Total Body Reboot & Cleanse
Cleansing Ritual Guidebook

Our Deepest Fear

Our deepest fear is not that we are inadequate.
Our deepest fear is that we are powerful beyond measure.
   It is our light, not our darkness that most frightens us.
We ask ourselves, who am I to be brilliant, gorgeous, talented, fabulous?

Actually, who are you not to be?

You are a child of God. Your playing small does not serve the world. There is nothing enlightened about shrinking so that other people won't feel insecure around you. We are all meant to shine, as children do. We were born to make manifest the glory of God that is within us. It is not just in some of us; it is in everyone. And as we let our own light shine, we unconsciously give other people permission to do the same. As we are liberated from our own fear, our presence automatically liberates others.

Excerpted from *A Return to Love: Reflections on the Principles of A Course in Miracles*, by Marianne Williamson

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Welcome to Your 2-week Cleansing Ritual!
I suggest you take this commitment to yourself very seriously, but at the same time it is so important that you also have fun, take some extra time for yourself, keep an open mind and discover how good you can really feel in this miraculous body!

Why Do We Cleanse?

The simple truth is: we are surrounded by toxins. In fact, we are exposed to more environmental toxins in one day than our 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.
Of course, the good news is that we can choose to take an active role in feeling and looking better with seasonal cleansing.

My intention is to give you the basic foundation upon which to build your very own temple of health, vitality, longevity and beauty! This manual can be a guidebook for you to come back to again and again as you deepen your understanding of your own needs for cleansing and optimum wellness.
This book will cover many aspects of cleansing, allowing you to do the baseline to safely detoxify or to get quite specific and rigorous. I will be outlining the basic program and offer you the opportunity and information to “add on” to this.

Even those who have a super clean diet and lifestyle benefit greatly from seasonal cleansing because of modern day stressors and toxins we cannot always control. So no matter what might be your current lifestyle, health level, diet or energy level, regular detoxification can be a very special gift to give yourself.

Many of us set aside time to “spring clean” our homes and we make sure that the oil is changed regularly in our vehicles, yet the body is often forgotten. This is a wonderful opportunity to support the body in all that it has to do, so that it may function to its full potential.
I see many clients who suffer from allergies, stress, fatigue, headaches, hormonal imbalances, digestive issues, weak immune system and skin problems. These are your body’s cries for a little loving care, a time to rest, rejuvenate, be deeply nurtured and “tuned up”.
In cleansing we will need to put a little extra time and attention into breaking from our routine, but the reward can sometimes feel like a new lease on life!

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I wish you happy cleansing!

Preparation

1. Complete the “Before You Cleanse” Section of your workbook BEFORE moving on.
2. Get organized – read over materials, set date to do shopping, order all necessary materials, input new habits, self-care, routines into your calendar – try to automate as much as possible.
3. Go shopping for food supplies. Make sure to get appropriate food containers, water containers, etc.
4. Create a system to make things easy. Set up your needed utensils, props, etc. Store away all items you will not be needing to create a “cleanse friendly” environment.
5. Place affirmations or inspirational quotes around your environment to keep motivation up.

Ready Set Cleanse!

Benefits of Cleansing

There are many reasons that a person may choose to cleanse, and what you will find is that even if the reason is single pointed, the benefits are often broader and further-reaching.

Some of the reasons for cleansing:

1. Health issues, illness and prevention. There is new evidence coming out all the time that supports the role of nutrition and lifestyle in disease prevention, management and even reversal. For example, there is evidence that certain dietary mineral deficiencies or excesses can lead to diseases such as osteoporosis, arthritis, heart disease and neurological disorders.

2. General well-being and renewal. As we age digestion slows, metabolism changes, weight loss becomes more difficult and even memory can be foggy. There is abundant anecdotal evidence that detoxification can lead to more energy, more mental clarity, less pain and fewer food cravings.
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3. Personal and spiritual growth. The inward time can be used for reflection and gaining clarity into problems or blockages in our lives. Dietary changes are used as a tool to assist the process of looking within, and affect the internal detoxification.

4. Weight loss and beautification. Often, when we have excess body fat, cellulite, skin eruptions, swollen tissues, dark circles, hair loss, sagging skin and other beauty “crises”, the remedy is to simultaneously detoxify and re-nourish. When we address the total health of the body, we invariably affect the way we look (for the better).

There are more than 62,000 different chemicals on the market. Some of these will pass right through the body, yet many will remain in our systems until they are metabolized and eliminated. As stated earlier, over time the body’s systems become overburdened and less efficient at dealing with these chemicals.

A recent study demonstrated that every single person tested had an average of 56 chemicals in their blood! These chemicals are shown to have an effect on our hormonal systems, our fat metabolism and our immune system functions.

Getting rid of the toxins and minimizing exposure to new toxins must always be balanced with replenishing the body’s vitamin, mineral and macronutrient reserves. When we simply cleanse without rebuilding, it is like removing the old oil from your car’s oil pan without replenishing it with new oil. The body will be running on empty!

As our lives get busier and busier, the tendency is to neglect the body by making unhealthy choices to just get us through the day. In the end, we lose time, energy, health and longevity as we begin to suffer the consequences.

Summary of possible detoxification benefits:

✓ Increased energy
✓ Mental clarity
✓ Improved digestion
✓ Allergy relief
✓ Weight loss
✓ Hormonal balance
✓ Radiant skin
✓ Improved physical appearance
✓ Longevity and disease prevention
✓ Relief from minor health conditions
✓ Clarity in life path and goals
✓ Tissue regeneration

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✓ Increased general well-being
✓ Personal confidence and empowerment

The Yoga Body Nutrition Cleanse Philosophy

Whether for spiritual or physical reasons, cleansing and detoxification have been a part of cultural practices for centuries. As our society becomes exposed to more and more chemicals, it becomes imperative that we make these rituals a part of our seasonal, and even daily, routine.

Thankfully, this can be an easy, gentle, enjoyable and effective process. It does not need to be excessively time-consuming or restrictive. It is a time to give the bodily systems a break and to embrace dietary simplicity. It is essentially a vacation for the inner body. So let your body know it is about to go to the tropics!

This is a gentle and relatively short cleanse designed to jump-start your journey to health. The diet may seem fairly restrictive compared to the modern day American diet, but you should not go hungry, as this is not a fast. Eat abundantly the foods that are listed as okay for each phase, and use the menus and recipes as guides to make the most of your experience.

This cleanse is designed to be gentle yet effective. It is also intended to be doable while you work, play or go about your normal routine. Your “normal routine”, however, will be a bit different for the 2 weeks, simply because you will be eating, doing and thinking different things while cleansing.

One incredible benefit to cleansing will be the awareness gained about how different foods make us feel – physically, emotionally and energetically. This is a wonderful way to empower yourself towards self-healing.

There are thousands of different dietary recommendations and philosophies, and new ones coming up every day. The very best way to figure out our personalized diet is to begin to pay attention to how we feel as we explore different ways of eating and being. In the process of cleansing we will begin to recognize which foods may not be serving us, despite what we have read or been told.

My intention as a holistic health counselor is to guide and support this process of discovery. May it be enjoyable and enlightening, and of course, cleansing!

In the context of this two-week cleanse you will:
- Create an escape from your normally hurried life.
- Remember to chew, breath and keep noticing how you feel.
- Commit to the process physically, emotionally and energetically.
- Replenish the body with specific nutrients that will help detoxify and purify the body.

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- Partake in “rituals”, habits and practices that are designed to support the cleansing of your body, mind and spirit.
- Alter your food selections, choosing whole and preferably organic foods and eliminating all sugar, and foods that are processed, junk, refined, canned or artificial. You will also eliminate common allergens such as dairy, wheat, corn, and soy.

**Loving your Liver**

Traditionally cleansing is done with the seasons. In Chinese medicine the liver (and gall bladder) correlates to the spring while the lungs and large intestine correlate to the fall. This means that we take extra special care of these organs at those times. The liver, however, needs attention whenever we cleanse, so we will focus on that here. You will be choosing specific foods, drinks, supplements, herbs and practices that best support the cleansing and nourishment of the liver while also generally detoxifying the body and mind.

Every toxin that you come into contact with must be filtered through the liver. Given that we now understand the degree to which we are exposed to toxins on a daily basis, it is easy to see that this leading organ of detoxification is being put into overdrive. Once the liver becomes overburdened with all the toxins it has to neutralize, transform, or process, it loses its ability to function properly. This leads to a cascade of potentially serious health consequences and can cause vital body systems to malfunction.

What happens when the liver is not functioning properly or is overburdened? Toxins begin to find their way into other organs, skin, fatty tissues and the blood. This is when we begin to see and feel the manifestation of some of the common ailments listed above.

