



Healthy Liver Cleanse

**Pre-Cleanse Program
Manual**

By: Stephanie Montanez



Welcome to the Healthy Liver Cleanse Detox & Rejuvenation Program!

**We are excited for you to
begin your health
transformation.**

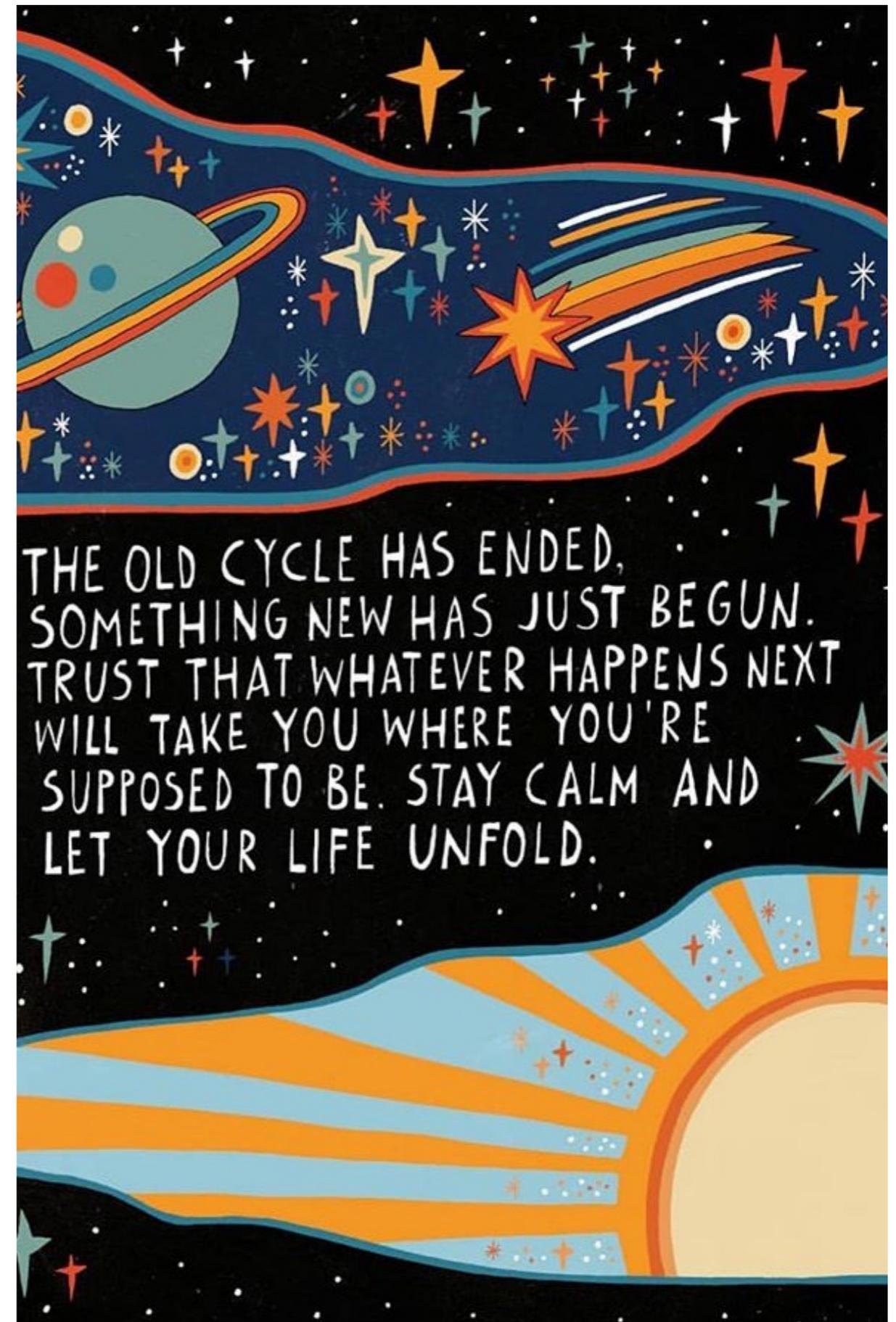
**May you find all that you
seek on this profound
journey to reclaiming
your health...**

**- With Aloha -
Stephanie & Jonathan**

Healthy Liver Cleanse

Consists of 3 phases to create a healthier body, mind, lifestyle and a refreshed attitude of gratitude ...

- ▶ Pre-Cleanse Program
- ▶ Liver Cleanse, Detox and Rejuvenation Phase
- ▶ Post-Cleanse Strengthening Period



Pre-Cleanse Program



Call2Action Exercise: Sign, Print & Post Doing Declaration # 1



Cleansing 101



The Foundational Foods Program
21 Days of Mindful Eating (pg 6-19)



Daily Pre-Cleanse Routine



Meal Planning Essentials



Foods Galore



Journaling & Record Keeping



Doing Declaration - The Power of Intention

1. Healthy Liver Cleanse Course Requests

1. Come with an open mind
2. Honor your Doing Declaration and Top 5 Self Commitments
3. Show up to all class offerings - participate fully, receive fully
4. Be honest with yourself about what you are discovering needs changing in your life and have the courage to implement it
5. Be willing to remove your obstacles that make you unwell
6. Let food be thy medicine
7. Try something NEW everyday. Learn to move through fear.
8. Discuss this program with your doctor and continue taking prescribed or mandatory medication(s)
9. Stay connected with fellow HLC FB Group community members as well as other support friends and family members.
10. Do & Be your best - you have gifted this opportunity to yourself, deep dive in order to reap your rewards!

PONDER: Want to add something more to your top 5 Self Commitments list?

2. You are in ALWAYS in Charge

1. There may be some moments where you don't feel your best or perhaps you feel tired. This is the process of detoxification. It will occur multiple times during your cleanse and varies in strength of depletion. It is normal to experience this as you begin and continue to change your food program. This is the body undergoing transformation. It is important to trust yourself each step of the way. Taking notice of what you are experiencing change from day to day is the magic of the cleanse in action. When you feel your body asking for something or needing support in some way, presuming it is supportive to the cleanse, it is important to listen to your intuition. Respecting free will while still being open to continuing to learn more, while continuously working towards your desired health goals and needs.

3. **Words In Our Vocabulary:** These are our "seeds" of consciousness that reframes & restructures the way we are participating (playing the game of life) ... let's use some powerful words to support the process!!

1. Intention: a mental state that represents a commitment to carrying out an action or actions in the future. Intention involves mental activities such as planning and forethought. The healing process of a wound.
PONDER: What's your intention for doing this cleanse?
2. Decision or Choice? Decision - the action or process of deciding something, a formal judgment, usually based off of past information. Choice - a course of action. CHOICE!
3. Reclamation: the process of claiming something back or reasserting a right
4. Hero's Journey: What you overcome to become your own hero for your health and life journey
5. Cleanse: A process or period of time during which a person attempts to rid the body of toxic substances by consuming healthy foods and liquids, and or supplements and doing self-care healing modalities to support the body
6. Detox: a process in which one abstains from mucus inducing foods to rid the body of toxic or unhealthy substances, increases intake of detoxing agents and flushes the body with lots of water to prevent recirculation of toxins
7. Lifestyle Enhancements - a set of related activities with a particular long-term aim that when followed will achieve specific goals and or lead you in that direction
8. Transition: the process or a period of changing from one state or condition to another
9. Transformation: a metamorphosis during the life cycle, the induced or spontaneous change, a thorough or dramatic change in form or appearance
10. Change: to alter, arrive at a fresh phase; become new
11. Fast: to abstain from some kinds of food or drink or thing in one's life to support transformation
12. Break-the-fast: the nourishment that transitions from the abstinence period
13. Home work: your body is your home and much like maintaining a physical home, it requires work to keep it running smoothly.
14. Self Responsibility: the state of being accountable, the opportunity to act independently and take full ownership of your choices
15. The Pet Snake: the part of our personality that we are attached to that makes us feel we can't do it
16. Your Ass on the Bench: the act of life passing you by
17. Your Ass on the Line: it is where playing the game of life happens

PONDER: How committed are you to your cleanse to succeed?

CHANCES OF SUCCESS:

0% I WON'T	60% I MIGHT
10% I CAN'T	70% I THINK I CAN
20% I DON'T KNOW HOW	80% I CAN
30% I WISH I COULD	90% I AM
40% I WANT TO	100% I DID
50% I THINK I MIGHT	

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MY DOING DECLARATION

For the next **45** days I commit to showing up for myself and my health by making this cleanse program a *top priority* in my life.

I understand that for the success of this program, I will follow as best as can this program from beginning to end. I will show my dedication by participating fully, showing up daily with a positive attitude and self-love and by sticking with it when I want to throw in the towel. I consciously choose to change the non-serving eating habits that contribute to the decline of my health.

My personal health goals are:

My intention for doing my cleanse is:

I believe in myself and I say YES to TRANSFORMATION!!

Signed by _____ on _____, 2020

SELF PORTRAIT TIME!!

Print, Post, Make a Collage or Simply Add to Your Healthy Liver Cleanse Album on your phone, iPad or computer!

Cleansing 101

The Healthy Liver Cleanse

Transformation & Rejuvenation Program
Detox, Rejuvenate & Strengthen =
Vitality + Longevity

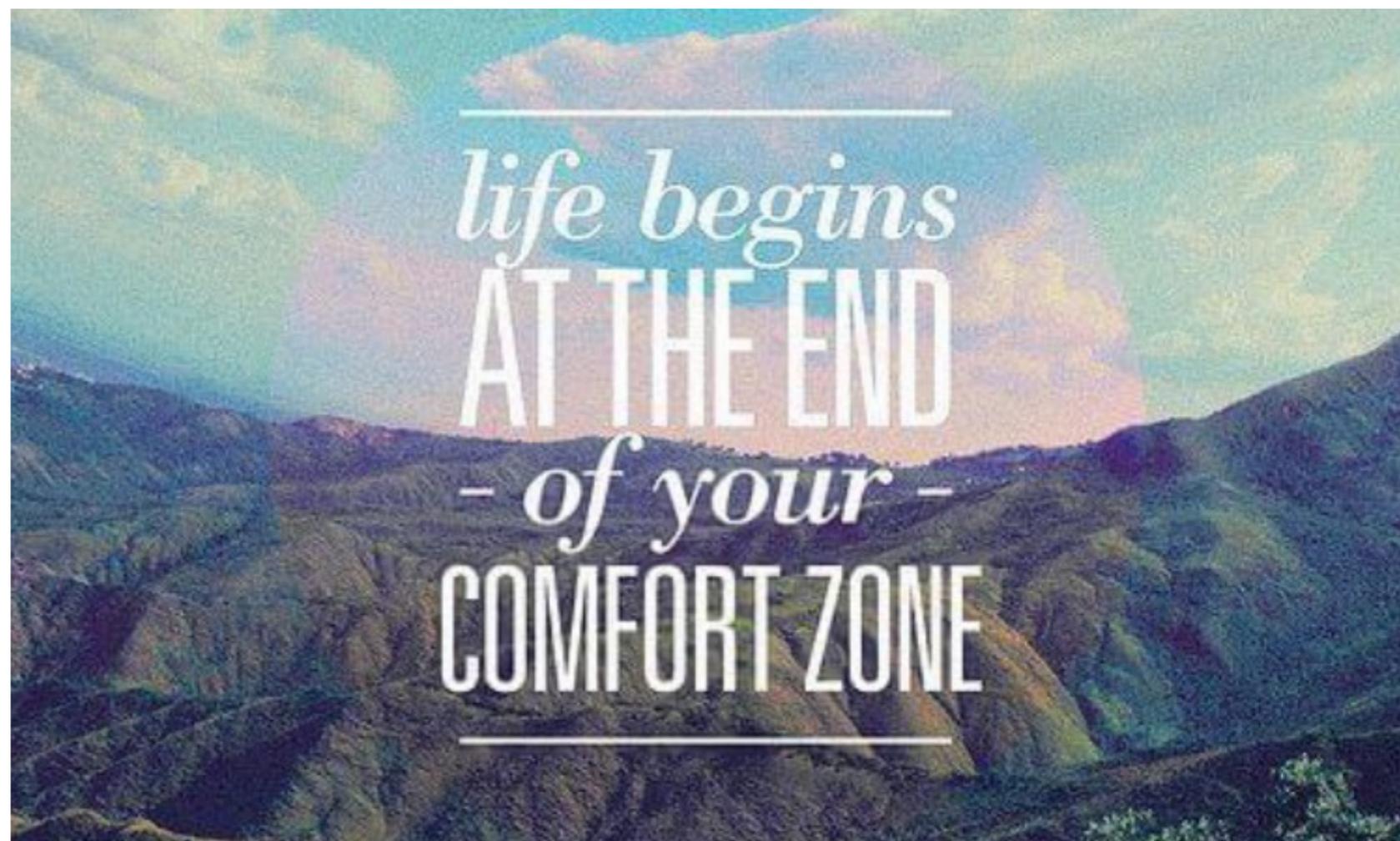
As long as we are living with a functioning liver, lungs, colon and kidneys, the body is always in some state of detox, filtering out wastes and toxins.

This is what these organs are designed to do. However, an accumulation of toxic substances can occur over time from unhealthy lifestyle habits, dietary excess and/or environment pollutants that we are all invariably exposed to on a daily basis.

This toxic waste build-up can impair health and create a chronic condition of low to high toxemia, that causes disease and a variety of health-related issues, especially reducing one's regenerative and cognitive functions as we age.

When certain foods and lifestyle stressors are eliminated, the body is more effectively able to pull out stored toxic substances from the cells and tissues and thereby begin the rejuvenation process of the body.

The key is to have healthier new cells regenerate faster and stronger than the unhealthy and dead cells, hopefully not being stored, be eliminated.



Preparation is a key component to success. We must prepare all aspects of us and our lives, to be put into order for the process to flow smoothly and gracefully.

Now that you've mentally prepared by setting your cleanse intention and signed your Doing Declaration, you are now ready to dive a little deeper. Let's continue our mental prep by putting our schedules and calendars in order for the next 45 days- think and plan ahead. Let's also communicate with those one feels and needs to, that you can call upon during your process for support. Next, we will prepare our bodies by following the 21 Day Foundational Foods Program and begin to apply the Daily Lifestyle Enhancements for a whole system reset that prepares your body for the cleansing & detox phase.

