



Feel Ageless, Be Ageless
Clean Eating

PROGRAM GUIDE

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WHY CLEANSE?

When your body gets overloaded with toxins, you can experience one or more of the following:

- Thyroid issues
- Headaches
- Adult acne
- Belly bloat
- Weight gain or weight loss
- Allergies (chemical or food)
- Poor sleep
- Loss of sex drive
- Mood swings, anxiety, depression
- IBS or constipation
- Diabetes, cancer, or other diseases...

Cleansing seasonally and eating clean on a daily basis allows you to reduce the toxin load, thus reducing a myriad of symptoms.

The benefits of cleansing regularly are endless. This is your #1 solution for healthy aging, combatting sickness, restoring digestive health, attaining a healthy weight plus losing that annoying belly bloat.

A program such as this one allows you to benefit from:

- A healthy digestive tract and daily bowel movements
- Clearer skin, stronger nails and shinier hair
- No more bags under your eyes
- Reduced joint inflammation
- Reduced lower back pain
- Diminishing varicose veins
- No more body odor
- Reduced sugar and caffeine cravings
- Better sleep
- Stronger sex drive
- Mental clarity
- Fading anxiety

WELCOME TO YOUR PROGRAM

It's time to end the inflammation. It's time to end the weight gain. It's time to end the painful joints and stiffness.

It's time to cleanse your body and regain your active lifestyle!

I have carefully crafted this program in two parts:

- ✓ Support for your body to eliminate toxins that can lead to inflammation, weight gain, or digestive issues
- ✓ Help in uncovering hidden food sensitivities that may lead to a myriad of health issues, such as skin irritation or rashes, hair falling out, digestion, hormones and sleep, just to name a few.

Your program is broken down into three phases:

1. 4 days of pre-cleansing
2. 7 days of cleansing, during which time we will remove common allergen foods
3. 4 days of transition, when we will add foods back to your diet, so you can discover how foods affect you emotionally and physically

My approach is simple: Discover the foods that inflame your body, so you can eliminate them from your diet and always have the energy you deserve to live your life fully.

YOUR PROGRAM MATERIALS

CLEAN EATING GUIDE	This guide contains everything you need to know about clean eating. This is where I offer explanations of the different phases as well as the different foods you can and cannot eat during this program. If you have any questions, first look for the answer in the Clean Eating Guide.
14 DAYS AT A GLANCE	The 14 days at a glance document breaks down the meals you will be eating each day, so you and your family can prepare in advance.
SUGGESTED MEALS	The suggested meals document outlines your meals for each day. No scouring cookbooks or online recipes; I have it all spelled out here along with ingredients you'll need.
SHOPPING LIST	The shopping list, which contains the ingredients for the Suggested Meals for phases 2 and 3, can be printed out and taken to the grocery store.
FOOD DIARY	The food diary provides a template for keeping track of your food and how you feel during the clean eating program – such as less bloat, better sleep, better stools, etc.

Remember, this is your divine cleanse because there is no right or wrong when it comes to clean eating and removing the junk from your body.

Let's get started so you can feel amazing!

YOUR PROGRAM SUMMARY

Your program consists of 3 phases:

<p>PHASE 1 PRE-CLEANSE/PREP 4 DAYS</p>	<p>During Phase 1, you will ease into the program by reducing stimulants and processed food. You will learn how to reduce the toxic load for overall health and wellness. I 100% suggest using Phase 1 to reduce caffeine, alcohol, sugar, and white foods, such as sugar, white bread, and white potatoes.</p>
<p>PHASE 2 CLEAN EATING 7 DAYS (DAYS 1-7)</p>	<p>In Phase 2, we remove all stimulants and the foods not on the cleanse. Many of my clients feel they need to extend Phase 2 longer than seven days. Remember, this is your divine program and if you feel you need more time, take it.</p>
<p>PHASE 3 TRANSITION 7 DAYS (DAYS 8-14)</p>	<p>During Phase 3, we slowly add potentially triggering foods back in to your diet over the course of 7 days, or longer if need be. Individuals with a history of food allergies, digestive issues, or unexplained health issues might want to extend the reintroduction of sensitive foods past 7 days.</p>