Although we will be emphasizing the liver, all other detoxification systems will be addressed, as this is a holistic cleanse. Recommendations will be given to cleanse the colon, skin, lymph, lungs, kidneys and bladder, mind and emotions. As we give permission to the liver to release, these other organ systems will provide the necessary supportive pathways for quick and efficient elimination.

*Common Signs That the Liver May Need Some Attention*

Do you wake up at night?
If you wake up consistently around 1am to 3am, your liver may be asking for some support. While we sleep the liver becomes more active and works on cleansing and detoxification. Waking up around this “liver time” can signal that the liver is exhibiting signs of toxicity and needs some cleansing.
Eye Problems?
Conjunctivitis, lots of mucus, itching, macular degeneration, and cataracts, even glasses indicate liver weakness. Another physical clue is a vertical line between the eyebrows.

Skin Problems?
Eczema, psoriasis, rosecea, skin rashes and dry skin are clues.

Angry Emotions?
If the liver is congested and being forced to work too hard, it becomes “hot”, causing excessive anger and irritation.

Hormonal Imbalances?
PMS, hot flashes and peri-menopausal symptoms can be due to a congested liver.

Constipation?
Often this condition can be caused by a congested and toxic liver, or even stressed adrenals. The colon should still be addressed, but is not often the root cause.

10 Steps To Support The Liver

1. Eliminate toxins from your diet and your life as best you can.
2. Drink pure (filtered) water throughout the day.
3. Drink your lemon water every morning (first thing). For added benefit, add Young Living lemon essential oil.
4. Eat dark greens, preferably raw, every day. (i.e. “green juice”, big green salad and green food supplements) Use lots of celery (a good source of plant sodium, and helps support the adrenals), broccoli, kale, cucumber, spinach, romaine, fresh herbs like basil and cilantro, and sour green apples.
5. Eat animal protein between 10am and 3pm. It can be stressful on the liver to eat the animal protein later in the day or evening, especially if you are showing signs of liver stress.
6. Remember, you need protein to support and detoxify the liver. In addition to protein from foods, good complete protein sources include: Young Living Powermeal and Ningxia Red Juice, Dream Protein, Hemp Protein, green super foods like spirulina, chlorella and blue green algae (E3 Live, see resources).
7. Have dinner at least 2-3 hours before bed.
8. Make sure that the colon is supported and clean. When toxins remain in the colon, they are sent to the liver. The liver then sends them right back down to the colon in the bile. Add extra fiber, probiotics, pure water and healthy oils.
9. Do a detox spa 1–2 times per week. (see supportive therapies section)
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10. Use Young Living essential oils that support the liver: Release, Juva-flex, Juva Cleanse (all blends), Lemon, Roman Camomile (single oils).

Sticking To It

It is really important to take extra good care of yourself during the cleanse. Try not to take on too much, or at least not add more to your normal schedule. Getting enough rest, drinking enough water and taking time to slow down can really make an enormous difference to your process and outcome. One of the biggest gifts of a cleanse is learning to listen to your body. Then, of course, there can be weight loss, gorgeous skin and increased energy and mental clarity.

In order to make it as easy as possible for you to stick with this cleanse, I wanted to build in as many sources for support as possible. It can be challenging to adjust to the different routine that you will take on while participating in the cleanse, so please do not hesitate to ask for help. I offer support programs for anyone interested. Please see the resources section at the end of this book. The important thing to remember is that you will not be alone.

Just remember that the first days are generally the hardest, but later you will really feel great! If you find yourself giving in to a craving, please practice forgiveness with yourself. Let it go and jump right back in. It just may not be necessary to be perfect.

Make a commitment to yourself. Remember how you do a cleanse is how you do everything.
Your Cleanse(s)

I am outlining more than one option for taking this cleanse as deeply as you want to go. If you are just wanting something simple, then the basic cleanse program will be the way to go. If you have any specific issues like inflammation, Candida, Cellulite, hormonal issues, possible food intolerances, allergies or blood sugar issues (hypoglycemia, insulin resistance) then I suggest reading through the information on the different specific cleanses. All cleanses are based on the 3 phase model and have the same food list. The specific cleanses just add in some supportive products or additional suggestions.

Although I know everyone likes to be told what to do, you will need to take some responsibility and tune into your specific needs to fit your unique intention.

Also, I have left things a little loose with how many days you dedicate to phase 1, 2 and 3, which means you can cleanse for anywhere from 14-28 days. That may sound like a lot, but keep in mind that most of the time you will be taking in plenty of healthful nutrients to make this sustainable.

**Phase 1** – (4-7 days) – preparation, elimination of refined foods, stimulants
**Phase 2** – (3-10 days) – deepening/optimal lemonade fast
**Phase 3** – (7-11 days) – specific treatments, rebalancing, transitioning out

**Optimizing Detox**
It is ideal to space meals 3-4 hours apart. This allows the body to tap into and begin to “burn” fatty tissue that is storing toxins.
Try to eat your evening meal at least 2-3 hours before going to bed, to ensure your not still digesting when your body is needing it’s rest and renewal. The body, particularly the liver, do some serious detoxing at night. This is why staying up until 2 or 3 partying (alcohol, drugs) is particularly destructive to the liver.

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Basic Cleanse Outline

On the basic cleanse you will be eating only the foods on the “good food list” as well as including at least some of the suggested therapies and lifestyle habits.

Phase 1 Preparation (4-7 days)

To begin to prepare the body, you will eliminate sugar, dairy, refined foods, refined oils and coffee. You will also want to prepare your environment and collect the tools, foods, supplies and supplements that you will need.

It is recommended that you try food combining, which basically means that animal proteins are not combined with grains or grain products in the same meal.

Phase 2 Deepening the Cleanse/Alkalizing the Body (3-10 days)

In this phase it is recommended that you remove animal protein, restrict oils to no more than 2 tablespoons per day of coconut oil or flax oil, and eliminate all grain products including suggested whole grains. You can use yams, carrots, beets or other starchier vegetables as your main starches. You will be enjoying an abundance of alkalizing fresh (organic) plant foods, along with a high quality protein powder/detox formula and green food supplement 2x per day. This is a great time to juice vegetables, make green smoothies and vegetable broths. These all help keep the body fortified with nutrients, while facilitating detoxification. This will be the most restrictive phase, and you may choose to either extend it to 10 days or cut it back to 3 days. Starting a meditation practice or prayer ritual can be very powerful at this time.

If you want to take things deeper and really clear and restore the body, you can do the Lemon/Limeade fast at this time. (see Lemonade Fast instructions).

In the past I have cautioned about fasting. I still do not recommend doing it unless it is the Lemon/Limeade fast I suggest here. Also, if you do this fast, you have to make sure to follow the instructions exactly, otherwise it can be harmful. So, remember to drink every 10-15 minutes and follow the recipe to make your drink in the right proportions.

Phase 3: Nutritive Cleansing
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At this point you can add back in the animal foods, along with fats and grains on the “good food list”. Be sure any animal protein is clean. Continue with food combining, eating starches and dense proteins at separate meals.

If you have been doing the Lemonade Fast, stay with just raw salads, green smoothies, cooked vegetables (including yams) and vegetable soups, along with suggested protein and detox formulas for the first 3-4 days following. Basically, you can follow the sample schedule for phase 2 of the Basic Cleanse. Then you can reintroduce animal protein and whole grains listed on the “good food list”, following the sample schedule for phase 3 in the basic cleanse. If you decide to use the Biotics Cleanse Kit (see resources page for ordering), you will start it now and continue for 10-days.

Daily Replenishment/Renewal

This is one of THE MOST IMPORTANT parts of your cleanse program, so please make time for it!
When we connect with our soul, we release positive endorphins.
But we only keep the positive endorphins in your blood stream for 8 hours...
So REPLENISH yourself at least 1x a day (2 times a day is IDEAL - 1 morning, 1 sunset)

You will feel better about yourself and your body will be healthier

Try meditation, yoga, dance, enjoy a bath, spiritual reading, going out into nature or whatever your spirit is calling for.

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- 2 times per week do a detox spa bath or infrared sauna
- up to 4 times per week do castor oil pack (see instructions). Add Young Living JuvaFlex or Release essential oils to deepen liver cleansing.
- At least one massage is highly recommended during your cleanse. It can be great to get one at the beginning and one towards to end, as you will see how your body has changed.
- Acupuncture can be great to do as well.

