

5 Foods To Help You Detox & Lose Weight

WITHOUT DEPRIVATION



WELCOME!



Hi there!

I'm Melissa Weatherall and I am a Registered Holistic Nutritionist. I graduated from Nutrathoria School of Holistic Nutrition in 2018 and have been coaching women ever since. I am a Mom, a wife, a business owner and I know how tough it can get juggling it all.

I empower women to stop the struggle, to learn how to take care of themselves so they have the energy to stay on top of it all, find their passion for life again and thrive!

My passion is helping my clients achieve their very best selves.

IS THIS YOU?

You swear it will be tomorrow, or Monday, or your birthday: the day you will begin to focus on you and your health. But "that day" always slips through your fingers, and these "days" keep passing by. You have a busy life and taking care of yourself has not only dropped further down your to-do list, it has all but fallen off it. It is time to eat foods that help you detox and lose weight naturally. It's time to put yourself first!

Every day we are exposed to a dangerous array of chemicals and pollutants. Unfortunately, our body is not accustomed to dealing with such enormous amounts of intruders all at one time. In this busy and chaotic lifestyle, we neglect our bodies. We do not realize that many unnecessary toxins and fats are unknowingly accumulating inside.

To get rid of these unwanted guests, our body has a detoxification system, which is comprised of the liver, kidney, bowels, spleen, lungs, lymphatic system, and skin. Their job is to detoxify and cleanse our body. But stress, a terrible diet, and a poor bodily self-defense system give way to nutritional deficiencies, infection, and illness.

This is why it is vital to eat foods that help you to detox naturally. Toxins place an incredible burden on your immune system, showing up in clear signs like autoimmune deficiencies, low stamina, too much or too little sleep, and allergies.

Unfortunately, it is only when we realize how severely we are affected that we begin to take steps to remedy the problem. Let's instead focus on preventing trouble with toxins.

Take the time now to support your body before you experience a toxic load like this:

- Congestion – sinus/chest
- Headaches
- Joint aches
- Digestive Issues – gas/bloating
- Weight gain
- Constipation
- Diarrhea
- Poor sleep
- Blood sugar imbalances
- Skin Rashes
- Lethargy
- Mood imbalance – depression/anxiety
- Insomnia

Ever wondered where toxins come from? They come from a plethora of unsuspecting, everyday sources: cosmetics, lotions, pesticides, herbicides, stress, radiation, alcohol, and excessive sugars, just to name a few.

HERE ARE 5 FOODS TO HELP DETOX AND LOSE WEIGHT

CITRUS FRUITS

When life gives you lemons, make lemon juice. Citrus fruits include lemons, lime, grapefruits, oranges, and pineapple. They provide our minimum daily amount of carbohydrates and can help detoxify our body and aid in burning excess fats. Citrus fruits also help your body get rid of unnecessary accumulated toxins. The minerals and vitamins in citrus fruits nourish our body.

Add these fruits to your diet to support both your weight loss and cleansing processes. Eat these fruits or drink their juices on a regular basis. After a short time of regular use, you will begin to see a difference. Too many preservatives and processed foods result in a loss of vital nutrients, so it is suggested that you consume citrus fruits without doing too much too them.

Fresh fruit provides vitamins B and C, beta-carotene, and fiber, which are weapons to help clean your body. Citrus fruits supply both soluble and insoluble fiber. Fiber is an indigestible carbohydrate, which is responsible for the regular discharge of wastes and toxins from the colon.

HERBS AND TEAS

In our busy schedule, we forget that our body needs cleansing. A significant number of people are worried about increasing weight and the intrusive toxins making them feel less than optimal.

Make a little time for some tea.

- **Green Tea:** Green tea boasts numerous antioxidants and vitamins that help in burning fat by speeding up the metabolic rate. Just one cup of green tea daily helps in getting rid of toxins.
- **Garlic Tea:** Garlic tea is a great guard for your liver. It contains vital nutrients that enhance the function of the liver to help it remove toxins more efficiently.
- **Ginger Tea:** Ginger contains antioxidants, anti-inflammatory and anti-ulcer compounds making it an all-around great choice.

