



Healthy Liver Cleanse

Post - Cleanse Manual

By: Stephanie Montanez



Welcome to the Healthy Liver Cleanse Detox & Rejuvenation Program!

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

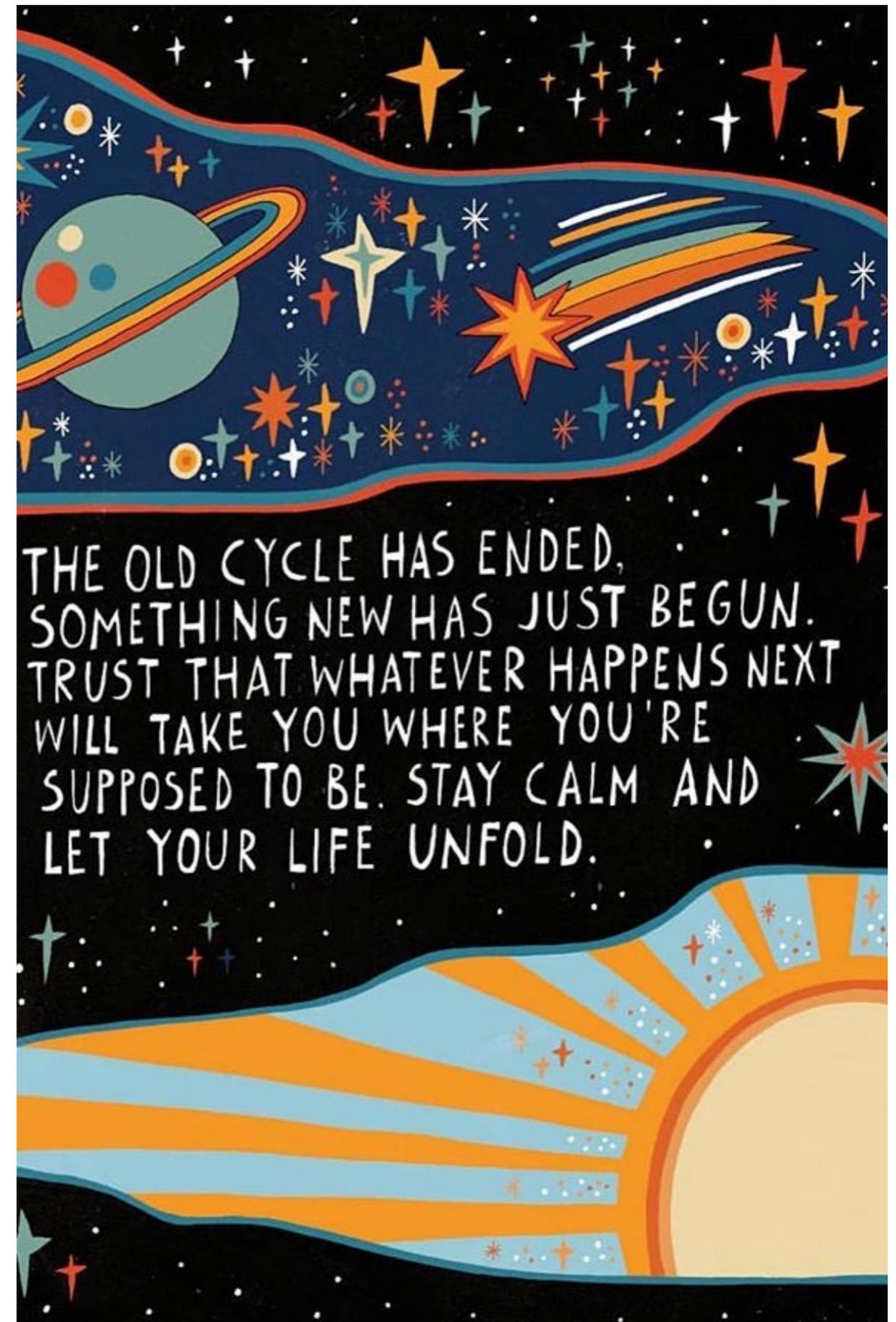
**May you find all that you
seek on this profound
journey to reclaiming
your health...**

**- 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



Post - Cleanse



Self Portrait Time!