Daily Rhythm

Sample Schedule Phase 1

Upon Rising
- Stretch, sigh, deep breathing, Replenish yourself
- Hydrate
- Dry brush or hot towel scrub
- Exercise in whatever way that feels appropriate
- Take probiotic
- Hydrate

Breakfast
- Optional green juice or Green smoothie
- Shake: 1 scoop Clearvite-SF, one scoop protein powder, 1 tsp. extra virgin coconut oil OR 2 eggs with veggies (especially greens)

Mid-morning
- hydrate
- take a standing forward bend or walk break if at work (or even if not)

Lunch
- Large raw salad (really have fun & be creative), clean protein of choice (eggs, fish, chicken, lamb, turkey, lentils, veggie and seed or nut pate)
- Optional: detox tea or Pau D’arco tea

Afternoon
- Hydrate
- Snack options: Celery with raw almond butter or soaked raw almonds; veggies and hummus, carrots with guacamole, green juice or smoothie, etc.
- Detox tea or Pau d’arco tea if desired

Before Dinner
- Replenish yourself

Dinner
- large raw salad. Add steamed veggies if desired.
- Choose either good carbohydrate: baked yam, millet, quinoa, brown rice OR clean

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protein
- Can also try blended raw soup

Before Bed
- Take 2 tbsp. ground chia seed in 6 oz. water to help stimulate morning elimination.
- Gratitude

Energy level/notes

Sample Schedule Phase 2 (if you are NOT doing the Lemonade Cleanse)
*If doing the Lemonade Cleanse, please refer the instructions in that section.

Upon Rising
- Stretch, sigh, deep breathing, Replenish yourself
- Hydrate
- Dry brush or hot towel scrub
- Exercise in whatever way that feels appropriate
- Take probiotic
- Hydrate

Breakfast
- Green juice or Green smoothie
- Clearvite-SF with one scoop protein powder (or Biotics Cleanse shake if using)
  * Note: you can combine the cleanse formulas with a green drink or smoothie as well.

Mid-morning
- hydrate
- take a standing forward bend break if at work (or even if not)

Lunch
- Large raw salad with simple lemon and flax oil dressing
- Steamed veggies or blended raw or cooked soup
- Optional: detox tea or Pau D’arco tea

Afternoon
- Hydrate
- Clearvite-SF with one scoop protein powder (or Biotics Cleanse shake if using)
- Detox tea or Pau d’arco tea if desired

Before Dinner
- Replenish yourself

Dinner
- large raw salad. Add steamed veggies and optional baked yam

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- Can also try blended raw soup

Before Bed
- Take 2 tbsp. ground chia seed in 6 oz. water to help stimulate morning elimination.
- Gratitude

Energy level/notes

Sample Schedule Phase 3

Upon Rising
- Stretch, sigh, deep breathing, Replenish yourself
- Hydrate
- Dry brush or hot towel scrub
- Exercise in whatever way that feels appropriate
- Take probiotic
- Hydrate

Breakfast
- Optional green juice or Green smoothie
- Clearvite-SF, plus one scoop protein powder (or Biotics Cleanse shake if using)

Mid-morning
- Hydrate
- take a standing forward bend or walk break if at work (or even if not)

Lunch
- Large raw salad, clean protein of choice (eggs, fish, chicken, lamb, turkey, lentils, veggie and seed or nut pate)
- Optional: detox tea or Pau D’arco tea

Afternoon
- Hydrate
- 1 serving Clearvite with 1 scoop protein powder (or Biotics Cleanse Shake if using)
- Detox tea or Pau d’arco tea if desired

Before Dinner
- Replenish yourself

Dinner
- large raw salad. Add steamed veggies if desired.
- Choose either good carbohydrate: baked yam, millet, quinoa, brown rice OR clean

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protein
- Can also try blended raw soup

Before Bed
- - Take 2 tbsp. ground chia seed in 6 oz. water to help stimulate morning elimination.
- Gratitude

Energy level/notes

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Optional, But Great!

**Biotics Cleanse (Phase 3)**
- Convenience
- Candida
- Inflammation
- Skin
- Liver/Hormones
- Kidneys
- Cellulite

The Biotics 10-day cleanse is optional for phase 3, but highly recommended. It is great for clearing inflammation, detoxing the liver, supporting Candida cleansing, cellulite, supporting optimal digestion and more. It is a medical grade kit, which includes a protein powder, detox powder and supplements pack. If you choose to do this, you would begin this in phase 3 and continue for a full 10 days.

You do not need to use the Clearvite if you use this cleanse kit.

*Important note* the Biotics kit comes with enough of the 2 powders for 2-10 day cleanse periods. So, save what is leftover after your 10-day period, then order just the detox supplement packs for your next cleanse. Detox packs are product #6270. Use the same ordering instructions as for the kit below.

If you do decide to use it, be sure to order the kit right away, it sometimes takes a good week to receive it.

**Instructions to use in phase 3:**
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. Also, be sure to request the Rice Protein kit (not the whey protein).

**Breakfast:** 2 scoops of NutriClear powder with 1 scoop of rice protein powder – mix with 6-8 ounces water, 1 pack of the supplements that are provided in kit

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

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**Afternoon snack:** 2 scoops of NutriClear powder with 1 scoop of rice protein powder – mix with 6-8 ounces water,
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 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.

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**Clearvite-SF – Cleansing formula**
*(All phases. Exclude in Phase 2 only if you do the Lemon/Limeade Fast)*

- Inflammation
- More economical than the Biotics Kit
- Food intolerances/allergies
- Liver
- Digestion

Apex Energetics products
1-800-736-4381
Client order # P2660

**Recommended products for your cleanse. Order:**

1 Clearvite SF (K60) **
1 Nourish Greens (K67) **
1 Metacin-DX (K10) – 1 cap 3 times per day with meals
1 Omega Co3 (K07) – 1 tbsp. 2 times per day with meals

You can simply substitute the Biotics Shakes with 2 scoops Clearvite, 1 scoop Nourish Greens, 1 tbsp. ground chia seed (or flax) and 1 tbsp. Omega Co3. You can add this to one of the smoothie recipes provided in the materials or simply with water or almond milk.

**Optional, but highly recommended:**

1 BileMin (K11) – helpful if hormone balancing is needed, intolerance to fatty foods is present, or the gallbladder has been removed. Take 1 cap 3 times per day with meals.
1 LVR-DRN (D03) – 10 drops under the tongue 4 times per day
1 KDNY-DRN (D05) - 10 drops under the tongue 4 times per day
1 LMPH-DRN (D07) – 15 drops under the tongue 4 times per day

**Directions for LVR, KDNY and LMPH-DRN homeopathic formulas:**
Take homeopathic remedies up to 30 minutes before meals. Several can be taken together. Hold

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for a few seconds under the tongue before taking the next one. Avoid coffee and mint products as they may reduce effectiveness of this formula. Avoid exposing to X-rays in the airports.

** Note: You may want to order more of these as they are both fantastic products that can used even when you’re not cleansing. Clearvite offers a clean protein powder source, as well as helps clear the negative effects of gluten, sugar, dairy, soy, etc from the body more quickly and effectively. (They also have a Chocolate Raspberry option ~ K36)
Nourish Greens helps supply your body with alkaline, green superfoods, phytonutrients, fiber and antioxidants. It’s a great nourishing, food-based powder that helps minimize inflammation and oxidative stress, as well as balancing blood sugar.

Lemon/Limeade Fast *(Optional in Phase 2)*
✓ Blood Sugar Imbalances (not diabetes)
✓ Candida
✓ Cellulite
✓ Skin problems
✓ Total internal cleansing/Colon
✓ Liver

**Please see section on Lemon/Limeade Fast for specific instructions.

Supplement Basics

You may be looking at my list of optional supplements and thinking “great, but what do I need?”
• I suggest everyone use a probiotic, and the ones I suggest are excellent.
• I also recommend a green food supplement to help keep energy up and provide valuable antioxidants, vitamins and minerals. I like Nourish Greens by Apex Energetix and E3 Live. Or Greens First for those new to a green supplement. If you already have one that you like, just use that!
• I recommend you use a high-quality protein powder as and easy to digest protein source to support liver detoxification and help repair tissues. The Biotics Cleanse comes with a protein powder, Clearvite has rice protein in it, Dream Protein is an excellent quality whey protein (if you are not intolerant to dairy) and hemp protein is high in essential fatty acids and fiber.
• A good quality marine-based omega-3 is important as well. The benefits of these essential fats extend to every system of the body. Moxxor is my top choice, but Biotics has a very good lower priced option.
• I highly suggest a good quality digestive enzyme as well, unless you are eating all raw. And even then, stress and aging take such a toll on your digestive system that it is still difficult to get the nutrients you need. I love the one I have listed from Apex in your shopping list because it is plant-based and very effective.
• Young Living Essential oils are definitely optional, but when it comes to emotional and psychological renewal, stress-relief and even Candida, inflammation and liver support, these therapeutic grade oils are the bomb!