DAILY SCHEDULE

This is a sample daily schedule I recommend following throughout this program:

UPON RISING	<ul style="list-style-type: none"> • Drink Lemon Water Elixir (see Recipe Guide) • Do tongue scraping • Dry skin brush before showering (optional) • Do contrast showering • Take a probiotic 45 minutes after the Lemon Water Elixir
BREAKFAST	<ul style="list-style-type: none"> • Drink a cup of green tea or caffeine-free tea, such as dandelion • Eat breakfast
MID-MORNING	<ul style="list-style-type: none"> • Eat a snack of your choice
LUNCH	<ul style="list-style-type: none"> • Eat lunch
AFTERNOON	<ul style="list-style-type: none"> • Drink the Cranberry Cleanser (see Recipe Guide) • Eat a snack of your choice • Write in your food diary
DINNER	<ul style="list-style-type: none"> • Eat dinner
MID-EVENING	<ul style="list-style-type: none"> • Do an Epsom salt bath three times this week
BEFORE BED	<ul style="list-style-type: none"> • Write in your food diary • 1 tablespoon coconut oil to support the myelin sheath

So many of my clients have a tough time managing stress or life in general and feel overwhelmed. Too often my clients have a myriad of health issues and I tell them, “if you change your daily habits and cleanse daily then you won’t be sick or have small issues that lead to major health issues.”

The good news is they believe me. One of the reasons I created this program is for you to have the daily action steps you need to take control of your life. Here are my top tips for creating a successful cleanse:

1. Invest in a top-quality probiotic and take it 365 days a year – I prefer Neo-Life acidophilus. I suggest you experiment to find the one that best suits your body.
2. Throw out the perfumes, body lotions, and beauty supplies that have toxic ingredients
3. Eat clean. I know you hear this repeatedly, but this is key. You want to eat foods that your grandmother would eat before the microwave processed everything and fast food came to town.
4. Clean safely. This means toss the air fresheners and toxic cleaning supplies and start using products that are natural. You can find toxic free cleaners in grocery, natural food stores and even Costco. My favorite cleaners are Neo-Life.
5. Stop eating hormones. Hormones in animal proteins and milk – such as the healthy one like yogurt and kefir – must be hormone-free.
6. Stop consuming sugar. This creates inflammation and leads to disease.
7. Stop eating foods that are on the dirty dozen list (more on this later).

I know this list sounds overwhelming but it's not when your health depends upon it. This is an easy and simple way to reduce the toxic load that leads and breeds sickness.

To maximize the benefits of your cleanse:

1. Follow the Suggested Meal Plan but feel free to make substitutions based on taste preferences or any known food sensitivities.
2. Aim to eat every three hours.
3. Be sure to consume the amount of protein you need to feel energized through your clean eating program.
4. Hydration is vital. Consume half of your body's weight (or more) in ounces in water.
5. Write in your food diary after every meal. The power of this program is to identify what foods give you energy and what foods deplete you.
6. Make sure to use the cleansing tools as they will support your body and clean out toxins. The cleansing tools are created to help your body flush your lymphatic system and liver while supporting your kidneys to filter the toxins.

