



**GET OFF YOUR**

**ACID**

**2 DAY  
DETOX**

“EVERY TIME YOU PUT A PIECE OF FOOD IN  
YOUR MOUTH, YOU ARE CHOOSING TO FIGHT DISEASE OR FUEL IT!”

*-DR. DARYL GIOFFRE*

# WELCOME TO THE **ALKAMIND 2-DAY DETOX**

Congratulations on your decision to optimize your health and take your energy to the next level!

My name is Dr. Daryl Gioffre, CEO and Founder of Alkamind, and I am 100% committed to your success.

Failure is simply not an option!

The detox is going to help you boost energy levels, quickly detox and reset your body, lose weight, and ignite your metabolism!

I'm here to support you every step of the way during your 2-Day Detox, and as you transition off your detox, back into your regular life.

And I have to tell you, **there is NOTHING more important than HOW you transition OFF your detox**, and here is where most people go wrong.

This guide has everything you need to know to make this your BEST experience possible, from your Detox Daily Protocol, to all of the recipes you'll need for your detox (that are super easy and quick to make!).

But before you dive in, here are a few things I'd like you to do before you get started to ensure you get your BEST results...

## PRE-DETOX KICKOFF CALL



In this recording, I share with you best detox tips for you to get your best detox results. This is followed by a live Q & A, my favorite part of the call, with some incredible questions you sure don't want to miss! Click the audio player to listen.



## JOIN OUR PRIVATE VIP **FACEBOOK GROUP** FOR **DETOX & CLEANSE MEMBERS ONLY!**

You will gain immediate access to our private Facebook group with nearly 1,000 members. Join Dr. Daryl, and other 2-Day Detox and 7-Day Cleanse warriors to share wins, favorite recipes, challenges, and post questions.

Before you do anything else, click 'facebook' to join our VIP group.

**facebook** | join our group +

# DAILY TIMELINE

7-8 am

**Rise & Shine Hydration & Breathing:** Lemon Water (12-16 oz.) or Detox Tea (Lemon/Ginger/Turmeric); 3:6:5 Power Breath

8-9 am

**Green Drink (optional but highly recommended):** Alkamind Daily Greens (1 scoop or single-serve packet)

9-10 am

**Breakfast Smoothie:** Acid Crusher Detox Smoothie (or 3 other options)

10-11 am

**Hydration:** Lemon Water (12-16 oz.)

11-1 pm

**Lunch:** Raw Detox Soup (choose 1 of 3 options)  
\*note - I prefer raw, but there is 1 hot detox soup as an option

1-2 pm

**Hydration:** Lemon water (12-16 oz.)

2-3 pm

**Mid-Afternoon Smoothie:** Acid Crusher Detox Smoothie

3-4 pm

**Hydration:** Lemon Water (12-16 oz.)

4-5 pm

**Green Drink (optional but highly recommended):** Alkamind Daily Greens (1 scoop or single-serve packet) or Wheatgrass Shot

5-7 pm

**Dinner:** Super Green Detox Salad

7-8 pm

**Hydration:** Lemon Water (12-16 oz.)

30 min  
BEFORE BED

**Minerals Drink** (optional but highly recommended):  
Alkamind Daily Minerals (1 scoop or single-serve packet)



# LET'S GET STARTED!

## 7-8 am Rise & Shine Hydration & Breathing: Lemon Water (12-16 oz.) or Detox Tea (Lemon/Ginger/Turmeric); 3:6:5 Power Breath

### DETOX TEA (Ginger/Turmeric/Lemon) [Serves 4]

Lemon, Ginger, and Turmeric are one of the most powerful healing combinations you will find. I also call this the 'anti-inflammatory tea' as it lowers system inflammation resulting from an over acidic lifestyle.

In addition to its powerful anti-inflammatory effects, this tea is an antioxidant, anti-infective and a lymph system cleanser. It's perfect to jump-start your weight loss, boost your immune system, and it even has cancer fighting components.

The Detox Tea is easy to make, and a great way to begin your day, and can be a good alkaline substitute for any coffee drinkers. If you are not making the Detox Tea which we highly recommend, be sure to drink a glass of water with lemon.

