

## 10-Day Holistic Detox Starter Plan



By Ana Poirier, CHHC, AADP  
[www.YogaBodyNutrition.com](http://www.YogaBodyNutrition.com)

# Yoga Body Nutrition



***Hi and welcome!*** I'm Ana Poirier, a holistic nutrition coach, yoga teacher, “healthy hedonist” and the founder of [YogaBodyNutrition.com](http://YogaBodyNutrition.com).

I've been in the holistic health field for over ten years now, and it continues to be a fabulous, empowering and humbling ride as I learn more about myself and those I work with every day. This is a path that is truly exciting and has no limits.

**I work with (clients) who want to stop their cravings, lose weight** in a healthy and long-term way, want to learn how to live more healthy and balanced lives, want support and accountability to make the changes they know they want to or should be making, and ultimately are not living their best life.

Their health has taken a turn, and they can't figure out why they can't lose weight even though nothing has changed.

They are wondering why their energy is low, have uncontrollable cravings and are emotionally eating.

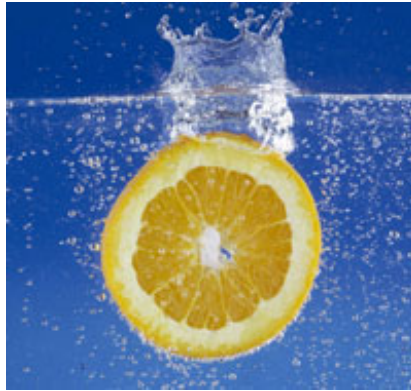
I work with them to create more healthy habits and lose the weight so that they can live an extraordinary life.

**Most of the clients that come to me have tried many diets or programs** in the past and are ready for a new way. They are tired, stressed and often have this little nagging dissatisfaction or perhaps a newly diagnosed scary ailment they want to work through and heal. Many of them are on medications for issues like depression, HPB and cholesterol that can easily be healed with the systems I teach. It is so gratifying to guide my clients towards actually healing their bodies naturally without masking symptoms, and even making things worse with medications.

The issues I work with are some of the most common ones out there like digestive issues, hormonal imbalances, blood sugar issues, insulin resistance, mood disorders, eating disorders, candida.

***Ready to take action and find out how transformational cleansing can be?***

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## Why Cleanse?

**Your body is your sacred temple**, the house of your spirit and life energy. If our physical body is not up to speed, you're more likely to be tired, holding onto extra weight and not be living to your full potential. Daily life can feel like a chore because you just don't feel good and because your body systems are "gunked up", or blocked.

Just as we take our cars into the shop to clean the engine and get a tune-up, so do our bodies need to be cleansed and tuned-up.

**Your body has accumulated toxins and needs maintenance just like a car**; especially with all of the environment toxins and processed foods now days. Even with a clean diet and lifestyle, it's always a good idea to cleanse at least 2 times (ideally 4 times) per year because of our hectic modern day living, stressors and environmental factors out of your control. When your millions of cells are clogged up with acid, sugar, mucus, toxins, etc., you may be sluggish, have a poor complexion, dull eyes, suffer from aches and pains, or be nervous, anxious, depressed and irritable. You could be carrying around toxic waste that has been with you for years that is robbing you of your energy, youth and vitality. Stored toxins can also make your body hold onto weight, so a cleanse can be an ideal way to jumpstart a weight loss program.

This is your sacred time for healing and cleansing, and should be seen as a time of regeneration and rejuvenation – it's a great FRESH start!

**The simple truth is: we are surrounded by toxins.** In fact, you are exposed to more environmental toxins in one day than your grandparents were in an entire lifetime. Environmental chemicals in solvents, plastics, and adhesives; poisons in makeup, moisturizers, nail polish, hair dyes, and shampoos; pesticides, herbicides, and even parasites in soil, food and water; ingestible chemicals in junk and processed foods; the toxins released by our bodies when under consistent stress; even the toxic thoughts or words that we may subject ourselves to on a daily basis are all contributing to an ever-increasing lack of vitality and energy.

The good news here is that you can choose to take an active role in feeling and looking better with

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seasonal cleansing.

