



ALKALINE WATER DETOX



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In this guide
you'll learn how to:



**Jump start
your weight
loss!**



**Get glowing
skin!**



**Improve
digestion!**



**Boost your
energy!**



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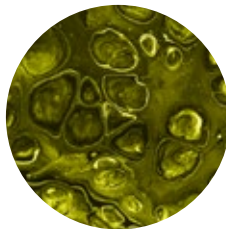
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Getting the junk out of our body means getting it out of our diet.

There are types of alkaline foods and types of alkaline water that change the way our natural detoxification processes are supported. The human body has many natural pathways to allow detoxification through our liver, sweat and more.

From a cellular perspective, the cells integrate all unhealthy food choices such as refined oils (canola, vegetable, soy or corn oil) that literally become part of our cellular membrane and matrix – stiffening the inside of the cell so your cells do not receive the abundant nutrients available otherwise. This equates to cellular inflammation that leads to weight gain, cellulite, poor health and much more.

Inflammation is the core underlying cause of most illness, disease, faster-aging and weight gain. Detoxing your body is vital to bring this inflammation down – if not, these toxins get stored in the tissues and the cells of our bodies and promote poor health, brain health and more.

Detoxing helps to promote weight loss, improves liver function, promotes better gut health and digestion, helps reduce inflammation, skin health and increased energy levels.

How to detox? It's simple. Just add in the foods and lifestyle choices found in the information provided in this guide. **The good news is that you can begin today!**

YOUR DETOX FOUNDATION

Our diet is key to optimizing health and assisting in the detox process. It is truly the foundation to a proper detox in addition to other choices. There are many foods to add that promote effective and efficient detoxification while supporting the liver in doing its complex job.

Eating a nutrient-rich diet is key to a successful detox and thereafter. The primary function of antioxidants is to neutralize free radicals in your body, lessening the damage caused by these highly reactive molecules.

Many of my clients initially before detox protocols, were suffering needlessly due to inflammatory dietary choices and once they removed the offenders such as inflammatory foods...they felt amazing, full of energy with improved skin health and their weight just dropped off. Foods are crucial to supporting detox such as broccoli, which supports your liver's phase II detoxification pathway.

Begin adding these top detox super foods to your daily diet:

- + Cruciferous Veggies
- + Leafy Greens
- + Avocados
- + Asparagus
- + Lemons
- + Ginger
- + Garlic
- + Green Tea
- + Watercress
- + Broccoli
- + Artichokes
- + Beets
- + Grapefruit



DETOX
WITH HEALTHY DRINKS

To aid the process of detox, add delicious, easy but healthy and effective drinks and healthy vegetable-rich broths

EXERCISE TO PROMOTE LYMPH FLOW

A healthy lifestyle - eating healthy, drinking plenty of water and exercising - is important to detoxifying because it enables our body to do what it is intended to do.

Any type of exercise including the vibration plate, jumping jacks, walking, jogging and more, all help move lymph fluid throughout the body where it was otherwise stagnant.

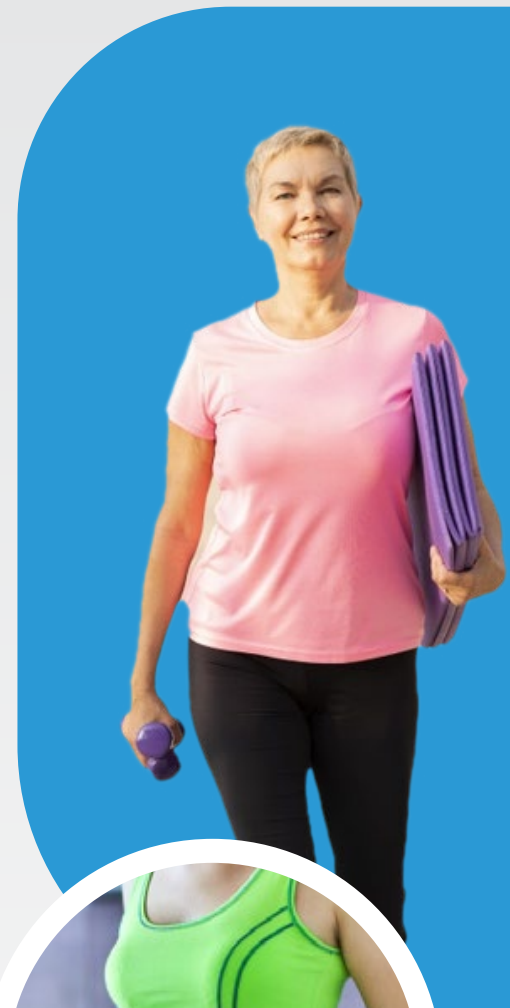
Additionally, When you perspire, even if you're only doing household chores, you're flushing out toxins from your body. Healthy lymph flow is a crucial part of our immune system, promotes weight loss, reduces water retention, and reduces stress, fatigue and much more.

