

The Twelve-Hour Deep Detox

RESPECT THE TWELVE-HOUR WINDOW

Digestion is one of the most energy consuming functions of the body. If it is constantly tied up with digestion, your body will put deeper cleansing on hold. After your evening shake, leave a Twelve-Hour Window before having your morning shake. If you have your evening shake at 7pm, then have your morning shake at 7am or later.

WHY?

The body sends the signal to go into deep detox mode approximately eight hours after your last meal. Then the body needs another four hours to do a deep clean.



If you fill up your belly late at night, and eat early again the next day, your body isn't given the opportunity to clean house. Making a commitment to the Twelve-Hour Window will help you get the most out of your program.

Note: It's okay to have water or herbal tea during the Twelve-Hour Window.

