

THE 21-DAY DETOX PLAN— LET THE CLEANSING BEGIN!

You are about to embark on a life-changing journey toward perfect health, a more empowered way of living, and ultimately a more empowered you. Are you pumped? Wave-your-arms-above-your-head-while-doing-an-embarrassing-dance excited? You should be! If you truly commit to this program and the goals you want to accomplish over the next 21 days, you will emerge with a renewed sense of positivity, joy, and well-being. Just do the very best you can and know that I have total faith in you!

This program is not designed to force you into a cookie-cutter plan that doesn't allow you to experience it in the way that works best for you. But I don't want to leave you entirely without guidance either, which is why each day will include a sort of "detox to-do" list to guide you through the program and help you achieve the best results possible. Your Daily Detox To-Do will include the following:

- **A Morning Cleansing Drink**—Most studies show that drinking juice in the morning (on an empty stomach and alone) is the best time of day to reap all its benefits because the nutrients will be absorbed more easily when it doesn't have other food to interfere with your body's cleansing. Furthermore, the vitamin-packed fruits and vegetables will not only provide you with the energy needed to start the day, but they will help balance your blood sugars and keep them balanced all day long. I will make a daily suggestion, but feel free to refer to the recipe section for your deliciously juicy options.
- **Daily Prep**—Staying organized and prepared is crucial to staying on track, so each day I advise you to prepare your meals for the day as much in advance as possible. This includes having all tools and equipment (Tupperware, water bottle, and so on) ready to go. Refer to page 3 for a refresher on how to prep and stay organized. This also involves choosing which recipes you are going to enjoy that day. Refer to your meal plan on pages 160–161 for all your tasty options.
- **Daily Affirmation**—The purpose of this program is not to simply detox your body, but also restore a sense of mental well-being and positive self-image. Your daily affirmation is a message you repeat to yourself starting first thing in the morning and carry through the day to help you stay motivated and improve your overall attitude and outlook on life. Refer to page 110 for a deeper look at positive affirmations.
- **Tip or Trick**—Life gets busy, money gets tight, schedules get off course—such is life! But each day I will let you in on my little secrets for staying on track no matter what life throws your way.
- **Lifestyle Upgrade**—These tasks may include incorporating a new food into your diet, drinking more water, performing a fitness challenge, or trying a new mental exercise such as meditation—any task that

1 Days To Detoxify Your Life Body Mind And Soul

Dr. Praachiety Punndey



1 Days To Detoxify Your Life Body Mind And Soul:

Detoxing your Mind, Body, and Spirit for 21 Days S Scott Jr, 2023-09-10 This book is about practicing one spiritual principle per day while detoxing for 21 days This book will assist you in detoxing thought concepts compulsive behaviors intrusive thoughts and mental thought patterns that are no longer serving you in a positive way This book will also help you detox from obsessive compulsive behaviors such as overly drinking doing drugs accessing social media overeating gambling unhealthy sexual behaviors and laziness and even overworking yourself In addition to detoxing from spiritual contradictions like saying one thing and doing another It will assist you in detoxing jealousy envy complacency codependency and feelings of unworthiness It will help you line up your spirit with your values assets gain a better perspective on your life accept life as it is and create more positive outcomes

Hear God with Clarity! 21-Day Fast and Detox Plan for the Mind, Body, Soul, and Spirit Annamarie Strawhand, 2025-02-17 21 Day Fast and Detox Plan for the Mind Body Soul and Spirit Includes Prayer and Fasting Strategy Food Lists Recipes Detox Protocol Prayers and Decrees Journaling Protocol Bonus Motivational Print Outs Clean up the physical and spiritual junk Let the Holy Spirit flow 21 Day Holy Spirit Clarity Fast Hearing God Clearly Eating Plan and Prayer Strategies By Annamarie Strawhand January 23 2022 21 Day Holy Spirit Clarity Fast Hearing God Clearly Eating Plan and Prayer Strategies Hello my friend You are here because you are ready to get serious about your relationship with God and you have a desire to hear His voice and the guiding instruction of the Holy Spirit with greater clarity Get the spiral bound printed book and downloadable E book Here Complete with foods shopping list prayers journaling strategy recipes and a bonus printable encouraging postables for your fridge and cabinets Scroll down for the info on the Fast Luke 12 48 From everyone to whom much has been given much will be required and to whom they entrusted much of him they will ask all the more I start with this word from the Gospel of Luke for you all and myself to remind us that if we are to receive greatly from Father God we must have the understanding that we are to steward these gifts well and responsibly We must also understand the greater the gifting spiritual especially to hear God prophetically and clearly comes with requirements of faith and obedience Setting yourself apart for God The prophetic act of faith of fasting is one of the most powerful and meaningful showing of love faith obedience trust and stewardship to your loving Father God the giver of all good gifts I am so excited to share this 21 Day Fast with you and I pray that you receive breakthrough in many areas of your life I have done this fast with my students and those who follow my ministry with wonderful results I have learned that Fasting is a prophetic act of faith What you do in obedience to the Lord you can expect in faith supernatural breakthroughs for your obedience What you do in secret God rewards openly Search my hashtag 21DayHolySpiritClarityFast to find my updates on social media

