



#SURVIVINGVEGAN

DETOX

CHALLENGE

BY ORISHA OSHUN



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**TRAINING
VIDEO**



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CHEAT CODES

LOSE YOUR FIRST 10LBS OF WASTE FOR FREE



GET A FREE 3-DAY DETOX
WHEN YOU JOIN

TEXT ME NOW
954-758-5223



Here are a few cheat codes for losing the most amount of weight during this detox:

CHEAT CODE #1

Make sure you're drinking at-least 1 gallon of spring water per day of the challenge. If you want to really increase the “waste lost” drink your gallon of water by noon but you MUST start drinking your gallon of water by 6am and finish at 12p to avoid water intoxication.



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WARNING: DO NOT TRY TO DRINK 1 GALLON OF WATER IN A SHORT PERIOD OF TIME BECAUSE YOU MAY BECOME INTOXICATED AND SUFFER SERIOUS INJURIES

"Most of the days I already have a gallon of water worked into your eating schedule but on the days I do not you should still drink a gallon! You won't regret it."

CHEAT CODE #2

Minimize stress and anxiety by meditating at least 20 minutes per day (10 minutes in the morning and 10 minutes at night). Focus on the positive results you want to see happen during this detox during your meditation time. You should breathe deeply through your nostrils.

"It is counterproductive to be stressed out and filled with anxiety during this detox, it will cause you to retain weight and retain the liquids you'll be ingesting which can lead to weight gain seemingly. Do not stress about the shopping list, not eating on time, etc. Remember to follow the circadian rhythm no matter what. Don't know what the circadian rhythm is? Make sure you join the private chat for free coaching or watch the pre-detox training. The chat will be available until the end of the detox cycle you're currently participating in."



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FAQ'S



I TAKE MEDICATION, CAN I PERFORM THIS DETOX?

This detox is not structured for anyone on any types of prescribed medicine. Please consult your physician before performing this detox if you are on prescribed medicine, as Surviving Vegan is not liable for your injuries if you disregard this warning.

I AM ON BIRTH CONTROL, WHAT CAN I SUBSTITUTE FOR THE CASCARA SAGRADA?

It is recommended that you use the aloe vera leaf as a substitute for the cascara sagrada. Aloe vera is a mild laxative. You will need to purchase the aloe vera plant, cut it open and remove the clear, jelly-like aloe from within the plant. Rinse it off with cool water. Use 1/3c aloe vera and blend it with 8 ounces warm water and drink. If this will be your first time using aloe vera as a laxative I recommend you start with 4 Tablespoons aloe vera gel instead of 1/3 cup. You can increase it to 1/3 cup if you have no reactions to the aloe vera gel. You will take this remedy at the time the detox calls for the cascara sagrada pills.

****WARNING: Do Not Take Cascara Sagrada If You Are Taking Birth Control, Currently Pregnant, Or Trying To Conceive****



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I HAVE STARTED THIS DETOX BUT I HAVE NOT HAD A BOWEL MOVEMENT YET WHAT'S WRONG?

If you were not having bowel movements regularly before this detox you need to give your body time. This detox **works** so do not stress over the intricate details as that will trigger a stress reaction in the body causing you to retain water and feces (you don't want to do that). Make sure you are consuming a gallon of water per day and meditating daily to reduce stress levels. If you still have not passed a bowel by the third day of the detox **STOP THE DETOX** and perform DETOX #1 every hour until you have a bowel movement. Make sure you're consuming 1 gallon water daily. Yes, you will only eat DETOX #1 every hour with no other foods until you have a bowel movement. Once you have a bowel, you can start the detox again like you've never stopped, picking up with the meal the is suggested at the time you're ready to resume.



I AM FEELING BLOATED, WHAT IS WRONG?

Make sure you are waiting at-least 30 minutes in between consumption of liquids and solids.
NEVER EAT AND DRINK AT THE SAME TIME DURING OR AFTER THIS DETOX.

HOW DO I KEEP THE WEIGHT OFF AFTER THIS DETOX?

Continue to follow the circadian rhythm. Be sure to watch the pre-training and attend the post-detox training for more tips on this subject.

HOW SHOULD I SHOP FOR THIS DETOX?

This is totally up to you. Some people shop for the first 5 days first and the last 5 days second, especially if they're on a budget or don't want to waste food. Others shop for everything at the same time. There have been no complaints with either method.