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If you have any specific questions about any of these or want to check what I have in stock, please send me a quick email at Ana@YogaBodyNutrition.com

Customized Issues/Protocols

Candida

Do you know what Candida is? It’s a clinical term for yeast, and it’s a sneaky little organism that can live inside your body, and may be sabotaging your health, energy and weight lose efforts. Everyone has candida in their body. It’s totally normal, and it lives in your intestines. But, if you have an overgrowth, it can wreak havoc on your body, and affect every area of your health. Many people have an overgrowth in their bodies, and don’t even know it!

If you’ve ever been on antibiotics, chances are you ended up with a yeast infection. The reason for that is the antibiotics kill off the “good” bacteria in your body and allow the yeast to take over. But I don’t just mean a vaginal yeast infection. Both men and women can have an overgrowth, and it can take over lots of different parts of your body. In fact, if you have a vaginal yeast infection, that means the yeast is most likely overgrown throughout your whole body.

How does that affect you? What does yeast really do to your body? It causes every health issue you have to be worse. If you have psoriasis, it will get worse. If you’re depressed, you’ll be more depressed. If you have headaches, they’ll be worse. If you have arthritis, it will be worse. If you want to lose weight, it’ll be an uphill battle. Whatever ails you, it will be exacerbated by the yeast overgrowth in your body. Candida isn’t causing these issues, but it is making them worse.

So, how can you tell if you have a candida overgrowth? If you have jock itch; if you have athlete’s foot; if you get vaginal yeast infections; if you have thrush in your mouth or a white coating on your tongue; if you have an intense addiction to sugary, starchy foods, or a bad sweet tooth – it’s almost guaranteed that you have a candida overgrowth.
Some other symptoms include:
chronic abdominal gas, headaches/migraines, excessive fatigue and brain fog, intense sugar and alcohol cravings, mood swings, rectal itching, itching skin, acne, low sex drive, nail fungus, hyperactivity, anxiety or nervousness and being strongly reactive to cigarette smoke.

Simple at home saliva test
1. First thing in the morning, before you put anything in your mouth, fill a clear glass with room temperature filtered water.

2. Work up a bit of saliva, and spit it into the glass of water. Check the water every 15 minutes or so for up to one hour.

3. If you see strings (fibers) traveling down into the water from the saliva floating on the top,

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cloudy specks (particles suspended in the water) or cloudy saliva that sinks to the bottom of the glass you have a candida problem.

Adapted from wellnesswithrose.com

Candida Protocol
*It is important to remember that you need to do ALL steps to have success.*

1. **Stop Feeding it** – Cut out sugar and carbohydrates, that’s what Candida eat. The “Sugar Detox” is perfect for this, just be sure to do it for at least 21 days.

2. **Crowd it out** – Probiotics (including acidophilus and bifidus) are great to overpopulate Candida in your intestines and gut. Energetix has an excellent high potency formula to use for 4-6 weeks, then you can go to a regular probiotic – I like the one by Biotics listed in your resource guide.
   - Use Flora 12+ for 4-6 weeks, then Bio Doph-7 Plus ongoing. (See resources page for info on Energetix).

3. **Kill it** – Use nutrients, foods and supplements that kill Candida. Garlic, black walnut capsules, Pau d’arco tea or tincture, reishi mushroom and high doses of oregano (Young Living Inner Defense is great) can be effective.

The **Biotics 10-Day Cleanse** that I list in your resources is a great way to jumpstart Candida eradication, along with all other suggestions below.

**If you suspect a persistent Candida infection, you may want to schedule some private sessions with me to create a more aggressive plan.**

For vaginal infections try boric acid suppositories.

Here’s the Plan:

- At least 21 days of “Sugar Detox”
- 4-6 weeks Flora 12+, then Bio Doph-7 Plus from Biotics ongoing (see resource guide)
- 10 Day Biotics Cleanse (in resource guide)
- Young Living Inner Defense Caps, start with 1 cap per day, increase to 3 caps
- 2 tablespoons coconut oil per day – in smoothies, salad dressing, sautéing
- 3 cups Pau D’arco tea or tincture 3 times per day
- Include lots of garlic or take supplement – I like Kyolic
- Consider doing the Lemon/Limeade fast in phase 2 with the Internal Salt Water Bath.
- Use boric acid suppositories for 3-7 nights in a row if yeast infections are present
- There is also a fabulous homeopathic product by Energetix called Myocan-chord. Contact me to order.

As the Candida dies, you may experience what is called a “die off effect”, where you now have dead yeast circulating throughout your body. This can sometimes feel like its getting worse instead of better. Be sure to drink lots of water and add 1-2 pinches Celtic sea salt per liter. It is important to stick with the protocol through the tough parts. The other side is so worth it!
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Blood Sugar Issues

When your blood sugar is out of balance it causes depression, causes you to store sugar as fat instead of using it for energy, which means you to have highs and lows in your energy. Blood sugar issues cause deterioration of vital organs like the brain, and eventually lead to diabetes.

Detox the Sugar

Eliminate all sugars from your diet for 21 days including fresh and dried fruit and “healthy” sweeteners.

At first, your cravings for sugar may be more pronounced, but once you get past the initial withdrawal period you will stop craving sugar all together.

Hard to believe? I never thought I’d get there myself. I used to be horribly addicted to sugar. It usually takes 3-4 days to get over the initial withdrawal, so this is the point at which you’ll have to really commit to your bigger vision. Use the suggested meditations, breathing exercises, yoga, walking, jounaling, essential oils, flower remedies, whatever, to keep you on track. Believe it or not, the longer your stay off sugar the easier it gets.

This doesn’t mean that you’ll never be able to eat fruit again or enjoy a piece of bread. This is a temporary cleanse to overcorrect your blood sugar. This is when the cravings for sugar disappears, and you energy goes way up! Not to mention that most people see a huge difference in their skin.

Sugar sucks your energy, makes you gain fat, and contributes to blemishes and aging skin. Sugar is very destructive both externally and internally. Eating fat doesn’t make you fat, sugar does. Eating too much sugar and processed carbs is the reason that most people are tired all the time as well. Not to mention that sugar zaps the collagen in your skin, making you look old and tired.

Being a recovering “sugarholic” myself, I can speak from experience how difficult it is to get if off sugar. The more sugar you eat, the more your body craves, so just limiting sugar won’t do the trick. You literally have to cut it out completely, temporarily, to stop the addictive cycle. Studies have shown that it can be more difficult to get off of sugar than cocaine!

Remember, sugar includes white table sugar, but also bread, fruit, fruit juice, dried fruit, tortillas, potatoes, pasta, baked goods, honey, etc. All of these get broken down into the same thing, sugar.

Is your blood sugar out of balance? It is if you answer “yes” to any of these:

• Cravings for sweets, sugar, or bread products.
• Fatigue after eating a meal, or “food-coma” (I used to get this all the time)
• Get lightheaded if meals are missed
• Eating Sweets does not relieve the cravings for sweets

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• Depend on coffee to keep yourself going or to get started
• Difficulty losing weight

Tips to balance your blood sugar:
• Eat more protein
• Digest more protein (you may need to boost stomach acid)
• Eliminate simple carbohydrates and sugar
• Eat more complex carbohydrates
• Eat more good fats and essential fatty acids
• Eat more fiber
• Detox sugar for 21 days!

Why are we eliminating certain foods?

Do you have a favorite food that you HAVE to have to have or can’t stop eating? Do you feel tired, bloated and drained ALL the time? These may be signs of a food addiction, also known as a food intolerance. This is a bigger deal than it may seem because it takes only ONE food to wreak havoc on your health and your ability to achieve & maintain healthy weight, immunity and more.

Many times the foods that we think we LOVE the most are actually the foods that our bodies have a sensitivity to or intolerance to, keeping us from losing weight, and feeling tired and depressed. This was very much the case for me. I felt like I absolutely needed.

When we eat a food that we have an intolerance or sensitivity to it causes an inflammatory reaction and floods our body with an addictive chemical. This is what could be keeping you from losing weight, keeping you tired, and a whole host of other symptoms. One reason is that our immune system can attack the food much like it would attack a germ, putting tax on the whole body and draining your energy.

Food allergies and intolerances are much more common than most people realize. Millions of adults and children suffer from allergic reactions to food and do not know it because the symptoms can be hard to diagnose. The reason it is so difficult to identify if you have a food intolerance is because there are so many different symptoms, and the symptoms are different for everyone.

Also, there is often a delayed reaction from eating the food, so you may eat wheat one day and feel fine, but then the day after you feel bloated and tired.

More common allergies are really more like “food sensitivities” and because the symptoms are bloating, poor digestion, headaches, lethargy, depression and weight gain, most people don’t think it’s caused by the food they’ve been eating for their entire lives... they just think, “There must be something wrong with me.”

