

14 DAY FALL RESET

CLEAN EATING

Guide





TABLE OF CONTENTS

WELCOME.....	4
FALL FOCUS: DIGESTION & IMMUNE HEALTH.....	5
WHAT WE TAKE IN.....	6
YOUR IMMUNE SYSTEM.....	7
WHAT WE RELEASE OR EXCRETE.....	8
DIGESTION 101.....	10
YOUR PROGRAM.....	13
MATERIALS.....	13
PROGRAM SUMMARY.....	14
DAILY SCHEDULE.....	15
DAY-BY-DAY PREP.....	16
THE PREP AND CLEAN EATING MINDSET.....	17
CLEAN EATING PHASE.....	18
SEASONAL FOODS FOR FALL.....	18
SPICY.....	18
COOKED.....	18
VEGGIES AND FRUITS.....	19
WARMING BEVERAGES.....	19
WHY SEASONAL EATING?.....	19
FOODS I CAN ENJOY ON THE CLEANSE.....	21
FOODS TO AVOID DURING THE CLEANSE.....	22
PROTEIN.....	23
UNDERSTANDING PROTEIN.....	24
CLEAN PROTEIN SOURCES.....	24
PROBIOTICS.....	25
HOW CLEANSING FEELS.....	27
FAQ'S.....	28
LET'S BEGIN.....	34
TOXICITY QUIZ.....	34
BEGIN WITH THE BASICS.....	35



ESTABLISH A BASELINE 36
 QUICK STEPS TO SUCCESS 37

HOMEWORK38
 Everyday Tasks: 38
 Preparation Phase:..... 39

 Clean Eating Phase: 39
 Transition Phase: 39

A LOVING DISCLAIMER.....40



WELCOME

The long, hot days of summer are fleeting and it's time to welcome the shorter, cooler days of Fall. Just as things change from season to season with a rhythm that is natural and predictable, so too does our internal rhythm change.

The work we did in Summer to cleanse, lighten, and purify ourselves showed in the glow of our skin and the soft, flat foundation of the belly. The work we will do now, entering Fall, will introduce the body to more balanced, grounding and slightly astringent foods designed to release the heat of the summer and boost the microflora, so we head into Winter with a robust immune system!


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. Fall is the season to focus on the health of your lungs and large intestines. Skin is another focal organ this season because, like the lungs and large intestines, it is a barrier between us and the world. By supporting these you tap into your innate ability to prepare yourself and your immune system for the colder Winter ahead.

I have carefully crafted this program in two parts:

- ✓ Eliminate triggers of inflammation, weight gain, or digestive issues
- ✓ Replenish with self-care, nutrients and beneficial bacteria

Your program is broken down into three flexible phases.

1. 4-7 days of preparation, **cutting back** on caffeine, sugar, alcohol and processed foods; **reviewing** materials; **cleaning out** your pantry and fridge; **buying** provisions for Phase 2.
2. 7 days of cleansing, **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.
3. 4-7 days of transition, **reintroducing** foods into your diet, so you can discover how foods affect you emotionally and physically.



Before we dive into the nuts and bolts of the program, let's explore our focus so we know the “why” behind this cleanse.


FALL FOCUS: DIGESTION & IMMUNE HEALTH

In Fall, we focus on digestion and immune health. We work to support the cleansing pathways of the body. In Traditional Chinese Medicine (TCM), we support the lungs and colon/large intestine.

The work you do now to nourish the immune system and support good digestion may mean an end to seasonal allergies this season and fewer colds and flu this winter. The goal is to use nutrition and targeted supplements to replenish vitality, resolve any deficiencies, and restore health; coupled with daily cleansing techniques to flush toxins and peel back some of the burden on the body.

This season, we will address sadness and grief and we will work to reduce your stress. The emotional aspect of cleansing is as important as the physical one. Any stress on the body, emotional or otherwise, will hinder optimal health. Energetically, we are working on what we bring into the body and what we release from it. What we breathe into our lungs, into our thoughts, into our lives, we honor. What we release through our intestines, through our sweat, through our cleanse, we honor.

