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# 30 DAY DETOX

**doTERRA with Annabel Olah**

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@alignpilates.vienna



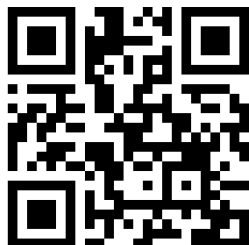
## WHY DO WE DETOX

While there are many uncontrollable factors in your overall health, through good lifestyle habits and proactive health care you can have significant influence over your physical well-being. Proper nutrition, exercise, rest, and stress management are fairly self-explanatory, but much less concern is generally shown for practices that assist in minimizing toxic load. A “toxin” is any substance that causes excess stress to the body. “Toxic load” refers to the volume of these substances that have been accumulated in the body at any given time and the overall burden it places on the body systems and vital organs. doTERRA’s answer to minimizing toxic load comes in the form of a 30-day renewing cleanse.

## OUTLINE OF THE DETOX

Here are the basic steps to take during your 30 Day Detox to minimize your toxic load:

- Follow a diet close to a Paleo or Whole 30 structure- resources and recipes will be provided below
- Use the Basic Products (descriptions found later) for the entire 30 Days
- Optional: Add the "All In" Products to increase the effectiveness of your Detox
- Optional: Join our [Facebook Group](#) and get support from our entire Detox community and team



[Read doTERRA's article about Detoxification](#)

[bit.ly/moreondetox](https://bit.ly/moreondetox)





## BASIC DETOX INDIVIDUAL PRODUCTS

The Basic Detox provides all of the essential products you need for your Detox.

- **LifeLong Vitality Vitamin Pack**
  - xEO Mego: Omega 3 Fatty acids
  - Microplex VMz: Daily multi vitamin
  - Alpha CRS: Promotes Cellular Function
- **Lemon Essential Oil:** Cleansing and digestive benefits
- **GX Assist:** Powerful essential oils and caprylic acid to cleanse the digestive system
- **PB Assist:** Pre-biotic fiber and six strains of probiotic microorganisms

## 30 DAYS TO A *reNEWed* YOU

### 30 Day Benefits

- Weight Loss
- Glowing skin
- Whole body reset
- Healthy from the inside out!
- Purge of toxins for a healthy & happy body!

Scan to  
Get Supplies



\$154



#### Bonus freebies include

Exclusive FB Support Group, Recipe Ideas,  
Group Support, Nutrition Coaching, Free Lemon Oil

## FOOD AND DIET

During the 30 days, eating a clean, whole foods diet is the optimal one for Detox. Following a Paleo or Whole 30 diet structure may be useful for recipes and diet information.

## WHAT TO EAT

- Organic, fresh, non-GMO Whole Foods.
- Lots of leafy greens and colorful veggies and fruits (berries are the best for Antioxidants)
- Good fats (organic oils and avocados)
- Grass fed organic meats and protein
- TIP: Shop the outside aisles of the grocery store for fresh whole foods

## RESOURCES AND BLOGS

**Real Simple Good - Paleo Recipes**

[realsimplegood.com](http://realsimplegood.com)



**Whole 30 and Paleo Recipes**

[www.40aprons.com](http://www.40aprons.com)



**Paleo Diet- The Beginner's Guide Plus Meal Plan**

[bit.ly/paleoguidemp](http://bit.ly/paleoguidemp)



**Whole 30 Blog**

[www.whole30.com](http://www.whole30.com)



**Paleo Hacks**

[blog.paleohacks.com](http://blog.paleohacks.com)



**Whole 30 Meal Plan**

[bit.ly/whole30dayplan](http://bit.ly/whole30dayplan)





# MEDITERANIAN CAULIFLOWER COUSCOUS

with Shrimp



This light and refreshing dish is filled with nutrients, thanks to ingredients like anti-inflammatory turmeric and immune-boosting vegetable broth. It's a simple, low-carb recipe you can make in just 30 minutes. Plus, you can serve it hot or cold and enjoy it anytime of the year!

## INGREDIENTS

- 2 cups halved cherry tomatoes
- 1/3 cup black olives, pitted and sliced
- ¼ cup drained capers
- 1 t freshly ground black pepper
- 1 T olive oil
- 1 lb large shrimp, peeled and deveined, tails off
- ¼ t salt
- 1 T chopped garlic
- 3 cups cauliflower pearls
- ½ t turmeric
- 2 cups vegetable broth
- 1 T fresh lemon juice
- 4 lemon wedge slices, for garnish
- 1 T chopped parsley, for garnish

## DIRECTIONS

- In a medium bowl, mix together the cherry tomatoes, olives, capers, and black pepper. Set aside.
- Heat the olive oil in a skillet over medium heat. Season the shrimp with salt, then add to the hot skillet in a single layer. Let them cook for at least 4 minutes on each side, then stir in the chopped garlic. Cook for 2 more minutes, then remove from the heat and set aside.
- While the shrimp is cooking, mix the cauliflower pearls with turmeric and vegetable broth in a medium pot and bring to a boil over high heat. Reduce the heat to low and continue cooking until the cauliflower is tender and most of the liquid is gone. Drain the cauliflower to remove any excess liquid.
- In a large mixing bowl, combine the cooked cauliflower with the reserved tomato mixture. Top with garlic shrimp and drizzle lemon juice on top. Garnish with lemon wedges and chopped parsley. Serve hot.

