

7 DAY FAT

FAT FLUSH



**QUICK START GUIDE:
COLON DETOX PROTOCOL**

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The Fine Print

There's always a legal disclaimer when we discuss health and wellness, isn't there? We live in a funny world where everyone is intent on covering their butts whenever they provide information or opinions. This is especially true when it comes to the subject of health and wellness. I hate having to do this, but it is a necessity, so here goes:

The information provided in this book is for educational purposes only so that you can make better and smarter decisions about your health and wellness.

I am not a doctor, but I am sharing my story and all of the scientific and alternative information I have accessed to help you learn from my experience and make changes in your own life if this resonates with you. I am not permitted to diagnose diseases or conditions. For the diagnosis or treatment of any ailment, please consult a licensed physician or whatever medical practitioner you may prefer.

I am sharing information based on my personal experience and the opinions and conclusions included are mine and mine alone. You and others may or may not agree with them but know that I have done my best to impart information that will educate you and allow you to form your own opinion.

If you should choose to act on any of the information included in this book, please be aware that you do so at your own risk. And that any results may be relative to your own state of fitness and health (physical, mental and emotional) and the awareness, care and attention with which you conduct yourself while participating in the activities or suggestions.

Phew! That wasn't so bad, right?

Ok, so now let's dive in and start learning!

Introduction

Welcome to The BioFit Diet. You've made a very smart choice in choosing this program, and you're

Congratulations on making the decision to change your life, your habits, and enter the new chapter when you reveal an improved, thinner you! If you use guidance in The Fat Loss Accelerator Program, we're confident that you'll be seeing results in no time. You will quickly be living your life, only healthier, slimmer, and without the fear of disease and illness, because you've taken the first step towards handling your weight and we are so proud of you for that.

In this exclusive quick start, **7 Day Fat Flush**, we go even further and show you reset your body for the next stages of weight loss. It all starts with a deep colon flush, to help get rid of extra weight, and reset your system to get it ready for clean, fresh, nutrient-rich foods.

If you follow the practical advice in this plan, you'll quickly cleanse your colon of years of unwanted, stagnant waste. It's one of two parts of the reset phase of the Fat Loss Accelerator Program and will ensure you get the best out of this program today!

Just think how great you'll look and feel just 7 days from now! Let's get started!

Why You Need A Colon Cleanse

You've been eating the wrong way, stuffing yourself with junk food, processed foods, meats, and antibiotics for years and years. All that time, your colon has been working overtime, getting backed up and causing damage to your gastrointestinal tract.

On top of just poor food choices, you've potentially been exposed to intestinal parasites, which enter easily through the intestinal wall, easily entering your body through this major organ. This contamination can occur from drinking impure water sources, contaminated beverages, or consuming undercooked meat.

Your colon is a part of your digestive system, a critical organ which absorbs vitamins and other nutrients, and it processes undigested food into your small intestine and eliminates waste. Over time, however, your colon can stop functioning the way it was designed to; it starts to absorb toxins rather than eliminating them from your body.

If you suffer from any of the following, you may have poor colon health:

- Constipation
- Bloating
- Headache
- Weight gain
- Gas
- Fatigue
- Low energy

The consumption of processed unhealthy foods, is acidic to your body. Your internal organs react to this acidity and defend themselves, so it covers the food in a mucus layer. With time, this mucus begin to occupy your intestine and halt the effective nutrient absorption that should be occurring. This results in further symptoms.

10 Symptoms Your Colon Is Toxic

- Indigestion and stomach ache
- Acidity and bloating
- Muscle and joint pain
- Poor immune system
- You suffer some digestive problems like diarrhea, constipation, and IBS
- Anxiety, fatigue, poor memory, mood swings, brain fog and depression
- Recurrent bladder or vaginal infection
- Skin rashes
- Often feeling unwell
- Getting season sickness

So Why A Colon Cleanse?

Well, if you suffer from any or all of the symptoms, you can greatly benefit from giving your body a reset to get yourself prepared to absorb nutrients from your food again. You can get great results by way of a natural colon cleanse. There are plenty of ways to do a detox / fat flush, but in this guide you will find a detailed diet plan for our amazing 7 Day Fat Flush. You're just a week away from ridding your body of harmful toxins and kickstarting your weight loss journey to get great results!

Join me! Let's get started now. Read on!

