

• CLEAN EATING •

Guide

Feel Ageless Be Ageless





CONTENTS

- 1
- WELCOME4**
- SUMMER FOCUS: HEART + SMALL INTESTINE5**
 - THE HEART..... 5
 - THE SMALL INTESTINE..... 6
- YOUR MATERIALS8**
- YOUR PROGRAM9**
 - PRE-CLEAN EATING PREP 9
 - THE PREP AND CLEAN EATING MINDSET 10
 - CLEANSING PHASE..... 11
 - DAILY SCHEDULE 12
 - FOODS I CAN ENJOY ON THE CLEANSE 13
 - FOODS I AM GOING TO AVOID DURING THE CLEANSE..... 14
- WHY CLEANSE? 16**
- TOXICITY QUIZ 17**
- BEGIN WITH THE BASICS 18**
- ESTABLISH A BASELINE..... 19**
- GETTING SEXY SUMMER SKIN.....20**
 - HYDRATION..... 21
 - YOUR BEAUTY BOOSTING FOODS..... 23
 - STRESS AND SELF-CARE..... 31
 - PROTECTION: MOISTURE + SUNSCREEN 32
 - CLEANSE AND CLEAN EAT 33
 - CLEANSING YOUR SKIN..... 33
 - CLEANSING YOUR SKIN 33
- HOW CLEANSING FEELS35**
- PROBIOTICS.....36**
- FAQ'S.....38**
- SOURCE LIST43**



A LOVING DISCLAIMER.....44



WELCOME

Friend, like it or not, the state of our skin speaks volumes. Clear skin that has a healthy glow is usually a direct reflection of inner health. Rashes, pimples, dryness, sallow tone, dark circles, puffiness and skin disorders, on the other hand, can signal imbalances.

The good news is that the things that help keep your body healthy also work wonders for your skin. The food we eat can either support our radiance or squash it. This program introduces you to foods to focus on for skin that glows and health that shows.

Summer offers a bounty of hydrating, antioxidant-rich fruits and vegetables that are just what your body needs. Maximizing your intake of seasonal produce will harness and promote the healing potential of the season.

If you've done a seasonal cleanse with me before, then you'll know that I follow the Traditional Chinese Medicine organ systems focus each season. Summer is the season to focus on the health of your heart and small intestines. By supporting these you tap into your innate ability to prepare yourself and your immune system for the colder seasons of Fall and Winter ahead.

Since summer schedules are busy, this program is designed to be completed in 7 days, while giving you the option to extend to my traditional 14-day format.

This program is broken down into two easy beautiful parts.

1. 4 days of **prepping** for the cleanse. To set yourself up for success, your job is to reduce caffeine, read the materials, ask questions and buy provisions.
 2. 7 days of **eliminating** common allergens and inflammatory foods like dairy, gluten, sugar, coffee, and processed foods to reduce the burden on your body and flood your cells with nutrients.
- ✓ BONUS optional 7-day extension plan



SUMMER FOCUS: HEART + SMALL INTESTINE

In Summer, we focus on the heart and small intestine. In Traditional Chinese Medicine, when we talk about organs, we're not just talking about the actual organs in the body, but also the energy meridians associated with them.

THE HEART

The heart is physically responsible for pumping blood throughout your body.

Energetically, the heart houses the Shen, or spirit. The Shen is said to encompass consciousness, emotions, mental acuity and thought, as well as the ability to process incoming sensory information.

Joy is the emotion associated with the heart. While joy nourishes the heart, an excess, i.e. mania, is a symptom of an imbalance in this system.

The heart represents the very act of being alive –

- ✓ from the physical heart beating in our chest
- ✓ to the flow of blood through our veins
- ✓ to our mental ability to stay present and focused
- ✓ to our emotional selves feeling whole and complete

It is the energy of summertime – abundant, hot and alive.

When your heart is struggling physically, circulation is poor, your cells don't receive the oxygenated blood they need one and they can't efficiently excrete wastes. Energetically, an imbalanced heart expresses as feeling "off" and a bit out of sorts.



THE SMALL INTESTINE

The small intestine is responsible for most chemical digestion of food and nearly all the absorption of nutrients.

Once nutrients are absorbed, they are delivered to your organs through the bloodstream... which links us back to the heart!

Comprised of three separate parts, the duodenum, the jejunum and the ileum, the small intestine measures upwards of six to seven meters long and it has a surface area of over 200 meters.

Like the heart, in the Traditional Chinese Medical, the small intestine is much more than just its physical traits.

The small intestine

- ✓ receives
- ✓ transforms and
- ✓ separates solids and fluids

Nutrients get dispersed throughout the body and while impurities are flushed into the large intestine for excretion.

Cold is a problem for the small intestine meridian. Ice cold foods can trigger pain around the navel, watery diarrhea or loose stools, frequent clear urination and loud gurgling sounds in the abdomen.

Just as the small intestine receives, transforms and separates foods, it is also said to separate clear thoughts from the rocky ones. Where the heart houses facets of the mind and oversees our mental health, the small intestine governs clarity and judgement.

NOURISHING THE HEART AND SMALL INTESTINE

Our aim with this Summer cleanse is to reduce the burden on the heart and small intestine, reconnect with the wisdom of our body and restore our natural vitality so we glow from the inside out!

Physically, vibrant, colorful, hydrating, antioxidant and fiber rich summer foods are good for the heart and small intestine. Any of the cleansing techniques like dry brushing, sauna, oil pulling, castor oil packs, etc are



supportive for the physical health of these organs and the health of your skin!

Energetically, try these things this season:

Joy.

- Celebrate and embrace the things you love in the world – people, places and thoughts.
- Connect -- Reach out to friends and family, forge new relationships and strengthen existing ones.

Beauty.

- Take time to appreciate the beauty of your natural surroundings
- Explore music, poetry, art and dance.

Ritual.

- ✓ Write down five things you are grateful for each night
- ✓ Incorporate gentle exercise during each morning
- ✓ Practice 10 minutes of sitting meditation each day
- ✓ Enjoy regular time in nature or in your choice of sanctuary



YOUR MATERIALS

Here is a quick look at your program materials. I honor how busy your life is and aim to make it easy for you to have massive success.