## INGREDIENTS

16-20 oz. of water  
1-inch of organic turmeric root  
1-inch of fresh ginger root  
1 lemon slice  
Pinch of black pepper  
Optional: Pinch of cayenne pepper



Bring a pot of water to a boil. While water is boiling, peel the turmeric and ginger and dice it into small pieces (the smaller the better). Once boiling, remove pot of water from heat. Next, add turmeric, ginger, and black pepper into the pot with water and simmer for at least 10 minutes (the longer you simmer, the more potent and concentrated the Detox Tea will be). Squeeze a lemon slice into the cup and enjoy (note – if the lemon is organic, you can drop the entire slice in your cup. If not organic, just squeeze the juice. Store leftovers in the fridge in an airtight container for a healthy cold Detox "Iced" Tea.



# 3:6:5 DEEP BREATHING POWER BREATH

Did you know that 70% of the toxins inside of your body are removed through the lungs? Breathing is an essential element to life, and yet today we're using less and less of our lung capacity.

Think about it – when you're stressed is your breath deep or shallow? You'd be surprised how often we hold our breath, depriving ourselves of oxygen which alkalizes your blood, while at the same time, trapping one of the most pervasive acids in your body, carbon dioxide gas, or CO2.

Think about your car as an analogy. The gas is the fuel (oxygen in when you inhale) and the carbon monoxide is the exhaust (CO2 out when you exhale). If you block your exhaust pipe, what happens? That's right. The carbon monoxide backs up inside your car, you choke on your own exhaust, and you die.

There is no difference when you don't breathe (or breathe shallow). We are choking on our own exhaust, and it is killing us slowly...so don't let that happen by doing the 3:6:5 Power Breath!

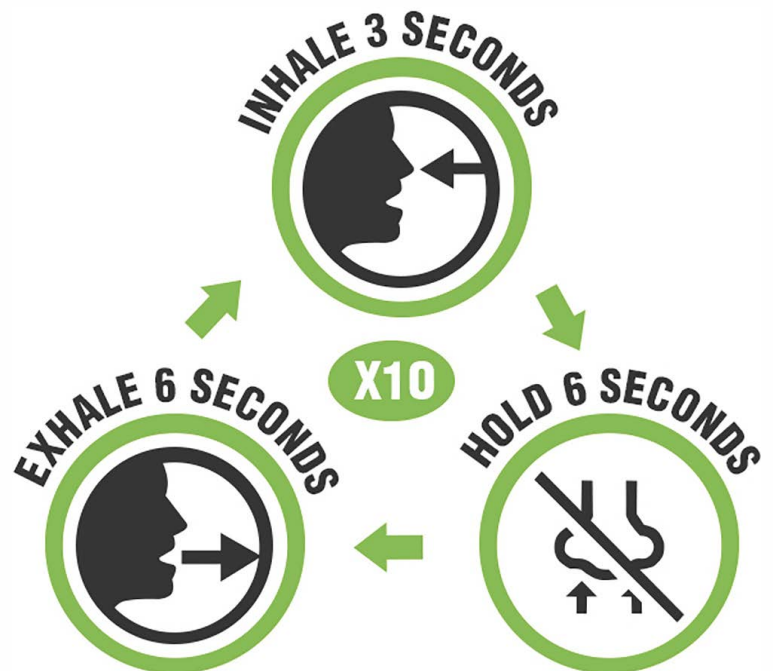
## HERE IS HOW IT WORKS:

- Breathe in through your nose for 3 seconds
- Hold breath for 6 seconds
- Breathe out your mouth for 5 seconds

Do 10 repetitions, at least once, ideally three times daily.

At the very least, I recommend practicing this deep breathing exercise in the morning to energize your lymphatic system and jump-start your day.

## 3:6:5 DEEP BREATHING POWER BREATH



# LETS GET STARTED!

**8-9 am**

**Green Drink** (optional but highly recommended):  
Alkamind Daily Greens (1 scoop or single-serve packet)

Made from **27 nutrient-dense, alkaline superfoods**, Alkamind Daily Greens are **rich in chlorophyll, vitamins, alkaline minerals, and anti-oxidants**. Alkamind Daily Greens are quickly absorbed into your blood, which is why you'll quickly start feeling the health and energy benefits. In addition, they help you fight fatigue, improve digestion, and help with weight loss. One scoop is equivalent to 5 servings of organic greens with a light, refreshing peach taste.



