



Seven Days to a Happy New You

You've been talking about eating right all year, now isn't it time you start? The holidays are over and chances are you've gained a few extra-unwanted pounds. With the massive caloric consumption between Thanksgiving and the New Year, is it any wonder you're probably feeling the need for a serious detox cleanse.

Of those thousands of calories you've consumed over the holidays, many were probably from alcohol and refined sugars. This alone puts an enormous strain on your liver and kidneys; leaving your body dehydrated and your natural detox system functioning well below optimum levels.

The central idea behind a detox-eating plan is to eliminate unwanted environmental and food toxins, thereby allowing the body's systems to function more optimally.

My simple seven-day detox plan assists in increasing elimination from the body, cleansing the colon, enhancing circulation to clear toxic substances, eliminating foods from your diet that cause a buildup of waste and providing nutrients to support and protect the liver, the main organ involved in detoxification.

So, are you ready to get going? No more excuses. You've had your fun, now it's time to pay the piper. Think of it this way, by the end of the week you'll feel so good, you'll be ready to tackle my 21-day detox program. Let's get started.

Day One: Go Slowly

Rome wasn't built in a day so don't try and do too much too soon. Today, we're going to start with the following baby steps:

1. Cut the alcohol all together (you've had enough over the holidays).
2. Cut your caffeine consumption in half (try green tea instead of coffee sometimes).
3. Eliminate smoking.
4. Eat two apples and a cup of steamed or sautéed broccoli.
5. Drink 8 ounces of water at least every two hours.

That's easy enough to do, isn't it? You're off to a good start.

Day Two: Breakfast

Today we're just going to focus on breakfast. Start the day with a power smoothie. Yes, you have to make it yourself. Try the following: One cup rice/almond milk, one cup mixed berries (frozen is OK), one teaspoon flaxseeds, half cup raw/cooked old fashioned oats (not the instant) and one scoop vegetable protein powder. Blend and enjoy.

Don't forget to continue doing what you did yesterday. In addition, I want you to cut all simple sugars from your diet. This includes cookies, bagels, chips, candy bars, energy bars and artificial sweeteners (use stevia instead).

Day Three: Snacks

Now that you're eating a healthy breakfast, let's focus on a mid-morning snack. Try this: 1/2-cup chopped raw almonds, one cup chopped fruit (any fruit), a touch of cinnamon.

Today, eliminate coffee altogether and increase your water intake



to six 8-ounce glasses. Try squeezing some lemon juice in your water.

Also, eliminate all dairy products (milk, cream, butter, sour cream and all milk products).

Day Four: Lunch

Lunch is going to be the following: A cup of brown rice or quinoa, sautéed vegetables (1 cup broccoli, 1 cup kale, 1 chopped beet, 1 cup cooked beans – canned is fine, 2 cloves garlic, 1/2 cup diced onion).

Eliminate all wheat and gluten. This includes bread, pasta, rye, barley and all processed foods made with wheat and gluten.

Day Five: Mid-afternoon snack

As you can see what we're going for here is small meals regularly. Try this simple mid-afternoon snack: Two brown rice cakes, 1 tablespoon almond butter, and 2 pieces of fruit.

Also, today I want you to increase your water intake to eight 8-ounce glasses.

Day Six: Dinner

By now you should be eating breakfast, a mid-morning snack, lunch and a mid-afternoon snack. Now we will add the final meal. For dinner, try an omega-rich fish such as wild salmon or trout, a mixed greens salad with baby spinach and garlic, olive oil and vine-

gar dressing and a cup of cooked lentils.

Today you should also increase your water intake to ten 8-ounce glasses.

Day Seven: The Beginning

Congratulations! Today you get to truly begin your detox-eating plan. By now, you should be eating at least five healthy nutritious natural whole food meals each day. Notice that I have deliberately cut out all processed foods by day six.

Secrets of Success

The secret to making this plan work for you is to just focus on one meal at a time. And each day continue with the healthy habits you started the day before. In other words, on day two, for example, all you want to focus on are the things you started doing on the first day, plus developing a healthy breakfast and eliminating simple sugars (eat your fruit, not all sugars are created equal). All of your other meals can be whatever you want them to be. However, by day six, all your meals should be the detox meals you started on the previous days.

Supplementation

The idea behind a detox meal plan is to give the body more of what it needs so that it can do what it needs to do. As such, I would recommend using fish oils for the omega fats, probiotics for healthy gut bacteria and a fruit and vegetable capsule for all

Foods to Avoid

- Simple sugars
- Coffee
- Alcohol
- Artificial sweeteners
- Dairy products
- Wheat and gluten
- Meats and poultry

Foods to Eat

- Fruits and vegetables
- Whole grains (brown rice, quinoa, buckwheat)
- Legumes (beans, lentils, peas)
- Nuts and seeds
- Healthy fats (olive oil, avocado)
- Wild cold water fish (salmon, trout)
- Yams and sweet potatoes

the variety of vitamins, minerals, enzymes and other important plant chemicals the body need more of to function. I use and recommend Juice Plus because it has good clinical data supporting its efficacy.

Mind Matters

While you're taking care of the body why not detox your mind too? Try a yoga, meditation or tai chi class. If you can't get to a class buy a video. Keep in mind that you will never achieve any great success until

your mind is at peace.

The Bottom Line

It's a new year, so why not start it off right? Start with a one-week detox and then if you're up to it, visit my web site for details on my 21-day detox program. Remember, the key to success is to take it slowly. Don't try to do too much too soon. Just focus on one meal each day and by the end of the week you will have developed a daily regime.

Try the same strategy with your exercise, especially if you haven't done anything for a while. First, just put your exercise clothes on and go walk around the gym or outside. Or take the bike out for a spin around the neighborhood. Don't try going from Venice to Manhattan Beach on your first day back (that's a recipe for disaster). On the second day, do a little something. On the third day, do a little more. Don't do any kind of serious workout your first week, just show up and stretch and get the feel of it.

Follow this simple approach and most of all stay consistent. If you do, then 2010 will be a very fit and healthy year for you. How exciting. <<

— Del Millers is a fitness and nutrition consultant and author of three books. Visit his web site at delmillers.com or send any of your nutrition questions to del@delmillers.com

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