

## What's Next After *The 10-Day Detox Diet*?

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**CONGRATULATIONS!** You have just completed the initial phase in a total mind-body transformation. These 10 days were your introduction to a healthy, high-quality life. Now that you have experienced how simple detoxing your body is from junky food and a stressful lifestyle you are ready to take your health and wellness to an even higher level of healing. This is your cheat-sheet to stay committed to your goals. It is so important to me that you use the wisdom you gained from this program to continue your success. I know from personal experience that making changes is difficult and I'm here for you. You won't have to waste time figuring out what you should do next, simply follow along with me so we can keep you feeling, looking and living your best!

**STEP 1:** Based on your personal goals you have for healing and weight loss, you can choose to continue on your path for an additional 6 weeks. I created 3 different plans to help you transition into the next phase that will guide you to even greater levels of wellness. (You didn't really think we would stop this party after just 10 short days, did you?) Each plan is designed for specific goals yet all are guaranteed for success! The 3 plans are: Super Advanced, Advanced and Basic Plans.

➤	<a href="#">The Super Advanced Plan</a> : This is the same plan you followed during the Detox with additional blood sugar stabilizing herbs and nutrients.
➤	<a href="#">The Advanced Plan</a> : Similar to the Detox, with the addition of legumes and additional blood sugar stabilizing herbs and nutrients.
➤	<a href="#">The Basic Plan</a> : Introduces legumes, low glycemic starches and fruit and gluten-free grains. Remain on basic supplement kit you followed during the Detox.

**STEP 2:** Choose your path now. As you finish *The 10-Day Detox Diet*, I'd suggest you revisit the three quizzes you took as you started your program: The Food Addiction Quiz, The Diabesity Quiz and The Toxicity Quiz. Retaking these helps you understand the progress you made and what you still have to work on. After this, you will be ready to choose your new path. Take the following quiz to see which of the three plans is best for you:

➤	Take <a href="#">The Comprehensive Diabesity Quiz</a>
➤	Begin 6 weeks on your chosen plan.

### Helpful Reminders!

➤	Gather your supplies now! This includes your <a href="#">supplement kits</a> and copy of <i>The Blood Sugar Solution</i> <a href="#">book</a> and <a href="#">cookbook</a> .
➤	Meal Plan for Week 1 and Get your groceries.
➤	Restock on wellness <a href="#">supplies</a>
➤	Recheck your <a href="#">labs</a>
➤	Record your measurements (weight, hip, thighs and waist) in your Tracker
➤	Start your Week 1 Journal Assignments

## Let's Get Healthy Together – Begin your Health Revolution Now!

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### Which Plan should you follow?

#### The Super Advanced Plan

The Super Advanced Plan is the same plan you followed during the 10-Day Detox. Follow the Super Advanced Plan if you:

•	Want to lose 25 pounds or more
•	Have diabetes and want to reverse it
•	Are on diabetes medication or insulin and want to get off them
•	Have high triglycerides and low HDL (good cholesterol) and want to get off statin medication
•	Have high blood pressure and want to get off medication
•	Just feel so great and want to keep going to experience greater levels of wellness
•	Please take this <a href="#">quiz</a> for the best path you should follow next.

For more details on the Super Advanced Plan please see page 216 of The 10-Day Detox Diet book.

#### The Advanced Plan

The Advanced Plan is similar to the Super Advanced Plan, except you can now add in legumes (beans and lentils). This is the same Advanced Plan I outlined in my book, [The Blood Sugar Solution](#).

Follow this plan if you:

•	Want to continue to get the benefits of the 10-Day Detox and add beans back to your diet to see how you respond to them (some people with diabetes can't tolerate beans because they contain enough starch to spike blood sugar as well as lectins that create inflammation and weight gain).
•	Have advanced diabetes (based on the comprehensive diabetes questionnaire that you can find in <a href="#">The Blood Sugar Solution</a> or by clicking <a href="#">here</a> . You can also learn more about diabetes and how to stay healthy long term by reading <a href="#">The Blood Sugar Solution</a> .
•	Please take this <a href="#">quiz</a> for the best path you should follow next.

For more details on the Advanced Plan please see page 220 of The 10-Day Detox Diet book.

#### The Basic Plan

The Basic Plan transitions you into Gluten Free, low-glycemic fruit, and a small amount of starchy vegetables. This plan is the same as The Basic Plan outlined in [The Blood Sugar Solution](#) and is ideal to keep your healing and weight loss going long-term.

Follow the Basic Plan if:

•	You have normal blood sugars and blood pressure, but still want to continue with weight loss or still have belly fat
•	You have any health conditions, inflammation or generally don't feel fabulous
•	You don't have a history of heart disease or diabetes
•	Your lab tests show you are a "skinny fat" person with high triglycerides, low HDL, small LDL particles, high blood sugar, and insulin
•	Please take this <a href="#">quiz</a> for the best path you should follow next.

For more details on the Basic Plan please see page 222 of The 10-Day Detox Diet book.

## ***Additional tools to enhance your ongoing health:***

•	<a href="#">The Blood Sugar Solution Book</a> – get your health guidance for the next 6-12 weeks. Dr. Hyman details the various plans you should follow after completing The 10-Day Detox Diet.
•	<a href="#">The Blood Sugar Solution Cookbook</a> – Whether you are following the Super Advanced, Advanced or Basic Plans this cookbook provides DELICIOUS meals to please your palate.
•	<a href="#">The 10-Day Detox Diet Basic Kit</a> – This foundational supplement kit is what you used for the last 10-days continue to use this if you are following the Basic plan.
•	<a href="#">The 10-Day Detox Diet Step-Up Kit</a> – You may still have some supply of the Basic kit, but if it is suggested that you follow the Super-Advanced or Advanced Plan, you may want to add these supplements to your Basic Kit.
•	<a href="#">The 10-Day Detox Diet Combo Kit</a> – this combo kit combines supplements from the Basic Kit and the Step-Up kit, to give you complete support if you are following either the Advanced or Super Advanced plans.