- **Dandelion Tea:** Science has been supporting the idea that every gardener's enemy—the dandelion—has exceptional purifying properties. Dandelion tea boosts the enzyme levels in the body and compels the liver to perform its detoxifying functions in a better way. This tea also helps get rid of carcinogenic and other intruding toxins.

VEGETABLES

You might be a bit picky about vegetables, but eating them for the sake of detoxification and weight loss is never a bad idea. If you just can't embrace all vegetables, keep this list as your bare essentials.

- **Broccoli:** Broccoli and broccoli sprouts contain important compounds that help in enhancing the function of the liver. When consumed regularly, broccoli helps the liver become better at removing toxins.
- **Spinach:** Spinach is a vegetable loaded with a myriad of benefits. Although it can be cooked with spices and oils, it is most beneficial when consumed raw. It contains glutathione, an antioxidant that has a major role in detoxifying the liver and removing toxins from the colon.
- **Avocado:** Avocados contain mono and poly saturated fats that promote a healthy fight against toxins. They are easy to prepare and great any way you choose to eat them.
- **Beets:** Beets are a powerful blood cleanser and make sure that removed toxins don't make their way into your body. Beets also help cleanse the liver because they contain a group of phytonutrients called betalains that support detoxification.
- **Cabbage:** This cruciferous vegetable helps in lowering cholesterol levels and keeps the liver healthy. Cabbage is also a mild diuretic and may cause you to urinate slightly more than usual, which helps expel toxins from your system.

RAW APPLE CIDER VINEGAR

Raw apple cider vinegar improves digestion, restores your body's natural pH, and decreases inflammation. Consuming raw apple cider vinegar will increase your energy and improve liver function. It contains potassium, pectin, malic

acid, and calcium. Because it is not pasteurized, raw apple cider vinegar contains raw enzymes and gut-friendly bacteria that are good for your body.

READY TO TAKE YOUR WEIGHT LOSS TO THE NEXT LEVEL?

Think about how amazing your skin and body could feel and look with even more nourishing food and healthy habits.

If you're ready to love the skin you're in and feel better than you have in years, it's time to try my proven system. It's worked for me and countless clients, and I know it will work for you, too.

Are you ready to dive deeper into a clean eating program that to take your health, life, and energy to the next level?

Join me for my [Spring Detox](#) !

You'll receive an in-depth guide, over 50 mouthwatering, allergy-friendly, easy-to-make recipes, and a step-by-step plan of action with suggested whole foods meals that will help you cleanse your body naturally. Most importantly, you'll get access to me to address any questions, concerns or struggles coming up for you.

HERE'S WHAT OTHERS ARE SAYING ABOUT WORKING WITH ME

Melissa is a gem! Not only is she very knowledgeable and dedicated, she is kind, supportive and very easy to talk to.

I had been diagnosed with diabetes for over two years. I haven't been taking care of myself like I should of been. Until I met with Melissa!

In only one month my sugar levels are down, my brain fog is gone, my stomach issues are resolving and I have so much more energy. Bonus is, I have also lost weight!

Melissa, I thank you for being such an amazing and continuing support on my journey. You truly are amazing! –Jodene

I participated in Melissa's Winter detox when I found myself sluggish, bloated, and constantly craving sugar and junk food. I had a terrible time sleeping but was always tired and generally felt terrible! I knew I needed to cut out my sugar habit but I wasn't sure where to start. Melissa's plan was perfect and I knew I could manage with her support. Her recipe guide was easy and delicious. By the end of my detox week I felt better than I have in months (years?). Sugar cravings were gone, my skin cleared up, I was sleeping well, and I no longer felt sluggish or tired. I lost several inches from my waist and 5 lbs. My gut felt better than it has in years! Looking forward to the Spring cleaning cleanse. Thanks Melissa!- Brandi

First time joining one of your programs - it was a great experience. Full of insight and knowledge, you equipped and encouraged the group daily. Loved the recipes, and the gradual reintroduction of foods. Thanks Melissa! -Carrie

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