I AM ON THE ROAD/AT MY DESK MOSTLY DURING THE DAY, HOW WILL THIS BE CONVENIENT FOR ME?

Meal prepping is key in this circumstance. You should prep your juices at least three days in advance. If you will not be drinking the juices the very next day they need to be frozen and thawed out the night before using. You can prep your salads in a Tupperware bowl and keep them fresh by adding a slice of lime to the bowl.



HOW DO I PREP MY MEALS?

You should prep your juices at least three days in advance. If you will not be drinking the juices the very next day they need to be frozen and thawed out the night before using.

You can prep your salads in a Tupperware bowl and keep them fresh by adding a slice of lime to the bowl.

WHAT DO I DO IF I AM FULL WHEN IT'S TIME FOR MY NEXT DETOX MEAL OR DETOX DRINK?

Skip it.



CAN I EAT SOMETHING HEALTHY THAT'S NOT LISTED ON THE DETOX EVEN IF IT'S PLANT-BASED?

No.

DETOX REACTIONS

Detoxing may be new or old to you but there is a right and wrong way to detox. Detoxing is the act of removing harmful chemicals, toxins, weight from the body. The body will remove waste on a cellular level and this can sometimes cause a detox reaction.

Here are some common detox reactions:

- Headaches
- Fatigue
- Irritability
- Fever
- Flu symptoms
- Mucus drainage
- Frequent urination
- Frequent bowel movements



Fruits stimulate action in the body; vegetable and herbs stabilize your health. If you experience flu like symptoms, fatigue, cold symptoms, headaches stop all fresh fruit juices and switch to fresh vegetable juices to stabilize yourself. If you are part of the Detox Gang® view the “Detox Do’s & Don’t” video.

I recommend you use a blender instead of a juicer when detoxing because a juicer removes the fiber from the food you’re juicing and you need that fiber to help cleanse the colon.

Remember, detoxing is to be used as a way to jump start your healthy journey or help you transition into a vegan, plant based or raw lifestyle. Eating meat is in no way healthy. Meat forms acid in the body which leads to disease. Meat eating in any form (including seafood) is going to produce poor or fair health. The further you move away from meats the closer you move towards optimal health.



Below you will see other people that have experienced detox reaction, so they are very real but remember you are removing TOXINS from each cell of your body.

WHAT TO DO IF YOU HAVE A DETOX REACTION

1ST - STOP ALL FRUIT JUICES AND **2ND** - SWITCH TO VEGETABLE JUICES



RECIPE:

BLEND 1 CUP SPINACH WITH
16 OUNCES WATER. DRINK.



3RD - TAKE A WARM, NOT HOT SHOWER
4TH - YOU WILL FEEL BETTER IN ABOUT 30 MINS

NOTE

MAKE SURE YOU HAVE JOINED THE #SURVIVINGVEGANDETOXCHALLENGE
PRIVATE CHAT IN GOOGE HANGOUTS FOR FURTHER ASSISTANCE WITH DETOX REACTIONS

TESTIMONIALS

What Doctors Are Saying...

The essence of Surviving Vegan's intention radiate with Purity and I am happy to say that as a board certified physician, I have gained tremendous wisdom and RESULTS from Surviving Vegan.

- Dr. Joseph Yi, MD

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Andromeda Broadway

There was definitely a lot of mucus coming up on day 2-3 and I felt less bloated.

I've been finished my grapefruit detox and it was great! My starting weight was 219 and now I'm 210. There was definitely a lot of mucus 🤢 coming up on day 2-3 and I felt less bloated. I also didn't drink a gallon of water before noon but I was doing the best I can. I find it a lot easier to just drink the gallon jug itself, several days after the fact 😊

Like

Comment

Share



Marie Mccurdy

May 2, 2018

So I'm doing the grapefruit diet and im on day 2. I'm having headaches any body know good ways to get rid of it. Should I just take tylenol?

2

9 Comments

Like

Comment



Latric Paxton

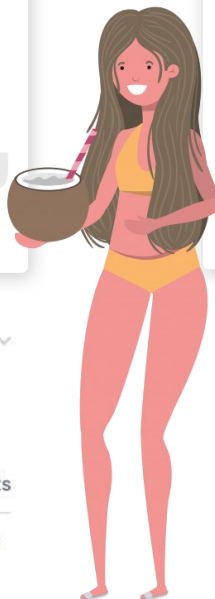
I am no longer pre-diabetic it was an eye opener for me.