HEALTHY LIVER CLEANSE PROGRAM CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Date: 8/23	Date: 8/24	Date: 8/25	Date: 8/26	Date: 8/27	Date: 8/28	Date: 8/29
Registration Deadline	Almost Time!	Day 1: Pre-Cleanse Program	Day 2: Pre-Cleanse Program	Day 3: Pre-Cleanse Program	Day 4: Pre-Cleanse Program	Day 5: Pre-Cleanse Program
Date: 8/30	Date: 8/31	Date: 9/1	Date: 9/2	Date: 9/3	Date: 9/4	Date: 9/5
Day 6: Pre-Cleanse Program	Day 7: Pre-Cleanse Program	Day 8: Pre-Cleanse Program	Day 9: Pre-Cleanse Program	Day 10: Pre-Cleanse Program	Day 11: Pre-Cleanse Program	Day 12: Pre-Cleanse Program
Date: 9/6	Date: 9/7	Date: 9/8	Date: 9/9	Date: 9/10	Date: 9/11	Date: 9/12
Day 13: Pre-Cleanse Program	Day 14: Pre-Cleanse Program	Day 15: Pre-Cleanse Program	Day 16: Pre-Cleanse Program	Day 17: Pre-Cleanse Program	Day 18: Pre-Cleanse Program	Day 19: Pre-Cleanse Program
Date: 9/13	Date: 9/14	Date: 9/15	Date: 9/16	Date: 9/17	Date: 9/18	Date: 9/19
Day 20: Pre-Cleanse Program	Day 21: Pre-Cleanse Program	Day 1: Liver Cleanse, Detox & Rejuvenation Phase	Day 2: Liver Cleanse, Detox & Rejuvenation Phase	Day 3: Liver Cleanse, Detox & Rejuvenation Phase	Day 4: Liver Cleanse, Detox & Rejuvenation Phase	Day 5: Liver Cleanse, Detox & Rejuvenation Phase
Date: 9/20	Date: 9/21	Date: 9/22	Date: 9/23	Date: 9/24	Date: 9/25	Date: 9/26
Day 6: Liver Cleanse, Detox & Rejuvenation Phase	Day 7: Liver Cleanse, Detox & Rejuvenation Phase	Day 8: Liver Cleanse, Detox & Rejuvenation Phase	Day 9: Liver Cleanse, Detox & Rejuvenation Phase	Day 10: Liver Cleanse, Detox & Rejuvenation Phase	Day 1: Post-Cleanse Strengthening Phase	Day 2: Post-Cleanse Strengthening Phase
Date: 9/27	Date: 9/28	Date: 9/29	Date: 9/30	Date: 10/1	Date: 10/2	Date: 10/3
Day 3: Post-Cleanse Strengthening Phase	Day 4: Post-Cleanse Strengthening Phase	Day 5: Post-Cleanse Strengthening Phase	Day 6: Post-Cleanse Strengthening Phase	Day 7: Post-Cleanse Strengthening Phase	Day 8: Post-Cleanse Strengthening Phase	Day 9: Post-Cleanse Strengthening Phase
Date: 10/4	Date: 10/5	Date: 10/6	Date: 10/7	Date: 10/8	Date: 10/9	Date: 10/10
Day 10: Post-Cleanse Strengthening Phase	Day 11: Post-Cleanse Strengthening Phase	Day 12: Post-Cleanse Strengthening Phase	Day 13: Post-Cleanse Strengthening Phase	Day 14: Post-Cleanse Strengthening Phase	THE NEW YOU!!!!	The Beginning Of A New Lifestyle

The Healthy Liver Cleanse Program

Program Phases & Schedule

Pre-Cleanse Program: 8/25 - 9/14, 2020

- 21 days of full body preparation by eliminating dietary and lifestyle stressors

Liver Cleanse, Detox & Rejuvenation Phase: 9/15 - 9/24, 2020

- 10 days of resetting the body:

5 days of 2 solid meals and 1 liquid meal

3 days of 1 solid meal and 2 liquid meals

1 day of liquid purification (all meals are blended/liquid)

1 day of fresh vegetable juice and Green Drink mix drink only

Post-Cleanse Strengthening Period: 9/25 - 10/8, 2020

- 14 days to integrate back into life

This 45-day program is formulated to gently reduce and release toxic build-up. It is best suited for those who are doing a cleanse for the first time, especially if your present or recent lifestyle patterns have been consuming meats, dairy, coffee, alcohol, gluten and sugar on a somewhat regular basis, do little to no exercise and have a history of bowel congestion/constipation. Also for those who are anemic, have a thin body and not wanting to drop too much weight, or have a weaker constitution, loose stools, pale complexion, and for those who experience cold hands and feet often or have an over-all low energy the majority of the time.

Diving IN ...

One should always remember that they're always in charge of their program.

Stop and start as one wishes too. If you are detoxifying too quickly, making you feel uncomfortable, stop and go back to the normal eating/food program, hopefully cleaned up a bit, and start again when ready and able with more realistic steps forward to follow the guidelines of this program. The person doing the cleanse always makes the decisions, as no one knows what's better for them than they themselves. Follow and trust one's intuition.

While doing a cleanse program, you must find time to rest and let your nervous system relax, heal and re-balance. This is super important! Daily meditations, naps, baths and time in nature support gentle unwinding of our systems.

Drink plenty of the recommended liquids with each phase – the more the better!! We suggest purified or alkaline water, fresh-made vegetable juices, “Green Drink”, Vital Broth, veggie soups, plant protein powder/superfoods smoothies, adaptogen and herbal teas, green tea, fresh coconut water, green vegetable smoothies and gently warmed raw-food soups.

Cleanse Rule of Thumb: **Drink large amounts of water (plus other liquids) all day, pee often, have no constipation.** This means ... drink half your body weight in water minimum daily, pee 10 x day, defecate 1-2 times or more daily - not loose and runny, but firm and formed. Colonic's are a good way to start and end a cleanse program, while daily green coffee enema's are supportive throughout the entire process. Keep your body eliminations moving!!

Ways to Integrate your Cleanse Program into Daily Life Now

It is always better to build and sustain good health rather than recover when or after dysfunction occurs.

The following are ways-of-being to continually aspire towards that keep one on the path of health and vitality:

- Drink water, lots of water! Your body weight split in half = aprox. daily intake needed. Now ADD 12 + oz to support detox processes, elimination of waste, and exercising sweat loss. (ex: 140 lbs / 2 = 70 +12 = 82 oz of water daily)
- Supportive eating and good nutrition: anti-oxidant rich foods, nutritionally dense and an acid-alkaline balanced lifestyle
- Incorporating adaptogen herbs and medicinal mushrooms into diet
- Periodic & daily intermittent fasting
- Regular use of nutritional supplements: macronutrients, micronutrients, enzymes, fiber and probiotics
- Twice daily, healthy bowel movements (when needed green coffee enema's, colonic's and or laxative teas) and hydrotherapies - internal and external
- Release disempowering lifestyle patterns and habits. Let the empowering one's begin and win! Stay clear from toxic environmental and emotional situations.
- Internal body awareness: How are you feeling? What do you need?
- Daily Gratitude Practice: write or mentally acknowledge what you are grateful for
- Understand the nature of the mind and the release of stories, the drama's. Release suppressed emotions & consciously choose a positive attitude
- Meditation, relaxation and breath practices = reduce stress levels
- Strong connection to Spirit, family, friends and social supports
- Quality sleep, rest and relaxation
- Daily exercise & movement
- Daily dose of sunlight - Vit D.
- As much time in nature as possible: absorption of atmospheric energies
- Water Therapy: ocean, river, non-chlorinated pool swimming

- Understand your rhythms and align with nature - wake with the sun, eat before sundown, bed before midnight
- Use aromatherapy: healing oils topically and through smell
- Help others: Do random acts of kindness for yourself and others; give some of your possessions away, especially those that you have attachment too.
- Be forgiving of self and others, at all times, in the moment. No time for grudges,
- Life is precious. Affirm all your blessings with a Daily Mantra.

Watch and Observe:

- Detox Cycle: time of the observer
- Rebuilding Cycle: affirming the positive
- Strengthening Cycle: practicing the newly learned self

Cleansing & Detox Precautions

Situations NOT to Cleanse, Detox or Fast

- High fever
- Emaciated or in a state of starvation
- Anorexic or bulimic
- Diabetic pregnant women
- Nursing mothers
- Severely anemic
- Those that have an extreme fear of cleansing
- Those with the genetic metabolic defect porphyria
- Those with the rare, genetic, fatty acid deficiency that prevents ketosis from occurring

This program is NOT for you if you have an autoimmune disorder, cancer, chronic fatigue, degenerative diseases or an active serious viral infection such as HIV or HCV, are doing a chelating heavy metals therapy program or for those that are frail, weak and the very elderly. These conditions require and should be done under the guidance and direction of a qualified health care practitioner.

General Detox Information & Symptoms

Detoxification Process

It is important to know that during a cleanse program, stuff will arise for you to sit with and examine, whether that's a detoxification symptom, a craving, an emotional process or the many other things that can come to light while detoxing.

The unhealthy habitual foods cravings will appear - testing your will power to stay on the cleanse path. Repetitive lifestyle patterns rear themselves - testing your desire to change...thought patterns and habits will present themselves...they'll come when you're tired, emotionally worn-out, or when it's the habits usual "time". **Instead** of acting out, shutting down **or living out the old pattern, stop, take a deep breath**, have a glass of water (with a squeeze of lemon, maybe a little honey & a pinch of good salt) **Break the old habit/pattern and start again! You can do this! Cravings are always temporary.**

Bowel movements are VERY important to remove toxic waste. **Avoid constipation.** If constipated, one may wish to use an herbal bowel moving formula like Triphala, Dr. Christopher's Lower Bowel Tonic, Smooth Move tea or do an enema or get a colonic.

The bowels must be evacuated daily, twice daily preferred.

Note: A self administered green coffee enema is beneficial. Know the correct procedure. Colonics are also beneficial, but limit the usage unless under a practitioner's supervision. These are not to be overdone. Frail, weak, elderly patients should be careful. Only have this procedure done by a qualified colonic practitioner.

Dark urine, brown, cloudy, or frothy urine indicates the need for *more* fluids. **Increase water intake.** If urine continues to be colored or with strong odor, drink more water, juices and teas until urine becomes clear or light yellow and odorless.

Drink a glass of water at least 8 times a day.

Excessive die-off of microorganisms will produce symptoms such as aches, pains and malaise. If the colon and liver are overburdened, additional symptoms may occur such as headache, fatigue, dizziness and other detoxification symptoms similar to a cold or flu. **If this occurs, increase fluids and vitamin C intake and possibly do a coffee enema and/or a colonic to flush die-off out of your system.** If these persist or are severe, slow down detox processes or discontinue the program and advise to start again in a few weeks after a slower transition period.

Additionally, check for heavy metals in your system if suspect you may be storing them in your tissues or have a metallic taste orally. A hair analysis can supply the needed information or contact your medical doctor as it can be done through a urine analysis.

Note: Avoid overloading the body with mineral supplements if doing a chelation program.

Signs and Symptoms that Cleansing and Rejuvenation is Needed

- Poor energy levels
- Sluggish metabolism
- Inability to lose extra weight
- Skin problems, blemishes, rosacea
- Eczema and psoriasis
- Body odor
- Lusterless hair
- Weak nails
- Dull and /or puffy eyes
- Heartburn
- Digestive disorders
- Bloating and discomfort after eating
- Lumps of fat under the skin
- Chronic body aches and pains
- Bad breath
- Chapped and cracked lips
- Edema
- Canker sores

- Poor eyesight
- Anxiety, worry and depression
- Insomnia
- Cellulite
- Allergies
- High cholesterol
- Congested arteries
- Stress and tension
- Lacking capacity to maintain concentration
- Drowsiness
- Brain fog sensation
- Poor memory
- Inability to focus
- Lack of creativity
- Poor decision making capacity
- High blood pressure
- Constipation/chronic diarrhea
- Thick yellow tongue coating
- Overheating of the face and upper torso
- Yellow skin and whites of the eyes
- Overweight or underweight
- Waist line excess weight/belly fat
- Liver spots on the skin
- Viruses
- Auto-immune disorders
- A cold or flu more than twice in a year
- Headaches
- Inflammatory dysfunctions
- Arthritis, Joint pain
- Hot flashes
- Vaginal dryness
- Breast lumps
- Weak ligaments, tendons, muscles & joints
- Aches & Pain
- Osteoporosis & osteopenia
- Inflammation
- Respiratory disorders

Principle Causes of Illness, Disease, Dysfunctions & Disharmony of the Body and Mind

- Lack of energy, weakness, fatigue and tiredness
- Congestion, stagnation, and blockage. Poor circulation of blood, body fluids and substances (wastes out and nutrients in), lacking breath depth and power and movement
- Both weakness & lack of circulation

Principle Sources of Toxicity

- Environmental toxins/Airborne pollutants; heavy metals, pollution, gas fumes, etc.
- Food and drink; poisons, additives and the processing of the foods
- Micro-organisms; bacteria's, viruses, parasites and their toxic waste materials
- The chemical structures of pharmaceutical drugs and recreational drugs
- Endotoxins; the digestion of food, drink and the waste that's created by metabolism
- Poor hygienic lifestyle
- Stress overload; physical, mental, and emotional

Pathways of Elimination

- Respiratory
- Perspiration
- Urination
- Defecation
- Changing thought forms and releasing the story

Organs, Bowels, Systems and Energy Pathways Affected During Elimination

- Liver and Gall Bladder
- Kidneys
- Gastro-Intestinal Tract: Stomach, Small and Large Intestine's
- Lungs
- Skin
- Lymphatic System
- Nervous System
- Blood Stream Quality and Blood Circulation
- All Meridian Pathways (Energy Circulation Network)
- Endocrine/Hormone System

Phases of Detoxification

The body eliminates toxins either by directly neutralizing them or by excreting them in the urine or feces, and to a lesser degree via the lungs and skin. Toxins that the body is unable to eliminate build up in the tissues and are held in the body's fat stores. The liver, the intestines, and the kidneys are the primary organs of detoxification.

There are two phases of liver detoxification.

Phase I, toxins from foods, the environment, chemicals, drugs, metabolic by-products, stress and endotoxins activate a group of enzymes in the liver called cytochrome P450. **Phase I** toxic elements are biochemically transformed into as secondary substance. **Phase II**, the altered substances are neutralized or made into a form that can easily be eliminated by the body. Sometimes the secondary substances can be more toxic than the original compounds. If phase II is out of order, more damage can result than the initial compounds.

A proper cleanse requires several nutrients for phase I and phase II liver of detoxification. The large intestine must be cleared of toxic matter by using fiber and foods, the kidneys with sufficient hydration and nutrients, the lungs with breath and the skin with bathing and dry brushing. All of the above effect the blood.

A little “Food For Thought”

1. Trust that you are you ready to daily create a healthy body & lifestyle for a better life.
2. Refine one’s life schedule/calendar accordingly + make sure there’s a supportive immediate environment.
3. You are showing up with the willingness to change and release unhealthy dietary and lifestyle habits.
4. Obtain the best products, water, juices and organic and local foods available.
5. It is beneficial to keep a journal while doing a program: write down inspirational thoughts, dreams, visions, drawings, and note the changes to be made.
6. Write your poetry, sing your song, do your dance!
Be your best You!
7. Be attentive and present. Be aware of what is happening.
Respond not react.
8. Release judgement, blame and criticism of self and others.
9. Refrain from victim and aggressor roles.
10. Feel safe. Trust yourself in the PROCESS.
11. Don’t be too obsessed with doing everything exactly perfect, just stay focused on progress.
12. When breaking a cleanse and rejuvenation program with care and awareness; the correct foods and right amount. Noticing bowel movements for cues on proper pacing.
13. After doing a transformation program, it is recommended to spend time with someone who shares a mutual care and respect. Tell them your experience and what you intend to change in your life. Affirm with courage the golden nuggets. Arrange sufficient time afterwards to continue to integrate all the golden nuggets that support you feeling well.
14. Bring lessons learned during cleanse and rejuvenation program into daily life.

Hey, *It's Okay...*

If you struggle to stay positive
If you are a work in progress
If you fear your potential
If you miss your old self
If you have some bad habits
If you colour outside the lines
If you feel exhausted today
If you haven't let it go yet
If you are overthinking it
If you wonder why you're you
If you rush through moments
If you feel lost and confused

THE CHALKBOARD MAG

The Foundational Foods Program

“Let food be thy medicine, and let medicine be thy food...” Hippocrates

A healthy, whole foods program is designed to support:

- Digestion, Assimilation, Metabolism -

It is important to optimize digestive functions so that the food we consume and nutrients we take in can be properly assimilated and nutritionally utilized.

- Cleansing & Detoxification –

A cleansing process is beneficial to help eliminate the build-up of undigested waste material, excess fat as well as cellular toxins that accumulate over the course of our lives.

- Rejuvenation & Regeneration -

Begin rebuilding the body from the ground up drinking plenty of water and eating vegetables, seaweeds, certain fruits, nuts and seeds, some grains, beans, legumes and superfoods and superior herbs.

Cleanse, Rejuvenate & Transform With Foundational Foods

General Food Guidelines

- ▶ Eat locally grown (when you can), fresh (not frozen!), organic fruits and vegetables
- ▶ Consume wild foods like fungus/mushrooms, herbs, and seaweeds, salt
- ▶ Choose Non-GMO foods + Organic foods when buying from stores
- ▶ Minimally processed foods (avoiding packaged snacks, drinks, sweeteners, extracts and supplements during this time)
- ▶ Eat low to moderate protein, moderate amount of good fats, low sugar fruits, seaweeds and non-starchy vegetables
- ▶ Eat foods in an Acid (20%) and Alkaline (80%) balance
- Eat a high percentage of warmed or room temperature raw and live food
- Chew foods well, digestion begins in the mouth
- Have 12 -14 hours between your last meal and your first meal of the following day
- Eat the right amount of food. The stomach should be $\frac{3}{4}$ full when finished eating.
- Do not drink liquids when eating solid foods
- Eat high fiber, high water content and high nutrient dense plant foods
- Refrain from eating solid food at night, especially before sleep
- Drink plenty of fluids. Stay hydrated; add a squeeze of lemon to warm water
- For a moderate pick up, have green or mate tea



Raw foods are high in vitality, highly alkaline and contain an abundance of enzymes, nutrients and bio-electric energy available, yet can be too cold and damp for many people. A high percentage of raw foods is recommended during the Detox Phase and is best during a time of cleansing and rejuvenating. If you have weakened digestion from past eating habits, the digestive system needs warmth in order to metabolize the food eaten.

