

Transformation Protocol

Rupina Meer's 30-Day Delicious Detox!
Crush Cravings, Blast Fat & Ignite Energy Effortlessly

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Welcome To Day 1

Congratulations on choosing to work with Rupina Meer and 30-Day Delicious Detox! We are super excited about your journey and the results you can expect to see after you have completed the program!

By following this program you'll...

- ▶ Learn why insulin is the #1 metabolic hormone (and thereby the #1 metabolic disruptor if it's overused) that controls your weight and how to reclaim effortless weight loss using the PFF formula.
- ▶ Find out the real reason behind your 2pm energy crash and how to turn on your inner energizer bunny and STAY energized all day long!
- ▶ Discover why your so-called low calorie "healthy" diet is actually fueling your cravings & how to side-step the low cal "bombs" lurking in the store with simple "ditch this" and "replace with" swap list...
- ▶ Gain the power to "catch the curve" so you don't lose when you snooze and get rid of that icky tired but wired feeling making you feel hungover and making poor choices the next day!

Plus, Discover why stress makes you crave sugar and a 90-second technique to INSTANTLY go from fried to revived!

Take back your power in powerless situations and permanently end that vicious cycle of cravings, weight gain, guilt, loathing, rinse and repeat.

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Welcome To Day 1

Finally learn how to do ALL of this without going hungry surviving on juices and tasteless chalky shakes, calorie restricted diets, band-aid medications that actually make you worse or killing yourself at the gym!

World's top mentors and coaches have determined, "What doesn't get measured, doesn't get done!"

We have also seen the same with our community repeatedly that people that are measuring, tracking and noticing actually get results much much faster than those that are not. To kick off your protocol, we have designed a survey that covers the most common issues that people have.

Please take a few minutes (takes approx. 5 min) to answer these short questions on a scale of 1-10 to determine your baseline at the beginning of this program. Then, as you progress along, please repeat this survey every week.

Don't look back at previous week results until you get to the end of the program and then you will be directed to measure the average progress.

People are usually amazed that without even realizing, they were actually making a lot of progress!

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You will get a chance to book a FREE appointment at the end to talk to one of our hand picked, trained Transformation Specialists to discuss your experience and offer any support that you might need afterwards.

Best of luck!

1) What are the 3-5 most urgent things in your life that you wish you could change? Please list in order of importance

A
B
C
D
E

2) On a scale of 0-10, 0 being not satisfied at all, How satisfied are you with your:

family relationships
friendships
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3) On a scale of 0-10, 0 being exhausted and fatigued all the time and 10 being full of energy and motivation, how is your energy level?

4) On a scale of 0-10, 0 being not judgemental at all & 10 being full of self criticism, how critical are you of your own self?

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5) On a scale of 0-10, 0 being not judgemental at all & 10 being full of criticism for others and desiring change, how critical are you of others?

6) On a scale of 0-10, 0 being not comfortable receiving at all & 10 being I have no problems receiving and I feel grateful when I do, how would you rate your ability to receive:

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7) On a scale of 0-10, How satisfied are you with your money situation? 0 being I have debt and I am struggling and 10 being I am abundant and money is flowing in.

8) On a scale of 0-10, How would you describe your physical health? 0 being I have many health issues and 10 being I am in fantastic health!

9) On a scale of 0-10, How would you describe your emotional health? 0 being I have many emotional issues and 10 being I am happy & at peace!

10) On a scale of 0-10, How satisfied are you with your love life? 0 being I'm lonely and depressed and 10 being I'm in a great relationship and feel cherished.

11) On a scale of 0-10, How satisfied are you with your non-romantic relationships? 0 being I'm lonely and depressed and 10 being I have great family and friends that support me and love me.

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12) On a scale of 0-10, How satisfied are you with your Body Image? 0 being I hate how I look and 10 being I love every aspect of my body!

14) On a scale of 0-10, How strongly do you feel you are connected to your purpose? 0 being I'm lost & confused about my purpose and 10 being I am confident and my purpose is unfolding consistently.

15) On a scale of 0-10, 0 being very stressed and 10 being totally stress free, how much stress do you experience?

16) How strongly do you resonate with this statement (0 being not at all and 10 being very strongly) " I love myself"

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DAY 1

Welcome to the 30-Day Delicious Detox program to live the dolce vita without sugar so you can finally gain freedom from cravings, fatigue, and stop the inflammatory cascade that leads to degenerative diseases like diabetes and cancer.

Warning! This program will lift the veil on blood sugar balancing secrets that your doctor never told you about and may result in unexpected "side effects" like:

- Effortless fat loss (say goodbye to that embarrassing muffin top spilling over your jeans).
- Unstoppable energy to do what you love without that 3 pm afternoon crash.
- Better sleep (without that icky tired but wired feeling). Balanced moods.
- And younger looking skin without embarrassing acne, rosacea or eczema that you're always covering up with heavy makeup.

What If You Could Have Your Cake and Eat It Too?

I know the word detox conjures up images of sweat drenched torture as you go hungry surviving on juices and tasteless chalky shakes while giving up all your favorite foods. But you can check your perceptual baggage at the door as this is not that kind of detox.

This is an easier, gentler, delicious detox with no deprivation, denial, calorie-counting or sweating your behind off in some insanity workout...think Raw Chocolate Torte loaded with healthy fats and proteins to keep your blood sugar even keel while titillating your taste buds and quelling your meanest cravings!

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Instead this program emphasizes adding in an abundance of yummy whole foods courtesy of Mother Nature, while swapping out the sugary processed junk your body doesn't recognize as food.

By the end of 30 short days, you will have tried out and gradually added more healthy living practices than you ever thought possible.

You will have broken old habits and established new ones, reclaiming that lost energy with virtually no stress and minimal effort.

Whether you're a closet chocoholic, a self-confessed legal drug addict who simply can't get through your day without so-called "healthy" stimulants like coffee, cacao, energy drinks and sweets...

Or someone who's struggling with blood sugar issues like insulin resistance, pre-diabetes, type 2 diabetes or gut issues like candida and are looking to get off the wild sugar roller coaster ride, you've come to the right place...

Fasten your seat belt and enjoy the sugar free ride!

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Congratulations! You just made an exceptional commitment to yourself and your future. I truly look forward to working with you during the coming 30 days to help you break your addiction to sugar so you can lose weight and ignite your energy effortlessly. I love working with intelligent, motivated clients like you.

We'll have four amazing live sessions with Q&A where you can pick my brain, ask me anything and we share your successes and challenges in looking after yourself. Since most of this program occurs outside our sessions while you are living and eating in your daily life, ultimately the results depend on you: What you put in, you will get out.

Please read and sign the following:

Dearest body of mine,

After careful thought and consideration, I hereby promise to:

Honor you as the temple of my soul

Offer you healthy foods and drinks

Realize that you deserve to be healthy

Overcome the addictions that hurt you

Love and appreciate you for what you do

Accept that I have the power to heal you

Adorn you with nice, comfortable clothes and shoes

Realize that laughter, play and rest help you feel good

Exercise regularly and appropriately for my body type

Accept you and be grateful for you just the way you are

Listen to messages you are sending me when you are hurt or sick

Understand that my unexpressed emotions and thoughts affect you

(List additional promises)

I love you so much,

Please sign here: _____

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Get Clear on Your Big Why

Why did you decide to embark on this 30-day program now and transcend those excuses that have kept you stuck in the past like, "I'll start tomorrow", "this is too hard", "I'm just like my Mom and doomed to diabetes"?

Why not just keep following a random book, diet or free advice and just tolerating the symptoms? Why not continue being a shell of who you used to be, losing your power and living in this HELL for another 3-5 years? Why NOW?

Distinguish Between "Have to" versus "Want to" goals. Have-to goals are driven by external drivers like, "I have to lose these last 20 pounds because I'm embarrassed to have a closet full of clothes, yet nothing fits." Have-to goals are driven by a sense of guilt and shame. Contrast that with Want-to goals that are driven by an intrinsic desire or value such as, "I want to lose these 20 pounds because it's truly important for me to see my children grow up and to participate fully and be present for them."

This story in the book **Emotional Agility** illustrates this distinction perfectly: A client really struggled with her health and EVERYONE, from her doctor to her family was at her to lose weight but she just couldn't. She had also adopted a child from an orphanage in Nicaragua and the child had lived in horrific conditions and had a learning disability so he communicated in pictures. And he drew this pic depicting himself as a 16-yr old orphan and showed it to his Mom...

She asked, "we adopted you when you were 2 so why are you showing yourself as an adult orphan when you grow up?" The child started crying and said, "I know I'm going to be an orphan again because you're not focusing on your health and wellbeing."

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In that instant, the client describes that her have-to goal moved into a want-to goal and in a short period of time, she lost all the weight and kept it off.... she found her BIG WHY THAT PROPELLED HER SUCCESS!

Create a visual representation of these goals by putting together a collage of pictures aka vision board that represent what it would look and feel like once you've achieved those goals and keep this vision board front and center where you can eyeball it all the time.

Then spend 5-10 min each day closing your eyes and visualize what it would look and feel like to gain freedom from cravings, lose weight effortlessly, and have all-day energy without the sugar/caffeine roller coaster ride.

Match a clear intention with an elevated emotion (joy, love, gratitude) and give thanks ahead of time AS IF YOUR PRAYERS HAVE ALREADY BEEN ANSWERED BECAUSE THE EMOTIONAL SIGNATURE OF GRATITUDE SIGNALS TO THE BRAIN THAT THE EVENT HAS ALREADY HAPPENED.

