

THE BLOOD SUGAR SOLUTION

10-DAY  
DETOX  
DIET  
DAILY  
JOURNAL



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By Dr. Mark Hyman

THE BLOOD SUGAR SOLUTION

# 10-DAY DETOX DIET

DAILY JOURNAL



# The Detox Journal

The simple act of writing down your experiences and feelings in an unfiltered way has been proven to reduce stress and double the results of any weight loss or behavior-change program. Journaling is one of the most effective ways to break the cycle of mindless eating and process your thoughts and emotions in a proactive, healthy way rather than stuff them down with bad foods and bad habits. As I often say, a diet of words and self-exploration often results in weight loss. Writing helps us metabolize our feelings and track our calories better. Plus, it keeps us honest and accountable to ourselves, which is crucial for success.

Each morning of your 10 days, I want you to record your progress, and each evening, you'll have specific questions tied to that day's focus to reflect upon. Please don't underestimate or skip this important part of the program.

## Align Your Mind and Intentions

During your preparation, your Detox Journal will be your lifeline for rooting out the mental obstacles, beliefs, and attitudes that can sabotage your success. The goal is to bring awareness to what stands in your way, and consciously shift your focus to what you want and what you know you can accomplish.

Set aside time when you can fully focus, and write what comes to mind in response to the questions on page 5. The key action here is to *write*; just mentally noting the answers doesn't hold you accountable or have the same effect. If other thoughts and feelings emerge, write those down, too. The simple act of writing down your inner dialogue can be transformative. Turn to your Detox Journal and answer the questions that will help you align your mind and intentions and give the best chance for success with the 10-Day Detox Diet.

Why am I doing this Detox?

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What is my dream for my body and my life that the 10-Day Detox will make possible?

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What are three specific goals I have for these 10 days?

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## What are the top three things that hold me back from losing weight?

For example, emotional eating, sugar addiction, choosing poor-quality foods, busy life, food pushers who encourage bad habits, fear of failure and fear of success.

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## What beliefs do I have that might be holding me back?

For example, “I’ve tried before and failed” or “losing weight is too hard” or “I don’t deserve to give myself this much time and attention.”

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## What is my relationship with food, and how would I like to nourish myself?

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How does being overweight or sick diminish or detract from my happiness and from fulfilling my life's purpose?

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How do I see my life changing by learning to nourish and take care of myself properly?

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What positive experiences have I had in the past that resulted from eating well and practicing self-care and nurturing?

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# Day 1 | Satisfy

Take time today to think about the following. Write your answers. There is no wrong or right way to do this. Just write whatever comes to you.

How am I feeling today, physically?

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What thoughts and emotions are present for me today?

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What are my beliefs about my relationship to food? Am I in control?

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What false beliefs might I have about my cravings?

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What would my life look like if I were not addicted to sugar, coffee, or flour?

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How does envisioning that make me feel?

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## Day 2 | Detox

Take time today to think about the following. Write your answers. There is no wrong or right way to do this. Just write whatever comes to you.

How am I feeling physically?

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What thoughts and emotions are present for me today?

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What detox symptoms (if any) am I experiencing?

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How am I responding mentally and emotionally to these symptoms?

Are they making me feel frustrated, worried or motivated?

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Can I recognize that these feelings are just “the toxins talking” and nothing is actually wrong right now?

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Can I give myself permission to have a down day, to accept and allow the detox process to unfold?

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## Day 3 | Empty

Take time today to think about the following. Write your answers. There is no wrong or right way to do this. Just write whatever comes to you.

How am I feeling physically?

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What changes do I notice in my body?

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What thoughts and emotions are present for me today?

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## How often do I go to the bathroom?

Check in with yourself and take stock of your usual elimination habits.

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## Do I drink enough water and get enough fiber in my diet?

If not, what changes can I make going forward?

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## If I am eliminating regularly while on this program, how do I feel as a result?

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## Day 4 | Move

Take time today to think about the following. Write your answers. There is no wrong or right way to do this. Just write whatever comes to you.

How am I feeling, physically?

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What changes do I notice in my body?

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What thoughts and emotions are present for me today?

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What do I believe to be true about myself and my exercise habits?

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What has stopped me from getting in shape in the past?

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What new set of beliefs would serve me better and help me to get in shape?

For example, what would happen if I changed my belief that I don't have time—into a belief that I can make time for what's important to me?

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What are my top three reasons for getting in shape?

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What would my life look like if I were fit and healthy?

Is there anything about that image that worries or scares me?

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What kinds of physical activity have I always wanted to try?

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## How can I explore these activities?

Start with baby steps, do some research, get a DVD, try a beginner's class.

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## What practices can I put into place to keep me on track with my exercise routine?

For example, pairing up with a friend for daily walks, committing to a weekly fitness class, or setting small and specific exercise goals.

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## Day 5 | Listen

Take time today to think about the following. Write your answers. There is no wrong or right way to do this. Just write whatever comes to you.

How am I feeling, physically?

