

UNSHACKLED™

DETOX STARTER GUIDE

Cleansing the Body. Restoring Alignment.

Remove what corrupts. Restore what strengthens.

Foundation

Detox is the process of removing what has accumulated through neglect, environment, and improper nourishment. This is not about quick fixes. It is about restoring the body through disciplined cleansing.

Core Principles

- 1 Remove before you rebuild
- 2 Go slow and stay consistent
- 3 Support the body during detox
- 4 Discipline over intensity

What to Remove

- 1 Processed foods
- 2 Refined sugars
- 3 Seed oils
- 4 Artificial additives
- 5 Excess caffeine and alcohol

What to Support

- 1 Hydration (water, herbal teas)
- 2 Minerals and electrolytes
- 3 Whole foods (vegetables, clean proteins)
- 4 Rest and sleep

7-Day Detox Structure

- 1 Day 1–2: Remove processed foods and increase water intake
- 2 Day 3–4: Add clean meals (protein + vegetables)
- 3 Day 5–6: Introduce detox support (herbs, binders if available)
- 4 Day 7: Maintain clean eating and hydration

Declaration

I remove what corrupts my body.

I restore what strengthens me.

I walk in discipline and alignment.

I am Unshackled.