Gratitude is the ultimate state of receivership. Each thought emits an electric signal and the feeling emits a magnetic current that draws the event to you!

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Day 1

Sugar Self-Assessment

Do you have any idea how much sugar you consume per day? When I ask my clients this question, they often only count the sugar they put in their coffee/tea or obvious sweets but fail to factor in their marinara sauce, fruit yogurt, cereal etc. but low-fat strawberry yogurt has more sugar than strawberry ice cream. Carrot salad has the same amount of sugar as carrot cake! Sneaky sugars hide in places you'd never suspect, including whole foods, diet foods, packaged fruit, drinks, and dressings.

Please take a moment to answer the below questions as they're intended as a self-assessment tool to **evaluate your relationship with sugar and to better understand the co-relation between sugar and your health, energy, moods and, of course, your weight.**

These questions are not intended as a diagnosis but simply to draw awareness to your consumption of sugar and how it impacts your body:

1. What do you typically eat for breakfast? Do you find yourself hungry and on the prowl for another snack before lunch?
2. Do you experience an energy roller coaster or energy spikes/dips throughout the day?
3. Do you experience fatigue after eating a meal or food "coma"?
4. Do you get lightheaded if you skip meals?
5. Do you find yourself going from mild to intense hunger very quickly?
6. Do you regularly seek out sweets, treats or bread (sure sign that your blood sugar is out of balance) If so, does this follow a set patterns (such as before bed, at 3 pm, after you get off work or other set times?)
7. Do you experience brain fog/cloudy thinking/trouble concentrating?

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Day 1

Sugar Self-Assessment

8. Would you describe yourself as impulsive, argumentative, or having a short fuse? Explain. Do you experience anxiety, panic attacks or have trouble sleeping?
9. Do you struggle with weight?
10. Do you feel overwhelmed or unable to cope with stress?

Write your answers here:

If you have 3-5 'Yes' responses, you likely have a sticky relationship with sugar and it's time to evaluate how it's wreaking havoc on your health.

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Day 2

Inner Bath

AM: Start the day with 16-24 oz of purified water with half an organic lemon, pinch of turmeric, cayenne pepper and 1 tablespoon Bregg's Apple Cider Vinegar (ACV) with Mother.

Why do you need to consume 24 oz in the morning and how does that activate water's thermogenic (fat burning) effect?

Your brain/body are literally doing millions of processes while you're asleep and the lymphatic system (the brain's waste management system) is about 10 times more active at night so we're **most toxic and dehydrated upon rising and if you're not rehydrating immediately, that metabolic waste load continues to build.**

Your brain is mostly fat and water so even a 3-5% dehydration greatly impacts your performance in the game of life!

A recent study published in the Journal of Clinical Endocrinology and Metabolism found that drinking just 17 ounces of water can increase your metabolic rate by up to 30%. Wait, what?! So, this whole drinking water to lose fat thing actually works?

In short, yes. But the gold lies in the timing... you don't get this thermogenic effect from sipping on water all day long or drinking 2-4 oz!

It's like you need a good oil change, a couple of times a day. Target 16 - 24 ounces twice per day to make the magic happen.

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Day 2

Inner Bath

Plus hydrating first thing in the morning sets you up for an unfair advantage because once you descend into the chaos of your day, you may forget to hydrate periodically but if you've ritualized this "inner bath" just like you take a shower and cleanse yourself from sweat/grime, the inner bath cleanses and rehydrates you from the inside out.

Lemon is a powerful detoxifier for the liver. ACV adds a full spectrum of minerals, especially potassium and manganese, and the acetic acid in vinegar may lower blood sugar. And ACV can help you burn fat for fuel instead of sugar by increasing the number of energy-producing mitochondria in your cells.

It also improves your microbiome with good bacteria and enzymes and also exerts a thermogenic effect meaning it helps your body burn fat to generate body heat.

In short, this inner bath is one of those SMALL HINGES THAT CAN SWING OPEN BIG DOORS FOR YOUR HEALTH!

PM: Your body typically doesn't send the message that you're thirsty till you're on the verge of dehydration.

In fact, the signals for dehydration often masquerade as hunger so if you're hit with night time cravings while watching the mayhem and madness of the nightly news, just check in to see if you're dehydrated and try having some yummy herbal dessert tea like Yogi Vanilla Hazelnut tea with some raw honey, wait 30 minutes and that may take care of the underlying craving.

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Day 3

Start & End Your Day with Sacred Book Ends

AM: How you start your day matters because every single day is an opportunity to start afresh. Every. Single. Day. Is a clean slate for you to create the vibrant health that you deserve. Why is this important? A consistent morning routine provides a sense of normalcy that roots you.

Because certainty is a human need and you don't know how the traffic will be on your commute to work or how that meeting will go at work but you DO HAVE CONTROL over your morning routine. And it starts you off with a win as you're already doing so much to balance your hormones, burn fat, feed your mind etc and that creates psychological momentum to create more wins.

You've heard the phrase, "neurons that fire together wire together" so the critical thing is to ritualize this morning habit as each time you're firing this activity, it's becoming automatic, an unconscious competence, that you don't even have to think about but can do on autopilot and you're stacking the conditions for success.

"Routine is not a prison but a way to freedom from time."

Start and end your day with sacred book ends, like rise, pee, shower, meditate/prayer/gratitude journal/nourishing breakfast and set the intention for how you'd like to design your day. Just set aside 10 minutes in the morning and night to rewire your brain for a different experience. Set an intention to serve but to do it with joy so you don't get sucked into a tidal wave of hyper reactivity and just doing, doing, doing, putting out the fires of the day.

Morning options could be 3 rounds of sun salutations, sun gazing, deep belly breathing, meditation or prayer.

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Day 3

Start & End Your Day with Sacred Book Ends

PM: Just like your kids have a bedtime ritual to signal the body for sleep, you need it just as much. Bedtime should be a sacred ritual that calms and soothes your nervous system.

Evening options can be a hot bath with 2 cups of magnesium sulfate (Epsom salts), 1 cup baking soda, 10 drops of lavender essential oil (proven to lower cortisol by 23%) and 5 drops of geranium essential oil (also reduces stress) followed by an inversion.

Any time your feet are above the level of your heart, with your legs straight up against the wall at a 90-degree angle, you activate your parasympathetic nervous system, the counterbalance to Fight or Flight, to get your body primed for restful, reparative sleep.

Ritualization is key as then you don't have to think about it and it just becomes second nature.

It's key to make it automatic and design your environment and day so you stack up the conditions for success.

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Day 4

Eat Low Glycemic REAL Food

The goof proof test for real food is that if it comes from the ground or moves around, so fish move around and broccoli comes from the ground. Apples come from the ground, but not so much with apple sauce or candied apples.

Food has to have life to give us life. Get it? Simple, right?

Think of it this way, if someone from an indigenous tribe came to your house and looked in your refrigerator or pantry, they would be familiar with fruits and veggies or nuts/seeds or a piece of steak, but they wouldn't recognize the Cap'n Crunch, Wonder bread, or those 100 Cal snack packs or lunchables or Go-kurt or other food-like processed monstrosities that are so denatured and removed from the earth that your body does not recognize them as food.

As Jack Lalane said, "I never eat anything that comes in a wrapper." Prophetic advice from a nutrition icon.

Believe me, you've lost touch with what constitutes "sweet" but once you start adopting this way of eating, you'll retrain your taste buds to be more sensitive to the subtle sweetness found in vanilla or berries and you'll start to appreciate the natural sweetness versus the hyper-sweet processed food you're used to.

You'll see that not having sugar in your life is not depressing.

In fact, your crazy mood swings and emotional ups and downs are due to the rise and fall of blood sugar and once sugar loses its grip on you, your moods will stabilize.

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Day 4

Eat Low Glycemic REAL Food

Focus on P-F-F (protein-fat-fiber from veggies) at each meal.

Whip up a nourishing smoothie or pastured eggs with veggies for breakfast per the recipes provided.

Lunch can be a big salad with clean protein of your choice and healthy fats like avocado or almonds.

Dinner can be wild salmon (or clean protein of choice) with veggies and a small side of sweet potatoes, wild rice or quinoa.

Limit starchy carbs to your evening meal only as it boosts serotonin and will set you up for restful sleep.

Carbs=Sugar=Insulin=Fat Storage

Remember, 70% of your plate should always be organic, dark leafy greens and veggies.

By loading up on non-starchy veggies, you are creating the hormone signaling to increase insulin sensitivity and maintain stable blood sugar.

Think rainbow colored to nourish you with phytonutrients. A sensual delight for your palate and a feast for your eyes.

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Day 5

Move/Play with NEAT

Are you a victim of the sitting disease?

The human body was designed for movement, but we now spend an average of 10 to 15 hours a day sitting in our cars, at our desk, watching TV and browsing the internet.

Most experts (including yours truly) encourage the application of body weight exercise several times a week...

But what I've found in my practice , however; is that it's the little things that make the biggest difference.

It's those small hinges that swing open big doors and it's about working out smart, not hard!

NEAT stands for Non-Exercise Activity Thermogenesis.

This is the energy we expend each day for everything that is not sleeping, eating, or sports-like activities. Like vacuuming, doing the dishes, scrubbing floors, going up and down the stairs, playing with your kids/fur babies etc.

Your body literally burns calories for a living, and is designed to be a fat burning machine but extended inactivity is actually a depressant for thermogenesis and for your brain.

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Day 5

Move/Play with NEAT

Nix the chronic cardio and over exercising which is actually making you pack on more belly fat!

