



24

Hour

Fat Flush

Plan

Written by: *Anthony Alayon*

Anthony Alayon Presents

24 Hour

Fat Flush

Plan

**How to Use the “24 Hour Fat Flush Diet” to
Supercharge your Diet Efforts with
Warnings and Precautions**

Copyright © 2016 Anthony Alayon

All Rights Reserved

24 Hour Fat Flush Plan

The 24 Hour Fat Flush Diet:

How to Safely Use it to Supercharge Your Diet Efforts

There are many authors, dieticians, nutritionists and even doctors (e.g. Dr. Oz) that advertise products for dieters that find themselves in a somewhat desperate situation where they need to lose weight quickly or compensate for not eating that well in the past. Detoxification diets focus on a broader type of dieter psychology: those that have maintained a poor diet for a longer period of time along with the ingestion of possible other substances that are known poisons to the body (smoking, drinking alcohol, etc.).

For the first time in the history of the world every human being is now exposed to dangerous chemicals, from the moment of conception until death. These substances after having entered the body by whatever means are known as “xenobiotics,” chemical substances which are foreign to the biological system (Gene Bruno, n.d.). It is estimated that there are about 80,000 toxic chemicals in our modern environment that have never been tested for their toxic effects on our health! (NRDC, n.d.) Refining and processing foods strips them of considerable nutrients essential to the body’s natural detoxification process abilities. If you have been eating many of such foods, it is likely you have thought about trying out a detoxification plan of some sorts.

24 Hour Fat Flush Plan

Warnings

Much is written in books and the internet about the “ineffectiveness of detox diets”. The 24 Hour Fat Flush Diet can be considered a detox diet, so it can be included in this dieting category. There are doctors and scientists that will argue against it for a variety of reasons.

- High level of effort
- Cause lightheadedness and/or dizziness
- Decreases energy levels – makes you feel weak
- Can cause low blood sugar which has concerning implications if you have certain illnesses like Diabetes
- Has no greater effect than fasting with water (this is not true for reasons below)
- May give you muscle aches, nausea and not surprisingly, considerable hunger. (Kathleen M. Zelman, 2013)

Just as many more articles and blogs are written about the benefits of detox diets. According to many sources, detoxing your body with a plan such as The 24 Hour Fat Flush Diet can:

- Benefit major organs where toxins tend to store such as the liver and stomach
- Improve the function of various body organs, even after the “flush” is over
- May make you feel “lighter” and have more energy
- Increase your body’s immune system
- Lowers risk of cancer
- Clears your blood, helping it circulate better. (What Are the Benefits of Detoxing Your Body?, 2015).

Which is correct?

24 Hour Fat Flush Plan

Cautions

To answer this question, let's break down the differences between fasting (as several doctors suggest are just as beneficial), going on a simple calorie restricted diet, and The 24 Hour Fat Flush Diet.

First thing's first. Most of us know what fasting is: it is simply the voluntarily not eating food for varying lengths of time (The Free Medical Dictionary, n.d.). A simple calorie restricted diet in this context means to simply eat fewer calories per day than has been eaten in the past. You do this without regard to food types or times eaten over a certain. But what is The 24 Hour Fat Flush Diet?

The 24 Hour Fat Flush Diet is a combination of two “detox drinks” with the following ingredients:

Drink #1:

- 8 oz. Hot lemon water with juice of ½ lemon (Louise, 2012)

Drink every other hour, intermixing with:

Drink #2:

- 8 oz. unsweetened cranberry juice
- 8 oz. unsweetened pomegranate juice
- 7 cups water
- ½ cup fresh orange juice
- ½ teaspoon cinnamon
- ¼ teaspoon ground ginger
- pinch ground cloves

Mix the above to boiling. Simmer and drink every other hour.

Fasting uses up all glycogen in six hours causing the brain to conserve it,

24 Hour Fat Flush Plan

producing many cognitive as well as physical problems. In as few as 24 hours the body starts to erode. “In an effort to save glucose for the brain, the body starts to dissolve itself, turning muscles into glucose (Gill, 2014).” Compared with The 24 Hour Fat Flush Diet none of these effects occur as the body is getting 33 grams of carbohydrate from one serving of the pomegranate juice, orange juice provides 26 grams and 31 grams of carbohydrates come from the cranberry juice, all of which protect the brain from having to get its glucose by other, dangerous means.

You cannot compare the effects of the “calorie restricted diet” to The 24 Hour Fat Flush Diet as the calorie restricted diet is meant to be executed in a much longer time frame than 24 hours. However, neither presents the potentially dangerous effects of especially lengthy fasting.