GUIDE	This guide lays it all out. The what, why and how. You'll be referring to this gem for years to come!
JOURNAL/ FOOD DIARY	Use this template to capture your experience. Use it as an outlet. Most of my clients love the daily journal... maybe you will too?! Make sure to use your food diary daily to document which foods truly fuel you.
DAILY SCHEDULE	Your simple daily schedule for a successful cleanse.
AT A GLANCE	Contains the recipes for your daily meals and daily drinks. Simply go to the current day of the program and your breakfast, lunch, and dinner recipes will be there.
RECIPE GUIDE	Delicious, clean recipes created for stunning summer skin and health. We've got you covered – from breakfast to dinner; with lunches, soups, protein balls, snacks, dips, juices, smoothies, and desserts!
SUGGESTED MEALS AND SHOPPING LISTS	This shows you one way you can use the recipes. Follow it exactly and you can just print the shopping lists and go! Post the menu on your refrigerator for easy reference.
WELLNESS KIT	This contains information about supplements, superfoods, kitchen skin care and supportive techniques that allow you to customize your cleanse.



YOUR PROGRAM

PRE-CLEAN EATING PREP

Use the 4 days before the cleanse to prepare, explore materials, ask questions and reduce foods/drinks that may make cleanse more difficult.

Day 1 – Get familiar with the materials.

- Read the program materials.
- Print out the shopping list and suggested meal plans.
- Flag recipes that look good and adjust your shopping list if needed.
- Check your pantry for shopping list items, check off what you have.
- If you have coffee, breads, sugars, start to cut down on them today. One easy way to reduce caffeine is to do a half caff today and tomorrow.

Day 2 – Review the recipes.

- Look at the suggested meal plan and read the recipes.
- Take inventory of your kitchen tools. What will you need to make your meals? If a recipe calls for spiralized or diced veg know that these are readily available at most markets in the produce section!
- Some people do their grocery shopping today.
- Continue to reduce caffeine, processed food, sugars, etc. Your body will have a much easier time next week if you do this now!

Day 3 – Buy cleansing supplies. Local health food shops and Amazon are good sources. Continue to review materials, reduce trouble-makers and ask questions!

- | | |
|---|--------------------------------------|
| <input type="checkbox"/> Probiotics | <input type="checkbox"/> Epsom salts |
| <input type="checkbox"/> Skin brush | <input type="checkbox"/> Castor oil |
| <input type="checkbox"/> Tongue scraper | <input type="checkbox"/> Journal |

Day 4: Get into the mindset of being toxin free.

- Look at labels. Is there aluminum in your deodorant? Are there things you can't pronounce in your cleaning supplies, shampoo, makeup (often a source of heavy metals)
- Continue to reduce caffeine, sugar, alcohol, etc.
- Do your grocery shopping if you haven't already.



THE PREP AND CLEAN EATING MINDSET

Mindset is a big part of preparing for a cleanse, so take a minute with me right now and let's center.

Put your feet flat on the floor, left hand in your lap, right hand over your heart.

Breathe with me – three slow, deep breaths... each one a little slower and deeper than the one before; each one releasing any fear that's crept up. Close your eyes and do that now.

Focus on your right hand. Feel your heart beat against your palm.

Settle in the rhythm and peace of your breath and heartbeat. Center.

Cleansing is about bringing your body back to center. It is not about stressing out over toxins or always eating a certain way.

The clean eating process will help you uncover how your body responds to certain foods and substances. Therefore, it's important to **journal along the way** -- your notes will help you see patterns that can determine what you incorporate into your health plan long term.

The process should help you get to the point where you can ask yourself, how many toxins can I handle? And you'll have a pretty good understanding of your balance point.

Mantra – I support and nourish
my body and my body supports
and nourishes my life.



CLEANSING PHASE

After our 4 days of prep, we move into 7 days of detox.

Our focus during these 7 days is

- ✓ clean eating
- ✓ proper hydration
- ✓ support of cleansing pathways

Remember that we are removing the things known to cause allergies, inflammation and stress for the skin, heart and small intestines.

The **Suggested Meals** packet shows one way you can structure your cleanse, but you are welcome to adjust and/or use other clean eating friendly recipes. Clean eaters have swapped recipes due to know food allergies or aversions. Simple shifts make for **family friendly** meals too – for kids, add a familiar protein, offer a little more fruit, make more protein balls or freeze dairy free yogurt into probiotic rich desserts. That's no problem – you can too, for whatever reason as long as you follow the guidelines! It's all about supporting your success and your Heart & Small Intestine & Liver this season!



DAILY SCHEDULE

This skin savvy summer cleanse is all about ditching stress. To help, I created a simple daily schedule for taking care of you. Use this just like you will use your suggested meal guide; instead of whole food, this everyday schedule includes lots of soul food...

UPON RISING:

- Drink Lemon Water Elixir. (See Recipe Guide.)
- Stretch.

BEFORE SHOWER:

- Take a probiotic 45 minutes after the Lemon Water Elixir.
- Try Oil Pulling (spit into the trash, not down the drain)
- Do tongue scraping and brush your teeth.
- Dry skin brush before showering.

BREAKFAST:

- Eat breakfast and Drink a cup of detox tea

MID-MORNING:

- Enjoy a light snack and Drink infused water.

LUNCH:

- Eat lunch.

AFTERNOON:

- Enjoy a light snack and Drink the Cucumber Cleanser.

DINNER:

- Eat dinner.

BEFORE BED:


- Clean and moisturize your face, neck and body.
- Monday, Wednesday, and Saturday: Take Epsom salt bath.
- Tuesday and Thursday: Use castor oil wrap.
- Write in your journal.



FOODS I CAN ENJOY ON THE CLEANSE

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

- Dairy-free milk: coconut, flax, hemp, and sunflower
- All fruits and vegetables
- Nightshades – tomatoes and peppers are on the approved list this season because they are such seasonal powerhouses. However, if you are sensitive to nightshades, OMIT the tomato and peppers
- Healthy fats: coconut oil, flax oil, grapeseed oil, almond oil, sesame oil, and olive oil
- Seeds: pumpkin, sunflower, sesame, hemp, chia, and flax
- Seasonal Beans*: Beans listed under Legumes section of Summer Grocery List found here: <https://lifepa.com/summer-grocery-list-pitta-reducing-diet/>
*Please soak your beans to remove phytic acid for optimal digestion. See soaking instructions included in this guide.
- Drinks: 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: maple syrup, raw honey, and stevia
- Detox tea suggestions: Dandelion Root Tea, Daily Detox Tea, Nettle Tea, or Smooth Move Tea (these support the liver and encourage bowel movement)
- Elixirs and tonics: Cucumber Cleanser, Lemon Water Elixir, Charcoal Lemon and Aloe Tonic

- 
- Cultured foods and drinks: coconut water kefir, Kevita, kombucha (if no candida present), fermented vegetables (homemade or store-bought)

FOODS I AM GOING TO AVOID DURING THE CLEANSE

These foods and drinks are NOT recommended during your cleanse.

