

CLEAN



First and foremost, it's important to note that the purpose of a 21 day sugar detox is to focus on eating real foods to nourish the body, bust cravings, create new habits and develop an awareness of what your body needs. For just 21 days we are eliminating foods with added sugar, limiting foods that are converted to sugar in the body, or contribute to craving more sugar. The overabundance of simple carbohydrates and added sugar in foods available on the market only contributes to our carb addictions and sugar cravings. The addiction to these unhealthy carbs and sweeteners contributes to the inflammation that takes place throughout the body, causing a myriad of health problems. We're replacing those toxins with good quality carbs, fats and proteins! We're not just detoxing, we're repairing and building new bodies!

WHY ELIMINATE GRAINS...

Grains break down into sugar, which then causes your insulin levels to rise rapidly and then crash later, causing you to crave more grains. This imbalance of blood sugar levels and then insulin resistance leads to an inflammatory response in the body. Gluten in grains is also one of the most common culprits of food sensitivities leading to an inflammation in the body. Furthermore, substances like wheat and gluten are a lot of work for the body to digest. Avoiding them reduces the workload on the liver and helps your digestion, making it easier for your body to eliminate toxins.

WHY ELIMINATE DAIRY...

Like gluten, dairy is another big source of food sensitivities leading to inflammation in the body. Even if you're not lactose intolerant, it's still an extra burden on the digestive system, slowing down the detoxification process. And yes, dairy contains sugar. Even though naturally occurring, sugar is also added to many dairy products, especially low fat dairy.



WHY ELIMINATE LEGUMES...

the simplest answer is that they contain problematic substances called lectin and phytic acid. When there is already inflammation present, these substances only heighten the toxic environment as they interfere with absorption of nutrients and damage the lining of the intestinal wall, further irritating the gut. Again, the goal is to detoxify the body and maximize nutrient absorption to restore our health!

WHY LIMIT STARCHY VEGETABLES...

Although starchy vegetables like beets, sweet potatoes, and squash are healthy and nutritious, they also have a higher carb content and are less nutrient dense than non-starchy vegetables (like zucchini, broccoli and spinach.). Foods that increase the blood sugar level rapidly are classified as high glycemic foods. Starchy vegetables rate higher than their non-starchy vegetable counterparts because of their higher carb and lower fiber content. The focus once again is on maximizing nutrient density to detox during these first 21 days of the program.

FATS...

The best fats to consume are ones that are naturally occurring saturated and monounsaturated fats like real butter, coconut oil and olive oil. The worst kind of fats are man-made, hydrogenated oils and butter spreads like canola oil and margarine. Your body is dependent on wholesome fatty acids in the fats you eat to generate new cells. In the absence of a constant carb overload, your body can efficiently use fat for fuel!