If administered for more than 24 hours, both the 24 Hour Fat Flush Diet and fasting do not meet the body’s daily energy needs because there aren’t enough calories and nutrients for either to be sustainably able to keep the body healthy. However, of the two, the 24 Hour Fat Flush Diet is much safer because it protects dangerous body erosion processes.

In the 24 Hour Fat Flush Diet, the carbohydrate levels in the recipe are enough to keep the brain and body protected and functioning well for about a day. On a normal basis, most people need much more - at least 130 grams just to keep you functioning - and even more for peak health (Normal Carbohydrate Intake per Day, 2015). These should come from a variety of liquid and solid foods.

Carbohydrates are the body’s main source of fuel and a proper balanced diet should be followed after the 24 Hour Fat Flush Diet detox. The 24 Hour Fat Flush Diet delivers only 90 grams of carbohydrates and is meant to be used only for a 24 hour detox strategy. You should avoid doing this for more than 24 hours or you can become weak, lethargic, unable to focus and even start the body erosion processes once the body enters fasting mode. Also, because the the detox juice

24 Hour Fat Flush Plan

is acidic, it can impact your tooth enamel if done for too long.

If not followed properly, the 24 Hour Fat Flush Diet can decrease your ability to engage in some normal activities that require high energy levels. For example, never mix the 24 Hour Fat Flush Diet use before athletic events for obvious reasons.

24 Hour Fat Flush Plan

Uses

The 24 Hour Fat Flush Diet can be great when you are looking to appear as thin as possible as quickly as possible. Sometimes life throws an unexpected event at you and you need to appear at a reunion, or you have an impromptu trip to the beach. It's a great way to detoxify before starting a healthy eating plan as well. You may also find it useful if for some reason you are unable to eat your normal diet such as after surgery or dental work.

Long-term Strategy and Use

This diet is not meant to last more than 24 hours. It is meant to jumpstart your weight loss and detoxification goals only. Therefore, the 24 Hour Fat Flush Diet should only be performed about every other month - at a maximum.

Effectiveness

The 24 Hour Fat Flush Diet will have the following positive effects:

- You could learn about a food that is causing you problems and that you shouldn't eat. Going on a very short detox diet like the 24 Hour Fat Flush Diet will calm your stomach and give you a chance to possibly pinpoint a food you've been eating that doesn't agree with you.
- Avoid overeating in the future. Your metabolism will slow. Although short in duration, the 24 Hour Fat Flush Diet will cause your digestive system to slow down such that when you begin eating again you'll be less likely to overeat or "binge" eat.
- You'll lose weight. The weight you lose will be mostly water because there is a lot of water with glycogen stored in your muscles that The 24 Hour Fat

24 Hour Fat Flush Plan

Flush Diet will put to use. However, if you go back to overeating after the 24 Hour Fat Flush Diet, you will of course put that weight right back on, negating the effects of your efforts.

- Your appetite after the 24 Hour Fat Flush Diet will be calmer. You will experience less hunger and cravings for junk foods after the diet. Returning to normal food after the 24 Hour Fat Flush Diet can make it easier to stay on an effective and safe long-term calorie restricted diet that can help you lose weight and keep it off long term. If you're serious about starting a healthy diet, the 24 Hour Fat Flush Diet is one of the best ways to begin.
- You may have slightly more energy. Depending on the content of your diet before doing a 24 Hour Fat Flush Diet, the extra carbohydrates in the drinks can boost energy for short periods. You may also experience a heightened sense of well-being because of the extra nutrients you'll be ingesting.
- You can heal cells in your body. Even though this diet is for only 24 hours, eating the organic, plant-based ingredients in the 24 Hour Fat Flush Diet allows cells to work optimally to re-establish efficient internal messaging and manufacturing processes.

You can also improve the effectiveness of the 24 Hour Fat Flush Diet by adding probiotics, usually in a simple pill form, that will provide beneficial bacteria (or friendly flora or "gut bugs") that are well known to fight yeast, combat disease-causing bacteria, help clean out parasites, and break down toxins. Probiotics have a known positive correlation to weight and weight loss (Ann Louise Gittleman, 2003).

24 Hour Fat Flush Plan

Daily Plan

According to the original author (Gittleman, 2012), The 24 Hour Fat Flush Diet involves skipping solid food for 24 hours and alternating between the Drink #1 and Drink #2 recipes above.

