



ELIMINATION

G U I D E

H U T C H I N M O T I O N





W H A T G O E S I N . . .

Traditionally, we tackle getting healthy from a diet and exercise only stance. What's often missing is the elimination of the dangerous build up inside us. What goes in, must come out to maintain the body's harmony. It's in that spirit that we've seen a rise in the detox tea and drink market. Just as exercise without proper nutrition won't yield desired results, neither does detox without proper nutrition and exercise.

In this guide, you'll see how I successfully eliminate what doesn't build my body while introducing nutrient-rich foods. You'll learn what steps you can take to eliminate, celebrate simple ingredients and feel healthier.

You've already begun your transformation. You're ready for this!

I. START SLOW

TRY SOMETHING NEW

TRYING NEW THINGS

The very first thing I did in my transition was try new things. My experience led me to think about detoxing. Here's why: I could eat two solid plates of chicken and rice, easy. I've always had a high metabolism. The first time I ate salad as a meal, I couldn't finish the whole thing because I was full. That's when I started really researching plant-based eating. I'm learning that eating raw is a completely different experience for my body. So I started adding more raw and plant-based meals to my diet.

Here are some of the foods I started eating more of for their natural cleansing properties. These are staples for me today:

Apples	Ginger
Almonds	Grapefruit
Avocados	Kale
Basil	Lemons
Brazil Nuts	Onions
Cabbage	Seaweed/Irish moss
Cilantro	Sesame seeds
Dandelions	Turmeric
Flax Seeds	Watercress



Remember: start slow, gradually add these to your diet. For maximum benefit, try them raw in a juice or smoothie to get used to the flavours.



Click to download my grocery list, filled with over 130 plant-based foods and herbs.

YOUR MORNING FIX



Generally, I practice combining greens with seeds and fruits with nuts for better digestion. I challenge you to get adventurous and experiment with the different combinations of fruit and vegetable juices and smoothies. Finding what you love will help as you eliminate. When you're eliminating you're going to have some crazy cravings for the things you no longer eat. You want to be able to whip something up that's a delicious substitute.



The best way to start implementing a variety of fruits and vegetables into your diet is to kick your day off with them. Try the 4 breakfast drinks on the pages that follow.



Detoxifying Cilantro Green Juice

You'll need:

A high speed blender (2 horsepower or higher is recommended)

Cheesecloth or strainer. I use a cheesecloth for a smoother consistency because I'm using whole ingredients.

1 handful of mixed greens (cilantro, dandelions and kale)

1 nub ginger (skin included)

1 lemon (seeds and skin included)

1 tbsp. kelp

1/2 cup of water

Put your dry ingredients in a container the night before to cut down prep time. Blend all the ingredients to a smooth consistency. Add water as necessary. Separate the liquid using a strainer or cheesecloth.

Give yourself a boost with this recipe, your liver will thank you. This is a meal replacement. Let it digest before eating anything else to get the best benefits.

Cilantro is instrumental in removing heavy metal toxins from the body.



Refreshing Grapefruit Cucumber Nectarine Juice

You'll need:

A high speed blender (2 horsepower or higher is recommended)

1 nectarine
1/4 cucumber (with skin)
1 grapefruit pulp
1 cup of water
4 dates (option for sweetness)

Cut or spoon the grapefruit pulp from the skin. Leave skin on all other ingredients because there is a lot of nutrients in the skin of these fruits and vegetables. Chop the nectarine and cucumber into chunks leaving the skin. Blend all the ingredients in your blender Add water as necessary.

Grapefruit is great for an immune system boost and disease prevention. It also boosts your metabolism and fights gum disease.



Fresh and Easy Kale Smoothie

You'll need:

A high speed blender (2 horsepower or higher is recommended)

1 peach or apple
1 handful of kale
1 ripe banana
1/2 cup of blueberries
1 cup of water

Blend all the ingredients in your blender Add chia seeds for thickness. Add flax seeds, pumpkin seeds, or chlorella for a boost. This is a meal replacement. Let it digest before eating anything else to get the best benefits.

Kale is rich in fibre, potassium, vitamin C and is great for your kidneys.



Vegan Cashew Cacao Smoothie

You'll need:

A high speed blender (2 horsepower or higher is recommended)

2 tbsp cashew butter

1 ripe banana

1 tbsp. cacao powder

1 cup of water

1 tsp chia seeds

Make the cashew butter ahead of time and store it in your fridge. I use a NutriBullet - add 400 grams or more of cashew to your blender; add enough water to just cover the nuts. Blend until buttery.

Blend all the ingredients in your blender. Add cinnamon or nutmeg for spice. Add flax seeds or pumpkin seeds for a boost.

Cacao is rich in anti-oxidants and improves your blood flow.



Kitchen Cleanse

If it's not in my kitchen, I don't eat it. That has become my new reality. Awareness is a big part of the process. You won't believe what's in some of the products you eat. I've done the research for you and created a free 7-week email course for those who want to turn their kitchen into a healthy creative space.

