

WELL-BEING AT HOME

Nutrition After Master Detox

The first 3 days after Master Detox when you start to consume solid food is a very sensitive process. You need to remember that your body needs a smooth transition. Since the body is cleansed, the first meals that enter your digestive system are of serious importance. Since absorption will be increased, you need to be selective about preparation and type of foods you will consume.

Please remember that everyone's body structure is unique. So you may be allergic or intolerant to some of the foods we recommend here. The purification period is the most convenient time to get to know your body. If something you eat creates discomfort, makes you unusually sleepy or tired, you may have consumed an inappropriate type of food for your body or you may have eaten too much or too fast. Listen to your body and let it guide you.

DAY 1

- Morning: Fresh vegetable and fruit juices - as often as you like
- Lunch: Salad and or soup
- Dinner: Vegetable soup or steamed vegetables
- Plenty of alkaline water
- Do not eat processed food or animal products for several days.

DAY 2

- Morning: Fruit or juice homemade plant based milk (almond / cashew, etc.) -as often as you like
- Lunch: Salad and / or soup
- Evening: Steamed vegetables with a vegan sauce and a bowl of steamed brown or wild rice
- Plenty of alkaline water

REST OF THE WEEK

- Fruit, salad, lightly cooked vegetables, homemade vegetable milk (almond / cashew etc.)
- Lots of raw vegetables, dark green leafy vegetables
- Foods such as fish and other white meats and eggs can be gradually added to the diet at lunch.
- Small amounts of carbohydrates
- Plenty of alkaline water

Note: *In case of constipation, psyllium and suitable herbal teas can be consumed. If that doesn't work, you can try simple colon cleansing (enema).*

Nutrition After Ketogenic Diet

Once the ketogenic diet is completed and the desired weight is achieved, one of the most important questions is how to continue eating.

If the ketogenic model fits your lifestyle, if its planning is supported by a health professional you can continue ketogenic diet as your dietary routine.

If you want to return to regular carbohydrate consumption, you must become fluent in the knowledge of carbohydrate content of foods. Weight loss- weight gain cycles (yoyo effect) both decrease motivation and negatively affect metabolic rate.

You should consider a few important issues while ending your ketogenic diet:

- Carbohydrates are severely restricted in ketogenic nutrition, resulting in reduced fiber intake. Suddenly increasing fiber intake can cause diarrhea. You should start with small amounts as your body can tolerate, and increase gradually. Preferably you should start with unprocessed carbohydrates (oats instead of wheat etc.). Legumes and gas-producing sulfuric vegetable group should be avoided in the first days.
- When ending the ketogenic diet, as carbs are introduced, the percentage of fats and proteins decreases. So it is quite normal for you to feel hungry in the beginning of the change. It is in your best interest to keep a food log for the first few days to avoid eating more than usual.
- Coming out of ketosis state with the addition of carbohydrates, blood sugar fluctuations may occur and initially, you may experience tension, mood swings, hyperactivity and fatigue.
- As the carbohydrates have water retention properties, do not weigh yourself in the first days out of a Ketogenic diet; the results can be misleading. To flush out edema (water retention) you can drink herbal teas, increase your daily movement and drink adequate amounts of water.

Lifestyle Changes

It is possible to improve your health by changing your diet and your lifestyle.

Most important factors for this goal are: Sun, oxygen, water, nutrition, exercise, sleep, and positivity.

SUN

By nature, humans are diurnal, active during the day. Daylight and darkness are the triggers for our body to produce various hormones. With the spread of skin cancer, the idea of protection from the harmful effects of sunlight has become a part of modern culture. However, it is important to remember that the sun is extremely important for human health also.

- Exposure to daylight increases the secretion of serotonin, the happiness hormone. Serotonin levels are reduced in people who cannot get enough sunlight, and mental health problems such as negative mood changes, depression and anxiety occur. Choosing to be outdoors for our non-work activities whenever we can will positively affect our general mental health.
- The ultraviolet (UV) rays of the sun reaching our skin are the mandatory first step of Vitamin D synthesis in our body. Vitamin D functions both as a hormone and as a vitamin in our physiology. It is essential for bone health and the immune system.
- It is possible to prevent damage to our skin while benefiting from the sun. Researchers state that we can synthesize adequate vitamin D by exposing the face, arms and legs to sunlight for 5-30 minutes (depending on the season and the color of your skin) at least twice a week, between the hours of 10:00-15:00.