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What changes do I notice in my body?

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Have any challenging emotions surfaced for me today?

Am I sad, angry, lonely, depressed or frustrated?

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Do I have any insight into the source of those challenging emotions?

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How have I been using food to avoid dealing with feelings from the past?

To soothe stress? To numb myself? To give myself a reward?

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How might I handle difficult feelings in a more constructive way in the future?

For example: exercising, journaling, spending time doing a favorite activity, talking to a friend or a professional counselor, checking in with ***The 10-Day Detox Diet*** online community, or just being with loved ones can quickly stop a negative emotional spiral in its tracks and elevate mood. Other than food, what brings me joy and soothes me?

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Which of these activities could I put into practice right now?

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Do I need extra help or support to work through my old negative beliefs and unconscious behaviors?

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What positive emotions have surfaced for me today?

Am I feeling excited, proud or joyful?

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## Day 6 | Think

Take time today to think about the following. Write your answers. There is no wrong or right way to do this. Just write whatever comes to you.

How am I feeling, physically?

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What changes do I notice in my body since starting the Detox?

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What thoughts and emotions are present for me today?

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## What is my dream for my health and well-being?

Describe it in as much detail as possible. Articulate your vision of your ideal life, including what you look and feel like, where you will be, what you will be doing, and who you will be doing it with. Dream big!

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## What are my beliefs about my ability to achieve the weight and health goals I've set for myself? Do I think it is possible?

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## What do I believe stands in my way of achieving those goals?

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What mental evidence have I gathered to “prove” that self-defeating story?

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Can I entertain the possibility that these beliefs may not be the absolute truth?

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What positive beliefs would work better for me?

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## Day 7 | Nurture

Take time today to think about the following. Write your answers. There is no wrong or right way to do this. Just write whatever comes to you.

How do I feel physically?

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What changes do I notice in my body?

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What thoughts and emotions are present for me today?

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**What relaxes me most?**

Remember, we're talking about active relaxation, not passive.

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**How can I schedule these activities into my life on a more consistent basis?**

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**What events or circumstances in my life usually trigger stress?**

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## Day 8 | Design

Take time today to think about the following. Write your answers. There is no wrong or right way to do this. Just write whatever comes to you.

Today is about removing obstacles in the way of your success. It's about designing your life for optimal health and weight loss. I encourage you to write your plans down here in this workbook, because the simple act of writing it out will help you shift your behavior. Don't skip this important step!

**It's the key to your continued success.**

# Strategy | Creating a Detox-friendly Kitchen

Identify three things today that will help make your kitchen a better source of healthy, nourishing meals. Write out your plan below. Be as specific as you can—the clearer your plan and the more accountable you are to a timeline, the more likely you are to make it happen. Your written plan might look something like this:

My Healthy Kitchen Fixes	My Strategy	How/When Will I Make It Happen?
Make it easier to find and use my cooking utensils	Organize my pots and pans	This Saturday afternoon
Use smaller plates	Buy an inexpensive set of 8-inch dishes	Order these online tonight
Find some new recipes that my family likes	Read <i><b>The Blood Sugar Solution Cookbook</b></i>	Make one new recipe for family dinner on Friday night

# Strategy for Promoting Restful, Rejuvenating and Healing Sleep

Record below three ideas for designing a restful bedroom. Write a detailed plan for how and when you'll implement them. Remember, be as specific as you can. Your written plan might look something like this:

My Bedroom Adjustments	My Strategy	How/When Will I Make It Happen?
Remove clutter	Clean off my nightstand	Saturday afternoon
Make it quieter	Get noise-reducing curtains	Measure my windows and go to the home store next Sunday
No falling asleep with the television left on	Watch the evening news in the living room only	Every night this week

# Strategy: Make a Food Plan

Identify your top three food emergency time zones. Then, record below your strategy for having the right foods on hand so you'll be prepared to handle each one. Be specific: what foods can you buy or make ahead of time? How, when, and where will you purchase or prepare these foods? Your plan might look something like this:

My Trouble Time Zones	My Strategy	How/When Will I Make It Happen?
Mornings, when I am rushing to get to work	Make breakfast in advance	Cut up the ingredients for my Detox Shake tonight to have ready for tomorrow morning
Sunday, late afternoon, when I am too tired from weekend activities to make dinner	Prepare a bigger dinner Friday and Saturday nights so I have leftovers on Sunday	This Friday, I will cook ____, Saturday, I will make ____, and Sunday, we will enjoy the leftovers

You can also assemble what I call an “Emergency Food Pack” to carry with you so you’re never stuck without healthy options.