Build back your digestive fire according to traditional Chinese medicine, properly cooked foods strengthen digestive absorption and facilitate adequate transportation of nutrients. This means that properly cooked foods and the correct amount of raw foods have the potential to better supply nutrition to our body, specifically the nervous and hormonal/glandular centers. Properly prepared cooked foods and soups are nourishing, generate body heat for optimal body functions, build the digestive fire and brings in life force. Our digestive fire is of prime importance to the body for health and longevity. Digestion will benefit from eating slightly warmed raw foods. Most enzymes will be rendered useless at around 120 degrees.

Eat a rich diet composed of raw or blended fruits, sprouts, and vegetables of all colors that are fresh and organic. Also having raw foods and lightly steamed vegetables, sprouted & cooked grains and legumes, raw / sprouted nuts and seeds, seaweeds, soups and broths with raw vegetables added, raw nut and seed butters, and healthy oils of olive, coconut and flaxseed oils all in moderation, herbs, spices, edible flowers and wild local foods.

If you want to keep your weight as is or gain weight, have your caloric intake around 2,000 – 2,500 calories or higher, depending on your energy output and metabolism.

When eating raw foods, you may wish to add some pungent, spicy and warming foods to assist digestion and metabolism. Chopped ginger, turmeric, garlic, onions, daikon, mustards, radishes, leeks, peppers, cayenne, red cabbage, parsley and green onions sprinkled on your food will assist with the necessary heat for proper digestion.

Eating too much raw food when the digestive tract may not be quite prepared for their cool/cold and watery energy, can create loose stools, which means the nutrients may not be being absorbed. Loose undigested food in the stools is a good indicator that the upper digestive tract is not quite warm enough for too much raw food or you didn't chew your food well enough. Warm up the foods with a low heat and add pungent warming spices. Take digestive enzymes with your meals especially when eating cooked foods.

Remember that during a cleansing period, your digestive tract will be in partial hibernation, it will need mild and warm foods for proper and strong digestion. Go slow and listen to your body.

Food helps to re-establish health and balance, increase our vitality and heal illness. Proper food intake, quality, quantity and correct preparation, all assist to cleanse, rejuvenate and regenerate our body, mind and emotions.

Food is a key component to the Healthy Liver Cleanse and Rejuvenation Program. Emphasis is on vegetables and their juices. When eating from the listed fruits, eat the whole fruit not just drink their juices. Lemon and lime juice are the exception. Follow the recommended food listing closely.

Drink fresh vegetable juice every day. Recommended are green vegetable juices with beet root. Add some turmeric root, ginger root, or fresh burdock root. Also wheat grass juice is very beneficial. Green vegetable juices alkalize the body and are of high concentrated nutritional value.

Recommended Foods

The majority of the recommended foods are highly alkaline. An acid/alkaline balance in the body's tissues is very important for optimal health, as well as its structure and function.

One specific food program doesn't fit all, so find what works for you. We all have unique body types, lifestyles and health issues. Therefore, what may be adequate for one person might not necessary be suitable for another.

When looking for ways to naturally boost energy levels, improve digestion, cleanse the body tissues, encourage intestinal balance, increase immune functions and enhance cognitive capacities, the following foods will provide a full spectrum of nutrients. Also use herbs such as astragalus, rei shi mushroom, asparagus root, burdock root and other herbs as a soup stock.

Green Juicing and Green Smoothies

Freshly prepared juices made from chlorophyll-rich green leafy vegetables promote cleansing effects and help to alkalize the blood and carry out toxins.

Vegetables

It's best to eat from the brassica/cruciferous and sulfur families. Eat all the colors of the rainbow daily, if can.



Say YES to

- | | | | | | | | |
|---------------|------------------|-------------|------------------|-----------------|---------------|-------------|--------------------|
| arugula | asparagus | artichoke | broccoli | brussel sprouts | bitter greens | beet root | burdock root |
| bitter melon. | beans | cauliflower | cabbage | cucumbers | celery | cilantro | collards |
| carrots | dandelion greens | edamame | fiddlehead ferns | green beans | garlic | kale | leafy greens |
| leeks | micro-greens | mustards | onions | olives | parsley | red chicory | orange/red peppers |
| radishes | spinach | scallions | seaweeds | sprouted grains | raw seeds | turnips | watercress |

Green Cruciferous Vegetables

These all block tumor growth, retard colon cancer, boost immunity, and prevent colon polyps. They increase the body's production of glutathione for liver health, and may be the most important enzyme in the body to slow down the aging and degeneration of cells. These foods remove carcinogenic substances out of cells before harm can happen.

Garlic & Onions

Cancer preventatives. Garlic strengthens the immune system and the sulfur in garlic prevents cancerous tumors from growing.

Herbs & Spices

All herbs, including cayenne, ginsengs, ginkgo, turmeric, ginger, green tea, golden seal, milk thistle and others are potent antioxidants and prevent cells from aging. They are also anti-inflammatory. Eat fresh garden spices such as rosemary, basil, fennel, oregano, turmeric, ginger, sage and others herbs. Eat edible flowers in salads. Eat wild foods.

Low Sugar Fruit

In moderation. Lemons, limes, green apples, papaya and red/purple berries. Avocados are very beneficial. Lemons are nutritional powerhouses. They contain more than 20 anticancer components and help adjust the body's acid-alkaline balance. For the duration of the cleanse, we will abstain from grapefruit.

Mushrooms

Of the Asian variety, shitake, maitake, oyster, etc. Simmered for 4 – 5 minutes in water, then slice and eat the mushrooms by themselves, in soups and stir fry's, or with other foods. Save the broth for soup stock or drink and enjoy. You may also wish to add shitake mushroom powder to your food.

Mushrooms appear to be natural cancer inhibitors as they give tremendous protection against cancer and can intervene at most any stage of any cancer progression.

Mushrooms increase the production and activity of white blood cells, making them more aggressive against external pathogens that try to enter the body as well as building our immune system. They contain a huge variety of antioxidants and phytochemicals and their enzymes aid digestion and nutrient assimilation.

All mushrooms are high sources of vitamins and minerals with certain mushrooms having a more medicinal action in the treatment of disease.

Examples of the benefits of some of the medicinal mushrooms are:

- Cordyceps builds our health and strength by supplementing the body's essence, jing qi. Supports anti-aging and builds stamina.
- Maitake encourages cancer cell death and reduces the side effects of chemo and radiation therapies, stimulates T-cells.
- Rei Shi eliminates carcinogens from the body, and protects against bacterial and viral infections, including those that may result from a chemotherapy depleted immune system. Anti-tumor, antioxidant, anti-arthritis, promotes longevity and is said to elevate the Spirit.
- Shitake contains lentinan which slows tumor growth and has a strong effect against cancers and viruses, builds the immune system, are anti-cancer, anti-cholesterol, anti-bacterial, anti-viral, anti-diabetic and promotes longevity.

Fluids

Drink an abundance of ... water (preferably purified and alkaline), vegetable juices with added turmeric, burdock and ginger; fresh green vegetable smoothies, wheat grass juice, Green Drink mix, Vital Broth, soup purees, superfood smoothies, vegetable protein smoothies, herbal teas for different organs and systems, green, white and sage leaf tea, coconut water, western and Chinese medical/therapeutic herbal teas.

Sea Vegetables

Eat all seaweeds especially kelp, dulse, nori, arame, wakame, kombu and hiziki. There are a wide variety of seaweeds which includes chlorella, spirulina and Irish moss, which are highly alkaline, full of trace minerals (especially iodine), and they remove toxic heavy metals, like mercury, stored in the body. They are anti-bacterial and anti-viral.

Note: It is beneficial to eat sea vegetables with certain foods that may inhibit thyroid function such as unsprouted soy products and cruciferous vegetables.

Fermented Foods

Sauerkraut, kim chee, natto miso, sunflower seed yogurt, coconut kefir, kombucha, goat milk kefir.

The active culture of bacteria in these fortifies the immune system, raise beneficial T-cells and produce interferon which destroys cancer cells. Fermented foods must be carefully looked into if dealing with any type of parasites, fungus, and yeast or a candida situation.

Green, White & Black Teas

These boost the cancer fighting and antiviral activity of the body. They are high in the amino acid L-theanine, which produces virus-fighting interferon in the blood. Green, white and black teas are also high in catechins which improve the body's ability to properly utilize insulin secreted by the pancreas preventing blood sugar spikes and drops, depression and mood swings. These teas also contain epigallocatechin gallate, EGCG, which a very powerful nutrient that eliminates free radical damage of the skin.

EGCG starves cancer cells by stopping the blood supply that feeds cancerous tumors. It also reduces the overproduction of the hormone estradiol, a form of estrogen, which is linked to breast cancer. Drink green or white tea as they appear to be the best.

Sage leaf tea has been very successfully used in cleansing programs as a 'tea of choice'.

Do some reading and research and make your own brew that's right for you.

Fats & Oils

Olive, flaxseed, coconut and hemp seed oils. Cold pressed, expeller pressed or molecular pressed only. Organic extra virgin olive oil contains oleic acid, an anti-oxidant that has been proven to kill cancer cells.

Good Fats To Eat

Avocado, coconut meat, olives, nuts and seeds, red palm oil

Grains, Beans, Legumes & Pasta's

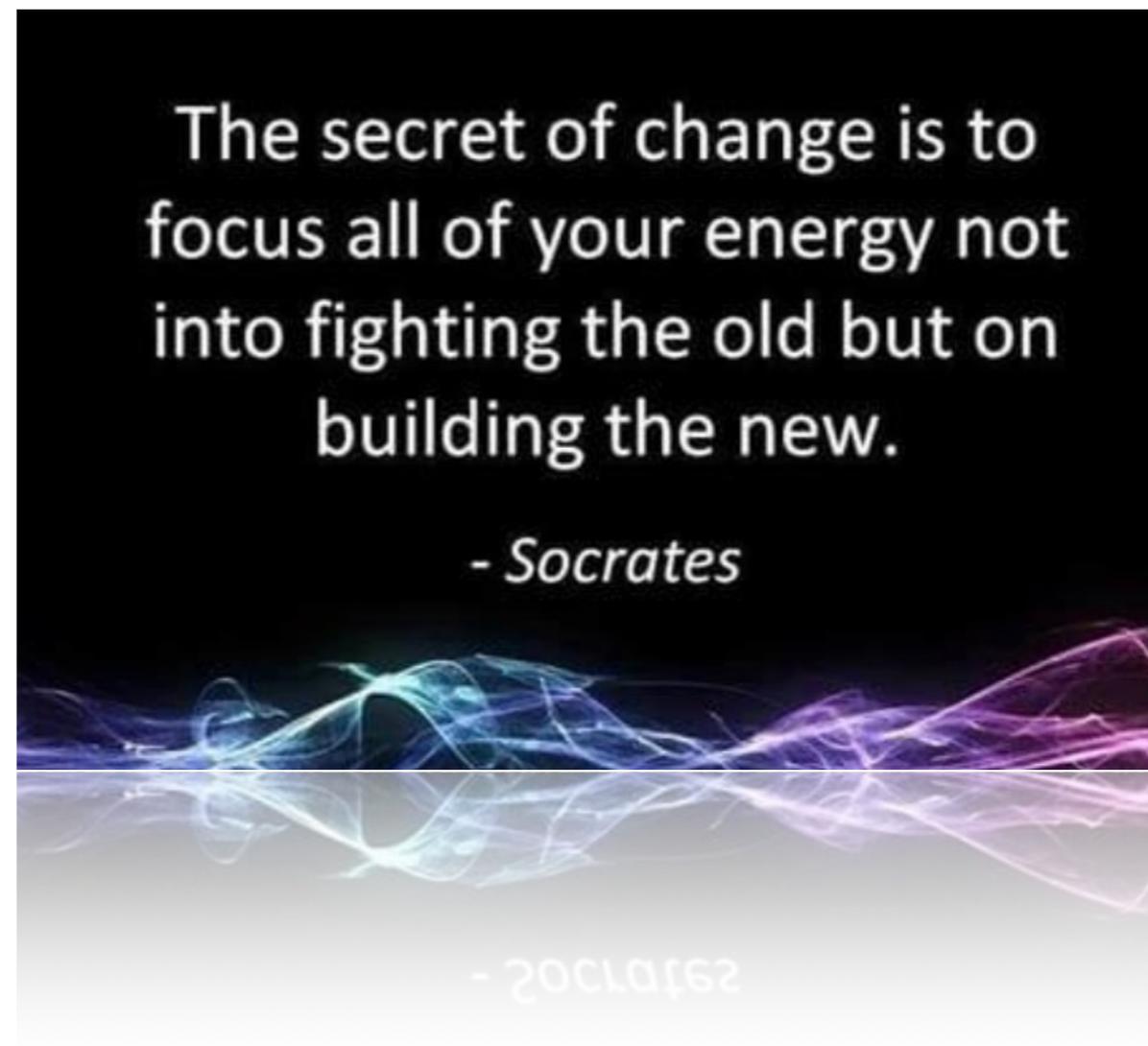
Quinoa, brown rice, forbidden rice, red rice, millet, wild rice, gluten free steel cut oatmeal, buckwheat, gluten free grains and noodles made from sea and land vegetable's.

Eat only organic sprouted fermented soy such as tofu if you're eating soy. Tempeh, miso, edamame, nama shoyu and other soy products should be wheat-free and organic. They all slow tumor growth.

Nuts & Seeds

Raw tahini, raw almond butter, ground flaxseeds, black sesame seeds, walnuts, pecans, Brazil nuts, hemp

seeds and dried coconut. Soak most nuts and seeds for 5–7 hours then discard soak water. Eat nuts in moderation.



Protein Rich Foods (Plant Source)

Almonds	Bean sprouts (all kinds)	Bee pollen	Bee propolis
Blue-Green Algae	Brewer's yeast	Brazil nuts	Cashews
Chlorella	Cereal grass powders	Dried coconut.	Filberts
Green Drink Mix	Hemp seeds	Nutritional yeast	Maca
Olives	Oatmeal	Pumpkin seeds	Pinto beans
Pecans	Quinoa	Rice bran	Split peas
Sea phytoplankton	Spirulina	Sprouted grains	Soybeans
Sprouted wild rice	Sesame seeds/tahini	Sunflower seeds	
Non-dairy, seed protein powder		Walnuts	

Antioxidant Rich Foods

Alfalfa sprouts	Beets	Brussels sprouts	Broccoli	Cacao
Blueberries	Blackberries	Green tea	Red and black grapes	
Kale	Prunes	Raspberries	Red bell pepper	
Rosemary	Strawberries	Spinach	Sage leaf	

Best Superfoods & Superior Herbs

This list of superfoods tonics are antioxidant-rich and high in mineral content. Use mindfully as they are nutritionally dense.

Aloe vera gel	Astragalus	Asian Ginseng	American Ginseng
Amla berries	Acai berries	Bee pollen	Blue green algae
Chaga	Chia seeds	Camu camu berries	Chlorella
Cordyceps	Coconut water	Cacao	Cayenne
Cereal grasses	Eleuthero Ginseng	Green tea	Gobo
Garlic	Goji berries	Hemp seeds	He shou wu
Kelp	Lemons	Maca	Moringa leaf
Milk thistle	Microgreens	Macuna	Nutritional yeast
Noni juice	Oregano	Pine pollen	Rhodiola
Royal jelly	Rei shi mushroom	Rosemary	Spirulina
Schizandra berries	Shilajit	Sprouts	Sage
Turmeric	Vanilla powder		

Most Common Wild Edible Greens

Chicory	Chickweed	Dandelion	Docks
Edible flowers	Fennel	Grape leaves	Lamb's quarter
Milk thistle seeds	Stinging nettles	Purslane	Watercress

Moving Toxins Out Faster

We need different self-care solutions throughout the process of cleansing. Turn to these daily to enhance the cleansing protocol.

