

A collage of fresh fruits and vegetables including tomatoes, lettuce, pineapple, orange, and broccoli. The text is centered in a dark blue box with a white border.

7 STEPS TO
A TRULY
SUCCESSFUL
DETOX

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7 Steps to A Truly Successful Detox:

The only guide you'll need for an easy AND effective detox!

You have a body that is designed to work perfectly.

But what happens is it gets out of balance. And over time this builds up.

So it is helpful to get our body back on track several times a year.

In this easy and accessible guide, I am going to give you seven steps to help you be successful when you detox.

Take some time now to read through these. I created this map to make detoxing as easy as possible for you - all that's required is your follow through.

Ready? Sure you are!

Let's jump right into Step 1.

Step 1: Set your Intention

Our starting point is so simple - set the intention.

There are so many forces against you...

...but they don't have a chance if you set a firm intention
and then follow through.

It is imperative that you take some time and *write down* your motivation(s) for choosing to detox in this moment.

What are your goals or hopes for transformation?

It can be something as simple as gaining energy or rebalancing your eating habits. Or as big as getting rid of eczema or defeating insomnia.

After you write your intention then make a list of any symptoms that you're feeling.

Maybe you feel bloated, have low energy, experience pain in your body, deal with bothersome skin issues, suffer with bad sleep, feel irritable or moody....

Give each symptom a 1-10 rating, starting today. Do this at the end of every day throughout the Detox.

Sometimes we are healing and don't even realize it.

Tracking your symptoms can ensure you realize all of the health gains you are achieving along the way!

This can be a great motivator to stay the course as you see things improving - and ultimately resolving.

To make this easier, use the “Symptom Tracker” that comes with the Durango Detox.

Step 2: Plan your time

Before we start, think about how you are going to schedule your time over the 10 Detox days so you have flexibility and plenty of space for YOU.

Schedule in time for self-care, extra rest, food prep and movement - every day.

Guard this time with your life!

Treat it like any other important meeting - do not cancel it or infringe on that time for anything.

Take an honest look at your schedule and see what is “superfluous” - do you really need to jam everything into each day?

What comes up for you when you think of saying “no” or declining an invite? Spend some time journaling about this.

If you anticipate the need to slow down AHEAD OF TIME, then extra time becomes much more possible.

Caution! Assuming you will be able to carry the same load you always do AND add in the detox is a set up for failure...

Especially when we are in the liquid part of detox, plan in plenty of time for more rest, a nap and slowing down.

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Planning your meals is a critical tool while Detoxing. It is an under-utilized resource that can save a ton of time.

When we don't plan, we can easily get stuck in overwhelm and anxiety about what to eat.

First, take a look at your schedule and be realistic about what you can prep.

Somedays might be an elaborate dinner, where other days a crock pot meal will ensure a healthy, detox-friendly meal. It's all good!

Next, *write down* your plan (for the next day or week) and create a shopping list from there.

Don't skip writing it down - it will help to keep you organized, on-track, and not hungry!

To save time, money, and energy, make some soups or sauces ahead of time. Freeze them in individual serving containers so they're ready to go when you are.

If an event or outing will have tempting food/alcohol, make sure you eat ahead of time and/or bring something that you can have.

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Now you have everything at your fingertips to create a simple shopping list.

Consider where you can source the freshest produce and meats. Make a point of going to that grocery store or better yet, a farmer's market!

Include plenty of "basics" such as greens, lemons, avocados, beets, carrots, herb teas and mineral waters to have on hand.

Just because you're detoxing, doesn't mean you won't get the "munchies". Don't forget to have some easy snacks on-hand like kale chips, flax crackers, and chia puddings.

The Durango Detox will be providing you with plenty of recipes and sample meal plans to help!

Think about where you can get Detox-friendly meals when at work or if you go out to eat.

Having a couple of go-to places you can refer to in a pinch is invaluable.

Because life happens!

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One of my favorite things about eating differently is discovering new and delicious recipes.

Some great cookbooks I love include:

Whole Bowls by Allison Day, Whole Foods Slow Cooked by Olivia Andrews and Nourishing Meals by Alyssa Stegersen and Tom Malterre.

Some of my favorite websites include:

[detoxinista.com](http://detoxinista.com), [eatingwell.com](http://eatingwell.com) and [paleomg.com](http://paleomg.com)

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Taking the time to set up your time, kitchen, work and social environments right is essential for success!

Step 3: Empty the kitchen of temptations

Take a few hours or days to either consume or give away “tempting” foods.

When you have these foods in the house, it’s SO much harder to avoid them.

When you’re hungry you are the most vulnerable. Set yourself up for success by ensuring you have go-to foods that are Detox friendly.

Stock your pantry with easy, quick snacks made of whole foods that are part of this program.

Some of my favorite go-to Detox snacks are: chia pudding with raspberry, sea salted kale chips, roasted turnips with mustard, and chocolate fat bombs.

And don’t forget to add in some cut-up fresh veggies! Expand your palette by including veggies you might not normally think of like radish, jicama and snap peas.

Leave yourself inspiring notes reminding you *why* you chose to do the Durango Detox.

When you come back to *your* original inspiration it is much easier to stay the course.

Step 4: Avoid the urge to binge on trigger foods

Here's a confession.

When I'm getting ready for a diet change, I often have the urge to overindulge and eat or drink way more of those items than I usually would.

I bet you do too.

Use the week or so before starting the Detox to increase your awareness of what you're choosing to eat. This is the key to making the transition into your Detox much more enjoyable.

Practice asking yourself: "Do i really want/need this _____?".

Maybe you really *do* want the extra glass of wine/coffee/cookie - that's ok!

Beware of coming from a place of lack or deprivation. i.e. "I'm giving this up and better have it while I can!".