INTERMITTENT FAST

When we do not eat for a period of time, our body can attend to a very important function called 'autophagy' which is literally cellular detox. Our cells are constantly attending to the metabolism of food and more.

When we stop eating, it can focus on the repair and regeneration of cells in the body. Intermittent fasting promotes not just optimal health, but slower aging, weight loss, better sleep, focus, better gut health, health span and lifespan.

The longer you fast, the more benefits you accrue. Remember to start slow such as delaying breakfast one hour per week to ultimately getting to 12, 16 or 18 hours of fasting.



DRINK ALKALINE WATER



Alkaline water to help detox is clearly one of the better and healthier choices if you want to eliminate toxins in your body.

Alkaline water alone does wonders to your body, so you should consider having a water ionizer at home to completely switch to a healthier water option. The recommended amount of water to drink during a detox is half of your body weight in ounces each day.

Example: if you are 120 lb, you should be consuming 60 oz of water or more.

SLEEP TO DETOX

Sleep is involved in detoxing by removing waste by-products from the body and particularly the brain. When you sleep, the brain is very active detoxing via the glymphatic system – much like a shampoo for the brain. Ensuring adequate and quality sleep each night is a must to support your body's health and natural detoxification system.

DE-STRESS

When we are chronically under stress and anxiety, the hormones eg. cortisol and epinephrine, are generated in response. Unfortunately, if we don't flush these chemicals out with stress reduction, they can build-up and cause harm to our health. Every day practice stress reduction such as with these examples:

- + Deep Breathing
- + Yoga
- + Meditation
- + Guided Meditation
- + Read
- + Take a Walk
- + Exercise



ELIMINATE TOXIC REFINED OILS

Refined cooking oils such as vegetable oil, corn oil, canola oil or soy oil, are highly processed and toxic to the body.

These oils create inflammation and an imbalance between the crucial essential fats omega 3 and omega 6. Refined oils add more omega 6 to our body which means the anti-inflammatory omega 3 cannot do its job properly of fighting inflammation.

Removing these refined oils immediately helps in the detox process. Use healthy oils such as avocado oil, olive oil or coconut oil.

ELIMINATE REFINED AND PROCESSED FOODS

Refined foods, like refined oils are stripped of their nutrients and undergo a 'processing' that when eaten promotes inflammation in the body due to the following:

- white flours
- refined oils
- chips
- snacks
- breads
- fruited yogurts
- cakes
- cookies
- fast foods
- and most any packaged, processed food product available.

Eating refined foods is linked to drastically increased risk of many diseases, including obesity, heart disease and type 2 diabetes.



AVOID SUGARS

Sugar and the refined high fructose corn syrup (found in most processed foods), are inflammatory and can promote liver fat.

A fatty liver is a result of excess sugar and poor food choices. Our liver needs to be healthy in order to support detoxification and weight loss.

In fact, our liver is our #1 fat-burning organ. But if it is congested with fat (which many unknowingly have a fatty liver), it can't do its job of metabolizing fat or removing toxins from the body optimally.

MAINTAIN A POSITIVE OUTLOOK

Why should staying positive benefit you while you detox? Because it helps to reduce stress powerfully. Remember that stress hormones such as cortisol can wreak havoc and build-up in the body causing not just distress and anxiety, but poor health, weight gain and more.

RECIPES

DETOX SMOOTHIES AND DETOX WATERS



Matcha Cucumber Avocado Smoothie

Ingredients

8 ounces Tyent alkaline water
2 tsp Matcha Green Tea powder
1 cup sliced cucumber
1/2 ripe avocado
1 tsp lemon juice
1/2 tsp lemon liquid stevia (to taste)
1/2 cup ice

Instructions

- 1 Pour the water and green tea powder into a blender to combine.
- 2 Add the remaining ingredients and blend on high until smooth.
- 3 Adjust sweetener as desired.
- 4 Enjoy!