*As with any new program, please consult your doctor or health practitioner to make sure that this cleanse is appropriate for you and your health needs. Always do your own research and do what feels right for your body. That said, this is the #1 cleanse used by doctors and health practitioners. This is the cleanse that I do myself at least twice a year.*



## Some of the possible benefits of your detox:

- Increased energy
- Mental clarity
- Improved digestion
- Allergy relief
- Weight loss
- Hormonal balance
- Younger, radiant skin
- Improved physical appearance
- Longevity
- disease prevention
- Relief from many health conditions
- Clarity in life path and goals
- Less aches and pains
- Increased general well-being
- Better moods
- Personal confidence and empowerment

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## Getting Started

**Ease in and ease out slowly.** Don't go from cheeseburgers and ice cream to cleansing in one day. Just start by including some of the suggested foods and getting rid of the foods on the avoid list.

### *Preparing the Body to Cleanse*

As you prepare your body to enter into a detox, it will be important to take stock where you are NOW on all levels - emotional, physical, mental, spiritual/energetic. Beginning with the physical, if there are any stimulants or addictive substances or foods that you will be eliminating start by slowing weaning off of these items. These would include caffeine, nicotine, sugar (this includes all refined flour products), marijuana, alcohol, etc.

**Check in with how you feel on the physical level now.**

- Do you have the energy you want to have?
- Are you sleeping well?
- Are you suffering from digestive issues (even mild ones)?
- Do you suffer from headaches or other pain regularly?
- Do you have at least 2 bowel movements a day?
- Are you experiencing allergies, excess mucus or weight?
- Really check in, then get clear on how you WANT to feel. Write it down, so that you can connect with this daily during your journey and make it real.

**Now check in on the mental, emotional level.**

- Are you experiencing yourself getting stuck in toxic thought patterns?
- Are you able to easily access a state of joy, or are your moods chronically low or depressed?
- Now again, record your intentions on what you would LIKE to experience on the mental and emotional levels.
- What are you ready to let go of during this time?

**On the spiritual level,**

- Are you wanting to find more connection to yourself, spirituality or other people as a whole?
- Is inner peace and contentment something you would like to have access to on a regular basis?
- Do you feel like you're living the life you came here to live? Doing the work you came here to do?
- These are questions to come back to during your detox time.

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**Make sure to create specific goals and intentions for yourself for the cleanse.** They do not need to be in all areas, but definitely choose at least one. Do take the time to journal on this as you prepare to begin your cleanse. Be totally honest with yourself about where you are now, so that you become clear on where you need or want to go.



## What to Use

I highly recommend using the Biotics Detox Kit below, but you can follow this program without it. Just know that results tend to be exponentially better when using the kit. This kit will supply you with more than what you need to do the 10 days, so you'll have some for next time. This is the kit I have all my clients use, that many health professionals recommend, and that I use personally.

### Physician-grade Biotics 10-Day Bio-Detox kit

Especially good for:

- ✓ Convenience
- ✓ Candida
- ✓ Inflammation
- ✓ Skin Conditions – Acne, Psoriasis, Eczema
- ✓ Liver/Hormones
- ✓ Kidneys
- ✓ Cellulite

The Biotics 10-day cleanse is great for clearing inflammation, detoxing the liver, cleansing yeast and Candida issues, skin conditions, cellulite, improving energy and more. It's a medical grade kit, which includes a protein powder, a specially formulated metabolic clearing powder and supplement packs.

Be sure to order it right away, it sometimes takes a good week to receive it.

The Biotics cleanse kit can be purchased through Biotics Research by calling (800) 231-5777 and giving them the patient account number: **05TD3283**

The Product number for the 10-Day BioDetox Kit is: **1092**

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**Note:** The kit will give you about 2x the amount of both powders that you'll need for 10-days, so you WILL have enough for your next cleanse. You can just save your extra powders and order the supplement packs for your next time. The Product number for the Bio-Detox Packs is: **6270**

## How to do the cleanse:

The kit for this cleanse can be purchased through Biotics Research by calling (800) 231-5777. Please use the customer account number **05TD3283** when ordering.

**\*\*Make sure to request the *Rice Protein kit* (not the whey protein).**

**Upon Rising:** 18-32 oz pure, filtered water (if you want, you can have some of that warm with lemon)

**Breakfast:** 2 scoops of NutriClear powder with 1 scoop of rice protein powder, 1 tablespoon ground chia (or flax seeds) – mix with 6-8 ounces water (or unsweetened almond or rice milk), 1 pack of the supplements that are provided in kit

**Lunch:** clean meal (composed of the foods listed on your list below), 1 pack of the supplements that are provided in the kit

**Afternoon snack:** 2 scoops of NutriClear powder with 1 scoop of rice protein powder – mix with 6-8 ounces water, plus 1 tablespoon ground chia seeds (or flax) for fiber  
NO supplement pack

**Dinner:** clean meal (composed of the foods listed below), 1 pack of the supplements that are provided in the kit

The key is to not eat or drink anything except for water or herbal tea during the 10-14 Day Cleanse except for the four meals.

