



Monica's Wheat and yeast free **Detox**

*The ultimate binge-breaking diet
for weight loss, elegance and confidence.*



“I am often asked if I have a personal secret for staying slim.”



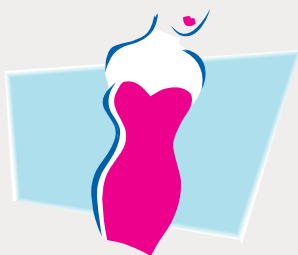
Like most nutritionists and diet writers, I am often asked if I have a personal secret for staying slim. Yes I have. For as long as I can remember, I have been careful about what I eat, but it was only about ten years ago, when recovering from a bout of food poisoning, that I changed my diet dramatically. Out went yeast-forming, starchy foods, high-sugar fruits and wheat. My diet concentrated on

simple proteins with low-starch accompaniments and low-sugar fruit. My whole family joined in and soon my friends were doing it too. *Monica's Wheat and Yeast free Detox* was born.

The diet was popular because it worked on many levels. The overweight among the group lost 20lbs in the first 7 weeks. The slimmer ones reported flatter stomachs and better energy levels. We all noticed a total absence of those daily mood and energy swings: suddenly we were 'All-Day' people – bright in the morning and just as bright at the end of the day. But the most dramatic change was our appetites – we just never thought about food!

All 7 weeks of *Monica's Wheat and Yeast free Detox* are here in this pack. It works through 3 phases, with a support line to help you with queries or problems. When you have finished *Monica's Wheat and Yeast free Detox*, you will have a sensible eating strategy for life which delivers all I have promised. Weight loss, a feeling of elegance and confidence and the end of appetite binges. This is the diet that worked for me, and I know it will work for you.

Good luck, Monica Grenfell



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The Detox – how to relax and enjoy food

“The answer is Body balance”



How often have you envied friends who appear indifferent to food? They eat what they like but know when to stop: no tension when faced with a delicious feast. No ‘shall I, shan’t I?’ or tussles with conscience. They either eat or they don’t. What do they have that you don’t?

The answer is Body balance. The best diet in the world is in your brain. It is your attitude to food, rather than the food itself, that dictates how much you eat. Just as you can be off your food when you have an emergency to cope with, or an exciting event looming, so you can be ‘on’ your food when you are bored, distressed, excited.

It’s never the food that has changed: it’s how you see it.

Body Balance is about eating the right combinations of food in sensible meals that work with your body clock. We were meant to eat two main meals a day – one when we wake, to re-fuel after the 8-12 hours rest, and the other to re-stock after the rigours of the day. We were not meant to load ourselves with sugar. The body copes but it is under stress. It lays down the excess calories as storage fat and wears out insulin by forcing it to swing back and forth continuously to deal with yet another food onslaught. All *you* feel is tired, sluggish, fat and unsatisfied, craving even more food. You’re not ill: you’re out of balance!

Our toxic environment

Your body is perfectly well able to detoxify itself. Every dietician and medical specialist will tell you this and I would agree, except for one thing: just as a sink is designed to cope with waste your body is also designed to cope – so why does a sink get blocked?

It gets blocked because we ignore the manufacturer’s instructions. We shove things down that we’re not supposed to. Your body works in the same way, having been designed to digest and process mainly animal and vegetable matter in their simplest forms, we mix and combine ridiculous combinations of fat, sugar and carbohydrate, add a handful of preservatives, colours and emulsifiers, and eat the whole lot in one go. I’m thinking of biscuits or ready-meals. It’s no surprise that people gain weight.

Constantly exposed to toxins in the air you breathe, the herbicides and pesticides on your food, gases from beauty products and the plastics your food is wrapped in, your body simply cannot cope. Individually, these amount to very little, but it is the combination of all these tiny stresses and strains that your body has to process, on top of the physical stresses of anxiety and exercise (yes, even healthy exercise takes it out of you!) that result in an overworked, overloaded system. You become like that blocked sink.

Monica’s Wheat and Yeast free Detox unblocks that toxic overload by getting rid of the extraneous rubbish, the sugar and the complex combinations of meal ingredients, and replacing them with low-calorie, low-sugar, pure-food meals.



“The Detox works by eliminating all foods that encourage yeasty fermentation”

Fruit can be high calorie and high-sugar, so the message for this diet is simple:

- Do not eat it *at all* on Phase I of The Detox.
- Eat fruit sparingly in Phase II – have low-sugar fruits only from your list.
- Never use fruit as a time-filling Snack.
- Monitor yourself – sugar will build up if you keep snacking on fruit. As soon as fruit causes a problem, stop eating it.
- Do not eat dried fruits *at all* while on the detox or body balance phase.

Wheat

It is not simply wheat that causes so many problems – but the amount we consume. Toast, biscuits, cakes, cereals, buns – they build up to a massive overload. *Cut wheat right out for 3 weeks*, then you may introduce it gradually until you detect a problem.

Breaking the Mould

Constant bloating, tiredness and food obsession could be a result of bacterial imbalances. Certain foods encourage fermentation, but a simple elimination diet will restore your stomach to full health. It will banish food obsession and cravings, cure sugar addiction and help you lose weight.

Three Phases

Monica's Wheat and Yeast free Detox has a three-phase approach. **Phase I** is the Detox, and it lasts a week as a mild fast. **Phase II** balances your body and introduces more Detox Meals which are wheat-free and simple. You have a list of foods to avoid altogether, to avoid if possible and to enjoy.

Finally, **Phase III** adds a few more ideas and sample menus. Throughout The Detox you will be able to make up your own menus and keep track in your accompanying Meal Planner booklet, but the Detox Menus will get you started. Really, it is a question of observing a few basic rules, and you'll be on your way to effortless weight loss!

1. Eat Breakfast If you ate nothing but a slice of toast for your evening meal you would rightly think that you hadn't had much!

Yet breakfast has even more needs to fulfil, such as the 4-5 hours until lunchtime and a morning's work. The hour after you have risen is a time of hectic action in your body and food eaten at this time is burned quickly.

2. Eat a good dinner Your evening meal is also important as a re-fuelling stop. Like supermarket shelves after closing time, the empty shelves need to be re-stocked quickly, ready for the next onslaught. Nutrition is most important after a day's work, and while your meals are not necessarily big, they must be nutritious.

Your evening meal should not be the lightest. It should be the most nutritious.

3. Watch the fruit (*see panel upper left*) My experience is that one or two portions of low-sugar fruit every day are well tolerated by the body, but intensely sugary fruit like mango, grapes and papaya should not be eaten in large amounts on a daily basis. While extremely healthy with many micronutrients, anti-oxidants, fibre and water, gorging on fruit is still common as an anti-appetite device, and it does not work.

4. No high starch meals Starchy food is a subject of great disagreement among dieticians and nutritionists. The general advice is that 37% of your diet should be starches: potatoes, bread, pasta, rice, baked beans and so on. They make an inexpensive, simple base for filling meals, but here is the problem: being 'full' for hours is great if you have a heavy day ahead of manual labour, hand washing and trudging miles to work in the cold – it is not appropriate if you got up in a warm house and drove to a job where you sit all day!

And remember – you are doing this because you want to lose weight. The only way to dispose of bodyfat is to burn it, and the only way to burn it is to adjust your energy balance. Sweet and starchy foods pack a huge amount of energy into quite small portions, so rather than eat less, you need to replace those foods with other, lighter ones.

Starches also set up a desire for more. By removing them from your diet as often as you can, you will lose your desire for snacking.