OXYGEN

Oxygen is the catalyst for our metabolic processes. There are some changes we can make in order to effectively provide enough oxygen to our cells:

- Learn to breathe deeply and correctly, especially when near rich oxygen sources (seaside, forests, non-residential natural areas, oxygen-producing air filters, etc)
- Decorate your rooms and living spaces with indoor plants. Advices:
 - Boston Fern
 - Sansaveria
 - Areca Palm

- Aloe Vera
- Spathiphyllum Plant
- Jerbera Daisy. (Plants should not be kept in bedrooms as it releases low levels of carbon dioxide throughout the night. But Gerbera daisy produces oxygen overnight and is recommended for a good sleep.)
- If you live in a highly air polluted area, you might want to invest in an air-purifying filter that produces oxygen for your apartment, home or office.

WATER

The body of an average adult consists of 60% water. Water is the essential active ingredient of all our vital processes. The quantity and quality of the water we consume is important for our health.

- According to health practitioners you can calculate how many milliliters of water you should drink per day by multiplying your weight (in kilograms) by 33.
- If you don't enjoy drinking water, or if you think you've forgotten it at a busy pace, you can keep a stylish glass bottle in areas where you spend a lot of time (by your computer, on your coffee table, your nightstand), and you can infuse your water with sliced fruits, vegetables or herbs like mint, sage, rosemary etc.
- It is best to use high quality distilled alkaline water to drink, soak your seeds or nuts, and cook and prepare your food. You can produce your own alkaline water:
 - You can mix two teaspoons of calcium carbonate in 1.5 liters of water.
 - Adding lemon juice also makes the water alkaline. If you don't have a problem such as gastritis that prevents you from consuming the citrus family, you can try this method.
 - You can use one tablespoon of organic unpasteurized apple cider vinegar in 1 large glass of water. This is a good option as a morning drink (not for drinking throughout the day). Being a probiotic source, vinegar also helps to regulate the intestinal flora and supports the immune system.
 - You can buy commercial alkaline drops.
 - You can buy alkaline water ionizers. These devices purify tap water, raise the pH, and ionize and facilitate the absorption of water. Japanese / Korean / European / American brands are preferred manufacturers. Take care to choose a titanium or platinum filter, and to change the filter regularly according to manufacturer's guidelines.
- Drink water and herbal teas instead of high-acid beverages (including caffeinated drinks).
- Stop drinking water 15 minutes before meals and start drinking again 1.5 hours after eating. Water consumed with food may dilute stomach acid and cause digestive problems.
- Take a 20-minute shower every other day using salt, baking powder, ground ginger or green clay (one or two cups per shower) and then rinse with cold water. This process accelerates the excretion of toxins - especially heavy metals - through the skin. A sauna or steam bath can then be a good alternative when taking a cold shower.

NUTRITION

- Try to consume fresh, seasonal, local and organic products in your diet as much as possible.
- Your diet should include green sprouts, and rainbow-colored vegetables, as well as unprocessed nuts, oily seeds, various legumes and cereals.
- Cooked foods should constitute no more than 50% of your diet. It is recommended to consume steamed vegetables, baked pumpkin and sweet potatoes, sprouted and then lightly cooked alkaline cereals (amaranth, buckwheat, mite, quinoa, etc.).
- 5-20% of your diet should consist of fruits (two servings a day). Prefer seasonal and ripe ones. Consuming more than two types of fruit at the same time may cause indigestion. It is ideal to consume fruits three hours after meals. It is a better choice to consume fruit juices mixed with vegetable juices.