If you were with me for the Summer cleanse, you know that we laid a foundation for success this season. The Heart and Small Intestine support the Lung and Large Intestine. All cleansing supports digestion and immune health. If you missed out on the Summer session, not to fear... this season, every season, will support you as beautifully, but I want you to start seeing the connections and feel the flow. I believe in seasonal cleansing because I've seen how deeply



it supports transitions. I hope you will feel the difference each season and that this time next year you will be able to confidently say that this was your best year yet (and that your commitment to seasonal cleansing played a big part!)

Let's explore our focus areas and focus organs before we get into the daily bits of the program ahead. Understanding why we place the focus where we place it can help us develop a connection with and awareness of our body.

WHAT WE TAKE IN

The lungs are physically responsible for taking in oxygen from the air. TCM sees the lung meridian as lungs, sinuses and nose, which all cover respiratory function.

Energetically, the Lungs work with **boundary, breath and renewal**. Our physical vitality, or Qi, is governed by the breath. So, the lungs are energetically responsible for our energy and vitality and are one direct interface with the world. **They filter and protect us as well.**

Self-esteem, self-awareness, and respect help with lung balance. Being able to meet life with a comfortable, deep breath --- breathing things in and enjoying them --- is the essence of lung balance.

The lungs represent connection and boundary –

- ✓ the physical breath that comes without thought
- ✓ our ability to hold our breath and attempt to control it
- ✓ the moments that take our breath away
- ✓ the understanding that the air we breathe is touched by every living thing, that it becomes part of our body every second of every living moment.

It is the energy of autumn – warm, moist and slow.

When your lungs struggle physically, respiration is poor, your cells don't receive the oxygen they need, and they can't efficiently excrete wastes. Without breath, there is no life. Energetically, imbalanced lungs express as feeling "off," disconnected and detached.

Interestingly, the microbiome in the lungs is as important to immune health as the gut microbiome. New research shows the lungs' own microbiome may have a direct influence on immunity¹.

Supporting the lungs with antioxidants and supplements like N-acetylcysteine (NAC) also help boost immunity and reduce the risk of catching colds and flu, in particular². NAC can also break down and soften mucus, which can improve symptoms of colds and lung diseases that are active.

YOUR IMMUNE SYSTEM

Your immune system protects you from disease and sickness by identifying things that can harm you – bacteria, toxins, parasites, malfunctioning tissue, etc. – and mounting an attack to neutralize the threat.

LiveScience.com³ expertly describes the immune system, and I think they're words will provide you with a solid primer:

“Innate vs. adaptive immunity

The immune system can be broadly sorted into categories: innate immunity and adaptive immunity.

Innate immunity is the immune system you're born with, and mainly consists of barriers on and in the body that keep foreign threats out, according to the [National Library of Medicine](#) (NLM). Components of innate immunity include skin, stomach acid, enzymes found in tears and skin oils, mucus and the cough reflex. There are also chemical components of innate immunity, including substances called interferon and interleukin-1. Innate immunity is non-specific, meaning it doesn't protect against any specific threats.

Adaptive, or acquired, immunity targets specific threats to the body. Adaptive immunity is more complex than innate immunity, according to [The Biology Project at The University of Arizona](#). In adaptive immunity, the threat must be

¹ <https://labblog.uofmhealth.org/lab-report/bacteria-healthy-lungs-linked-to-immunity>

² <https://selfhacked.com/blog/nac-top-43-science-based-health-benefits-n-acetyl-cysteine-nac/>

³ <https://www.livescience.com/26579-immune-system.html>



processed and recognized by the body, and then the immune system creates antibodies specifically designed to the threat. After the threat is neutralized, the adaptive immune system "remembers" it, which makes future responses to the same germ more efficient. "

Immune imbalance can show up as allergies (seasonal, food, chemical), asthma, inflammation, cancer, autoimmune disorders (lupus, rheumatoid arthritis, psoriasis, Hashimoto's thyroiditis and type 1 Diabetes. Colds, flu and other illness occur when your immune system doesn't mount a strong enough response. Whether there's an imbalance or an invader, a strong immune system will ensure that you feel good!

SEASONAL IMMUNE BOOSTERS:

- Elderberry
- Vitamin C
- Manuku honey
- colloidal silver
- echinacea
- garlic
- turmeric milk

A healthy Vitamin D level is also key to a strong immune system. Ask your doctor for the blood test to see if you need to supplement.

WHAT WE RELEASE OR EXCRETE

The large intestine is responsible for transporting digested food out of the body, but bacteria in the colon create Vitamin K and some B vitamins too!