Aerobic exercise, colonic's and enema's, massage, hot/warm Epsom salts baths, blood cleansing and toxin draining herbals, dry brush massage, sauna and steam baths, probiotic's, digestive and proteolytic enzyme's, plenty of water intake, drinking green vegetable juices, proper supplements for colon cleansing and liver support, water or dry fasting, blood nourishing foods and herbs, green drink powders, breath practice, and rest all support the process of greater detoxification to occur.

Slowing Down Toxic Elimination

Feeling a little overwhelmed by the process of detox symptoms and feelings? Don't worry - as we told you previously, you are always in control of your program.

Doing anaerobic exercise, consuming salt, eating an egg, cooked starches and or fibrous green leafy vegetables help to slow down the process.

BEST TO AVOID

- Sugars, sweets, artificial sweeteners, nutra sweet, aspartame, splenda
- Meats, shellfish, cow dairy, eggs
- Refined foods, wheat, alcohol, white rice, white pasta, white breads
- Coffee and high caffeinated drinks, bottled juices and carbonated drinks
- Peanuts and peanut products
- Saturated and hydrogenated fats, oils and margarine, fried foods and foods with heated/cooked oils in them, oils from animal products
- Corn, modified corn products, high fructose corn syrup
- Stale foods, foods containing chemical additives, enriched foods, preservatives, canned food, sulphurated food, junk food, irradiated food and processed foods
- GMO Foods, Non-organic Foods, Pre-packaged Foods
- If you can't commit to organic only, avoid the "Dirty Dozen" foods at a minimum
- Commercial foods that have been micro-waved
- Gluten foods: wheat, rye, barley, spelt and kamut, seitan (wheat gluten)
- Table salt and condiments such as mustard, ketchup, soy sauce, commercial shoyu, MSG, chili sauce, etc.
- Alcohol, recreational drugs, tobacco, caffeine (except from green tea)
- Chocolate
- Eat nightshade family foods sparingly

NOTE: Check carefully food labels for unhealthy disguised additives such as "natural flavors" or "spice mix".



Food Combining for Optimal Enzymatic & Digestive Function

Improving Digestion

Efficient digestion of the foods we eat is paramount to a healthy disease-free life. If we are not properly breaking down our foods and assimilating various nutrients, we are not receiving their benefits. In other words, *"you are not what you eat, you are what you digest and absorb."*

It is therefore imperative to get digestive capacities back on track, especially if you are someone who experiences chronic flatulence, bloating, constipation, loose stools or any other symptoms associated with impaired functions in this arena.

In addition, in order to get the complete transfer of the life-force energy from the foods we eat, the proper ratio of gut microbiota is of particular significance. For those who tend to experience frequent gastrointestinal upset, gas, diarrhea, etc., there is a high likelihood that your intestinal ecology is off balance.

Increase Dietary Enzymes & Supplement with Digestive Enzymes

- ▶ Include fermented foods like seed milk yogurt, coconut yogurt, sauerkraut and other fermented vegetables with meals
- ▶ Eat plenty of raw living vegetables, fruits, micro greens and sprouts
- ▶ Consume fresh pressed enzyme-rich raw juices and green vegetable smoothies daily
- ▶ Take a digestive enzyme before each meal

Eat simple, and follow these Food Combining Guidelines

Fruit: Eat with leafy greens or chlorophyll rich foods, however its *best* to eat fruit alone and first thing in the morning on an empty stomach

Protein: Eat with non-starchy vegetables and seaweeds
Avocado, Coconut, Dairy (abstain during this cleanse), Eggs, Meat (chicken, turkey, fish, deer, beef, pork, etc.), Nuts, Olives, Seeds Soybeans

Fats & Oils: Eat with non-starchy vegetables and seaweeds
Avocado, Coconut, Corn, Olive, Sunflower, Soy, Sesame and Nut Oils (avoid canola), Butter, Lard (abstain during cleanse), Green tea seed oil

Starchy Vegetables: Eat with non-starchy vegetables, fats, and seaweeds
Potatoes, Winter squash

Non-Starchy Vegetables: Eat with proteins, fats and oils, carbohydrates, mildly-starchy vegetables

Asparagus, Beet greens, Broccoli, Brussels sprouts, Cabbage, Celery, Chard, Chicory, Collards, Cucumber, Dandelion, Eggplant (abstain during cleanse), Endive, Escarole, Garlic, Green bean, Kale, Kohlrabi, Leek, Lettuce, Onion, Parsley, Radish, Scallion, Spinach, Sprouts, Summer squash, Sweet pepper, Tomatoes, Turnips, Watercress, Zucchini

Mildly-Starchy Vegetables: Eat with non-starchy vegetables,
Artichoke, Beets, Carrots, Cauliflower, Corn, Peas

Grains: Eat with seaweeds, fats, non-starchy vegetables

Carbohydrates: Eat with non-starchy and mildly-starchy vegetables, seaweeds, fats and oils

Beans/Lentils, Pasta (do gluten free, abstain during cleanse), Potatoes, Pumpkin, Split peas, Squash (hard skin squash)

Consume Blended Foods

Blended foods like smoothies, soups and shakes. The blending process essentially predigests the ingredients, making them easier to assimilate and digest. Blending foods makes it easier for one to utilize superfoods and herbs in an easy to make energizing drink. Soaked chia seeds and aloe vera gel in blended foods can be soothing to the mucous lining of the stomach and colon and helpful as a mild laxative. Green vegetable smoothies are recommended.

Improving Digestive Fire

The use of various spices and culinary herbs like ginger, turmeric, cinnamon, cumin or cayenne can be helpful in normalizing digestion and promote regular bowel movements.

Avoid Overeating

It is important to eat foods in moderation, consuming just enough needed to meet the energy needs of the day. Smaller meal portions are particularly recommended for those with digestive issues.

Probiotic Supplement

Cultured foods offer beneficial bacteria like lactobacillus. Taking a probiotic supplement is especially advised for those with gastrointestinal disorders or candida overgrowth. Choose a brand that is alive and found in the refrigerated section of the health food store. 5 Billion units per serving is ideal.

80/20 Alkaline/Acid Concept: Balancing & Maintaining Our pH for Well-Being

An alkaline acid balanced food program is a major key to health maintenance. It will increase the body's ability to utilize the nutrients from the food we eat, boost our energy, relieve aches, pains and inflammation and generate a positive outlook on life and a joyful mind.

Acid alkaline scale is from 1 to 14, 1 being acidic and 14 being alkaline. You can use pH strips of litmus paper to check your pH, with a pH balance of around 7.4 being optimal. This ensures that our blood, hormones, nerves and neurotransmitters and their activity is working correctly, rejuvenating and promoting life.

- ▶ Take pH upon waking - this should be more acidic as the body is nearing the completion of the daily detox cycle (12 am midnight - 12 pm noon daily) - log this!
- ▶ After each meal (15-20 min), take pH again and watch how your amazing body is responding to the foods you eat. Notice how you feel after certain foods - guiding you to gauge your internal feeling of acidity vs alkalinity in your body.
- ▶ You can also experiment with when you test acidic - apply one of the Quick Alkalizing Methods (below), wait 15-20 min., test again!
- ▶ Remember to drink lots of purified water in your day - NOT with meals, but in-between, ALL DAY LONG! Hydration helps flush out the toxins, thus leaving your body more alkaline than acidic.

Mineral content of the food we ingest have either a predominance of acid or alkaline minerals.

The mineral elements from the foods we eat that create acids are bromine, chlorine, copper, fluorine, iodine, phosphorus, silicon and sulfur.

The mineral elements from the foods we eat that create alkalinity are boron, calcium, magnesium, manganese, nickel, potassium, sodium and zinc.

When the body is primarily acid we have mineral deficiencies, fatigue, we become more susceptible to inflammation, illness and disease. High acid levels make people moody, irritated, upset, angry, reactive and sick. Over time acid causes mutated cells, cysts, digestive and metabolic problems, arthritic pain, inflammation and other dysfunctions. A balanced acid alkaline condition generates the opposite. We become calm, focused, clear, energetic and inspired.

An alkaline-rich food program and lifestyle not only assist the body to cleanse and rejuvenate, but it also helps to increase our immune response and potential.

Total healing of chronic disease only takes place when the blood is restored to a normal, slightly alkaline pH.

Best Alkaline Foods

- ▶ Green vegetable juices and green vegetable smoothie's
- ▶ Leafy green vegetables
- ▶ Adaptogen herbs
- ▶ Cereal grasses (alfalfa, wheatgrass, barley grass)
- ▶ Micro-algae's (blue-green algae, spirulina)
- ▶ Medicinal mushrooms
- ▶ Certain fruits (lemon, lime, watermelon)
- ▶ Sprouts and micro-greens
- ▶ Certain fermented vegetables (sauerkraut)
- ▶ Wild edible greens and edible flowers
- ▶ Aloe Vera
- ▶ Bee pollen
- ▶ Seaweeds
- ▶ Noni



Quick Alkalizing Methods

Lemon: Add the juice of half of a lemon in 4 oz of warm purified water, sip slowly. Rinse mouth after with fresh water.

Baking Soda: Put ½ - 1 teaspoon aluminum-free baking soda in a 8 oz glass of warm purified water, drink swiftly.

Chlorophyll Water: Add 1-2 TBS in a glass of room temperature purified water. Drink and enjoy. The body will begin to cool down with chlorophyll water.

Vitamin C: Take a food-based vit. C supplement of 2000 mg 3 x / day aids in alkalinity and is a nice dose of antioxidants

Digestive enzymes: Take before each meal

Before Bed: Oregano Oil - 1 capsule

80/20 Fullness Check-In

The Golden Rule:

Stop eating when you are 80% full

Let the remaining 20% be filled with an after meal digestive tea or warm lemon water to assist in further digestion and assimilation.

We eat beyond the full point. When we do this we make it way harder on our digestive processes and it aids in the excess weight gain.

The 80/20 Plate

The Golden Rule:

Have 80% of your plate is filled with veggies that are every color of the rainbow. If you are a beginner to a food program like this, don't worry about proper food combining in the beginning. That will come in time! Focus on the priority of veggies as your besties.

The remaining 20% of your plate is filled with veggie proteins, legumes, beans and gluten free grains!

Supplies Needed

- ▶ Access to a wide variety of fresh, local (if can), organic fruits and vegetables as well as a well stocked dry pantry
- ▶ Blender, Vita Mix recommended
- ▶ Vegetable juicer, Omega recommended
- ▶ Epsom salts (for baths)

The Importance of Colon Health

Colon cleansing is essential to body detoxification. The colon is the sewage system of the body and needs to be clean in order for the body to function properly. When the colon is congested, toxins are blocked from elimination and get reabsorbed into the bloodstream which then leads to disease, body dysfunction and accelerates the aging process. Imagine that when your gut is blocked, it is like a garden hose with kinks in it that is slowing the flow of water.

Constipation is a problem which blocks the body's process of toxic material discharge. Bowel rebuilding and regulation can take months and maybe even longer, however results can be noticed quickly with dietary change and colon hygiene therapies. The results are extremely beneficial in promoting a healthy and energetic body and life.

A high fiber food program is both the cure and the prevention for waste elimination problems.

Signs of good bowel health are...

- stool should partially or totally float
- bowel movements that are regular, one or more daily and effortless
- stool should be almost odorless
- little to no gas

4 Factors That Cause Colon Toxicity

1) **Stress:** Holding onto the past, especially where there is emotional and mental pain and suffering involved. Toxic thoughts and repetitive negative thinking will circulate in the entire system, causing poor health and a diminished quality of living. The ability to learn, listen to others and think clearly depend upon the effective functioning of the colon and the release of toxicity from the body and mind. The bowel is of paramount importance for the maintenance and growth of the body and the clarity, calm and ease of the mind.

2) **Constipation:** Slow or sluggish bowel elimination contributes to toxicity. Wastes become rancid and re-circulate throughout the body. Blood capillaries lining the colon wall absorb these poisons into the bloodstream, cells, tissues and organs; this lowers the body's life force functions.

Bowel transit time should be around 12 -18 hours. It is estimated that over 80% of all ailments can be traced to a congested colon and waste overload can also become a breeding ground for parasite infestations and candida yeast overgrowth.

3) **Chemicals:** In foods and environmental pollutants... A clean and healthy colon can metabolize and excrete much of this, however if the body is weak or constipated, toxic pollutants will store in the colon. As more pollutants enter the body they interact with those already there and generate a new generation of chemicals worse than the first. Research indicates that cancer is directly related to a toxic colon.

4) **Poor Digestion:** Is the most common cause of a toxic bowel. A food program that has an abundance of meats, refined foods, salt and sugar, too much oil/grease and too little of fiber. This sets up a glue type intestinal tract which in turn causes less than efficient processing by the digestive tract. Fiber is important because it moves food and waste through the bowel system quickly and efficiently. White flour is an example of a paste that blocks and congests the colon.

If you are tired, have a poor immune system, coated tongue, bad breath, mentally dull, body odor, and pale yellow skin hue or high cholesterol, you may wish to do a colon cleanse. Colon cleansing is excellent to relieve the body from skin problems and contributes greatly to healing most physical, mental and emotional ailments.

Chronic and deep seated bowel elimination problems may require several rounds of cleansing. If there is a colon disorder proceed slowly and heal as much as you can before doing any major program. If you have a sensitive or irritated bowel condition avoid the herb senna and only use small amounts of psyllium husks, (fiber), to start with.

Pointers For Colon Health

A colonic irrigation is a good way to start and end a bowel cleanse.

Chlorophyll implants, an herbal enema and coffee implants are beneficial during a cleanse.

Drink ½ the body's weight in ounces of water daily.

Exercise or take a brisk walk daily. This will assist elimination.

Long warm Epsom salts baths, lower back/pelvis massage and dry brush massage over the entire body, will help release the accumulated toxins.

Consuming grapefruit seed extract is effective to cure bowel problems with parasites and yeasts.

The best program for bowel disorders is to be careful with what you eat and when, drink plenty of water, take digestive enzymes with meals, take a probiotic supplement daily, use a quality bowel moving herbal product following label directions or your health care practitioner's directions. Long, slow, deep breathing down to the abdomen seems to be the best remedy.

Before, during or after a cleanse program you may wish to work on rebuilding healthy colon tissue. This process takes time! Chlorophyll, wheat grass, fresh vegetable juices and a clean food program emphasizing high fiber foods such as fresh vegetables and fruits, cultured foods to increase assimilation and enzyme production and a high alkaline diet with plenty of high water content foods are extremely beneficial.

Foods To Avoid

Refined foods, processed foods, saturated fats and oils, fried foods, meats, excess caffeine, wheat based foods, GMO foods, pasteurized dairy products, gluten foods, sugar and other edible food like substances.

Green Coffee Enema

When doing an herbal and nutritional cleanse, doing a green coffee enema every other day would be good to do to keep the liver clean and open. Once a week for overall health maintenance is recommended post-cleanse program.

There are 2 Types of Home Enemas

1. The *cleansing enema* is retained for a short period of time until your natural peristaltic movement eliminates both the water and the loose fecal material. It is used to gently flush out the colon.
2. The *retention enema* is held in the body for longer. For example, the "coffee enema" is retained for approximately 15 minutes or can also be left in and absorbed. Coffee enemas are an example of short-term (15-minute) retention enemas. They were made popular by Max Gerson, who used them with cancer patients to open the bile ducts and increase bile flow, helping to rid the liver of impurities. A 2007 analysis observed six case studies of cancer patients who followed Gerson therapy, which included treatment with coffee enemas. Patients on the Gerson regimen showed some evidence of both physical and psychological healing.