Cleansing 101



Introducing Taste, Texture, Quantity, Food Combining & Digestive Enzymes



Food Sensitivity Exercise



Dietary Focus & Daily Routine:
Receiving & Strengthening Your New



Checklists For Success



Meal Planning Essentials & Foods Galore



Journaling & Record Keeping



Your New Self Agreement



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**

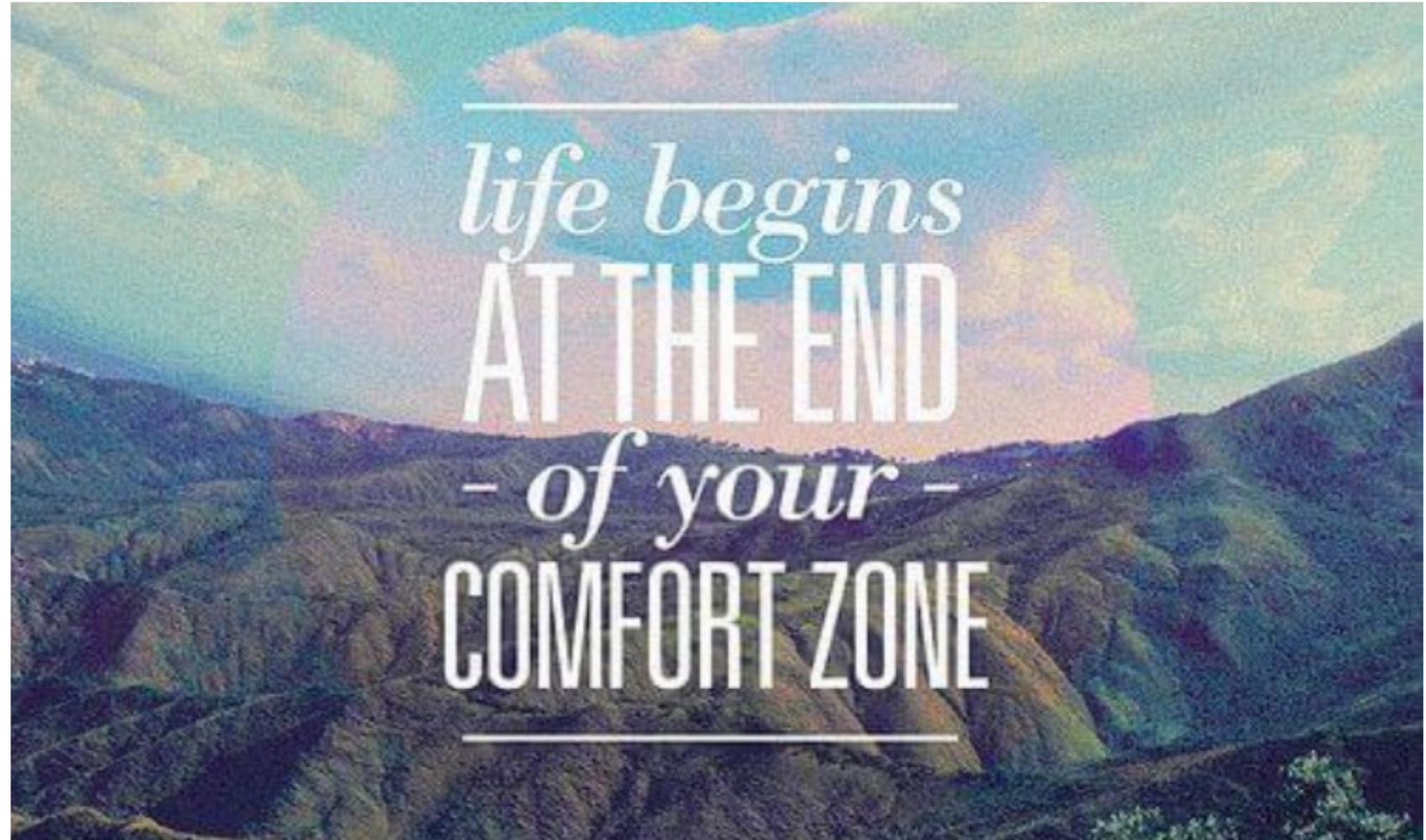
As long as we are living with a functioning liver, lungs, colon and kidneys, the body is always in some state of detox, filtering out wastes and toxins.