AMAZING FOODS YOU CAN EAT

(ALL PHASES)

These foods and drinks are recommended during all phases of this program:

- Dairy-free milk: coconut, flax, hemp, and sunflower
- All fruits and vegetables (except nightshades)
- Healthy fats: coconut oil, flax oil, grapeseed oil, sesame oil, and olive oil
- Seeds: pumpkin, sunflower, sesame, hemp, chia, and flax
- Seasonal Beans: mung beans (split, yellow)
- Drinks: organic coffee (suggested phases 1 and 3 only), coffee substitutes (such as chicory or root blends like Mountain Rose Herbs Herbal Coffee, Dandy Blend, yerba mate, green tea, or herbal tea), filtered or distilled water, mineral water, coconut water, fresh green juices, and smoothies
- Sweeteners: honey, raw honey, and stevia
- Detox tea suggestions: Traditional Medicinals Brand—Dandelion Root Tea, Daily Detox Tea, Nettle Tea, or Smooth Move Tea
- Elixirs and tonics: Cranberry Cleanser and Lemon Water Elixir
- Cultured foods and drinks: coconut water kefir, Kevita, kombucha (if no candida present), fermented vegetables (homemade or store-bought)

DO NOT EAT LIST

(PHASES 2 & 3)

These foods and drinks are **NOT recommended** during phases 2 and 3 of this program:

Please note: If you see **, you will add this food back in during Phase 3.

- Coffee
- Sugar and other sweeteners (white sugar, brown sugar, corn syrup, agave, or cane juice)
- Artificial sweeteners
- Sugar alcohols (often found in chewing gum, like xylitol, or protein bars)
- Eggs
- Soy milk
- Yeast
- Nuts **
- Alcohol
- Dairy products
- Corn (grain)
- Cheese
- Gluten
- Grains ** (except seed-like seasonal grains mentioned above, or soaked/sprouted)
- Processed foods
- Soft drinks
- Nitrates (often found in lunch meats)
- Nightshades**
- Potatoes (except for sweet potatoes or yams)
- Beans (except for the seasonal beans mentioned in the DO EAT LIST)

PROTEIN

Many thrive with little to no protein during a clean eating program while others need more protein. Please know this program is 100% designed for you. What does this mean?

I never want you to starve or feel deprived.

This means adding 2 snacks or even having a smoothie at night if you are hungry after dinner. Likewise, if you know a salad won't keep you feeling full at lunchtime, add a serving or two of a clean protein. Modify the recipes in the Recipe Guide by adding an extra serving of protein. Protein helps keep you feeling full so you're not ravaging the fridge or pantry, eating everything in sight.

Make sure to enjoy clean proteins, especially ones that are free of hormones and nitrates.

ANIMAL-BASED PROTEIN SOURCES (DURING ALL PHASES)

MEATS (nitrate-free and organic is best)

- Chicken, pasture-raised
- Turkey, pasture-raised
- Bison, grass-fed
- Elk or venison
- Beef, grass-fed
- Lamb, grass-fed

FISH, SEAFOOD*

- Canned fish (sardines, anchovies, wild salmon), but look for BPA-free cans if possible
- Fresh or frozen fish, such as wild Pacific salmon or non-fatty white meat fish like Pacific cod, trout, sea bass, mackerel, Dover sole, or albacore
- Shellfish, such as wild shrimp or scallops

*Make sure your choices are low in mercury. A list of low-mercury fish can be found here: <http://www.nrdc.org/health/effects/mercury/guide.asp>

PLANT-BASED PROTEIN SOURCES (DURING ALL PHASES)

(These are simply suggestions for vegan options.)

- Three tablespoons hemp seeds, ¼ cup sunflower seeds, or ¼ cup pumpkin seeds
- Avocado
- One cup of green peas
- Coconut meat
- Sprouts
- Two tablespoons of chia seeds or chia gel
- Chia pudding
- Nutritional yeast: one to two tablespoons, if tolerated
- One to two scoops of plant-based protein powder for smoothies, soups or even mixed into a dip

*“One man’s food is
another man’s poison”
– Lucretius*

WHY SHOULD WE DO AN ELIMINATION PROGRAM

What is the Elimination Diet?

An elimination diet respects the concept of bio-individuality by acknowledging that people are different, and food affects them in different ways. An elimination diet works as a diagnostic tool to uncover hidden sensitivities. Food intolerances and sensitivities can lead to health problems, including allergies, back pain, autoimmune disease, cancer, infertility issues, hormonal imbalances, weight gain, and leaky gut.