Primary Actions of a Coffee Enema

- ▶ Rids the liver of impurities and accelerates liver detoxification
- ▶ increases peristaltic action of the intestines and speeds up the emptying of the bowels
- ▶ Empties toxic matter in the bile ducts which allows other toxic materials to be filtered by the liver for detoxification
- ▶ Encourages the removal of gall bladder sand and stones to be removed in the bile
- ▶ Stimulates the production of glutathione, which makes the liver detoxification pathways function
- ▶ Breaks down accumulated fats in the liver cells
- ▶ Clears chemical overloads and chemical reactions
- ▶ Helps the body cope with chemotherapy and the side effects caused by toxic overload from the destruction of cells

Things to Know

If your bowel is strong, healthy and normal, use a temperature of around 99 degrees

If your bowel is weak and flaccid, use a fluid temperature of around 75 - 80 degrees – this will help to strengthen the bowel.

If you spasm while using doing an enema try using a warmer fluid.

The coffee does not go through the digestive system, so does not produce the same effects upon the body as drinking a cup of coffee.

The body's minerals and electrolytes do not get washed out by coffee enemas. The nutrients needed have already been absorbed by the upper gastro-intestinal tract.

Caution: Do not do an enema if you have rectal bleeding.

Procedure

Place 2 heaping tablespoons of organic caffeinated green coffee in 1 quart of pure water.

Simmer on a gentle rolling boil for 12 minutes, let cool and strain very well.

You can double the amounts above and store the extra coffee for your next enema.

In the morning, defecate and then implant 1 cup of warm water and release. Then place 1 cup of organic green coffee brew in the enema bag/bucket, implant and keep the coffee implant and retain for 15 minutes or as long as comfortable. Do not strain. If fluid is difficult to retain, then do 3 or 4 enemas with a smaller amount of coffee in your bag/bucket.

Your enema bag should hang 2 to 2 ½ feet (for most people 15-18" is fine) off the ground for good gravity flow. Do not hang the bag higher than that as it will be too forceful. Your nozzle (tip) of the enema bag should be lubricated with a pure organic salve, coconut oil, or Vitamin E oil.

CAUTION: Never use hot coffee for your enema.

If you plan to administer an enema at home, make sure that all of the equipment you are using has been sterilized and that you have a lubricant on hand (coconut oil).

Pay careful attention to the way that you prepare the enema solution as to no contaminate it.

To lessen the pressure felt in your colon, empty your bladder & bowels before you begin the enema. You may also want to place a towel or cloth down to lay on while doing the enema, as well as in the area between your bathtub and your toilet, in case fluid leaks out of your bowels when you get up to empty your colon. It's important to measure and mark your enema tube the first time you use it so that you do not insert the tube more than 4 inches into your rectum. Some enema buckets/hoses are already marked with a stopper.

Enemas can be administered in the comfort of your own home. A good place to give yourself an enema in the bathroom, either lying on a rug or in the bathtub on a towel.

Enemas can utilize a variety of solutions. During the Healthy Liver Cleanse Program, we are using organic green coffee only. Once complete (track time on how long it took to intake the entire solution), then remove the hose and rotate to lay on your right side in fetal position. After a few minutes, rotate to your left side to allow for greater integration internally.

Instructions For Success

Set up your zone with towels, a timer, peaceful music, water and your prepared enema solution, coconut oil, and enema bag/bucket. Make sure the clamp is shut/clamped closed, fill the enema bag/bucket with your desired solution - 1 cup warm water to start then 32 oz of green coffee solution.

DO NOT PUT COLD LIQUID INTO YOUR COLON. Room temperature is considered cool and is ok. Warm is best!

Hold the bag/bucket with the hose end down and open the clamp for a moment or so to get rid of any air bubbles, and bring the solution to the tip of the hose. Introducing air bubbles into the colon can feel uncomfortable and may trick you into thinking you are ready to “release”.

Hang the bag (perhaps alongside the bathtub) so that you can access it while lying on your back. If you have a bucket, place it on the bathtub ledge or any stable surface that is about 18-24” high.

Lubricate the end of the tube to make insertion more comfortable before inserting the tube, no more than 4 inches into your rectum. Bearing down and pushing the anus out as you insert the tube can make it more comfortable. Lie on your back and pull your knees to your chest or lift hips and have them resting on a towel while you are receiving the solution into your colon. Relaxation is key!

Open the shutoff valve and allow the solution to flow. At the first indication of discomfort, stop and wait a few moments. Then release the shutoff and allow the enema to resume. Feel free to interrupt the flow as frequently as is necessary to assist in minimizing the discomfort.

Taking slow deep breaths will help, and if you feel cramping at any point “pant like a dog” with shallow quick breathing. As the enema progresses a feeling of fullness will develop. This is normal, and discomfort can be minimized by insuring that not too much solution is introduced too quickly. Take your time.

After the fluid has been administered, breath deeply, meditate and relax. Once the bag/ bucket is empty, remove the nozzle from your rectum slowly. Put hose to the side.

You will probably feel the urge to use the bathroom (“evacuate”) immediately. If you are doing a cleansing enema, carefully stand up and move to the toilet. If you goal is

retention, retain for 15 min. minimum, eliminate. Note the differences from enema to enema. If you fail to expel any waste, drink some laxative tea to ensure a movement occurs with 24 hrs. You may need to perform the procedure again at a later time to help loosen stuck fecal matter.

Successful administrations result in the expulsion of waste from the rectum.

After evacuating, most people find it comfortable to lie on the bed in a prone position to rest for a while. Be gentle with your self and drink lots of water!

Clean the equipment thoroughly with healthy plant based soap and boiling water, hang it all up to dry. An enema bag takes several days to thoroughly dry out, and should never be put away while even slightly wet. Buckets are easier to clean and dry. Be sure hose is able to drip dry with gravity.

Other Important Notes

Forcing an enema into the rectum can cause irritation and damage to surrounding tissue. Never force the tube into the rectum. If problems persist, try administration at a later time. Small amounts of blood that is present in the stool after the enema may indicate a scratch or damage to the tissue wall from tube or the fecal matter itself. Large amounts of blood may mean there is rectal damage or an underlying medical problem. **Consult with your physician immediately regarding any rectal bleeding.**

The best course of action is to do an enema once every other day, around the same time every day, as directed. This not only reduces side effects, but will also help to train your body to release waste regularly. If constipation continues for more than a few days, talk with your physician as bowel blockage is problematic.

Irregular bowel movements after an enema are normal and will resume within the 24-48 hr window post the enema. When doing liquid cleanses, bowel movements can be less due to lack of dietary fiber. If you are unknowingly dehydrated, then you may retain all liquid as a means of self healing.

After An Enema

Some people find that they have several additional bowel movements in the hours after an enema, especially after eating. For this reason, many plan to stay home for a few hours after an enema is administered or do light movements until elimination is complete.

Remember to drink lots of water and be mindful of how well you chew for proper digestion. For the most part, you may carry on with your regular routine after the enema process is complete.

NOTE: Green coffee can stain. Wipe up solution before it dries. Wash towels immediately to avoid staining or use a dark towel that can get stained.

Daily Pre-Cleanse Routine

1. Prepare Water Intake For The Day

Daily Water: Have water to take with you (packed the night before if you are leaving for the day) and at home, pre-measured in containers that will be your Healthy Liver Cleanse Program water vessels. Committing to drink them all and refill them daily for continued success.

2. Prepare Daily Food Systems

Meal Prep: WHAT DO YOU NEED FOR TODAY?

Pre-plan your meals to establish weekly Shopping Lists and a food prep and cooking schedule. If you are ordering foods, juices, or grocery delivery, what needs to be ordered by when for you to have what you need to succeed?

3. Schedule Self Care Time

Daily Do's Schedule: Using our Self-Care Daily Checklist, you can effortlessly see what's next. Check them off when complete, feeling a sense of empowerment and accomplishment towards meeting your personal health intention and goals. Feeling change happen as you take steps towards health is a remarkable feeling! It fuels the continued efforts with ease.

4. Detox Bath Rituals

Starting the day with a warm epsom salts bath supports detoxification and stimulates the immune system. Showering multiple times during a day to continually wash off the toxicity that you're eliminating is a helpful hydrotherapy.

5. Responsibilities Schedule

Arrange your Daily Do's and meal program prep in supportive timing with your real-life commitments such as work and family time. Use our Daily Schedule Planner for a complete daily rhythm. Map out your 6 Week To AWESOME SELF Schedule for optimal success and organization.

Daily Pre-Cleanse Supplement & Eating Schedule

Drink a glass of water every hour if possible during the day and ease off of liquids after dark.

AM - Wake Up

- ▶ 3 tablespoons of lemon juice and/or apple cider vinegar in 6-8 ounces of warm water
- ▶ 50 billion C.F.U.'s of a probiotic (optional but suggested)
- ▶ If constipated, either take an herbal bowel formula, such as Dr. Christopher's Lower Bowel Tonic, Swiss Kriss or other bowel moving formula

Morning

- ▶ Vitamin C - 2,000 mg's
- ▶ Milk Thistle or Silymarin - 300 mg's
- ▶ Mushroom blend – bottle dosage

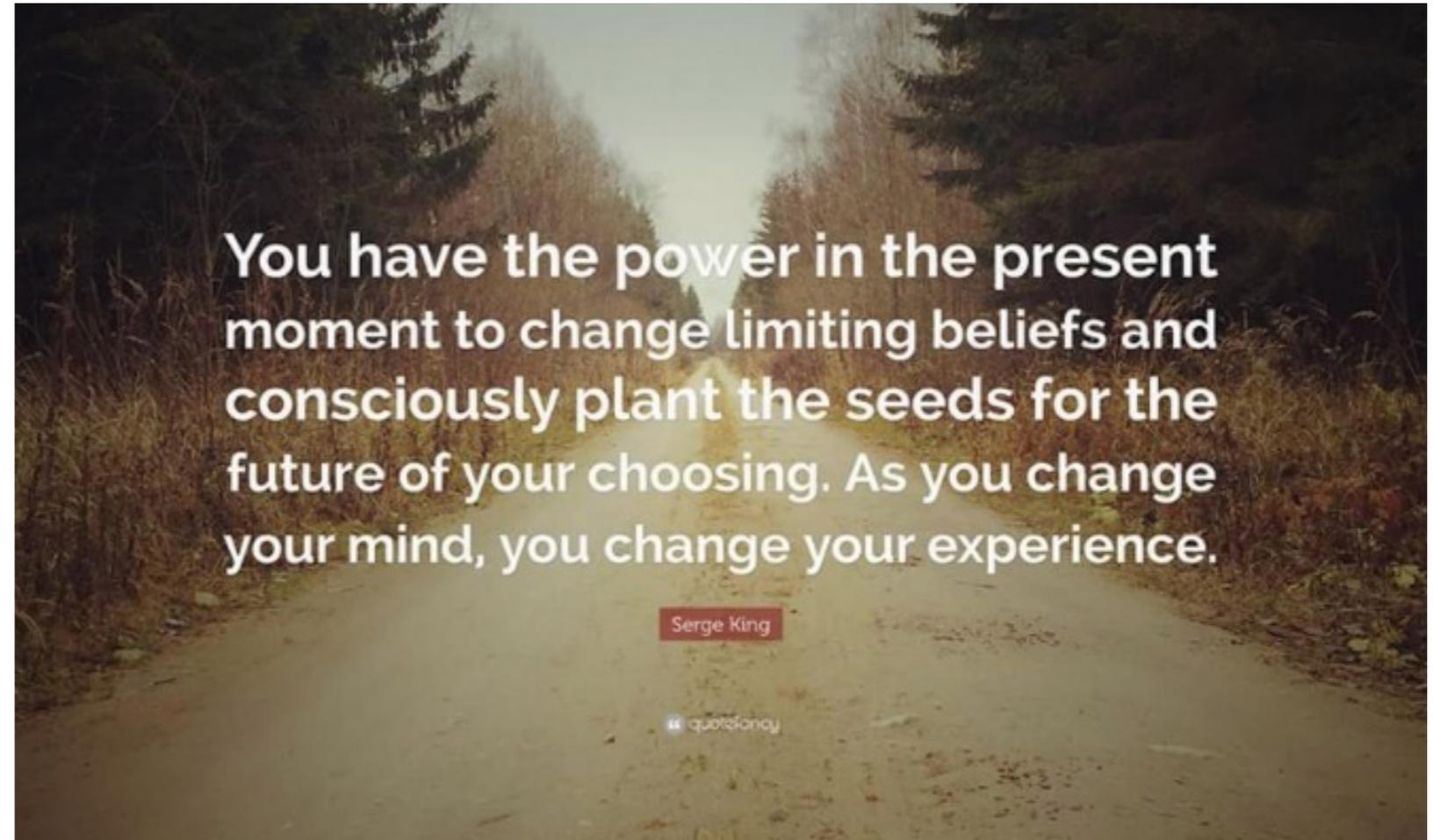
Breakfast: Enjoy with Digestive Enzymes (2 capsules)

Make Green Drink Mix and drink freely throughout the day.

Afternoon

- ▶ Milk Thistle or Silymarin – 300 mg's
- ▶ Vitamin C – 2,000 mg
- ▶ Mushroom blend – bottle dosage

Lunch: Enjoy with Digestive Enzymes (2 capsules)



Dinner: Enjoy with Digestive Enzymes (2 capsules)

Evening

- ▶ Milk Thistle or Silymarin – 300 mg's
- ▶ Vitamin C – 2,000 mg
- ▶ 1/2 teaspoon of baking soda in a glass of water

Before Bed

- ▶ Oregano Oil — 1 capsule

Brands We Trust

Probiotic - Ascended Health Brand, Proalive Probiotic Product

Vit C, Milk Thistle, Digestive Enzymes - Pure Synergy Brand

Mushrooms - Host Defense Brand, any and all products are great

Bowel Support/Cleansing - Dr. Christopher's Brand, Lower Bowel Tonic

ADDITIONAL THERAPEUTIC SELF CARE & SUPPORT

- ▶ Drink Adaptogen or Liver tea: 1 – 2 cups daily whenever you want.
- ▶ Warm castor oil packs placed on the Liver/Gall Bladder area for 30-60 min or sleep with it overnight.
- ▶ Green coffee enema's: 2 – 3 times weekly or more if wanted/needed.
- ▶ Epsom salt/baking soda baths: 2 cups Epsom salts per warm/hot bath, 1 cup baking soda. Best if done daily.
- ▶ Unrefined & Cold Pressed Coconut Oil: 1 tablespoon daily.
- ▶ Add a ¼ to ½ teaspoon of cayenne powder to some lemon water to increase warmth and blood circulation.
- ▶ Add beet root crystals to drinks.
- ▶ Oil Pulling: A wonderful ritual to increase oral and gut health. Scrape tongue before brushing teeth am/pm
- ▶ Lymph Drainage: We benefit from flushing the lymphatic system with exercise. Such exercises can be jumping on rebounders (mini -

trampolines), jump roping, jumping jacks and running stimulates the lymph and circulatory systems.

Brands We Trust

Baking Soda (aluminum free) - Mountain Rose Herbs Brand

Herbal Teas - Dragon's Den or Dragon Herbs Brands

Epsom Salt - Epsoak Brand, regular epsom salt product

Materials Needed for Self Care Modalities & Daily Lifestyle Enhancements

- ▶ Tongue Scraper (Dr. Tongues Brand)
- ▶ Organic Green Coffee (S.A. Wilson Brand)
- ▶ Organic Castor Oil in glass only (Palma Christi Brand)
- ▶ Hot water bottle
- ▶ Organic Wool Cloth (large enough to wrap around/lay on torso)
- ▶ Enema Bag (medical grade silicone: Aussie Brand)
- ▶ Dry brush (Bass Brand)
- ▶ Old towel that can get dirt



OIL PULLING THERAPY EXPLAINED

What is Oil Pulling?!

Oil pulling is an Oral Health Practice that aids in the healing of many health ailments by pulling out the toxic waste through the saliva.

Organic, cold pressed sesame oil has been used for decades with great results.

