

27 DAY DETOX

CLEANSE • REBALANCE • FEEL BETTER

A NATURAL APPROACH
TO A HEALTHIER YOU

*"Small Changes
Make a Big Difference"*

DR. LILIANA DUTKA DNM.



**ELIMINATES
TOXINS**
supports natural
detoxification



**IMPROVES
DIGESTION**
reduces bloating
and supports gut health



**CLEARER
HEALTHIER SKIN**
helps reduce
inflammation



**INCREASES
ENERGY**
feel lighter and
more focused



**SUPPORTS
IMMUNE SYSTEM**
helps your body
function at its best



**A HEALTHIER,
HAPPIER YOU**
more energy
a better you



*Drink
Your Way
to a
Healthier You*
♥

MORE
ENERGY
CLEARER SKIN
BETTER DIGESTION
A LIGHTER YOU



27 DAY DETOX

WHY 27 DAYS?

GIVE YOUR BODY TIME TO RESET

A 27 day detox allows your body to gently eliminate unwanted substances, reduce inflammation, improve digestion, clearer skin and increase energy. By focusing on whole foods, clean water and high quality proteins, you give your digestive, immune and lymphatic systems the support they need to function at their best.

"We do not start with the cream; we start with the person."

Dr. Liliana Dutka DNM.

CLEANSE

BALANCE

HEALTHY SKIN

MORE ENERGY

A BRIGHTER YOU

KEY BENEFITS



ELIMINATES TOXINS

Supports natural detoxification through kidneys, liver, skin and lymphatic system.



IMPROVES DIGESTION

Reduces bloating and supports gut health.



CLEARER HEALTHIER SKIN

Helps reduce inflammation and supports a healthy complexion.



INCREASES ENERGY

Feel lighter, more focused and mentally clear.



SUPPORTS IMMUNE SYSTEM

Helps your body function at its best.



HELPS WEIGHT MANAGEMENT

When your body is less burdened by toxins, it can work more efficiently.

*Hydrate
for a Healthier
You* ♥

YOUR BODY WILL THANK YOU



KIDNEYS

help eliminate waste and toxins



LIVER

processes and detoxifies



DIGESTIVE SYSTEM

improves function and nutrient absorption



SKIN

looks clearer and healthier

*Small Changes
Make a Big Difference* ♥

27 DAY DETOX

DR. LILIANA DUTKA DNM.



CLEAN FOOD | CLEAN BODY | BETTER YOU

FOOD ALLERGY OVERVIEW

Food allergy is an immune system reaction that occurs soon after eating a certain food. Even a tiny amount of the allergy-causing food can trigger signs and symptoms, such as digestive problems, hives or swollen airways.



IMMUNE
SYSTEM REACTION

WHAT CAUSES FOOD ALLERGIES?

A food allergy is caused by your immune system handling harmless proteins in certain foods as a threat. It releases a number of chemicals, which trigger an allergic reaction.



ALLERGEN
PROTEINS

DIFFERENTIAL DIAGNOSES

Lactose intolerance

Lactose intolerance generally develops later in life, but can present in young patients in severe cases. It is due to an enzyme deficiency (lactase) and not an allergy. It occurs in many non-Western people.



DIGESTIVE
HEALTH

Celiac disease

While it is caused by a permanent intolerance to gluten (present in wheat, rye, barley and oats), it is not a simple allergy nor simply an intolerance, but a chronic, multiple-organ autoimmune disorder primarily affecting the small intestine.



GLUTEN
INTOLERANCE

Irritable bowel syndrome

C1 Esterase inhibitor deficiency (hereditary angioedema), a rare disease, generally causes attacks of angioedema, but can present solely with abdominal pain and occasional diarrhea.



GUT
WELLNESS

THE MAINSTAY OF TREATMENT FOR FOOD ALLERGY IS TOTAL AVOIDANCE OF THE FOODS IDENTIFIED AS ALLERGENS.

An allergen can enter the body by consuming a food containing the allergen, and can also be ingested by touching any surfaces that may have come into contact with the allergen, then touching the eyes or nose. For people who are extremely sensitive, avoidance includes avoiding touching or inhaling the problematic food. Total avoidance is complicated because the declaration of the presence of trace amounts of allergens in foods is not mandatory (see regulation of labelling).



AVOID
ALLERGENS



EATING WELL & CAREFULLY FOR 27 DAYS
WILL HELP YOU IDENTIFY WHICH FOOD(S) YOU ARE ALLERGIC TO.

Focus mainly on vegetables and proteins
with 2 litres of water per day for 27 days.

Then introduce one by one either dairy products,
carbs and fruits to gauge your body's reaction.

EatingWell.com

will provide more information & recipes.



