

Detox Yourself
The Complete Detox Guide

MINDMAP

Are You Sick?

- Traditionally, sickness is defined as physical or medical sickness
- Traditional definitions are short-sighted and all-too-limited

Rediscovering the “Wholistic” Person

- You are more than your physical parts
- The human mind is more than just a brain
- We are all worth more than the sum of our parts

We Have Lost Our Way

- Our modern culture divides the soul from the body
- Reclaiming parts of yourself you have overlooked or forgotten about
- There is power in wholeness

You are Part of a Larger Picture

- Overcoming the “Either All” mindset
- Lack in a time of plenty
- Diagnosing real poverty

Be Aware of Your Pollutants

- Limiting beliefs
- What makes limiting beliefs so dangerous?
- Limiting beliefs are chosen
- Celebrate your power of choice

From Victim to Victor: The Detox Path

- Transforming from a victim mentality
- Claim your victim status
- Detox Tip #1: Stop blaming other people and situations beyond your control
- Take ownership today
- Unless it hurts, it is not real

The Most Important Emotional Detox You Need to Take

- Do an audit of all your beliefs and take ownership of them
- Work from where you are
- Reinterpret your beliefs

Step #2: Detoxify your belief interpretation system

- Follow these steps to detoxify your mindset
- Identify an empowering interpretation and repeat it at every opportunity

- Repeat it until it sets in

Spiritual Detox

- Why is more important than how and what
- Identify your purpose
- Now for the key question
- Identifying spiritual pollutants
- Identify your personal list of spiritual toxins

Step #3: Let go of spiritual pollutants

Step #4: Turn your back on spiritual junk food

- Get your moment of truth
- Get your sense of urgency

Wholistic Detox

- I've focused on the most important stuff

Start with a mental detox

- 1: Count your breath
2. Present object observation or single object observation
3. Transcendental meditation

- Emotional detox
- The next exercise is to practice gratitude
- Mentally detox by being in the moment

Practice Make Perfect

- Practice the detox techniques in the previous chapter repeatedly
- Keep a journal and track your progress
- View all of this as a journey, not a destination

Your secret weapon: Unleash the Power of Fasting

- When it comes to physical detox, nothing beats fasting
- Fasting explained
- Different variations of physical fasting
- Classic fast
- The juice fast
- The Daniel fast
- Timing of your fast
- Scale up when it becomes comfortable