Chronic (60+ minutes of constant) cardio causes cortisol poisoning and we actually have 4 times as many cortisol receptors around our belly than anywhere else in the body. And the cortisol spike will in turn spark sugar cravings because cortisol is a glucocorticoid, a fancy term meaning its main job is to raise glucose.

This is why I frequently have women in my practice lamenting that they're working out fast furious with their trainers, but that muffin top won't budge or is getting larger.

A better choice is more adaptive exercise such as burst training or HIIT (high intensity interval training) and I love the Tabata style protocol where you work out to your max capacity for 20 seconds (think jump squats) and then recover for 10 seconds so you can get an effective HIIT or Tabata style workout in as little as 4-16 min per day and only need 1 hour per week vs. putting in long hours on that treadmill daily.

Note: Did you know that repetitive movements, like rocking, knitting, sweeping, vacuuming etc. that fire up your serotonin production can cut cravings? Yep it's true!

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Day 6

Catch the Curve—Don't Lose When You Snooze!

Every single hormone we produce is synced up to the natural bio-circadian rhythms that exist in nature establishing biochemical peaks and valleys, similar to how a flower opens and closes during a 24-hr cycle.

Our cortisol (main stress hormone) level varies throughout the day, being highest upon waking. Usually between 6-8 am we get a burst of cortisol called the CAR (cortisol awakening response) and that's why it's known as the "get up and go" hormone. And then it should be a gentle downhill slope being its lowest at night around 10-11 pm.

So, you want to aim to catch the curve when cortisol is at its lowest and melatonin is at its highest. But if you're banging out emails, socializing on Facebook or binge watching Game of Thrones then you catch that 2nd wind which is no good as you get that tired but wired feeling that leads to compromised sleep which in turn sparks cravings. **And there's probably nothing that will help your stress induced cravings more than making fabulous and reparative sleep a top priority.**

Tip: If you're chillin' with some Netflix at night, I highly recommend you don some blue blockers that eliminate the blue light spectrum emanating from your screen which suppresses melatonin.

You can get them here: <https://www.amazon.com/Swannies-Blue-Light-Blocking-Glasses/dp/B01OB5GUH0/?th=1>

Otherwise, aim for a 90-minute digital curfew before bed and just indulge in an old fashioned book versus Kindle.

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Day 7

What You Measure Improves

Congratulations! You've completed your first week and Phase I.

What you measure, improves! So, before you start integrating these changes, weigh yourself and get a tape measure and also record your waist measurement at its smallest circumference above your belly button. Anything more than 35 inches (if you're a woman) and more than 40 inches (if you're a man) indicates insulin resistance.

And then keep a food diary throughout this program as a way of tuning into your body and learning to listen to its messages, jot down what you eat and record any symptoms you are experiencing and to what degree, such as cravings, bloating, gas, moodiness, bowel movements, energy, mood etc.

Sit quietly after you eat and reflect. Note how your energy level, your moods and your physical symptoms are affected by the food in your body.

Steer clear of any negative judgments if they arise or if you feel guilty for consuming a "forbidden" food.

Remember, recording this info will help you see the connection between what you eat and how you feel emotionally and physically and help you sustain new habits.

And don't just record the "good" days... you must write it ALL down. You can download a sample journal page at www.zen-trition.com/journal

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Day 7

What You Measure Improves

Record your wins.

When you track your symptoms and look back, you'll realize how much progress you've made—the headaches, mood swings, fatigue, bloating, acne—and that your old normal and new normal are miles apart.

Otherwise it's easy to forget all the progress you've already made and just focus on how far you've yet to come.

Energy goes where attention flows, so it's critical to acknowledge your body and celebrate all the small and big ways it IS working for you, versus only focusing on the last 10 pounds you still have to shed.

Note how far you've come with your cravings, sleep, energy and mood and give yourself a big hug!

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Congrats! You are 1 week into your protocol. It is time to measure! Take time to do this important step now.

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Day 8

Purge Your Pantry/Fridge

You now have all this knowledge about refined vs. whole grains and simple vs. complex carbs along with all the different names that sugar hides behind, but to integrate this knowledge into your day-to-day life and turn it into action, you have to purge your pantry and fridge!

This could quite possibly be the most critical action you take, as purging your pantry and fridge and replacing the sugary, processed crap with intelligent swaps, you physically remove the temptation to stray and lapse back into old, unhealthy habits.

When a craving hits (and believe me they will) it will be harder to stick to your guns if chocolate chip cookies and ice cream are there to seduce you. It's easy to think that you will just stop buying these foods once you've used them up, but this soon becomes a vicious cycle. You'll have to buy more tortillas just to use up the taco mix or more bread to use the last bit of jelly.

The old saying "out of sight, out of mind" is very true here so just print out the Ditch and Replace With list and you'll be one step closer to kicking your sugar habit!

PM: Keep a gratitude journal daily and reflect on all the wins you've accumulated this past week. It could be that you now love the sweetness from blueberries and no longer need that hyper-sweet jolt from that red velvet cupcake. Or that you're making healthier choices and you're just nicer to your kids/hubby without being on the sugar roller coaster. Just reflect and observe the subtle changes. **Remember, energy flows where attention goes so acknowledge and honor your body for all the myriad ways it's working for you and allowing you to embrace a sweeter, juicier life without sugar.**

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Day 9

Supplements to Crush your Cravings

The three horsemen of blood sugar balance are alpha lipoic acid (600 mg/day), chromium (1000 mcg/day) and vitamin D3. Have your doctor run a 25-hydroxy vitamin D test. The optimal range is 60-80 ng/ml so depending on where you are, supplement accordingly.

Gulp some Glutamine: One of the many secret herbs/amino acids I use for my clients struggling with raging cravings is L-glutamine (helps with both sugar and alcohol cravings).

Simply empty the capsule (500-1000 mg) under the tongue before meals or up to 2 hours after meals (but not on an empty stomach).

Triple up on Tryptophan. The amino acid, tryptophan is a precursor to serotonin, the key neurotransmitter that quiets the brain, producing that feel-good mood. It's very easy to get in the vicious cycle of eating more refined sugar to quickly raise insulin levels, so it can deliver more tryptophan to the brain which is then synthesized into serotonin, your happy sauce.

But instead of turning to sugary foods, you can include tryptophan rich foods-- like turkey, cod, lamb, liver, mushrooms, spinach and pumpkin seeds-- to naturally boost your serotonin levels.

Get Fizzy With It. If you're having raging cravings for carbs/sugar it's because that's food for your microbiome (bacteria and their DNA in your gut) and you likely have too many of the bad guys (bacteria/yeast) and not enough of the good ones so start nourishing the good bacteria in your inner eco-system by consuming probiotic rich foods and beverages.

Transformation Protocol

Rupina Meer's 30-Day Delicious Detox!

Day 9

Supplements to Crush your Cravings

These include: sauerkraut, kimchi, natto, miso, coconut kefir and kombucha.

Probiotics not only also stop cravings for sugar and refined carbs (sour is the antidote to sweet) thereby helping you lose weight, but also beautify your skin (making it more poreless), improve your mood and serve as natural anti-depressants (by secreting feel-good neurotransmitters that make us happy).

So take a tour de taste buds with all sorts of tantalizing sour delights!

Chocolate to the Rescue. Do you know why women crave chocolate during that time of the month?

It's because most of us are deficient in magnesium and raw chocolate/cacao is loaded with magnesium, so make yourself a delicious smoothie by adding in a couple of tablespoons of raw cacao to 8 oz of unsweetened coconut milk, throw in a cup of berries (fresh/frozen) and a sprinkling of cinnamon, and voila, **you have this rich elixir that will boost your magnesium and soften your cravings.**

And nix the commercial chocolate laced with sugar and dairy!

You can also supplement with magnesium glycinate powder 600 mg in some water and wait to see if your cravings go away.

[Note: magnesium citrate powder has a laxative effect but glycinate does not so you can take the therapeutic amount without disaster pants].

You can also take magnesium on a daily basis to reduce your cravings overall.

Transformation Protocol

Rupina Meer's 30-Day Delicious Detox!

Day 10

Morning Pages

There's a time every morning when we are half awake, half asleep and not quite fully conscious.

At those moments, we have access to our unconscious mind and our inner workings. But like dew on the morning grass, it will soon be gone without a trace. Listening to these tender morning wisps allows us to reach into our inner world, the deeper part of ourselves that helps guide us on our path of transformation.

Early morning pages are a stream of consciousness written in a journal first thing in the morning. Keep your journal by your bed and reach for it while you are still half asleep.

Begin by writing down any memories you may have of your dreams. At first there may be nothing, or simply minor recollections, but as you do this over and over you will build the muscle. You'll send a powerful message to your brain: I am prepared to accept my unconscious thoughts and feelings, and I accept that more and more will be revealed. You will develop a deep, direct relationship with your inner self.

Next, write 10 things you are grateful for from yesterday. Usually our minds focus on everything that's not going well, skipping over the fact that we live in a peaceful, democratic country. Your mind easily forgets that you have great friends, a place to live, a fridge/pantry stocked with real food, access to education, a job and freedom.

Take time for thanksgiving and appreciating what went well yesterday.

Transformation Protocol

Rupina Meer's 30-Day Delicious Detox!

Day 10

Morning Pages

Next comes the stream of consciousness writing. Write for at least a page, maybe two. Write whatever crosses your mind.

Nothing is too petty, too bad or too silly to write down.

Nobody will be reading this, so write it all.

