



# Detox Your Diet

## Without Going Broke

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# Detox Your Diet Without Going Broke

Clean eating – It’s all the rage. Filling our diets with organic fruits and vegetables, organic meats, yet it’s the sticker shock that keeps us out of the organic aisle.

So, how can a family shift to a healthy diet without draining their bank account? By making small, incremental shifts in your family’s diet, that’s how! By making the simple changes in this eBook, you’ll find that you and your family will start eating less and feeling better. These initial changes are **crucial** and serve to help adjust your metabolism while having a minimal impact on your grocery bill.

Nearly a decade ago, our family started on our journey towards a fully organic diet. It seemed like someone in our family was always sick, we were always tired, and none of us had the energy to simply enjoy life. We had heard about going organic but, like you, also saw the price tag of organic foods and cringed.



We wondered how we can create a healthy diet, stock our fridge and pantry with healthy food and not end up blowing a Grand Canyon sized hole in our budget.

It took some time and plenty of research, and we finally found a way to transition away from the processed crap that we’d been stuffing ourselves with and replacing that

with healthy, natural foods. Now, almost 10 years later, our family is healthier, our energy level is up, our minds are clearer, and best of all, none of us have been sick in years. All of these improvements are due to simply changing our diet.

In this guide are the first 3 steps to detox your diet and start your shift to living the organic lifestyle without giving your family’s budget a bad case of sticker shock!

# Ditch The High Fructose Corn Syrup!

## HFCS – The Sweetener That Will Kill You

If there's anything you want to immediately eliminate from your family's diet, it's High Fructose Corn Syrup (HFCS). Despite what the corn manufacturer's TV commercials tell you, HFCS is not "natural". [HFCS is created by a complex industrial process](#) performed in refineries using centrifuges, hydroclones, ion-exchange columns, backed-bed reactors, and other high-tech equipment. Starch is extracted from corn and then converted by acids or enzymes to glucose. Then, some of the glucose is further converted by enzymes into fructose.

How HFCS works in the body [is like so](#): The fructose in corn syrup does neither stimulate insulin secretion nor reduce the hunger hormone ghrelin, you will continue to feel hungry while the body converts the fructose into fat.

In other words, when you have a diet that is rich in HFCS, you never feel full. In an effort to sate your appetite, you eat more, therefore eating more HFCS, further negating the 'full' signal, until you've eaten to the point of overfull and your body has no other choice but to convert any "unused" nutrients (carbs, sugars, etc.) into fat.



### How can you eliminate HFCS from your diet?

- Avoid fast food – It's loaded with HFCS.
- Switch your soda – If you must drink soda, choose sodas sweetened with cane sugar or natural sodas like Jones, Hansen's, or Blue Mountain.
- Swap your condiments – Condiments and salad dressings are loaded with HFCS. This is the easiest way to cut HFCS consumption.
- Eat more fruit – satisfy your sweet tooth naturally. Plus, you get the added benefits of the natural nutrients.

### HFCS began replacing sugar in the 1970's.

Due to tariffs and quotas imposed in the US, natural sugars were replaced with HFCS. In the last 40 years, as HFCS consumption has increased, rates of obesity, diabetes, and other illnesses also increased.

It's only within the last couple of years that there has been a conscious effort by food producers to eliminate HFCS from their products.



# Ditch The Soda!

## Infused waters are both delicious and good for you!

Soda is most peoples' Achilles heel when it comes to changing their diets. Drinking regular soda is bad enough, drinking diet soda is exponentially worse. In addition to the HFCS in soda, a lot of diet sodas contain Aspartame or other artificial sweeteners, which may be harmful to your health.

Water, on the other hand, is a much healthier alternative and helps your body to regulate absorbing and transporting nutrients, maintains hydration levels needed for mental function, helps keep your skin clear, and assists in flushing toxins from your body.

But water on its own is **blah**, right? It's the 'rice cake' of beverages, good for you, but tasteless. That's where infused water comes into play. Water can be infused with a number of flavors by adding fruits and vegetables and allowing them to sit overnight in the fridge. Plus, they have the added benefit of being very, very inexpensive.

Infused waters are flavorful, without added calories or sugars, and depending on the recipe, are a simple and delicious way to enjoy the benefits of the natural antioxidants present in fruits and vegetables.