*Nourish
Your Body
Discover a
Healthier You*



**DELICIOUS
HEALTHY
VEGETABLE MEALS**

Simple, colourful and
nutrient-rich meals to support
your 27 Day Detox.



*Good
Food
Better
You* ♥



VEGETABLES

CLEAN FOOD

CLEAN BODY

BETTER YOU



WINTER MELON



PUMPKIN



EGGPLANT



TOMATOES



POTATOES
(in moderation)



BITTER MELON



CAULIFLOWER



ZUCCHINI



GREEN ONIONS



GREEN BEANS



HORSERADISH



SNOW PEAS



DAIKON RADISH



CARROTS



GUAVA



KOHLRABI



OKRA



AVOCADO



SNAP PEAS



CUCUMBER



SWEET POTATO



ASPARAGUS



CABBAGE

REAL
FOOD
REAL
RESULTS



SIMPLE
MEALS
BIG
BENEFITS



FUEL
YOUR
BODY
NATURALLY



HEALTHY
LUNCH
IDEAS
FOR
EVERY DAY



THE TOP 20 PROTEIN RICH FOODS PER 100 G

26.7 g



BEEF SKIRT STEAK

22.4 g



LEAN PORK CHOP

20.3 g



SHRIMP

20.9 g



SARDINES

24.9 g



CHEDDAR CHEESE

50 g



NUTRITIONAL YEAST

70 g



WHEY PROTEIN

72 g



DRIED SQUID

18.6 g



MACKEREL

23.1 g



CHICKEN BREAST

23.6 g



CANNED TUNA

25.8 g



LENTILS

21.3 g



SOCKEYE SALMON

20 g



COCOA

20.4 g



LAMB CHOP

17.9 g



COD

18.5 g



PUMPKIN SEEDS

33.2 g



BEEF JERKY

35.8 g



PARMESAN CHEESE

*Protein
Builds a
Healthier You*



HEALTHY LUNCH SALAD IDEAS FOR WORK

Make a filling and healthy salad that will power you through any work day. Full of protein and fibre, these quick salads are an easy way to spruce up your lunch.

Make them the night before and pack in a meal-prep container so you can simply grab it and go in the morning.





FOODS TO AVOID DURING YOUR 27 DAY DETOX

AVOIDING THESE FOODS HELPS
REDUCE INFLAMMATION,
SUPPORTS DETOXIFICATION
AND GIVES YOUR BODY A FRESH START.



NO BREAD

Avoid all types of bread and products made from wheat, rye, barley and oats.



- ✗ White bread
- ✗ Whole wheat bread
- ✗ Rye bread
- ✗ Sourdough
- ✗ Buns, rolls, wraps, pita
- ✗ Crackers, breadcrumbs



NO DAIRY FOOD

Avoid all dairy products to reduce inflammation and support detoxification.



- ✗ Milk (cow, goat, etc.)
- ✗ Cheese (all types)
- ✗ Yogurt
- ✗ Butter
- ✗ Cream
- ✗ Ice cream
- ✗ Other dairy products



NO FRUITS

Avoid all fruits, even natural and dried fruits, as they contain high amounts of natural sugars which can interfere with your detox process.



- ✗ All fresh fruits
- ✗ All dried fruits (dates, raisins, etc.)
- ✗ Fruit juices
- ✗ Smoothies
- ✗ Canned fruits
- ✗ Tropical fruits (banana, pineapple, mango, etc.)

ALSO AVOID



Sugary foods
and drinks



Processed foods



Alcohol



Fried and
fatty foods



Processed
meats



Too much
salt



Sweets and
desserts



GOOD NUTRITION GIVES YOUR BODY THE OPPORTUNITY TO HEAL,
RENEW AND FEEL ITS BEST.

*Small Changes
Make a Big Difference* ♥

27 DAY DETOX

SAMPLE DAY MEAL PLAN

SIMPLE. NOURISHING. DELICIOUS.

*Real Food
Real Results* ♥

MORNING

Start your day with clean nutrition.



- Eggs with vegetables (spinach, zucchini, tomatoes)
- Herbal tea or plain water

LUNCH

Light, fresh and satisfying.



- Grilled chicken with salad (cucumber, leafy greens, tomatoes, olive oil)
- Water with lemon

DINNER

Nourish your body in the evening.



- Baked salmon
- Steamed vegetables (broccoli, zucchini, asparagus)
- Fresh herbs and lemon
- Water

SNACK (if needed)

Keep it clean and simple.



- Cucumber sticks with tuna or turkey slices
- Raw vegetables
- Herbal tea or water

PROTEIN SHAKE (Daily Option)

High-quality protein to support your body.



- ✓ Use clean protein powder (plant or whey, no sugar)
- ✓ Mix with water only (no milk, no dairy)
- ✓ Ideal after exercise or as a meal replacement
- ✓ Helps maintain muscle, keeps you full and supports detoxification

WATER – YOUR DETOX PARTNER

Drink consistently throughout the day.