No censoring. You will be amazed at what comes out of your sweet, innocent mind. Write quickly or write slowly. Find a pace that works for you.

All the angry, ugly stuff that you write in the morning would otherwise stand in the way of you being your best you.

By doing morning pages, you get all those repressed thoughts out of your system so you can live your life and realize that you are not your mind and you are not your thoughts.

You are a spiritual being in a material world, moving forward toward the life you deserve, a sweet, juicy life that you truly came here to live without sugar.

Watch your breath. Watch your mind. It's like a meditation. Be still and just let it all pass from your mind onto the paper.

Inspired by The Artist's Way: A Spiritual Path to Higher Creativity by Julia Cameron

Transformation Protocol

Rupina Meer's 30-Day Delicious Detox!

Day 11

The Stress Connection



When stress is added to a carb heavy diet, you are in for big trouble! Why? Stress releases cortisol and cortisol added to insulin is the most problematic hormonal combination for belly fat and weight loss.

Stress also increases hunger, can lead to constant cravings, and sets you up for a physiology that is more likely to lose muscle. Ultimately it can lead to weight-loss resistance, not a situation you want to find yourself in.

BTW when I use the term "stress" it is important you understand what I mean...

We often equate stress with emotional upset. So we may think that if we do not feel anxious or depressed, we are not stressed.

This is a dangerous misconception to have when it comes to cravings and weight gain.

Transformation Protocol

Rupina Meer's 30-Day Delicious Detox!

Day 11

The Stress Connection

Let's take a mother who just gave birth to her first child. She may well be happy, elated, and in awe.

This may be one of the happiest and most incredible moments of her life. Is she stressed? Heck yes...more than anyone else on the planet!

She is sleep-deprived (stress). She is nutritionally depleted from growing a baby and supplying the baby with milk (stress). This is just one example that shows that you can be as happy as can be, yet stressed to the max!

Undetected infections, over-exercising, chronic and extreme dieting, worries about body image, work stress, relationship tension, and sleep deprivation are all forms of stress.

To summarize, cravings and weight gain are the result of stress above all else.

So if you're struggling with stubborn belly fat that won't budge, another hour in bed may be a better strategy than another hour on the treadmill.

Transformation Protocol

Rupina Meer's 30-Day Delicious Detox!

Day 12

Find Your Pause Button

Do you deliberately engineer your life to run from task to task on that hamster wheel of activity so you don't have to pause to examine the truth of what you're running from... like a flailing marriage or broken metabolism?

What truths would you have to face that you can effectively avoid facing when you are so busy? In *Daring Greatly*, Brené Brown exposes this tendency by saying, "One of the most universal numbing strategies is what I call crazy-busy. I often say that when they start having 12-step meetings for busy-aholics, they'll need to rent out football stadiums. We are a culture of people who've bought into the idea that IF WE STAY BUSY ENOUGH, THE TRUTH OF OUR LIVES WON'T CATCH UP WITH US."

A stressful lifestyle in which you are working too hard, worrying too much, and sleeping too little results in high levels of the stress hormones, cortisol and epinephrine. And these stress hormones cause you to crave sugar and pack on the pounds. **Ever noticed how you suddenly crave sugar after a stressful meeting or a stressful encounter?**

Conversely, have you ever been on a vacation, eaten more than you normally do and yet lost weight? That's because on vacations we do something highly usual: We relax. We put down our mask and hit the pause button. Our frame of mind shifts, signaling our brain to flip from chronic Fight or Flight aka sympathetic dominance to its counter opposite called Rest and Digest aka parasympathetic system.

Think of the sympathetic nervous system as the gas and parasympathetic as the brakes. And all healing and regenerations happens when you press the brakes and find your pause button.

Transformation Protocol

Rupina Meer's 30-Day Delicious Detox!

Day 12

Find Your Pause Button

Wash your inner landscape by giving yourself the gift of the sacred pause. Come back into the vastness, the slowness, and the raging intelligence of your body in the here and now, and ask: what feeling-state am I trying to get away from?

Through all of the scrambling, the shaming, the blaming, the storytelling, the interpreting, the attribution of cause, the attempts at understanding, what is finally being asked to be met, in this moment? **And will I love myself enough to finally turn toward it?**

Just connect with the aliveness of your own body, with the majesty of listening to the ocean waves, of seeing, of touching the ground, of witnessing an exquisite sunset, mingling your awareness with the sky and the luminous display of the sensory world.

Find a way to hit your sacred pause button through yoga, meditation, deep breathing.

Slow way down for one moment to allow this old narrative of 'there is something wrong' to fall away into the ocean of loving awareness.

Transformation Protocol

Rupina Meer's 30-Day Delicious Detox!

Day 13

Boost Your Nitric Oxide (NO) Levels

NO is the über neurotransmitter produced by everything from pleasurable thoughts to playing with your kids.

Think about the last time you rocked your newborn in your arms or went gaga over your new puppy. Were you craving sugar or some other legal way to get high? No. You felt high on life—emotionally full—and probably thought very little about food, right?

To recover from sugar addiction, you need alternative activities that raise your NO levels. Think pleasure. You can set the stage for self-pleasuring starting with a luxuriating activity like drawing a lavender infused rose petal bath, reading a steamy novel, creating a sexy playlist or playing with your dog.

Dance like no one is watching. Or do something you've always wanted to do—and find a new social group to do it with. What gives you that pleasure factor?

What's Primary Food? It doesn't come on a plate but feeds you at a very deep level. We all hunger for play, fun, freedom, touch, intimacy, self-expression, adventure, spirituality. These primary foods feed our souls and our hunger for living.

Can you remember a time you were blissfully "in the zone" on a passion project you were birthing, like a new company/venture and you were so nourished by the energy of that project that food never even came to your mind?

That's the essence of primary food because a full and fulfilling life doesn't ever get served up on a plate.

Transformation Protocol

Rupina Meer's 30-Day Delicious Detox!

Day 13

Boost Your Nitric Oxide (NO) Levels

At the end of a long workday, we sometimes turn to a sweet cocktail or sinfully cold and creamy, chocolate gelato when we're really just looking for a hug or someone to hear us out.

So instead of trying to anesthetize yourself with food, trying to find comfort at the bottom of Ben & Jerry's Cherry Garcia, can you perhaps talk to a sweet friend, go for a walk in nature, make a playlist that inspires you to move your body, smell a sweet flower or relax with the sweet aroma of an essential oil?

What can you do to nourish your life and add sweetness from non-food sources? Make a list of primary foods unique to you and clip it to your refrigerator magnet so you can turn to that and break out of those old habits that you've memorized!



Transformation Protocol

Rupina Meer's 30-Day Delicious Detox!

Day 14

Congratulations! You're half way through the program... Now's a great time to take the Sugar Assessment again to see how far you've come and if your responses have changed from Day 1:

AM:

1. What do you typically eat for breakfast? Do you find yourself hungry and on the prowl for another snack before lunch?
2. Do you experience an energy roller coaster or energy spikes/dips throughout the day?
3. Do you experience fatigue after eating a meal or food "coma"?
4. Do you get lightheaded if you skip meals?
5. Do you find yourself going from mild to intense hunger very quickly?
6. Do you regularly seek out sweets, treats or bread (sure sign that your blood sugar is out of balance) If so, does this follow a set patterns (such as before bed, at 3 pm, after you get off work or other set times)?
7. Do you experience brain fog/cloudy thinking/trouble concentrating?
8. Would you describe yourself as impulsive, argumentative, or having a short fuse? Explain. Do you experience anxiety, panic attacks or have trouble sleeping?
9. Do you struggle with weight?
10. Do you feel overwhelmed or unable to cope with stress?

If you have 3-5 'Yes' responses, you likely still have a sticky relationship with sugar... let's keep going!

PM: Record all your big and small wins in your journal and all the things you're grateful for since embarking on this program.

Transformation Protocol

Rupina Meer's 30-Day Delicious Detox!

Congrats! You are 2 weeks into your protocol. It is time to measure! Take time to do this important step now.

1) What are the 3-5 most urgent things in your life that you wish you could change? Please list in order of importance

A
B
C
D
E

2) On a scale of 0-10, 0 being not satisfied at all, How satisfied are you with your:

family relationships
friendships
work relationships
romantic relationships

3) On a scale of 0-10, 0 being exhausted and fatigued all the time and 10 being full of energy and motivation, how is your energy level?

4) On a scale of 0-10, 0 being not judgemental at all & 10 being full of self criticism, how critical are you of your own self?

Transformation Protocol

Rupina Meer's 30-Day Delicious Detox!

5) On a scale of 0-10, 0 being not judgemental at all & 10 being full of criticism for others and desiring change, how critical are you of others?

6) On a scale of 0-10, 0 being not comfortable receiving at all & 10 being I have no problems receiving and I feel grateful when I do, how would you rate your ability to receive:

money

Compliments

Support from others

gifts

affection

recognition

7) On a scale of 0-10, How satisfied are you with your money situation? 0 being I have debt and I am struggling and 10 being I am abundant and money is flowing in.

8) On a scale of 0-10, How would you describe your physical health? 0 being I have many health issues and 10 being I am in fantastic health!

9) On a scale of 0-10, How would you describe your emotional health? 0 being I have many emotional issues and 10 being I am happy & at peace!

10) On a scale of 0-10, How satisfied are you with your love life? 0 being I'm lonely and depressed and 10 being I'm in a great relationship and feel cherished.

11) On a scale of 0-10, How satisfied are you with your non-romantic relationships? 0 being I'm lonely and depressed and 10 being I have great family and friends that support me and love me!

