



# Healthy Balanced Detox Diet



## Personal Detoxification Food Mood Journal



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This book is intended to support health and celebrate your journey. It is intended to be part of a complete program of self-guided information on healthy, safe detoxification using nutrition and other common dietary changes.

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# How to use your journal

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## **Detox Preparation**

Use this section to get ready for your detox - emotionally and physically. Take a bit of quiet time to set your intentions. Then clean up your kitchen and get off to a great start!

## **Daily Detox Pages**

This is the heart of your journal. These pages are designed to help you track your progress and pay attention to your body's natural healing process. Use these pages to increase mindfulness, awareness and gratitude throughout your detox and beyond. We've supplied 7 pages for you but feel free to print doubles or to use less of them. Your initial detox may be shorter or longer than 7 days.

## **Detox Insights**

Set aside some quiet time. Take a moment to reflect on what you've learned from your detox experience. Answer these questions when you are near the end of your detox plan.

## **Emerging from Your Detox**

This section will help you successfully transition from your detox to a new healthy daily lifestyle. Be sure to take the time to use this part. It's the most important step!

# Introduction/Preparation

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Take a moment to check in with yourself and make some notes...

- How do you feel right now? What kind of shape is your body in? How are you feeling mentally/emotionally?
  
- Why do you want to detox? What's motivating you?
  
- What do you hope to accomplish through this detox?
  
- Make a commitment right now to your plan. Set your intention and sum it up in one simple, affirmative, present tense statement right here...

# Notes...

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## Are you ready to get started?

Complete this checklist:

- My customized detox diet plan is clear and doable!
- Detox timeline is on my calendar and I have made space for it.
- Therapy appointments and/or sauna times scheduled. (if you choose)
- I've shared my plan with my loved ones and have asked for loving support.
- Menu planner is complete for the whole detox.
- Kitchen is cleaned up and ready to go.
- Groceries, supplements, herbs and tools are on hand.
- My mental and emotional commitment to this plan and to my vibrant health is firm.
- I have printed my daily detox pages and am ready to use them
- I am excited to clear out my body naturally and healthfully!!**















# Detox Insights

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How do you feel? Did anything surprise you from this detox?

What was the best thing about your detox experience?

What was the worst thing about your detox experience?

What are you looking forward to after your detox?

What did you learn about your body during this detox? (Were you more aware of its functions and processes? Did you notice how certain foods were affecting your body? Do you feel more sensitive? How?)

What are three ways that you will take excellent care of yourself after your detox?

- 1.
- 2.
- 3.

Which new foods and practices do you want to bring from your detox into your daily life?

What is your long term nourishment plan? Knowing what you know now, how will your diet & lifestyle be different from this moment forward?

# Emerging from Your Detox

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Coming out of your detox slowly and mindfully is very important.

Paying close attention to how you feel through this process will help you determine what the best daily diet for YOU will be. Add food back into your diet one at a time so you can observe how they affect your body. Record each new food that you add back in and any effects you notice from it. You don't *have* to add all the foods you've taken out back into your diet. Now is a great time to say farewell to the least healthy foods you used to eat.

- Add one new food at a time and observe its effects. *Look out for excess mucous, sluggishness or heaviness, gas/bloating, agitation/rush (from caffeine or sugar), etc.*
  - Food #1:
    - Effect(s):
  
  - Food #2:
    - Effect(s):
  
  - Food #3:
    - Effect(s):
  
  - Food #4:
    - Effect(s):
  
- Will you do another detox? When?

• Let us know how you are doing! Contact us at [info@healthy-balanced-detox-diet.com](mailto:info@healthy-balanced-detox-diet.com)!

***With regular cleansing in your lifestyle, you will feel better and better year after year. Imagine feeling better as you age! You can!***