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.

We are thrilled that Strengthening Post-Cleanse Phase is here!! That means you are almost done - 14 days to go... can you believe it?! Let's continue mental prep by putting our schedules and calendars in order for the next 14 days- think and plan ahead. Have you felt called to open up and share with a loved one during your process for support? The roller coaster of experiences will start to slow now that we begin integrating into Post-Cleanse processes. What will reveal itself this round? It is utterly amazing watching your body transform, your habits transition and your health become more vibrant!!

Keep up the good work! Continue nourishing yourself with the Foundational Foods Program. Remember it is your new food foundation for your health to continue flourishing.

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.

Introducing Taste, Texture, Quantity, Food Combining & Digestive Enzymes

During Post-Cleanse, we want to ween ourselves from the 2 days of liquids back into:

1. **Tastes** that are neutral to begin with and slowly add more herbs, spices and citrus. Lay low on the salt at first and add more as the days go on.
2. **Textures** that are blended or pureed to begin with for a few days are ideal. Then slowly begin to eat more textured foods like steamed vegetables, then try roasted vegetables and work your way into harder foods that require adequate mastication.
3. Begin by consuming all gently cooked foods and work your way into eating raw foods after day 5.

Day 6-14: consume a little raw food daily - fruit in the morning and salads or other vegetables at snack and meal time. Observe which raw foods are harder to digest. Eat raw foods at room temperature, not cold right out of the fridge. Avoid cold foods like a frozen fruit smoothie. Make your smoothie and let it set out for 10-25 min prior to drinking if you are using frozen fruit. If it is fruit & veggies that are room temperature, consume immediately. Cold foods immobilize the digestive tract.

4. **Quantity** matters! After Rejuvenation Phase, less is more. Eat less as you will fill up quicker. Do NOT over eat. Stop eating when you are 3/4 full, leaving room for digestion to occur.
5. Incorporate **Food Combining** principles for optimal digestion. Refer back to the Pre-Cleanse Manual as it has food combining information and how to's.
6. Use **Digestive Enzymes** at each meal. The first week of Post-Cleanse, take 2 enzymes at each meal, snack or liquid meal. During week 2, reduce to 1 enzyme per meal. Feel free to continue this meal time ritual after Post-Cleanse Phase ends.

Food Sensitivity Exercise

Did you know that 1 in 10 people have food allergies and/or food sensitivities?

The Most Common Food Sensitivities (allergies) Are:

- Cow's Milk / Dairy
- Eggs
- Tree Nuts / Peanuts
- Corn
- Shellfish
- Wheat / Gluten
- Non-Fermented Soy
- Fish
- Sugar / Refined Foods
- Nightshade & Lectin Family Foods
- Caffeine
- Alcohol & Sulfites (food and beverages)
- All GMO Foods, Canned Foods, Preserved Foods, Pasteurized Foods

What is a food allergy?

A condition in which a certain food triggers an abnormal immune response.

When the immune system wrongly recognizes some of the proteins in a food as harmful. Your body responds by taking protective measures such as releasing chemicals like histamine, which causes inflammation.

Allergic reaction occurs with the smallest quantity of exposure and can happen a few minutes after exposure to a few hours later.



What is food intolerance?

Food intolerance, or a food sensitivity occurs when a person has difficulty digesting a particular food. This can lead to symptoms such as intestinal gas, abdominal pain or diarrhea. A food intolerance is sometimes confused with or mislabeled as a food allergy. Food intolerances involve the digestive system and not the immune system.

Food Sensitivity Symptoms

Take notice of how your food makes you feel. Do you get any of these after you ate?

If so, these are foods to eliminate from your diet all together or eat in moderation depending on how severe the reaction.

Some symptoms are tolerable and thus we ignore them. It is this choice that leads us down the path of digestive issues, weight gain, aches, pains, and all the other symptoms that you had when starting this cleanse program.

