



PYT Weekly Training & Support

Lesson #25 Using Detox Days

by Jim Katsoulis

Welcome to this week's lesson and what I want to share to you this week is a technique or practice that I've found that is so powerful in changing your eating habits in the long term. And it's about setting up a detox or a fasting day for yourself on a regular basis.

Now, one of the differences you'll notice with the things that I recommend to you as opposed to kind of a dieting mindset is what I'm always looking for. I suggest you take certain actions or do certain behaviors, I'm always looking for you to do them so that they will have a long-term residual effect.

So, if you do some mental programming, if you eat a certain way, if you set up a detox or a fasting day, what's going to happen is it's going to have a residual effect into the future. It's going to give you some momentum as opposed to dieting where it's always this constant focus you need to have, and your success is constantly dependent on your being motivated and focused.

That's a bad long-term strategy. So, what we want to look to do is create behaviors and a lifestyle that naturally and automatically has us eating well and has us exercising and moving our bodies. That's when you don't have to think anymore about what you're doing, and then you can move on other things but you'll have the body you want and the energy you want.

And one of the most powerful ways to do this is to set up a fasting or a detox day. Now, don't get nervous about these terms because there is a ton of flexibility within them. And so, when I say fasting, I don't just mean not eating anything all day, although, you could do that. But you could also give yourself a fruit fast; you could eat just living raw fruits for the day. You could not eat until 12 noon. You could stop eating at 2 pm. There's a lot of flexibility in here and you could be creative with it.

The most important thing is this. You want it to be fun. You want it to be enjoyable. You want it to be relatively easy because the benefits of these are tremendous. First off, it's going to detoxify your body to a certain degree.

Understand that digestion is the number use of energy in your body. So, right of the bat, if you're going to consume less food, if you're going to consume foods that are easily digestible, you're going to free up a lot of energy for your body to kind of repair itself and eliminate toxins.

So, you may get a coating on your tongue; you might get a little bit of headache; you might be a little bit tired; you might have to go to the bathroom a little bit more. These are all possible side effects. But if you drink a lot of water, by the way, it will usually eliminate a lot of those side effects or minimize them.

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But one of the greatest things about doing a detox fasting-type day and if you do it weekly, it has even more effect is that it will re-introduce you to what it feels like to have a genuine hunger.

So often, we've gotten ourselves trained to eat on a schedule. We don't even think if we're hungry or not anymore. We say, "Oh you know, I'm not hungry now, but in two hours I'll be hungry, and I'm going to be in a meeting. So, I better eat now." It's like self-defense of eating. And we've gotten use to eating on a schedule.

So, what we want to do with a fasting or a detox day is learn what it feels like to have a genuine natural hunger again because I have a belief that if you only ate when your body genuinely needed nourishment, then your body would be at its natural weight. Most weight issues seem to involve extra eating that has to do with stress or depression or any sort of emotional type of eating.

Because if you only ate when your body genuinely needed nourishment, right, then you would eat when you're hungry and stop when you were full, that's what we want. So, by having a fasting or a detox day, you're basically training your body and you're training your mind to recognize what that feels like. You're training yourself to eat like a thin person.

And so, it's not about trying to stick to something as much as I want you to go into the attitude of experimentation. Go into it. Notice what makes it easier and what makes it harder. I've experimented with this. Mondays and Tuesday, for me, are the best days to do it. For some people, it might be the weekend. It's up to you; it's always up to you what works best for you.

But pick a day or two and change up your habits. Change up the way that you eat; as much natural foods as possible into it because, again, it trains you how to eat in a very beneficial way. It trains your body to recognize what true hunger is and it's going to free up a lot of energy. And the other beauty is this. It's only a day or two so it's relatively easier to maintain your focus. It's relatively easy to get through a day or two of eating in a certain way even if it's relatively extreme because it's only for a day or two.

But the beauty is this, that after that day or two, you're going to find that your taste begins to change a little bit. If you stick to a fruit or natural food diet on those two days, then you're going to find that your tongue, literally, will begin to change a little bit. Your cravings will begin to change.

I can tell you from personal experience growing up, I used to eat a lot of sugar and I didn't think anything about it and as I backed away from it and I stopped eating it, my taste for it disappeared. My cravings for it disappeared.

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And so, a lot of times, we think cravings are these genetic things that we're just born with or we're just this way, but a lot of times they're conditioned into us. And so, you may never even know unless you do something like this.

And the other thing is that it's going to build up your confidence because you're going to get through a day or two, you'll eat well, and you'll realize that it wasn't that hard because, again, it was only like two days. This is kind of like the exercise strategy of instead of saying, "I have to exercise everyday for an hour on the treadmill," if you say, "I have to exercise everyday for five minutes on the treadmill."

Because, sometimes, just getting on the treadmill is the hardest part but once you're on it, you can keep going and it's relatively easy. With eating this way, if you're just doing it for a day or two, you start to focus on the positive aspects of it, not how hard it is, but how good you feel. How much more energy you feel. When you wake up the next day, notice how much easier it is to wake up and how much better you feel. And get used to that feeling of feeling light, again, a feeling that a lot of people have forgotten about – of not being stuffed, of not being so tired and lethargic.

Using food as a drug, it eliminates all these for a day or two. And so it could be ... I will say this, it's an experience. Especially the first couple of times, it might be harder, you know, who knows ... but it gets easier, I promise you that.

But if you do this once a week, if you do this every other week, what ends up happening is it kind of anchors you to good eating because you'll find that the day after you fast, it will be easier to eat well. You'll notice that you taste food a little bit differently. Your body feels a little differently. This is what you want to experiment with. I can't express that enough that we want to play around, we want to have fun, we want to see what works, what feels like what. And then take it from there.

But setting up a day like this and if you do it once a week, where, again, even if you just set up like, "Okay, on this day I'm going to stop eating at 2 o'clock or on this day I'm only going to eat live natural fruits, or I'm only going to eat vegetables." [Inaudible] **7:40** meatless Mondays. So maybe one day a week, you do no meat. Get in the habit of doing that. It has profound positive influences when you change up your habits like that in an easy way. Not, "Oh, I've got to change this for the rest of my life," but just one day at a time sort of thing, one day every other week, two days every week, whatever it is.

So, think about this. So take some time right now and think to yourself, what would you like to do? What kind of fast, detox plan would you like to do? How often? When? And plan for it.

And that's the final thing – plan for it. Don't just do it today, necessarily; make sure you've got everything that you need and plan out the day. And if you're not going to

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eat at all, take a little bit more extra care to ... ideally, you'd like to do that on a day when you're not working where you can kind of rest.

And dedicate some time to it. Spend some time relaxing, nourishing your mind, and getting some extra sleep. Make it a fuller experience. But either way, wherever you are in the spectrum of fasting or detoxing that day, experiment with it. And I'll talk to you next week.

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