

24-HOUR

METABOLIC MAKEOVER



STEPHEN CARRAL ND

24th Hour Metabolic Makeover

How would you like to lose 1-2+ lbs in a single day?

It sounds like fantasy right?

Well, I'm about to explain to you how I've been helping athletes, celebrities, and everyone in between lose the maximum amount of weight in 24 hours – Naturally and Safely (of course).

Now in order to do that, we need to understand how the body works and how to then use that science to maximize your results. So, without going into the biochemistry, our job is to decrease inflammation and eliminate bloating, swelling, water retention, toxicity, and even stubborn body fat in just 24 hours.

The most effective way to do this is through what's called an "Intermittent Fast." It's becoming more popular now, but I'd like to explain to you how my clients use this protocol as much as 1 day a week in order to boost fat burning, burn up toxins, and decrease inflammation (all while improving longevity!).

So, this intermittent fast (IF) is not just for weight loss and looking leaner, but actually for overall metabolic health...

And, it works so well that the first 2 days of the Dr. Cabral Detox actually incorporates this scientifically proven formula for rejuvenation and weight loss. Only, the [Dr. Cabral Detox](#) gives your body the support it needs to remove these harmful toxins without overtaxing your liver and blood.

But, if you're not ready to do the [Dr. Cabral Detox](#), you can choose to do a 24-Hour Metabolic Makeover whenever you choose!

So, instead of making you read a whole book on intermittent fasting, I'm going to give you my tried and true plan on how to optimize its effectiveness for maximum results. Plus, the formula I use allows my private clients to never have to go a day without eating – even though you're fasting for 24-hours...

Let's get started so I can show you the whole plan!

The Night Before

This intermittent fast is going to go from dinner one night, until dinner the next. This will allow you to still go 24 hours, but actually never miss a dinner.

(Example: Have dinner at 6:30pm on Sunday night, and then do not eat whole food again until 6:30pm Monday night.)

And, although you're about to go into a 24 hour fast, this doesn't mean you should treat the night before's dinner like its the last meal you'll ever eat ;)

My suggestion is to have a balanced meal of protein, vegetables, and an additional a gluten-free starch if you'd like. This dinner should not contain alcohol.

The reason I suggest no alcohol before a fast day is because alcohol consumption can cause a drop in blood sugar the next morning. This will cause subsequent increased hunger, moodiness, and lower energy... None of which will make your next day's fast any easier.

Wake Up with Energy

The best way to start your day is to begin hydrating your body to ensure you're going to start the day with energy.

As you may have seen in my "How to Never Be Constipated Again" special report, I am recommending you begin your day with a glass of warm or hot water with fresh squeezed lemon (pinch of sea salt optional).

Although you won't be consuming calories today, that doesn't mean you can start your day with a 1/4 slice squeezed lemon and a pinch of sea salt to give yourself and electrolyte boost...

This little "pick me up" also helps flush your digestive tract and improve liver detoxification, which will greatly benefit your intermittent fast.

The Right Mindset is Key

When you wake up and throughout the day your mind will tempt you to eat. It will come up with lots of reasons why this is a crazy idea and it'll try to rationalize why you can't go 12 waking hours without eating...

(Remember, you're actually not going 24 waking hours without eating – you're really only going from 6:00am – 6:00pm... It's only 12 hours!)

Turn the temptation part of your mind off with logical reasoning of all the benefits you'll be getting from a 24-hour fast.

Here are a few to focus on:

- ✓✓ Improved self-control
- ✓✓ Greater discipline
- ✓✓ Empowerment
- ✓✓ Detoxification
- ✓✓ Weight loss
- ✓✓ Gratefulness for the food you have access to daily
- ✓✓ Accomplishing a worthwhile goal
- ✓✓ Overall health
- ✓✓ Weight loss

Hydration Helps with Hunger

Sometimes we mistake dehydration for hunger. This is why it's important to be ready throughout the day with plenty of water by your side...

I suggest also drinking before you feel thirsty so that you keep hunger at bay and continually work on flushing toxins from your system.

This can easily be accomplished by carrying around a small water bottle and drinking half of it (8oz water) every hour.

Overall, aim to drink 1/2 your body weight (or more) in water for the day. You may also add lemon to it if you choose.

Drink Hot Ginger Tea

If your taste buds desire something more than water, you can use an ancient Ayurvedic technique to lose weight and cleanse your system.