The most common foods that people have a sensitivity or intolerance to are dairy, wheat/gluten, and soy. (gluten is the portion of the wheat that causes the problems, and it also found in other gluten grains). These are the foods that often end up being “trigger” foods for people, along
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with sugar.
When people don’t know that it’s a food intolerance at the root cause of their health issue, they usually blame it on their slow metabolism or their bad genetics and they just live with it. Once you have eliminated these reactive foods from your life, you will be amazed at how quickly your energy and health will increase and, if needed, weight will effortlessly fall off. Your body will thank you for returning it to its natural state of health and radiant health.

Symptoms caused by food intolerances:
- Acne/skin breakouts
- Anxiety
- Gas/Bloating
- Slow metabolism
- Depression
- Headaches
- Lethargy
- Weight gain
- Digestive issues
- Cravings for food
- Binge eating

What to do if you suspect that you have a food intolerance:
1. Simply remove the foods completely from your diet that you suspect you are intolerant of for at least 2 weeks.
2. After 14-21 days keep a food journal as you slowly add in one of the foods at a time. Make sure to write down each day what you eat and how you feel. Remember, there is often a delayed reaction to the problematic food, so look for patterns in your energy and symptoms to correlate to certain foods.
3. Decide if it is worth the health benefits to leave the food out of your diet.

adapted from wellnesswithrose.com
Anti-Cellulite Plan

Cellulite is basically a sign of toxicity, but can also be due to poor circulation, lack of oxygen, water retention, hormonal changes, poor lymph drainage, endocrine imbalance and a food allergy (most commonly wheat or dairy). Cellulite can be somewhat stubborn, but I have found that with dietary changes, hydration, regular detoxification, minimizing external toxins, yoga, essential oils and lifestyle habits, it can be dealt with pretty effectively.

And remember that anything on the outer is always a visible manifestation of the inner world. Because our tissues hold onto negative energies and thoughts, it is important to continually work on this piece too.

Step 1

Your first step is diet. Which we are essentially doing already here on this cleanse.

• Cut out tea, coffee, alcohol, eat as much organic as possible, especially animal foods if you eat them.
• Ideally eat only raw organic vegetables, organic/free range eggs, poultry, wild fish, 100% grass fed meat and non-gluten grains. No cow dairy suggested.
• In addition include lots of water – add a drop of lemon or grapefruit essential oil for an extra boost.
• Try this tea – rosemary tea with one drop Young Living lemon and one drop Young Living rosemary essential oils. Rosemary essential oil is very strong, so start with one drop added to a larger pot of tea.
• Eating raw cabbage and seaweed are both terrific for eliminating toxic debris.
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• Supplements to include are – Vitamin C – at least 1000 mg per day; zinc 50-60mg per day, non-yeast based B vitamins – 100mg each per day

Step 2: The bathing ritual

Here is my anti cellulite regimen. Remember, while you do this see it as a time to give your body love and attention. If you decide to take this protocol on, you will indeed be giving your body a whole lot of love! This is your time to be a goddess (or god), so indulge.
Focus on what you love about yourself and release what you don’t need:

1) Dry brush before your daily bath – use a dry, natural bristle brush and brush up towards the heart on legs and arms, in clockwise circles on belly. Avoid face and breasts.
2) Daily bath ritual: take a warm to hot bath daily with 4-8 drops Young Living Citrus Fresh. While in bath pinch and pummel cellulite areas to help break down the deposits. Optional: if you have a detachable shower head, apply a steady stream of cold water applied in the same manner as dry brushing.
3) After bath massage: Using Young Living Cel-lite Magic Massage oil, massage your whole body. Use only enough to get a thin coating.
4) Before bed massage: Before heading under the covers, massage again with Cel-lite Magic oil, but only into targeted areas.
5) Toxin Eliminator Bath two times per week: Place 2 handfuls of Epsom Salts and one handful rock salt into tub, run the hottest water you can stand and add 8 drops Citrus Fresh blend. Massage the cellulite areas again while under water. You can even put some chopped seaweed into the bath.
6) Exercise: Work the specific areas you wish to target. This helps move the stagnant toxins and energy that may be stuck there. A rebounder can be great for this as it helps move the lymph. (see your resources page)
7) Breath: Oxygen is vital for a healthy body, mind and spirit. Breathing exercises actually help shift cellulite, Ha! The Breath is indeed a cure for everything! (wink)
8) Relax: Okay, with all this bathing and massaging, the hope is that relaxation is built into the protocol, but just in case you are taking stressful baths, remember that relaxation is necessary to allow the body to shift and release the waste and fat deposits. Stress, on the other hand, can cause cellulite to “stick”.

* I highly recommend getting one of those bath filters. You can buy these online from places

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like Gaiam. And if you don’t already have a shower filter, get one of those as well. No sense going through all this trouble to detoxify while bathing in toxic water! (And most tap water is toxic)

**Young Living essential oils – Awesome therapeutic grade essential oils of the highest quality. I have a few in stock, but you can set up a wholesale account online. http://youngliving.com OR by calling 1-800-371-2928 and giving them my customer number 904207 to set your own account.

Optional Lemon/Limeade Cleanse
Phase 2 (3-10 days)
Adapted from wellnesswithrose.com

This fast can be quite profound. This is totally safe to do as long as you follow the instructions. The only contraindications would be pregnancy, breastfeeding and diabetes. I suggest doing at least 3 days and up to 10 days.

SHOPPING LIST FOR LEMONADE FAST
Limes (or lemons)
Cayenne pepper
Grade B maple syrup
Filtered or purified water
Uniodized sea salt*
Herbal laxative tea with senna and/or cascara in it*
* optional
Organic ingredients whenever possible

How to Make your Lemonade Drink:
Ingredients:
• FRESH squeezed Lemon or lime juice (organic, if possible)
• Genuine organic maple syrup, Grade B (the darker the better)
• Cayenne pepper
• Spring or filtered water

To make a 10 Ounce Glass:
• 2 tablespoons fresh Lemon or lime juice (absolutely no canned or frozen juice),
• 2 tablespoons grade B or C maple syrup (Don’t use Grade A maple syrup or maple-flavored syrup. They are over-refined, which means that they are mostly refined sugars and lack essential minerals.)
• A small pinch of cayenne pepper (to taste)
• Spring or filtered water, between room temperature and medium hot (but not cold) – fill to 1/4 liter (8 oz).

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To make 2-One liter Bottles:
- Juice of 3 Limes, divided equally between the two bottles (3 oz per bottle)
- An equal quantity of grade B or C maple syrup in each bottle (3 oz per bottle)
- A pinch of cayenne in each bottle
- Spring or filtered water (fill bottles to the top)

Mix all the ingredients by thoroughly stirring or shaking, and drink.
Use fresh Limes or limes only, never canned or frozen Lime juice. Use organic and vine ripened
when possible. Also, mix your Limeade fresh just before drinking. Don’t mix it up for more than
2 liters at a time. You can, however, squeeze your Limes in the morning and use them as needed
throughout the day.

Limeade Drink:
You must take a sip of the lemonade at least every 15 minutes while awake! This is very important
to keep your blood sugar stable.
Drink as much of this Limeade as you want, but make sure that you drink at least twelve 1/4 liter
(8 oz) glasses per day. Eat no other food during cleanse, but do be sure to drink plenty of purified
water in addition to the Limeade drink. The Limeade contains all the vitamins and minerals you
will need during the cleanse.

Herbal Laxative:
Each evening you can drink a mixture of 8 oz. water with 2 tablespoons ground chia seeds to help
with elimination, do this right at bed time. Alternately, you can use a “laxative” tea like Smooth
Move.

Internal Salt Water Bath:
This is an ancient yogic technique and can be done every morning of your fast. This is optional
but highly recommended, The instructions are down below

GOING OFF LEMONADE FAST
Your body is not used to having solid food in it, so start with very simple foods that are easy to
digest, such as a protein shake, or some lightly steamed veggies, salad, green smoothie or veggie
juice.

About the Fast
The Lime is a loosening and cleansing agent and has many important building factors.
The elements in the lime and/or lemon and the maple syrup work synergistically together.
The natural iron, copper, calcium, carbon, and hydrogen found in the organic syrup supplies
building block raw material for cleansing and tissue renewal. Its 49% potassium strengthens
and energizes the heart, stimulates and builds the kidneys and adrenal glands. Its oxygen builds
vitality. It’s carbon acts as a motor stimulant. Its hydrogen activates the sensory nervous system.
Its calcium strengthens and builds the lungs. Its phosphorus knits the bones, stimulates
and builds the brain for clearer thinking.
Its sodium encourages tissue building. Its magnesium acts as a blood alkalizer. Its iron
builds the red corpuses to help with the most common forms of anemia. Its chlorine cleanses the

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blood plasma. Its silicon aids the thyroid for balancing. There are many, many more benefits of these ingredients as well.

