

21 Day Detox Program

Frequently Asked Questions

What is restricted during this detox?

The 6 basic principles of the detox include:

- No refined sugar and processed foods (confectionery food, pre-packaged foods, sauces, drinks etc.)
 - This includes cutting out 'natural' sugars such as honey, maple syrup, stevia, rice malt syrup etc
 - The only sugar included is a maximum of 2 pieces of fruit per day
- No gluten
- No alcohol
- No caffeine
- No recreational drugs & smoking
- No red meat and dairy (for phase I only, max 3 times per week in phase II)

All other food groups are included and the recipes are designed to make you realise you can actually love the food you're eating when detoxing!

What does the exercise plan involve and is it compulsory?

Steph is also a qualified Exercise Scientist and has included workouts you can do at home that have been carefully created for detoxing bodies and are appropriate for beginners and advanced exercisers. There is a mix of high intensity and low intensity sessions. The workouts are suggested for best results but many people have had success just continuing their own exercise.

What does the group forum involve?

The group forum will be a closed Facebook group where Steph will check in with you every day and also post educational information about food groups, detoxing and general nutrition. You can also support, ask questions and chat with other members of the group here.

Will I be able to speak to Steph directly throughout the program?

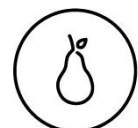
Yes, Steph will be available via email throughout the entire program should you have a question you do not feel comfortable asking in the group forum.

What exactly does the cost cover if you sign-up for the \$225 option?

- A 21 day eating plan outlining what to eat for breakfast, lunch, dinner and snacks plus all recipes.
- A 21 day exercise guide including specific exercises that are better for your body during a detox. This is appropriate for both advanced and beginner exercisers.
- Detox Gift Pack: 500g of RAW Amazonia natural protein powder, 75g of organic herbal detox tea from Love Tea (value \$50).
- Daily education from Steph about detox processes, food choices and nutrition tips.
- Unlimited support from Steph as well as the group forum.

What if I have allergies or intolerances?

When registering you will be asked to list any allergies or intolerances and Steph will do her best to guide you with alternative options to ensure the program is still effective.



Body Good Food

Can I be sure this program is safe and will it actually work for me?

Steph has completed a University Degree as well as a Post Graduate Degree in nutrition and has been recommending and doing this detox herself for a number of years. Every person responds differently to the program with the most common results being weight loss, reduced gut symptoms (bloating, cramps etc), clear skin, better quality sleep and greatly improved energy levels. Like all healthy eating programs, if this program sounds like it will be a drastic change from your usual eating habits it is best to consult with a qualified health practitioner before registering. PLEASE NOTE: this program is not recommended for those who are trying to conceive, are pregnant or are breastfeeding.

[Click here](#) to read what over 100 people have had to say about the program.

What symptoms can I expect when I withdraw from sugar, caffeine and alcohol?

Within the first 1-7 days you may experience any of the following due to withdrawal from sugar, caffeine and alcohol as well as elimination of toxins. Headaches, fatigue, mood swings, mental fog, acne, slight increase in daily bowel movements (eg. 3 x daily) / slight decrease in bowel movements (eg. difficult to pass) and increased urination. These symptoms are normal and are a necessary part of the detox process - individual reactions and results will depend on your level of toxic burden when commencing the detox and are different for each individual.

Is the program refundable?

Due to the mailing of products, the program is not fully refundable but if requests are made within the first 48 hours from receiving the information you will be refunded 50% of the registration cost.

I am vegetarian or vegan, can I still do the program?

We have vegetarian versions of the program available where simple substitutions can be made to keep the program as effective as possible. Please note there is no vegan option but the vegetarian version can be adapted at your own discretion.

Are the meals family friendly for those that are not doing the detox but will be having the meals?

Absolutely! All of the meals on the program are suitable for the whole family. If you have fussy eaters you may want to sub out some of the veggies for their favourite, or if you have someone very active/needing more energy, then simply just add more carbohydrates to their meals and serve bigger portions.

I have an event on during the 21 days that will mean I can't stick to the detox principles, will this be detrimental to my results?

In terms of completing the detox process it is not ideal, but many people still experience fantastic results as it will still be 20 days of extremely nourishing and nutritious meals paired with healthy habits.

I'm worried this will be a quick fix and I won't be able to maintain my results because sticking to the detox principles long term seems very strict?

This program is designed to be the closest thing to a quick fix that is actually safe and effective. The most important thing is you are guided about transitioning back into balanced eating post detox. There are many healthy habits you can maintain long term post detox and you are not expected or advised to give up all sugar, caffeine, alcohol and gluten forever. Steph will guide you as to how to manage a balanced approach to your nutrition that can be sustained long term, whilst incorporating the things that your body thrived off during the detox.



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What does an example day look like on the program?

Breakfast: Berry-licious Smoothie

Snack: 4 x Brazil nuts + Detox Tea

Lunch: Buddha Bowl

Snack: Bone Broth + Detox Tea

Dinner: Asian Herb Chicken Slaw

Snack: Detox Tea

Detox Support: Workout #1 + Lymph Brush + Meditation

*additional snacks optional

"OMG- I thought I was very healthy before, but this has been a game changer for the better. I feel fantastic! I am tucking tops in because I don't have a pot belly - due to my improve digestive health and my bowel is functioning as it should be. I have more energy and my skin is glowing! I have regained my 'sleep' "YAY" and can now say I'm feeling refreshed, revitalised and energised." Wendy. B

"Best detox! I would do it again!! My health has improved so much! I feel great and don't experience much of the symptoms I did before I started the detox, such as bloating, fatigue and mood swings. What I loved the most was the food! Great recipes which made it so much easier. It's sustainable, easy to follow, food is great and the support has been great!" Laura M

"I would absolutely recommend this to other, I am a raving fan! I am now eating more suitable portions, getting solid sleep, predominantly good energy and NO PMS - period just arrived, less brain fog! I love real food, I'm not interested in fads or depriving myself and this totally fit the bill 100%" Min Benstead

"I have better sleep & energy. I loved the structure & beautiful recipes. It's so easy to follow & implement into your daily life" Monique M



Body Good Food