- Avoid the use of refined grains.
- Soak seeds, grains and beans in a meal every day and germinate. The most important energy-rich grains are amaranth, millet, quinoa and teff. Second in line are buckwheat, kamut, rye and spelt.
- For snacks, consume a handful of soaked almonds, sunflower seeds, pumpkin seeds, sesame seeds and other nuts and cereals. Oilseeds are rich in vitamin E, an antioxidant vitamin that promotes skin health.
- Choose wild-yeast (sourdough), whole-grain breads rich in beneficial bacteria, where gluten is digested before cooking.
- Consume cold-pressed organic coconut, flax, olives, sesame seeds, pumpkin seeds, walnuts, hemp and grape seed oil. Just as in our regular diet, diversity is the key for health in fats too. Healthy fats are not only a source of calories, but are the building blocks of the cell membrane.
- Avoid fried foods; they support the development of cancer cells by increasing oxidative damage.
 - Coconut oil and olive oil are stable up to 170 degrees Celsius. But at higher temperatures their molecular structures begin to deteriorate.
 - Ghee and avocado oil are stable up to 240 degrees. If you are going to cook at high temperatures, you can prefer them.
- Minimize the consumption of all meats for your health. Today, the animal husbandry sector has become a risk for human health due to mass production practices and environmental pollution.
 - Red meat consumption contributes to global warming due to the carbon emission of red meat during production and transportation.
 - Cattle and poultry are heavily supplemented with a variety of hormones and antibiotics for increased productivity and disease production.
 - Fish, especially large and oily fish, have a high rate of bacteria, parasites and heavy metal contamination due to marine pollution. Prefer fresh and small marine fish.

When choosing any type of meat, try to find certified organic and ethical sources.

- Try to use animal and vegetable milk in equal amounts.
- Use plenty of raw garlic and onions in salads and dishes. They are nature's antibiotics and protect us from germs.
- Use fresh blue green algae, spirulina and chlorella. Make sure they operate at low temperatures.
- Consume sea vegetables such as kelp, arame, dulse and hijiki. These are important sources of minerals, amino acids, and electrolytes that are not commonly available in existing diets.
- Remove all processed oils from your diet if possible.
- If you don't mind because of your particular health condition, keep a fast once a week with vegetable juices, herbal teas, vegetable soups, wheatgrass juice. On the day you start, after breakfast and a light lunch, stop eating at 12 o'clock, do not eat anything until 12 the next day, just for your drinks. (A 24-hour fast per week will be a great rest for your body and especially your digestive system.)
- Avoid foods that contain isolated sugar. The best substitute for sugar is stevia (sugarweed). Organic agave and honey can also be used. (Of the above mentioned three, only Stevia is a suitable choice for those fighting with cancer.)
- Avoid salty foods and brine. Himalayan salt, sea salt, rock salt, sea vegetables, liquid aminos (liquid soy extract), NamaShoyu (a fermented soy sauce for those who are not gluten-free). Do not cook any of them with the food, add after cooking.
- Probiotics are the beneficial bacteria that are essential for intestinal and general health. Fermented foods that are especially rich in probiotics are:
 - Pickles

- Kefir
- Kimchi
- Kombucha
- Tempeh
- Miso
- Wild yeast
- Homemade yogurt

If you think that you don't consume enough fermented foods, you can use a good quality probiotic supplement. We especially want our guests who have received colema treatment to continue using probiotic support for at least 2 months. These two bacterial colonies must be in the supplement you are using:

- Lactobacillus acidophilus
- Bifidobacterium

Intuitive and mindful eating

- Eat only when you are calm and relaxed, and set your meal times to match the daylight hours between sunrise and sunset.
- If possible, consume meals together with your family.
- Do not engage in any other activities such as watching TV, using a tablet, reading a book while eating.
- Chew your food thoroughly and remember to eat slowly. Your stomach has no teeth!
- Finish your meal before you feel completely full.
- Respect your feeling of hunger and satiety. Consume your meals by listening to these signals, focusing only on the moment of eating.
- When and why do you eat what you eat? How do you feel after eating? What was the texture, the color, the smell of the food? What was the feeling it left in your mouth? With such questions, you can strengthen your relationship with food. This awareness of food can help you make good choices for yourself.

EXERCISE

- Set up a regular exercise routine. Appropriate exercises increase energy reserves and accelerate recovery.
- Perform stretching movements of 10-15 minutes each morning and evening, including balance-strengthening elements.
- Resistance exercises for at least 30-90 minutes three times a week. Start and end each session with a suitable stretching routine and use only safe equipment.
- Perform aerobic exercise for 35 minutes 5 times a week. Brisk walking, swimming and jumping are the best aerobic exercises.