During this cleansing process some weakness or stirring up of feelings may occur. It’s like stirring up the bottom of a pot of soup when everything has settled to the bottom. You never know what will bubble up to the surface! It is the result of poisons and waste circulating through the blood stream to be eliminated rather than a lack of food or vitamins. This cleanse gives a person all the vitamins, food, and energy necessary for this cleansing period, which should last for no less than 3 days. All the great health and radiance benefits begin from a clean and toxin-free body.

Cleansing must come first before any tissue rebuilding and proper absorption of nutrients into the bloodstream can occur.

Helpful Cleanse Information During the “Lemonade Fast”
• During the “lemonade Fast” stop taking all supplements.
• During this fast, it is best to avoid strenuous exercising. Restorative Yoga, walking, and light activity are great methods of exercises during this cleanse. Make sure that if you decide to do any sort of exercise be sure to have your limeade drink handy.
• Be sure to listen to your body. If you feel like resting, rest. If you feel like taking a nap, nap. Be sure to take it slow…listen to your body to provide the optimal healing and repair environment.
• The “Internal Salt Water Bath” is optional during the “Limeaid Fast”.

Internal Salt Water Bath*
Just like we need to cleanse and bathe the outside of our bodies, the insides could use a good bath as well.
Here is an easy way to cleanse the colonic tract without having to spend money on colonics or enemas. This method will cleanse the entire digestive tract while the colonics and enemas will only reach the colon or a small part of it.

DIRECTIONS: Prepare a full quart of lukewarm water and add two level (rounded for the Canadian quart) teaspoons of uniodized sea salt. Do not use ordinary iodized salt as it will not work properly. Drink the entire quart of salt and water first thing in the morning. This must be taken on an empty stomach. The salt and water will not separate but will stay intact and quickly and thoroughly wash the entire tract in about one hour. Several eliminations will likely occur. The salt water has the same specific gravity as the blood, hence the kidneys cannot pick up the water and the blood cannot pick up the salt. This may be taken as often as needed for proper washing of the entire digestive system.

If the salt water does not work the first time, try adding a little more water and a little less salt until the proper balance is found; or possibly take extra water with or without salt. This often increases the activity. Remember, it can do no harm at any time.

The colon needs a good washing, but the natural way – the salt water way.
You may also take an herb laxative tea at night to loosen stool, then the salt water each morning to wash it out. This extra step is great while cleansing or fasting.

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Note: Do not take the herbal laxative tea for more than 2-weeks.

* Optional

Helpful Tips for your Cleanse

- This is the most common cleanse done in the world. It is recommended and done by doctors all over the world. This is very similar to the master cleanse, only the drinking instructions are a little more specific.
- A massage, sauna, dry skin brushing (see one of your bonus videos for a great demo) or colonic would be great during your cleanse.
- It’s a good idea to not take any supplements or 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 your fast, you should refrain from heavy excursion or workouts. Usually walking or restorative yoga is the best workout during a fast. Please use your own discretion here.
- This is a time for rejuvenation and healing, so if you feel like taking a nap, take a nap. Don’t push your body beyond.
- It’s much easier to do a fast or cleanse with a buddy, but don’t make waiting around for someone else to start be your excuse for not starting yourself. If you don’t have someone to do it with it’s a good idea to tell the people around you so that they can support you on your journey.
- Remember, the first 2-3 days are usually the most challenging. It actually gets easier the longer you are on the cleanse.

- Doing a cleanse is a time of great self-discovery. Can you really commit to this short period of time to renew yourself? If not, why? It is time to treat yourself as you want to be treated. Commit to stay the course and you create trust with yourself and build self esteem. You will be amazed at what can happen when you give it 100%!
- There will never be a perfect time to do a cleanse. There will always a million excuses to not start, so it is best to just jump right in with both feet.
- I find this cleanse actually frees up an enormous amount of time and energy because you have no cooking or food prep.

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Recipes
Clearvite-SF Recipes: http://clearvite.info

Smoothies & Juices
Smoothies and vegetable juices can be a very healing and cleansing way to give the body easy to digest nourishment. It can make getting your greens in very easy.

One note: I do not suggest only getting your veggies with juicing. We need the whole food, which is why I am such a fan of the Vita-Mix. If you have Candida or Blood sugar issues, I suggest “blended juices” instead of extracted juices.

Chocolate Surprise Green Smoothie
2 cups chopped romaine or red leaf lettuce
1/4 bunch chopped dandelion greens
squeeze fresh lemon juice
1 tsp. raw cacao nibs (optional)
pinch stevia if needed

Add all the ingredients to a high-powered blender. Add enough water to blend (about 1/2 cup), Puree until smooth.

Chocolate Surprise Green Juice
No chocolate in this one, but the combo of the dandelion and the carrots has a chocolaty flavor.
You can add a couple of drops chocolate flavored stevia for some deeper chocolate flavor.
1 head romaine
4-5 leaves dandelion
4-5 carrots
squeeze lemon

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Juice everything in a high-powered juicer or blend in the Vita-Mix.

Get Up and Go! Greens Smoothie
This smoothie is wonderfully refreshing and uplifting. It can be had in the morning or as a mid-morning or afternoon snack. The green taste is masked by the sweetness of the fruit and stevia if used.

1/2 avocado (optional)
1 green apple
1/4-1/2 cup plain water (enough to get the blender going)
2 cups fresh romaine
1/3 bunch parsley leaves
2–3 stalks celery
Squeeze of lemon (really mellows the green taste)
1 T fresh ground flax seeds
1 tsp. coconut oil
Stevia to taste (if needed)

Variations:
Try adding 1–2 drops Young Living** orange, lemon or grapefruit essential oil. This will enhance the taste and provide you with a therapeutic dose of antioxidants, as well as breakdown fat.

Try adding ground cinnamon and ginger to taste. Both help warm the body, stimulate the metabolism and taste delicious!

For added protein, try a scoop of high quality whey protein or a scoop of Clearvite SF.

Blend all the ingredients with a blender, then savor slowly with attention.

Mint Magic Green Smoothie
1/4 cup mint leaves
4-5 stalks celery
1/2-1 cucumber
1 scoop Clearvite-SF

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1 tsp. coconut oil
Optional scoop green powder
Enough water for desired consistency

Blend all in a high-powered blender (Vita-Mix) until smooth.

**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 tsps.)
squeeze lemon or lime
stevia to taste, if desired

Blend everything until smooth.

**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)
stevia if desired

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Juice all ingredients in juicer or blend until smooth in Vita-Mix.
(Adapted from Natalia Rose)

Green cooler
1–2 cucumbers
1 fistful spinach
1 green apple

Juice all in juicer or blend in Vita-Mix

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 or blend in Vita-Mix

Soups: Raw and Cooked

Cold Cucumber Avocado Soup
1 1/2 cup of fresh cucumber juice (2 large cucumbers)
1/4 cup Fresh lemon juice
1 Tablespoon of chopped green onion
1 Tablespoon of chopped red onion
1 Tablespoon of chopped fresh parsley
1 large garlic clove, minced
3 springs of fresh basil, chopped (optional)
1 teaspoon of wheat free Tamari
1-2 teaspoons of curry powder, or to personal taste
1/2 teaspoon of ground cumin

Fresh basil, for garnishing the soup.

Blend ALL ingredients in your high-powered blender, add avocado once ALL other ingredients are decently chopped up in the blender. Taste of Avocado can slightly change when OVER processed. IT will also slightly "dull" the vibrant green color in over processing it!

Creamy Beta-carotene Boost
This was a soup I devised while visiting with my mom. I was exhausted from a day of funeral

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activities, but needed something light, nourishing and FAST. You can even keep the sweet potato raw and let the Vita-Mix do the heating for extra enzyme power.

1 large sweet potato
2 medium carrots
2 teaspoons coconut oil
1/2 teaspoon celtic salt (or to taste)
1/2 tsp cumin
1/2 tsp coriander

Cube sweet potato and place in a steamer basket in a pot with about 1/2 inch of water.
Lightly steam for about 1 or 2 minutes.
Place in the Vita-Mix with all the other ingredients, plus about 1/4-1/2 cup of the steam water and blend on high for about 2 minutes.
I like to add just a hint of fresh lemon or orange juice to contrast the sweetness of this soup.

Thai Coconut Soup
2 Thai young coconuts
2 tablespoons minced ginger root
1 teaspoon minced garlic
2 tablespoons lemon juice
1/4 cup olive oil
pinch stevia
1 teaspoon Himalayan salt
1 tablespoon, plus 1 teaspoon Indian curry powder
1 jalapeno pepper

Garnish:
1 avocado, cubed
1/3 cup diced tomato
1/3 cup diced cucumber
1/2 cup marinated shiitake mushrooms
8 cilantro leaves, coarsely chopped

1. To make the coconut into coconut milk, open the coconuts with a cleaver. Put the coconut water in a blender. Next, scrape the coconut meat from the shell and add it to the coconut water in the blender. Blend the milk and meat together.
2. To the coconut milk add all the remaining ingredients, except those for the garnish. Blend well until creamy and slightly warm.
3. Divide soup into four soup cups, garnishing each with a quarter of the garnish mixture. Top with cilantro leaves and serve.