The large intestine is a microbiome/environment rich in bacteria or micro-flora. Bacteria further breakdown food that has already been mostly digested in the small intestine and destroy pathogens. These bacteria also help protect the body from infection and illness. So, when we're working on digestion and immunity, it makes perfect sense to support the large intestine!

The Power of Probiotics:

Probiotics are beneficial bacteria. They're the good guys. When I am working with clients, we always address gut health. I like to rotate probiotics every month to help ensure that there is a healthy mix of probiotic strains in place and working to bring the body back into balance!

Let's look at the common thread of digestion and immune health --- the body takes things in and processes them. When the intake includes harmful bacteria, stress, or negative thoughts, the body suffers, and immune function decreases and leaves the body susceptible to illness and imbalance⁴.

The large intestine, lungs and skin all serve the same primary function which is to keep that which serves the body (oxygen/nutrients) and eliminate that which does not (carbon monoxide/waste).

To understand how to support digestion means we need to understand the process and the major players. Since we're talking large intestine already, let's start there...

The large intestine is so named because of its diameter (2-3 inches). 5 feet long, the large intestine includes the colon and rectum and is ¼ the length of the small intestine. The large intestine:

- ✓ slowly moves fecal matter to the rectum and out of the body
- ✓ supports 500-900 different types of bacteria which outnumber the cells of the body by 10x.

The bacteria in the large intestine break down the portion of food that has yet to be absorbed, mostly fiber. This breakdown produces nutrients for bacteria to flourish and the micronutrients synthesize some of the B vitamins and Vitamin K.

The colon absorbs small amounts of water and electrolytes. Whatever isn't absorbed is excreted from the rectum as feces.

Much of the immune system is also rooted in the large intestine. GALT or Gut Associated Lymphoid Tissue is present in both the large and small intestine. The bacteria in the large intestine also helps modulate immune response. So, a healthy large intestine means a healthier you.

⁴ <https://www.psychologytoday.com/us/blog/how-the-mind-heals-the-body/201411/how-stress-affects-the-immune-system>



Love note:

Just as the large intestine is dependent on the relationship with bacteria, it is also pivotal in steering our intuition in external relationships. Think about those times you've experienced a "gut feeling!" Do you find that you trust your gut?

DIGESTION 101

Here's a brief overview of what happens in digestion and what organs are the major players.

Your digestive system is a series of tube-like organs that convert what you eat into fuel for your body. There are about 30 feet of "piping" that starts with the mouth and ends with the anus.

The food on your plate needs to be transformed into a gooey liquid for your digestive system to be able to break it down into its usable parts: proteins, carbohydrates, fats, vitamins, and minerals. Your teeth start the process by chewing and grinding up your food. Your tongue works the food into a ball-shaped "bolus" that you will swallow. Saliva starts the process of chemical digestion because it contains enzymes. Enzymes break down large molecules of food into smaller molecules that the body can absorb; there are several points during digestion that your body releases different digestive enzymes.

Once food is swallowed, digestion turns into an involuntary process. This means that you don't have any active role any longer --- whether you think about it or now, whether you jump around or do yoga, your food will follow the same path and undergo the same process.

Chewed food passes down the throat to your esophagus. The movement is assisted by small muscular contractions known as peristalsis.

Your esophagus empties into your stomach. The stomach is a large, muscular pouch that mixes food with digestive juices and enzymes. Different enzymes help to break down different things. Pepsin targets proteins, lipase breaks down fats and amylase handles carbs. Hydrochloric acid makes up some of the digestive juices. It helps dissolve the contents of your stomach and it neutralizes



harmful bacteria. Interacting with all the digestive juices takes food from that chewed bolus into something called chyme. When digestion is working properly, chyme is a pasty liquid; when digestion is impaired, chyme may contain pieces of solid food. Over the course of several hours, your body pumps the chyme through several sphincters (muscular rings that act like gates) and then releases it in bursts into the duodenum.

The duodenum is the first of three sections of the small intestine. This section is coated in lots of mucous because of the very acidic nature of the chyme. Mucous is designed to protect your intestinal lining. Most of your digestion takes place in the 20-foot section of small intestine. Nutrient absorption is also mostly done here. Your body uses millions of tiny, fingerlike projections called villi on the surface of the intestine to absorb and transfer the nutrients into the bloodstream where they are transported to the liver.