Infused waters can be prepared simply at home. You can purchase special 'diffuser pitchers' if you like, however it's not necessary. Just be sure you're using glass or BPA-free plastic for your water infusion.

Tap water is sufficient, as most bottled waters are repackaged tap water anyway. If you like bottled water, you can purchase gallons of drinking water from your local grocery store for usually \$0.50-\$1.00 a gallon.

### What Can I Use To Make Infused Water?

The following is not an all-inclusive list. Visit [InfusedWaters.com](http://InfusedWaters.com) for detailed information and recipes.

- Fruits – Apple, Orange, Lemon, Watermelon, Lime, Pomegranate, Pineapple, Strawberry, .
- Vegetables – Cucumber, Jalapeno peppers, Fennel.
- Herbs – Mint, Thyme, Rosemary, Sage, Lemongrass, Ginger.
- Teas – Green tea, Black tea

My favorites to use for infused waters are lemon, lime, cucumber, and ginger.

# Ditch The Chips!

## Simple snacks to satisfy those between meal cravings!

Snacktime.

That period between lunch and dinner or dinner and bedtime. These are the periods when we do the most damage to ourselves by mindlessly munching our way through an entire bag of potato chips, grabbing a candy bar, etc. So, how can we stop the cravings while making sure what we're snacking on is good for us?

The first, and simplest, way to stop snacking on unhealthy things is to simply stop buying them! We used to buy the 2-for-1 bags of potato chips at the grocery store and then go through both bags in the period of a couple days...sometimes I'd go through a whole bag of chips in ONE EVENING!

I love snacking. My family has called me "snack boy" for years because of my penchant for constant snacking. So, for me, making this change has been both the hardest and the most rewarding. When I was a kid, the only healthy snack available, aside from vegetables, were rice cakes. Plain old, tasteless, chewing on Styrofoam rice cakes. Fortunately today there is a plethora of healthy snack options.



Skip the chips and snack on some mixed nuts...not the 'honey roasted sugar bombs', but regular salted or unsalted nuts.

If those aren't your thing, then snack on some pepitas..you know, pumpkin seeds. Pepitas are chock full of protein and none of their carbohydrates come from sugar.

Popcorn is a great snack, but make sure you choose to make your own instead of opting for the microwavable kind with all that 'butter flavored chemical goo' on the inside.

### What Other Simple Snacks Are There?

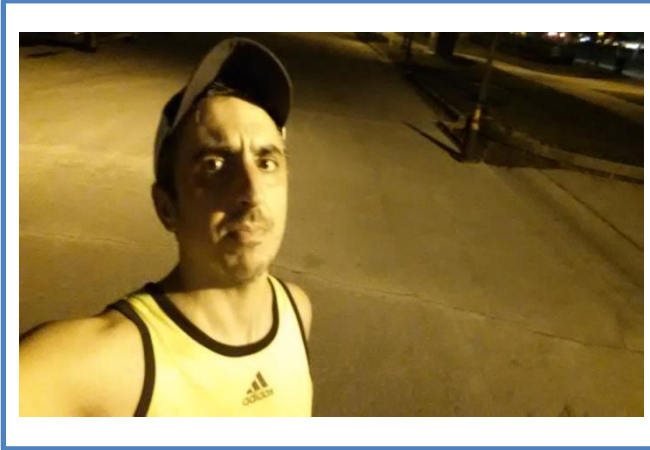
- Jerky – I love jerky and recently picked up a dehydrator at a garage sale for \$10. Make your own at home and you can customize the flavor and it's much more cost effective than buying bagged jerky.
- Fruits – Simple, easy, full of vitamins, nutrients, and antioxidants. Plus it'll satisfy that sugar craving.
- Vegetables – Celery and carrots are my favorite to snack on. Add a tablespoon of peanut butter or hummus for a dipping!
- Crackers – A great healthy, organic snack. [Back To Nature](#) has some great flavors.

# About The Author

## Moving From Unhealthy To Healthy

10 years ago my family and I transitioned from a diet rich in processed food to a one that's 99% organic and natural. We did this through incremental changes that allowed us to transition without a serious impact on our family's food budget.

I'm a blogger, a former rocket scientist, a theologian, a podcaster, and a health and fitness nut. I ran my first half marathon at the age of 42.



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- Website - <http://fitfldad.com/>
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*If you're going to be a mess, might as well be a hot mess!*