

What to Expect When Detoxing



by Ani Phyo

Ani's Reboot

a new year's detox challenge

What to Expect When You're Detoxing

If you're used to eating a lot of processed foods and heavy meat and dairy dishes, you're going to be amazed at how good you feel when you start eating more whole, fresh veggies and fruits. And...you may also initially feel some discomfort. When you start anything new, be it eating, exercise, heck, even a new job, you have to adjust. With adding new foods into your way of eating, your body will need some time to adjust, so you could experience some symptoms of withdrawal. Yes, withdrawal. Processed foods, sugary foods, and the like can be addictive. As new research shows:

"Sugary foods and drinks, white bread and other processed carbohydrates that are known to cause abrupt spikes and falls in blood sugar appear to stimulate parts of the brain involved in hunger, craving and reward, the new research shows. The findings, published in *The American Journal of Clinical Nutrition*, suggest that these so-called high-glycemic foods influence the brain in a way that might drive some people to overeat."

So when you cut these foods out of your diet, what happens? Your body says, "What? Where's that usual stuff?" and as a result, you may feel cruddy at first with the following symptoms:

- Headache
- Fatigue
- Mental fogginess
- Intense cravings

Of course, no one wants to feel like crap, especially on the quest to get health. Moderation is key. When you're getting ready to start our 3-day detox and reboot, you may want to spend a few days or week prior reducing your caffeine intake and introducing more veggies into your diet in order to make your transition into **Ani's Reboot** as smooth as possible. Here are some ideas:

Buzz Kill

Ani's Reboot detox allows you to drink all the green tea and water you like; for maximum fat burning and detoxing, though, you'll need to say no to coffee, alcohol, and sodas (yes, even diet sodas). Green tea has caffeine in it, but if you're used to three triple venti lattes before 8am, you're in for a shock—especially if you go cold turkey. Try to reduce your caffeine intake before the plan—an easy way to do it is to ease into half decaf drinks, and then swapping to green tea. Do you love a dairy bomb in your coffee? Try half soy or almond milk.

Raw Food Feasting vs. Juice Fasting

Raw food is the original, healthy, whole food detox. You can enjoy nutritious and delicious shakes, soups, salads, pastas, burgers, pizzas, and even pies and cakes...seriously, while enjoying the benefits of detoxing. Raw food feasting sounds so much more inviting than starving for days on a juice cleanse, doesn't it?

Since we are designed to eat food, starving our bodies on juice fasts creates a myriad of health issues. Sure you may loose a few pounds in water weight, but juice fasts are just another type of crash diet. Your body will go into starvation panic mode, cannibalize its muscle mass, and you can permanently slow down your metabolism.

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What to Expect When You're Detoxing (continued)

Eat More Plants

Yep, Michael Pollan (who appeared on the Dr. Oz Show with myself and the U. S. Surgeon General) said it best: "Eat food. Not too much. Mostly plants." To prep yourself for your reboot and detox, spend the week or even just a few days before incorporating more fruits and veggies into your diet. It can be as simple as swapping out one dairy- or meat- based meal per day. Used to having a hamburger for lunch? Try a veggie burger. Easy add-ins to your meals include fresh fruit to your breakfast or as a snack and adding greens (salad) to lunch or dinner. Raw veggies can be a great snack, too. Try veggies with hummus for added protein.

Get Your Body Moving

This diet is effective without exercise, but we both know that you can't be truly healthy if you sit on your bum all day. All you need is a brisk daily 20-minute walk to get your blood circulating and your heart pumping. Stretching is also beneficial; it will keep healthy oxygen flowing to all the cells in your body to help jettison deeply lodged fat and toxins out of your system.

Remember Why You're Doing This

You've signed up for Ani's Reboot, a New Year Detox Challenge, because you want to start off the new year looking and feeling better. An investment in your health is one of the best things you can do for yourself (and your friends and family!). So, to put it bluntly: be nice to yourself. Get plenty of rest. Remember that this is one step along your journey to better health.

#WIN on Instagram

Every Friday in January 2016 I'll give away a copy of [Ani's Tart Cherry Recipes](#) on Instagram.

Tag your reboot detox photos with [#AnisReboot](#) for a chance to win!

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