



# The 14-Day Reset Cleanse

# HERE'S TO...

Releasing the OLD • Pressing RESET

Feeling energized • EXPANDING your lungs

Oxygenating your cells • Loving the skin you're in

DELICIOUS meals • INSPIRING conversations

AMPLIFYING gratitude

LETTING GO of judgment • Embracing beauty

Unplugging • ENGAGING the senses • PLAY

Giggle • Enjoy your ALIVENESS



## Welcome

Congratulations! You have just made an exciting commitment to your health. This cleanse is a pathway to release toxins and excess blood from your tissues, reset your digestive system and renew your baseline of wellbeing. You will learn how food affects the way you feel, how to attune to your body's unique needs and activate your natural healing potential.

# Table of contents

## INTRODUCTION

- Page 2: Welcome
- Page 4: Table of contents
- Page 5: Is it time for a cleanse?
- Page 6: Your 14-day cleanse program overview
- Page 8: Why cleanse?
- Page 10: Channels of elimination

## THE CLEANSE

- Page 12: PHASE ONE: PRE-CLEANSE PHASE
- Page 14: PHASE TWO: THE CLEANSE
  - Page 16: What to eat
  - Page 18 What not to eat; Cleanse supply list
  - Page 19: The flax seed cocktail
- Page 20: CLEANSE-ENHANCING ACTIVITIES
  - Page 20: Breathing
  - Page 21: Belly massage
  - Page 22: Skin brushing & bathing
  - Page 23: Stretching, massage & exercise; Hot water bottle
  - Page 24: Enemas
  - Page 25: Saunas; Detox tea
  - Page 26: Sample daily schedule
  - Page 27: Daily checklist
  - Page 28: Hungry?
  - Page 29: What are you hungry for?
  - Page 30: Sample meal plan
  - Page 32: Cleanse questions & answers
  - Page 34: Coping with challenges during your cleanse
- Page 36: PHASE THREE: RE-INTRODUCTION
- Page 38: CONGRATULATIONS!

## CLEANSE-FRIENDLY RECIPES AND SHAKES

- Page 40: Shakes
- Page 42: Breakfast
- Page 44: Salads, veggies & green things
- Page 46: Soups
- Page 48: Goodness grains & beans
- Page 50: Fish dishes
- Page 52: Blended raw soups & elixirs
- Page 54: A sweet treat!

# Is it time for a cleanse?

- Do you get bloated after eating?
- Do you tend to gain weight easily especially in your belly?
- Do you have extra pounds that won't come off with diet and exercise?
- Do you have headaches more than occasionally?
- Do you frequently belch or feel gassy or gurgling in your belly?
- Do you tend to feel lethargic during the day?
- Do you have cravings for sugar or starchy foods?
- Do you experience mood swings or anxiety?
- Do you have difficulty focusing or experience foggy brain?
- Do you have allergies or hayfever?
- Do you experience pain, muscle aches, or stiffness in your joints?
- Do you feel addicted to foods that you know aren't good for you... and yet you can't stop?
- Do you feel anxious, upset, nervous, or downright cranky?

If you answered "Yes" to any of these questions, you would greatly benefit from this cleanse! Turn the page to get started...



# Your 14-day cleanse program overview: 3 easy phases

## PHASE ONE: PRE-CLEANSE PREP (2 DAYS)

The Pre-Cleanse is about making the commitment setting your intentions, shopping for cleanse friendly ingredients, and beginning to ease your body into the full cleanse, mentally, emotionally and physically.

## PHASE TWO: CLEANSE (7 DAYS)

During the Cleanse you will follow the simple elimination diet plan and body practices.

## PHASE THREE: RE-INTRODUCTION (5 DAYS)

In the Re-Introduction phase you will re-introduce foods back into your diet one by one to identify food sensitivities and intolerances and create a maintenance diet that best serves your unique body.



### BENEFITS:

- Shed excess weight (especially abdominal weight)
- Boost your energy
- Feel lighter and cleaner
- Decrease your craving for unhealthy foods
- Experience deeper sleep and clearer skin
- Improve your digestion (less gas and bloating)
- Enhance your body's ability to mobilize and excrete toxins
- Decrease congestion and allergy symptoms
- Discover food sensitivities
- Create healthy habits that enliven you

# Why cleanse? A little bit o' science

Toxic chemicals abound in the world today – they easily find their way into our body through the air we breathe, the food we eat, and the water we drink. We also ingest foreign chemicals when taking medicinal or illicit drugs, or when using alcohol or tobacco.