Green Detox Smoothie

Ingredients

2/3 cup unsweetened coconut milk canned and full fat
1 teaspoon lemon juice
1 teaspoon lemon zest
1 pinch sea salt
10 drops stevia extract
1 cup kale chopped
3 sprigs parsley fresh
1/4 avocado
1 sprig fresh mint
1 cup ice cubes

Instructions

- 1 Add the coconut milk, lemon juice, lemon zest, salt, stevia, kale, avocado, parsley, and mint to a blender and process until smooth.
- 2 Add the ice cubes and pulse until thick and creamy, tamping down as necessary.
- 3 Pour into a glass and serve immediately.
- 4 Enjoy!



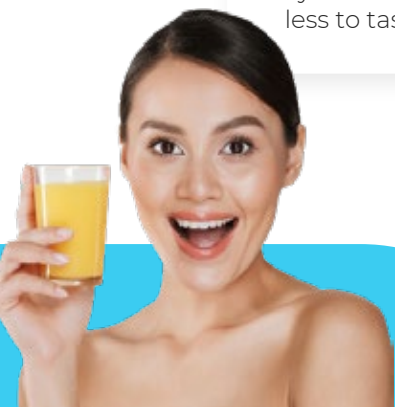
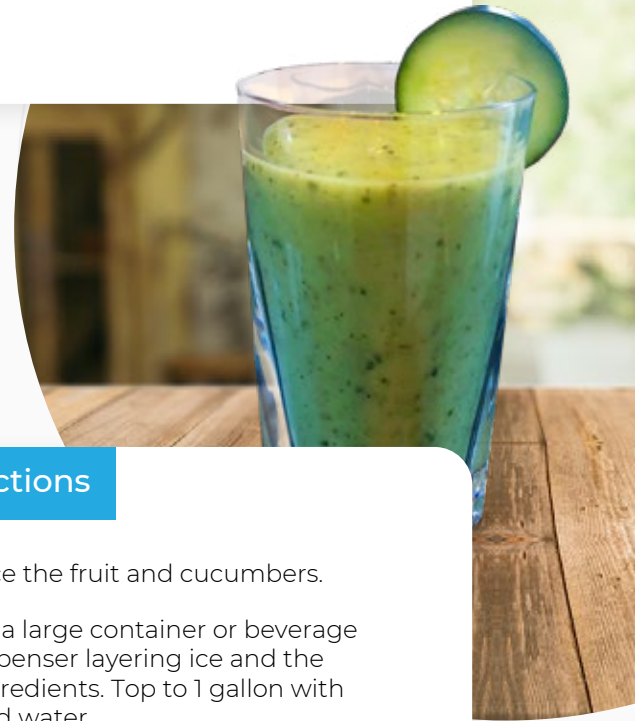
Cucumber Ginger Detox Water

Ingredients

1 orange
1 lime
1 lemon
1/2 cucumber
3 1/2 slices fresh ginger
25 mint leaves removed from stems
4 cups ice
Tynt alkaline water add more or less to taste

Instructions

- 1 Slice the fruit and cucumbers.
- 2 Fill a large container or beverage dispenser layering ice and the ingredients. Top to 1 gallon with cold water.
- 3 Let steep at least 45 minutes.
- 4 Enjoy!



Lemon Mint Detox Water

Ingredients

8 ounces Tyent alkaline water
1 teaspoon grated ginger
1 lemon, cut in half, half reserved for garnish
Several sprigs of mint



Directions

- 1 Boil water and make lemon ginger tea by pouring hot water into a cup with the ginger.
- 2 Allow to steep for 2- 3 minutes.
- 3 Pour the water from the ginger tea through a strainer to remove the ginger and pour into a glass.
- 4 Squeeze juice from 1/2 lemon into ginger tea.
- 5 Slice remaining half of lemon and use to garnish.
- 6 Add several sprigs of mint
- 7 Drink warm or cool.
- 8 Enjoy!

Instructions

- 1 Use 1 bunch of rinsed organic celery and cut off the base to separate the stalks
- 2 Chop the celery stalks into 1 inch pieces and place them in the blender.
- 3 Add 1/4 cup of Tyent alkaline water and put the lid on the blender. Blend until smooth.
- 4 Place a clean nut milk bag over the mouth of a pitcher or bowl and pour the blended celery through the nut milk bag. Use your hands to squeeze the celery juice through the bag.
- 5 Drink immediately, or feel free to make enough for 2 days (two bunches) and keep in sealed mason jar the fridge.
- 6 Enjoy!