Transformation Protocol

Rupina Meer's 30-Day Delicious Detox!

12) On a scale of 0-10, How satisfied are you with your Body Image? 0 being I hate how I look and 10 being I love every aspect of my body

14) On a scale of 0-10, How strongly do you feel you are on connected to your purpose? 0 being I'm lost & confused about my purpose and 10 being I am confident and my purpose is unfolding consistently.

15) On a scale of 0-10, 0 being very stressed and 10 being totally stress free, how much stress do you experience?

16) How strongly do you resonate with this statement (0 being not at all and 10 being very strongly) " I love myself"

Congratulations! You are on your way to transformation.

Transformation Protocol

Rupina Meer's 30-Day Delicious Detox!

Day 15

Become a Label Detective

Our food system is so booby trapped that there's more sugar hidden in pasta sauce in the form of high fructose corn syrup than in hot fudge sauce.

Low-fat strawberry yogurt has more sugar than strawberry ice cream!

Don't fall for those green-washing "natural" labels designed to dupe you into thinking it's whole versus processed.

Bottom line: Whether the label says brown sugar, maple syrup, sugar in the raw, cane sugar, cane crystals, beet sugar, sorghum, high fructose corn syrup, etcetera it's ALL refined sugar and will spike your blood sugar just like table sugar. Don't be duped by "natural" sweeteners--Natural Agave Nectar is highly processed-- and is about 90 percent fructose. Snake venom is also natural but will still kill you!

Food manufacturers realize you know sugary foods are bad, so they've cleverly developed "guilt-free" versions of your favorites. Craving chocolate toffee or butter pecan ice cream? No worries: now you can "legally" enjoy a sugar-free version, but let's look closely at these 2 labels:

"No sugar added" – just because a manufacturer hasn't added sugar doesn't mean the food or drink doesn't contain sugar. For instance, a no-sugar-added ice cream might still contain 10 grams of sugar per serving, depending on what other sugar-containing ingredients they've used. In other words, "no sugar added" does not mean that food is sugar free.

Transformation Protocol

Rupina Meer's 30-Day Delicious Detox!

Day 15

Become a Label Detective

"**Sugar free**" – again, you're not off the hook here. That food or drink may indeed have no sugar, but it frequently contains artificial sweeteners, such as aspartame which is infinitely worse!

If there's some food you're not sure about, always refer to the nutrition label at the back and read the ingredients.

The ingredients are listed in terms of concentration in ascending order, so if you see sugar or any of its aliases within the first 3 listed ingredients, then you know its processed sugary junk masquerading as food and you need to put it back on the shelf.

Or if the front of the box touts a health claim saying, "Great source of omega-3 fats but then you see the source—flaxseeds—way down as the 10th item in the label, then you're only getting a smidge and it's not really a great source.

Transformation Protocol

Rupina Meer's 30-Day Delicious Detox!

Day 16

PFF

Make sure you're embracing the P-F-F (protein-fat-fiber) formula for all your meals.

Eat a protein-powered breakfast with a nutritious low-glycemic smoothie (see Recipes section) or scramble some organic, pastured eggs in ghee with your favorite veggies. Lunch can be a big quinoa or other salad with organic greens, avocado and choice of clean animal/plant protein that you're in the mood for. And dinner can be wild salmon or choice of clean protein with 70% of the plate being organic veggies of your choice like arugula, broccoli/carrot slaw, asparagus etc.

You may also indulge in a small side of starch like mashed sweet potatoes or wild rice. But aim to have small serving of starch only for dinner and stay away from it for breakfast and lunch.

Build your meals around non-starchy vegetables, protein, and fat so you are literally too full for dessert (including fruit). BTW, fruit is not a free food. For instance today's apples have been hybridized by Big Agriculture to be large sugar bombs, and often contain 20 grams or more of fructose. So just remember:

Carbohydrates = Sugar = Insulin = Fat Storage

By loading up on non-starchy veggies at each meal, you are creating the hormone signaling that you need to increase insulin sensitivity and balance your blood sugar.

Transformation Protocol

Rupina Meer's 30-Day Delicious Detox!

Day 16

PFF

If you have hypoglycemia, aim to eat protein-rich meals/snacks every 3-4 hours to avoid blood sugar swings and the short-term stress of starvation on your body.

Some healthy choices for snacks include a handful of raw almonds, celery/carrot sticks with some hummus topped with raw pumpkin seeds, a pink apple with 1 tbsp raw almond butter sprinkled with pinch of Ceylon cinnamon and cardamom (tastes like raw apple pie), sardines wrapped up in nori wraps with avocado mousse or sardines/tuna in cucumber boats.

I definitely encourage you to plan ahead because if you fail to plan, you're planning to fail!

And travel with healthy snacks at all times (there's super yummy recipe for raw cacao power balls that are so decadent and creamy that you can literally have your cake and eat it too) and not get caught in a pinch with high stress levels and low blood sugar which leads to the kind of desperate spontaneity that will make you swing into a McDonalds or some other purveyor of industrial crap masquerading as food.

Transformation Protocol

Rupina Meer's 30-Day Delicious Detox!

Day 17

Teaspoon Tracker Tool

Now that you've opened your eyes to all the aliases that sugar hides behind, you're probably wondering how the heck you're going to track all this to figure out how much sugar you're really consuming each day?

Here's a nifty teaspoon tracker formula that will open your eyes to hidden sugars you won't find listed on nutrition labels.

This simple calculation demystifies your hidden sugar intake so you can effectively track the number of teaspoons of sugar you are eating each day:

Total Carbohydrates - Fiber = Teaspoons of Sugar

Aim to keep your sugar consumption no more than 8-10 teaspoons per day.

Remember, what you track/measure, improves so don't forget to log everything you're consuming in your food diary which will serve as an invaluable charting tool for your progress.

And also track your sleep, cravings, energy, hunger and mood.

Transformation Protocol

Rupina Meer's 30-Day Delicious Detox!

Day 18

Elimination Diet

Did you know that your thoughts are your BIGGEST endocrine disruptors?

Now, the quickest way to change your physical being is through sound, and by that I mean, the sound of your own words/thoughts.

As my favorite author Elizabeth Gilbert said:

"A life has been entrusted to you. That life is your own. Please treat it with tenderness. We sometimes forget this and say awful things about ourselves—about how pathetic, how lazy, how fat, how ugly, what a failure, what an idiot, what a loser, what a coward, and why can't you get it together?"

We put ourselves into dreadful circumstances, and then refuse to leave. We allow ourselves to be abused, or sometimes we practice ritualistic self-abuse.

We force ourselves to work until we almost collapse from exhaustion. We deny ourselves sleep and care and healthy food and sunlight.

We sabotage our good opportunities, and keep returning to our most harmful behaviors and addictions.

But here's the million-dollar question: Why would you treat any life so terribly, if that life has been entrusted into your care?

Transformation Protocol

Rupina Meer's 30-Day Delicious Detox!

Day 18

Elimination Diet

Imagine this:

Imagine adopting an animal from the rescue shelter, and then treating it as badly as you sometimes treat yourself. Imagine calling that poor animal names.

Imagine forcing it to stay in dangerous, toxic, or degrading situations. Imagine not taking it outside for walks in the fresh air and sunshine.

Denying it sleep or healthy exercise. Feeding it toxic substances like sugar that damage its health horribly. Blaming it for everything. Yelling at it. Forgiving it for nothing. Denying it grace and love.

You would never do this to another life form. And yet you do it to yourself.

It's time to notice your inner dialogue and make a commitment to love up your self-talk.



Transformation Protocol

Rupina Meer's 30-Day Delicious Detox!

Day 19

Fence Visualization

Start with breath and awareness. Visualize yourself outside in a grassy field. Look around. Notice the colors. The feel of the breeze. Any smells. Look out toward the horizon—what does it look like?

Now, notice that there is a fence in front of you. Go up to it. Notice what it's made of. What color is it? How high is it?

Look around you and find a ladder lying in the grass.

What is it made of? What color is it? Is it old, new? How long is it? Is there anything attached to it? Take your ladder and put it up against your fence. Climb up to the top. What can you see from here? What can you see out toward the horizon?

Now, jump onto the other side.

After you land, take some time and look around. What is it like? Run around and play and have some fun if you want to. Take a deep breath. Feel the chair under you supporting you. Feel the air on your skin. Hear the sounds around you in the room. Put your hands over your eyes. Slowly open your eyes and then slowly lower your hands. Slowly notice color and shape around you and come back to the room.

The fence represents your barriers.

The ladder is your support system.

The other side of the fence is your future.

Quickly write down what happened/what did you see/what did you learn?

Transformation Protocol

Rupina Meer's 30-Day Delicious Detox!

Day 20

Seek Out Support

In my professional experience, what usually stops people from quitting sugar or pursuing other health goals and dreams is that stepping out and trying something new feels unfamiliar and scary...so even though they may not be totally happy with their health/body they subconsciously do what they can to stay there because they find comfort in the predictability.

When you commit to doing it differently and finding a smart, strategic approach that fits you and your life, one of the most powerful tools you can add is ongoing work with a coach who knows the ropes, is invested in helping you achieve your goal, and who has expertise in breaking out of ruts and doing it differently.

That force in your corner, that voice that helps you see your progress as well as where you are getting off track and reminds you it's normal to feel awkward because you're doing something new. Especially when it comes to beliefs:

Beliefs and mindset are a hard thing to tackle alone (when you are stuck inside a set way of thinking). We all have blind spots. And the hard part is when we can't see what it is that we can't see!