What stories are you telling yourself about food? What meaning are you giving to your choice?

Always come back to your body - it will tell you exactly what you need.

Every time.

Step 5: *If and when you should tell your friends and family*

Talk to the people you live or work with about your goals and see how they can support you.

That said, be mindful of who you share your journey with.

Be sure you choose to only tell the people you know will be supportive of your choices and not flaunting temptations in front of you.

Don't be afraid to keep this to yourself. You don't need other people judging your empowered decision.

I have a handful of friends that I don't tell I'm detoxing because they think it's fun to see if they can get me to have a drink or eat something I don't want to.

At this point, I just avoid those friends for the week!

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Why keep all the fun to yourself?

Invite your family members of all ages to participate!

If you have kids in the house, is there a goal they'd like to work towards while you're doing your detox?

Some ideas are: increasing water, eating more veggies, cutting out sugar or junk foods, getting more exercise, unplugging from devices....there's tons of room to get creative!

Maybe your kids would get a kick out of tracking their poops!

Or there's always room for some friendly competition...

...at home or at work.

This is a great time to arrange family activities like hiking together, family game night, cooking together, etc.

Getting everyone in your house excited and supportive will create so much more for your experience!

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If you present this like it's a burden (to yourself or others), then it will be infinitely harder.

Remember: this is YOUR choice!

When you move out of the negative mindset and remind yourself that you are doing this because you *want* to, it makes the whole experience far easier.

Come back to your intention. Every day.

Step 6: **Make sure you're eliminating**

We have 4 primary organs of elimination - the bowels, the kidneys/bladder, the lungs and the skin.

We need to make sure all 4 are open and functioning well!

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Because your digestive tract is really just one long tunnel, optimal pooping follows the rule of:

**“One in. One out.”**

Translated, that means as we eat a new meal, we want to make room in the tube by eliminating old waste.

Ensure you are having *at least* 2 bowel movements daily.

Taking fiber and/or laxative supplements can be super helpful.

(These are included in the Durango Detox)

Chewing your food more thoroughly is another easy way to enhance your digestion.

Cutting your food into smaller pieces and putting your fork down between bites can really make a difference!

And set your body up for success by letting it know it's eating.

When you're eating, make sure that's the only activity you're engaged in. Give your brain a chance to process that the body is eating by paying attention to the food!

Adding a tablespoon or two of apple cider vinegar in water before meals can wake up digestion nicely.



### **Stay hydrated.**

Everyone knows the importance of drinking lots of water.

But that doesn't mean we all do it!

Increasing how much water you take in daily can be a super simple solution.

We can hydrate especially well right when we wake up. By drinking water immediately, we are rehydrating from our night's sleep, waking up the digestion, and making the "tube" more slippery - especially towards the end where the old waste is.

Keep a glass of water on your bedside table and drink that before your feet hit the ground.

Then have another pint of water while you're waiting for your coffee/tea to brew. Adding a squeeze of lemon is even better.

What a way to kickstart your day!



## **Breathe.**

So simple, yet so profound.

Most of us take our breath for granted each day.

And we don't realize what an amazing healing tool it really is.

Do intentional breathing (yogic breathing or simply taking deep breaths) multiple times each day.

One of my favorites is the "Breath of Joy" - how great does that sound?

The Durango Detox includes the video "[Breath Detox Secrets](#)"  
for some inspired ideas!

More vigorous breathing (like during exercise) is a key component to whole body detox. Be sure to move your body daily.

The breath is free, quick and always available to you!

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Sweat.

Make sure you are sweating daily.

That can be via exercise, sitting in a sauna, taking a hot bath with ginger and/or yarrow tea.

We must take care to open and cleanse our largest organ of detoxification - the skin.

Dry Skin Brushing is another technique that can really open up the pores and clear off old layers, allowing easy cleansing through the skin.

The "Complete Guide to Home Detoxification Practices" is a component you'll receive during the Durango Detox.

Step 7: Cleanse your mind

Don't be fooled. I've been saving the best - and most crucial - step for last!

The mind is the 5th organ of detoxification.

If we don't take time to purify our mind, our thoughts then we continue in the same cycles that don't always serve us.

Part of this process includes creating "unplugged" time.

Spend time each day away from devices and screens - ideally they are turned off (or you can start with just "airplane mode")!

When we let go of technology, it allows us space to realize how much energy is devoted to the sending and receiving of information.

We are absolutely log-jammed with information everyday.

However, we can choose out of this, at least a few hours a day or a day or two each week.

Once we realize how much mental energy we expend everyday and how much "static" that causes in our minds, we are inspired to shift our relationship to technology so it's more supportive than draining.

Connecting with yourself is a crucial part of this program.

Journaling or reflective thinking allows us to look at ways we show up in the world that are or are not in line with our highest self.

Who do we want to be? What are we doing that brings us closer to that ideal? And what behaviors do we participate in that take us further away from our true expression of self?

What do we choose to do that is depleting and why do we choose that?

When we tell ourselves “I have to do this/I have no choice”, let’s practice asking ourselves (without story or judgment), “Is that really true?” and “Do I absolutely have to?”.

You may be surprised by your answer!!

A Quick Recap:

Now that you've read over these 7 simple steps, you will find success in taking the steps needed to protect your body and mind.

Whenever you detox, taking a comprehensive approach - mind, body and spirit - is the best way to ensure success.

Making sure you are taking the right supplements is an essential to avoiding the flu-like symptoms many people report while detoxing.

The Durango Detox includes 3 doctor-selected supplements to enhance your body's ability to break down and remove toxins easily.

While detoxing, creating more space in your daily life for you can be an unexpected gift.

And this is a gift you can benefit from all year long.

You will be amazed at your body's ability to feel more energetic, balanced and vital - in just a few days!