What's left passes into the large intestine, where, as you may recall from the previous section, it's eaten by billions of bacteria, mixed with dead cells and formed into solid feces. Water is reabsorbed into the body while the feces are moved into the rectum and held for excretion. Diarrhea happens when water is not reabsorbed. Constipation happens when too much water is reabsorbed.

***If you struggle with constipation, try aloe juice (not the topical gel),
marshmallow root tea or flax tea.***

For diarrhea, try small amounts of psyllium husk fiber.

TRANSITIONING FROM SUMMER TO FALL

Our aim with this Fall cleanse is to release the heat we accumulated during the Summer and strengthen two major cleansing organs ~ the colon and the lungs. This practice helps to prepare you for the season ahead. To sync with the natural rhythms of Fall, you can simplify your dietary input, support your elimination pathways, and supply the nourishment (both body and soul) needed to enjoy a healthy season.



Fall foods include those late summer crops, herbs and roots. Some can be eaten raw, while others demand to be cooked. This combination helps the body transition from the heat of summer.

In addition to cleansing techniques like dry brushing, sauna, oil pulling, castor oil packs, etc. we will be exploring breathwork this season to specifically support the lungs and reconnect us with the breath. Breathwork is a beautiful way to open your airways, stimulate your **Vagus nerve** (responsible for regulating digestion, triggering “fullness” and balancing immune function, among other things⁵) and facilitate the release of held emotions and funky energy.

Energetically, try these things this season:

Respect.

- ✓ Honor the ways in which you connect with the world and with others.
- ✓ Acknowledge and honor your strengths, your accomplishments and yourself.
- ✓ Set healthy boundaries with your time, energy, love... with your body... and honor them.

Release.

- ✓ Get rid of things that no longer serve you. Donate them or toss them. Feel the difference in the way you breathe.
- ✓ Take care of business. If there are outstanding matters, handle them. If your inbox is cluttered, manage it. If you have worries – financial, business, relationship, etc. – take steps to support yourself and move out of fear.
- ✓ Cry. Lung and Large Intestine work are often emotional. Embrace it. If tears come, let them flow. Breathe through it. Center yourself. You've got this.

Ritual.

- ✓ Write down five things you are grateful for each night
- ✓ Break a sweat every day in whatever way you are comfortable.
- ✓ Practice 10 minutes of breathwork daily.
- ✓ Enjoy regular time in nature or in your choice of sanctuary

⁵ <https://www.marksdailyapple.com/what-is-the-vagus-nerve-and-how-does-it-impact-health-mood-and-performance/>



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	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 contains the ingredients for the Suggested Meals for phases 2 and 3. It can be printed out and taken to the grocery store. There's space to add any other items you need, including ingredients for snack or dessert.
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.
PHYSICAL & EMOTIONAL WELLNESS TOOLKIT	This guide contains instructions for simple cleansing techniques, breathwork and emotional release. Explore it. Use it. Incorporate it into your daily routine during the cleanse and beyond.

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!

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, sugar, and white foods, such as sugar, white bread, and white potatoes.</p> <p>Your Action Steps:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Read your materials <input type="checkbox"/> Decide if you're going to make any changes to your meal plan and adjust your shopping lists <input type="checkbox"/> Go grocery shopping <input type="checkbox"/> Put away, donate or discard items that are off limits for this program (these are the ones you know you shouldn't really be eating anyway!)
<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. I encourage you to listen to your body and offer yourself an extension if you feel you are making progress. This is your divine program – if 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 into 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. If you have a KNOWN ALLERGY, you WILL NOT reintroduce it.</p>

Please check out the FAQ's for more information and email me if you have questions.