The items in bold are among the most commonly allergenic foods. The remaining items are known to cause inflammation, blood sugar imbalance and digestive distress. We avoid them to reduce burden on the body and begin to restore balance and better health.

- Coffee
- Sugar and other sweeteners (white sugar, brown sugar, corn syrup, agave, or cane juice)
- Artificial sweeteners
- Sugar alcohols (often found in chewing gum or protein bars; example – xylitol)
- **Eggs**
- **Soy**
- **Shellfish**
- Yeast
- **Nuts**
- Alcohol
- **Dairy** products (milk, cheese, ice cream, cream cheese, etc)
- **Corn**
- **Gluten**
- Grains (except seed-like seasonal grains mentioned above)
- Processed foods
- Soft drinks
- Nitrates (often found in lunchmeats)
- Nightshades (white potatoes, eggplant, peppers) – see note in Foods to Focus on – if you tolerate nightshades, include tomato and peppers, if not, please omit them
- Beans (except for seasonal beans mentioned in the Approved Food list)



IMPORTANT NOTE:

If you are already aware of existing food allergies/sensitivities or have a history of candida, digestive issues, hormonal imbalances, or autoimmune symptoms, please use dietary guidelines approved by your physician so your unique condition is supported.



WHY CLEANSE?

Cleansing is simply a method of supporting clean pathways in the body. Because we live in a world where toxic exposure is the norm, cleansing lets us take some time to reduce the burden and help the body dump the junk. For me, “why cleanse?” is not the question... “Why are we not cleansing every day?” is!

Checking in with our exposure to toxins is a great way to determine how deeply we need to cleanse. The quiz and symptom checklist on the next page can help you identify the major burdens on your body and the way they are impacting your health.

You may be asking, “How does cleansing help my skin?” Let’s dig into that.

Your skin is the largest organ in your body. Just like your heart, liver and lungs, it is a specialized set of tissues that work together to perform biological functions that keep you alive.

Protecting your internal organs from the outside world is the most critical job your skin performs, but it does so much more:

- keeps water inside your body
- regulates your temperature
- turns sunlight into vitamin D
- pushes toxins out of your body (sweat, pus, sebum)

Fun fact: Most people carry about ten pounds of skin.

Skin health is as much a piece of your general well-being as the health of your heart, lungs, liver, digestive system and brain!

Instead of being JUST a covering for the body, skin is interconnected. Part of a group of organs known as the integumentary system, your skin, hair, nails, and sweat glands can be incredible indicators of overall health.

Think about it: rashes, eczema, psoriasis, acne, and skin tone are ALL symptoms of internal imbalance. While topical skin issues need support too, cleansing and supporting the skin from the INSIDE is key.



TOXICITY QUIZ

- Y/N I eat mostly organic food
- Y/N I eat Genetically Modified foods
- Y/N I eat sugar and/or processed foods
- Y/N I have taken antibiotics in the last year
- Y/N I've used hormonal birth control
- Y/N I take medications
- Y/N I experience stress in my life
- Y/N I use big brand personal care products
- Y/N I wear perfume
- Y/N The cleaning products I use are non-toxic
- Y/N I am exposed to smoke or I smoke personally
- Y/N I have been exposed to mold

Check off any symptoms you are experiencing:

- sugar cravings
- digestive issues
- skin rashes
- weak immune system
- imbalances in the hormones
- poor sleep
- exhaustion
- foggy brain
- joint pain
- edema
- body odor
- white coating on the tongue
- cold sores
- autoimmune flares
- candida
- weight gain
- irritability
- frequent illness
- sensitivity to smells
- fatigue



BEGIN WITH THE BASICS

Getting back to the basics is the first step to getting results. Here's our strategy:

- ✓ Simple, satisfying, whole foods in... crap, out.
- ✓ Simple cleansing practices that support your body's natural abilities... no more stagnation.
- ✓ Simple, sustainable schedule... overwhelm and overextension are over with.

Take a moment to set your intentions with an open heart. Success is supported when you know WHY you are doing something. This is no different... and there's no "wrong" why or "better" why... whether you want clear skin or world peace, your WHY is just the thing you're going to come back to when you need motivation.

Write down 3 reasons you want to do this program:

- 1.
- 2.
- 3.

Clean eating is not just about changing the food we eat, it is also about creating healthy boundaries. I want you to set some boundaries for the next 7 days. Think about the things that are stressful and challenge yourself to establish some personal rules about what gets your "Yes" right now.

Write down 3 boundaries you are going to establish for your cleanse:

For example, "me time on Sunday for 2 hours" or "leaving work on time."

- 1.
- 2.
- 3.



ESTABLISH A BASELINE

Use this space to write down how you are feeling right now.

Recording your baseline will give you a picture of where things stand for you in this moment. You might note bloating, fatigue, hormonal issues, inability to lose weight, headaches, constipation, skin issues, sleep issues, etc. Please note the energetic components of joy, judgment and clarity.

Be specific. You will return to this chart when your cleanse is done and reevaluate each area so you can see any changes.

AREA	BASELINE	COMPLETION
Skin		
Weight		
Sleep		
Digestion		
Energy		
Mood/mental health		
Joy		
Judgment /clarity		



GETTING SEXY SUMMER SKIN

Sexy summer skin takes some work. But here's the thing – all the steps you need to take to make your skin glow this summer are also going to support your immune system; help get rid of belly bloat and boost your energy!

Woo-hoo!
I think we need to high five!

Our plan for this cleanse is to take aim at all the skin dulling troublemakers.

