

Diana Stobo's

3-Day Apple Detox

**How To Naturally Clear Your
Skin, Flush Toxins And Lose
Excess Weight In Just 3 Days**



I promise to always bring you my best knowledge and most loving guidance so you can feel empowered to live with health, vibrance and beauty every single day!

Diana Stobo



EATING FOR HEALTH, VIBRANCE AND BEAUTY

1. Who is Diana Stobo?

Diana is a raw-food and juicing expert, weight-loss specialist, holistic health practitioner, and mind-body nutritionist.

She is living proof that transitioning to a healthful diet can help you lose weight, gain energy, heal your body, and look younger and more vibrant. As a 50-year-old mother of 3, Diana looks and feels better than ever before. Diana is living proof that eating LIVE brings you a life of health, vibrance, and beauty.

2. What exactly is Diana Stobo's "3-DAY APPLE DETOX"?

It is a downloadable detox plan that guides you in eating fresh apples to flush toxins and lose weight.

3. How will it help me?

You will cleanse and lose excess weight through the cleansing properties of apples.

4. How do I know if it's right for me?

If you are in general good health and want to detox your body in a short period of time with a super simple plan, this guide is right for you.

The information in this eBook is true and complete to the best of the author's knowledge. All recommendations are made without guarantee on the part of the author.

The author disclaims any liability in connection with the use of this information. Individuals with serious health problems or conditions should consult a physician before following the advice contained herein. The contents of this book are not intended to take the place of professional medical advice and treatment, if needed. The author does not dispense medical advice herein.

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Introduction

If an apple a day keeps the doctor away, imagine what 3 days of apples could do!

Juice cleansing is wonderfully effective, but some people struggle with it because they crave something to chew on. Many of us like to have that crunch sensation. I call this a "half-fast" because although you are "fasting" on apples, you still get to eat.

So, if you need a quick and easy liver detox that satisfies your need to chew, look no further. The 3-Day Apple Detox is a replacement diet in which you eat nothing but apples for 3 days straight.

This detox is one of the simplest ways to lose weight and cleanse your body.





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How does it work?

For three days, eat nothing but apples. There is no restriction on the types of apples you can eat. This relieves the fear of hunger and depletion many of us feel when starting a detox. The apple detox is only a half-fast, meaning only the type of food is restricted and not the amount of food. So go ahead and eat all the apples you want.

The apple detox is not only very simple but it is also one of the easier detoxes to complete. If you think 3 days seems like too much, try just one day of an apple detox to give your body and digestive system a break.

What can I drink during the apple detox?

During this 3-day period liquids are not restricted and are even encouraged.

Of course this means picking the right liquids to drink. I suggest:

- Water
- Green tea
- Iced tea
- Lemon water
- Herbal tea
- Coffee

Drinking plenty of water throughout the day is something you should always be doing. However, during a detox it becomes even more important because you are flushing toxins from your body. Without water your body cannot replenish itself and the toxins remain stored in your body.

Liquids such as coffee and tea are also allowed during the apple detox. Be sure to drink caffeine in moderation as it can make you shaky and can also cause digestion issues.



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Why apples?

Apples are chosen for this 3-day detox because they are high in malic acid, which loosens liver and gall bladder stones, softens the stool, and has a great amount of pectin and vitamin C that help your body detox.

Apples are a great source of dietary fiber, which helps cleanse your colon. The dietary fiber in apples will help to push out any waste in your body while giving your digestive system a break from the harsh, heavy foods we may consume on normal days.

Cellulose is another nutrient found in apples that aids the body in detoxification. It helps to stimulate your digestive system, relieves constipation, and boosts healthy gut flora. This helps to send the toxins out of your body to cleanse your system.

Apples also serve as a natural fat blocker. The skin contains pectin, which essentially stops salts, sugars, and fat from turning into fat stored on the body. The skin also contains huge amounts of polyphenol, which is known for several benefits. The most well known is its anti-aging benefits. It is said to slow down the production of wrinkles on your face acting while helping the skin glow and appear younger. Other benefits include curing bad breath and lowering cholesterol levels.

Weight loss

You can expect to lose up to 6 pounds in 3 days. One large apple is a little less than 200 calories. So, if you like to think in terms of calories, 8 large apples a day is a lot of crunching with not much caloric intake.

It is important to eat enough apples so that you are not too weak and shaky to go about your daily activities. With that said, it is also important to make sure you have no big plans during these 3 days because you will be working with limited intake. Take it easy; let your body rest and detox.



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Tips for success

While there are many benefits to partaking in the apple detox, there are also some potential risks and side effects.

Because your body is only consuming and digesting apples for 3 days, you need to ease out of the detox gently. Your body will not be used to digesting normal foods and will need to be fed clean, healthy foods the days following the apple detox. This means avoiding any fatty foods, starchy foods, and foods high in sugar. It is good to follow the detox with soups, salads, smoothies, and lighter snacks that your body can easily digest.

This would be a great time to resume the Naked Nourishment Lifestyle.

As on any detox, it is important to pay very close attention to what you consume in the week following the detox. You are going to experience weight loss during the detox and must be careful not to put the weight back on immediately after the detox. If you stick to the Naked Lifestyle foods and maintain regular exercise this should not be a problem.

Apples are very nutritious but only contain certain nutrients and are not meant to cover all of your dietary needs. For this reason do not continue the apple detox for longer than 3 days. Also, avoid strenuous workouts during this detox. That being said, you know your body better than anyone else. Listen to your body and do what you think is right for it.

Overall, the apple detox is an easy and simple way to lose weight and detox your body. Be sure to take care of yourself during the process and following the process.

Remember — once you complete a 3-day detox be careful not to go back to a toxic routine. A lot of us finish diets by falling back into our unhealthy routines and end up gaining more weight than before. Try to use this detox to kick-start a healthier lifestyle.