While this 30-day detox is a great tool to get started, for those of you who'd like additional 1-1 support and have invested in Package B, go to www.zen-trition.com/book-now to schedule your breakthrough Crush Cravings consultation today.

Transformation Protocol

Rupina Meer's 30-Day Delicious Detox!

Day 21

Congratulations! You're only a week away from the finish line! Woohoo! I hope you've been recording all your wins in your gratitude journal and this may be the perfect time to reflect on all those wins and how far you've come with your cravings, energy, sleep, healthier food choices, loving self-talk etc.

Energy flows where attention goes so it's critical to record even the smallest infinitesimal wins to keep that forward momentum going!

You may also want to take the Sugar Self-Assessment quiz again to assess your progress from Week 2:

1. What do you typically eat for breakfast? Do you find yourself hungry and on the prowl for another snack before lunch?
2. Do you experience an energy roller coaster or energy spikes/dips throughout the day?
3. Do you experience fatigue after eating a meal or food "coma"?
4. Do you get lightheaded if you skip meals?
5. Do you find yourself going from mild to intense hunger very quickly?
6. Do you regularly seek out sweets, treats or bread (sure sign that your blood sugar is out of balance) If so, does this follow a set patterns (such as before bed, at 3 pm, after you get off work or other set times)?
7. Do you experience brain fog/cloudy thinking/trouble concentrating?
8. Would you describe yourself as impulsive, argumentative, or having a short fuse? Explain. Do you experience anxiety, panic attacks or have trouble sleeping?
9. Do you struggle with weight?
10. Do you feel overwhelmed or unable to cope with stress?

Transformation Protocol

Rupina Meer's 30-Day Delicious Detox!

Day 21: Congrats! You are 3 weeks into your protocol. It is time to measure! Take time to do this important step now.

1) What are the 3-5 most urgent things in your life you wish you could change? Please list in order of importance

A
B
C
D
E

2) On a scale of 0-10, 0 being not satisfied at all, How satisfied are you with your:

family relationships
friendships
work relationships
romantic relationships

3) On a scale of 0-10, 0 being exhausted and fatigued all the time and 10 being full of energy and motivation, how is your energy level?

4) On a scale of 0-10, 0 being not judgemental at all & 10 being full of self criticism, how critical are you of your own self?

Transformation Protocol

Rupina Meer's 30-Day Delicious Detox!

5) On a scale of 0-10, 0 being not judgemental at all & 10 being full of criticism for others and desiring change, how critical are you of others?

6) On a scale of 0-10, 0 being not comfortable receiving at all & 10 being I have no problems receiving and I feel grateful when I do, how would you rate your ability to receive:

money

Compliments

Support from others

gifts

affection

recognition

7) On a scale of 0-10, How satisfied are you with your money situation? 0 being I have debt and I am struggling and 10 being I am abundant and money is flowing in.

8) On a scale of 0-10, How would you describe your physical health? 0 being I have many health issues and 10 being I am in fantastic health!

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Transformation Protocol

Rupina Meer's 30-Day Delicious Detox!

12) On a scale of 0-10, How satisfied are you with your Body Image? 0 being I hate how I look and 10 being I love every aspect of my body

14) On a scale of 0-10, How strongly do you feel you are on connected to your purpose? 0 being I'm lost & confused about my purpose and 10 being I am confident and my purpose is unfolding consistently.

15) On a scale of 0-10, 0 being very stressed and 10 being totally stress free, how much stress do you experience?

16) How strongly do you resonate with this statement (0 being not at all and 10 being very strongly) " I love myself"

Congratulations! You are on your way to transformation.

Transformation Protocol

Rupina Meer's 30-Day Delicious Detox!

Day 22

The Flying Trapeze

Read through this as you're in your final stage of transition with your body overcoming your sugar habit! The old emotions stuck in your fat cells are dissolving so you can explore letting go and getting "unstuck" from any memorized emotions from the past and move forward with lightness and grace.

What are you swinging to and from? Find that transition place and go fly—it may be terrifying but that is where the magic happens! Take a few minutes to reflect and journal about the experience. Then identify, at least, one action step you can take and go do it!

Sometimes, I feel that my life is a series of trapeze swings. I'm either hanging on to a trapeze bar swinging along or, for a few moments, I'm hurdling across space between the trapeze bars.

Mostly, I spend my time hanging on for dear life to the trapeze bar of the moment. It carries me along a certain steady rate of swing and I have the feeling that I'm in control. I know most of the right questions, and even some of the right answers. But once in a while, as I'm merrily, or not so merrily, swinging along, I look ahead of me into the distance, and what do I see?

I see another trapeze bar looking at me. It's empty. And I know, in that place in me that knows, that this new bar has my name on it. It is my next step, my growth, my aliveness coming to get me.

In my heart of hearts I know that for me to grow, I must release my grip on the present well-known bar to move to the new one.

Transformation Protocol

Rupina Meer's 30-Day Delicious Detox!

Day 22

The Flying Trapeze

Each time it happens, I hope—no, I pray—that I won't have to grab the new one. But in my knowing place, I know that I must totally release my grasp on my old bar, and for some moments in time I must hurtle across space before I can grab the new bar. Each time I do this I am filled with terror. It doesn't matter that in all my previous hurdles I have always made it.

Each time I am afraid I will miss, that I will be crushed on unseen rocks in the bottomless basin between the bars. But I do it anyway. I must.

Perhaps this is the essence of what the mystics call faith. No guarantees, no net, no insurance, but we do it anyway because hanging on to that old bar is no longer an option. And so, for what seems to be an eternity but actually lasts a microsecond. I soar across the dark void called "the past is over, the future is not yet here." It's called a transition. I have come to believe that it is the only place that real change occurs.

I have a sneaking suspicion that the transition zone is the only real thing, and the bars are the illusions we dream up to not notice the void. Yes, with all the fear that can accompany transitions, they are still the most vibrant, growth-filled, passionate moments in our lives.

And so transformation of fear may have nothing to do with making fear go away, but rather with giving ourselves permission to "hang out" in the transition zone -- between the trapeze bars -- allowing ourselves to dwell in the only place where change really happens.

It can be terrifying. It can also be enlightening.

Hurdling through the void, we just may learn to fly.

An excerpt from Warriors of the Heart by Danaan Perry

Transformation Protocol

Rupina Meer's 30-Day Delicious Detox!

Day 23

90-Second Rule to Go from Fried to Revived

Our brain is 2 million years old and hardwired for stress and survival, not happiness! "Our brains are Velcro for negativity and Teflon for positivity."

Meaning our negative experiences are super charged to stick to us like Velcro and stay a lot longer, while positive experiences slide right off like Teflon!

But I'd like to share my top strategy for going from fried to revived in 90 seconds flat that I learned from Harvard brain scientist Dr Jill Bolte Taylor and she gives us a powerful tool for self-management.

The key is to know that when you experience a stressful event, like a flat tire, sick child/pet or an altercation with your boss, the **Cortisol that is released stays in our body for only 90 seconds**. I'm going to break down the Steps to use the 90 seconds rule

Let's do this together and reenact a stressful moment maybe your drive in this morning with crazy traffic... Start by tuning into yourself and experiencing the feeling of frustration, overwhelm.

Don't deny it, acknowledge it instead and know that this stress response will be over in just a minute and a half, so do some deep belly breathing, put your hand on your belly, inhale to a count of 5 and feel your hand being pushed out by the in breath, hold for 5, and exhale slowly to a count of 5 and feel your hand moving in closer to your belly button. Repeat for a minute and a half to allow the physiological stress response to dissolve.

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Day 23

90-Second Rule to Go from Fried to Revived

The next step is to give your brain something else to do.

You can replace your thoughts about the stressful traffic and redirect your attention towards 3 things that you're grateful for in that moment because **stress chemistry and gratitude chemistry cannot co-exist** and the minute you turn your attention to what IS working and going well in your life, you leave that swamp of stress that is trying to drag you down!

Just notice your environment (what you smell, taste, see, hear and physically feel) and be grateful for the sunshine streaming in through the window or the flowers on your desk or your beloved pet waiting for you loyally when you get home.

Just move your thoughts away from the stressful matter and know that within 90 seconds from the initial trigger, the physiological stress response has dissipated from your blood but if you **continue to stress out beyond that, then it's because YOU have CHOSEN to let that circuit continue to run.**

Powerful stuff! And such an empowering technique to practice and take back control so stress cortisol induced cravings can no longer ruin your health.