**9-10 am**

## Breakfast Smoothie

Below you will find 4 smoothie options. I prefer you to use the 'Acid Crusher Detox Smoothie', but if you are on medications, you cannot have grapefruit. There are 3 other detox smoothies as an alternative.

### ACID CRUSHER DETOX SMOOTHIE [Serves 1]

## INGREDIENTS

**1 whole cucumber, peeled**  
**1 grapefruit, red or pink, peeled**  
**1/2 bunch cilantro**  
**Optional:** Add for flavor a pinch of sea salt  
(Celtic Grey, Himalayan, Redmond Real Salt)  
**Vanilla Extract**  
(I recommend Medicine Flower, 2 drops)

Thoroughly wash all produce. Blend and enjoy!

**Note:** You can double the amount and store in an airtight container for your afternoon smoothie.



## GREEN MINT DETOX SMOOTHIE [Serves 1]

### INGREDIENTS

**1 cucumber, peeled**  
**6-8 leaves romaine** (or large bunch spinach)  
**1 cup coconut water** (or filtered water)  
**1 lime, freshly squeezed**  
**1-inch fresh ginger**  
**1 bunch fresh mint leaves**  
**Optional:** organic stevia or 1 date  
**Optional:** handful of ice

Blend and enjoy!



## DR. GREEN DETOX SMOOTHIE [Serves 1]

### INGREDIENTS

**1 handful of spinach**  
**1/2 lemon, peeled**  
**1-inch fresh ginger**  
**1/2 cucumber, peeled**  
**1 small handful of cilantro**  
**1 small handful of parsley**  
**1 cup of filtered water** (or coconut water)  
**Optional:** organic stevia or 1 date  
**Optional:** handful of ice

Blend and enjoy!



## GINGER CILANTRO DETOX SMOOTHIE [Serves 1]

### INGREDIENTS

**1 cucumber, peeled**  
**1 cup fresh cilantro leaves**  
**1-inch fresh ginger**  
**1 lemon, peeled**  
**1 pear** (or green apple)  
**1 cup filtered water** (or coconut water)  
**Optional:** organic stevia or 1 date  
**Optional:** handful of ice

Blend and enjoy!





**10-11 am**

## Hydration



### LEMON WATER (12-16 OZ.)

Squeeze a large lemon slice in your water, but do not drop the actual lemon slice into the water. While lemons are citric acid, they are high in minerals and low in sugar and have an alkalizing effect inside your body.

## 11-1 pm LUNCH: Raw Detox Soup (choose 1 of 3 options)

Below you will find 3 delicious, raw, alkaline soups. Raw is my preference on this program. For whatever reason you want a hot soup, I added an option for you.

### 1. CHILLED GREEN DETOX SOUP [Serves 4]

## INGREDIENTS

**2 cups of filtered water**  
**2 medium cucumbers, chopped**  
**1/2 bunch of favorite greens**  
(kale, spinach, arugula, Swiss chard)  
**2 celery stalks**  
**1/4 cup lemon juice, fresh squeezed**  
**1/4 cup extra virgin olive oil**  
**1 clove garlic**  
**1 tsp. sea salt**  
(Celtic Grey, Himalayan, or Redmond Real Salt)

Blend at high speed to desired consistency, eat right away or serve chilled. Garnish with basil, paprika, or cayenne.





## 2. ULTIMATE GAZPACHO [Serves 4]

### INGREDIENTS

- 4 large tomatoes
- 1 red bell pepper
- 1 cucumber
- 1/2 red onion
- 1/4 cup fresh cilantro
- 1/4 cup fresh parsley
- 2 large cloves garlic
- 1/2 lime, fresh squeezed
- 1 lemon, fresh squeezed
- 3 tbsp. extra virgin olive oil
- 1 tsp. sea salt or more to taste (Celtic Grey, Himalayan, or Redmond Real Salt)
- 1 tsp. black pepper (add more to taste)

'Pulse Blend' everything in a food processor with the "S" blade, leaving it slightly chunky or smooth, whichever you prefer.