Cleanse Foods

It's critical that during a colon detox you nourish yourself with foods rich in natural fiber, vitamin D and folate (Vitamin B).

Recommended foods consist largely of deep green vegetables, known as powerful fat burning foods that support colon fat flushing and general weight loss.

Colon Cleanse Approved Foods:

- Broccoli
- Beetroot
- Spinach
- Apples (Green and red)
- Berries (blueberries, gooseberries, cranberries, strawberries, and raspberries)
- Avocado
- Flaxseed
- Celery seed
- Grapefruit
- Kale
- Oats
- Legumes
- Watercress
- Aloe Vera
- Lemon
- Fruit juice
- Green leafy vegetables
- Garlic
- Green tea

While you nourish yourself with healthy, nutritious foods you need to ensure that you cut down on processed foods, milk products, sugars and red meat.

What to Avoid During A Colon Cleanse:

- Cheese
- Butter
- Cottage cheese
- Meat(Pork, beef, hot dogs, cold cuts, deli meats, veal, fish, canned meats)
- Alcohol
- Cigarettes
- Cakes
- Pastries
- Biscuits
- Bread
- Sugar
- Ice Cream
- Sour cream
- Mayonnaise
- Eggs
- Steak sauce
- Salad dressings
- Chocolate
- Ketchup
- Coffee
- Soft or energy drinks
- Nuts (Though nuts are healthy, you need to exclude them from a cleansing diet. If you still want to eat, soak them in hot water for 2 hours and then consume)

Practical Tips of Colon Cleansing

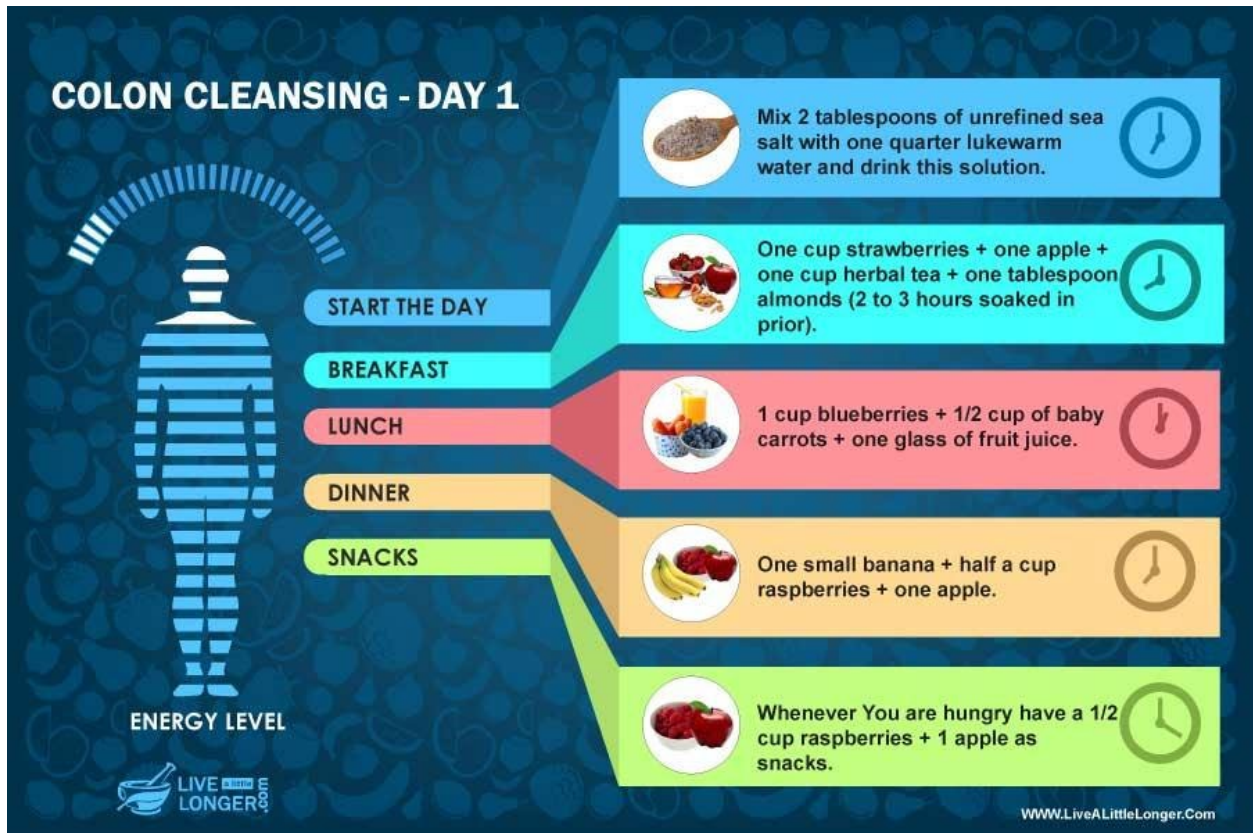
For the week of your colon flush, you will primarily be eating a fruit & plant based diet and limiting grains. It's totally typical that you will feel low energy for the first few days. Irrespective of how much you consume, you will tend to feel as if your still hungry. In light of this, it is critical you **continue consuming water**, salad, soups, fruit and vegetable juices within every 2 hour gap.