Mild Reactions

Nose - itchy, runny nose, sneezing

Mouth - itchy, dry, excessive saliva

Skin - hives, mild itch, rash, red bumps, dry/flaking/peeling skin, eczema, puffiness

Gut - nausea, discomfort

Severe Reactions

Lung - shortness of breath, wheezing, repetitive cough

Heart - you turn pale / blue, you faint, weak pulse, dizzy

Throat - tight, hoarse, trouble breathing/swallowing

Mouth - swelling of the tongue, lips

Skin - hives/rash all over body, widespread redness

Gut - vomiting, repetitive vomiting/regurgitation, severe diarrhea, spasms, cramps, bloating, extreme gas

Mental - intuitively & physically you feel a bad reaction coming on but it feels foreign, so you question what's happening or you have confusion, anxiety or start to hallucinate

Different Ways To Test

There are a variety of blood tests being offered that claim to test for food sensitivities. Similar to allergy testing, these tests typically look for immunoglobulin antibodies: In the case of food allergies, skin pricks and blood tests that measure a protein called immunoglobulin E, or IgE, are used to diagnose them.

You can also do the Elimination Diet to identify food sensitivities.

90 percent of food allergies are caused by eggs, milk, peanuts, tree nuts, fish, shellfish, wheat or soy.

Source: American College of Allergy, Asthma and Immunology (ACAAI)

How To Test For Food Sensitivities During Post-Cleanse

We have already removed via the Elimination Diet process all of the dietary stressors during the Pre-Cleanse and Liver Cleanse phase if you followed the program entirely.

Now, we have to do the opposite as we integrate and prepare our digestive tract post cleansing.

If you choose to stick with the Foundational Foods Program, then there is no need to “test” the foods for intolerance or allergies as these foods are not known to have adverse reactions in the body, but rather quite the opposite! There are the occasional situations where a food may not be digested or be able to be utilized as therapeutic food. For example, if you have thyroid issues you will not benefit from kale and therefore when you eat it, it will not make you feel good.

If you are eager to add some of your old favorites back into your diet after Post-Cleanse, these are the steps to take so as not to overwhelm and toxify your body after all the healing it has just experienced. Remember, Post-Cleanse is all about building and strengthening the body, so we will take these next 14 days to explore and better understand what foods work best for our bodies. These foods will provide you with long lasting energy, easeful bowel movements and restful sleep. Remember, Post-Cleanse is just as important to follow as Pre-Cleanse.

After Post-Cleanse, to test for food intolerances and allergies you will:

1. Add one food in its whole-food form into your day. You will eat this food on its own and observe what happens to your body. If you have no negative reaction after consuming it for breakfast or in-between meals, then you can continue to try it a few more times.
2. You will test all the foods you would like to have back into your diet by doing step 1. Go SLOW. Take your time to really understand what foods make you constipated, give you gas, leave you with post meal headaches or aches and pains, effect your quality of sleep, etc. Get clear on what foods are absolutely no-no's. This list of foods may still be consumed if you choose but the less often the better.

How to test complex foods - foods that are not whole foods but often are food favorites, like pizza or ice cream:

1. You first need to break these foods down into individual ingredients and see how you respond to the milk (cheese), tomatoes (sauce), gluten / grains (crust). IF neither of the individual ingredients make you feel yucky, then try a slice of pizza. Monitor how you feel after you eat it.
2. Once you have gone through this process with all the foods you are dreaming to eat, you now understand what foods you can and cannot eat.

Note: You can eat whatever you want after Post-Cleanse, just be present to the list of health complaints you had before you started and how good you are feeling now by not eating them and note which symptoms have disappeared. If you want to stay this way, then stick to the Foundational Foods list.

Food Testing Log: Discovering What Works & What Doesn't

When testing foods for intolerance or allergies, record the following:

1. For breakfast (record each meal and snack), I ate:
2. I had the following reaction in my body and it lasted _____ min / hours:
3. It affected my mood & emotions by:
4. It affected my bowels by:
5. It affected my sleep by:
6. I rank this food on a scale of 1-10: _____

1 is a very mild response like a runny nose after you ate it

5 made you congested and constipated

10 made you vomit, have diarrhea, brought back skin issues

7. How often is best for me to eat this food? Weekly, Monthly, Occasionally, Never

If it ranked as a 1, then perhaps you can eat it 1-2x / week without dramatically decreasing your well-being

If it ranked as a 5, then perhaps 1x / month is suffice

If it ranked as a 10, then maybe only on special occasions is what you are willing to accept or makes it worth it, like for a holiday or at a gathering or not eat it all!