Try to eat 1/3 less food than you normally eat when you eat your 2 clean meals. Just eat until you are comfortable, not full.

***SIMPLE!***



## Helpful Tips for Your Cleanse

- **Take digestive enzymes** (if you are taking them) with each of the four meals. Continue taking your regular supplements unless it feels like too much with your supplement packs.
- **You don't need to adhere to the exact schedule above.** Just be sure to have the four meals per day, but the order can vary.
- **A massage, sauna, dry skin brushing** or colonic would be great during your cleanse.
- **It's a good idea to not take any** over the counter medications that is not absolutely necessary.
- **If you are taking a prescription medication**, please use your own discretion when deciding if you are going to stay on it during the cleanse or not.
- **During your cleanse, you should refrain** from heavy excursion or workouts. Usually walking or restorative yoga is the best workout during a cleanse. But listen to your body, you may feel like a moderate hike or fast walk. You can also try Rebounding, which is a great low impact workout on a small trampoline-like contraption. Rebounding also is great for the lymphatic system – one of our primary detox systems. (see “resources” on page 7 for recommended rebounders).
- **This is a time for rejuvenation and healing**, so if you feel like taking a nap, take a nap. Don't push your body – cleansing requires that the body be in a more restful mode.
- **It's much easier and fun to do your cleanse** with a buddy. But make sure you don't wait around for someone too long, it is better to dive right in than to find excuses. If you don't have someone to do it with, tell the people around you about your cleanse so that they can support you on this journey.
- **The first 2 -3 days are usually the most challenging.** It actually gets easier the longer you are on the cleanse. Remember to drink plenty of water and get rest as needed.
- **Take time every day for “self-renewal”.** This can be ideal in the late afternoon when energy is low, and you may feel tempted to reach for sugar or caffeine. Instead try some deep breathing, take a bath, meditate, get a massage, etc.
- **Doing a cleanse is a time of great self-discovery.** How you do a cleanse is a direct reflection of how you do everything in your life. If you find yourself making excuses or giving up on your cleanse, you are giving up on yourself and breaking trust. This can be destructive to self-esteem and empowerment. Commit to yourself fully and watch a new relationship with self blossom.
- **Just do it!** There will NEVER be a perfect time to do a cleanse. You will always find a million excuses not to start. Just commit to yourself and jump in!
- **Take time everyday to relax** (see renewal suggestions above). Your body won't cleanse or detox unless you are in a relaxed mode, which means if you are constantly on the go and stressed, you will just continue to store toxins and fat, and stay tired and grumpy.



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## Foods to include: *Do as much organic as possible*

**All vegetables** (raw or cooked), except white potatoes  
*Fruit:* lemon, lime, blueberries, green apples  
All herbs, fresh and dried  
All fresh salad greens  
All sprouts  
Fresh or dried seasoning herbs  
Fresh raw vegetable juice  
Garlic  
*Green foods* (algae, spirulina, chlorella)  
Herbal teas (caffeine-free)  
Stevia  
Sea vegetables  
Unsalted raw sauerkraut  
Vegetable broths (unsalted)  
Vegetable soups (fresh)  
Raw apple cider vinegar  
Raw sauerkraut  
Real salt or Celtic sea salt  
Grains: quinoa and millet

are best, brown rice is ok  
*Raw nuts & seeds:*  
especially almonds, pumpkin, hemp seeds (soaking first for 8–12 hours is especially good for cleansing and digestion) – limit to 1/4 cup per day  
*Raw nut or seed butters* – no more than 1 tbsp per day  
Coconut  
Extra virgin raw coconut oil or butter  
Avocado  
Chia seeds, flax seeds  
Miracle Noodle Brand Pasta  
Kombu noodles  
Ghee (clarified butter)  
Flax oil (I like Barlean's)  
Extra virgin, cold-pressed olive oil  
Goji berries

Incan berries  
Maca  
Irish Moss  
Bee Pollen  
Clearvite-SF (*available through Ana*)  
Greens First  
Dream Protein  
Hemp seed protein  
100% grass-fed meats  
Organic/free-range poultry  
Organic eggs  
Wild caught fish  
Beans  
Lentils  
Detox Tea  
\*All Blue items can be clicked or found in the resources section

## Foods to Avoid:

*\*note: foods marked with an \* can be part of healthy diet, but not recommended on a cleanse*

