

## Body Phase Challenges

In the Body phase, you need to continue the challenges you started in the Prep phase, and add additional Body phase challenges in each of the four challenge areas:

- R1 Remove the Source
- Challenge Diet Challenge
- Exercise Challenge
- Emotions Challenge

While we suggest some specific challenges for you, your TCD practitioner may customize the challenges specifically for your needs.

### R1 Remove the Source Challenge

In the Prep phase, we asked you to remove at least one toxic source from your life. In the Body phase, you will continue to keep that toxic source, or sources, out of your life, and double-down to remove more toxic sources out of your life.

**Continue:** Removing the toxic source you selected in the Prep phase.

**Start:** Removing an additional toxic source from your life. Read the Toxic Top 10 article for ideas. Pick another toxic source to remove.

**Continue:** Rating your compliance in your weekly journal.

### Diet Challenge

In the Prep phase, we asked you to eat only three times a day. So, in the Body phase, we want you to continue to eat only three meals a day, until it becomes a true habit for you. And, we want you to shorten your eating window. Shortening your eating window increases the amount of time your body is fasting. A longer fasting period consumes the glycogen, or sugar, stores in your body. This forces your body to become a fat burner rather than a sugar burner. When your body is burning fat rather than sugar, cellular inflammation is reduced.

- **Definition: Eating Window**

- The time period during the day when you eat.
- Example: First meal: 7 AM; Last meal: 7 PM; Eating Window = 12 hours
- Your Eating Window: First Meal: \_\_\_\_\_ Last Meal: \_\_\_\_\_ Eating Window: \_\_\_\_\_ hours

Your challenge is to reduce your eating window to at most ten hours. If your eating window is already at ten hours or below, reduce it by one hour more. Never go below four to six hours.

- **Continue:** Eating only three meals a day: breakfast, lunch, and dinner.
- **Start:** Reducing your eating window to, at most, 10 hours a day.
- **Continue:** Rating your compliance in your weekly journal.

### Exercise Challenge

In the Prep phase, your exercise challenge was to walk for at least fifteen minutes each day. If you were doing more than that, such as running, for a longer duration, say thirty minutes, your challenge was to keep doing what you were doing.

In the Body phase, continue with your Prep phase exercise. And add a fun activity.

- **Definition: Fun Activity**
- A physical activity that makes you smile, laugh, and be happy.
- Examples: Playing frisbee, riding a bike, throwing a football around, jumping rope, and playing tag with your kids

Your challenge is to add at least one fun activity each week to your exercise routine.

- **Continue:** Walking at least 15 minutes per day, or keep doing what you've been doing.
- **Start:** Engaging in at least one fun activity each week.
- **Continue:** Rating your compliance in your weekly journal.

## Emotions Challenge

In the Body phase we start an emotions challenge. Emotional stressors can lead to anxiety and lack of sleep. This may influence the detoxification process. In the Body phase, we will start you off with a very simple emotions challenge, a personal affirmation.

- **Definition: Personal Affirmation**
- A short, positive statement that you repeat out loud at least once a day. Most people repeat it once in the morning, after waking up, and once in the evening, before going to bed. You can say this affirmation as often as needed throughout the day.
- Example: I set goals and reasonable timelines to accomplish my plan, by being focused on using my gifts and talents, creating an exceptional life.

Your challenge is to write a personal affirmation and recite it daily. Use the Personal Affirmation worksheet to help you write your personal affirmation.

- **Start:** Reciting your personal affirmation at least once a
- day. **Continue:** Rating your compliance in your weekly journal.