Note: You have to decide what negative food effects you are willing to live with and how badly you are willing to feel and how often you want to experience that as you move forward.

Remember, if you don't listen and honor your bodies communication and you keep eating foods that do not serve you or your health, then you will build an immunity to them and after a period of time, you will not be able to identify the negative effects anymore. Your health will gradually decline and you will be right back where you started prior to this cleanse.

Dietary Focus & Daily Routine: Receiving & Strengthening Your New Body

Strengthen & Transform With Foundational Foods

Dietary Focus: 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

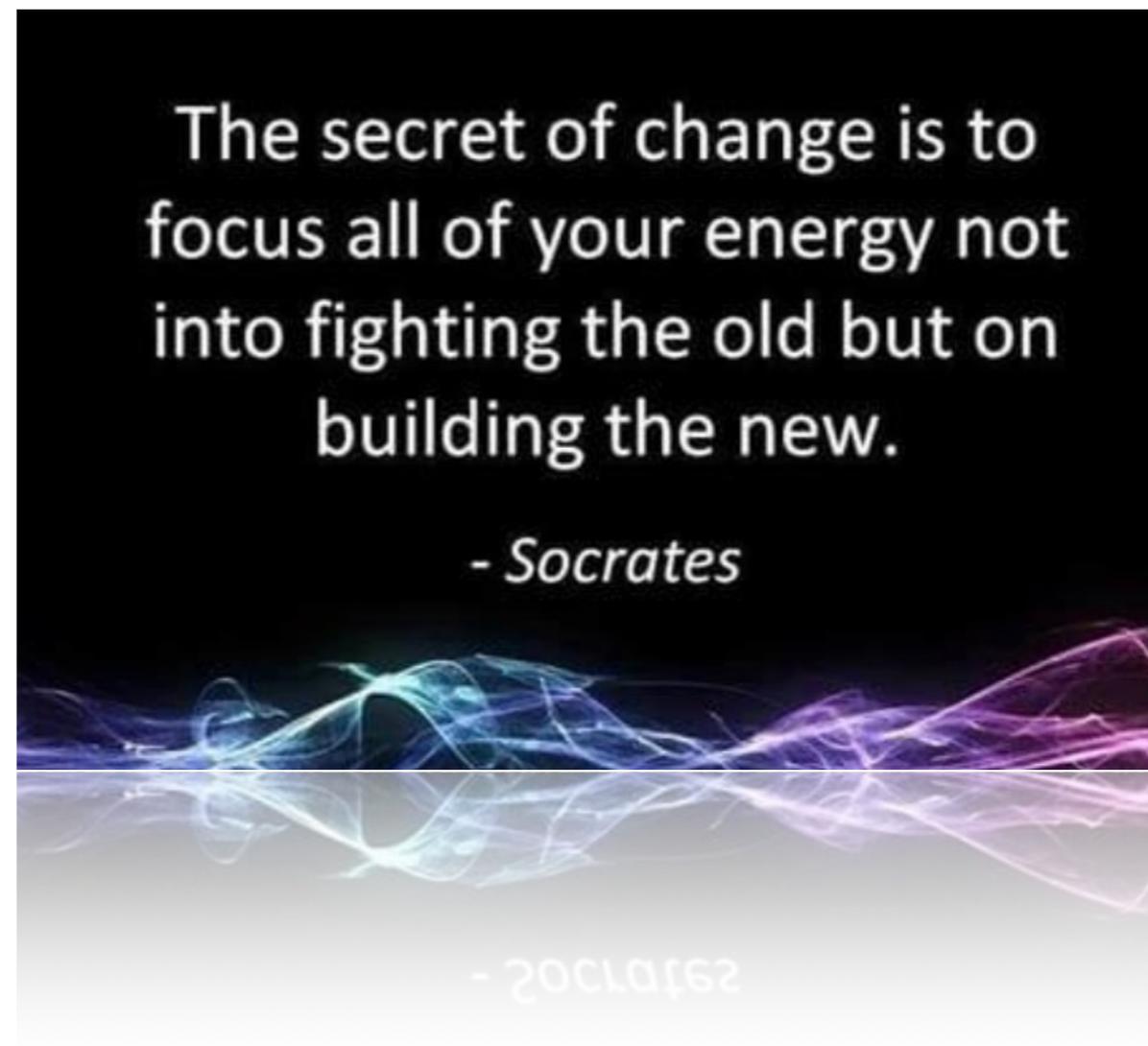
Quinoa, brown rice, forbidden rice, red rice, millet, wild rice, gluten free steel cut oatmeal, buckwheat, gluten free grains and noodles made from sea and land vegetable's.