This program requires the participant to gradually eliminate foods believed to contain chemicals, toxins and allergens that could harm bodily tissues and result in pain and illness. The elimination diet is not only beneficial to those determined to rid their systems of harmful substances but can also aid dieters in identifying the specific foods that trigger allergies and digestive problems.

During the program, you will eliminate foods that are common allergens for seven days and slowly add them back to your diet one by one. You will take note of any discomfort these foods may give you. If you experience adverse symptoms, you know to permanently eliminate this food from your diet. If you don't experience any symptoms, you can keep that food in your diet going forward.

How Long Should an Elimination Diet Last?

Your program is 14 days in length. The first 7 days is the elimination phase, where you avoid eating the most commonly known allergen food groups. During the next 7 days, you will add back a food group every two days. Many of my clients with autoimmune problems or ongoing digestive distress will notice adverse reactions right away when problem foods are added back.

If you have any of these digestive issues, an elimination diet can help identify problem foods:

- IBS
- Leaky gut
- Acid reflux
- Hormonal issues
- Mystery illness
- Candida issues
- Inflammation
- Food allergies

If you find any reaction or sensitivity when you consume one of the foods or meals on your plan, document the reaction in your food diary:

Emotional symptoms – sadness, anxiety, depression, anger

Physical symptoms - poor sleep, loose stool, headaches, swollen fingers, and rashes

Food allergies tend to manifest within 2-4 hours of eating the food. Common symptoms of a food allergy include hives, rash, headache, loose stools, or vomiting.

In comparison, a food sensitivity reaction can take as long as 2-20 days after eating the food to show symptoms. Symptoms of food sensitivities are gas, bloating, rashes, digestive upset, headaches, joint pain, fatigue, etc.

If you have existing food allergies, blood sugar imbalances, autoimmune disease, or ongoing digestive distress, then I highly suggest taking it slower. You can add the NEW food back in every 4-7 days.

Some of my clients would add a food back once a week and use the first elimination week recipes or recipes in the Recipe Guide to lengthen the program.

1. Keep a detailed food diary throughout the entire program
2. Note how each meal affects your physical and emotional state

3. Watch for symptoms including:

- White coating on the tongue
- Acid reflux or heartburn
- Bad breath
- Constipation
- Foul smelling stool
- Headaches or migraines
- Joint pain
- Sinus issues
- Clogged ears
- Rashes or hives
- Fatigue
- Poor sleep
- Water retention
- Gas and bloating
- Dry eyes (a sign of liver congestion)
- Weight gain or weight loss
- Racing heart
- Bags under the eyes (otherwise known as shiners)
- Food cravings (especially for sugar or salt)
- Canker sores or a sore tongue
- Difficulty breathing or a cough
- Poor concentration
- Swelling of the fingers, hands, or feet

Reducing food allergies and those hidden sensitivities can take time. It is suggested to avoid foods one is intolerant to for at least 3 months. During this time, I suggest taking a probiotic, consuming cultured foods, and drinking teas such as peppermint, milk thistle, or chamomile to enhance healthy digestion.

Eating foods in rotation is the best method for avoiding allergies to any food. Often, we get used to eating the same foods, but the body can become sensitive, even to a healthy food, if not eaten in rotation.

Why Do Food Reactions Happen?

Some food sensitivities are inherited but many are the result of having a leaky gut. Leaky gut is another name for intestinal permeability. This means the intestinal lining has been damaged and there are small holes through which toxins and food particles leak out into the blood stream, creating a reaction.

Here are many factors can contribute to leaky gut:

- ❖ Antibiotics
- ❖ Pain medications
- ❖ The birth control pill
- ❖ Non-steroidal anti-inflammatory drugs
- ❖ Genetically modified foods
- ❖ Trans fats
- ❖ Yeast overgrowth
- ❖ Stress

Must These Dietary Changes Be Permanent?