The top five enemies of sexy skin:

- Dehydration
- Hormones imbalance
- Inflammation
- Stress
- Sun damage
- Trapped toxins

To keep those enemies at bay, we're going to do this:

1. Hydrate, hydrate, hydrate!
2. Eat balanced meals and snacks
3. Choose seasonal, anti-inflammatory foods
4. Practice self-care
5. Protect skin from too much sun
6. Clean and Cleanse



HYDRATION

Skin is hydrated from within. Just like your other organs, your skin needs water to function properly. Unlike other organs, your skin gives you clear signs that it needs hydration help! Think about the plump, smooth and soft skin on newborns... it's warm, pink, free of wrinkles and unblemished. Now think about your skin after a few stressful days and lots of coffee... it's a little ashy and blotchy, perhaps wrinkly or showing signs of frown lines. The difference is visible, right on your face --- happy, healthy, stress free vs tired, worn and stressed.

Hydration is one easy way to help your skin.

While you may think that dry skin is a sign of dehydration, it's not. Dry skin is a lack or imbalance of oil/sebum.

Dehydrated skin, on the other hand, looks dull, sallow, maybe rashy or red and often feels thin and less elastic.

A quick way to tell if your skin is dehydrated is to pinch the skin on the back of your hand and gently pull it upward... then release. If your skin is slow to return to its original shape, then you are likely dehydrated (this condition is called turgor). Hydrated skin snaps back quickly.

A properly hydrated body is about 70% water. All the tissues and cells in your body receive fluid through your bloodstream. Water circulates both within and among your cells as your blood delivers nutrients and carries away waste and toxins. Without this exchange of water, nutrients and waste your cells and organs would not function – this is natural in the death and dying process, but certainly not what we want or expect when we're actively living!

Besides failing to drink enough water, these are some things that can dehydrate your body and skin:

- ✓ Drinking caffeine and alcohol
- ✓ Sweating
- ✓ Certain medications
- ✓ Poor diet (too much salt and sugar, too little fat or too much processed fat, lack of vegetables/fruits/greens)
- ✓ Smoking
- ✓ Certain skin care products
- ✓ A sedentary lifestyle (leads to poor circulation)
- ✓ Environmental conditions like sun exposure, heated or air-conditioned air



You can improve your skin's hydration status by drinking enough water every day. The general rule of thumb is to drink one ounce of water for every two pounds of body weight. For example, if you weigh 140 pounds, you would aim to consume 70 ounces of water daily. Exercise or conditions that causes perspiration increases your hydration requirements. Typically, you need to consume an extra ounce of water for every 30 minutes of strenuous activity.

HOW TO HYDRATE

These are some steps to take if you are extremely dehydrated:

1. add electrolytes to your water for a few days
2. consume a whole foods diet that is rich in nutrients
3. avoid or minimize known dehydrators from the list above

Some people find plain water unpalatable. To make water more enjoyable, I love infusing it with colorful fruits and cooling veggies. Infused waters can be a fun way to play with flavor and get you to get in your ounces every day!



YOUR BEAUTY BOOSTING FOODS

Eating for sexy skin couldn't be tastier or more colorful!

The beauty of summer foods is that they are bursting with vitamins, minerals, antioxidants and hydrating juices. Those are perfect for keeping you healthy in hot weather and exactly what's needed for killer skin.

We're getting back to basic, whole foods and adding in some skin supporting superstars.

We're also skipping some items that are known to cause inflammation, promote aging, add oxidative stress, burden the adrenals, boost unhealthy lipid levels and wreak havoc with blood sugar.

ACTION STEP

1. **Read the lists below.**
2. **Check off** the focus foods that you already incorporate in your healthy diet.

If there are things in the skip column that you currently eating, **check them off** so you know what things need to go during this cleanse.

Foods to focus on:

- Greens
- Veggies
- Fruits
- Fats
- Ferments
- Proteins
- Superfoods

Foods to skip:

- Dairy
- Sugar
- Alcohol
- Caffeine
- Processed foods
- Fried foods
- Wheat and grains

The next few pages explore reasons why we are focusing on some foods and skipping others. If you're short on time, jump to the ones that you need to add and the ones that you need to ditch. Understanding WHY can help you take action!



GREENS

Calorie for calorie, dark leafy greens are one of the most concentrated sources of nutrition. They are high in chlorophyll, rich in minerals (iron, calcium, potassium and magnesium) and vitamins (K, C, E and some B vitamins), and they provide a variety of phytonutrients, including beta-carotene and lutein.

Lutein is being studied for its ability to decrease the risk of wrinkles. More importantly, lutein is known to decrease the risk of developing cancer! Dark leafy greens are the richest sources of lutein; **kale, collard greens, spinach and Swiss chard** top the list. Lutein is also plentiful in **parsley, chicory, mustard greens, beet greens, romaine lettuce and endive.**

VEGGIES

Sweet Potatoes

Sweet potatoes have a high amount of beta carotene, which helps even out your complexion. They also contain vitamin C and vitamin A to help repair damaged cell tissue in your skin. The biotin in these beauties is a bonus for stronger nails and hair growth. Enjoy sweet potatoes baked, boiled, grilled, or in just about any other meal. A popular trend right now is having sweet potato toast to replace the bread in your diet and add more nutrients at the same time.

Beets

This veggie is a superfood for beauty! Beets contain vitamin A, magnesium, potassium, beta-carotene, folate and fiber. These nutrients help with anti-aging, stimulate better cell production, and can leave your hair looking its best. The bright pinkish-purple color of beets makes them perfect to add to juice or smoothies in the morning and make them fun to drink. Even if you don't like the taste of beets, it will be covered up by any fruits you mix with it. Apples pair perfectly with beets in juice or smoothies.

Sprouts

Easy to grow on your kitchen windowsill, sprouts are a concentrated source of nutrition. Rich in enzymes, chlorophyll, vitamins, minerals; sprouts are also high in protein. Add fresh sprouts to salads, wraps, and as a garnish to every meal.



FRUITS

Citrus

Lemons, limes, oranges, etc help support immunity, boost circulation and fight inflammation. They also support your liver and digestive system which helps cleanse and revitalize your skin.

Try drinking a tall glass of water with slices of your favorite citrus in it, putting a squeeze of lime juice on your salads instead of a heavy dressing, or adding lemon to your morning smoothies or other beverages.