KEY BENEFITS OF WATER

- 💧 Helps eliminate toxins
- 💧 Supports kidney and lymphatic function
- 💧 Improves digestion
- 💧 Keeps skin hydrated and clear
- 💧 Boosts energy and focus
- 💧 Helps reduce bloating
- 💧 Supports weight management

TIPS FOR SUCCESS

- ✓ Plan your meals in advance
- ✓ Use fresh, organic ingredients when possible
- ✓ Keep it simple – grilled, steamed or raw
- ✓ Drink at least 2–3 liters of water daily
- ✓ Listen to your body and stop when you feel satisfied
- ✓ Avoid all foods from the “Foods to Avoid” list
- ✓ Stay consistent for 27 days

*Nourish
Your Body
Nourish
Your Future* ♥

It's not a diet.
It's a reset for a healthier,
lighter and more energetic you.

*Better Choices
Brighter Days*

BODY WATER

INFOGRAPHICS



**HOW MUCH
DO YOU
REALLY
NEED?**

*Hydrate
for a
Healthier
You* ♥



DRINK
MORE
WATER



= 8 =



**BODY
WEIGHT
(lbs)** / 2

1 = 8
ounces

**WATER
NEEDED
PER DAY**



**BRAIN
75%
WATER**



**LUNGS
83%
WATER**



**BONES
31%
WATER**



**KIDNEY
79%
WATER**



**BLOOD
90%
WATER**



**SKIN
64%
WATER**



**MUSCLE
79%
WATER**



**LIVER
79%
WATER**



27 DAY DETOX

NATURAL SUPPORT FOR A HEALTHIER, LIGHTER YOU

DR. MESO® DETOX

NATUROPATHY-INSPIRED
FULL DETOX PROGRAM



Detox gently stimulates the body's natural processes of elimination to cleanse and detoxify. The active ingredients stimulate the lymphatic system and support the cleansing of the entire body, including lymphatic, reproductive and urinary systems. Stimulates natural elimination of toxins via lymphatic, gastrointestinal, hepatic, biliary and renal pathways. Simple to use. Well-tolerated. Safe & Effective.

How to use:

Adults: 40 drops in 1 liter of water. Drink throughout the day or as directed by your healthcare practitioner. Consult a practitioner if symptoms persist or worsen. Consult a practitioner prior to use if you are pregnant or nursing.

Active ingredients: Homeopathic formula for Lymphatic support, Kidney support, Liver & Gastro-intestinal support (see insert), in 13% alcohol. 100 ml.



Removes toxins



Reduces inflammation



Reduces stressors



Aids with weight loss



Helps with skin issues

*Feel Lighter
Live Brighter* ♥

ACNE

HOW HOMEOPATHY HELPS

Acne occurs when pores become clogged due to dirt, debris and bacteria. Homeopathy treats the root cause and helps reduce inflammation, regulate oil production and promote healthy skin.



- Effective for inflammatory & non-inflammatory acne
- Helps prevent future breakouts
- Reduces pain, inflammation and swelling
- Promotes clearer, healthier skin

PIGMENTATION

NATURAL SUPPORT

Pigmentation is the darkening of facial skin due to excessive production of melanin (melasma). Common triggers include hormonal changes, sun exposure, stress and contraceptive pills. Homeopathy helps restore an even skin tone and slows further progression.



- Helps reduce appearance of dark spots
- Supports even skin tone
- Safe, natural and gentle
- Suitable for women and men

MENSTRUAL SYNDROME & MENOPAUSE

NATURAL BALANCE

PMS can cause irritability, mood swings, breast tenderness, bloating, constipation, diarrhoea and acne. Menopause brings hormonal changes, hot flushes, anxiety, sleep disturbances, osteoporosis and weight gain. Homeopathy offers safe and effective support.



- Relieves PMS symptoms naturally
- Supports hormonal balance
- Helps with menopause symptoms
- Improves overall well-being

HOW TO CLEANSE AND DETOX YOUR ORGANS

1. Limit alcohol
2. Focus on sleep
3. Drink more water
4. Reduce sugar and processed foods
5. Eat antioxidant-rich foods
6. Eat probiotic-rich foods
7. Decrease salt intake
8. Stay active



*A Cleaner Body
A Brighter You* ♥

MY 27-DAY CALENDAR

A simple daily record of meals, water and how you feel.