When the gut is not leaky, you will start to see some intolerances or sensitivities disappear. Keep in mind there are many factors that affect how we process and digest our foods:

1. Genetics
2. Stress
3. Thyroid
4. Liver
5. Gallbladder flow

So, I suggest looking at this as an adventure of discovery, so you can avoid weight gain and exhaustion from eating foods that don't work for you.

A pleasing aspect of the elimination diet is that the changes made do not have to become a permanent lifestyle change.

WHAT IS CLEAN EATING?

This is a phrase that has become very popular in the past few years. Clean eating is not a fad diet but a way of life. Clean eating involves choosing ingredients in their most natural, whole state – including organic animal- and plant-based proteins – and preparing them in healthy fats. Following this eating plan reduces inflammation in your body, balances your pH levels, and improves vitality.

Clean eating also involves eliminating packaged and processed foods. Unfortunately, these packaged goods are touted as “convenience” items, but you will soon discover an increase in energy and relief from your symptoms, just by eliminating the boxed and frozen foods commonly found in our freezers and pantries.

WHY SEASONAL EATING?

It is suggested we cleanse with each season, at least four times a year. Cleansing your body with the foods provided seasonally by Mother Earth is an opportunity to cleanse naturally.

The foods provided in the Fall cleanse your body to boost your immune system. In Chinese medicine, the two organs we cleanse this season are the lungs and the large intestine.

Every function of your body, including your metabolism, digestion, and endocrine system depend on the health of your lungs. When our lungs are weak and not able to get good quality air into our body, our health suffers. We can experience the following:

- Night sweats
- Persistent colds
- Poor circulation
- Varicose veins
- Excessive heat in the body, often resulting in poor digestion
- Fatigue
- Bloating
- Headaches
- Asthma
- Skin issues
- Sinus infections

Lung health is also important for energy, which is why we are strengthening the lungs to prevent illness.

The large intestine works to excrete waste from the body. We often overlook the large intestine when we think of digestion, cleanse, and weight loss, but its function is important for good health.

The large intestine:

- Manufactures 95% of your body's serotonin.
- Is vital for immune health

Imbalances in the large intestine can lead to the following health issues:

- Acid reflux
- Constipation
- IBS
- Congestion or an excess of mucous in the body (especially if you see mucous in your stool)
- Gurgling in the stomach
- Poor assimilation of food
- Headaches
- Pathogenic imbalances that can lead to weight gain

There are many factors that lead to imbalances in the large intestine, such as:

- Stress
- Toxins (food and environmental)
- Common prescription medicines, like antibiotics and birth control
- Allergies and intolerances due to poor gut health

The body can retain 5-10 pounds of fecal matter if elimination is poor. Cleansing the large intestine will leave you feeling brighter and lighter.

The emotion related to this organ is guilt and regret. If you are harboring these emotions and they are taking you away from your highest and best purpose in life, then it is time to gently let go. Use the tools in the Ultimate Success Kit to help you release that which is not serving you.

During the next 14 days, take the opportunity to be the best version of yourself by eating the foods in this plan, using the clean eating support tools, and letting go of any feelings that don't serve the best version of you.

REDUCING CLEANSING SYMPTOMS

Some people will feel great during the clean eating program, but others may experience some cleansing symptoms, such as fatigue. Some people even refer to this beginning phase as the “cleansing flu” because they just don't feel well. This is simply where your body starts to react to the lack of sugar and processed foods that it's used to consuming. When you change your body's nutrition, it responds, sometimes negatively, until it gets used to this new clean eating routine.

Cleansing symptoms can manifest in different ways, but some common signs are:

- Headaches
- Fatigue
- Bad breath or body odor
- A white coating on your tongue
- Constipation or loose stool
- Cravings
- Skin rashes or acne
- Mood shifts
- Poor sleep

To reduce symptoms, I suggest using one or more of these tools starting in Phase 1. These are tools you can also use going forward to help encourage your body in its daily cleansing functions:

- A skin brush
- A tongue scraper
- A probiotic

Also, make sure your kitchen is prepped for success. This means cleaning out all the junk foods from your refrigerator, freezer, and cabinets. Don't save the junk for someone else in the family; all too often, if the temptation is still in the house, you most likely will not have the willpower to avoid it. Avoid temptation altogether by simply not keeping those types of foods in the house. For any unopened foods, give them to other friends or family members or donate to a food bank.