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".



Daily Post-Cleanse Routine

1. Oral Care + Oil Pulling

2. Make Alkalizing Beverage of Choice

Drinking this solution on an empty stomach sets the tone for the day, alkalizing the body bringing balance to your body while also gently and effectively supporting the body's daily detoxifying process.

3. Prepare Water Intake For The Day

Daily Water: Reduce down to half your body weight in water, unless you are exercising - account for the sweat and water loss by drinking a little more than half your body weight in oz. 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.

4. 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?

5. Take bottle dose of chosen adaptogens and or superior herbs (on page 21)

By consuming adaptogens or superior herbs daily, you support your body by strengthening your immune system and how your body responds to life and all of its' stresses. Building different bodily systems is essential for vitality and longevity.

6. Schedule Self Care Time

Continue 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.

7. Detox Bath Rituals

Ending 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.

8. 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 schedule for optimal success and organization.

ADDITIONAL DAILY 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: every other day during detox phase.
- ▶ 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

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

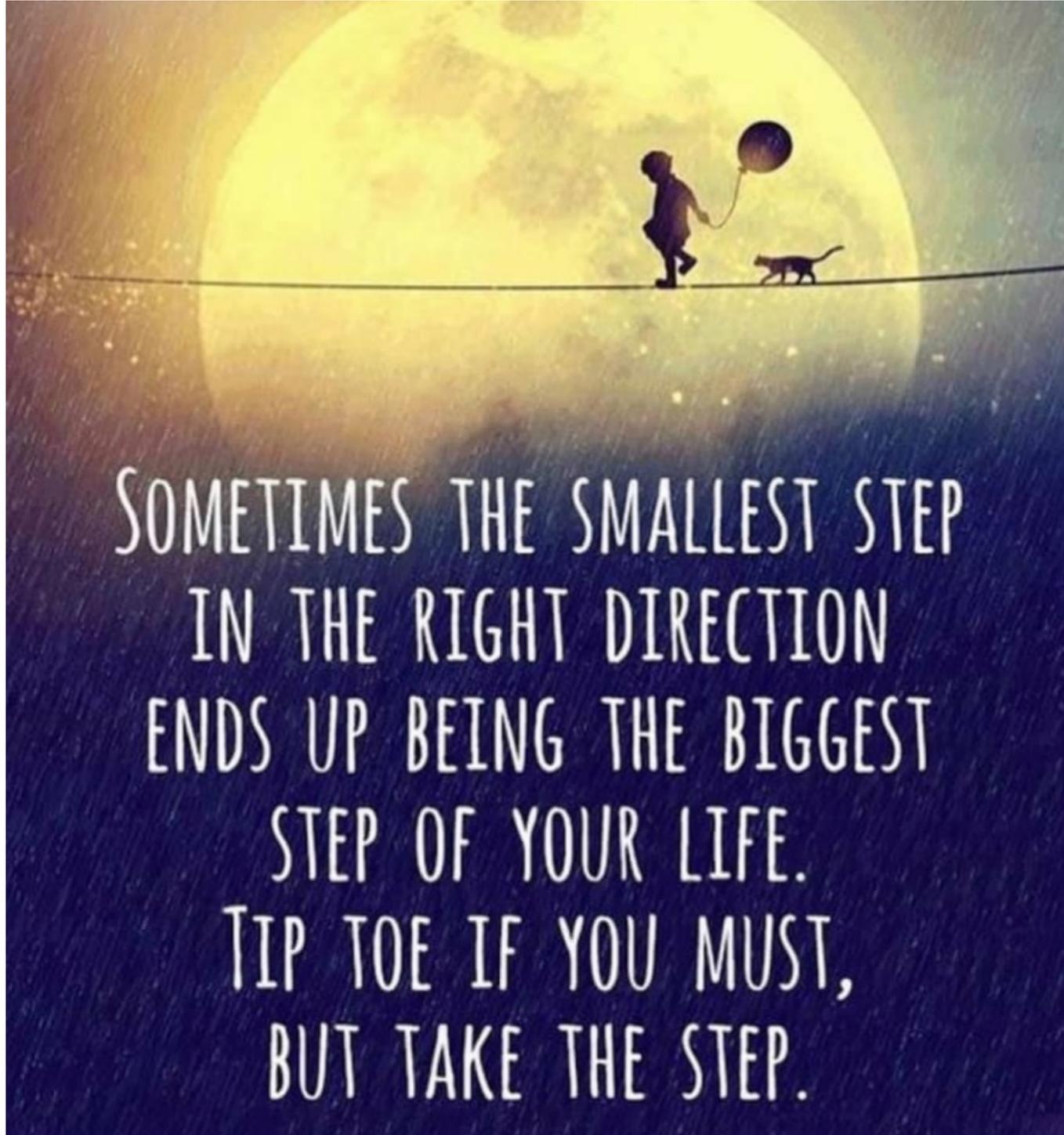
Often and whenever possible. Hike, walk, bike ride, sit & observe, listen, just BE ...