# BASIC DETOX SCHEDULE

	ACTIVATE Days 1-10	RESET Days 11-20	RENEW Days 21-30
<b>xEO Mego (Lifelong Vitality)</b> Take 2 capsules with morning meal and 2 capsules between 3-4pm for a total of 4 daily.	✓	✓	✓
<b>Microplex VMz (Lifelong Vitality)</b> Take 2 capsules with morning meal and 2 capsules between 3-4pm a total of 4 daily	✓	✓	✓
<b>Alpha CRS (Lifelong Vitality)</b> Take 2 capsules with morning meal and 2 capsules between 3-4pm for a total of 4 daily	✓	✓	✓
<b>Lemon Essential Oil</b> 1 drop of lemon in the Luke warm water daily aiming for 8 glasses a day	✓	✓	✓
<b>GX Assist</b> Take 1 pill for each meal with a total of 3 daily	✓	✗	✗
<b>PB Assist</b> Take 1 capsule with morning meal for days 11-20 and 2 capsules with morning meal for days 21-30	✗	✓	✓

# ALL IN DETOX SCHEDULE

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<b>xEO Mego (Lifelong Vitality)</b> Take 2 capsules with morning meal and 2 capsules between 3-4pm for a total of 4 daily	✓	✓	✓
<b>Microplex VMz (Lifelong Vitality)</b> Take 2 capsules with morning meal and 2 capsules between 3-4pm for a total of 4 daily	✓	✓	✓
<b>Alpha CRS (Lifelong Vitality)</b> Take 2 capsules with morning meal and 2 capsules between 3-4pm for a total of 4 daily	✓	✓	✓
<b>TerraZyme</b> Take 1 capsule with each meal for a total of 3 daily	✓	✓	✓
<b>Lemon Essential Oil</b> 1 drop of lemon in the Luke warm water daily aiming for 8 glasses a day	✓	✓	✓
<b>Zendocrine Complex</b> Take 1 capsule with morning meal and 1 capsule with evening meal for a total of 2 daily.	✓	✗	✗
<b>Zendocrine Blend Softgels</b> Take 1 capsule with morning meal and 1 capsule with evening meal for a total of 2 daily.	✓	✗	✗
<b>GX Assist</b> Take 1 pill for each meal with a total of 3 daily	✓	✗	✗
<b>PB Assist</b> Take 1 capsule with morning meal for days 11-20 and 2 capsules with morning meal for days 21-30	✗	✓	✓
<b>DDR Prime Softgels</b> Take 1 capsule with morning meal and 1 capsule with evening meal for a total of 2 daily	✗	✗	✓



# TESTIMONIALS

from past Detox participants

"The thing I love most about this detox (other than the loss of inflammation, better digestion, increased energy and better skin) is that the habits you create in these 30 days are habits you can maintain! The LLV, PB Assist, Terrazyme, DDR Prime and Lemon oil are part of my every day routine. It's been easy for me to incorporate it every day and I feel the difference! Life is too short to never eat sugar or have a glass of wine (or margarita because it is almost summer) but I try to keep sugar to a minimum because it makes me feel better. I love that these 30 days force me to learn some more go to Paleo and clean eating recipes too!"

"This detox has been so rewarding in ways I never imagined. I mostly wanted to break the chain of my love affair with IPAs. Not only has it made me lose weight (~8 lbs so far), it's really opened my eyes to how addicted I was to sugar and processed foods. I'm also sleeping better, have much more energy, more productive at work. I definitely think it has recalibrated my cravings for beer/wine to a more healthy level. Thank you for everything."

"I can't believe it's almost done but the habits will continue! I haven't felt this good in years! It was a rocky start but oh so worth every headache and every pimple! You truly are what you eat! ...and I agree every now and then you can indulge but the feeling and energy I have now- is worth the change."

*"doTERRA's response to minimizing toxic load is unlike any conventional cleanse. No extreme dietary modifications that may be detrimental to your overall health, no gulping down heaping spoonfuls of indigestible fiber, and no short-term fixes. With the Cleanse & Restore Kit, your 30-day spring cleaning works to improve the efficiency of your body's own toxic cleansing mechanisms for sustainable health.\* Healthy from the inside out"*  
-doTERRA.





## **Annabel Olah**

With over a decade of experience as a seasoned nutrition consultant and dedicated Pilates studio owner, I bring a wealth of expertise to the realm of health, nutrition, and detoxing. My journey began with a passion for holistic wellness, driving me to obtain extensive training and certifications in both nutrition and Pilates instruction.

Through my years of practice, I've guided countless individuals towards achieving their health and fitness goals, empowering them to lead vibrant, balanced lives. As a firm believer in the transformative power of detoxification, I've practiced a comprehensive 30-day detox program designed to rejuvenate the body from the inside out. To share my knowledge and support with the community, I'm thrilled to guide you through 30 days to a new you!

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“

Your body holds deep wisdom.  
Trust in it.  
Learn from it.  
Nourish it  
Watch your life transform and be healthy.

-Bella Bleue

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