Pineapple

Pineapple helps to get rid of toxins in your body, reduces inflammation, and supports natural collagen production. One of the best ways to enjoy pineapple is just having it fresh. Low-fat, high fiber and packed with vitamins, and enzymes, pineapple is great on salad or grilled and served alongside a meal.

Berries

Almost all berries are considered superfoods because they are a source of concentrated micronutrients. Vitamins C, A, and E can all help to restore your skin cells, making your skin look more youthful.

Top your salads and yogurt, add to smoothies or freeze and blend with a banana for a fab dessert.

Kiwi

On the outside, kiwi look like small, brown and fuzzy fruits. On the inside, they are vibrant green and juicy. Kiwi is a superfood thanks to its antioxidants (Vitamin C especially), which protect your body from illness and disease. These same antioxidants also improve your natural beauty by boosting the health of your skin, hair, and nails. They are also good for improving the health of your teeth and bones and reducing fine lines and wrinkles. An easy way to eat kiwi is by cutting it in half, then scooping out the kiwi fruit with a spoon. You can also add kiwi to pancakes for a tropical flair, top frozen yogurt or regular yogurt to add some sweetness.



FATS

Fats and essential fatty acids are necessary for healthy skin. Deficiencies are reflected by skin that dehydrates easily and has wrinkles.

Avocado

Packed with all the right nutrients – healthy monounsaturated fats like oleic and linoleic acids, A, B, C and E vitamins, and minerals like potassium, phosphorus, and calcium. The things that make avocado healthy for your body are the ones that make it good for the skin too.

Coconut Oil

Coconut oil boasts benefits for health that are majorly impressive. Everything from better digestion to a healthier brain and balanced cholesterol to virus and bacteria fighting... coconut oil is the bomb! For skincare, it's primarily the anti-inflammatory aspects that help skin when using coconut oil as a food and the anti-bacterial aspects that help skin when used topically. An Indian study published in International Immunopharmacology showed that the high levels of antioxidants present in virgin coconut oil reduced inflammation more effectively than leading medications. Another study demonstrated that coconut oil harvested with medium (and not high) heat was found to suppress inflammatory cells.

Flax Oil

Flaxseed is composed mainly of omega-3 fatty acids (known for providing a multitude of health benefits). Flax oil is the richest vegetable source of omega-3, containing over 116,000 milligrams per one-cup serving. Flax seed oil is not recommended for cooking since it breaks down too quickly, but it can be used raw in salad dressings, smoothies and even applied topically.

Add flaxseed oil into your summer skin cleanse and enjoy faster skin healing, improved moisture retention, better skin tone and protection against free radicals that cause skin cancer.



FERMENTS

Fermented food supports a healthy microbiome, and a healthy microbiome helps keep the body healthy. We know that our skin is a direct reflection of overall health, so it makes sense that ferments can support gorgeous skin!

Some examples of fermented foods are:

- Raw Sauerkraut
- Yogurt
- Kombucha

PROTEINS

Wondering why protein is a summer skin must-have?

Protein is necessary for tissue repair and for the construction of new tissue. Every cell in your body needs protein. Your skin is no exception! What we need to understand here are the connections... we need to honor that the health of our skin reflects the health of our body as a whole.

Protein is the primary substance used to "replace" worn-out or dead cells:

- Skin cells are replaced every 24 days.
- White blood cells are replaced every ten days.
- The cells lining the gastrointestinal tract are replaced every four days.

Skin, hair and nails are made of protein. So are the cells that make up muscles, eyes, liver, kidneys, heart, lungs, nerves, brain, and sex organs!

Protein is needed for hormones production and balance. When your hormones are out of balance, you won't feel well and you won't look well either.

Collagen is a form of protein, and I bet you've heard about it! About 30 percent of the total protein in the body is collagen. Strong white collagen fibers and yellow elastic networks (**elastin**) form the connective tissue that holds our body together. Collagen strengthens skin, blood vessels, bones, and teeth. It is the cement that holds cells together in organs and tissues. Someone who has been sick or who has been on an extremely low-protein diet may see the muscles in their arms and legs begin to sag, which is a sign that they have probably lost collagen. This also happens with aging as natural collagen production declines.



UNDERSTANDING PROTEIN

Wondering if you'll get enough protein on a plant-based program? Let's talk that through and learn a bit about protein.

Protein is made up of amino acids. There are 20 different amino acids: 10 can be manufactured in the body so we don't need to get them from food. 10 cannot and must be obtained from food sources — these are the ones called "Essential" amino acids because it is essential that we get these from food sources.

All foods -- fruits, vegetables, legumes, greens, grains, meats, fish and dairy – **contain varying amounts of amino acids.** Foods that have all 20 are called complete proteins.

Complete proteins (foods containing all 20 amino acids) are most commonly found in animal foods, like meats, eggs, and fish, but there are plant sources too like quinoa, hemp and soy.

Plant-based? According to nutrition and health expert, Dr. Joel Fuhrman in his groundbreaking book [Eat to Live](#), "almost any assortment of plant foods contains about 30-40 grams of protein per 1,000 calories. When your caloric needs are met, your protein needs are met automatically. Focus on eating healthy, natural foods; forget about trying to get enough protein."

Like this plant-based whole food cleanse, eating a balanced diet full of greens, beans, fruits, and veggies is a healthy way to fuel your body with nutrient dense, low calorie, high fiber foods that are rich in amino acids.

For skin health, the best protein sources are cooling, alkaline proteins like hemp and salmon. Other protein sources are listed next, but our recipe focus is on these choices for your 7-day skin cleanse.



CLEAN PROTEIN SOURCES

Plant-based proteins – for our grain-free cleanse, we can utilize hemp seeds, chia seeds, green pea protein (or 1 cup of fresh green peas), coconut meat, sprouts, vegan protein powder. NeoLife is my preferred protein powder.

Collagen powder -- Collagen powder can be added to soups and smoothies

Salmon is the suggested animal protein for this cleanse. You can add other proteins, but for skin in the summer season, salmon is your best choice. Meats are heavy on digestion and are more acid-forming which is bad for skin.

