes, roots (Turnip, radish or carrot)
- 🌱 Bulbs (Onion and garlic in small amounts)
- 🌱 Stems (Asparagus and leek)
- 🌱 Leaves (Lettuce, spinach, chard, celery, borage, cabbage)
- 🌱 Flowers (Broccoli, cauliflower, artichoke, brussel sprouts)
- 🌱 Squash (Zucchini and cucumber).

ONLY CHOOSE FROM THE LISTED VEGETABLES to avoid dietary mistakes.

Foods to avoid:

- 🌱 Tomatoes 🌱 Bell peppers
- 🌱 Mushrooms 🌱 Veggies with seeds
- 🌱 Avocado 🌱 Coconut (Coconut oil is ok)
- 🌱 Nuts 🌱 Eggplant

During this time you may continue to eat papaya and liquids of the mono-diet. You can start to drink Physique SLIM during the day and continue with Teatox.

What To Keep In Mind

You can prepare the vegetables any way you want: as soups, salads, steamed, sautéed or in the oven if you use no more than one teaspoonful of extra virgin olive oil or one spoonful of balsamic vinegar. You may also use aromatic herbs (basil oregano, etc.), apple cider vinegar and Himalayan rock salt to season them.

CONSUME ONLY HOMEMADE DISHES and do not overcook your food.

Remember: you should constantly drink liquids throughout the day. Try to control any anxiety by going for a walk, practicing yoga or swimming – just avoid being too intense about it.



STEP 2 Fruits & Cereals

Over the next four days, add fruits and cereals. Eat throughout the day, keep a schedule and limit your portions. Take your time to eat, Chew slowly and enjoy every bite. You may also include gluten-free cereals such as quinoa, amaranth and oats but only those processed in a gluten-free facility.

What You're Allowed

DO NOT DRINK DAIRY MILK. Otherwise, any fruit or non-gluten cereal is okay as long as it isn't artificially sweetened. Here are some ideas to get you going. Try unsweetened non-dairy milks such as almond, hazelnut, rice, hemp and coconut. If you need it sweeter add some stevia.

Step 3 Legumes

Over the next five days you may add legumes to your diet. Keep a schedule and limit your portions.

What You're Allowed

All the snack ideas in Step 4 are still on the table, with the addition of:

- 🌱 Legumes: mung beans, lentils, chickpeas, peas, lima beans.
- 🌱 Non-GMO and organic mushrooms — if you are celiac or have a gluten sensitivity, check how the mushrooms are grown as many growers use a gluten-based cereal in their medium

Choose one of the above each day but in a small portion.

After 5 days at step 4 you can start eating non vegetable protein (we suggest you stay only with white fish) and drinking dairy milk if you must (we suggest staying with rice, almond or other nut milks) again on your way to resuming a sustainable diet.



How To Stay Healthy (And Keep Off The Pounds!)

Congratulations on making it this far! Our multi-diet isn't as hard to stomach as a liquid cleanse, but 15 days is a long time.

But it's not all parties and wine tastings yet. Now that you're looking fitter and feeling better, you need to know how to keep yourself there with a sustainable lifestyle. The following lists aren't one-size-fits-all, but they should serve as useful guidelines for foods you should eat and foods you should avoid.

Healthy Foods You Should Eat

- ☞ Stevia, extra virgin olive oil and coconut oil
- ☞ All raw salads- your stomach can handle it. If not, then slightly steam the veggies
- ☞ Fruits every day
- ☞ Wheat/gluten-free bread and cereals without egg
- ☞ Wheat/gluten-free pasta
- ☞ Vegetable proteins (pea, hemp, beans, lentils)
- ☞ Lean non vegetable protein (white fish)
- ☞ Physique SLIM and Teatox blends, non-dairy milk and a lot of purified water

Here are some ideas for you to try:

Breakfast: Physique SLIM and a large portion of papaya

Brunch: Cooked cereal such as quinoa, steel cut oats or amaranth with some stevia, cinnamon, cloves or cocoa powder

Lunch: Physique SLIM, grilled salmon or other fish, steamed or grilled vegetable, big portion of salad with coconut oil and balsamic vinegar

Mid Afternoon: (If you need this meal) fruit, only if you have not had any protein in the day already. A cup cooked cereal or a handful of walnuts if you have had protein

Dinner: Larger portion of protein, cooked vegetables and gluten-free bread or pasta. Finish your meal with Physique Teatox.



Foods You Should Avoid for Maintenance

- 🚫 Canned food
- 🚫 Fried food
- 🚫 White flour (wheat especially)
- 🚫 Ketchup
- 🚫 Refined sugar
- 🚫 Desserts made with wheat or glutenous flour
- 🚫 Chocolate with sugar (75% or more dark chocolate is ok)
- 🚫 Box cereals with artificial sugar
- 🚫 All types of soda or packaged juices

Fruits You Shouldn't Eat Often

- 🚫 Bananas
- 🚫 Mangos
- 🚫 Grapes /raisins (no citric fruits after 4pm)
- 🚫 Dried Fruit
- 🚫 Canned Fruit

Tip: Eat fruit alone or leave it alone.





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