# Strategy: Plant Healthy Snacks in Your Environment

Write your specific plan below for where, when and what healthy foods you will plant in your environment. Your plan might look something like this:

Where I Need to Plant Healthy Snacks	What Snacks I Will Store There	When and How I Will Do So
My desk drawer at work	Raw almonds	Add an extra bag of nuts to my weekly shopping list every Sunday and bring them in every Monday morning
My carry-on bag when I travel	Salmon jerky, whole-foods protein bars, wild dried blueberries	Pin a note to the inside of my carry-on bag, so I remember to pack snacks
Around the house on weekends	Crudités and dip in the fridge	Make a batch of dip and cut up vegetables early Saturday mornings, after my morning walk

# Strategy: Steer Clear of Your Danger Zones

If the aroma from the bakery you walk past on your way to work is irresistible to you, walk down a different block. Put yourself—literally—on a path to health rather than temptation! Record below your top three danger zones and map out corresponding strategies for managing them and how/when you will make these happen. Like this:

Where I Am Most Likely To Be Tempted	What I Will Do To Ensure Healthier Choices	When and How I Will Do So
Driving to work, passing my favorite coffee shop	Bring herbal tea with me in the car	Put the tea bag in a travel mug the night before and make sure there is water in the teapot ready to go
Vending machine at work	Pack a lemon or lime with my lunch for my water	Keep a bag of lemons next to my lunch bag in the fridge at work
Airports	Bring my emergency pack	Put a note on the fridge to remember to bring it with me

# Strategy: Protect Your Health Bubble in Social Situations

Identify your top three social situation temptation zones and write out your specific plan below to protect yourself in each of those situations.

My Temptation Zone	My Strategy	How/When I Will Make It Happen?
Dinner parties	Offer to bring one healthy dish I will eat	In three weeks, when we are going to the Smith's house for dinner
Out to dinner with my family	Ask my family to support me in my weight-loss efforts (and respect my decision not to share desserts with them). Better yet, I'll pick the restaurant.	This Friday night
Friday lunch meetings at work	Bring my own lunch so I am not tempted by the platters	Prepare lunch in advance every Thursday night

# Strategy: Make Exercise Easy

Identify the top three obstacles that get in the way of your daily exercise routine. Is it having easy access to clean exercise clothes? Is it bad weather? Make a backup plan for your daily walk on those days when being outside is not an option. For example, use the treadmill at a gym or try a workout DVD. Be prepared. Write out your plan below for staying active, no matter what obstacles may get in your way.

My Exercise Obstacle	My Strategy	How/When I Will Make It Happen?
Inclement weather	Use the treadmill at the gym	Next rainy day
Lack of time	Build 30-minute exercise routine into my daily schedule as a permanent commitment	Input this into my electronic calendar so the time is automatically blocked off

# Strategy: Keep Your Supplies for Self-Nurturing Practices Always Ready

Think about what gives you peace and triggers your relaxation response, then design a plan to do those practices regularly. Write down below your self-nurturing strategies and set up your day and your environment to make sure you continue doing them.

My Self-care Plan	My Strategy	How/When I Will Make It Happen?
Take a nightly UltraDetox Bath	Keep the Epsom salts, lavender oil, baking soda and candles visible	Set a timer on my phone with an alert saying, "relax."
Take-five Breathing Break	Breathe deeply before every meal	Put a note in the silverware drawer to remind me

## Day 9: NOTICE

Take time today to think about the following. Write your answers. There is no wrong or right way to do this. Just write whatever comes to you.

# Strategies for Awareness

Be sure you have recorded the following every day during the **10-Day Detox Diet**. I also encourage you to begin a new Transition Journal once the 10 days are over. Be as specific as possible:

## Measurements\*

- Weight
- Waist
- Hips
- Thighs
- Blood sugar
- Blood pressure

## Actions\*

- Log what went in your mouth (what foods or drink and portion size) and how you felt after eating it, both immediately and a few hours later
- Track how much and what exercise you did, and how you felt after
- Track how many hours of sleep you got and how it affected you the next day
- Note what relaxation practices you did (breathing exercises or UltraDetox Bath) and how you felt after

\*Use the Daily Health Tracker for these numbers

## Reflection

What do you notice about how you look and feel physically?

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What do you notice about your moods and emotions?

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What do you notice about your energy levels?

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What do you notice about your thoughts (what you're focused on or how your thinking patterns appear to be changing)?

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## Day 10: CONNECT

Take time today to think about the following. Write your answers. There is no wrong or right way to do this. Just write whatever comes to you.

How do I feel physically?

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What thoughts and emotions are present for me today?

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What changes in my body do I notice?

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With whom might I form a support group?

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Where in my life, or at the periphery of my life, do healthy communities exist?

Where in my life might there be a latent community waiting for me to mobilize it?

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What keeps me from reaching out to others for support and connection?

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# TRANSITION PHASE: YOUR EXIT INTERVIEW

Answer these questions honestly and as thoroughly as possible:

What have I learned about my body over the past 10 days?

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What did I notice or discover about my relationship to food?

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What did I notice about my energy levels?

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What did I notice about my sleep (amount and quality) and how did it affect me the following day?

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How did I effectively handle difficult or challenging moments?

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Which practices did I enjoy the most and why?

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Which practices do I want to continue, and how will I implement them?

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What benefits did I get from the community support?

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What do I want for myself going forward?

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