I completed my 10 day detox! I started at 242 pounds, by the end of it I weighed in at 222 pounds. Before I did this challenge my doctor gave me 30 days to lose some weight because he stated I was on the edge of being pre-diabetic so I ran across this detox challenge and decided to give it a try. I did my 10 days and had to go back for my follow up and when I went back my doctor was shocked and I was excited to hear that I am no longer in that range of being pre-diabetic it was an eye opener for me thanks again!!

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Ashley Lance

I felt so refreshed afterwards and my skin looked soooo good

great 10 day detox! you will definitely get results if you stick with it. I felt so refreshed afterwards and my skin looked soooo good. I went from 183 to 168.1 during the detox. I look forward to continuing to do it once a quarter for a good cleansing.

Like



Megan Daniels

It was the best reset

I recommend the 10 day surviving vegan challenge. It was the best reset, I feel energized and lighter and happier since completing it. It was difficult but completely worth it!!

Like

Comment

Share



Mickema Miller

not only did I lose 13lbs but I feel absolutely amazing.

I just completed the 10 day detox challenge and not only did I lose 13lbs but I feel absolutely amazing. I would recommend her programs for everyone.

Like

Comment

Share





SHOPPING LIST



- 6 Cantaloupe
- 30 Limes
- green pepper
- Ground Flax Seed Seeds
- Chia Seeds
- Red Onion
- Virgin Olive Oil
- Cayenne Pepper
- 1 head garlic
- 1 head broccoli
- 5 bags spinach
- 2 red leaf lettuce
- 12 grapefruit
- 5 pears
- Bag Of Green Lentils
- 17 oranges
- 2 aloe leaves
- 3 pineapple
- Prunes
- Almonds
- 4 enema bottles
- Cascara Sagrada Pills
- 10 gallons spring or distilled water

Seasonings: Sweet basil, onion powder, oregano, parsley



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SHOPPING TIPS

Its best to buy ORGANIC Produce.

When buying The Cascara Sagrada You Need To Buy A Vegan Version. Make Sure The Bottle Has As Many “No’s” On It As Possible. For Example, The Bottle Should Read “Non GMO, No Soy, No Dairy, No Yeast, etc.”

Refer To The **#SurvivingVeganDetoxChallenge** Pre-Detox Training For More Tips For detoxing Successfully.

The **#SurvivingVeganDetoxChallenge** Pre-Detox Training Can Be Found In The Portal Used To Access This Downloaded Manual.



RECIPES

FLUSH OUT LIVER & KIDNEYS

- 2 tablespoon cold-pressed extra virgin olive oil
- 2 Fresh garlic cloves crushed
- Juice of 2 limes
- 1 Pinch cayenne pepper
- 8 oz warm water
- Blend and drink

Healthy
= LIVING =



FLAX & CHIA SALAD

- 4 Cups spinach
- ½ Cup green bell pepper
- 4 Tablespoon ground flax seeds
- 4 Tablespoon chia seeds

****Do Not Use Dressing:
Only The Juice Of Limes****

Allowed Seasonings: Sweet basil,
onion powder, oregano, parsley



PROTEIN SALAD

- 4 Cups red leaf lettuce
- 1 Cup almonds
- 1/3 cup fine chopped broccoli

****Do Not Use Dressing:
Only The Juice Of Limes****

Allowed Seasonings: Sweet basil,
onion powder, oregano, parsley

LENTIL SOUP

- 1/2 cup lentils
- 4 Cups spring water
- 4 T Sweet Basil Seasoning
- 1T onion powder
- 1/2T Oregano
- 1/2 Cup chopped bell peppers
- 1/2c diced red onion
- Pinch of cayenne pepper
- 1 cup finely chopped broccoli



- 2cloves chopped garlic
- 1T olive oil

In a medium pot add spring water and all seasonings, stir and then add lentils. Bring to a boil. Reduce heat to simmer. Simmer for an hour to 1hr 30mins.

If water evaporates before lentils are done, add one cup spring water until lentils are tender. Start sautéing fresh veggies (chopped garlic, red onion & bell peppers) 10 minutes before lentils are soft. Enjoy!