Dr. F. Karach, M.D., presented a paper before the All-Ukrainian Association. The meeting was attended by oncologists and bacteriologists belonging to the Academy of Science of the USSR. Dr. Karach explained an unusually simple healing process using cold-pressed oils. The results of this therapy invoked astonishment and doubt concerning the contents of his report. However, after further examining the workings of the oil pulling therapy, one has but to then test it on oneself to prove its validity and effectiveness. It is most astonishing that such results can be achieved with this absolutely harmless biological healing method. This simple method makes it possible to effectively treat the most varied diseases, in some cases enabling one to avoid surgical intervention and the taking of medications that can have harmful side effects.

The exciting factor of this healing method is its simplicity. It consists of swishing cold-pressed oil in the mouth (Sunflower or Sesame). The healing process is accomplished by the human organism on its own. In this way it is possible to heal cells, tissue and all organs simultaneously, the body itself gets rid of toxic waste without disturbing the healthy microflora. Dr. Karach says human beings are living only half their life span. They could potentially live healthy to be 140 years old.

The Method

In the morning before breakfast on an empty stomach, prior to brushing, you take one tablespoon sesame oil in the mouth, but do not swallow it. Move oil slowly in the mouth as rinsing or swishing and Dr. Karach puts it as 'sip, suck and pull through the teeth' for fifteen to twenty minutes. This process makes oil thoroughly mixed with saliva. Swishing activates the enzymes and the enzymes draw toxins out of the blood. The oil must not be swallowed, for it has become toxic. As the process continues, the oil gets thinner and white. If the oil is still yellow, it has not been pulled long enough. It is then spit from the mouth. The oral cavity must be thoroughly rinsed and washed. Just use normal tap water and good old fingers to clean.

Clean the sink properly by using some antibacterial soap to clean the sink. Because the spittle contains harmful bacteria and toxic bodily waste. If you don't want to clean the sink, dispose of the oil in the trash. If one were to see one drop of this liquid magnified 600 times under a microscope, one would see microbes in their first stage of development.

It is important to understand that during the oil pulling / oil swishing process one's metabolism is intensified. This leads to improved health. One of the most striking results of this process is the fastening of loose teeth, the elimination of bleeding gums and the visible whitening of the teeth.

To accelerate the healing process, it can be repeated three times a day, but always before meals on an empty stomach.

Do not swallow. The oil should be spat out. But inadvertently if you swallow there is nothing to worry. It will go out through feces when you eliminate.

If you are allergic to a particular brand of oil, change the brand of oil or oil itself to a different oil.

Sunflower and Sesame have been found to be equally effective in curing diseases. Other oils were not found to be as good.

Results of Oil Pulling

The result of this healing research has attracted amazement and resulted in further research. This additional research concerning Oil Pulling Therapy has now been thoroughly documented, especially with regard to physiological similarities between individuals. It is surprising that through this biological healing method a wide variety of symptoms have unquestionably disappeared without any side-effects. This simple method makes it possible to completely heal such a wide variety of diseases which would normally be treated by an operation or by powerful or potent Drugs, usually with significant side-effects.

The simplicity of this healing system in which oil is swirled backwards and forwards in the mouth, is due to the stimulating effect which it has on the body's eliminatory system.

Through this method it is possible to heal individual cells, cell conglomerates such as lymph nodes and more complex tissues such as internal organs simultaneously. This occurs because the beneficial microflora throughout the body are provided with a healthy continuum. Without this natural bodily intrusive element evinced by the microflora the usual pattern of human health tends to lean towards illness rather than wellness. Dr. Karach anticipates that regular application of this treatment by reversing this process so that wellness is the dominant state of the human body is likely to increase the average human lifespan to approximately 150 years, double the present life expectancy.

Dr. Karach is supported in this view by other colleagues in the world. By means of this oil pulling treatment, it is invariably the result that diseases like migraine headaches, bronchitis, diseased teeth, arterial thrombosis, chronic blood disorders such as leukemia, arthritis and related illnesses, neuro-physiological paralysis, eczema, gastro enteritis, peritonitis, heart disease, kidney disease, meningitis, and women's hormonal disorders are completely eliminated from the organism.

The benefit of Dr. Karach's method is that the oil therapy heals the whole body in perpetuity. In terminal diseases such as cancer, Aids and chronic infections this treatment method has been shown to successfully replace all others. Dr. Karach has successfully healed a chronic leukemia patient with 15 years of harsh treatment methods behind him. Acute arthritis in 1 patient who was totally bedridden was removed from his body in 3 days with no inflammation apparent.

Daily Do's - Lifestyle Enhancement Practices

Incorporating these self care modalities daily, not only enrich and deeply support the cleansing process but also make you feel GREAT!

Breath Practice aka Prana Yama: Relaxation Technique

Morning's and before bed. Long, slow, deep breathing, down to the belly, smooth and relaxed.

- Inhale 5 count, exhale 5 count - 3 breaths
- Inhale 8 count, hold 10 count, exhale 12 count - 10 breaths
- Inhale 5 count, exhale 5 count - 3 breaths

Never straining the breath, always comfortable and allowing the capacity for greater breathing expansion and extension to increase naturally.

Inner body awareness

Go into your inner body by feeling what's happening inside - checking in often and consciously, discovering what's happening within. Take note of what reveals its' self to you. Integrate the information and make changes.

Sleep & Relaxation

Sleep 8 hours nightly, and nap if needed during all phases of the cleanse. Use the Relaxation Technique whenever needed or wanted. Nice way to fall asleep at night.

Exercise

Get daily exercise, but do not over exercise. 30 – 45 minutes daily is adequate. Just enough to get your sweat on!

Gratitude Practice

Each day sit and focus on at least ten people, situations, possessions or vision what you wish to have come to you, and give thanks for what you have and what is coming to you. Be grateful and appreciative. Say thank you often while in the world doing life.

Bathing

Start the day with a warm epsom salts bath. You will want to shower multiple times during the day to continually wash off the toxicity that you're eliminating. Stay clean as the body rids itself of accumulated toxicity.

- Dry brush your body and rinse before bath
- Place 2 -4 cups epsom salts in tub and fill to a full level. Make as hot/warm as is comfortable for you
- Begin with only a 5-minute soak, and gradually work your way up to bathing for

30 minutes. Do not over soak.

- Place a cold cloth on your head if wanted during soak
- Relax, massage and rub your muscles with a loofa brush
- Shower after soaking with a warm rinse followed and ending with a cold rinse
- Drink at least 8 ounces' water before, during and after your bath.

Saunas, Steam Baths, Contra-Baths, and Foot Soaks

These stimulate and increase the metabolic processes and inhibit the growth of virus and bacteria. All vital organs and glands will be stimulated and increase their functional activity. The overheating will assist the body's healing process to accelerate. The eliminative, detoxifying and cleansing capacity of the skin is dramatically increased by the sweating.

- ▶ Dry Sauna – Begin with a 5-minute session and slowly increase your time. A temperature of between 140 and 180 degrees is suitable for most people. 10 – 20 minutes usually will give ample time for sweating out toxins from the body.
- ▶ Infra-red Dry Sauna — Work well for most people and are highly recommended.
- ▶ Steam Baths and Sweat Lodges are of great benefit.
- ▶ Contra-Baths – A hot bath for 7-10 minutes followed by a cold bath for 3 - 5 minutes. 2 to 3 rounds should be enough for most people. A cold cloth on head will help if you feel dizzy or disoriented.
- ▶ Foot Baths – A hot water foot soak at night with some fragrant oil or herbs in the water.

Stop bathing if you have any adverse symptoms. Get out carefully, lie down and rest. Drink cool water and place cold cloth on forehead.

NOTE: It is important to take vitamin/mineral supplements before and after doing a heat/cold hydro-treatments. Whatever you do, drink water, take vitamin C and minerals, and be intelligent in regards to your time duration.

Dry Brush Skin Massage

Cleansing the skin of dead skin cells is the purpose of skin brushing - it aids the epidermis by opening the pores to breathe and supports skin tissue to regenerate quicker and healthier. Dry brushing creates better blood and lymph circulation and drainage. An invigorating 10 min ritual that rids the skin of toxins.

Time In Nature

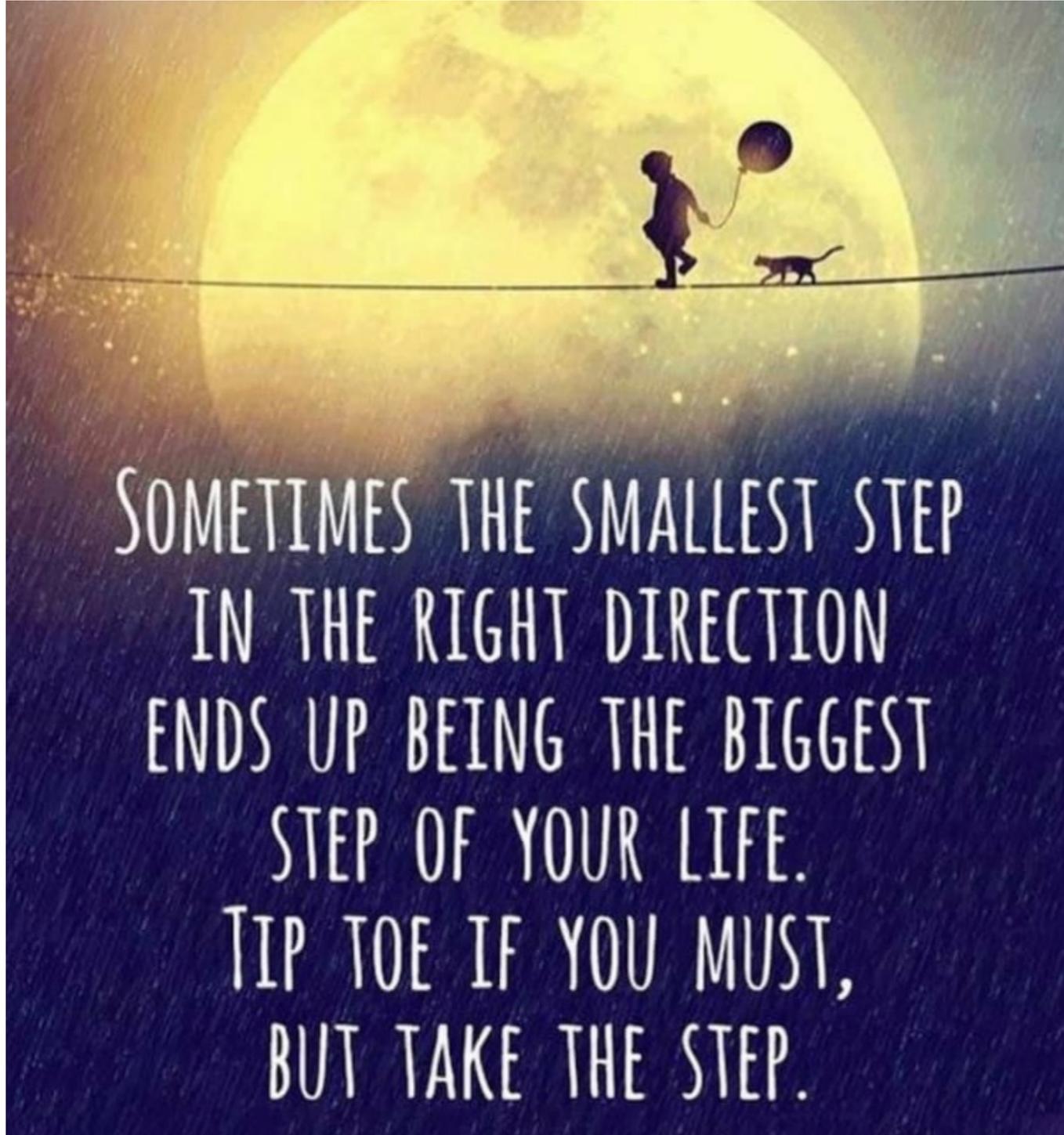
Often and whenever possible. Hike, walk, bike ride, sit & observe, listen, just BE ...

Meditation Practice

Daily ritual to center and contemplate. Anywhere from 5 – 60 minutes daily slows the mind, body, emotions and relieves stress.

Enemas

1 x week min, 3 best- M, W, F, weekend rest



Checklists For Success

In the following pages, you will find the various cleanse logs in different formats. Choose which one works **BEST FOR YOU!!** You will use these logs for all 3 phases of the Healthy Liver Cleanse Program. Print as needed and place around the house in supportive places for easeful recording.

At the end, it is helpful to review your daily & weekly logs for the duration of the program. What did you learn about yourself going through the process? What parts of you are asking for support? What did you **ROCK?** What was challenging? Any conclusions worth noting?!

DAILY SUPPORT CHECKLIST

Date	Water Prep: _____ oz / Day	Morning Care: oil pulling, tongue scrape, dry brush, facial care	Reflection Time: prana yama, gratitude practice, journaling	Exercise Routine: 30 min of - yoga, light run, walk, bike ride, rebounder, jump road, or weights	Water Therapy: 30 min of - detox bath, steam bath, sauna, self massage, foot soak, or contra soak	Nature Time: 1 /Day while in nature ... bone packing, tai chi, chi gung, listening/ meditation	Journaling Time: Daily - emotional read, intention, affirmation, rest log and dreams recap, end of day observation	Nailed Food: Today I ROCKED my food program!!	Self Love Affirmation: I Told Myself... I love you and I am proud of YOU. Keep it up!	Overall Daily Rating: 1-10 on meeting transformation goals
8/25										
8/26										
8/27										
8/28										
8/29										
8/30										
8/31										
9/1										
9/2										
9/3										
9/4										
9/5										
9/6										
9/7										

DAILY SUPPORT CHECKLIST

Date	Water Prep: _____ oz / Day	Morning Care: oil pulling, tongue scrape, dry brush, facial care	Reflection Time: prana yama, gratitude practice, journaling	Exercise Routine: 30 min of - yoga, light run, walk, bike ride, rebounder, jump road, or weights	Water Therapy: 30 min of - detox bath, steam bath, sauna, self massage, foot soak, or contra soak	Nature Time: 1 /Day while in nature ... bone packing, tai chi, chi gung, listening/ meditation	Journaling Time: Daily - emotional read, intention, affirmation, rest log and dreams recap, end of day observation	Nailed Food: Today I ROCKED my food program!!	Self Love Affirmation: I Told Myself... I love you and I am proud of YOU. Keep it up!	Overall Daily Rating: 1-10 on meeting transformation goals
9/8										
9/9										
9/10										
9/11										
9/12										
9/13										
9/14										
9/15										
9/16										
9/17										
9/18										
9/19										
9/20										
9/21										
9/22										
9/23										
9/24										
9/25										

Weekly Self-Care Log- Daily Do's For Optimal Health, Self Love & Longevity

Consistent Discipline = Constant Results	Emotional State Daily Read on where you are and what you Welcome In for support	My Intention For Today Today I am manifesting ... Today I am working on ...	Morning Body Care Oil Pulling, Tongue Scrape, Dry Brush, Facial Care	Reflection Time Prana Yama, Gratitude Practice, Journaling Time	Exercise Routine 1 / Day: Type & 30 min + (Yoga, Light Run, Brisk Walk, Bike Ride, Rebounder, Jump Rope, Weights)	Water Therapy 1 / Day: 20-30 min: Detox Bath/Steam Bath, Sauna, Self Massage, Foot Soak/ Contra Soak	Time in Nature (Done in nature 1/Day: Bone Packing, Chi Gung, Listening Meditation)	Rest Log Hours slept & Type of rest	MyDreams	Today's Observation of Self & Progress	Today I Will Accomplish ...
Monday	😊 😐 😞 😡 😞 😡 😐 😞		OP TS DB FC	PY GP JT			BP. CG. LM	Woke up @: Went to Bed @: I slept ...			
Today I Ask For:											
Tuesday	😊 😐 😞 😡 😞 😡 😐 😞		OP TS DB FC	PY GP JT			BP. CG. LM	Woke up @: Went to Bed @: I slept ...			
Today I Ask For:											
Wednesday	😊 😐 😞 😡 😞 😡 😐 😞		OP TS DB FC	PY GP JT			BP. CG. LM	Woke up @: Went to Bed @: I slept ...			
Today I Ask For:											
Thursday	😊 😐 😞 😡 😞 😡 😐 😞		OP TS DB FC	PY GP JT			BP. CG. LM	Woke up @: Went to Bed @: I slept ...			
Today I Ask For:											
Friday	😊 😐 😞 😡 😞 😡 😐 😞		OP TS DB FC	PY GP JT			BP. CG. LM	Woke up @: Went to Bed @: I slept ...			
Today I Ask For:											
Saturday	😊 😐 😞 😡 😞 😡 😐 😞		OP TS DB FC	PY GP JT			BP. CG. LM	Woke up @: Went to Bed @: I slept ...			
Today I Ask For:											
Sunday	😊 😐 😞 😡 😞 😡 😐 😞		OP TS DB FC	PY GP JT			BP. CG. LM	Woke up @: Went to Bed @: I slept ...			
Today I Ask For:											