Agave Nectar\*  
Alcohol  
All Fried Foods  
All processed weight loss foods  
Artificial Sweeteners  
All Grains *not on Foods to include list*  
All Sweeteners (*except stevia*)  
All canned foods  
Breads  
Buckwheat\*  
Candy  
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Cereal  
Cheese  
Cream Sauces  
Dairy (eggs are ok)  
Evaporated Cane Juice  
Ezekiel Bread\*  
Flour  
Flour Tortillas  
French bread  
Frozen dinners  
Frozen yogurt  
Fructose  
Fruit Juice  
Fruits\* (*all except those listed on Foods to include list*)  
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*listed on Foods to include list*)  
Maple Syrup  
High Fructose Corn Syrup  
Honey\*  
Hydrogenated Oils  
MSG: Monosodium Glutamate  
Oatmeal  
Processed cold cuts  
Peanuts  
Potatoes  
Pasta  
Raw Cane Sugar  
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Seitan  
Soy  
Sucrose  
Sugar  
Tortillas

Trans Fats  
Vinegar  
Weight Loss bars  
Wheat Bread  
Wheat Pasta

White Bread  
White Flour  
White Rice  
Yogurt



## Detox Your TV?

**Cleansing can heighten your senses**, causing you to become more sensitive to smells, tastes, touch and sounds, as well as to modern day living. I recommended that you limit the amount of outside stimulus that you are normally exposed to. Instead of watching TV, take a walk on the beach, read quietly or meditate (suggestions below).

If you do want to watch TV or go to a movie, choose something uplifting, slower paced and/or visually beautiful. Definitely avoid the news. I promise you by the end of two weeks you will not miss it!

**Notice if you feel different.** By limiting your interaction with media and other daily distractions, you have the opportunity to cleanse your mind and your mood, along with your body.



## Detox Meditations

### Chewing Meditation

As you enjoy a meal, take the time to chew each bite fully, 30–50 chews per bite. The objective is to liquefy your food. Focus on the taste and texture and how flavors change and sweeten the longer you chew. Go slowly and really savor the experience. The added benefit of this meditation is improved digestion, which means less fat, more lean muscle. And don't forget to chew your soups and smoothies!

### Breath Meditation

This is a great exercise that will calm you down, and help you tap into the metabolism boosting effects of relaxation and breath. It's also really helpful when you feel overwhelmed by a craving. Very often the craving will pass by the end of 10–20 breaths.

To practice: Close your eyes, place your hands on your belly and just tune into the sensations around the inhale and the exhale. Gradually begin to deepen the breath, taking 10–20 slow deep conscious breaths deeply into and out of the belly. You can do this anywhere any time.

### Visualization

Now is a wonderful time to put attention on what you would like to bring into your life, and one of the most powerful tools you can use is images.

By creating images in your mind and connecting emotionally with these images, you begin to send the message to the universe that this is what you want. If creating images in your mind is difficult, cut pictures out of magazines or other media that represent your goals and dreams. This is a powerful tool, so really take the time to work on what you DO want. When visualizing, stay with your image and the feelings it evokes for a good 3-5 minutes.

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## **Gratitude Meditation**

So simple yet very powerful, the gratitude meditation is highly recommended. It is especially important if you often find yourself spiraling down the hole of negative thinking and negative manifestations in your life.

You can do this anytime, but it can be especially good first thing in the morning or before going to bed.

Sit or lie down quietly with your eyes closed and meditate on all that is good in your life. If you are having trouble finding something good, simply feel gratitude for the gift of being able to breathe, having a warm bed to sleep in, a healthy body, etc. Your objects of gratitude can be as big or as small as you want. You might want to write down what you're grateful for after or before meditating on them. Do this for as long as you want.

You can also do this while walking in nature.

## **Walking Meditation**

With walking meditation, the intention is on fully taking in the smells, the sights, the sounds and the sensations of your walking experience. Try to put your attention on only one thing or one sense at a time. Take the time to drop in and just allow any thoughts outside your present experience to fall away. This is the perfect meditation if you have trouble sitting still.



## Essential Oils for Your Detox

Young Livings essential oils are a passion of mine and can be an amazing way to support your body, mind and emotions while cleansing or anytime! These oils are therapeutic grade and many (not all) are even safe for internal use.\* If you enjoy the healing power of scent, you may like to play with these and enjoy the phenomenal results. I have listed just a few “issues” and some appropriate oils to use.