One Spirit Medicine Alberto Villoldo, 2016-09-27 Today our minds our emotions our relationships and our bodies are out of kilter We know it but we tend to ignore it until something brings us up short a worrying diagnosis a broken relationship or simply an inability to function harmoniously in everyday life When things are a little off we read a self help book When they

re really bad we bring in oncologists to address cancer neurologists to repair the brain psychologists to help us understand our family of origin But this fragmented approach to health is merely a stopgap To truly heal we need to return to the original recipe for wellness discovered by shamans millennia ago One Spirit Medicine Through One Spirit Medicine the shamans found that they could grow a new body that allowed them to live in extraordinary health They learned how to switch off the death clock inside every cell and turn on the immortality genes that reside in password protected regions of our DNA Cancer dementia and heart disease were rare The shamans of old were truly masters of prevention Drawing on more than 25 years of experience as a medical anthropologist as well as his own journey back from the edge of death acclaimed shamanic teacher Alberto Villoldo shows you how to detoxify the brain and gut with superfoods use techniques for working with our luminous energy fields to heal your body and follow the ancient path of the medicine wheel to shed disempowering stories from the past and pave the way for rebirth Using the principles and practices in this book you can feel better in a few days begin to clear your mind and heal your brain in a week and in six weeks be on your way to a new body one that heals rapidly retains its youthful vitality and keeps you connected to Spirit to the earth and to a renewed sense of purpose in your life

Spirit-Filled and Sugar-Free: 30 Day Sugar Detox Devotional and Weight Loss Plan Cathy Morenzie, 2022-08-15 Are you tired of sugar cravings controlling your life Through this Christian sugar detox and daily devotional for women you can finally stop sugar cravings in their tracks once and for all Spirit Filled and Sugar Free is an all in one sugar detox challenge and bible based healthy living devotional complete with bonus downloadable meal plans recipes plus more Cathy Morenzie is an international speaker and Christian weight loss coach who has empowered hundreds of thousands of women to transform their bodies by embracing their true identity in God and harnessing the power of His Word Spirit Filled and Sugar Free is the latest addition to Cathy s award winning Healthy By Design series a growing collection of books focused on equipping women with the biblical tools they need to eat healthily and lose weight Through this practical faith based guide Cathy will help you to finally say goodbye to sugar addiction and embrace a healthier more energized you Thanks to Spirit Filled and Sugar Free you will discover The real reason you crave sugar Exactly which foods to eat to eliminate cravings How to renew your mind when temptation strikes The keys to preparing healthy balanced meals How to invite God to help you on your sugar free journey And more Cathy will personally guide you through 30 days of life changing devotions each of which includes A thought provoking and inspirational scripture reflection An opportunity for guided journaling complete with space to write down your thoughts A prayer you can use to help you connect with God and seek His help Practical steps you can take to succeed each day and prepare for the next And Optional additional scriptures for further study Spirit Filled and Sugar Free is not just a book but rather a complete sugar detox package based on Cathy s decades of experience in coaching women With your purchase you gain access to the following bonus items A 3 day kickstart sugar cleanse that will help to set you up for success A 21 day sugar detox challenge focused on reducing your sugar and carbohydrate consumption An active practice

tool that will help you replace toxic thoughts with faith filled ones Practical tips FAQs and other tools for getting the most out of your chosen plan And so much more If you re ready to break free from sugar addiction and begin enjoying a healthy God given relationship with food Spirit Filled and Sugar Free is the perfect choice for you With Cathy s help you can start experiencing true freedom today About the Author Cathy Morenzie has been a leader in the health wellness industry for 35 years Author of ten books including the popular award winning Healthy by Design series Other Healthy by Design books Weight Loss God s Way The Proven 21 Day Weight Loss Devotional Bible Study Weight Loss God s Way Low Carb Cookbook and 21 Day Meal Plan Pray Powerfully Lose Weight 21 Days of Short Prayers Declarations Scriptures and Quotes for a Healthy Body Spirit and Soul Love God Lose Weight Freedom from Emotional Eating Overeating and Self Sabotage by Accepting God s Love Get Active God s Way Lose Weight Learn to Love Exercise and Glorify God with Your Body Healthy Eating God s Way Weight Loss Devotional and Challenge The Word on Weight Loss Faith based weight loss tips tools strategies