Ginger has been used for thousands of years to move your lymphatic system to clean bodily cellular waste and keep you healthy. It also acts great as a thermogenic herb, which heats you up and helps with weight loss by speeding up your metabolism. It also has the added benefits of purifying your kidneys and helping strengthen your digestive system...

I highly recommend you have a few cups of hot ginger tea (fresh or tea bags) throughout the tea - especially when you get hungry.

When Hunger Strikes

Here's what to do when the hunger comes...

Every time I do a 24-hour fast I typically get a little hungry around 10am and 4pm. Some people never get hungry and other's experiences obviously differ...

But, inevitably when your body is looking for food this is the time to implement a strategy to keep your mind off food and back on your goal for the day.

Here are some options for when your get hungry:

1. Have a tall glass of water or ginger tea
2. Relax & breathe through it knowing the hunger should pass within 20-minutes
3. Keep yourself busy with work
4. Watch an inspiring video on your phone
5. Go for a walk and breathe
6. Go for a walk to a café and get a ginger tea
7. Call up a friend, family member, or co-worker to say hello
8. If it's later in the afternoon, simply plan out what you'll be having for dinner in just a few short hours

The hunger will pass... So your job is just to keep yourself occupied and have something to drink until it does!

To Exercise, Or Not to Exercise...

The first time you do a 24-hour fast I typically don't recommend exercising.

The reason I say this is that no one really knows how strong your body's adaptive capacity is, how well your blood sugar stays regulated, and what your energy levels are like until you've completed a fast.

If you feel great and felt like you could have exercised on the fast you may try to do so next time (if desired). But remember, working out may further decrease blood sugar levels and make you more hungry an hour two later. This may be fine if you are okay with that feeling, or you'll be eating dinner in a few hours.

Keep in mind, though, that there really isn't a need to exercise when fasting. Walking yes, but not a full-blown workout. So, if you do decide to exercise just make sure you take the intensity level down...

Breaking the Intermittent Fast

Breaking your fast properly is extremely important. Your digestive system will have been resting for the day and so you'll want to ease into eating.

If you did a longer fast (more than 3 days) this would be more important, but even after a 24-hour fast you'll still want to wake up your stomach with a small handful- size cup of fruit or a bowl of soup before dinner.

This will enable you to slowly "turn on" your digestive system by having a small appetizer before dinner... Plus, it'll help prevent you from overeating when consumed 20-minutes before dinner.

What's for Dinner?

Dinner is sometimes where a day's worth of work can all go to waste unless you have a plan.

The ideal dinner after a 24-hour fast will include a light protein like some vegan protein (lentils, hemp hearts, etc.) or fish and cooked vegetables. You may also add a sweet potato or some rice if you'd like.

The goal is not to make this an “all you can eat buffet” after not eating all day... Overeating will undo your hard work and only tax your rested digestive system. Tomorrow, you can go back to your typical routine and style of eating if you choose.

Here's a sample dinner to break your fast:

- 4-6oz of fish or lentils
- 1 cup of cooked spinach
- 5 asparagus pieces
- 1/2c of sweet potato
- 1 tbsp of olive oil as dressing
- 1/4 lemon squeezed over everything

Eat slowly, chew every morsel, and enjoy the meal – you deserve it!

Give Gratitude & Get to Bed Early

Since we don't want you over eating or thinking about food after dinner it's best to plan to go to bed early if you can.

This will increase the detoxification process while you rest. You'll be able to get extra sleep and wake up feeling amazing. You'll be noticeably leaner, less bloated, and should be energized to start the next day.

You can weigh in before dinner the night before and that next morning if you choose to... But I think you'll know just by how you look and feel that you decreased bloating, inflammation, and lost toxic water weight.

Many people like yourself do this 24-hour makeover before big events or vacation travel, but I do like to stress it is an overall healthy practice for your body!

I also find it vitally important to take the day to be thankful. So many people are less fortunate than us and don't have the ability to eat anytime they want. Taking a step back and practicing mindful eating and abstinence from food for a day can give you amazing perspective.

This reason alone is enough to try 12 hours of waking without eating...

So there you have it! It's simple and by using these tips you should now be able

to have the mental preparation to be successful and see it through from breakfast.

You can do it and after you succeed let us know how you did! Email us at support@DrCabralDetox.com

Thank you again for reading my free report and for beginning to take control of your own health & life!



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