DAILY SCHEDULE

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

UPON RISING	<input type="checkbox"/> Drink Lemon Ginger Elixir (see Recipe Guide) <input type="checkbox"/> Do tongue scraping <input type="checkbox"/> Dry skin brush before showering (optional) <input type="checkbox"/> Shower and try the Contrast method (alternate hot and cold water to energize and boost metabolism) <input type="checkbox"/> Take a probiotic 45 minutes after the Lemon Ginger Elixir <input type="checkbox"/> Get dressed
BEFORE BREAKFAST	<input type="checkbox"/> Breathwork exercise
BREAKFAST	<input type="checkbox"/> Drink a cup of green tea or caffeine-free tea, such as dandelion, fenugreek or turmeric <input type="checkbox"/> Eat breakfast
MID-MORNING	<input type="checkbox"/> Eat a snack of your choice <input type="checkbox"/> 5 long, slow deep breaths
LUNCH	<input type="checkbox"/> Eat lunch (make sure you are chewing!)
AFTERNOON	<input type="checkbox"/> Drink the Cranberry Cleanser (see Recipe Guide) <input type="checkbox"/> Eat a snack of your choice (only if you are hungry) <input type="checkbox"/> Write in your food diary <input type="checkbox"/> Energizing breath exercise
DINNER	<input type="checkbox"/> Eat dinner
MID-EVENING	<input type="checkbox"/> Do Epsom salt bath three times this week
BEFORE BED	<input type="checkbox"/> Write in your food diary <input type="checkbox"/> 1 tablespoon coconut oil to support the myelin sheath and calm the central nervous system <input type="checkbox"/> Relaxing breath meditation



DAY-BY-DAY PREP

Use the 4 days before the cleanse to prepare, explore materials, ask questions and reduce foods/drinks that may make cleansing 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. Opt for a half caf 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 veggies 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 troublemakers 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"/> White Candle |
| | <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, this one especially. Lung and Large Intestine is about boundaries and letting go. We are working with the heart chakra and the root chakra. This is the territory of emotions. Working here, we start by centering and creating a safe space within ourselves for any emotional healing to happen. Let's set the intention that this cleanse and all the work done here is for your highest good; that you will not be given anything you are not ready to handle; that all work will be done with grace and ease.

Put your feet flat on the floor, both hands resting on your lower abdomen.

Breathe with me – five slow, deep breaths... each one a little slower and deeper than the one before; breathe from the abdomen and feel as though your hands are holding your breath as it fills your belly. With each breath release any fear that's crept up... release any pain or heat that your body is holding.

Close your eyes and do that now.

Focus on the rise and fall of your belly. Feel the energy that comes from that deep, down breath. Enjoy the warmth and power of your breath. 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 release anything that does not serve my body and my body releases me to enjoy my life.



CLEAN EATING PHASE

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

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, lungs, and large intestines.

The **Suggested Meals** packet shows one way you can structure your cleanse, but you are welcome to adjust and/or use other cleanse-friendly recipes. Cleansers have swapped recipes due to known 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 Lungs and Large Intestine this season!


SEASONAL FOODS FOR FALL

SPICY

Spicy foods combat the cold dampness of Fall days and help the body transition from the external heat of Summer. The addition of spices helps to stimulate stomach acid and ensure that foods are properly digested.

COOKED

As the days get cooler and daylight shorter, shift away from a high raw diet into more cooked foods. This doesn't mean fewer salads and smoothies, but try



smaller portions enjoyed in combination with broths and cooked veggies. Soups and stews are a splendid way to enjoy Fall flavors. They are also the perfect vehicle for lots of veggies and immune boosting broths!

VEGGIES AND FRUITS

Seasonal produce like squash, pumpkins, brussels sprouts, potatoes, onions, carrots, parsnips, cauliflower, apples – roasted or steamed – are rich in vitamins A, C, K, anti-oxidants and fiber while bearing that grounding, earthy energy needed to transition into Fall and be prepared for Winter wellness. Some notables:

- ✓ **Brussels sprouts** are a Fall favorite. 1/2 cup contains more than your Daily Recommended Intake of vitamin K, plus, they are a very good source of folate and iron.
- ✓ **Kale, Collards and Broccoli** contain compounds that lower oxidative stress and protect against lung and colorectal cancer.
- ✓ Studies have shown that **apples** reduce the risk of developing asthma and lung cancer! The fiber in apples helps encourage healthy bacteria in the large intestine as well as bulks up stool so it can be passed more easily!
- ✓ A weekly intake of **garlic** may half the risk of developing lung cancer, according to a study published in Cancer Prevention Research. Garlic contains flavonoids that stimulate the production of glutathione, which enhances elimination of toxins and carcinogens. Great for intestinal health too! Did you know that you can increase the health benefits of garlic if you let it sit after you've chopped it or crushed it?