Keep in mind, you need not eat so much that you start feeling bloated or heavy. Try to keep your meals healthy and light, and ensure you have enough energy to get through the week!

7 Day Fat Flush Plan

Now, let's start the 7 Day Fat Flush!

Day 1: Colon Detox Plan



Start With Sea Salt Solution

Salt water purges all the bacteria, mucoidal plaque and bacteria from your colon. The process of cleaning your colon with sea salt is also called "salt water flush". This is something you should begin your routine with.

Step 1: Mix 2 tablespoons of unrefined sea salt (do not use common salt) with one quarter lukewarm water.

Step 2: Drink this solution firstly in the morning. If you do not like the taste, you can buffer it up with some fresh lime or lemon juice.

Step 3: After you drink the salt water solution, be prepared for the next hour. You might feel a headache, nausea and even queasy – because salt water removes all the toxins and then carries them through your intestines. Since this process happens quickly, you will start to visit the washroom more frequently. While some may evacuate all the salt water just within 1 to 2 hours, some can take few hours.

For Breakfast

Option 1: One cup strawberries + one apple + one cup herbal tea + one tablespoon almonds (2 to 3 hours soaked in water).

Option 2: One glass of fresh vegetable juice + one avocado + half a cup raspberries.

Option 3: One plate of fruit or vegetable salad mixed with 1 tablespoon flaxseeds or flaxseed powder + one glass of freshly prepared vegetable or fruit juice.

Make sure to drink lots of water throughout the day.

For Lunch

Option 1: Half a cup quinoa + half a cup of steamed peppers and asparagus.

Option 2: One cup blueberries + half a cup of baby carrots + one glass of fruit juice.

Option 3: One bowl of steamed vegetables + one cup of pureed vegetable soup.

Make sure to drink plenty of fluids throughout the day.

For Dinner

Option 1: One cup of spinach soup garnished with a few garlic pieces + one bowl of broccoli sprouts.

