



December 12, 2015 – Grand Rapids, MI

Gourmet Detox Weekend: Creating Healthier Habits

A long-time reader shared an interesting email response regarding the message on [Fast Day](#). When he read that I was only doing liquids as part of the Gourmet Detox Weekend, he said that he has done one fast day with just liquids as well. When he does, he feels great and actually has more energy at the end of the day. He's adapted it to fit his work schedule, but it's a habit he's had for over 20 years—20 years!

That's what this weekend is all about: creating new habits such as doing a fast day with just liquids once a week or once a month, or incorporating some of the detox recipes into your eating patterns on a regular basis. Think of this weekend as an introduction to a healthier lifestyle. You don't have to stand on one bare foot on your lawn, eating grass, while rubbing your head and chanting some mindless mantra (unless you want to). The key to good health is repetition, and repetition means creating some new habits. You can't establish new habits if you don't try healthier foods.

I challenge you to cook at least two of the recipes, if not as part of the detox this weekend, then as part of your lunch or dinner this coming week. You're going to be surprised when you see the ingredients. The focus is on the right types of vegetables to include, not just eating them steamed or raw. No one said eating good food has to taste bad.

Here's a link to the first recipe: [Savory Brussels Sprouts](#). As the day progresses and I cook the remainder of the recipes, check out Facebook [Real-Life Detox](#) page or the [Recipes](#) section of Health Info at drchet.com. Give them a try. They are your first step to establishing healthier habits for 2016.



What are you prepared to do today?

Dr. Chet

WGVU FM 88.5/95.3 **npr** **Straight Talk on Health**

Hear Dr. Chet's take on the latest health news and research—listen to *Straight Talk on Health* Sunday at 7:30 a.m. and 6 p.m. in the Eastern Time Zone on WGVU-FM 88.5 or 95.3, or listen live via the Internet by going to www.wgvu.org/wgvunews and clicking on "Listen Live" at the top.

The health information in this message is designed for educational purposes only. It's not a substitute for medical advice from your healthcare provider, and you should not use it to diagnose or treat a health problem or disease. It's designed to motivate you to work toward better health, and that includes seeing your healthcare professional regularly. If what you've read raises any questions or concerns about health problems or possible diseases, talk to your healthcare provider today.

Subscribe to the Message from Dr. Chet at DrChet.com — © Chet Zelasko PhD LLC