SLEEP

- If you have problems with your sleep, get support from a sleep specialist as soon as possible. Sleep is not a luxury when our body is renewed.
- You can improve the quality of your sleep by applying the following good sleep habits (what specialists call Sleep Hygiene) to your life:
 - Establish a relaxing bedtime routine and try to maintain a consistent schedule that allows you at least 7 hours of uninterrupted sleep.
 - Exposure to sunlight during the day, as well as darkness at night, helps to maintain a healthy sleep-wake cycle.
 - Avoid daytime napping, or limit it to 30 minutes.
 - As little as 10 minutes of aerobic exercise, such as walking or cycling, can drastically improve nighttime sleep quality.

- Avoid consuming caffeine in the late afternoon or evening.
- Ideally, you should stop eating three hours prior to bedtime. If you feel hungry at night, eat a light, low carb snack.
- Reduce your fluid intake before bedtime
- Avoid consuming alcohol before bedtime. While alcohol helps to fall asleep faster, but when consumed too close to bedtime, it disrupts sleep in the second half of the night as the body begins to process the alcohol. It effectively reduces the quality of your sleep.
- Turn off electronic devices at least 30 minutes before bedtime. The blue light that's emitted from screens can delay the release of sleep-inducing melatonin.
- Use your bed only for sleep and sex.
- Keep the room at a comfortable, cool temperature.
- Make your bedroom quiet and peaceful, and equip it according to your resting needs. Consider using blackout curtains, eye shades, ear plugs, "white noise" machines, humidifiers, a night lamp with a soft warm light, etc.
- Don't go to bed unless you are sleepy. If you don't fall asleep after 20 minutes, get out of bed and engage in a relaxing activity until you feel sleepy. Nothing prevents sleep better than lying in bed and worrying about not being able to fall asleep!

POSITIVE MIND, BODY AND ENVIRONMENT

- Try to make the areas where you live aesthetic for yourself. Being surrounded by beauty will have a positive effect on your mood.
- Strong electromagnetic fields, particularly high-voltage lines, microwaves, old-style televisions and computer monitors and fluorescent lamps are found to be harmful for health. Try to live far away from high-voltage lines, minimize the use of electrical devices as much as possible and keep a good distance from electronics and appliances in your living spaces.
- Your emotional environment is just as important as your physical environment. Make sure you have people around you to support you. Stay away from energy vampires.
- Try to be mindful about products containing chemicals. Choose simple cleaning supplies and cosmetics. Try to use natural products.
- Take care to improve yourself. Learn something new every day. Create, read, watch things that may be useful to you. Do not engage in activities that waste your time. Produce instead of consuming. Feed your soul.
- Employ a positive outlook and take responsibility for your circumstances. See every situation as an opportunity for progress.
- Learn to respect yourself and love yourself for who you are. Keep a self-esteem book in which you write something you love about yourself every night before bed. Then take a look at what you wrote for 30-60 minutes every three months.

MASTER DETOX RECIPES

Green Drink

Ingredients:

1 bunch of dark foliage of your choice:

- Chard, black cabbage, parsley, arugula, purslane and so on.
- Celery stalk
- Lemon (peeled)
- Cucumber
- Ginger
- One teaspoon of olive oil

For flavor you can add one of these:

- Green apples
- Pears
- Pineapple
- Blackberry
- Kiwi
- Pomegranate

To enrich:

- Broccoli
- Shoots
- Grass water
- Fresh mint
- Fresh basil
- Fresh dill
- Beetroot (¼ of only)
- Carrots
- Fresh green pepper
- Garlic
- Spirulina powder

Preparation:

- Consume the selected materials through the cold press machine and drink while fresh.

Detox Soup

Ingredients:

- Half bunch of arugula
- Half bunch of parsley
- Half bunch of spinach
- 4 sprigs of fresh mint
- Fresh ginger (thumb size)
- 1 onion
- 2 cloves of garlic
- 1 potato
- 2 carrots
- 2 celery stalks
- 3 flower broccoli

- 2 fresh peppers
- 6 sprigs of basil
- half white cabbage

For flavor:

- Turmeric
- Dry mint
- Dry thyme
- Sumac
- Red chili peppers
- Fresh lemon juice

Preparation:

- Boil and strain Ingredients. You can drink residual water without grains all day long.

Almond Milk

Ingredients :

- 1 large cup of raw almonds
- 3 large glasses of water

Preparation:

● Put the almonds into the water (8-12 hours). It will attract water, revitalize and activate the enzymes.