If you want to include other animal proteins, use this as a guide:

FISH, SEAFOOD

- BPA free canned fish (sardines, anchovies, wild salmon)
- Wild shrimp, scallops, fresh or frozen wild Pacific salmon, Pacific cod, trout, sea bass, mackerel, Dover sole, or albacore

*Make sure the fish you are eating is low in mercury. A list of low-mercury fish can be found here: <https://www.nrdc.org/stories/smart-seafood-buying-guide>

MEATS (pasture-raised, grass-fed, nitrate-free and organic is best)

- Chicken, Turkey, Bison, Beef, Lamb



SUPERCHARGERS

Superchargers for skin support great health and boost all the things that make skin healthier, more youthful and resilient. These powerhouses can be used in a variety of ways. Choose one or try them all -- experiment and find your perfect partners for gorgeous skin!

For more ideas on ways to use these and other skin supportive items, check out your handouts.

- **Chlorophyll** -- helps combat the effects of aging and supports healthy tissues. Rich in antioxidants, magnesium, vitamins A, C and E, chlorophyll stimulates anti-aging enzymes, helps reverse skin damage and encourages healthy, youthful skin.
- **Collagen** – In addition to a collagen supplement, Lycopenes in red fruits and vegetables naturally increase collagen production (and are a great solution for plant-based eaters). Vitamin A helps increase collagen production and slows the breakdown of the collagen and elastin that causes skin aging. Vitamin A thickens and stimulates the layer of skin where collagen, elastin and blood vessels are present. It also helps improve blood flow to the surface of the skin. Carrots are an excellent source of Vitamin A.
- **Flax oil** – contains essential fatty acids that help with inflammation and hydration.
- **Coconut water** – a natural source of essential minerals, vitamins and electrolytes; Vitamin A, Vitamin C, Protein, Iron and Calcium, Sodium and Potassium. Lauric acid is another component of coconut water that's also found in coconut oil. Lauric acid is anti-microbial, anti-viral and anti-fungal which makes coconut water a good choice for topical and internal use!
- **Aloe** – renowned for cooling sunburns, aloe is also exceptional for calming inflammation inside the body.
- **Probiotic drinks** – probiotics support a healthy microbiome, which creates a healthy body! Probiotic drinks can be used topically as well as internally. Dabbing a little plain kombucha or kefir on a patch of troubled skin can soothe and heal.
- **Charcoal** – activated coconut charcoal is something used to help bind toxins and wastes so they can be excreted in bowel movements. Topically, charcoal powder can be made into a paste with a little water or aloe and used as a mask to draw and bind impurities on the surface of the skin.



COMPLEXION BOOSTERS

- Juice 2 slices of pineapple, 2 green apples
- Pure watermelon juice (rich in silica)
- Juice 1 cucumber, a handful of parsley, 4-oz pea sprouts, a sprig of mint
- Coconut water with chlorella
- Juice 2 carrots, 1 green apple and a knob of ginger
- Potassium broth (for minerals and electrolytes)
- Green tea with pineapple and aloe juice

STRESS AND SELF-CARE

Stress has real effects on your skin. Your body releases stress hormones that increase oil production and make you more prone to breakouts. One specific stress hormone, cortisol, triggers an elevation in blood sugar and damages collagen and elastin. Combines, that leaves skin susceptible to wrinkles and worry lines. Another problem that happens physically during stressful times is increased in blood flow which causes capillaries to expand; the tell-tale sign is red inflamed skin.

Want to know the number one remedy for stress?

Sleep!

Ever notice that when you sleep poorly you wake up with dull and puffy skin? It's not your imagination! When you sleep, collagen production accelerates, and growth hormones are produced in higher levels than when you're awake. These things restore and regenerate skin cells.

A 2013 study showed that better sleep is linked to faster recovery from environmental stress. Besides that, good sleep helps regulate the production of cortisol (and we know that excess cortisol = faster aging!)

So, make good sleep a priority. Beauty sleep for the win! dreams about beautiful skin.

Other self-care strategies that I love are:

- Taking quiet time for myself
- Going for a walk in nature
- Enjoying a bath (you must try the mineral bath recipe in the technique section!)
- Talking with friends & loved ones

- 
- Reading a book and watching the birds at my feeders

PROTECTION: MOISTURE + SUNSCREEN

Your skin protects your inner organs from the outside world. Show it some love and slather on moisturizer and sun screen!

HOW TO CHOOSE A MOISTURIZER

What you put on your skin is as important as what you put in your body. Skin is porous and things you apply to it get absorbed into your bloodstream. So, if you're applying chemical laden lotions and what not, you're adding to the toxic burden that your liver has to filter out. Toxic burden causes faster aging, especially when the body isn't processing everything out efficiently. It's better to choose clean products to put on your skin than have to focus on getting crap out!

The Environmental Working Group has a database that ranks products based on how much yuck they contain. Companies like Neolife and Beauty Counter are committed to creating clean products --- you can start there or do an internet search for clean beauty products if you want to use a brand.

My favorite kitchen moisturizers are avocado and coconut oil. I love that they do double duty as cleansers (we'll cover that on the next page) and I love that they are natural, single ingredient choices.

HOW TO CHOOSE A SUNSCREEN

Protecting your skin from damaging sun rays is important. So is a bit of safe sun exposure (because your body naturally produces Vitamin D with a little sun every day).

The best information on choosing a natural sunscreen that I've found is through the Environmental Working Group. Check out their guide and their sunscreen recommendations here:

<https://www.ewg.org/sunscreen/best-sunscreens/best-beach-sport-sunscreens/>



CLEANSE AND CLEAN EAT

Cleansing is what we do to work on our skin from the outside.
Clean eating is what we do to work on our skin from the inside.

CLEANSING YOUR SKIN

Cleansing can strip skin of natural oils, damage and irritate surface cells. To prevent that from happening, choose a natural oil, like one of the ones below. Contrary to what you might think, oils don't make your skin oilier (just like good fats don't make you fat!) Oils can help balance the natural sebum and they attract and bind with dirt and makeup to clean things up beautifully!

- Jojoba oil
- Olive oil
- Sesame oil
- Coconut oil
- Grapeseed oil
- Avocado oil
- Sunflower oil

Each of these oils can be used on its own or you can mix a few of them together. To use, squirt a little oil onto a cotton pad or clean washcloth (that you'll dedicate for makeup removal) and wipe until your makeup is gone. You don't need to worry about washing the oil off. You can follow with a mild cleanser if needed or a splash of water.