Today's Accomplishments:

Today Date: _____ Day #: _____ My Power Word: _____

Check When Complete	Task to Conquer	Time	Reflection & Observation Notes
	I wake up with GRATITUDE		
	My Intention For Today Today I am manifesting ... Today I am working on ...		
	Emotional State Daily Read on where you are and what you Welcome and invite in for support		
	😊 😐 😞 😡 😢 🙄 🤔 😬		
	Morning Body Care Oil Pulling, Tongue Scrape, Dry Brush, Facial Care		
	Reflection Time Prana Yama, Gratitude Practice, Journaling Time		
	Exercise Routine 1 / Day: Type & Duration Yoga, Light Run, Brisk Walk, Bike Ride, Rebounder, Jump Rope, Weights		
	Daily Therapy 1 / Day: 20-30 min Detox Bath/Steam Bath, Sauna, Self Massage, Foot Soak/Contra Soak		
	Time in Nature Bone Packing, Chi Gung, Listening Meditation		
	Rest Log Hours slept & Type of rest		
	My Dreams		
	Today's Observation ... of Self & Progress		
	Today I Will Accomplish ...		
	Today I Ask For:		

DAILY DO'S CHECKLIST

| Check When Complete | Day _____
Tasks |
|---------------------|--------------------------------|---------------------|--------------------------------|---------------------|--------------------------------|---------------------|--------------------------------|---------------------|--------------------------------|
| | Oral Care |
| | Dry Brush Massage |
| | Full Body Self Massage |
| | Bathing, Water Therapy, Saunas |
| | Prana Yama (Breath practice) |
| | Inner Body Awareness |
| | Gratitude Practice |
| | Stretching & Exercise |
| | Rebounding & Bone Packing |
| | Nature Time |
| | Meditation Practice |
| | Journaling & Reflection |
| | Sleep & Relaxation |
| | Enema (M, W, F) |

MY DAILY SCHEDULE & PLANNER

Consistent Discipline = Constant Results

Emotional State:

My Intention For Today

Morning Body Care

Reflection Time

Exercise Routine

Water Therapy

Time in Nature

Rest Log

Today's Observation ...

Today I Will Accomplish ...

Daily Read on where you are and what you welcome in for support

Today I am manifesting ... Today I am working on ...

Oil Pulling, Tongue Scrape, Dry Brush, Facial Care

Breath Practice, Gratitude Practice, Journaling Time

1 / Day: Type & 30 min + (Yoga, Light Run, Brisk Walk, Bike Ride, Rebounder, Jump Rope, Weights)

1 / Day: 20-30 min (Detox Bath/Steam Bath, Sauna, Self Massage, Foot Soak/Contra Soak)

1/Day: 60 min (Bone Packing, Chi Gung, Listening Meditation Done in nature.)

Hours slept & Type of rest:

Of Self & Progress:

...

TIME	TO DO	TODAY'S NOTES & COMMENTS
	Wake Up	
	Oral Care	
	Begin Morning Beverage & Supplements	
	Dry Brush Massage	
	Full Body Self Massage	
	Bathing, Water Therapy, Sauna	
	Breath Practice Can be done in the bath	
	Inner Body Awareness Scan Can be done in the bath	
	Gratitude Practice Can be done in the bath	
	Morning Smoothie	
	Stretching & Exercise	
	Whole Food Breakfast	
	Post BFast 10 min walk	

Time	TO DO	Today's Notes & Comments
	Work	
	Lunch	
	Post Lunch 10 min walk	
	Work	
	Nature Time	
	10 Min Dance Session	
	Dinner	
	Brisk Post Dinner Walk	
	Family Time	
	Enema Prep (M, W, F)	
	Meditation Practice	
	Journaling & Reflection	
	House Love	
	Water Prep	
	Joy Reading (T/ TH) OR Enema (M, W, F)	
	Sleep & Relaxation	
	Bedtime	

Meal Planning Essentials

Meal Prep Time!

Here's a few tips for success that make food shopping and meal prep easeful!

1. Shop a few days before the new week, giving yourself 2 days to prepare food for the up coming week. Print the shopping list and circle what you need. The key is to be prepared, not doing it on the fly. When you are hungry with no food prepared, inevitably we cheat. That's how we got where we got with our health. By not putting food, food prep, cooking and potential growing your own food as a priority, our health suffers. This is the time to re-organize your life, your habits, prioritize what you do want and learn how to make it happen. It isn't always easy but it is so worth it, trust me!
2. Make fewer recipes, but in larger quantities to support a few days worth of meals. If you are preparing food for other members in your family, be sure to account for that by buying extra food. If they are not eating the way you are, choose recipes that can accommodate both meal needs with slight variations. The goal is to make food & meal prep so easy that you could do it in your sleep. For some, that's starting with recipes or meals they love and know how to make effortlessly, implementing the Foundational Food Program changes. For others, this way of eating is so new and foreign that it is like learning to cook or un-cook all together. Regardless of where you are starting at, small consistent changes lead you down the path of change and success. If you are feeling challenged, reach out for help! We are here to make sure you succeed and have fun during the process.
3. Plan your meals for the week the day before you go shopping- once you know what you will be making, choosing certain foods and recipes that have shorter shelf life will be consumed first and while others that last longer can be saved for later in the week.
4. A well stocked pantry helps you be more flexible for a variety of recipes. Take note of what you have, what you need immediately that you can get from the local store and what you can order in bulk to save on cost. You may not know yet what those bulk items are until you've found a handful of recipes or foods/meals that you love.
5. Remember to get creative, have fun and don't give up! **YOU CAN DO THIS!!!** Transformation is a process. And it takes time. That's why we do this initial step for 21 days, minimum. You may find that you aren't able to be on the program fully for the first week as you finish up previously purchased food, let go of each addiction one at a time, muster motivation, and actually follow through, let alone get all the additional needed materials, supplies and herbal supplements. If that is the bracket you fall into, it is ok... just continue to make many small steps as all the pieces come together. This could be as simple as increasing your water intake, implementing a daily walk, taking a bath, and learning to eat a salad, all while saying "no thanks" to your previous cravings. This is a journey - enjoy the ride! As you make and feel the momentum of change happening, you will be excited as you start to feel better and your body starts to change. Stick with it, even when the going gets tough.
6. Believe in yourself. Be realistic. Take one step at a time ... Reach out when you need support. We got you!



Brands We Respect & Trust

Using local, fresh, organic produce!!!

Artisana, Once Again & The Philosopher's Stoneground - All raw nut butters & coconut butter

Bragg - Apple Cider Vinegar

Eden Foods - Seaweed gomasio

Frontier Natural Products Co-Op - Botanicals for teas, spices, and more!

Mountain Rose Herbs - Aluminum-free baking soda, botanicals for teas, spices, culinary oils, essential oils, salts, and more!

Navitas Naturals - Hemp seeds, maca powder, cacao powder

Dragon's Den or Dragon Herbs - Organ specific herbal teas

Epsoak - Epsom salt

Dr. Tongues Brand - Tongue scraper

S.A. Wilson Brand - Organic green coffee

Palma Christi - Organic castor oil (in glass only), organic wool cloth

Aussie - Enema Bag (medical grade silicone)

Bass Brand - Dry skin brush

Pure Synergy - Full spectrum food and plant based supplements

Ascended Health - Probiotic products

Hose Defense - Medicinal mushroom products

Foods Galore: Daily Recipes

Recipes for Daily Use: Nutritious neutral foods that assist with the daily aspects of the cleansing process. Let these be your staples and explore/experiment with other liver focused recipes in our Healthy Liver Recipes e-book cookbook.

Green Drink Mix

A highly alkalizing, nutrient dense beverage that stabilizes blood sugar levels throughout the day, supports detoxification and boosts immunity.

Drink freely throughout the day.

¼ cup fresh lemon or lime juice
1 heaping Tbsp. Green Drink powder mix
(for those that ordered Daily Greens, use this!)
2 Tbsp. liquid Chlorophyll
Liquid Cell Food – bottle dosage
Liquid Vitamin B complex – bottle dosage
Liquid Magnesium – bottle dosage
Liquid Vitamin D3 - 5,000 i.u.'s (optional)

Place all in a quart bottle and add room temperature purified water.

A small amount of maple syrup or raw organic honey can be used, if desired.

Green Veggie Smoothie

Green smoothies are a game changer for health! Filled with fiber and immune boosting nutrients help keep the bowels moving, support your liver and encourage gentle daily detox.

In your blender put in some green veggies such as kale, dandelion greens, spinach, watercress, green cabbage, sprouts, lettuce, parsley, maybe some cucumber or celery, add a half of green apple, a 1-2-inch piece of fresh turmeric, a ½ inch piece of fresh ginger, some fresh Aloe Vera or Aloe gel drink from the bottle, and some green drink powder mix and/or water. Blend and drink.

This vegetable smoothie drink is for every day of the program except where noted. Drink at least one blended vegetable smoothie daily, two or three would be better.



Feel free to make a batch to last 2-3 days at a time!

CHEERS - Get Your Green tongue ON!!

Fresh Vegetable Juices

Green vegetable juices alkalize the body and have high concentrated nutritional value.

Drink every day. Recommended are green vegetable juices with beet root. Add some turmeric root, ginger root, or fresh burdock root. Also, wheat grass juice is very beneficial. If you cannot get a fresh vegetable juice daily, then take an extra teaspoon of the Green Drink powder in some lemon water.

Protein Smoothie

Protein is essential for tissue growth, repair and formation of healthy blood cells, antibodies, enzymes, hormones and neurotransmitters.

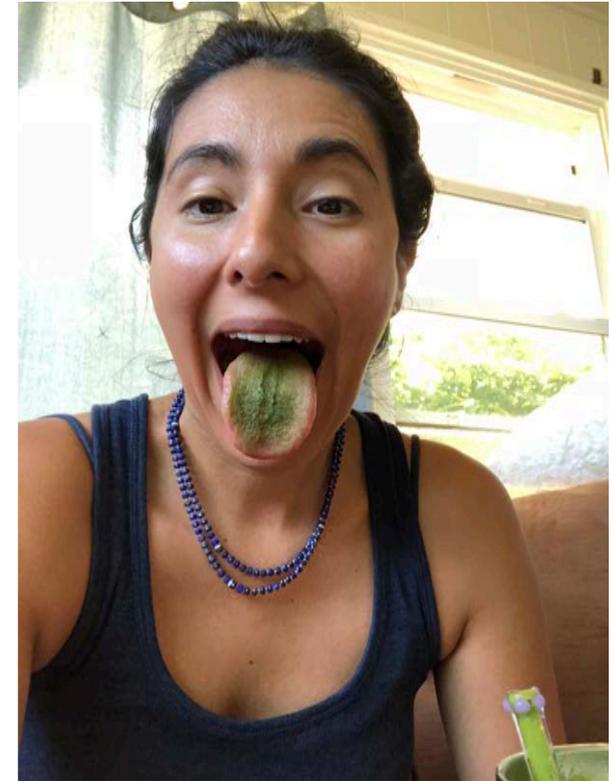
Mix 10 grams of protein powder, a level tablespoon of plant based powder with rice milk, almond milk, oat milk, or coconut milk and water totaling 16 ounces of fluid. Blend well. If you need to keep weight on or put weight on during a cleanse program, protein smoothies will be of benefit. Add some flaxseed oil, raw almond butter or raw tahini.

Vital Broth

A highly nutritious soup broth for quick replenishment that is also soothing to the soul.

½ cup of each of the following chopped: beets with tops, carrots, celery with leaves and potato. May also add other veggies if wanted. It is recommended to add seaweed and a few slices of Astragalus to the broth. Simmer in 2 quarts of water for 20 minutes, strain and drink the broth on liquid only days, eat the vegetables with the broth as a soup meal if you want, or drink the broth whenever you feel. Cayenne, a small pinch of Himalayan salt and nutritional yeast may be added for more flavor. For an extra nutritional boost add shiitake mushroom powder if you like.

You may want green or mate tea in the morning and herb tea in the afternoon and evening, also, enjoy warm lemon-ginger-honey water tea. Sage leaf tea is a tea of choice for many people who cleanse and fast.



MORNING RICE CEREAL

Makes one serving.

1/2 cup brown basmati rice

3 cups purified water

3/4 cup almond milk (to make your own: blend 1 handful of almonds and 1/2 cup of hot water)

1/2 cup chopped fruit of your choice

- ▶ Wash the rice thoroughly and add to a pot with the 3 cups of water (or cook in a rice cooker)
- ▶ On high heat, bring the water to a boil and let the water continue boiling until it is the same height as the rice
- ▶ Switch the heat to low and cover until cooked (about 10 minutes)
- ▶ While the rice is cooking, blend the almonds and the hot water to make your almond milk
- ▶ Once the rice is cooked, add the almond milk and any fruits (continue cooking until the fruits are cooked through)
- ▶ Top with a dash of cinnamon, chopped walnuts and some coconut cream or coconut yogurt

MUNG BEAN PANCAKES WITH FRUIT

2/3 cup mung beans

1/3 cup basmati rice

1 apple, pear or blueberries

Pinch of baking powder and 1/8 tsp of cinnamon

1 tbsp coconut syrup

Make this recipe the night or day before you intend on eating it. Wash mung beans and rice well, place in a jar with just enough hot water to cover the combination, and soak overnight. Make sure there is room in the container you use (we love using a ball jar) so that the rice and mung beans can expand (and if you're using a ball jar feel free to cover it with the lid, but do not screw the lid on).

- ▶ In the morning, empty the water and rinse rice and mung beans well
- ▶ Add fresh water, filling the jar up to just under the grain mixture
- ▶ Combine the grains, water, cinnamon and a pinch of baking powder in a blender and blend until it becomes a batter. Set aside.
- ▶ Add sliced fruit and some coconut oil or water, to a pan. Simmer the fruit until its cooked all the way through.
- ▶ In a separate pan, heat up a little coconut oil and cook the batter like a pancake
- ▶ Put the pancake on plate and top it with the cooked fruit and a little coconut syrup if you desire
- ▶ Any leftover batter can be saved in the refrigerator for another day. If you want to use the same batter for savory pancakes, omit the cinnamon from the batter.

Mung Bean Pancakes with Vegetables (Savory)

1/4 cup of Fresh Chopped Cilantro
Pinch of Baking Soda
1 cup of Sautéed Organic Vegetables
Pinch of Salt

Follow the same directions for fruit pancakes, and

1. Sauté vegetables of choice
2. Blend the cilantro with the mung beans and rice
3. Plate pancakes, top with sautéed vegetables and some sesame seeds

Greens Soup

Makes one serving.

2 zucchini
1 cup of greens (kale, swiss chard, spinach, beet greens)

1. Chop the zucchini and greens of choice
2. Put all of the vegetables in a pot and cover with purified water, bring to a boil.
3. When the greens are soft, strain the vegetables (setting the water they cooked in aside) and add the greens to a blender.
4. Add some of the water that the vegetables were cooked in and blend (add enough water so that half of the vegetables are covered). Add more water to achieve your desired consistency.
5. Add a pinch of salt and blend again

Enjoy with some sesame seeds, seaweed flakes or some sautéed vegetables sprinkled on top

Dhal (Mung Bean Soup)

Dhal is easy to make, easy to digest, and nutritious. You can have it done quickly, or let it cook for hours, by leaving the burner on very low and covering the pot.

Makes one serving.