WARMING BEVERAGES

Ginger tea is good both for the lungs and the digestion. Earlier in the season, when summer-like days are lingering, opt for a lavender rosemary tea or even basil infused water enjoyed at room temperature. **Garlic** broth and **Chaga** tea are also excellent immune boosters!

WHY SEASONAL EATING?

Just as the weather changes with the season, so too do our choices of food. In Summer, we crave the cool, sweet, juicy fruits. In Winter, we yearn for warm, heavy, comforting starches. Spring brings sprouts and crisp early vegetables and bitter greens. Fall foods cleanse your body to boost your immune system.



Remember, taking wisdom from 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
- Fatigue
- Excessive heat in the body, often resulting in poor digestion
- Bloating
- Headaches
- Asthma
- Skin issues
- Sinus infections

Lung health is also important for energy and to prevent illness. Your lungs filter AND have their own microbiome!

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

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
- Diarrhea/Constipation
- Congestion or excess mucous in the body (especially if you see mucous in your stool)
- Gurgling in the stomach
- Poor assimilation of food
- Headaches
- Weight gain

There are many factors that lead to digestive imbalances, 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 and supporting digestion will leave you feeling brighter and lighter.

The emotional work related to the gut 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 cleansing support tools, and letting go of any feelings that don't serve the best version of you.

Your immune system will get a needed boost.

Your digestion will enjoy a loving break.

Your body will thank you.

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, especially squash, pumpkin, sweet potato, kale, collards, broccoli
- 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*: Lentils, garbanzo beans, split peas. *Please soak your beans to remove phytic acid for optimal digestion.

<https://bodyecology.com/articles/enhance-your-digestion-of-4-common-foods/>

- 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: Cranberry Cleanser, Lemon Water Elixir, Ginger Tonic
- Cultured foods and drinks: coconut water kefir, Kevita, kombucha (if no candida present), fermented vegetables (homemade or store-bought)

If you don't have time to follow the suggested meal plan, simplify and enjoy broths, salads, soups and smoothies.


FOODS 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**

- 
- 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)

DURING PHASE 3:

Here are the foods you will be adding back in:

Days 8 and 9 – Nuts

Days 10 & 11 - Grains (Oats)

Days 12 & 13 - Eggs

Day 14 – Grains (Quinoa)

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.

PROTEIN

Many thrive with little to no protein during a cleanse while others need more. Please know this program is designed with flexibility to meet your needs. This means adding 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 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.



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.

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. My preferred protein powder is NeoLife – it contains all 20 amino acids.

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



Salmon is the suggested animal protein for cleanse. You can add other proteins, but for skin, lungs and large intestines, 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

PROBIOTICS

Probiotics are allies when it comes to daily cleansing. They improve the balance of good bacteria in the gut, help us have healthy bowel function, and support the immune system.

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 my favorites:

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 people begin with 1/8 teaspoon of Gut Pro powder and build up!
4. **NeoLife Acidophilus** is my personal all-time favorite probiotic.

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

ROTATE

A healthy microbiome doesn't have just one or two types of healthy bacteria, it has hundreds! You may take a single strain like lactobacillus for a month or two then change to a multi-strain formula and so on⁶. When you rotate and change things up, you encourage bacteria diversity and you allow the good guys to take hold. You can also switch things up based on how your body feels when you are taking different probiotics. Many of my clients also do well to take a week or two break from probiotic supplements... and some even prefer to get their probiotic boost from cultured foods and beverages! Experiment and see what makes your body feel best!

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 depends 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, latent viruses or mold, or some other toxin from a medication or other environmental exposure.

⁶ <https://www.lovebugprobiotics.com/should-you-rotate-your-probiotic/?cn-reloaded=1>



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 work 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.

FAQ'S



What is a toxin?

A toxin is any substance which is harmful to your body, such as 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 build up 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 improves your overall 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.</p> <p>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 our 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!
Feeling a cold or bug coming on...	Increase Vitamin C Grapefruit Seed Extract Garlic Broth Ginger Tea Manuku honey or raw local honey Colloidal Silver Echinacea Mineral bath	All of these things are immune boosters. While you likely don't want to use them all at once, you can incorporate one or two of the supplements and help keep yourself hydrated with antimicrobial/ antibacterial/ immune boosting broths. The magnesium in a mineral bath is known to ease body aches and can help break a fever. Magnesium is also necessary for general health. It boosts glutathione production (your master antioxidant) and is key to a healthy immune system! ⁷


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 to

⁷ <http://www.immunehealthscience.com/benefits-of-magnesium.html>



feel the difference between true hunger, blood sugar imbalance and/or cravings that can indicate nutrient deficiencies.

