

# 2017 DETOX GUIDE

## TIPS TO MAKE SURE YOU PASS!

### DETOX TIPS FROM THE PROS!

#### BEFORE THE TEST:

- \* Drink lots of fluids during the detox week including fresh juices and green tea. Flushing the body for a drug test can be very beneficial. Just don't over do it. 1/2 GALLON of water per day is enough to help you detox. Drinking too much water on the day of your test will make your urine diluted and it could be flagged as being altered.
- \* Eat lots of fruit and veggies during the detox. Natural foods speed up the body's metabolism and help flush THC out of your system fast. Incorporate fruit and vegetables with every meal during your detox if you can. Foods high in fat will make THC stay in your system longer. The healthier you eat the faster THC leaves.
- \* Exercise daily to help the detox process. Daily exercise helps the body cleanse out toxins through sweat, burning fat, and also increases metabolism to expel THC. Do not exercise on the day of the drug test. When you workout the body burns fat. Since THC is mostly stored in fat cells if you workout on the day of your drug test some remaining THC may enter your system and yield a failed result.
- \* Drink one cup of green tea daily. Green tea is very high in antioxidants and will speed up the time needed to fully detox. Green Tea has been proven to support the herbal detox process. It is super high in antioxidants and helps eliminate toxins in the body naturally. Green Tea has been used for thousands of years to help promote wellness and total body cleansing. We highly recommend drinking one cup daily. **Pro Tip - Make Green Iced Tea and drink it throughout the day.**
- \* Avoid fatty foods. Fatty foods will make it harder for weed to get out of your system. The THC that makes you fail a drug test is stored in fat cells. Eat low fat lean meats such as chicken and fish during your 7 day detox. Avoid burgers and other junk foods. These will only increase the time needed to fully detox from THC. **NO JUNK FOOD!**
- \* Eat Fiber. Fiber provides healthy nutrients needed for a good THC detox. Grains, whole wheat that has not been enriched and legumes like peas, peanuts, lentils, soy and beans will help boost detoxing because they're all high in fiber.
- \* Get at least 8 hours of sleep. When we sleep the body works at its best to remove toxins. A lack of sleep will only make the detox process longer. During your detox week try to get as much sleep as possible.

## DAY OF THE TEST:

- \* Never use your first pee of the day for the drug test sample. Urinate several times before you take your test. This will give you the best chance of having a drug free urine sample. Remaining THC toxins can accumulate in your bladder overnight when the body is cleansing itself. We recommend urinating at least 2 times before you get tested.
- \* Give the least amount of urine possible in your testing cup. The less urine you give the less chance of THC showing up. Some labs and testing centers have a minimum amount you have to give. Just don't fill the whole cup up.
- \* You'll want to give your best (cleanest) sample of urine—time of day and time of stream play into your success with this. You'll want to pee at least twice before your test. (Your first pee of the day tends to be the "dirtiest.") When you're actually conducting catch your urine in the cup midstream.

## Detox Tips Conclusion:

**Water and a 7 day herbal detox kit** are the most important factors when it comes to increasing your odds of passing a drug test. Not only does it help your body flush and cleanse itself, but it lowers the concentration of everything that is collected in your bladder – especially the THC metabolites that are sought after by the bladder police. Start by drinking no less than 64 ounces of water per day, but not more than a gallon, which is 128 ounces. Drinking more than that isn't necessary and may lead to water intoxication if taken to the extreme.

Your diet is also very important to monitor. Initially, eat foods low in fat – lean red meats, chicken, lots of green vegetables, and fruits. The creatine from red meats will metabolize into creatinine, which laboratories are increasingly using to test for water dilution in urine samples. Make sure red meat is in your diet or use a creatine supplement if you think you'll be drinking lots of water. The fiber, vitamin A, and vitamin C in fruits and vegetables will kick your metabolism up a notch too. They also act as a diuretic, increasing your urine output. During this phase, avoid fried foods like the plague. As you may already know, the primary reason for this is because THC gets stored in the fat cells and lipid tissues throughout your entire body. Eating fatty foods will only assist in storing more THC, thus, increasing your marijuana detection window and your odds of failing.

Metabolism is a very significant variable in all of our calculations. And using it to your advantage takes careful planning. If you don't already, do at least 30-45 minutes of light exercise everyday; a brisk walk, bike ride, sit ups, push ups, weightless squats, jump roping, maybe a jog around your neighborhood. You don't need a gym membership to do any of this, and a little goes a long way. This will drastically increase the rate in which you burn fat cells and rid your body of THC and its metabolites. Continue some type of exercise routine until two days before your test, then stop cold turkey and let your metabolism return to normal. As counter intuitive as this sounds, you don't want your body burning off THC and depositing THC metabolites in your bladder when you're about to give someone a urine sample. And by now, hopefully you've cleared out some fat cell space to act as a buffer and store THC – instead of having your body burn it.

