

Simple Cleanse At-A-Glance

The Strategy

1. Plan and prepare your 3 meals: liquid meal for breakfast, solid meal for lunch, liquid meal for dinner.
2. Follow the list of what food to include in your routine.
3. Leave a twelve-hour window from the last meal of one day to the first meal of the next. Drinking water is encouraged between meals.
4. Make sure you have a bowel movement everyday. If this is not happening please let me know and I will give you suggestions on how to make this happen.
5. Drink enough pure filtered clean water to make you urinate about every hour.
6. Incorporate movement into your day, as often as you can. (i.e. walk, take the stairs, or park a block from your destination.)
7. Rest. Make sure you are getting plenty of sleep.
8. If you have any questions please ask!

This cleanse is to be used as a simple tool to clear some bandwidth so that you have some space in your body and mind to receive information and transform it to further your understanding of your health and accelerate your business. I want to make sure that this is easy to follow and mainly focused on all the foods that you CAN have not what you can't. If you have questions please be sure to reach out as the cleanse is not the main focus of the group coaching experience. Again, this is one of the tools we will use to clear some mental space and clean out the toxic overload so that your body and mind can fully receive all of the in-depth information we will share.

Included Food and Drink

Diary Substitutes:

hemp, rice, and nut milks (almond, hazelnut, or walnut), coconut milk, coconut oil or butter (exclude all animal dairy)

Non-Gluten Grains:

brown, red, black, and wild rice, millet, amaranth, teff, tapioca, buckwheat, quinoa

Fruits and Vegetables:

unsweetened fresh or frozen whole fruit, water-packed and unsweetened canned fruits, avocado, olives, sea vegetables, raw - steamed - sautéed - juiced - or roasted vegetables

Animal Protein:

fresh or water-packed cold water fish (trout, salmon, halibut, tuna, mackerel, sardines, pike, kippers), wild game (rabbit, pheasant, bison, venison, elk), lamb, duck, free-range chicken, turkey

Vegetable Protein:

split peas, lentils, legumes, bee pollen, spirulina, blue-green algae

Included Food and Drink



Nuts & Seeds:

hemp seeds, sesame seeds, pumpkin seeds, sunflower seeds, hazelnuts, pecans, almonds, walnuts, cashews, macadamia nuts, pistachios, brazil nuts, nut and seed butters (almond or tahini)



Oils:

cold-pressed olive, flax, safflower, sesame, almond, sunflower, walnut, pumpkin, coconut



Drinks:

filtered water, decaffeinated herbal teas, yerba mate, green, white, and red teas.



Sweeteners:

stevia, coconut nectar, yacon, whole/fresh fruit, dried fruit (in moderation)



Condiments:

Vinegar (apple cider, balsamic, coconut), all spices except cayenne, all herbs, sea salt, black pepper, carob, raw chocolate (dairy and sugar free), cinnamon, cumin, dill, garlic, ginger, oregano, parsley, rosemary, tarragon, thyme, turmeric, stone-ground mustard (no sugar), miso, coconut liquid aminos, wheat-free tamari sauce, whole fruit jam/jelly (no sugar), agar-agar, baking soda, baking powder (in moderation)

Simple Cleanse Clean Audit

Answer the questions on this list and note your "yes" answers.

- Do you have headaches more than occasionally?
- Do you tend to get colds or viruses each year?
- Do you have bowel movements less frequently than after every meal?
- Do you have bowel movements that are not soft and easily passed?
- Do you have diarrhea more than very rarely?
- Do you get itchy or watery eyes and nose at certain times of year?
- Do you have allergies or hay fever?
- Do you often get congested or mucousy?
- Do you get bloated after eating?
- Do you have extra pounds that won't come off with diet and exercise?
- Do you have puffiness in areas of your face or body?
- Do you have dark circles under your eyes?
- Do you get heartburn?
- Do you have gas more than occasionally?
- Do you have bad breath or body odor?
- Is there a thin white coat on the back of your tongue when you wake up?
- Do you get cravings for certain kinds of food, especially sugary, starchy, or dairy foods?
- Do you have a tendency toward restless sleep?
- Do you have itchy skin, pimples, or any other troubling skin condition?
- Do you get pain or stiffness in your joints or muscles?
- Do you have low moods or a foggy mind?

Clean Audit Continued

- Do you find that you are forgetful, have difficulty concentrating or can't find words?
- Do you feel apathetic and tired?
- Do you feel anger or bursts of irrational frustration?
- Do you have higher than average sensitivity to odors?
- Do you use multiple prescription medications?
- Have you noticed an increasing sensitivity to toxins in everyday life? (cleaning products)
- Do you use many potentially toxic chemicals in your home or work environment?
- Do you have musculoskeletal aches and pains or symptoms suggestive of fibromyalgia?
- Do you have tingling or numbness on one side?
- Do you have strange reactions to medications or supplements?
- Do you have recurrent edema?
- Have you noticed a worsening of any troublesome symptoms after anesthesia or pregnancy?

These could all be symptoms of toxicity. It's hard to find anyone who doesn't answer "yes" to at least one or two of these questions. No matter how many yes answers, you can benefit from cleansing. Cleansing of course is NOT a magic bullet. It is designed to be a jump start - a reboot that gets all systems running better. Whole food cleansing is a preventative tool to use periodically to shed accumulated toxins and switch to deeper healing.

 This is not a long term wellness plan 

Simple Cleanse Set Intentions

Take a few moments to ponder and set your intention. Setting your intention is the root to success. A strong desire guided by the right intention will get you started powerfully. It is very important that you set the right frame of mind and the way to think about the program you are about to start.


We always take time for what we want. When we have a burning desire for something, we will go the extra mile or turn the planet upside down to get it. Setting an intention is how you actively cultivate desire, so that it can propel you to success and get you over hurdles.

Envision a different you:


Take a moment to answer and journal about these questions as you begin to set your intentions to AWAKEN your inner desires of both health and business success.




How do you look and feel right now in your body and mind?




What would it mean to you to look and feel healthier? How might that feel?



What would it mean to your loved ones if the health issues (if you have any) that limit you started to resolve?



How would it benefit you socially, financially, spiritually, and emotionally to live in a state of vibrant energy and mental clarity?



What would change in your business and how your showing up inside your business if you were living with radiant health?

Visualize these possibilities; sense what they feel like. Notice how the spark of desire turns into a wildfire when you begin to feel the possibility of change. Set the intention to begin the program with commitment and to complete 3 weeks of it; make sure you have a strong idea of why you are doing it.