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**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.

**Asparagus Puree Soup**
1 pound asparagus, trimmed and chopped  
onion chopped  
2 small minced garlic cloves  
inch piece ginger, minced  
cup broth  
t. dry mustard  
t. cumin, ground

Place all ingredients in pot and bring to simmer over medium heat. Turn down heat and simmer until asparagus is tender, about 8 minutes. Puree in blender and serve garnished with lemon zest.
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
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 top with cilantro.

Salads & Veggies

Rainbow Salad
(From The Raw Food Detox Diet by Natalia Rose)
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 (see dressings)

Tangy Artichoke Salad
Two 14-oz. cans artichoke hearts
1 clove garlic, minced
4 T flax oil
cup fresh lemon juice
1 T apple cider vinegar
t cayenne
4 cups mixed salad greens

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Drain and rinse the artichoke hearts. Place four of them in a large bowl and mash with the garlic. Stir in the flax oil, lemon juice, vinegar, and cayenne and mix well. Quarter the remaining hearts and combine well with dressing. Refrigerate for at least one hour to marinate and serve over greens.

Shitake and Seaweed Salad

Small handful thinly sliced fresh shitake mushrooms
thinly sliced scallions (1-2 scallions)
1/4-cup daikon, thinly sliced or julienne
1/4-cup carrot, thinly sliced or julienne
1/4 cup red bell pepper, thinly sliced
1 cup soaked seaweeds (wakame, arame, hijiki, sea palm, nori (not nori sheets))

Combine above ingredients and dress with Carrot Ginger dressing. Serve atop mixed greens.

Classic Chopped Salad
(from Natalia Rose)
1-cup fresh haricots verts (small string beans)
3 ears fresh corn, kernels cut from cob
1 yellow bell pepper, chopped
2 large carrots, chopped
2 cups grape tomatoes, sliced in half
1 zucchini, chopped
3 T fresh chives, minced

Mix all ingredients in a large bowl.

Guacamole Salad

3 ripe Haas avocados, finely chopped
4 ripe Holland or heirloom tomatoes, diced, or 2 cups grape tomatoes, sliced in half
1/2 t garlic, minced
1 bunch cilantro, stemmed and chopped
1/4 to 1/2 pound baby romaine, mesclun, or regular romaine lettuce, chopped
Juice of 1 lime
1 stevia packet
Sea salt and freshly ground pepper to taste

Mix together all the ingredients and enjoy
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.

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.
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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.

Dressings

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.

Lemon Mustard Vinaigrette

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1/3 cup of raw apple cider vinegar
1/4 cup fresh lemon juice
1/4 cup defatted organic chicken broth or chickpea cooking liquid (or liquid from canned chickpeas)
2 t. minced or pressed garlic (1/2 t. powder)
2 T minced fresh parsley (2 t. dried)
1 t. dry mustard
1/2 t. paprika

Blend together well by hand or in blender.

Spicy Vinaigrette

2/3 cup raw apple cider vinegar
1/3 cup defatted organic chicken broth (or see above)
1 1/2 t. dry mustard
1 T fresh basil (1 t. dried)
1 t. dried oregano
1 t. Paprika
1/4 t. garlic powder (2 t. minced fresh)
1/4 t. cayenne

Blend well by hand or using blender.

Lemon Gold Dressing/Dip

2 whole lemons, shaved (outer yellow removed, but white pith left)
Dulse or kelp flakes to taste
1/3 cup flax oil
1-2 Tablespoons agave or raw honey
2 cloves garlic
1/2-inch piece ginger
1/2 cup pure water

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Blend all until smooth.
Note: Lemon gold dressing lends itself well to experimentation. You may add spices, herbs, mustard, etc.

Creamy Cucumber Dressing
1 large cucumber
1/3 cup flax oil
1 T raw tahini
1 t dill
1/2 T salt
Blend all until smooth and creamy.

Love Your Liver Dressing
1/2-cup flax seed oil
Grated zest of two lemons
Juice of two lemons
Kelp or dulse to taste
1-2 cloves raw garlic
1/4 cup chopped fresh pungent herbs (basil, marjoram, rosemary, dill)
Blend all ingredients in blender until uniform and emulsified. Use on salads, steamed vegetables, grains, as a dip for crudités, etc.

Creamy Tomato Dressing
3 tomatoes
2 T flax oil
1/2 t. salt
1/4 cup basil
2 t. thyme
Blend until smooth and creamy.
Main Dishes

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.
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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 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.

Pesto Fish En Papillot
Serves 4
4 sheets of foil (approx. 6 x 10 each)
4 sheets parchment paper (approx. 6 x 10 each), to use as liners inside the foil
3 T fresh lemon juice
4 pieces tilapia or other firm fish fillets (about 6 oz. each)

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1 red bell pepper, cut into strips
1 green bell pepper, cut into strips
1/4 lb. asparagus, trimmed and sliced
1 recipe Cilantro Pesto

Preheat oven to 400 degrees.
Lay 4 sheets of foil on a baking sheet, and 4 sheets of parchment on top of the foil. Place lemon juice in medium bowl and dip both sides of each fish filet in the juice. Lay 1 filet on each sheet. Top each filet with bell pepper, asparagus and 1 T pesto. Fold into packets and bake about 15 minutes until the fish is cooked through.

Cilantro Pesto
1 cups packed fresh cilantro
6 T flax or olive oil
2 T fresh lemon juice
2 cloves garlic
1 T kelp powder (optional)

Process all the ingredients in a food processor until smooth.

Spring Fling Quinoa
1 cup cooked quinoa
2 cups chopped arugula
1/2 lb. raw asparagus, sliced thinly
1 medium cucumber or zucchini, cut into small cubes
1/4 cup minced red onion
2-3 radishes sliced
juice and zest of one lemon
2-3 tbsp. flax seed oil
dash cayenne
dried or fresh oregano and thyme to taste

Combine the last 4 ingredients in a small bowl and whisk to blend.
Mix the first 6 ingredients together in a large bowl, toss with dressing and serve.
Top with sliced avocado if you like.

Nori-Wrapped Salmon
1 1/2 pounds salmon fillet

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1/3 cup fresh lemon juice
1/4 cup tamari mixed with 2 tbsp. water
4 large nori sheets, toasted

1. Remove any pin bones from fillet (needle-nose pliers work well) and cut into four serving pieces. Using a very hot, heavy-bottomed skillet or a grill pan sprayed lightly with olive oil, sear salmon pieces. (If you are using the skin, put salmon into the pan skin-side down and cook long enough so that skin and fillet separate when lifted; remove skin from the pan and set aside.) Turn fillets and continue to cook on the other side, until fish is slightly translucent in its center. Do not overcook.
2. Mix lemon juice and tamari together and divide into four small bowls, one for each place setting.
3. To eat this finger food, tear off a bit of nori, wrap it around a bite-size chunk of salmon, and dip into tamari mixture. The saved salmon skin can also be dipped and eaten.

“Treats”
Okay, so you are cleansing and you want a treat. I find that many of the smoothies are a great treat. But here are some additional.

Chocolate Hemp Shake
4 tablespoons hemp seeds
1/4 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

Lemon/Limeade
There is no specific recipe for this, you will need to play with your personal tastes.
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Fill a pitcher with filtered water and add the fresh juice of organic lemon or lime. You can add the pulp if you like. Add 2 or more drops of stevia. I like to add Sweet Leaf Vanilla Stevia (see my amazon store). You can also use 2-4 drops of Young Living lemon, orange or grapefruit essential oils.

Supportive Rituals

- **Castor oil packs** – This can be a self-administered and inexpensive way to nurture and support the liver while you cleanse. Castor oil is said to be able to penetrate deeply – as much as 4 inches – into the body. These packs can be used to stimulate and detox the liver and gall bladder. Many people report a remarkable sense of well-being and tranquility while applying the castor oil pack. Because the emotion of anger is closely tied to the liver, you may experience angry feelings resurfacing. Stay with your feelings and try to channel them constructively. You may try to transform this anger into forgiveness - first to yourself and then to others.

**Directions:**
You will need 100% pure, cold-pressed castor oil; wool (not cotton) flannel; and a hot water bottle (or heating pad).

