



## The 21-Day Detox & Food Elimination Guide Overview

Preventative health care can really set the stage for future successes in health and strength. In the past, you may have had the habit of trying to remedy illness after noticing a health problem. But the intention here is to prevent illness by taking action *before* a problem occurs.

Notice this program's intention to support you mentally, emotionally, and spiritually. It's designed to bring you peace of mind because you will live according to your body's needs. When you reset your metabolism by reducing the types of foods your body struggles to process, you give it permission to work smarter, not harder.

**This is an exciting time in your life.**

Absorb every moment of your experience. This 21-Day Food Elimination Guide is designed to empower you to choose health and wellness for the rest of your life. You will soon realize how much better you feel as relief comes to your body in general. You will realize your body is saying thank you for taking care of it when there's a reduction in bloating and discomfort.

### Keep Your WHY in Mind

We think it's important as you spend the next 21 days to be mindful of what you put in your body and how your body responds by keeping your WHY in mind. Generally speaking, we want to be healthy and live healthy so we can continue being actively engaged in our lives and with those we love to spend time with. Especially in our later years, staying independent is imperative.

Think about your WHY in detail as you choose to love and accept your body for all that it does for you morning to night, every day of the year. This will help you stay focused and committed to completing this little experiment to discover how much better you feel eating less of the things that cause our bodies to "cry."

Let us know how you're doing via email, and if you have questions, please contact us via email at [teresafordcoaching@gmail.com](mailto:teresafordcoaching@gmail.com), and we'll get back to you so you will get the most out of your 21-Day Food Elimination Guide.



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Often, we will assume we are not damaging our metabolism by teaching it to subsist on little to no nutrition to speak of because it appears as if we are getting away with the insult these foods have on our digestive and metabolic systems.

However, eating fluffy foods will catch up to you when one of two things happens: we either look in the mirror and are disappointed at what we see, or we begin not to feel well and don't immediately know why. Eventually, insulting our intelligent-centric bodies has an endpoint, and they (our bodies) let us know something has to give.

Dead foods include all products that are boxed or packaged and have an ingredient list associated with them, like bread, cereals, pasta, muffins, bagels, and tortillas (yes, even spinach tortillas).

Processed foods are dead because they have high calories and very little nutritional value. In other words, your digestive system is processing junk but has no choice but to accept it to nourish your body because it's the only thing available. That makes our bodies remarkable; they can adapt to dead food and keep going.

To further clarify, dead foods were manufactured and never were alive on the vine, tree, or ground in their original form. There's no such thing as a Cheerio tree, right?

Without having to break these "dead food" products down in your gut, your body will be able to concentrate on just processing "living" foods instead (proteins, vegetables, and fruits). And since whole foods don't overload your blood with excess sugars, your body can focus on burning fat cells rather than storing them.

Even fruit is nutritionally dense. Their sugar is natural, and your body knows what to do with it. Plus, when we feel like having an apple, we only eat one. Have you ever seen someone eating one apple after another, unable to control their urge to stop at one? No! And that's because your body recognizes a whole or nutritiously dense food and feels satisfied when finishing that one piece of fruit.





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**HELLO!!!** Welcome to the 21-Day Food Elimination Guide!

There is no greater calling in life than administering to the vessel that takes you everywhere you wish to go. Without your body, your life experiences are limited, and when you feel limited, you miss out on the opportunity to do everything that brings fun and fulfillment into your life. So, this is where we start!

I also want to mention that this is not intended to be a diet program associated with weight loss because our only goal is to reduce the burden placed on your digestive system from eating processed foods and rejuvenate your metabolism.

You are just noticing that you are uncomfortable in your skin, especially after the holidays, and are now willing to realign your values of health and wellness with your behaviors to care for your body properly. So that is the path we will take together, and it will only happen one day at a time.

**THE PROGRAM:** simplistic food eliminations will jumpstart and rejuvenate your metabolism

**Eliminate from your diet:**

- all wheat products,
- all dairy products (if you suspect or have known allergies to dairy products),
- soda and,
- white sugar, including sweets and all shelf products – not necessarily fruits unless doctor ordered.

With the exception of dairy products, I refer to these other listed items as “fluffy” or “dead” foods because they are either over-processed, contain chemicals, or encourage high blood sugar content, or lack nutritional value which leads to obesity and a decline in health. Dairy can be an unknown contributor to gut discomfort, so it is included in this elimination list if you wish to give your gut a break or see if you can detect an improvement overall. Some of the recipes in our 21-Day Detox & Food Elimination Recipe Guide include dairy ingredients. Feel free to substitute them, eliminate them, or skip the recipe altogether.



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If you are diabetic or have some type of medical condition that warns you not to eat fruit, of course, you will adhere to your medical professional's advice. I've heard many people say that you can't have a banana when trying to lose weight. First, we're not trying to lose weight in this program. This course is just a precursor designed to reset your metabolism. Second, it's not the amount of fruit consumed yearly that contributes to ill health. Common sense tells us this is true.

Everyone is a little different, so eating nutritiously dense starches and grains (potatoes, rice, oats, etc.) is up to each individual. A feeling of satisfaction or dissatisfaction in the gut will indicate whether or not you ought to discontinue them.

Check in with your body to learn more about sustained energy or a sudden drop in energy about 20-40 minutes after eating. For example, when I eat oats, I have a sugar crash that manifests as lethargy about 30 minutes after eating a serving size. I just want to lie down and take a nap. That's how I know oats are not an energy-boosting food for me. Listen to your body and you will know what boosts your energy and what doesn't.

