



21 Day Mind, Body & Soul Detox Fast

Welcome to your MBS Detox Fast, to cleanse your mind, body and soul consistently for 21 days.

Like other detoxes & fasts the aim is to abstain or eliminate toxic or unhealthy substances not just physically, but mentally and spiritually. Due to our modern and busy lifestyles we will ease ourselves in gradually, so the focus will not be on the negative or what is being eliminated but what is being positively included or added.

We wish to enrich our lives as simply as possible with minimal disruption or setbacks as this will make it is easier to sustain improvement's in the longer time, as opposed to hard extreme detoxes which end up being short-lived.

Each day we will have targets and goals to achieve which will be small, measurable and help us towards our overall wellness goals. You will need to be disciplined and complete this every day, remember this is only for 21 days the same amount of time it takes to form a habit.

Also as we have strengths in some areas of our wellness, some parts of the MBS will be more or less enjoyable, but please participate in all aspects to gain the holistic benefits.

The 21 days will include:

Fitness:

You will be given a choice of 2 daily fitness challenges - you can choose either depending on your fitness goals or complete both.

In addition, there will be a weekly aerobic sessions. Plus YouTube links for other videos/info to add more fitness to you detox.

Health:

You will be provided with 3S Food Plan which will promote more fruit and veg, raw, live and whole foods. The 3S Food Plan consist of Smoothies/Fruit for breakfast, Salad for lunch and Soup/Stews for dinners. Plus plenty of water/herbal teas in between.

More info can be found below or online. In addition, there will be recipes and info shared to keep you motivated.

Mindset:

You will be provided with a quote for reflection each day plus a simple task to accompany it.

In addition, you will be required each morning to list 1-2 outcomes/goals you would like to achieve and state why.

It is recommended that you have a journal/notepad to add all your reflections to review at the end of the 21days.

Soul:

A soul activity will be given each day, it is essential that you complete this without judgement using an open mind and heart. Observing any feelings that arise before and after the activity.

Initially the MBS Detox may sound overwhelming, like learning any new behaviour but you will be prompted with tips, reminders and can gain solace that others will also be on a similar journal. Please feel free to share pics / achievements /tips/questions or other suggestions. This is your journey.

Please note like other detoxes, there will still be a level of elimination or abstinence which may cause withdrawals, cravings, unpleasant or negative feelings. This is all part of the detoxification process I encourage you to stay focused and mindful of any unpleasantness but not to give in! Reach out if you feel you need extra support.

Below is a typical day as a guide, however this may vary depending on your lifestyle and other commitments (e.g. work or family). But remember this is you prioritising your wellness so invest the time to focus on you.

A Typical Day

Morning:

Warm Water and Lemon

- ✓ Mindset Quote, Reflection and Outcomes
- ✓ 3S Food Plan - Smoothie

Lunch:

- ✓ Fitness Challenge
- ✓ 3S Food Plan – Salad

Evening:

- ✓ Soul Activity
- ✓ 3S Food Plan – Soup/Stew

Night:

Herbal tea

- ✓ Gratitude/Reflection

Good Luck I look forward to taking you on your wellness journey for Mind, Body & Soul.

Moor Wellness Family

Naomi x