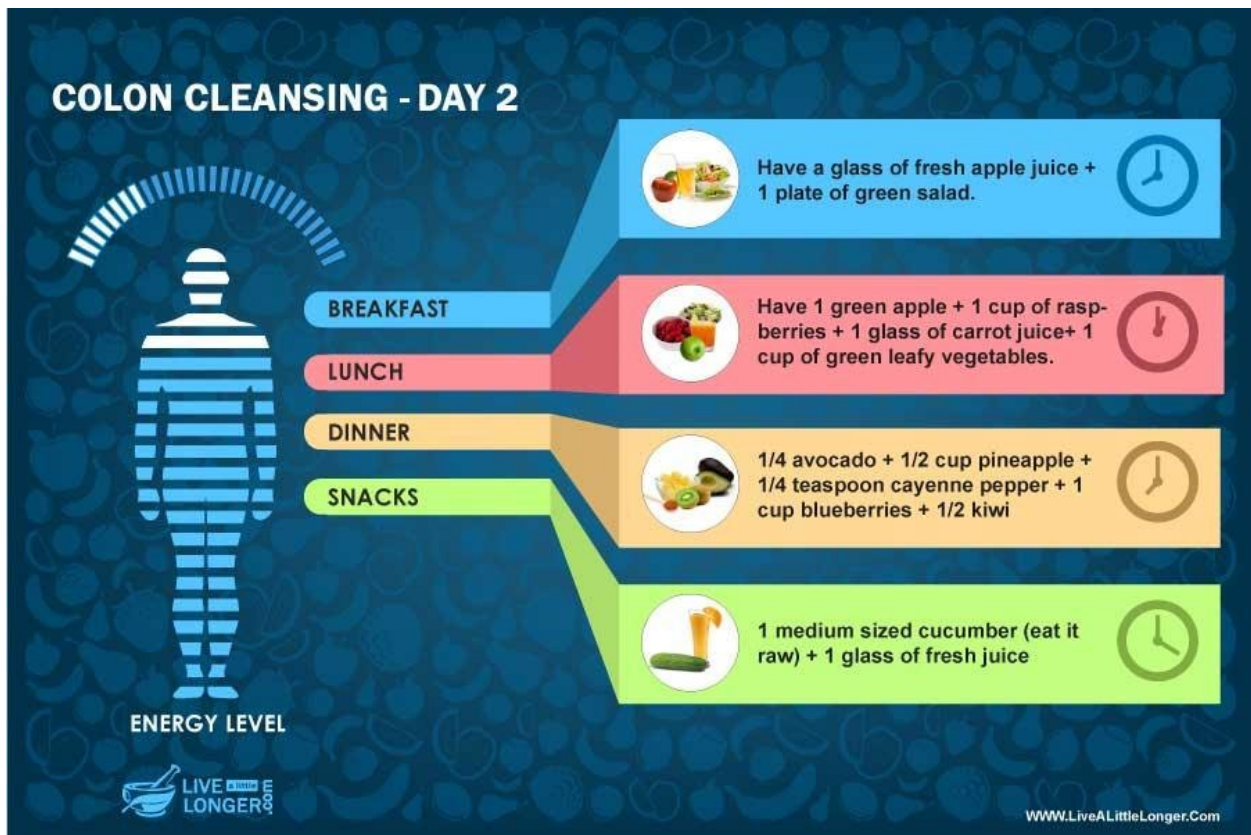
Option 2: One small banana + half a cup raspberries + one apple.

Whenever You Are Hungry (In-between meals), Have This Snack:

Option 1: 1/2 cup baby carrots + 1/2 cup broccoli sprouts

Option 2: 1/2 cup raspberries + 1 apple

Day 2: Colon Detox Plan



For Breakfast

Option 1: Start with a fresh Natural colon cleansing juice: 1 handful of fresh spinach, 1 handful of parsley, 1 cucumber (neatly peeled), 1 celery stalk and 1/2 fresh lemon (neatly peeled) + Eat 1 fruit, either apple or a pear.

Option 2: Have a glass of fresh apple juice, as it flushes out all the toxins, encourages bowel movements and improves your overall digestive system + 1 plate of green salad.

Make sure to drink lots of water throughout the day.

For Lunch

Option 1: Have 1 cup kale + 1/2 cup vegetable soup + 4 celery stalks + 1 cucumber + 1/2 green apple + 1 cup pineapple + 1/2 squeezed lemon

Option 2: Have 1 bowl of fresh green salad (avoid toppings) + 1 bowl of steamed vegetables + 1/2 cup steamed asparagus.

Option 3: Have 1 green apple + 1 cup of raspberries + 1 glass of fresh carrot juice (no sugar or sweeteners) + 1 cup of chopped green leafy vegetables.

For Dinner

Option 1: Have 1 1/2 cups of coconut water + 1 pear + 1 cup raspberries + 1 cup kale + 1 tablespoon flax-seed.