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2. ELIMINATE

GIVE SOMETHING UP

K I L L Y O U R C R A V I N G S

Here is what gets most people - when I started eating more raw and plant-based meals, I started craving the foods I was straying away from even more. This was confusing - I know I'm doing the right thing but the cravings are coming on stronger than ever before. I had to do some more research. I found out who the culprits are - worms.

Worms enter our bodies from a lot of sources, and I learned that they're responsible for a lot of our cravings like meat, sugar, and yeast. They release hormones in your body that tells your brain what to crave. That's why we need to take active steps to eliminate them. I got rid of the worms and other parasites by learning about the world of herbs.

Through my research I found that most of the the herbs that fight worms are not the best tasting, They work though, I don't crave what used to be some of my favourite food products anymore. I can smell meat and have no interest in it.

If you're trying to transition to a plant-based diet, don't put added pressure on yourself trying to get the willpower to stop eating meat. Attack the issue from the root and get rid of the craving-causing parasites.

The other thing that beats most of us in Candida. It's responsible for the sugar and carbohydrate cravings and has been said to be the cause of many diseases.

So I targeted those two main blockers to living a healthy lifestyle - worms and candida.

Try these worm killing herbs - mixed with water or in a smoothie:

Black Walnut Hulll

Cloves

Bitterwood

Wormwood



Eliminate Meats, Sugars, Yeast

Remove one type of meat/sugar/yeast from your diet every week and find a plant based replacement for that craving.

I got rid of meat by deconstructing the cooking process. What makes most meat dishes taste great are the seasonings and spices we use to cook them. Apply all the flavour profiles to your plant-based foods like hearty beans and vegetables., you won't miss a thing but you'll get all the nutritional benefits.

Substitutes for sugar that I use are prunes, dates, and figs. You can also use maple syrup and agave syrup.

Finally, I cut out all baked and bread products, processed rice and refined flours. Try Kamut as a flour replacement and introduce wild rice, black, rice and millet to your diet.

Beans and potatoes were a saving grace for me during the first part of my transition. They soak up the flavour of the spices you add to your pot. If you love burgers, there is a healthy variety of bean burger recipes online.

On the following pages are 3 of my favourite flavourful recipes made from beans an potatoes.



Black Bean Stew

You'll need:

2 cups black beans

5 sprigs of fresh cut thyme

1 sprig of rosemary

1/2 red onion, chopped

1/2 bell pepper, chopped

4 cups of water

1/2 tsp cayenne pepper

1 tsp coconut oil

1/4 scotch bonnet pepper

salt to taste

If you like your beans really soft or want to cut your cooking time down, soak them overnight in a covered container. Add beans and water to the pot with thyme and rosemary. Boil without a lid on high heat for 15 minutes, then on medium for 45 minutes, stirring often. Boil times could be between a hour and a half or two hours if you do not soak beans first.

Remove thyme stems. Add chopped onion, bell pepper and scotch bonnet pepper (optional), coconut oil and salt to the pot. Let boil on medium heat for 5 minutes, stir and turn down to low heat. Add cayenne pepper, stir and let sit for 5 minutes before eating.

Black beans are a great source of protein, fibre, potassium, copper and zinc.



Lentil Stew

You'll need:

2 cups lentils
5 sprigs of fresh cut thyme
1 sprig of rosemary
1/2 red onion, chopped
1/2 bell pepper, chopped

4 cups of water
1/2 tsp cumin
1/2 tsp cayenne pepper
1/4 scotch bonnet pepper
salt to taste

Add lentils and 3 cups of water to the pot with thyme and rosemary. Boil without a lid on high heat for 15 minutes, then on medium until lentils are swollen, stirring often.

Remove thyme stems. Add 1 cup of water, cumin, cayenne pepper, chopped onion, bell pepper and scotch bonnet pepper (optional), and salt to the pot. Let boil on low heat for 15 minutes, stirring often.

Lentils are high in protein, iron, and fibre. They are great for your heart.



Vegan Scalloped potatoes

You'll need:

4 red medium potatoes, sliced w/ skin
5 sprigs of fresh cut thyme
1 sprig of rosemary
1/2 red onion, chopped
1/2 bell pepper, chopped

3 cups of cashew milk
1 cup water
1/2 cup of lentils
1/2 tsp of cayenne pepper
salt to taste

For cashew milk, soak 2 cups of cashews in 3 cups of water. Blend in high speed blender. Boil lentils for 10 minutes.

Cut potatoes into thin, even slices. Layer potato slices into a large sauce pan. Add 2 1/2 cups of cashew milk and water to pan. Let boil uncovered on medium heat for 10 minutes.

Add thyme, rosemary, onions, bell peppers, cayenne peppers, salt, lentils, and remaining cashew milk to a food processor or high speed blender until you have a smooth mixture

In a baking pan, layer potatoes and mixture, with mixture on bottom and top. Add milk from saucepan. Bake until top starts browning. Let stand for 5 minutes.