Eliminating non-energy-boosting foods is an easy way to rid yourself of cumbersome dietary culprits that cause fat storage, bloating, gut issues, or joint pain.

If you are vegetarian and your energy is revitalized by any of the following nutritionally dense items, include all varieties of beans, brown rice, sweet potato, oats, and quinoa, in your diet as deemed appropriate to your senses. Still, avoid processed, ingredient-dependent foods named above.





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Vegetarian or otherwise, if the mentioned foods for vegetarians are consumed, keep all portions down to 3-5 bites per meal to ensure your body has a chance to burn those calories over the course of the following 2 hours. Load up your plates with vegetable of all varieties, especially the leafy green ones. Fun fact: You can never store vegetables or proteins as fat.

Increase electrolytes: drink water or plain coconut water. Drink half of your weight in ounces. Ex: if you weigh 140 lbs., drink 70 oz. of water per day to allow your body also to release water. Without hydration, your body stores water because it perceives there is a drought. When you drink electrolytes (water or coconut water, which is like Gatorade on steroids in its most natural form), your body perceives there is no drought and, therefore, releases water readily.

Your body is always evolving and transitioning, so make sure you are evolving and transitioning your foods to match your body's needs, too.

I can already hear you saying, "That's it?!? Don't I need some new fancy regimented diet or count my steps or restrict calories or something that it seems everyone else is doing?" Trust me when I tell you, yes, this is all you need right now.

Learning to listen to your body first and not all of the noise in the diet industry. Remember, most of it is just marketing. Here, we are trying to get you to listen to YOUR body and assess YOUR needs.

You've heard the expression, less is more. That is absolutely true in this case. Your body doesn't need more stress on it. It just needs to be set free of the hard work it's been doing to keep you going daily.

So, it's enough for now to eliminate metabolic roadblocks and then relax into the foods that fill, feed, and nurture your body. In 21 Days, you will have increased energy, clarity of mind, and relief in your gut that will be ready for more fun and rejuvenation in just 21 days.



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### INSTRUCTIONS:

This 21-Day Food Elimination Guide is NOT an extreme weight loss program. It is an informational food elimination course to help you see which foods are causing your body to work overtime to process. It also serves as an opportunity to notice how much more energetic you can feel when reducing the stress on your digestive system.

This is NOT a replacement for doctor's orders or a medicinal program to treat medical conditions. Please seek professional medical help if you suspect you have a condition beyond simply rejuvenating your metabolism.

There are recipe options included in this course, but only as a quick start if you are someone who enjoys preparing something special to consume. Otherwise, just eliminate the suggested foods, especially if you are prone to feeling overwhelmed every time you begin another healthy-oriented program.

The #1 reason diets and fitness programs fail is because adding an overwhelming program into an already jam-packed life is too much! So, a final reminder: keep this simple and uncomplicated, and listen to your body and you will most likely feel successful in the end.

When you complete your 21-Day Food Elimination Guide, feel free to do it again and again because it is easily repeatable and hopefully will become a way of life. I live and breathe by this program. It not only encourages health by way of eating more nutritionally dense foods but also makes you feel fuller faster and never deprived. You are NOT trying to eat less food or go without eating. You intentionally eat less dead foods or foods your body doesn't tolerate well. Eliminating foods that may have adverse effects on your well-being is the fastest and most sensible way to identify culprits your body is signaling as "problems" so you can feel better faster.





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## UTILIZING THE HUNGER SCALE

### The Hunger Scale

- 1 - You're so hungry you'll eat anything that's not nailed down, and over-eating is bound to happen
- 2 - **Your stomach is growling, and/or you realize you could eat something.**
- 3 - **You feel satisfied for another 1 to 3 hours and feel fine, not super full.**
- 4 - You feel overstuffed and really uncomfortable. It would be impossible to eat again in 1 or 2 hours.

This is your measuring tool to know when you are done eating. **You are always trying to work between a 2 and a 3; first, you're hungry, and then you're fine once you have a bite to eat.** You want to avoid feeling starved or overstuffed.

Using this scale, your body will utilize the fuel you ingested and be ready for a refill in 1-4 hours. If you make eating every 1-4 hours a NON-NEGOTIABLE habit, you will successfully reset your metabolism. If your body perceives it will get its needs met to be fed consistently, it will flow naturally into a fat-burning-friendly state.

Your body is hardwired to survive a famine (not eating when it signals hunger) and will store fat as the appropriate reaction to a famine, so don't starve or stuff yourself. Your body doesn't need extremes, it needs to be nurtured and cared for.

You want to maintain comfort in the gut and ready to eat every 2-3 hours. Whether it's a snack or a meal, ask yourself, "How do I feel?" If the answer is hungry, eat. If the answer is satisfied, stop eating. It really is THAT simple. Your metabolism and gut will take it from there. ☺



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### WRAPPING UP

Thank you for paying the utmost attention to rejuvenating and resetting your metabolism on your way to a youthful and highly functioning metabolism.

Feeling fresh and free for life is not about your body size or how your clothes fit. Your body size and how your clothes fit are the side benefits of taking care of and appreciating the amazing machine your body is, and it loves to be loved.

Make your plate colorful. All proteins are approved; organic is best. You cannot overeat fruits, veggies, or proteins. Your brain will tell you when you're done, I promise!

When you are ready, you can move on to the [complete hormonal fat loss follow-up program](#) to continue on your journey to feeling fresh and emotionally free.