The Juice Lady's Guide to Fasting Cherie Calbom,2017 Understand the different types of fasts and experience improved weight loss spiritual renewal and optimal health There is a new surge of interest in fasting yet many people are unaware of how to navigate the many types juice liquid diet raw foods and Daniel vegan diet and their various requirements and benefits The Juice Lady Cherie Calbom offers her nutritional expertise on the how tos of fasting This comprehensive book provides menus recipes and strategic fasting guidelines You will learn how to begin what to eat and or drink how long to fast and how to break a fast Ultimately you will discover the myriad of benefits derived from fasting the right way for a healthy life

The Daniel Detox Don Colbert,2016 From the author of the NEW YORK TIMES best selling books The Seven Pillars of Health and I Can Do This Diet along with best sellers Toxic Relief the Bible Cure series Living in Divine Health Deadly Emotions Stress Less and What Would Jesus Eat Dr Don Colbert has sold more than TEN MILLION books The Daniel Detox is a timeless resource f

1 Pound a Day Roni DeLuz,James Hester,2014-03-11 From the authors of the hit diet book 21 Pounds in 21 Days an expanded simplified month long program to cleanse the body as well as a new plan for keeping it clean for the rest of life

Detox-Body,Mind & Intellect- Connect to 2:2 Human Kokoro Dr. Praachietiy Punndey, Detox Body Mind Intellect Connect to 2 2 Human Kokoro is a groundbreaking wellness guide by Dr Praachietiy Punndey It offers a practical easy to follow detox journey using the innovative Glamowell method Combining science spirituality and psychology the book empowers you to cleanse your body quiet your mind and awaken your intellect With home tests journaling activities and clear tools for implementation this book is a 360 detox plan for sustainable well being

The 40 Day Spiritual Cleanse Jacob Gatlin,2025-04-05 Are you ready to embark on a life changing spiritual journey The 40 Day Spiritual Cleanse The Journey to the Spirit Within is a powerful devotional guide designed to help you reconnect with your faith renew your mind and purify your spirit Rooted in the timeless wisdom of the King James Version Bible this cleanse offers a structured path to deeper spiritual awareness personal growth and divine clarity Over 40 transformative days you

will engage in daily scripture readings heartfelt reflections and intentional spiritual practices that will empower you to Detox your soul from negative influences Strengthen your relationship with God Cultivate inner peace and spiritual discipline Align your life with biblical principles Whether you re seeking renewal healing or a deeper connection with the Holy Spirit this devotional will guide you every step of the way Inspired by real life Christian experiences from the inner city of Milwaukee WI this is a journey of faith and self discovery you don t want to miss Perfect for personal devotion group studies or church programs begin your cleanse today and experience the power of a spiritually aligned life *The Hot Detox Plan* Julie Daniluk, RHN,2022-06-21 Spark Your Digestion Safely Cleanse Your Body and Speed HealingThe Hot Detox Plan unifies soothing cooking techniques scientific rigor and Eastern food wisdom to create a revolutionary breakthrough in how you can fire up your digestive power and cleanse and heal your body You ll discover how warming your food and drink can dramatically increase the digestibility of a meal and the absorption of vital nutrients chopping or blending foods such as broccoli can make them more detoxifying cooking and dressing your vegetables with oil makes their phytonutrients more bioavailable using culinary herbs in your cooking can kill yeast and negative bacteria that may be the cause of bloating and indigestion warming spices like turmeric cleanse the liver and has been shown to reduce pain as effectively as over the counter medications warming up your body s core will boost low immunity alleviate IBS and chronic pain balance hormones and help spur weight lossThe Hot Detox Plan is the sanest and smartest way to cleanse with easy to follow 3 10 and 21 day plans proven techniques for crushing cravings and over 125 delicious and easy to prepare recipes you ll want to enjoy every day

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