### INGREDIENTS

- 4 cups filtered water
- 1 bunch spinach (chopped to fit in blender)
- 1/2 bunch basil (about 2 cups loosely packed)
- 1/4 small red onion
- 1 medium cucumber
- 1 medium tomato
- 2 celery stalks
- 1/2 cup pine nuts
- 1/4 cup extra virgin olive oil
- 1 clove garlic
- 1 tsp. sea salt (Celtic Grey, Himalayan, or Redmond Real Salt)
- Optional:** Pinch of cayenne

Blend at high speed to desired consistency, eat right away or serve chilled.

## 3. SPINACH BASIL ALKALINE SOUP [Serves 4]





## SLIMMING DETOX VEGETABLE SOUP [Serves 2-4]

### INGREDIENTS

3 large containers of organic vegetable broth  
4 large carrots  
4 stalks celery  
3 medium yellow onions  
1 clove garlic, minced  
1 bunch fresh string beans  
½ head of cabbage  
5 fresh plum tomatoes, chopped (or, if you don't have access to fresh, use 1 large can of plum tomatoes, drain juice)  
1 to 2 cans cannellini beans, drained  
1 large bunch of spinach  
3 tbsp. extra virgin olive oil  
Sea salt and black pepper to taste

Cut all vegetables into bite size pieces. In large soup pot add extra virgin olive oil and garlic. Cook until golden brown. Add onion, celery and carrots. Cook for about 5 minutes, then add string beans, and cook for another 5 minutes.

Next, add vegetable broth and plum tomatoes, and simmer for 20 minutes or until vegetables are tender. Then add cabbage and cannellini beans, cook for about 5 minutes or until cabbage is wilted and tender.

Add spinach just before serving. Add sea salt and black pepper to taste.

Note: Any other vegetables may be added according to personal preference. Garbanzo beans may be substituted for cannellini beans if desired.



## 1-2 pm Hydration

LEMON WATER (12-16 OZ.)

## 2-3 pm Mid-Afternoon Smoothie

ACID CRUSHER DETOX SMOOTHIE (Use recipe from page 5)

## 3-4 pm Hydration

LEMON WATER (12-16 OZ.)



**4-5 pm**

## **Greens Drink** (optional but highly recommended): Alkamind Daily Greens (1 scoop or single-serve packet) or Wheatgrass Shot (if available)

### **IF CHOOSING WHEATGRASS SHOT**

Ever wonder what those grassy tasting green shots are supposed to do for you?

**These grasses contain vitamins like C, E, and K, and are one of the most powerful sources of chlorophyll on the planet.**

They are a powerful blood builder and blood cleanser, and are a great addition to your Get Off Your Acid 2-Day Detox.

Wheatgrass can be hard to digest because of its high cellulose content, so start small when adding it to your detox.



I also do NOT recommend doing it as one full shot. Again, this can be too harsh on your digestive system.

Instead, take a sip, squish it around your mouth for 30 seconds to let the per-digestive enzymes help out, then swallow. Do that again, and again, until the entire wheatgrass shot is consumed. You can also lick a little cinnamon like a chaser when you are done to help out with the taste (kind of like the salt or sugar after a tequila shot).

**SUPER GREEN DETOX SALAD****Pick a base (mixing allowed)**

Spinach, Romaine, Kale, Swiss chard, Watercress, Arugula, Butter Lettuce, Mesclun

**Add 3-4 Superfood Toppings**

1/2 Cup Broccoli, 1/2 Cup Celery, 1/4 Cup Cucumber, Jalapeño (diced, to desired spice), 1/4 Cup Microgreens, 1/4 Cup Purple Cabbage, 1/4 Cup Radicchio, 1/4 Cup Red Onion, 1/2 Cup Sprouts, 1/2 cup of Grapefruit (red or pink)