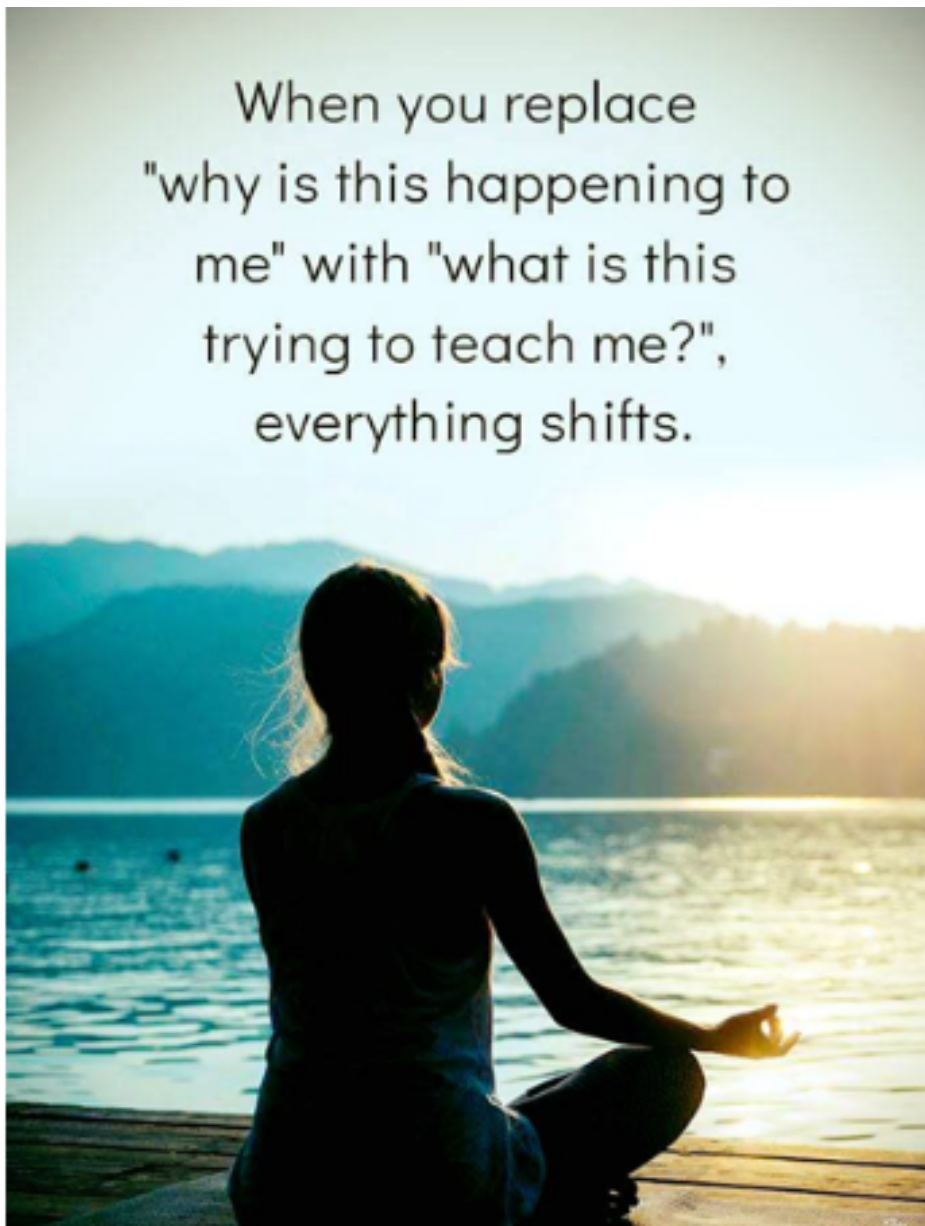
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Day 24

Catch yourself reacting emotionally to what someone says or does and instead of reaching for that secret stash of candy or glass of wine to soothe yourself, do this instead:

When you replace
"why is this happening to
me" with "what is this
trying to teach me?",
everything shifts.



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Day 25

Love Yourself Like Your Life Depends on It: The Mirror Exercise

This exercise was made famous by Louise Hay and all you need is a mirror of any size and the willingness to show up honestly every day.

While brushing your teeth every morning, gaze at your eyes in the mirror and say, "I love myself." "I love myself."

Set a timer on your smartphone and do this EVERYDAY for 5 minutes and watch what happens.

At first, it feels really awkward, you won't believe yourself, **but commit to doing it anyways.**

It's like when you first start working out at the gym after years of a sedentary lifestyle. It's painful. A lot of stuff comes up and the gunk is loosening up from your muscles, fascia and tissues. **Be patient with yourself.**

You'll notice after a while, the way you start looking yourself in the eyes... It's like looking at someone you love. Like your partner or kids. And you're now looking at yourself the same way. As the writer Sahaj Kohli once wrote:

"The fact that someone else loves you doesn't rescue you from the project of loving yourself."

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Day 25

Love Yourself Like Your Life Depends on It: The Mirror Exercise

Have you noticed that it's uncomfortable to look at yourself or someone in the eyes?

Not just a cursory glance but genuinely look them in the eye for a minute.

That's because the eyes are the windows to the soul and when you're staring at someone in the eyes, you recognize that there is a soul behind this human form (replete with hair and makeup). And it brings out love.

But we've been conditioned to feel uncomfortable with love. And that's why when we look at someone in the eyes, we often glance away.

But if you do this mirror exercise diligently for five minutes every day, you will start to connect with yourself in a very visceral, primal way and you will no longer be able to escape from yourself.

That disapproving lens that you used to scrutinize and criticize yourself is washed away and replaced with this loving lens, so you no longer crave that "love" you got from sugar.

Bonus tip: Set a reminder on your smartphone to go off at least 5 times a day with the message, "Don't forget to love yourself, no matter what."

Transformation Protocol

Rupina Meer's 30-Day Delicious Detox!

Day 26

When you Eat, Only Eat. Mindful Eating to Find the Sweet Spot of the Present Moment

How many times have you berated yourself saying, "If only I could build up my willpower, then I'd be able to squeeze into those skinny jeans."

Well, I'm here to tell you that your wilted willpower is NOT the problem.

The problem for a majority of you is that you go unconscious during eating. You likely inhale the entire meal and barely taste the food. When was the last time you noticed how spicy your arugula salad was? Or appreciated the intense tang of sriracha sauce?

When we eat on autopilot, the brain, which requires taste and satisfaction, misses out on a key phase of the eating experience. The brain literally thinks it didn't eat, or didn't eat enough. And it simply screams back at us: "I'm hungry! Feed me more."

So, when you eat, only eat. The point is simply to eat as opposed to eating and talking, eating and watching TV, or eating and watching TV and gossiping on the phone while Tweeting and updating your Facebook status.

Your multitasking is making you miss out on the whole sensual adventure of eating and then you're hungry for more.

You can dramatically decrease your overeating by increasing your awareness and presence at every meal.

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Day 26

When you Eat, Only Eat. Mindful Eating to Find the Sweet Spot
of the Present Moment

Try this: place a forkful of food in your mouth. Make it something you love. Let's say it's that first nibble from a steaming bowl of chicken stew. Feast on the rainbow like colors of the peppers, tune in to the texture of the chicken and the crunchy snap of veggies, the flavor of the herbs, the bright orange color of the curry in the bowl, the aroma of the rising steam.

Chew slowly masticating each morsel at least 10-30 times before you swallow. Stop talking. Now comes the hard part. Put the fork down. This could be a lot more challenging than you imagine, because that first bite was so good and another immediately beckons. You're hungry. But resist the reflexive urge to plow through your meal like a rescued dog who hasn't eaten in days.

Resist it. Leave the fork on the table. You can also try eating with your non-dominant hand as that will force you to slow down or eat with chopsticks to pick up only bite sized portions versus shoveling food in your mouth. Continue this way throughout the course of your meal, and you'll experience the third-eye-opening pleasures--and perhaps the initial frustrations--of a Buddhist practice known as mindful eating.

Mindful eating is meant to nudge us beyond what we're craving so that we wake up to why we're craving it and what factors might be stoking the habit of belly-stuffing. And the exciting news is that the byproduct of mindful eating is to serve as a psychological barrier to overeating.

I bet your traditional calorie-counting weight loss program never factored this into the equation!

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Day 27

Practice Radical Optimism

What do you see below?



Most of us are trained to focus on the black dot trying to explain its position in the middle of the sheet but no one thinks about the white expansive, pristine sheet of paper. And the same happens in our lives...

We have this white expansive canvas called our life but we always focus on the dark spot, like the cravings or the fatigue or debt or fractured relationship with in-laws. Our life is a gift and we always have reasons to celebrate yet we insist on focusing only on the dark spots.

The dark spots are very small compared to everything we have in our lives but they are the ones that pollute our minds.

Take your eyes away from the black spots in your life. Look where it's good.

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Day 27

Practice Radical Optimism

Find the good in a seemingly horrific or dark situation.

Ask the empowering questions, what is the gift, lesson or blessing in this.

Also, **the brains' reticular activating system will always seek answers to the questions we're asking (energy goes where attention flows) and it's like a heat seeking missile** so if we play the victim card, saying "why me and why now", it will find you answers for staying in victim mode or if you ask "what can I learn , how can I grow from this", it will find those answers!

So, my point is you can't control the stressful event, like a scary health diagnosis like diabetes or adrenal fatigue but you can ascribe a different meaning to it to change your physiological stress response so you don't keep sliding down that rabbit hole of fear, stress, cravings, weight gain, rinse and repeat!

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Rupina Meer's 30-Day Delicious Detox!

Day 28

When Temptation Hits... Don't Overlook Those Small Hinges That Swing Open Big Doors

1) **Drink a glass of water:** Yes, it's as simple as that. Chronic dehydration is a huge physical stressor, and being present while drinking that water can give you a few seconds to switch off your Fight or Flight system and feel a bit better. Add a few drops of lemon or cucumber to amp up your pleasure factor so you drink more throughout the day and crowd out sugary and caffeine spiked beverages that dehydrate you even more!

2) **Breathe deep through the nose:** When we breathe shallow all day, similar to a rabbit, emergency "sensors" alert the body that we're under attack and need a constant flow of adrenaline and cortisol. Instead, when you breathe into the lower lobes, calming sensors tell your body to relax.

Deep belly breathing is one of the simplest and most powerful ways to instantly flip from your sympathetic (Flight or Fight) or ON-button to parasympathetic (rest & digest) or Off-button.