**Cellulite/Fatty deposits** – Grapefruit, lemongrass, lemon

**Cravings** – Peppermint, fennel

**Liver and Colon** - Lemon

**Agitation:** Peace & Calming, Valor, Forgiveness, Harmony (all blends)

**Anger:** Release, Valor, Joy, Harmony, Hope, Surrender, White Angelica, Present Time (all blends), Lavender, Rose, Ylang Ylang

**Boredom:** Dream Catcher, Motivation, Valor, Awaken, Passion, En-R-Gee (all blends), lavender, cedarwood, cypress.

**Depression** – Citrus Fresh, Hope, Frankincense, Rose, Jasmine

**Discouragement:** Valor, Sacred Mountain, Hope, Joy, Into the Future, Magnify Your Purpose, Envision, Believe (all blends).

**Frustration:** Valor, Hope, Present Time, Sacred Mountain, Peace & Calming, Surrender, Live With Passion, Gratitude (all blends).

**Resentment:** Forgiveness, Harmony, Humility, White Angelica, Surrender, Joy (all blends).



## Detox Recipes

### Low Sugar Green Smoothie

1 green apple (granny smith)  
1 small or 1/2 large ripe avocado  
1.5 cups chopped Romaine lettuce  
2-3 stalks celery  
1/4 bunch parsley  
squeeze lemon or lime  
powdered or liquid stevia to taste (go easy)  
just enough water to blend to desired consistency (about 1/2 cup)

Blend in a [Vita-Mix](#) until smooth, about 60-90 seconds.

### Blueberry “Yogurt” Smoothie

1/2 cup fresh or frozen blueberries  
meat of one young Thai coconut  
Just enough young coconut water to blend (about 2 tbsps.)  
squeeze lemon or lime  
stevia to taste, if desired

Blend everything until smooth.

### Chocolate Hemp Shake

4 tablespoons hemp seeds

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¼ cup hemp protein  
meat of one young Thai coconut  
2 teaspoons raw cacao nibs or 1 teaspoon raw cacao powder  
enough young coconut liquid to blend to desired consistency  
stevia to taste

Blend until smooth, preferably in a [Vita-Mix](#).

### **Super Veggie Detox Elixir**

(Requires [Vita Mix Blender](#))

1 cup aloe juice (digestive health) or water  
1/3 cup fresh parsley (alkalizing and removes heavy metals)  
cup arugula, kale or watercress (chlorophyll and enzymes)  
1" (or less) piece fresh ginger (circulation, anti-depressant, digestive, anti-inflammatory)  
whole organic lemon, scrubbed not peeled (peel is rich in bioflavonoid which make vitamin C more bio-available, alkalizing)  
small beet, scrubbed (blood cleanser, fiber)  
Pinch cayenne or " slice small jalapeño (heals stomach, reduces pain)  
Stevia to taste (smoothes out the flavor, beneficial for blood sugar and digestion)  
1-2 T ground flax and/or 1 T flaxseed oil (omega 3's, fiber, hormonal support)

Place all the ingredients in the [Vita Mix](#) and blend on high speed until smooth.

This is what I call a whole food juice rather than an extracted juice. It is a great way to get your veggies in a very easy-to-digest way. Adjust the flavors to your taste.

### **Green Lemonade Juice**

1 head Romaine lettuce OR 1 head celery  
5 –6 leaves lacinato (dinosaur) or other kale  
1 whole lemon  
1 2-inch piece fresh ginger  
1–2 green apples (Granny Smith)

Juice all ingredients in juicer, or blend in your [Vita-Mix](#)

(Adapted from Natalia Rose)

### **Green cooler**

1–2 cucumbers  
1 fistful spinach  
1 green apple

Juice all in juicer.



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## **Psoriasis and Eczema Cleanser**

(Similar to a V8)

Juice 1 tomato, 1 cucumber, 2 stalks celery, and 1 handful each: parsley and watercress.

Juice all in juicer.

## **Velvety Spinach Soup**

4 cups chopped spinach

2 cups water

1 ripe avocado, pitted and peeled

1-2 teaspoons lemon juice

2 Tablespoons chopped fresh basil

1/4 teaspoon nutmeg

Place all ingredients into blender and puree until smooth.

## **Gingered Bok Choy Soup**

1 T finely minced ginger root

2 cloves garlic, minced

1 qt. vegetable broth

1 lb. bok choy, trimmed and coarsely chopped

4 green onions, sliced

Add ginger, garlic and broth to a medium soup pot and bring to a boil. Add the bok choy and simmer about 15 minutes. Serve garnished with green onions.