● Filter the water with the shells, put 3 cups of filter water in the mixer and mix for at least 2 minutes.

● Pour this mixture into a bowl and put the almond pulp in the cheesecloth. Tighten well and make sure all water is released.

* Keeps fresh for 2-3 days in the refrigerator.

* You can dry the drained almond pulp in the oven, you can put the almond flour back into the mixer. You can use it everywhere instead of flour. You can also make truffles by adding cocoa and healthy sweeteners with wet almond pulp.

RAW FOOD DETOX RECIPES

Cashew Sauce

Ingredients:

- 250 gr cashew nuts
- 50 ml water
- **1 capsule or sachet** probiotic

Preparation:

- Mix all ingredients and transfer to a glass container and cover with stretch film.
- Drill 3 holes on the stretch film.
- Keep at room temperature for 2 days.
- Then store in the refrigerator.

Cashew Cheese

Ingredients:

- 100 gr cashew sauce
- 5 g food yeast

- 7 g rosemary
- 2 grams of lemon juice
- 1 pinch of salt

Preparation:

- Mix all ingredients with a fork.
- **Can be refridgerated for 3-4 days.**

**Rice Wrap
(Two servings)**

Ingredients:

- 100 g mixed greens / sprouts / vegetables
- 3 rice paper
- 3 tablespoons cashew cheese

Preparation:

- Dip the rice paper in a tray for 30 seconds in water at room temperature.
- Place greens and cashew cheese on the paper and roll.

Flaxseed Crackers

Ingredients:

- 1 cup flaxseed
- 1 medium pumpkin
- 2 cloves of garlic
- 1/2 cup dried tomatoes
- **2 stalks of spring** onions
- 1/4 cup fresh spices: rosemary, basil, thyme etc.
- 1/2 cup parsley
- 1 teaspoon of Himalayan salt and pepper

Preparation:

- Mix everything except flax seed in a mixer.
- Flax seeds will gel after 2 hours in water. Empty this gel (you can drink it, containing the useful soluble fiber in the seed).
- Mix the mixture and flax seeds in a bowl by hand and using a spatula, place them in a thin layer on a dehydrator tray (or on a parchment paper for the oven).
- Dry at 45 ° C for 8 hours.
- Store in a container for up to one month.

**Vegan Chocolate Pudding
(Two servings)**

Ingredients:

- 2 avocados
- 6 dates
- 1 **medium size** banana
- 3 tablespoons cocoa powder
- 2 drops of vanilla extract
- 1 cup of coconut or almond milk

Preparation:

Mix all ingredients until you reach the pudding structure in the blender.

KETOGENIC RECIPES**Breakfast: Ketogenic Muffin****Ingredients:**

- Half glass of spinach
- 3-4 sprigs of parsley
- 3 eggs
- 60 grams of goat cheese
- 6 slices of smoked turkey
- 6 mushrooms
- 1 green pepper
- 1 red pepper
- 1 teaspoon baking powder
- ½ teaspoon salt

Preparation:

- Chop the spinach, parsley, green pepper, red pepper and mushroom.
- Add the goat cheese, salt, eggs and baking powder.
- Chop the smoked turkey, mix them into a mixture.
- Distribute the mixture into molds, filling 2/3 of each mold only to leave space for rise.
- Bake in a preheated oven at 180 degrees for 15 minutes.
- Two muffins are one serving.

Snack: Peanut Butter Balls**Ingredients:**

(For 25 balls)

- 2 cups peanut butter
- ¼ cup coconut flour
- ½ cup stevia
- 2 cups sugar free 100% dark chocolate

Preparation:

- Except chocolate, mix all the ingredients in a large bowl.
- Roll the mixture into 25 balls
- Keep them in the refrigerator for 15 minutes
- Melt the chocolate with the bain-marie method.
- Make sure peanut butter balls are chilled and the melted chocolate is warm
- After freezing for 5 minutes, we can keep it in the refrigerator for 4-5 days.