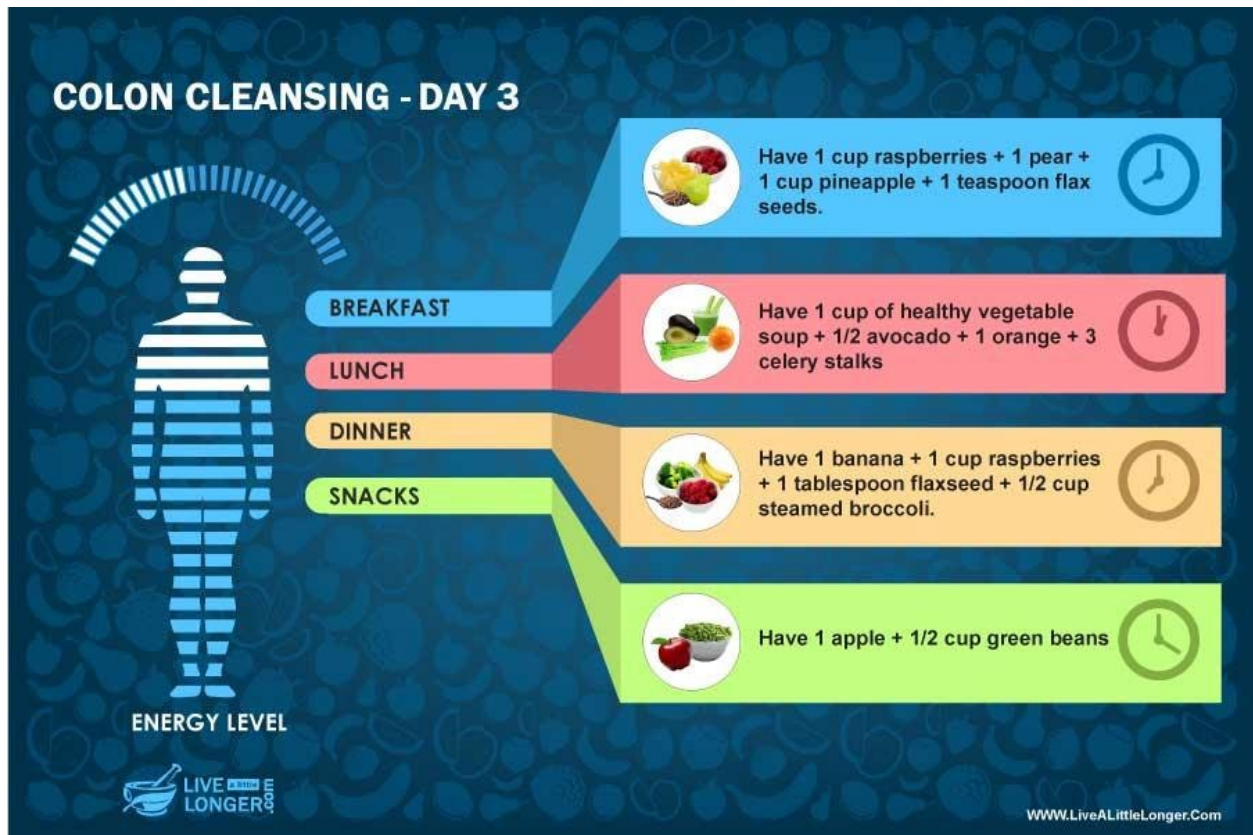
Option 2: Have 1/4 avocado + 1/2 cup mango (if unavailable, replace with pineapple) + 1/4 teaspoon cayenne pepper + 1 cup blueberries + 1/2 kiwi

Whenever You Are Hungry (In-between meals), Have This Snack:

Option 1: 1 glass of fresh lemon juice (no sugar) + 1 cup fresh cherries

Option 2: 1 medium sized cucumber (eat it raw) + 1 glass of fresh juice

Day 3: Colon Detox Plan



For Breakfast

Option 1:

Start your third day of your diet with a healthy morning smoothie. To do this, follow the steps given below:

Step 1: Prepare a glass of fresh lemon juice.

Step 2: Grate ginger root (about 2 inches) and 2 garlic cloves. Mix these two into the prepared lemon juice. Ginger enhances blood circulation while garlic helps in detoxification.

Step 3: Add 2 tablespoons of flaxseed oil (cold pressed).

Step 4: Add some cayenne pepper. It purges all the toxins out.

Step 5: Blend everything in a mixer until it becomes a smoothie.

Step 6: Pour it in a glass, mix well and drink it.

Eat a fresh fruit, either an avocado or an apple.

Option 2: Have 1 cup raspberries + 1 pear + 1 cup pineapple + 1 teaspoon flax seeds

Make sure to drink plenty of natural fluids throughout the day.

For Lunch

Option 1: Have a spinach based salad. Spinach is known to have an antibacterial compound that helps in fighting off the bad bacteria lining your colon and intestine + 1 cup pineapple + 1/2 cup grilled peppers + 1/2 cup quinoa.

Option 2: Have 1 cup of healthy vegetable soup + 1/2 avocado + 1 orange + 3 celery stalks

For Dinner

Option 1:

Aloe Vera is a great Natural colon cleanse. Its medicinal properties not only improve your overall colon health but also treat other issues like skin infections, constipation, diarrhea, headaches and gastric pain. So, for dinner, make sure to drink this juice:

Step 1: Cut an Aloe Vera leaf and take out its gel.