**Add 1 Healthy Fat**

1/2 Avocado, 1 tbsp. Avocado Oil, 1 tbsp. Black Cumin Seed Oil, 1/4 cup Chia Seeds, 1 tbsp. Coconut Oil, 1/4 Cup Coconut Meat, 1 tbsp. Macadamia Nut Oil, 1 tbsp. MCT Oil, 2 tbsp. Sliced Raw Almonds (ideally soaked overnight), 2 tbsp. Sunflower Seeds (ideally sprouted), 2 tbsp. Tahini

**Spice it Up (optional; use desired amount)**

Sea Salt (Celtic Grey, Himalayan, Redmond Real Salt), Black Pepper, Cayenne Pepper, Cardamom, Caraway, Cinnamon, Coriander, Curry, Cumin, Garlic (fresh or powdered), Ginger (fresh or powdered), Turmeric

**Add 1-2 Fresh Herbs to Enhance Detox**

1/4 Cup Cilantro, 1/4 Cup Basil, 1/4 Cup Mint, 1/4 Cup Dill, 1/4 Cup Thyme, 1/4 Cup Rosemary, 1/4 Cup Sage, 1/4 Cup Tarragon, 1/4 Cup Fennel, 1/4 Cup Parsley, 1/4 Cup Oregano, 1/4 Cup Dandelion Greens

**Dressing (desired amount)**

Extra Virgin Olive Oil & Fresh Squeezed Lemon Juice (or use Dr. Daryl's Favorite Salad Dressing on following page)

Place ingredients in large mixing bowl and enjoy!

**DR. DARYL'S FAVORITE SALAD DRESSING / ALKALINE DIP [Serves 2]****INGREDIENTS DRESSING**

1/2 cup extra virgin olive oil  
2 tbsp. lime juice  
2 tbsp. Braggs Liquid Aminos  
2 tbsp. red onion, minced  
1 clove garlic  
1/2 tsp. chipotle powder

1.5 pitted dates  
1/4 tsp. sea salt (Celtic grey, Himalayan, or Redmond Real Salt)  
Pinch cayenne

Mix salad dressing/dip ingredients in a mini blender or small food processor and add salad or use as a vegetable dip.





7-8 pm

# Hydration

LEMON WATER (12-16 OZ.)

30 min BEFORE BED

**Minerals Drink** (optional but highly recommended):  
Alkamind Daily Minerals (1 scoop or single-serve packet)

Alkamind Daily Minerals are made with the four most crucial, fast-absorbing minerals to help neutralize the acids in your body, plus a high mineral organic lemon juice powder that tastes great and increases your body's alkalinity.

**Calcium, magnesium, potassium, and sodium bicarbonate help your body buffer daily acids and toxins, reduce muscle pain and fatigue, help endurance and recovery time, reduce reflux and GERD, and fight premature aging.**

Take at night for better quality sleep, after a workout for faster recovery, or anytime during the day to overcome those sweet cravings!



## HOW TO USE ALKAMIND DAILY GREENS & MINERALS

ACID has the power to burn through steel. Think about what that could be doing inside your body! Here's how to maximize your health and energy with Alkamind Daily Greens & Daily Minerals!

## SIMPLE TIPS:



MIX PACKET OR ONE LEVEL SCOOP WITH 8-16OZ OF WATER.



USE COLD WATER FOR OPTIMAL TASTE, OR ADD TO YOUR FAVORITE SMOOTHIE OR JUICE.



TAKE DAILY GREENS & MINERALS SEPARATE FROM EACH OTHER.



DRINK ON AN EMPTY STOMACH.



# ADDITIONAL SUPPORT

The 2-Day Detox Challenge is designed to be just that, a challenge! So for best results, stick to the the Daily Protocol as closely as possible.

If at any point you find your self hungry, do the following. First, have a tall glass of water with a lemon slice. Your thirst and hunger mechanisms go to the same part of the brain, so you may just be dehydrated.

If you find yourself still hungry, next go for a 10-15 minute brisk walk. If you are still hungry after that, I give you permission to have a need a healthy snack. For example, have some vegetable sticks with my favorite alkaline dip that you can also use with your Detox Salad as well - or use any of the following snacks below.