DETOX #1:

Blend 1 grapefruit with
16 ounces spring water

DETOX #2:

Blend 1 pear with
16 ounces spring water

DETOX #3:

Blend 1 orange with
16 ounces spring water

DETOX #4:

Blend 1/4 cup aloe gel, juice of one
lime with 10 ounces spring water.

[CLICK HERE TO WATCH VIDEO](#)

"Using Aloe for Constipation"

DETOX DRINKS



DETOX #5:

Blend 1 cup pineapple,
2 tablespoons Aloe gel
with 20 ounces water

DETOX #6 :

Blend 2 cups spinach, juice of 1 lime
with 20 ounces spring water

DETOX #7:

Blend 1 and 1/2c prunes
with 20 ounces spring water



LET'S GET STARTED!

ENEMA RECIPE

Tip: You May reuse Your Enema Bottle(s)

1/3 Tablespoon cold-pressed olive oil

Juice of 1 lime

Warm distilled water (heat on stove)

You can buy a \$1 fleet bottle from Walmart. Empty contents of the fleet and add your own ingredients.

Add warm distilled water (warm on stovetop) lime juice and then oil. This prevents fecal matter build up in colon, preventing colon cancer.



MUCUS BUSTER

Cut Four limes in half. Using a lime/lemon squeezer remove the juice from the limes into one cup. This is equivalent to one lime shot



EATING SCHEDULE



	8a	9am	11am	12p	3pm	6pm	8pm	9pm
Day #1	Liver/ Kidney Flush	Drink 43 ounces spring water during this hour	Mucus Buster	Eat Whole Canta loupe	Detox #1	Eat 2 Grape fruit	Detox #1	Detox #5 Take 2 Cascara Sagrada Pills
Day #2	Liver/ Kidney Flush	Drink 43 ounces spring water during this hour	Drink 43 ounces spring water during this hour	Eat Whole Canta loupe	Protein Salad	Eat 4 Oranges	Eat 3c Pine apple	Detox #6 Perform Enema
Day #3	Liver/ Kidney Flush	Drink 43 ounces spring water during this hour	Drink 43 ounces spring water during this hour	Eat Whole Canta loupe	Flax Salad	Eat 3 cups Pine apple	Drink 43 ounces spring water during this hour	Take 2 Cascara Sagrada Pills
Day #4	Liver/ Kidney Flush	Drink 43 ounces spring water during this hour	Drink 43 ounces spring water during this hour	Eat 3 Pears	Protein Salad	Eat 4 Grape fruit	Detox #7	Drink 43 ounces spring water during this hour
Day #5	Liver/ Kidney Flush	Drink 43 ounces spring water during this hour	Drink 43 ounces spring water during this hour	Flax Salad	Drink 43 ounces spring water during this hour	Lentils	Detox #6	Eat 2 Oranges Take 2 Cascara Sagrada Pills
Day #6	Liver/ Kidney Flush	Drink 43 ounces spring water during this hour	Drink 43 ounces spring water during this hour	Eat 3 Oranges	Detox #2	Flax Salad	Detox #7	Detox #5 Take 2 Cascara Sagrada Pills



	8am	9am	11am	12pm	3pm	6pm	8pm	9pm
Day #7	Liver/ Kidney Flush	Drink 43 ounces spring water during this hour	Mucus Buster	Detox #7	Flax Salad	Eat 4 oranges	Eat Whole Cantal oupe	Eat 2 Oranges Perform Enema
Day #8	Liver/ Kidney Flush	Drink 43 ounces spring water during this hour	Mucus Buster	Detox #4	Protein Salad	Detox #6	Eat Whole Canta loupe	Detox #5 Take 2 Cascara Sagrada Pills
Day #9	Liver/ Kidney Flush	Drink 43 ounces spring water during this hour	Mucus Buster	Drink 43 ounces spring water during this hour	Detox #1	Detox #1	Protein Salad	Detox #5 Take 2 Cascara Sagrada Pills
Day #10	Liver/ Kidney Flush	Drink 43 ounces spring water during this hour	Mucus Buster	Drink 43 ounces spring water during this hour	Lentils	Detox #6	Eat Whole Canta loupe	Detox #3 Perform Enema



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