Step 2: Add some lemon juice into it.

Step 3: Put the mixture into a blender and blend it until it turns it to a smoothie.

Step 4: Drink the juice.

After 30 minutes, have a plate of green salad or hot vegetable soup.

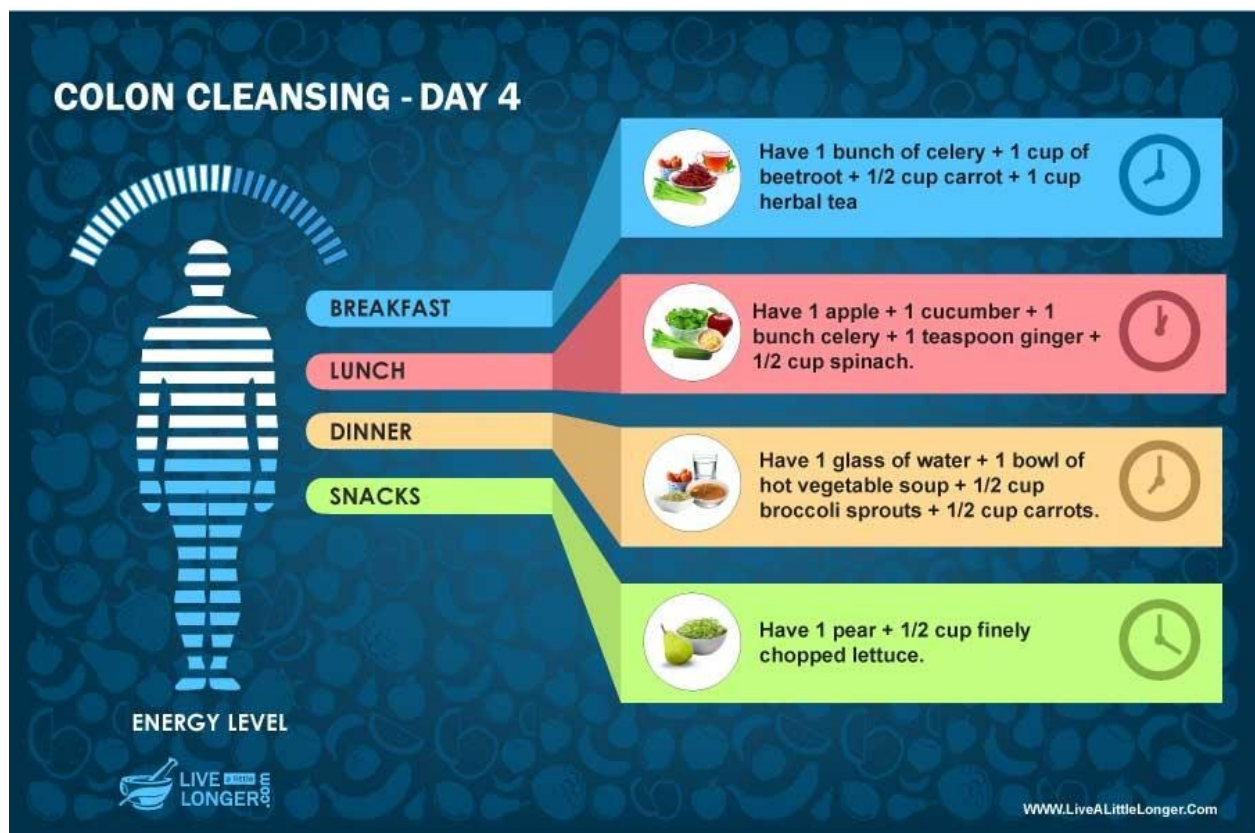
Option 2: Have 1 banana + 1 cup raspberries + 1 tablespoon flaxseed + 1/2 cup steamed broccoli.

Whenever You Are Hungry (In-between meals), Have This Snack:

Option 1: Have 1 cup herbal tea + 1/2 cup steamed peas

Option 2: Have 1 apple + 1/2 cup green beans

Day 4: Colon Detox Plan



For Breakfast

Option 1: Eat a plate of green salad made of these leafy, fibrous vegetables: peas, spinach, artichokes and broccoli + 1 apple + 1 cucumber + 2 carrots.

Option 2: Have 1 bunch of celery + 1 cup of beetroot + 1/2 cup carrot + 1 cup herbal tea

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