Lunch: Cheese and Spinach Stuffed Mushrooms**Ingredients:**

- 5-6 large mushrooms
- 2 tablespoons of butter or olive oil
- 200 gr of cheddar

- Half cup of spinach
- Half teaspoon of salt
- Spices

Preparation:

- Mix half glass of chopped spinach and grated cheddar.
- Place the mushrooms on a greased paper. Put a piece of butter equally in each mushroom.
- Bake them for 15 minutes until they turn light brown.
- Add the mixture and bake until the cheese turns golden brown.

**Snack: Chia Pudding with Almond Milk
(Vegan- Ketogenic Pudding)**

Ingredients:

(Makes two bowls)

- 200 ml almond milk
- 3 tablespoons of chia seeds
- 10 raspberries
- 6 blueberries

Preparation:

- Mix almond milk and chia seeds.
- Wait 10 minutes and mix again.
- When it becomes homogeneous, divide into two bowls and put them into the refrigerator. Leave for at least 3-4 hours or overnight.
- Add raspberries and blueberries before serving.

Dinner: Vegan Ketogenic Zucchini Noodles

Ingredients:

- 2 small zucchinis
- 50 grams of cashew nuts
- 1 tablespoon olive oil
- 10 basil leaves
- Black pepper
- Half teaspoon of salt

Preparation:

- Cut the zucchini with the spiral chopper.
- Boil them in the water for 3 minutes and take them out.
- Blend the pre soaked cashew, olive oil and basil leaves with salt and pepper.
- Place the boiled zucchini slices on the plate and add the cashew sauce as a dressing on the slices.

ANTI AGING RECIPES

Start your day: Anti Aging Juice

Ingredients:

- **Half of a medium size beet root**
- 15 grams of fresh ginger root
- 50 grams of carrot
- 1 teaspoon of olive oil

- 100 grams of green apple
- **Juice of one lemon**

Preparation:

- **Juice all the ingredients in the slow juicer. Drink fresh.**

Benefits:

The nitric oxide content of the beet root improves blood circulation and increases oxygenation of the tissues. Therefore, when consumed before sports activities, it can improve performance.

The phenolic compounds in olive oil facilitates the absorption of carotenoids, the precursor of vitamin A. Ginger is an effective anti-inflammatory agent due to its bioactive component Gingerol.

Breakfast: Anti Aging Bowl

Ingredients:

- ½ banana (preferably frozen)
- ½ avocado
- 1 cup of frozen sour cherries
- 1 cup of frozen berries (raspberry, black berry etc.)
- ¾ cup of milk
- ½ teaspoon vanilla extract

Toppings:

- 2 tablespoons of pomegranate seeds
- 1 tablespoon granola
- 2 teaspoons of chia seeds
- 1 tablespoon goji berry
- ½ teaspoon of flax seeds

Preparation:

- Blend banana, avocado, sour cherry, raspberry, vanilla extract and milk at high speed until smooth.
- Place the mixture in a bowl and decorate with the rest of the ingredients.
- You can adjust the amounts to your taste.

Lunch: Anti Aging Turmeric Cauliflower

Ingredients:

- Half of a large cauliflower (pre-steamed, stalks separated)
- 2 cups grated light cheddar
- 2 tablespoons powdered turmeric
- 1 teaspoon ground black pepper
- 5 tablespoons olive oil

Preparation:

- Place the cauliflower pieces on the baking tray.
- Pour olive oil – spice mixture on it.
- Bake at 170 Celcius degrees (340 F°) for 15 minutes.

- Add light cheddar. Bake for another 5 minutes.

Snack: Anti Aging Smoothie

Ingredients:

- 1 medium size ripe banana
- 1 cup of black cabbage or spinach
- Half of lemon juice
- 2 slices of Pineapple
- 1 cup of water or coconut water
- 5 grams of fresh ginger
- ½ fresh fennel

Preparation:

- Blend the bananas, pineapples, spinach, ginger and fennel in the fridge for 15 minutes than take them to the blender.
- Add coconut water and lemon juice.

Dinner: Anti Aging Salad

Ingredients:

- 2 tablespoons of flax seeds
- 1 tablespoon olive oil
- 1 bunch of purslane
- 1 cup of yogurt
- 5 whole walnuts
- 10 blueberries
- 1 pinch of thyme
- 1 pinch of red pepper

Preparation:

- Chop purslane, add yogurt, flax seeds and crushed walnut, mix with spices.
- Add one tablespoon of olive oil.
- Add blueberries before serving.