Name: _____

Start date: _____

DAY 01 Date: _____ Water: _____ Meals recorded: ☐ How I feel: _____	DAY 02 Date: _____ Water: _____ Meals recorded: ☐ How I feel: _____	DAY 03 Date: _____ Water: _____ Meals recorded: ☐ How I feel: _____
DAY 04 Date: _____ Water: _____ Meals recorded: ☐ How I feel: _____	DAY 05 Date: _____ Water: _____ Meals recorded: ☐ How I feel: _____	DAY 06 Date: _____ Water: _____ Meals recorded: ☐ How I feel: _____
DAY 07 Date: _____ Water: _____ Meals recorded: ☐ How I feel: _____	DAY 08 Date: _____ Water: _____ Meals recorded: ☐ How I feel: _____	DAY 09 Date: _____ Water: _____ Meals recorded: ☐ How I feel: _____
DAY 10 Date: _____ Water: _____ Meals recorded: ☐ How I feel: _____	DAY 11 Date: _____ Water: _____ Meals recorded: ☐ How I feel: _____	DAY 12 Date: _____ Water: _____ Meals recorded: ☐ How I feel: _____
DAY 13 Date: _____ Water: _____ Meals recorded: ☐ How I feel: _____	DAY 14 Date: _____ Water: _____ Meals recorded: ☐ How I feel: _____	DAY 15 Date: _____ Water: _____ Meals recorded: ☐ How I feel: _____
DAY 16 Date: _____ Water: _____ Meals recorded: ☐ How I feel: _____	DAY 17 Date: _____ Water: _____ Meals recorded: ☐ How I feel: _____	DAY 18 Date: _____ Water: _____ Meals recorded: ☐ How I feel: _____
DAY 19 Date: _____ Water: _____ Meals recorded: ☐ How I feel: _____	DAY 20 Date: _____ Water: _____ Meals recorded: ☐ How I feel: _____	DAY 21 Date: _____ Water: _____ Meals recorded: ☐ How I feel: _____
DAY 22 Date: _____ Water: _____ Meals recorded: ☐ How I feel: _____	DAY 23 Date: _____ Water: _____ Meals recorded: ☐ How I feel: _____	DAY 24 Date: _____ Water: _____ Meals recorded: ☐ How I feel: _____
DAY 25 Date: _____ Water: _____ Meals recorded: ☐ How I feel: _____	DAY 26 Date: _____ Water: _____ Meals recorded: ☐ How I feel: _____	DAY 27 Date: _____ Water: _____ Meals recorded: ☐ How I feel: _____

Notes / observations:

FOOD & REACTION DIARY

Record foods introduced after the 27 days and any symptoms you notice.

Name: _____

Record one food at a time, the amount, timing and what you notice.

A symptom diary can help a clinician assess patterns; it does not diagnose allergy.

Date / time	Food & amount	Symptom	When it began	Severity	Next step

Do not test a known or suspected food allergen at home. Discuss it with your clinician.
For trouble breathing, throat swelling or faintness, call 911 immediately.

27 DAY DETOX

AFTER 27 DAYS – WHAT’S NEXT?

*A Healthier You
For A Brighter
Tomorrow* ♥

REINTRODUCE FOODS SLOWLY AND KEEP THE RESULTS

You have completed 27 days of focused nutrition, clean water and healthy habits. You have given your body a reset, reduced inflammation and supported your natural detoxification processes. Now it's time to move forward mindfully.

The goal is to maintain your results, reintroduce foods one at a time and find the diet that works best for you.

*“It’s not a diet.
It’s a new way to care for yourself.”*

Dr. Liliana Dutka DNM.

5 STEPS TO REINTRODUCE FOODS

1 CONTINUE THE BASICS



Keep eating fresh vegetables, high-quality proteins and drink plenty of water.

2 ADD ONE FOOD GROUP AT A TIME



Introduce one food group every 3–4 days (e.g. fruits, dairy, gluten or grains).

3 OBSERVE YOUR BODY



Pay attention to how you feel – skin, digestion, energy, mood and sleep.

4 KEEP A FOOD JOURNAL



Note which foods make you feel good and which may cause symptoms (bloating, breakouts, tiredness, etc.).

5 CREATE YOUR PERSONAL BALANCE



Keep the foods that support your health and limit or avoid those that trigger symptoms.

YOUR NEXT CHAPTER

- ✓ Maintain healthy habits
- ✓ Drink plenty of clean water (2–3 liters daily)
- ✓ Eat mostly whole, natural foods
- ✓ Stay active and manage stress
- ✓ Use DR.MESO® and NAAC protocols to support your skin, hair and overall health
- ✓ Give yourself time – lasting results come from consistency

*Healthy habits
today for a brighter
tomorrow.* ♥



REMEMBER

- 🌿 A healthy gut supports healthy skin
- 🧠 Stable energy supports a positive mood
- ❤️ Balanced nutrition supports hormones
- ⊕ A strong immune system keeps you well
- 🌸 Small, consistent choices create long-lasting results

*You have done something amazing.
Keep going – your best you is ahead!* ♥