CLEANSING YOUR SKIN

Remember, cleansing your skin is an *inside* job! This program is designed to help you do just that. Still, some of my favorite cleansing techniques are super for glowing complexion. Check them out:

- Activated charcoal mask
- Aloe and collagen mask
- Papaya and cucumber skin mask
- Chamomile tea, calendula tea and lemon juice splash
- Mineral bath (recipe in the clean eating techniques section)



" When you are balanced and when you listen and attend to the needs of your body, mind, and spirit, your natural beauty comes out."

Christy Turlington



HOW CLEANSING FEELS

Cleansing is just a word to describe ditching the stuff that doesn't serve us, escorting it out of our bodies and lives and embracing a healthier lifestyle. How you feel during a cleanse depending on how much stuff you need to clear out. Everybody is different. Even people who have been eating clean for years can have a cleansing response once their body reaches a point of releasing something that was held deep within tissues --- this can be heavy metals or latent EBV or Lyme or mold or some other toxin from a medication or other environmental exposure.

Let's cover some normal/common reactions... and ways to lessen them.

- Rash/skin breakout
- Constipation or diarrhea
- Foggy thinking
- Weight gain
- Digestive imbalances or mucus in the stool
- Headaches
- Sinus congestion
- High or low energy levels
- Interrupted sleep or inability to stay asleep
- Joint pain, inflammation, or swelling in the fingers
- A dry cough or tightness in the chest
- Lower back pain
- Dry eyes
- Clogged ears
- Bad breath

When I experience a cleansing response, the following protocol seems to help.

Remember that everyone is different, so do what works best for you:

- I drink a cup of nettle tea and water with lemon.
- Take an Epsom salt bath to remove toxins.
- Do a castor oil pack to support my lymphatic system.
- Double up on my probiotics and vitamin C.

By keeping a journal you may find that a particular food is triggering your response. If this is the case, remove the food from your diet for 14 days and then reintroduce it to see if the same reaction occurs.

Be sure to write in your journal after every meal. Your journal should be your personal blueprint for what foods work for your body.

Keep in mind that you can also reduce unwanted physical reactions by using the physical and emotional support tools.



PROBIOTICS

Probiotics are allies when it comes to daily cleanse. They improve the balance of good bacteria in the gut, help us have healthy bowel function, increase the...

Cravings are common in cleansing because your body is transitioning off processed stuff, releasing stored toxins and kicking out metabolic waste. One of the best ways to beat cravings is to consume probiotic-rich foods and maintain a healthy flora in your gut.

You have recipes for making cultured foods or you can buy them at the store. Include the following:

1. probiotic rich foods
2. probiotic rich drinks
3. prebiotic foods
4. daily probiotic

PROBIOTIC-RICH FOODS

Probiotics don't only come in pill form! Fermentation is a natural process that not only preserves food and enhances the taste but also creates foods teeming with good bacteria!

Healthy, natural sources of probiotics include:

- Cultured vegetables
- Coconut water kefir
- Coconut yogurt
- Inner-eco probiotic drink
- Body Ecology probiotic drinks
- Bubbie's cultured foods, available in your local market or health food store

Cultured foods like those listed above can be found in most supermarkets, natural food stores and even online. You can also make ferments at home if you have the time! I've included a few of my favorite recipes in the recipe guide so you can try your hand at it!



TRUSTED PROBIOTIC BRANDS

There are so many probiotics on the market, but here are a few:

1. **Prescript Assist** is a soil-based organism and contains many strains. The most important are Lactobacillus Plantarum, which have been shown to reduce wall permeability in patients with leaky gut syndrome.
2. **Renew Life** 50 Billion is a great overall probiotic. This company also has high strain CPU probiotics, if you are battling more severe digestive issues or food intolerances.
3. **Gut Pro** is a fabulous probiotic for people who have an oversensitive digestive system and tend to have a reaction to probiotics. Many start with 1/8 teaspoon of Gut Pro powder and build up!
4. **NeoLife** probiotics and digestive enzymes are my personal favorite supplements.

PREBIOTIC RICH FOODS

Dr. Axe says, "Prebiotics work together with probiotics (selectively fermented ingredients that produce beneficial bacteria) to allow specific changes to take place, both in the composition and activity of the gastrointestinal system. They play a fundamental role in preserving health by maintaining balance and diversity of intestinal bacteria, especially [increasing the presence of 'good bacteria' called Lactobacilli and bifidobacteria.](#)"

Add prebiotic foods to your diet daily to help the probiotics thrive.
Eat the following:

- Onion
- Leek
- Garlic
- Asparagus
- Artichoke
- Jerusalem artichoke
- Chicory root



FAQ'S

What is a toxin?

A toxin is any substance which is harmful to your body. Pollution, poisons, chemicals, synthetics, artificial foods and by-products.

Toxins can be absorbed through the skin and mucous membranes, from food, water and air.

What is a cleanse?

A cleanse is a set of actions designed to decrease or remove toxins and waste from your body. Your body does this naturally, every day by excreting things through bowel movements, sweating and urinating. However, many factors can weaken this normal function and hinder your body's ability to eliminate these kinds of harmful substances. When your system becomes overloaded, toxins begin to buildup in the body and the result impacts overall health. Body cleansing helps to release this burden.

Should I seek advice from my doctor before beginning a cleanse?

Yes. If you are in the care of a doctor or have known medical issues, you should always seek advice from your doctor before starting any program. Even if you feel great, it doesn't hurt to have another opinion as you make your decision. Explain that this cleanse eliminates common allergens and inflammatory foods, is based on fresh, seasonal whole foods, and does not require supplements. Your doctor will help you determine if this is right for you based on the current state of your health.

If you ever have any uncertainties regarding your state of health or already have a medical issue, or you are pregnant and/or breast feeding, consult your doctor before beginning any cleanse program.

Can I exercise while doing the cleanse?

Exercise helps flush out toxins and helps release stored stress and tension. Exercise helps to promote positive thinking, boost your confidence and calms your mind; it also overall improves a sense of health and wellbeing. Break a sweat in a fun way every day but adjust if necessary.



What can I do if I am...