QUICK STEPS TO SUCCESS

I suggest reducing coffee immediately and throughout Phase 1. Coffee weakens the adrenals and creates an acidic environment in the body. Also, coffee is full of toxins unless it's organic.

Caffeine withdrawal, often manifesting as headaches, is a common side effect of cleansing from coffee or other caffeinated beverages. If you drink caffeinated beverages, slowly reduce your consumption by 1/4 cup every day. Ideally you want to eliminate caffeine during the cleanse but if you don't want to give it up entirely, keep it to one cup of organic coffee each morning.

You may also want to try a coffee replacement such as a dandelion herbal beverage (Dandy Blend <https://www.dandyblend.com>) or decaffeinated green tea.

Also say goodbye to sugar. You can exchange sugar in your tea for honey or stevia. Also, start to read labels. Too often we think we are eating healthy.

HOW TO SUPPORT YOUR BODY DURING CLEAN EATING

(AKA THE CLEANSING TOOLS)

We are going to focus on four simple cleansing support tools that I highly suggest using throughout the program AND I will add some additional cleansing tools that have truly helped restore my gut and cleanse my soul as well.

TONGUE SCRAPING

Tongue scraping eliminates toxins from your mouth, thus preventing them from getting deeper into your body. Use a tongue scraper or a spoon to reach to the back of your tongue, pull forward, and scrape off the white film, then repeat. My favorite tongue scraper is Dr. Tung's Tongue Cleaner. You can buy this on Amazon or at your local health food store. I recommend tongue scraping in the morning and evening before you brush your teeth.

SKIN BRUSHING

Skin brushing is wonderful for stimulating your lymphatic system. Here's how to do it:

- Beginning with your feet, brush vigorously in circular motions.
- Continue brushing up your legs.
- Proceed to your hands and arms.
- Brush your entire back and abdomen area, shoulders, and neck.
- Use circular counter-clockwise strokes on the abdomen.
- Lightly brush the breasts or chest.
- Brush upwards on the back and down from the neck. Better yet, have a friend, spouse, or family member brush your back.

Here is a great skin brush to buy on Amazon:

https://www.amazon.com/Yerba-Prima-Tampico-Skin-Brush/dp/B00016RIIA/ref=sr_1_1_a_it?ie=UTF8&qid=1498300809&sr=8-1&keywords=yerba+skin+brush

EPSOM SALT BATH

Epsom salt, or magnesium sulfate, is wonderful for:

- Lessening muscle cramps
- Adding magnesium to your body (one of the most important minerals for sleep, healthy bowels, and brain function)
- Improving nutrient absorption
- Easing stress

Here's how to make an Epsom salt bath:

Add 1 cup of Epsom salts, ½ cup baking soda, ½ cup sea salt, and ¼ cup Bragg's raw apple cider vinegar (optional) to a warm bath. You can also add a few drops of essential oils, such as lavender or another favorite essential oil.

CONTRAST SHOWERING

Contrast showering is so easy to do and requires no extra purchases! In the shower, alternate between using hot and cold water to support lymphatic drainage. The hot water brings blood flow to the skin's surface while the cold water directs blood flow inward to the organs.

I recommend three minutes of hot water, one minute of cold, three minutes of hot, and so on. You can repeat this for 15 minutes, always finishing with cold water.

OIL PULLING

Oil pulling has been a common cleansing practice for centuries and you can use coconut oil or sesame oil. To do this, put 1-2 tablespoons of oil in your mouth and swish the oil for 5-20 minutes. Then, spit the oil in the trash can (to prevent it from hardening and clogging up your sink). Rinse your mouth with water and sea salt and brush your teeth.