Salt Water Flush

One of the best detoxification methods to jumpstart the body's digestive system, clean your colon and add minerals to the body, and also excellent for eliminating candida is a salt water flush.

Remember to use real sea salt like Pink Himalayan salt or Celtic sea salt. This is important - do not use table salt or pick up a bottle that is sea salt in name only. READ THE INGREDIENTS - there should only be ONE.

To do the flush you will need:

1 liter of good clean water not tap water

2 tsps of salt

Juice from 1/2 a lemon

Mix together until the salt dissolves. Drink the full mixture on an empty stomach and drink lots of water as needed. Perform the flush on a day when you don't have to leave the house.

Repeat for 10 days.

3. HEAL

GAIN SOMETHING SUSTAINABLE

H E R B S

All ailments are tied to a mucus build up in part our bodies. Eliminate years of mucus build up through herbs and fasting.

I find that when I take herbs on a empty stomach I see faster and better results. Why ? The herb's are actually the best food for the body. It's good to give the body a chance to absorb herbs that you take. I usually allow 20 minutes after consumption before eating any foods.

I started my regimen with herbs that are great for liver and overall health:

Burdock Root

Elderberry

Milk Thistle

Turmeric

Rosemary

Cilantro

Dandelions

Stinging Nettle

Neem

Wormwood

Sasaparilla

Yellow Dock

Seaweed/irish moss

Cloves



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P R A C T I C E F A S T I N G

Fasting gives the body a chance to clean itself. Many in the nutrition community say, well that's what your liver and kidney are for and we remove toxins every time we go to the bathroom. What they aren't taking into account is that we overload our bodies with more toxins than the body can handle with daily cleaning. When you start to pay attention and investigate ingredients of the processed foods we eat, you'll begin to understand the level of toxic build up you carry around every day.

I recently did my first 40-day fast to eliminate build up in the deep crevices of the body. We should all do an annual 40 day fast to give ourselves a much needed reboot.



Start with a 24-hour Fast

Before you take on a 40-day fast, do a series of one day fasts. You can dedicate one day per week over two or three months to get the body accustomed to elimination and the idea of no food. The best time fast is noon to noon.

Ready to experience 40 days of cleansing? The progression of this often neglected part of elimination is

1. eliminate all meat and processed foods from your diet to start draining the years the mucus build up;
2. practice a diet made up of only fruits and greens; and
3. on the tail end consume only water and herbs.

I did the first 2 stages in 14 day periods, and the remaining 12 days for stage 3. After my fast I started slowly introducing plant-based food back into my body and stuck predominantly to raw meals. On the next pages you'll find 3 of my favourite raw snacks.



Breakfast Fruit Salad

You'll need:

A handful of strawberries

A handful of blueberries

A handful of mulberries

1/2 a nectarine or peach

1 cup of cashew milk

2-3 tbsp chia seeds

1 tbsp hemp seeds

a handful of chopped pecans (optional)

For cashew milk, soak 1/2 cup of cashews in 1 cup of water. Blend in high speed blender.

Chop your fresh fruit and pecans. Add them to your bowl. Add mulberries, chia seeds, and hemp seeds, then cashew milk. Mix and enjoy!

The more chia seeds you add, the thicker your salad gets. Hemp seeds are pure protein and cashews are rich in good fats and copper. Mulberries are rich in protein, iron and vitamins A, C, E, and K.



Protein-packed Energy Bar

You'll need:

1/2 cup almonds

1/2 cup unsweetened coconut flakes

1/4 cup hemp seeds

1/2 cup teff flour

1 cup of dates

1/4 cup flax seeds

1/2 cup brazil nuts

Use a food processor to chop all the nuts into chunks. Add teff flour to the mixture, and turn with a wooden spoon.

Pit and blend dates into a thick paste. Add dates to the dry ingredients and fold until you have a large ball. Use your hands to knead the ball until firm.

place in a shallow square/rectangular dish or pan. Let sit for 5 minutes. Use a knife to cut into bars. Store in the fridge.

This a great recipe to try with children. It's fun to make and is sweet to taste.

Nuts are a great source of protein, essential fats, and fibre.



Strawberry Jam

You'll need:

a high speed blender

2 cups of strawberries

1/4 cup chia seeds

1 tbsp pure maple syrup or dates

Blend strawberries into a puree. Add chia seeds and maple syrup. Mix with a spoon. Let sit for 10 minutes. Blend again until smooth.

Store in fridge. Great with Coconut milk ice cream.

Chia seeds are loaded with dietary fibre, Omega 3 and 6, zinc, and calcium. Strawberries pack an anti-oxidant power.

H U T C H I N M O T I O N



My philosophy is that old age is a myth. I'm on a quest to prove that and I want to help you along the way. Visit my blog for more lifestyle hacks on living healthy and eating clean that I've picked up along my journey.

Have questions or a story to share? Join the conversation on my Facebook page.

- CHRIS

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