Celery Alkaline Detox Water

Ingredients

1 bunch of organic celery
Tyent alkaline water

*Drink it fresh first thing in the morning and wait 30 minutes before drinking anything else.



DRINK HEALTHY TEAS

Detox teas are an easy way to support your body's detox efforts. Teas are rich in phytonutrients that promote better gut health, liver health, fat loss, boosting metabolism, promoting optimal cellular health and helping to remove toxins.

Drink any time of day as they are refreshing and particularly helpful in stopping hunger and cravings.



The TOP 4 Detox Teas

Iced Lemon Lime Green Tea

Ingredients

- ¼ cup lime juice, plus 3 limes sliced for garnish
- ¼ cup lemon juice, plus 2 lemons sliced for garnish
- 5 Tyent alkaline water
- 5 Matcha Green Tea Bags
- 1/2 teaspoon liquid lemon stevia (to taste)
- Mint leaves

Directions

- 1 Add lime and lemon juice to a large pitcher.
- 2 Bring 2 cups of water to a boil in a medium saucepan.
- 3 Add 5 matcha green tea bags into the hot water. Steep for 3 minutes.
- 4 Using a large spoon, gently press the tea bags against the pan to extract the tea further. Remove and discard the tea bags from the saucepan.
- 5 Add stevia, and stir until dissolved.
- 6 Add 3 cups of cold water to the pitcher. Stir until well blended. Add more stevia if desired.
- 7 Serve chilled matcha green tea with ice cubes, a few lime slices, lemon slices and 3 fresh mint leaves in each glass.
- 8 Enjoy!

Ginger Lemon Tea

Ingredients

1 tablespoon grated fresh ginger
1 ¼ cups (10 oz) Tyent alkaline water
1 teaspoon honey
1 lemon wedge

Instructions

- 1 Bring the water to a boil.
- 2 Meanwhile, peel the ginger with a spoon and finely grate it with a grater or microplane.
- 3 Place the ginger in a tea strainer or tea ball, then place it in a mug. Pour over the boiling water. Allow the ginger to steep for 5 minutes.
- 4 Enjoy!

Orange Cinnamon Oolong Tea

Ingredients

2 Oolong tea bags
2 ½ cups (20 oz) Tyent alkaline water
Sliced oranges
Cinnamon stick or Thai Cinnamon

Instructions

- 1 Pour boiling water over 2 Oolong tea bags.
- 2 Let steep for 2-5 minutes.
- 3 Add sliced oranges.
- 4 Add cinnamon stick.
- 5 Enjoy!

Hibiscus Detox Tea

Ingredients

2 hibiscus tea bags
2 ½ cups (10 oz) Tyent alkaline water

Instructions

- 1 Bring the water to a boil.
- 2 Pour boiling water over 2 hibiscus tea bags.
- 3 Let steep for 2-5 minutes.
- 4 Add mint (optional).
- 5 Enjoy!

DETOX WITH SNACKS!

When you think detox you may think always hungry. The reality is that you can eat and detox to optimize weight and health. Using foods such as delicious snacks is an easy way to help your body detox.

These specific snacks will help to reduce cellular inflammation, gut health and keep your blood sugar balanced to stop the incessant hunger and cravings that contribute to the toxic load. Detoxing is about ridding your body of toxins, feeding your body the right nutrients while optimizing your health and weight.



SNACK RECIPES

Grapefruit Avocado

Ingredients

½ avocado
½ grapefruit slices
Squeeze of fresh lime juice
Olive oil
Sea salt

Instructions

- 1 Peel and separate grapefruit sections
- 2 Peel and slice avocado
- 3 Arrange slices of avocados and grapefruit segments on a plate on a bed of a few lettuce leaves
- 4 Squeeze fresh lime juice over slices



Apples with Almond Butter

Simple Instructions

Apples are full of phytonutrients, polyphenols and soluble fiber that aid digestion and help detox the body.

Simply pair apples with creamy almond butter that promote healthy cellular function and healthy fats that stabilize your blood sugar, preventing hunger and cravings.



Cinnamon Greek Yogurt with Berries

Simple Instructions

Add antioxidant-rich blueberries to non-sweetened yogurt and top with cinnamon for a healthy protein and fiber-packed detox snack.





I hope that you enjoyed this detox guide. Keep an eye on your inbox for more great healthy tips and tricks from Dr. Lori and Tyent USA.

In the meantime, check out Dr. Lori's and Tyent USA's social media pages for loads of priceless health information, as well as some fun posts too.

Happy Detoxing!

www.TyentUsa.com