During this diet, forget about the concepts of Breakfast, Lunch and Dinner. Upon awakening, start with 8 ounces of the lemon Drink #1, then alternate with Drink #2 every two hours. For example:

7:00 AM	<i>Drink #1</i>
9:00 AM	<i>Drink #2</i>
11:00 AM	<i>Drink #1</i>
1:00 PM	<i>Drink #2</i>
3:00 PM	<i>Drink #1</i>
5:00 PM	<i>Drink #2</i>
7:00 PM	<i>Drink #1</i>
9:00 PM	<i>Drink #2</i>
11:00 PM	<i>Drink #1</i>

Following the above plan you'll begin and end the day with the hot lemon drink.

Additional important considerations:

- Be sure you perform this diet in a relatively stress-free environment and reduce responsibilities if possible
- Try to be able to rest or nap at any time during the 24 hour period. Use weekends for example. The 24 Hour Fat Flush Diet is known to cause light-headedness and even dizziness so it's safest to assure you're in a place to accommodate the rest that you might require.

24 Hour Fat Flush Plan

- Avoid driving or operating machinery.
- Consider activities that might take your mind off hunger. Plan an agenda to stay busy during waking hours of the 24 hour diet period.
- Try to avoid strenuous exercise. Exercise consumes greater levels of glucose and this diet already has the body glucose depleted.

24 Hour Fat Flush Plan

Conclusion

The 24 Hour Fat Flush Diet is a great place to start if you want to look slim instantly for an important event or greatly reduce the bloating you have been feeling from long periods of not eating well. It's a great way to jump-start a new diet or detox before embracing a new healthy lifestyle and weight-loss routine. Just as a rocket burns most of its fuel just getting off the ground and into the atmosphere, the 24 Hour Fat Flush Diet can have the same effect on your new resolve to diet. Too often, starting a slow, calorie restricted diet gives you minimal motivation to continue in the beginning, but after experiencing the 24 Hour Fat Flush, you gain extra momentum and are much more likely to stick to a weight loss plan for the long haul. You will get on the right path to finally lose all the weight you wanted because of the "blast" the 24 Hour Fat Flush Diet gave you to get started!

24 Hour Fat Flush Plan

Bibliography

(n.d.). Retrieved from The Free Medical Dictionary: <http://medical-dictionary.thefreedictionary.com/fasting>

24 Hour Fat Flush Diet Plan. (n.d.). Retrieved from Diet Bites: <http://www.dietbites.com/Weight-Loss-Tips/133.html>

27 Things a Juice Cleanse Does to Your Body. (n.d.). Retrieved from EatThis.com: <http://www.eatthis.com/juice-cleanse-effects>

Ann Louise Gittleman, P. C. (2003). *Refining Fat Flush.* Retrieved from Total Health Magazine: <http://www.totalhealthmagazine.com/Diet-and-Nutrition/Refining-Fat-Flush.html>

Gene Bruno, M. M. (n.d.). *Detoxification: Dietary Supplements to Support & Promote the Process – Informed Opinion.* Retrieved from Natural Health Research Institute: <http://www.naturalhealthresearch.org/detoxification-supplements/>

Gill, M. (2014, June 17). *Fasting is good for you, up to a point. Then it gets really dangerous.* Retrieved from The Telegraph: <http://blogs.telegraph.co.uk/technology/marthagilltech/100013829/fasting-is-good-for-you-up-to-a-point-then-it-gets-really-dangerous/>

Gittleman, A. L. (2012, December 27). *24-Hour After Christmas Cleanse.* Retrieved from <http://annlouise.com/>: <http://annlouise.com/2012/12/27/24-hour-after-christmas-cleanse/>

Kathleen M. Zelman, M. R. (2013, December 4). *The Truth About Detox Diets.* Retrieved from WebMd: <http://www.webmd.com/diet/a-z/detox-diets>

24 Hour Fat Flush Plan

Louise, A. (2012, December 27). *24-Hour After Christmas Cleanse*. Retrieved from Ann Louise: <http://annlouise.com/2012/12/27/24-hour-after-christmas-cleanse/>

Normal Carbohydrate Intake per Day. (2015, November 3). Retrieved from LiveStrong.com: <http://www.livestrong.com/article/512044-normal-carbohydrate-intake-per-day/>

NRDC. (n.d.). *Natural Resources Defense Council*. Retrieved from nrdc.org: <http://www.nrdc.org/health/toxics.asp>

Scientist dismisses detox diets. (2007, December 29). Retrieved from BBC News: <http://news.bbc.co.uk/2/hi/health/7164030.stm>

What Are the Benefits of Detoxing Your Body? (2015, April 30). Retrieved from LiveStrong.com: <http://www.livestrong.com/article/18969-benefits-detoxing-body/>