## **Easy Lentil Curry Soup**

8 large carrots

5 stalks celery

1 leek

1 head broccoli

1 zucchini

1 cup mushrooms

1 cup okra

1/2 med. onion

(or any other combination of vegetables you like)

1 1/2 cups lentils (rinse and sort out any stones)

Equal parts water and homemade or Pacific low sodium vegetable broth, enough to cover vegetables and lentils

3 teaspoons curry powder or to taste

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1 bunch cilantro  
Salt to taste

Chop vegetables and place in large soup pot with lentils, curry and liquid. Bring to a boil and simmer until lentils are tender (about 30-45 minutes).

Season to taste with salt and top with chopped cilantro to serve.

## Cauliflower Mash

*This recipe has become a preferred substitute for mashed potatoes or white rice.*

1 medium head cauliflower, cut into florets  
1 small yellow onion, chopped  
1-2 cloves garlic, minced  
1 teaspoon fresh chives, chopped  
teaspoon fresh parsley or cilantro, chopped  
1 tablespoon Beef or Chicken Broth, or flax or coconut oil

In a medium pot, place cauliflower and onion in a steamer basket with 1 inch of water and bring to a quick boil. Cover and lower the heat to simmer. Cook for an additional 10-12 minutes or until soft. Drain, and transfer cauliflower to a bowl and mash. Blend in garlic, chives, parsley and broth to the mashed cauliflower. Alternately place all the ingredients except fresh herbs in a food processor and process until smooth. Serve hot. Serves 2.

## Easy Roasted Beets with Shallots

1 bunch beets  
2 shallots

Preheat oven to 375 degrees.

Remove beet greens from the bunch and set aside.

Scrub the beets with a vegetable scrubber and remove long “tails”.

Peel shallots.

Place the beets and shallots in the center of a 10”x10” (approximately) sheet of parchment. Place the parchment on a sheet of foil. Wrap the beets and shallots into an airtight package and place on a baking sheet in the oven. Bake about 45-50 minutes until a fork easily penetrates the beets. Let cool, remove and discard the top ends of the beets where the greens were attached, and slice or chop the beets as desired.

Wash and chop the greens and sauté in a small amount of water or broth until just wilted.

Top greens with beet mixture and if desired, season with a little flax oil and lemon juice.

This is also delicious on dandelion greens or arugula.

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## **Rainbow Salad**

1/2 cup shredded or finely chopped red cabbage or shredded beets  
1/2 cup julienne or chopped yellow bell pepper  
1/2 cup shredded carrots  
1/2 cup alfalfa or other sprouts  
1 cup mesclun greens

Place cabbage, peppers, carrots and sprouts in little piles forming a circle around the greens like a rainbow. Serve with Carrot-ginger Dressing (below)

## **Carrot-Ginger Dressing**

2 1/2 cups baby carrots  
3 T fresh ginger  
4-5 packets stevia  
1/3 cup apple cider vinegar  
1/2 cup water  
1 clove garlic  
1/4 cup flax seed oil  
Cumin, coriander, or curry spice to taste

Blend all the ingredients except the spice (using only half the carrots) in a blender. Add the cumin, coriander or curry to taste. As the mixture is blending, slowly add the additional carrots. You may need to add more water or vinegar to facilitate blending. Use as a dressing or as a dip for sushi rolls or crudités.

## **Creamy Tomato Dressing**

3 tomatoes  
2 T flax oil  
1/2 t. salt  
1/4 cup basil  
2 t. thyme

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Blend until smooth and creamy.

## Green Bean Salad

1 pint organic cherry tomatoes

2 cups black, pitted olives

1 cup organic green beans, chopped large

Approx 1/2 cup flax oil

1 garlic clove, crushed

About 1 tablespoon chopped fresh oregano or 1 drop YL oregano essential oil

1 squeeze of lemon juice

Sprig of fresh mint or oregano

Place tomatoes, olives, and green beans in medium bowl.

Place flax oil, garlic oregano, and lemon juice in small bottle and shake.

Pour dressing over salad and toss well.

Garnish with sprig of fresh mint or oregano.

## Artichoke Pate Lettuce Wraps

*This is a very tasty lunch option to try,.*

One 14 oz. can of artichokes

1/4 cup water

1/4 cup extra virgin olive oil

1/4 cup fresh organic lemon juice (approximately the juice of 1 lemon)

1 cup soaked almonds

1/4 red onion, coarsely chopped

2 Tbs. capers, (optional)

1/2 tsp. Celtic sea salt (fine grind)

Pinch of garlic powder

Romaine lettuce leaves, use small ones and leave whole

Put first eight ingredients into blender and puree at high speed until creamy and smooth.