	Try this	Why?
Bloating	<p>Reduce raw foods and opt for a day or two of steamed or cooked foods.</p> <p>Reduce any flax or chia.</p> <p>Chew thoroughly.</p>	<p>When stomach acid is weak, digestion suffers, and food may be released into the small intestine undigested. Cooked foods help lessen the burden on digestion. Flax and chia can be difficult to digest if you're not used to them. Reduce them and see if bloating improves.</p> <p>While it may seem simple, chewing is the first step in the digestive process. Salivary amylase helps begin to break down carbs. The act of chewing signals your stomach to begin releasing stomach acid too --- so chew!</p>
Having headaches	<p>Omit ACV</p> <p>Increase fiber with meals.</p>	<p>ACV can prompt a cleansing response.</p> <p>Fiber helps mop up and escort toxins out while also helping balance blood sugar.</p>
Constipated	<p>Are you hydrated?</p> <p>Coconut oil</p> <p>Cooked foods</p>	<p>Constipation usually happens when stools lack bulk. Hydration and fiber are the main culprits. If you're following the program you should be getting plenty of fiber, so check in with your hydration.</p> <p>Coconut oil can help to lubricate the digestive canal and soften stool.</p> <p>Cooked foods are easier to digest – see note above.</p>



	Try this	Why?
Diarrhea/ constipation	Ginger tea Reduce flax Switch probiotic	Bowel upset is commonly reported when fruit and vegetable consumption suddenly increase. It's typically not cleanse related, so aim to soothe the system as your body adapts to the increase in produce. Diarrhea can be related to intestinal flora imbalance as well. Switching probiotics will give you some diversity in your gut and may ease symptoms.
Feeling tired	Check in with yourself? Are you doing too much? How are you sleeping? Eat more.	Fatigue can be cleanse related. It can mean that you have a nutrient deficiency (B12, Vitamin D and Iron are biggest culprits and can be assessed with simple blood tests). It can also mean that you're doing too much and not taking enough time for yourself. Malnutrition is also a reason for fatigue. This is not a low calorie or calorie restricted plan --- so try increasing your meal size or play with a little more protein, fat, carbs.
Having cravings	Lemon water Increase your salt Eat a little more	Cravings are common when we cut caffeine and sugar but can happen anytime, we change diet. The body is trying to tell you what it needs. Lemon water can help curb sweet cravings and promotes hydration. Sweet/fat cravings may indicate that you need more calories.
Experiencing nausea after the ACV elixir	Reduce or omit ACV	Apple cider vinegar can prompt excess yeasts and bacteria to die off. It can also just be too much for some!

What can I do if I don't have time to cook?

There are many options to help with short cuts in the kitchen. Look for premade salad mixes, seasonal soups with only whole food ingredients, pre-chopped fruit and veg, etc. Batch cooking also helps many busy people eat healthier! If you need support in this area, reach out to me.



What if I'm hungry?

You can eat as much food as your body needs – though it's important begin to feel the difference between true hunger, blood sugar imbalance and/or cravings that can indicate nutrient deficiencies.

Many cleanse-fans come to enjoy not feeling full or heavy from eating foods they don't really need. It becomes enjoyable to fully experience true hunger because you know that your body has rested and digested and now needs more nourishment.

Can I make the elixirs in bulk?

Ideally, no. The enzyme action from fresh elixirs with lemon juice and apple cider vinegar is best fresh. If you need to make a bulk batch, aim for not more than you will consume in 2 days and keep it refrigerated.

Can I do this cleanse if I am Pregnant or Breast-feeding or have a medical condition?

The short answer is yes, but with a few modifications. The foundation of the program is clean eating and liver support. Pregnancy and breast-feeding don't preclude good liver health! However, we do NOT want any heavy cleansing currently, so

- ✗ herbs, new supplements and things like castor oil packs are NOT advised.
- ✗ Heavy skin brushing is NOT advised, but you should be okay to use light strokes

Anyone with a condition or known health concern should consult with their physician before beginning any programs or implementing changes to their nutritional approach.

You should also be sure to

- ✓ consume enough proteins, fats and carbs
- ✓ stay hydrated

I have to feed my family and I'm afraid they won't like this food... what do I do?

Simple shifts make for **family friendly** meals too – for kids, add a familiar protein, offer a little more fruit, make more protein balls or freeze dairy free yogurt into probiotic rich desserts.

Smoothies are also often an easy win with kids. Start with simple ones like a handful of baby spinach, a cup of berries, a banana and a pinch of stevia. Look at the recipes in the recipe guide as inspiration for ingredients.

Reach out to me if you have questions or concerns.



(FAQ's continued)

What can I do if I must eat out? Can I still do the cleanse?

While it's best to make your meals, you can eat out if you follow the guidelines.

Safe choices usually include

- ✓ salads with no dressing or olive oil and vinegar on the side
- ✓ steamed vegetables
- ✓ baked vegetables
- ✓ wild salmon
- ✓ seltzer water with lime or lemon instead of alcohol
- ✓ unsweetened green tea

Treat your clean eating list as if they are food allergies right now --- tell your server or ask what options meet your needs.

You may not like it, or you may be very pleasantly surprised by what is available. Either way, you'll know that your choices continue to support your health.



SOURCE LIST

Affirmations: <https://www.louisehay.com/101-best-louise-hay-positive-affirmations/>

Breathing techniques: <https://www.drweil.com/health-wellness/body-mind-spirit/stress-anxiety/breathing-three-exercises/>

Tongue Scraping: <http://www.chopra.com/ccl/the-benefits-of-tongue-scraping>
My favorite tongue scraper: <https://www.amazon.com/DR-TUNGS-TONGUE-CLEANER-Count/dp/B000ZM7MMW>

Dry Brushing: <http://articles.mercola.com/sites/articles/archive/2014/02/24/dry-skin-brushing.aspx>

My favorite dry brush: https://www.amazon.com/Yerba-Prima-Tampico-Skin-Brush/dp/B00016RIIA/ref=sr_1_1_a_it?ie=UTF8&qid=1523980338&sr=8-1&keywords=yerba+prima+dry+skin+brush

Enema supplies and detailed instructions
<http://store.gerson.org/store/Supplies/enema-bucket-with-gerson-coffee.html>

Additional reading for enemas: <http://www.yeastinfection.org/enema-solution-for-candida-how-enema-can-help-get-rid-of-your-candida/>



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This content is not intended to diagnose or treat any diseases. It is intended to be provided for informational, educational, and self-empowerment purposes ONLY.

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