All healing happens in the parasympathetic off-button! Try this simple 5-5-5 breath by breathing in for 5 seconds, hold it in for 5 seconds, breathe out for 5 seconds. Repeat 4 more times and I guarantee it will take the edge off so you don't need to succumb to your secret candy stash!

3) **Do a self-massage.** Do you find yourself holding on to old protective and destructive mental patterns? We spend years of our life trying to free ourselves from emotional pain mentally, often times with little success. This is because these pent-up childhood emotions like anger, jealousy and grief often get repressed and then stored deep within the fascia and cells.

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Day 28

When Temptation Hits... Don't Overlook Those Small Hinges That Swing Open Big Doors

So, to change your mind and break out of old destructive patterns of behavior, you must first dig these emotions out of the body on a cellular level. **One of the easiest ways to rooting out old emotions is through touch therapy. The entry points for repairing these emotionally-damaged receptors are found in the skin, spine and organs.**

The skin is accessed through touch - including hugs, cuddling and massage. The spine is accessed most directly through massage, chiropractic, craniosacral therapies, and other touch therapies. So, don't be afraid to get a little touchy-feely with your loved ones to hug and cuddle away emotional pain!

4) **Surrender to the Divine Meditation:** You can do this anytime you feel overwhelmed. Just focus on feeling this quiet yet powerful source of love that resides within you...like the love you have for your children, the divine has the same love for all his children too. Your cells are made of this love and this power wants to lead the way in your life but the burden cannot be taken from you. **It has to be offered up and that will turn the key into the lock...it's like opening a door the ego was trying to keep shut!**

So, just take your angst/main issue, like *taking a heavy, dirty backpack filled with rocks off your shoulders, releasing yourself from this heavy weight and handing it over to the divine saying "this is yours now. Handle this in the highest way."*

Everything about this burden is then cast into the arms of the divine and FEEL the weight of that released from your shoulders so you no longer have to stuff your emotions with sugar.

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Day 29

Overcoming Obstacles

When you make a decision to push past your comfort zone, working on growing yourself, transforming your health, igniting your potential as a human being, you'll inevitably bump up against something called the "invisible barrier".

I've worked with many clients one-on-one context, so I've gotten a chance to see the patterns, when we're progressing along and then boom...

Something seemingly random can derail them (like a sudden illness or injury) and there's this urge to get down on their knees and say "Why me, why now?"

But it's a beautiful thing to actually **love up the obstacles**.

That's really part of the secret is understanding that they are inherent in any growth spurt that you have because you haven't been there before and it's kind of this self-adjustment. You're changing your internal thermostat to be able to operate at that level now.

One of the biggies in this invisible barrier is something called learned helplessness.

And the theory of learned helplessness is seen in animal studies where an animal is succumbing to electric shocks and there are certain animal groups that are able to get away by pushing a button but some of the animals don't get a chance to get away from and they just continue to get shocked so they eventually just lay there and they don't move.

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Day 29

Overcoming Obstacles

And this is what happens with humans too when we try to figure out why do people give up? And, it's because they find that no matter what they do they fail, they end up just laying there.

So, learned helplessness is a situation where people will find themselves saying, "this is just the way I am." "I've never been able to kick my sugar habit."

But it's not the way you are. It's who you choose to be.

Every conscious action is controllable and adjustable by you.

The very nature of you being able to observe yourself doing it is a leverage point for interruption and change.

For example, when you find yourself talking negative about yourself, saying you're lazy or have no willpower, do something to interrupt that pattern, right there and then. Take a walk. Do 10 jumping jacks to your favorite playlist. Indulge in a lavender infused bath. Do some rebounding. Call a girlfriend who can hold space for you.

Anything that will make you feel better and immediately interrupt that negative pattern.

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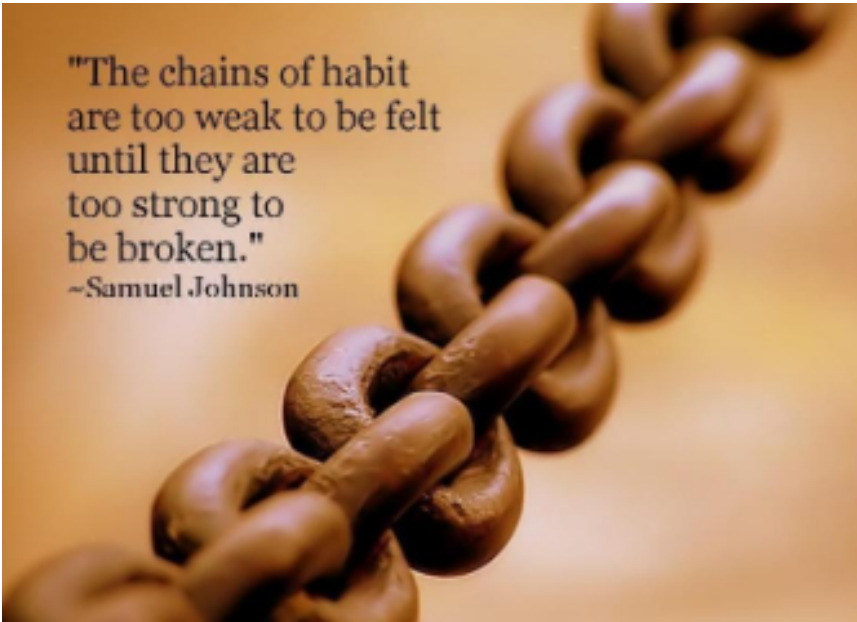
Day 30

Ritualize. Ritualize. Ritualize

Congratulations! You've made it to the finish line and you now have the body-mind-soul blueprint to sustain your sweet victory! **Every single person that has cut out sugar feels infinitely better. Every. Single. Person.** So, thank yourself for taking the time to complete this program and for trusting me with your greatest asset--your health--so you can gain freedom from sugar's grip on your weight, mood, energy and wellbeing and finally live a sweeter, juicier life without the addictive stuff.

One of the ways that the brain is conditioned to make lasting change is habit. When your brain is actually wired up to do this stuff you don't have to think about it. **You just do it. You don't give up.**

You've probably heard this before, neurons that fire together, wire together. So, what we've created is these synaptic connections in your brain, these thought and behavior patterns, that are linked up and they get stronger as they fire together.



"The chains of habit
are too weak to be felt
until they are
too strong to
be broken."

~Samuel Johnson

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Rupina Meer's 30-Day Delicious Detox!

Day 30

Ritualize. Ritualize. Ritualize

To sustain your sweet victory, continue to find 3-4 practices that you can ritualize, like the sacred book ends, inner bath, P-F-F, catch the curve, meditation etc. and set up an alarm on your iPhone to practice these habits and architect your day accordingly.

A habit is where it takes more effort to not do something than to do something.

So, when you have a habit for something and a challenge comes up, you continue forward if it's a true, ingrained habit. Because it would be more challenging and you'd have to put more effort to not do that thing.

It's the fundamentals that create champions. The ones that can do that routine over and over again, thousands of times. It's like that Bruce Lee quote: *"I fear not the man who has practiced 10,000 kicks once. I fear the man who has practiced one kick 10,000 times."*

Ritualization is key as then you don't have to think about it and it just becomes second nature. It's key to make it automatic and design your environment and day so you stack up the conditions for success.

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Day 30: Congrats! You made it to your Day 30! How are you doing? Take some time to go thru this survey now and compare to Day 1. How are things different?

1) What are the 3-5 most urgent things in your life you wish you could change? Please list in order of importance

A
B
C
D
E

2) On a scale of 0-10, 0 being not satisfied at all, How satisfied are you with your:

family relationships
friendships
work relationships
romantic relationships

3) On a scale of 0-10, 0 being exhausted and fatigued all the time and 10 being full of energy and motivation, how is your energy level?

4) On a scale of 0-10, 0 being not judgemental at all & 10 being full of self criticism, how critical are you of your own self?

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5) On a scale of 0-10, 0 being not judgemental at all & 10 being full of criticism for others and desiring change, how critical are you of others?

6) On a scale of 0-10, 0 being not comfortable receiving at all & 10 being I have no problems receiving and I feel grateful when I do, how would you rate your ability to receive:

money

Compliments

Support from others

gifts

affection

recognition

7) On a scale of 0-10, How satisfied are you with your money situation? 0 being I have debt and I am struggling and 10 being I am abundant and money is flowing in.

8) On a scale of 0-10, How would you describe your physical health? 0 being I have many health issues and 10 being I am in fantastic health!

9) On a scale of 0-10, How would you describe your emotional health? 0 being I have many emotional issues and 10 being I am happy & at peace!

10) On a scale of 0-10, How satisfied are you with your love life? 0 being I'm lonely and depressed and 10 being I'm in a great relationship and feel cherished.

11) On a scale of 0-10, How satisfied are you with your non-romantic relationships? 0 being I'm lonely and depressed and 10 being I have great family and friends that support me and love me!

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12) On a scale of 0-10, How satisfied are you with your Body Image? 0 being I hate how I look and 10 being I love every aspect of my body

14) On a scale of 0-10, How strongly do you feel you are on connected to your purpose? 0 being I'm lost & confused about my purpose and 10 being I am confident and my purpose is unfolding consistently.

15) On a scale of 0-10, 0 being very stressed and 10 being totally stress free, how much stress do you experience?

16) How strongly do you resonate with this statement (0 being not at all and 10 being very strongly) " I love myself"

Congratulations! You are on your way to transformation.

The energy work you have done in these 30 days has been more than some people do their entire lives. You have taken serious steps to set yourself up for success. Keep using the tools every day to increase your momentum. You are a blessing. I look forward to your continued growth!