Place spoonful of mixture into lettuce leaf and roll up.

Taste and adjust sea salt if needed.

## Hearty Mushroom Quiche

Olive oil spray

6 organic eggs, preferably omega 3

1/4 cup organic beef, chicken or vegetable broth

16 oz. sliced mushrooms (for an exotic flavor try using a mix of wild varieties)

1/2 medium onion, chopped

3/4 cup boneless, skinless chicken breast, diced

1/4 cup chopped fresh parsley

1/4 cup chopped fresh dill

Cayenne to taste

1 medium fresh tomato

Serves 3

Spray a quiche dish or 9-inch glass pie plate with olive oil spray. Preheat oven to 350 degrees.

Coat medium skillet with spray and heat over medium-high heat. Whisk eggs, set aside. Heat broth in skillet; add mushrooms and onions and sauté until caramelized and the broth is absorbed. Add chicken and sauté until cooked through. Let cool slightly.

Add chicken mixture and all remaining ingredients to the eggs and pour into prepared pan.

Top with sliced tomato and bake 25-30 minutes, until knife inserted comes out clean. Let cool 5 minutes before slicing to serve.

## Spiced Scallops

1/4 cup vegetable broth

1 lb. scallops

1 T minced shallots

1/8 t. turmeric

1 t. dried fennel

1/4 t. ground cumin

1 t. minced garlic

Juice of one lemon

About 4 servings

In a non-stick skillet, heat the broth over high heat. Add the scallops, stirring lightly with a

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wooden spoon, and cook about 1 minute. Add the shallots, turmeric, fennel, cumin and garlic and cook, turning scallops until golden or lightly browned, about 3 minutes. Turn off heat; add a squeeze of lemon and serve.

### **Chai Fish**

4 fish fillets (wild salmon, black cod, etc) or chicken thighs or breasts

4 to 5 sliced carrots

1-cup coconut milk

2 cups brewed chai tea

fresh lemons

Preheat oven to 350 degrees. Place fish and carrots in casserole dish. Sprinkle with a pinch of salt and pepper. In a pot, combine coconut milk and tea and bring to a boil. Pour over fish and carrots in the casserole dish and squeeze a little fresh lemon juice over the top. Cover with lid and bake in the oven at 350 degrees for 20-30 minutes, or until fish is cooked through. If using poultry the baking time will be closer to 40 or 45 minutes.

## Possible Effects Of Cleansing (During & After)

### ***DURING* The Cleanse (positive):**

Fat loss  
Less bloating  
Clearer skin  
Less craving for sugar / food  
Increased sense of taste (healthy food starts tasting better)  
Increased energy  
More consistent energy  
More regular bowel movements  
Increased sense of wellbeing  
Elevated mood/less depression  
Lower cholesterol  
Better sleep  
Old memories / emotions resurfacing

### ***DURING* The Cleanse (negative):**

(these symptoms pass after a day or two)  
Headaches  
Flu / Cold-like symptoms / Chilling  
More emotionally sensitive  
Lethargic / Low energy  
Diarrhea/ Constipation  
Gas / Bloating  
Body odor / Bad breath  
Skin breakouts / Rashes  
Irritable  
Sporadic sleep

Old memories / emotions resurfacing  
Mucus drainage  
Allergies  
Sinus Issues  
Excess Mucus

### ***AFTER* The Cleanse (positive):**

Fat loss  
Less bloating  
Clearer skin  
Less craving for sugar / food  
Increased sense of taste (healthy food starts tasting better)  
Increased energy  
More consistent energy  
More regular bowel movements  
Increased sense of wellbeing  
Elevated mood/less depression  
Lower cholesterol  
Better sleep  
Old memories / emotions resurfacing

### ***AFTER* The Cleanse (negative):**

Although you may experience negative effects during the cleanse, we have received no reports of negative effects *after* the cleanse is over.

### **Cleansing Reactions:** Sometimes feeling worse means you're actually getting better.

The detox symptoms are often called “cleansing reactions” and usually only last 2–3 days of a cleanse or detox. Each person is different, so keep a diary and be gentle with yourself. Make sure all the channels of elimination are being supported – drink water, sweat, take additional fiber, dry brush, breath, etc.

If symptoms are intense, make sure you stay well hydrated and get additional rest when possible.