Meditation Practice

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

Enemas

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
9/25										
9/26										
9/27										
9/28										
9/29										
9/30										
10/1										

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
10/2										
10/3										
10/4										
10/5										
10/6										
10/7										
10/8										

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 ...
Day 1	😊 😐 😞 😢 😞 😢 😞 😢		OP TS DB FC	PY GP JT			BP. CG. LM	Woke up @: Went to Bed @: I slept ...			
Today I Ask For:											
Day 2	😊 😐 😞 😢 😞 😢 😞 😢		OP TS DB FC	PY GP JT			BP. CG. LM	Woke up @: Went to Bed @: I slept ...			
Today I Ask For:											
Day 3	😊 😐 😞 😢 😞 😢 😞 😢		OP TS DB FC	PY GP JT			BP. CG. LM	Woke up @: Went to Bed @: I slept ...			
Today I Ask For:											
Day 4	😊 😐 😞 😢 😞 😢 😞 😢		OP TS DB FC	PY GP JT			BP. CG. LM	Woke up @: Went to Bed @: I slept ...			
Today I Ask For:											
Day 5	😊 😐 😞 😢 😞 😢 😞 😢		OP TS DB FC	PY GP JT			BP. CG. LM	Woke up @: Went to Bed @: I slept ...			
Today I Ask For:											

Weekly Self-Care Log- Daily Do's For Optimal Health, Self Love & Longevity-1

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 ...
Day 6			OP TS DB FC	PY GP JT			BP. CG. LM	Woke up @: Went to Bed @: I slept ...			
Today I Ask For:											
Day 7			OP TS DB FC	PY GP JT			BP. CG. LM	Woke up @: Went to Bed @: I slept ...			
Today I Ask For:											
Day 8			OP TS DB FC	PY GP JT			BP. CG. LM	Woke up @: Went to Bed @: I slept ...			
Today I Ask For:											
Day 9			OP TS DB FC	PY GP JT			BP. CG. LM	Woke up @: Went to Bed @: I slept ...			
Today I Ask For:											
Day 10			OP TS DB FC	PY GP JT			BP. CG. LM	Woke up @: Went to Bed @: I slept ...			
Today I Ask For:											

Weekly Self-Care Log- Daily Do's For Optimal Health, Self Love & Longevity-1-1

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 ...
Day 11	😊 😐 😞 😢 😭 😡 😤 😟		OP TS DB FC	PY GP JT			BP. CG. LM	Woke up @: Went to Bed @: I slept ...			
Today I Ask For:											
Day 12	😊 😐 😞 😢 😭 😡 😤 😟		OP TS DB FC	PY GP JT			BP. CG. LM	Woke up @: Went to Bed @: I slept ...			
Today I Ask For:											
Day 13	😊 😐 😞 😢 😭 😡 😤 😟		OP TS DB FC	PY GP JT			BP. CG. LM	Woke up @: Went to Bed @: I slept ...			
Today I Ask For:											
Day 14	😊 😐 😞 😢 😭 😡 😤 😟		OP TS DB FC	PY GP JT			BP. CG. LM	Woke up @: Went to Bed @: I slept ...			
Today I Ask For:											

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.