1/4 cup mung beans (yellow split mung beans)
1 & 1/2 cups water
1/8 cup chopped fresh cilantro
1 Tsp spices

1 Tbsp unrefined coconut oil
Salt to taste

1. Wash the dhal thoroughly (even scrubbing quickly with your hands)
2. Stir the dhal and water together in a pot and bring to a boil. (ratio 1 to 6, a little less water if you like it thicker)
3. Lower the heat and simmer, covered, for 30 minutes. Scoop the foam off the top with a spoon as it rises (or whenever you like)
4. Put the heat on very low, and leave it there for as long as you like, making sure there is enough water so it won't dry out
5. Spicing the Dhal: 1/8 tsp turmeric root powder, 1/2 tsp salt, 1/8 tsp cumin seed powder, 1/8 tsp coriander seed powder, 1/8 tsp fennel seed powder

Kitchari

1/2 cup basmati rice
1/2 cup yellow split mung bean
1 1/2 Tbsp coconut oil
1 Tsp spices
1/2 Tsp salt
4 cups fresh Cilantro
If desired, cut vegetables (greens, carrots, peas, squash)

Makes two servings.

1. Wash the rice and mung dhal.
2. In a saucepan, on medium heat, heat the coconut oil, then add the spices. Let it simmer a bit. Add the cilantro, and stir for a moment until you smell the aroma from the herbs.
3. Add the rice and mung dhal and stir the spice mixture in
4. Add the water, bring to boil
5. Boil for 5 minutes, uncovered, stirring occasionally
6. Add chopped vegetables and let them cook with the kitchari until done
7. Turn down the heat to low and cover, leaving the lid slightly ajar
8. Cook until tender, which will be in about 20 to 25 minutes. With the burner on very low, you can let the kitchari cook for as long as you like.

Coconut Cream & Yogurt

Coconut Cream Recipe

1. Using a coco-jack or another tool, open 2-3 young coconuts.
2. Empty the water from each of the coconuts into a glass or jar and set aside.
3. Using a spoon scrape out the coconut meat and set aside.
4. In a blender, combine the coconut water and 1/4 of the coconut meat.
5. Add a sprinkle of natural powdered Madagascar vanilla, a few drops of lime juice and blend until smooth.
6. Add more coconut meat to thicken based on your preference.



Coconut Yogurt Recipe

1. Add a probiotic pill to the cream you made above.
2. Stir and leave outside on top of the counter until the next day.
3. Refrigerate and enjoy!

** If you don't want to use a probiotic you can add 2 tablespoons of another coconut yogurt, and if you want to continue making coconut yogurt you can save a bit of every batch to start the next one.



HEALTHY LIVER RECIPES



Healthy Liver Cleanse Recipe Book

A wonderful collection of liver focused recipes to get you started on your Pre-Cleanse Phase.

The suggested “Meal Plans” are comprised of recipes from this cookbook.

Enjoy, Explore, Experiment!

CLICK to get started!

[Healthy Liver Recipes PDF](#)

SAMPLE Menu Plan - Week 1

NOTE: The following SAMPLE MEAL PLANS do not focus on proper food combining. The Healthy Liver Cleanse is an intro cleanse that eases people from their current diet & food program into the Foundational Foods Program, which is free of allergen and inflammation causing foods. If you are interested in or need to apply proper food combining principals due to delicate digestive function and need enzymatic and properly food combined meal plans and recipes, please contact us! We are happy to assist.

	Breakfast	Snack 1	Lunch	Snack 2	Dinner
Monday	Morning Porridge	Roasted Nuts	Gourmet Spanish Gazpacho	Golden Milk	Simple Stirfry
Tuesday	Pecan Cinnamon Ginger Breakfast Cereal	Green Veggie Smoothie *recipe in daily recipe section	Simple Salad with Dijon Dressing	No-Grain, No-Flour Toast & Cracker Alternative	Moroccan Lentil Stew
Wednesday	Liver Loving Applesauce	Eggless, Grain-Free Morning Muffins	Wraps	Kidney & Liver Reset	Veggie Chili
Thursday	Grain Free Apple Pecan Museli	Green Veggie Smoothie *recipe in daily recipe section	Apple Avocado Salad	Gourmet Spanish Gazpacho	Black Bean Burgers
Friday	Cooked Breakfast Apples	Protein Power Punch Smoothie	Portobello Cap Buns	Avocado Toast	Zucchini Spaghetti with Tomato Sauce
Saturday	Morning Glory Smoothie	Coconut Cashew Balls	Rice & Veggie Filled Roasted Tomatoes	Green Veggie Smoothie *recipe in daily recipe section	Moroccan Lentil Stew
Sunday	Seed & Nut Granola	Avocado Toast	Veggie Stirfry Quinoa Pasta Pesto	Ginger Energy Balls	Pecan Pumpkin Casserole

SAMPLE Menu Plan - Week 2

	Breakfast	Snack 1	Lunch	Snack 2	Dinner
Monday	Grain Free Apple Pecan Museli	Avocado Toast	Simple Salad with Dijon Dressing	Liver Lover's Tonic	Black Bean Burgers
Tuesday	Beautiful Berry Blast Smoothie	Quinoa Apple Crumble	Moroccan Lentil Stew	Roasted Nuts	Rice & Veggie Filled Roasted Tomatoes
Wednesday	Morning Porridge	Green Veggie Smoothie *recipe in daily recipe section	Gourmet Spanish Gazpacho	Golden Milk	Apple Avocado Salad
Thursday	Avocado Toast	Kidney & Liver Reset	Wraps	Protein Power Punch Smoothie	Simple Stirfry
Friday	Pecan Cinnamon Ginger Breakfast Cereal	Roasted Nuts	Portobello Cap Buns	Green Veggie Smoothie *recipe in daily recipe section	Gourmet Spanish Gazpacho
Saturday	Banana Ginger Smoothie	Coconut Cashew Balls	Veggie Chili	No-Grain, No-Flour Toast & Cracker Alternative	Zucchini Spaghetti with Tomato Sauce
Sunday	Eggless, Grain-Free Morning Muffins	Green Veggie Smoothie *recipe in daily recipe section	Veggie Stirfry Quinoa Pasta Pesto	Liver Lover's Tonic	Moroccan Lentil Stew

SAMPLE Menu Plan - Week 3

	Breakfast	Snack 1	Lunch	Snack 2	Dinner
Monday	Turmeric Tonic Smoothie	Ginger Energy Balls	Apple Avocado Salad	Beet & Berry Juice	Black Bean Burgers
Tuesday	Avocado Toast	Green Veggie Smoothie *recipe in daily recipe section	Gourmet Spanish Gazpacho	No-Grain, No-Flour Toast & Cracker Alternative	Veggie Chili
Wednesday	Seed & Nut Granola	Protein Power Punch Smoothie	Simple Salad with Dijon Dressing	Liver Lovers Tonic	Portobello Cap Buns
Thursday	Green Machine	Green Veggie Smoothie *recipe in daily recipe section	Moroccan Lentil Stew	Kidney & Liver Reset	Rice & Veggie Filled Roasted Tomatoes
Friday	Banana Ginger Smoothie	Liver Loving Applesauce	Black Bean Burgers	Purple & Orange	Zucchini Spaghetti with Tomato Sauce
Saturday	Morning Porridge	Morning Sunshine	Gourmet Spanish Gazpacho	Protein Power Punch Smoothie	Moroccan Lentil Stew
Sunday	Pecan Cinnamon Ginger Breakfast Cereal	Avocado Toast	Wraps	Green Veggie Smoothie *recipe in daily recipe section	Simple Stirfry



Meal Planning 101

Meal Log: Week 1 - What do you desire to eat this week?!

	Breakfast	Snack 1	Lunch	Snack 2	Dinner	Today I succeeded with...	Today I struggled with...	I need more practice with...	Foods I ate that make me feel great are:	Foods I ate that didn't make me feel good are:
Example:	Banana & Chocolate Mouse	Raw Nut Trail Mix	Rainbow Salad with roasted squash	Green Vegetable Smoothie	Quinoa Veggie Bowl					
Monday										
Tuesday										
Wednesday										
Thursday										
Friday										
Saturday										
Sunday										

Meal Planning 101

Meal Log: Week 2 - What do you desire to eat this week?!

	Breakfast	Snack 1	Lunch	Snack 2	Dinner	Today I succeeded with...	Today I struggled with...	I need more practice with...	Foods I ate that make me feel great are:	Foods I ate that didn't make me feel good are:
Example:	Berry Smoothie with coconut kfir	Vegetable Smoothie	Black Bean Burger with side salad	Vegetable Juice	Zucchini Pesto Pasta					
Monday										
Tuesday										
Wednesday										
Thursday										
Friday										
Saturday										
Sunday										

Meal Planning 101

Meal Log: Week 3 - What do you desire to eat this week?!

	Breakfast	Snack 1	Lunch	Snack 2	Dinner	Today I succeeded with...	Today I struggled with...	I need more practice with...	Foods I ate that make me feel great are:	Foods I ate that didn't make me feel good are:
Example:	Morning Rice Cereal	Green Vegetable Smoothie	Hummus with Veggies	Mixed nut trail mix	Roasted Veggies with Salad					
Monday										
Tuesday										
Wednesday										
Thursday										
Friday										
Saturday										
Sunday										

Shopping List

Organic Shopping Must Haves! For cleansing, it's BEST to eat from the Brassica/Cruciferous and Sulfur families. Eat EVERY color of the rainbow

Vegetables	Leafy Greens	Herbs	Fruits	Oils (Expeller and cold pressed, unrefined)	Nuts & Seeds (raw and sprouted)	Seaweeds (from Canada)	Grains (Gluten Free and sprouted grains)	Dried Legumes	Superfoods	Probiotic Rich & Fermented	Other
Artichoke	Arugula	Astragalus	Avocados	Coconut	Almonds	Chlorella	Brown rice	Aduki Beans	Acai berries (frozen or powder)	Coconut kefir	Apple cider vinegar
Asparagus	Barley greens	Basil	Bitter melon	Flaxseed	Brazil nuts	Irish moss	Buckwheat	Black Beans	American Ginseng slices	Cultured vegetables	Coconut water and Coconut meat
Beet root	Bean sprouts (all kinds)	Burdock root	Blackberries	Hemp seed	Cashews	Seaweeds: Arme	Forbidden rice	Lentils - Yellow Mung Beans	Amla berries or powder	Edamame	Edible flowers
Broccoli	Beet Tops	Cayenne	Blueberries	Olive	Coconut (fresh or dried)	Dulse	Millet	Red Lentils	Asian Ginseng slices	Kim chee	Fiddlehead ferns
Brussels sprouts	Bitter greens	Chickweed	Grapefruit	Red palm	Ground flaxseeds (golden and brown)	Hiziki	Oatmeal	Green Lentils	Bee pollen	Kombucha	Green drink powder mix (alfalfa, wheatgrass, barley grass)
Carrots	Collards	Chicory	Green apple	Sesame	Hemp seeds or powder	Kelp	Quinoa	Pinto Beans	Bee propolis	Miso	Himalayan salt
Cauliflower	Dandelion greens	Cilantro	Kiwi		Pecans	Kombu	Red rice		Cacao nibs and or powder	Namah shoyu (all other soy products should be wheat free)	Mushrooms Powders: Cordyceps Chaga Lions Mane Maitake Rei Shi Shitake Turkey Tail

Organic Shopping Must Haves! For cleansing, it's BEST to eat from the Brassica/Cruciferous and Sulfur families. Eat EVERY color of the rainbow

Vegetables	Leafy Greens	Herbs	Fruits	Nuts & Seeds (raw and sprouted)	Seaweeds (from Canada)	Grains (Gluten Free and sprouted grains)	Superfoods	Probiotic Rich & Fermented	Other
Celery with leaves	Endive	Fresh Aloe Vera or Aloe gel drink from the bottle (preservative free)	Lemon	Raw tahini	Nori	Wild rice	Camu camu berries or powder	Natto miso	Mushrooms: maitake shitake oyster
Cucumber (remove skin and seeds)	Grape leaves	Fresh ginger	Lime	Sunflower seeds	Wakame		Chia seeds	Sauerkraut	Non-dairy protein powder
Daikon	Kale	Fresh turmeric	Mango		Spirulina		Dried goji berries	Sunflower seed yogurt	Nutritional yeast (from non soy source)
Edamame	Mustards	Green tea	Papaya				Eleuthero Ginseng	Tempeh	Olives (dried not in vinegar)
Fennel bulb	Red chicory	Herbs for tea: ginseng ginkgo ginger green tea golden seal sage stinging nettles turmeric mate tea milk thistle rosemary	Prunes				Maca powder	Sprouted & fermented tofu (if you're eating tofu)	Phytoplankton
Garlic	Romaine / Lettuce (not iceberg)	Micro-greens	Raspberries				Macuna powder	Water kefir	Quality purified water / alkaline water

Organic Shopping Must Haves! For cleansing, it's BEST to eat from the Brassica/Cruciferous and Sulfur families. Eat EVERY color of the rainbow

Vegetables	Leafy Greens	Herbs	Fruits	Superfoods	Probiotic Rich & Fermented	Other
Green beans	Spinach	Oregano	Red and black grapes	Milk thistle seeds, leaf		Raw Honey
Green cabbage	Sprouts: alfalfa clover sunflower broccoli	Parsley	Sour plums	Moringa leaf		Wheatgrass juice
Leeks	Watercress	Purslane	Strawberries	Noni fruit or juice		
Onions		Rose hips	Tangerine	Pine pollen		
Orange and red peppers (remove seeds)		Sage leaf	Tomato (take out seeds)	Rhodiola		
Potatoes (russet, purple)		Schizandra berries		Royal Jelly		
Purple Cabbage				Shilajit powder		
Radishes						
Red cabbage						
Scallions						
Sugar snap peas						
Squash						
Turnips						
Yam						
Zucchini						

Journaling & Record Keeping

Self Reflection

A hugely valuable tool whether we are taking note of what worked, what didn't, how you feel, how much movement you got, your emotional journey through the process, or simply tracking your daily eliminations to ensure toxins are leaving your body.

In order to track transformation, logging and record keeping helps us when we go back and look at the facts. We can remember things differently after-the-fact, when perhaps the struggle is over.

Use your own journal as well to be connected to the process of self reflection and record keeping!

Week 1 Observations

This week I mostly felt:

My health condition stayed the same or changed in some way:

I ate a lot of:

I need to eat more of:

I ate out more than / less than I cooked at home?

How aligned were your mental food choices with your actual food decisions?

I judged myself with:

My inflammation/pain level for the week is:

Week 2 Observations

This week I mostly felt:

My health condition stayed the same or changed in some way:

I ate a lot of:

I need to eat more of:

I ate out more than / less than I cooked at home?

How aligned were your mental food choices with your actual food decisions?

I judged myself with:

My inflammation/pain level for the week is:

Week 3 Observations

This week I mostly felt:

My health condition stayed the same or changed in some way:

I ate a lot of:

I need to eat more of:

I ate out more than / less than I cooked at home?

How aligned were your mental food choices with your actual food decisions?

I judged myself with:

My inflammation/pain level for the week is:

The Elimination Chronicles Continued

What's Your Poo Telling You?!

Recording your daily eliminations (bowel movements) helps you to better understand your health. We can see how well we masticate, what we don't digest well, if food is fermenting or rotting, if you need more fiber or digestive enzymes, and so much more!

Answer the following and record it daily:

A. Time of Day

B. Duration

C. Daily Occurrences

D. Delivery: How easeful or painful was your elimination?

E. Size & Shape: For example, pebbles, snake-like, or breaks through the water surface?

F. Number of Particles: Multiple pieces or one and done?!

G. Smell: Rank between 1-10, 1 being odorless ...

H. Number of Wipes: For example, many wipes or just one?

I. Post Poo Sentiment: How do you feel after - relieved, satisfied, need to go more, euphoric?

** Print 5 "Daily Elimination Log's" to carry you through the Pre-Cleanse Phase



We are here to help you integrate the Pre-Cleanse Program into your current lifestyle. Please reach out as you see fit. Happy learning, doing, and experiencing! From one cleanser to another ...

YOU GOT THIS!!!! WE BELIEVE IN YOU!!!