That said, many times people experience no negative symptoms at all. Every time you do a cleanse, your body will react differently.



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*Enjoy the Cleansing Process!*



## Detox Resources

### Amazon Health Store

A Great place to cruise for ideas no matter where you buy the suggested items. Here I have compiled an abundance of book suggestions, kitchen tools, healthy bars, flavored stevia and superfoods.

I have set up an “Superfood Goodies” section with items like raw bars, hemp seeds and raw chocolate, “Health Books” section, “Cookbooks” section, “Enlightened Prosperity” section, “Kitchen Tools” section, “Herbs and Supplements” section, etc.

When you land on the page, you will be on the first “Superfood Goodies” page. At the bottom you will see the tabs to move the next page, and on the upper right sidebar are the tabs for the other sections.

In the “personal care” section you will find my suggested rebounders and emf protecting pendants (Qlink).

<http://astore.amazon.com/devana-20>

### NuAlign Green Mattresses

A wonderful company I have recently begun working with. They make totally green therapeutic mattresses. Sleep is so essential to real health and wellbeing, so you want to ensure that 1) you are comfortable and supported properly and 2) your mattress is not off-gassing toxic chemicals while you sleep. All conventional mattresses do this for a good 8-10 years or more. NuAlign takes the green a step further by shipping in a totally “green” manner and planting a tree for every mattress shipped.

*Highly recommended*

For information and to order call 1-888-530-0504, and use code CF559

*Feel free to contact me if you have additional questions.*

Ana Poirier, CHHC, AADP

<http://YogaBodyNutrition.com>

(831) 601-3282

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## **Vita-Mix**

This is an awesome machine to make healthy food fast. Make whole food juices with super easy clean up and no waste; fresh homemade soups without your stove; creamy energizing green and raw smoothies (no chunks like a regular blender); dairy-free, sugar-free frozen desserts in about 60 seconds; creamy fresh nut butters; pestos and sauces; quick, rich nut milks and a whole lot more. It is an investment, but you will have it forever.

Use my special distributor code for phone orders or the link below to order online and receive FREE shipping (\$25 value) and a 30-day trial.

Call 1-800-848-2649 and use code **06-003570**

<https://secure.vitamix.com/redirect.aspx?index.aspx?COUPON=06-003570>

## **Vital Choice**

Premium quality seafood shipped right to your door. The quality is excellent and they have free shipping over \$100. Items are shipped frozen and can be stored frozen.

<http://YogaBodyNutrition.com/recommended-wellness-products/>

## **Miracle Noodle**

Versatile ready-to-use noodles made from yam fiber. They have no calories or simple carbohydrate sugars like regular pastas. The only noodles you can eat in the Sugar Detox.

<http://www.marketerschoice.com/app/?af=1010349>

## **Aquasana Water Filters**

The best quality at a low price point. Check out their sink and shower filter deal.

<http://YogaBodyNutrition.com/recommended-wellness-products/>

## **E3 Live Blue Green Algae Products**

E3 Live makes top quality blue green algae products. Their processing retains nutrition and even offer a totally “live” version of their product. Good for vegetarians, mood disorders, low energy, digestion, detoxification, brain function, anti-aging and a lot more. Please read more on my blog post: <http://YogaBodyNutrition.com/2008/02/24/the-power-of-blue-green-algae/>

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## **Rebounders**

Rebounding is a great form of exercise that is doable by just about anyone and is easy on the joints. Not all rebounders are created equal, so here are two brands that I know, like and trust.

### ***Cellerciser***

<http://astore.amazon.com/devana-20/detail/B000EJCZL4>

### ***Needak***

Foldable: <http://astore.amazon.com/devana-20/detail/B000J4X8SS>

Non-foldable with stabilizing bar: <http://astore.amazon.com/devana-20/detail/B001VCVYI8>

## **Young Living Essential oils**

You can learn more and order online: <http://youngliving.com> or by phone: 1-800-371-2928.

You'll need to use customer number 904207 to set up your account to order at wholesale or as a regular or preferred customer. These are the only essential oils that I know of that are truly pure. What that means is that they are VERY effective and provide the results that they are supposed to. You can also learn how others are using the oils at <http://oil-testimonials.com>.

## **Additional Support**

14-Day Virtual Total Body Cleanse & Reboot Program – <http://YogaBodyNutrition.com/detox>

## **Complimentary one-on-one Detox Strategy Session**

We'll review your current frustrations and issues, go over your goals and create your personalized plan of action.

Click the link to book your session with Ana: <https://my.timedriver.com/TT8LM>