## SNACKS

### CELERY BOATS [Serves 2]

#### INGREDIENTS

celery stalks  
raw almond butter  
(or coconut butter or tahini)

**Optional:** sprinkle with hemp seeds



### HUMMUS [Serves Many]

#### INGREDIENTS

2 cups garbanzo beans  
5 cloves garlic  
1/2 cup lemon juice, fresh squeezed  
1/4 cup raw sesame oil  
1/4 cup extra virgin olive oil  
1/2 cup raw tahini  
3/4 cup filtered water  
1 tsp. Sea salt  
(Celtic Grey, Himalayan, or Redmond Real Salt)

**Optional:** Garnish with paprika or smoked paprika

**Sprout Garbanzo Beans:** Soak Garbanzo beans overnight in plenty of filtered water. In the morning, strain beans and rinse in a strainer and let sit in in the strainer 10-12 hours' minimum before using. (They may swell almost twice their original size).

**To Make Hummus:** Mix all ingredients in blender or food processor and blend until smooth texture.

Serve with raw vegetables (radish, celery, red/yellow pepper, cucumber, broccoli etc.) and enjoy!



**GUACAMOLE AND VEGGIES** Buy guacamole at the store or make your own from below recipe.

## INGREDIENTS

2 Hass avocados  
1/4 red onion, chopped  
2 cloves of garlic, minced  
1 lime, fresh juiced  
1/4 jalapeño, diced (optional)

**Optional:** baby carrots, red bell pepper, cucumber

Mash the avocados with 1/4 chopped red onion, 2 cloves minced garlic and a squeeze of lime juice. Add chopped jalapeño for added heat.

Serve with baby carrots, red bell pepper, and/or cucumber.



## AVOCADO WITH HEMP SEEDS [Serves 2]

## INGREDIENTS

1 avocado  
6 tbsps. hemp seeds  
(Separated into 3 & 3)  
lemon or lime, freshly juiced  
(both yummy, but I prefer lime)  
sea salt  
(Celtic Grey, Himalayan, or Redmond Real Salt)  
& black pepper to taste

**Optional:** 1tsp. jalapeno, minced

Wash and cut avocado in half. Remove the seed. Squeeze lemon or lime juice on top of each half. Then take 3 tbsps. of the hemp seeds and put it inside the cavity where the pit was. Repeat with other half. Another squeeze of lemon or lime Season with sea salt and pepper. Optional – top with minced jalapeno for a kick!



## COCO FOR ASPARAGUS [Serves 4]

## INGREDIENTS

Bunch of asparagus (skinny stalks)  
Coconut Oil (ideally solid, which happens to the oil when below 76° F)  
Braggs Liquid Aminos Spray

Spread coconut oil on asparagus stalks, and spray with Braggs Liquid Aminos Spray. Delicious on-the-go snack!





## TOASTED CURRY KALE CHIPS [Serves 2]

### INGREDIENTS

**1 head of kale torn into large pieces**  
**2 tsp. extra virgin olive oil**  
**1 tsp. curry powder**  
(or seasoning of your choice)  
**sea salt**  
(Celtic Grey, Himalayan, or Redmond Real Salt)  
**and pepper**

Toss kale with oil and season with curry powder and sea salt. Bake for 8-10 minutes at 375° or until crispy. Careful not to burn.



# AFTER YOUR DETOX IS OVER HOW TO TRANSITION BACK INTO YOUR LIFE

## POST-DETOX TRANSITION CALL

There is nothing more important than how you come off your detox. This is a critical transition, as you want to maintain all of the good ground you gained, yet this is where MOST people go wrong!

In this live recording, I share with you my TOP 7 Secrets to feel "pHenomonal" and energized all day long!

The STAY OFF YOUR ACID post-detox call is a simple yet powerful set of steps that uncovers the most effective strategies on how to live your healthiest life possible without depriving yourself of the foods you love!

Keep your results on full throttle mode with only 25% of the effort!

You won't want to transition off your detox without listening to this Post-Detox Transition Call.

***Click the player below to listen.***





# THANK YOU!

FOR RECIPES, TIPS AND MORE ON THE  
**ALKALINE LIFESTYLE**

JOIN US AND **GET OFF YOUR ACID!**

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