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1. Fold the wool flannel into three or four layers, and soak it with castor oil.
2. Put the flannel in a baking dish and heat slowly in the oven until it becomes hot, but not hot enough to scald or injure your skin.
3. Rub castor oil on your stomach, lie down, and place the hot flannel on top of your stomach.
4. Seal off the flannel with plastic wrap.
5. Cover with a hot water bottle or heating pad for one hour, keeping the flannel as hot as safely and comfortably possible.

After you are done, wash the oil from your abdomen. The oil-soaked flannel can be kept scaled in a glass container until further use, as castor oil does not become rancid as quickly as other oils.
It is recommended that you use the pack once a day for 3 days, and then take 3 days off, and then use it for another 3 days. This is a safe regimen to continue throughout the spring season, especially if you suffer from liver-based symptoms like eye problems, PMS, perimenopausal and menopausal irritability, mood swings, bloating, tender breasts, hot flashes, anxiety, migraines, skin rashes and breakouts, angry outbursts or tension between the shoulders.

For added support you may mix 2-5 drops Young Living(YL) JuvaCleanse or JuvaFlex or Release essential oils with the castor oil applied to the belly.

Water— Be sure the number of ounces of water you drink per day is equal to at least half of your body weight. (i.e. 150 lbs. body weight = 75 oz water per day). In the autumn and winter it can be especially helpful and cleansing to drink warm water.

Lemon Water— This is a gentle yet effective way to support and cleanse the liver, kidneys, and colon, and will help to alkalize the body. It will assist in breaking up mucus, and will provide energy via enzymes, vitamin C, potassium and trace minerals.
You may use fresh, ripe lemons or 1-2 drops Young Living lemon essential oil. Sweeten with stevia if it is too sour for you. (Rinse teeth afterwards with pure water if using fresh lemons). In the autumn it is best to have your lemon water slightly warm or at least room temperature.

Body Brushing— One of only a few ways to stimulate the lymphatic system. This is beneficial because it assists the lymph in keeping blood and other vital tissues detoxified. It is energizing, assists in removing cellulite, removes dead skin, stimulates circulation and strengthens the immune system.
To do this, you will need a natural bristle brush, which can be purchased at most health food stores or pharmacies. Start at your feet and work up the body in long strokes towards your heart.

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Be sure to cover the whole body, but skip the face and the breasts. Do not feel like you need to spend a tremendous amount of time on this, 2–3 minutes prior to your shower is fine.

**Exercise** – Moving will be a key component to your cleanse. Tune into what kind of exercise feels appropriate, rather than just doing what you usually do or what you think you should do. Walking, yoga, swimming, tai chi, hiking, biking and strength training are all great ways to get moving. A wonderful and fun exercise is rebounding. Check online for purchasing options.

**Fiber** – Getting additional fiber as we cleanse is vital to supporting the colon in its role of toxin elimination. In addition to lots of fresh vegetables, ground flax seed is recommended. There is a whole food fiber supplement I recommend that can be taken if desired. If you choose to take the cleansing herbs, these also contain some additional fiber. You should be eliminating *at least* 2 times per day.

**Additional Support with Essential Oils**
Young Living essential oils can be a wonderful way to support the cleansing process. Lemon, grapefruit and lemon grass can all be taken internally as fat and mucus dissolvers. Dill and peppermint can assist with cravings and digestion. Ginger and DiGize are also wonderful for aiding digestion. These listed oils are all GRAS (generally regarded as safe) for use internally. *Do not try to take just any essential oils internally.*

The oils below can also be invaluable in assisting with the emotional component.

**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.
**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).

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**Detoxifying Baths**

**Alkalizing Bath**

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This bath is great during the cleanse, or anytime you experience lack of sleep, high stress, too much alcohol, caffeine or nicotine, chronic colds and flu, or over-medication.

Fill your bath with enough pleasantly hot water to cover you in a reclining position. Add 8 oz. baking soda and swirl to dissolve. Soak 20–30 minutes. Drink at least 8 oz. water during and after. Wrap up in a large, thick towel or blanket and rest for 15 minutes.

**Detox Spa Bath**

A Detox Spa turns your bathtub into a mineral spa because it contains “real salt”, mined from ancient seabeds. When we use Detox Spa, the ginger, enhanced by the warmth of the water, opens the pores of the skin and draws toxic waste from the blood and the lymph. The real salt and soda draw harmful radiation from the body. The combination of all three ingredients very effectively pulls toxic metals and chemicals from the blood and lymph and eliminates them through the skin. Once the toxic waste has been drawn from the body by Detox Spa, it will not be reabsorbed into your body from the bath water.

**Instructions For Detox Spa**

Mix the contents of a Detox Spa into a tub of very warm water. Ventilate the room by opening a window, or leaving the door open. Place at least 12 oz. of drinking water within reach of the tub in an unbreakable container. Soak in this Detox Spa for 20–40 minutes. Scrub every inch of the body with a back brush, loofah or face cloth every 10 minutes. Drink some of your water each time you finish scrubbing your skin. After the bath, drain the water and take a soapy, scrubbing shower. Then, with the tub clean, fill it to a comfortable level with slightly cooler than lukewarm water and relax in it for about five minutes to cool your body. If you omit this step, you might feel a little dizzy. **Stay in your comfort level!** You will also waste metabolic enzymes if your body remains overheated from the Detox spa.

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Make Your Own Detox Spa

Mix together 1 lb. of Sea-salt, cup powdered Ginger, and c cup baking soda. Your health food store carries these items. Follow the instructions above.

Information provided by Mick Hall @InnerActive Nutrition. Costa Mesa, CA.

Cleansing 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 they might change and sweeten the longer you chew. Go slowly and really savor the experience. The added benefit of this meditation is improved digestion. And don’t forget to chew your soups and smoothies!

Savoring Simplicity
This is a bit more general, but focuses on tuning into a single food or a simple dish. Enjoy the sweet crunch of a carrot, the juicy delight of a strawberry. Tune into the complexity of these seemingly simple foods. Spend at least a full five minutes with each simple food.

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Breath Meditation
This is a wonderful one that will calm and center you in any situation. It can also be used 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. Do this meditation often.

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.

Gratitude Meditation
So simple yet immensely 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. This can be done anytime, but it can be particularly good first thing in the morning or before going to bed. Sit 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 breath and a healthy body. Your objects of gratitude can be as big or as small as you want. You may choose to write down these items 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 sensory organ at a time. Take the time to drop in and just allow any thoughts outside your present experience to fall by the wayside. This can be a great meditation if you have trouble sitting still.

Breathing
Two wonderful breathing techniques for cleansing: Sounding Breath is done laying on the ground in the corpse pose, letting all your limbs relax. Exhale completely and then slowly draw in your

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breath through the nose. As you inhale feel how your lungs and abdomen fill up. As you exhale contract your throat to make a slight hissing sound and completely exhale and empty your lungs. Let your breath be long and slow.

Sufi Mother’s Breath is done while sitting, so it can be done at any point. Exhale with a deep sigh in order to reset your diaphragm. Then breathe slowly through your nose for a count of 7, and hold your breath for a moment. Then for another count of 7 you exhale through your nose. Repeat this a few times, and this will help calm your spirit and relax your nerves.

Through Pranayama, you learn to consciously govern the breath to bring harmony into the body, mind and spirit. Regular breathing exercises tremendously increase the capacity to inhale and absorb life-giving oxygen. The capacity of the lungs even during unconscious breathing increases.

Kapalabati: In this breathing exercise, you exhale completely and with force while pulling in your abdomen. Inhaling is done in a normal manner. Should be repeated 30 times, maxm 10 minutes. Helps in diabetes, constipation, gastric problems, hepatitis B, obesity, cholesterol, asthma, snoring and even in cancer and AIDS.

The benefits of doing Pranayama every morning (or evening) for 20 to 25 minutes include:

- It increases lung capacity and improves breathing efficiency,
- It improves circulation, helps normalize blood pressure and improves cardiovascular efficiency,
- It boosts the immune system and enhances immunity,
- It increases energy levels and gives lots of positive energy,
- It strengthens and tones the nervous system,
- It combats anxiety and depression and improves sleep,
- It improves digestion and excretory functions,
- It provides massage to the internal organs, stimulates the glands and enhances endocrine functions,
- It normalizes body weight and provides great conditioning for weight loss,
- And lastly it improves skin tone and complexion

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Ana Poirier is a Certified Holistic Health & Nutrition Coach, yoga instructor, experienced natural foods chef, massage therapist, and Reiki practitioner. She is accredited by the American Association of Drugless Practitioners, and is a graduate of the Institute for Integrative Nutrition, in New York City. She conducts nutrition workshops and whole foods cooking courses, as well as works privately with individuals. Ana offers wellness programs in person, on the phone and online.

Ana finds energy and inspiration in seeing the flame of healing re-animate the lives of those with whom she works. In working with Ana, clients experience just how easy and enjoyable getting healthy can be!