For maximum benefits, oil pulling should be done on an empty stomach. The best times are upon rising and before bed. If you are doing both oil pulling and tongue scraping, I suggest you start with the oil pulling.

GOOD SOURCES OF PROBIOTICS

We know the word leaky gut; we discussed that earlier in the guide. One of the best ways to ensure the repair of leaky gut, which can lead to a myriad of health issues and autoimmune disease, is to take a probiotic and consume probiotic-rich foods.

Probiotics are live bacteria that aid in the digestion process. All the healthy bacteria in your gut helps break down your food and absorb the nutrients. When the good gut bacteria are diminished – from an unhealthy diet or from antibiotics – we need to replenish that good bacteria to regain a healthy gut. Even after your leaky gut is repaired, it's wise to continue taking a probiotic supplement or consuming probiotic-rich foods.

Here are some examples:

- **Cultured vegetables** support weight loss, reduce cravings, and help avoid constipation. I suggest starting with 2 tablespoons of cultured vegetables with each meal and slowly increase by 1 tablespoon until you reach ¼ cup at each meal.
- **Coconut water kefir** – homemade or store-bought (Kevita)
- **Unsweetened and dairy-free yogurts** – coconut milk, almond milk, etc.
- **Kefir** – coconut milk kefir or any non-dairy kefir
- **Probiotic drinks** – good choices are The Body Ecology Diet or Inner-Eco Probiotic Drink (it contains an average of 100 billion active probiotic cultures per serving)
- **Bubbie's cultured foods**, available in your local market or local health food store
- **Kombucha** (although you may want to avoid kombucha if candida is present, as sugar is used in its fermentation process)
- **High-quality probiotic supplements**, which can be purchased on Amazon, Vitacost, or at your local health food store. I suggest choosing a probiotic with at least 15-50 billion colony-forming units (CFUs)

THROW OUT THE JUNK

Toxins are the chemical substances that are harmful to our body. Many people make special efforts to get rid of the toxins found in their food and they focus more on eating an organic diet. While that is an important step for your health, did you know, in addition to their presence in food, many toxins are also found in the cosmetics and several body products that we use in our daily routine? They can damage the skin badly and therefore you should be very careful in the selection of skin care products and cosmetics.

Here we are going to elaborate on why the toxic-free beauty care is important for you and how it can help you to have a clean, glowing, and younger-looking skin.

WHY TOXIC FREE SKINCARE MATTERS

Skin is a very sensitive body organ that acts as a protective layer for your body and it also stabilizes the body temperature in addition to providing the sense of touch. The products that we use on the skin are usually absorbed by the body and it enters the bloodstream. About 60 percent or more of what we apply on the skin is absorbed inside and hence you should be careful about what you use. The cosmetic toxins found in soaps and beauty creams can significantly increase your chemical exposure. Many of the chemicals found in skin products are known to be carcinogenic and disruptive to the endocrine system. Therefore, you should read the labels carefully before you buy any skin product.

When it comes to choosing toxic-free skin care or other beauty products, the first thing you should do is scan the labels. If any of these products contain propylene glycol, sodium lauryl sulfate, or any such harmful chemical, drop the product and try to find a better alternative. Do some research and make sure you study the mentioned ingredients on the product packaging for a better choice.

HOW TO FIND NON-TOXIC SKINCARE PRODUCTS

My all time favorite organic, non-toxic skincare is Nutriance by NeoLife. Developed by the NeoLife Scientific Advisory Board, the 3 Step System contains fresh marine seaweed extract, 15 essential oils and protective antioxidants.

There are more brands that offer natural and toxin-free products and using them can get you the desired results without any harmful side effects.

