

Allright, we are kicking off! With these first 2 action points we take the first steps towards optimized nutrition. We start with one of the most important basis: your water intake. Next to that we want to get rid of that bloating in the morning.

The 2 upcoming weeks we are working on the following:

## 1. BREAKFAST

-  During the night your body is detoxing. Your detox organs like the liver and the lymph node system will work extra hard to get rid of all the toxins that you took in during the day. These toxins you get in via food, air and water polution, cleaning products, make up, care products, etc. But also via stress and negative emotions.
-  The detox process starts at 4 am en ends at 12 pm. Because we almost never sleep until noon, we interrupt that process.
-  To extend this process you start your day with drinking a glass of water at room temperature. After this, when you are feeling hungry, you take a piece of fruit. The amount of fruit depends on how hungry you are. Make sure you variate in your fruit choice. Eat the rainbow! As I think you feel bloated after eating an apple, try to avoid it. When it feels better, try to eat a biological apple. It could be that you react on the pesticides on the skin of the apple.
-  Fruit is a simple sugar that doesn't need a lot of time to digest. This means it can take the last toxins that were still on their way to the exit before you woke up. Extra detox, check! If you are still hungry afterwards, you can always eat something else.

## 2. WATER INTAKE



Very basic, but utterly important: to drink enough water. Your body exists for 3/4 of water, so we need to make sure you need to fill it up in time. This is how you clean your body from all toxins. It's also a basic requirement for decent stool.



Extra tips as an alternative for water:

- cool down rosehip tea and add oranges
- (sparkling)water with pieces of mango,
- (sparkling)water with a little bit of lime, ...
- still water with pieces of pear and cinnamon sticks