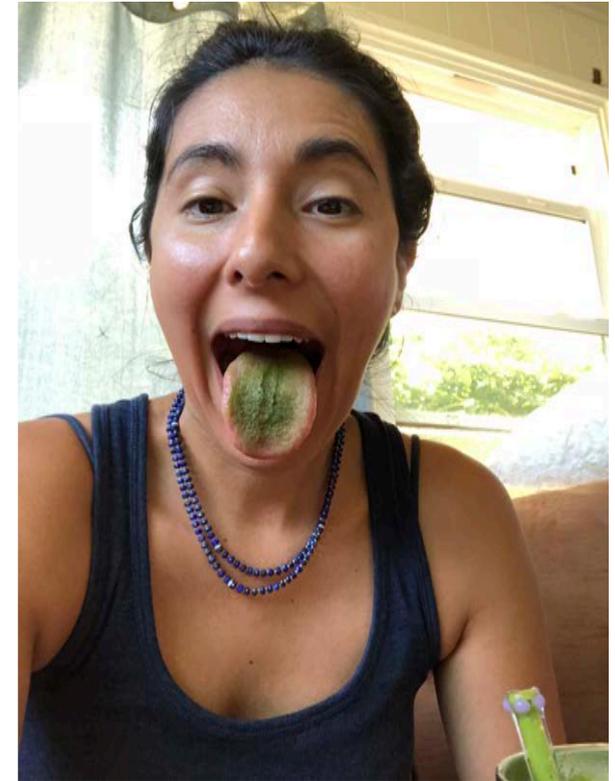
Mix 10 grams of protein powder, a level tablespoon of plant based powder with rice milk, almond milk, oat milk, or coconut milk and water totaling 16 ounces of fluid. Blend well. If you need to keep weight on or put weight on during a cleanse program, protein smoothies will be of benefit. Add some flaxseed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



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	Raw 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



Meal Planning: Post-Cleanse Phase

14 Days of Food Integration

	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:
Day 1										
Day 2										
Day 3										
Day 4										
Day 5										

Meal Planning: Post-Cleanse Phase

14 Days of Food Integration

	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:
Day 6										
Day 7										
Day 8										
Day 9										
Day 10										

Meal Planning: Post-Cleanse Phase

14 Days of Food Integration

	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:
Day 11										
Day 12										
Day 13										
Day 14										

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!

Day 1 Observations

Day 2 Observations

Day 3 Observations

Day 4 Observations

Day 5 Observations

Day 6 Observations

Day 11 Observations

Day 7 Observations

Day 12 Observations

Day 8 Observations

Day 13 Observations

Day 9 Observations

Day 14 Observations

Day 10 Observations

Additional Notes

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

Your New Self Agreement

This page is for you to explore and evaluate your life going forward - please use your journal to go deep!

- What is your new agreement, commitment and desires that you find valuable and important to keep doing that creates health, so your body can continue to heal itself and your health issues can finally come to an end?
- What did you learn and discover about your self, the way you have been eating and what didn't work?
- What shifted the most for you during the 45 days?
- What do you love about the way you feel?
- What new appreciations do you have for your body, diet, lifestyle?
- What needs more attention and work to have a full breakthrough in your health?
- What skill or information would you benefit from learning more about?
- Does anything need to change with your schedule going forward so you can maintain this new level of health?
- Who's your support system, team, or cleansing buddy for onward living?
- Are you committed to doing what it takes to keep going?



**We are here to help you move through your Post-Cleanse process with ease and grace,
so be sure to reach out if you need anything.**

Happy integrations as you move from cleansing into your new regular life!