Use Non-Toxic Personal Care Products and Get the Best Results

The chemicals found in personal care products can ruin your skin inside and out. If you want your skin to be healthy and clean, you need to be conscious in what you choose to apply on it. Using natural and organic products according to your skin type will give you the long lasting and the best results possible. If you want to look younger, the most helpful thing is to avoid the use of harsh chemicals. Want to get your glow back? Go for toxin-free beauty care.

Final Verdict

Selection of clean and healthy beauty products is very important. Replace your old cosmetics with natural ones and you will feel the difference. Not only will these help to reduce the toxic exposure, their regular use will also give you a fresh and radiant skin.

FAQs

Can I exchange the meals on a specific day for another recipe in the Recipe Guide?

Yes, you can refer to your Recipe Guide and exchange meals. You do not have to stick to the exact menu in the Suggested Meals.

What if I'm eating on the go?

If you are eating out, remember the building blocks of a healthy meal:

- Vegetables prepared in a healthy manner
- A clean source of protein prepared in a healthy manner
- A small amount of good fat

What if I am traveling?

Pack kale chips, healthy bars such as NeoLife or chia bars (can be bought on Amazon or at your local health food store), seeds, unsulfured dried fruit, or make a homemade trail mix.

Hotels and restaurants can almost always make you a healthy meal. Normally eggs are not on the cleanse as they are a common allergen, but they are an easy clean protein source if you're low on options when traveling.

I have a party to attend, what do I eat?

Simple and clean eating is what this cleanse is all about. Try to opt for a simple and clean choice, like a healthy salad with lemon and olive oil, and include 3-4 ounces of high-quality protein, such as grilled chicken or avocado.

When in doubt, eat before the party, or sneak some healthy snacks into your car or purse. Sip on sparkling water with a slice of lime, so people don't pressure you to drink alcohol.

I'm on a budget. Can I still do this cleanse?

Absolutely! I pride myself on not pushing expensive powders or meal replacements. (however, the options are there as needed) The idea is to cleanse naturally with whole foods.

To eat healthily in a cost-effective way, look for a local CSA or farmer's market, shop at Trader Joe's or Costco, or buy food online. Frozen organic produce can also be good value for your money.

If the cost is an issue, try to budget your organic dollars for the fruits and vegetables that have been shown to have the highest pesticide load.

THE "DIRTY DOZEN"	<ul style="list-style-type: none">• Apples• Strawberries• Grapes• Celery• Peaches• Spinach• Sweet bell peppers• Nectarines (imported to the US)• Cucumbers• Cherry tomatoes• Snap peas (imported to the US)• Potatoes• Plus, these, which may contain organophosphate insecticides, considered "highly toxic" and of special concern:<ul style="list-style-type: none">○ Hot peppers○ Blueberries (US domestic)
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I have a headache. Am I doing something wrong?

No, you are not doing anything wrong. Headaches, feelings of nausea, tiredness, and/or emotional swings are all common side effects of a cleanse. This is the garbage coming out of your body. Make sure you are drinking enough water with lemon or lime juice and using the Clean Eating Support Tools.

I am nursing. Can I still follow the cleanse?

Yes, you can do this program while breastfeeding, but add an extra 3-4 ounces of high-quality protein (animal or plant based) at breakfast, lunch, and dinner. I also suggest omitting the Bragg's raw apple cider vinegar from the lemon water elixir.

Can I still work out?

Yes, you can still exercise if you feel up to it. Some people have a spurt of energy while cleansing, which I call the cleansing high. Others prefer to take it easy while they cleanse and benefit more from light stretching.

Since the cleanse can cause some dehydration, be sure to rehydrate if you are working out; drink coconut water or make the natural Gatorade (recipe in your At a Glance).

Why am I drinking teas?

You will see many teas during this program such as nettle, dandelion, or a detox tea. These teas support cleansing, but also nourish and soothe your body, which is essential during a healthy cleansing program. These teas will help to lessen any unwanted cleansing symptoms. Teas are also a nice way to warm your digestion when you are eating a lot of raw foods.

If you have any other questions, please feel free to contact me.

A Loving Disclaimer

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