Many cleansing-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 anytime you have questions or need help.

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 cleansing 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.


LET'S BEGIN

TOXICITY QUIZ

Take a few minutes to complete this quiz. The more "yes" answers and symptoms being experienced, the more your body will benefit from support.

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:

- | | |
|---|--|
| <input type="checkbox"/> sugar cravings | <input type="checkbox"/> body odor |
| <input type="checkbox"/> digestive issues | <input type="checkbox"/> white coating on the tongue |
| <input type="checkbox"/> skin rashes | <input type="checkbox"/> cold sores |
| <input type="checkbox"/> weak immune system | <input type="checkbox"/> autoimmune flares |
| <input type="checkbox"/> imbalances in the hormones | <input type="checkbox"/> candida |
| <input type="checkbox"/> poor sleep | <input type="checkbox"/> weight gain |
| <input type="checkbox"/> exhaustion | <input type="checkbox"/> irritability |
| <input type="checkbox"/> foggy brain | <input type="checkbox"/> frequent illness |
| <input type="checkbox"/> joint pain | <input type="checkbox"/> sensitivity to smells |
| <input type="checkbox"/> edema | <input type="checkbox"/> 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.

Cleansing 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		

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 stevia. Also, start to read labels. Too often we think we are eating healthy but are fooled by hidden sugars.

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 if you are coming off a lot of sugar or caffeine.
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 in ounces of 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.


HOMework

In order to gain the most success from this cleanse, you must put in the work. I've given you the tools to make this work for you, now you need to make a contract with yourself that you won't give up and that you'll complete these simple homework exercises every day.

Feel free to complete one exercise per day or to complete multiples as your time allows. Most importantly, use all these tools so you completely understand the cleansing process and to understand just how important your food choices are for your body.

Everyday Tasks:

- ✓ Increase your water intake.
- ✓ Exercise.
- ✓ Cut back on caffeine, alcohol, sodas, sugar, processed foods, and allergenic foods like wheat, eggs, and dairy.

- 
- ✓ Follow the suggested meal plan.
 - ✓ Purchase only organic produce and grass-fed meats.
 - ✓ Track your emotions and progress in a journal.
 - ✓ Get more sleep.
 - ✓ Unplug from all electronics at least one hour before bed.

Preparation Phase:

- ✓ Take the Toxicity Quiz on page 37 of the Program Guide.
- ✓ Answer the Pre-Cleansing Questionnaire in the Handouts folder.
- ✓ Fill out the Baseline chart on page 39 of the Program Guide.
- ✓ Review the Quick Steps to Success on page 40. Purchase a probiotic to promote healthy gut bacteria.
- ✓ Clear out your fridge and pantry.
- ✓ Use the checklist on page 17 of the Program Guide.
- ✓ Review the Daily Schedule on page 16 of your Program Guide.
- ✓ Review pages 18 of the Program Guide about the Clean Eating Mindset.

Clean Eating Phase:

- ✓ Read through your Program Guide.
- ✓ Pay special attention to your Daily Schedule with your meals and snacks.
- ✓ Read pages 1-9 in the Wellness Kit about other superfoods that will aid in your cleanse and overall health.
- ✓ Review the Breathwork section on pages 10-15 of the Wellness Kit.
- ✓ Use the Food Diary in your program materials and start writing down how you feel after meals, emotionally and physically.
- ✓ Infuse your water with some cut up organic fruit.
- ✓ Read through the section about Support for the Body starting on page 16 of the Wellness Kit.

Transition Phase:

- ✓ Add one Transition Meal from the Recipe Guide each day.
- ✓ Track your reactions to these foods in your Food Diary.
- ✓ Continue with your self-care routine and support cleansing tools.
- ✓ Try probiotic-rich foods and/or drinks.
- ✓ Keep visiting the private Facebook group to lend support to other members.



A LOVING DISCLAIMER

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