Although the body is designed to be self-cleaning and to excrete these toxins, it cannot always handle the overload present in today's environment. Chemicals not excreted accumulate in our fat cells and cell membranes and become internal toxins.

When the body is under stress, it releases those toxic waste products from the fat to circulate in the bloodstream. These toxins can damage the protective intestinal lining, literally corroding the body from the inside out; making it a less effective filter for the good nutrients we might be bringing in. The more it is damaged, the less effectively it absorbs nutrients, and the more toxins pass into the blood and lymph systems. This is why elimination is so important during a cleanse! We aim to eliminate toxins from the body to avoid toxic overload.

## What Are Symptoms Of Toxic Overload?

- headaches
- nausea
- constipation
- diarrhea
- belly bloat
- painful gas
- frequent belching
- joint and muscle aches
- muscle tension
- soreness or cramps
- itching
- acne
- warts or other skin eruptions
- inability to concentrate
- foggy brain
- irritability
- depression
- mood swings
- cardiovascular irregularities
- weight gain or loss
- insomnia
- fatigue
- lethargy
- flu-like symptoms
- allergic reactions including hives, stuffy or runny nose, sneezing, and coughing

To avoid these symptoms and effectively reset the body it is important to keep all of the body's channels of elimination open and functioning well. A number of cleansing activities are recommended in this cleanse, beyond changing your diet. The time and loving attention you devote to these activities for your body during your cleanse will be richly rewarded with improved health.

It is believed by nutritionally oriented health care practitioners that specific food allergies are related to metabolic toxicity. Symptoms from apparent food allergies may result from reduced enzyme concentrations and from intestinal bacterial endotoxins. One classic approach to eliminating or minimizing symptoms associated with food allergies is using a hypo-allergenic diet or elimination diet (which is the approach we'll be using in this cleanse).

Foods that most commonly cause symptoms of a food allergy or toxicity are gluten containing grains, dairy products, eggs, soy, caffeine, yeast, sugar (and its many forms), dried fruits, citrus fruits and sometimes poor food combining. Avoidance of these foods has led to relief of symptoms in many individuals. By reintroducing these foods back into the diet individually, you will be able to see clearly how your body reacts to that food.

This gentle, yet effective approach is designed to support the liver's detoxification pathways and to improve intestinal health so that the body can clear out excess toxins and operate at its highest potential. It delivers an all access pass to boundless reserves of energy you didn't know you had. You'll find that every part of your body works better simply by "switching on" your metabolism and body's natural healing abilities.

A variety of nutrient dense, high fiber foods are conveniently planned for you, taking the guesswork out of wondering what is okay and not okay to eat.

# Channels of elimination

## THE SKIN

Our skin is the body's largest organ of elimination. Elimination occurs through sweat, oil, and the shedding of skin cells and hairs. Sweat contains varying amounts of uric acid (a nitrogen based waste product that smells like ammonia) electrolytes (such as salt), and other water-soluble waste products similar to those excreted from the liver into the bile. Sweat and oil of people undergoing detoxification has been found to contain a variety of toxic substances to which they were exposed, even years before, including nicotine and tar, pesticides, heavy metals and other chemicals.

Saunas, steaming or sweat inducing movement help pull stored toxins from our cells, promote good circulation and critical elimination. The sweat should be rinsed from the body, or dry brushed (which we'll cover later) to remove acids and prevent reabsorption.

## THE HAIR

In the normal process of hair growth we lose about 100 hairs a day. Guess what? Lost hairs carry away toxins! Vigorously massaging your scalp with your fingers and regular hair brushing with a clean brush promote healthy elimination and allow new hairs to grow.

## THE LUNGS

The main role of the lungs is excretion of carbon dioxide, a waste product of cellular metabolism. This is the body's main way to maintain the proper acid-base balance, which is important for all the chemical reactions necessary for a healthy metabolism.

The lungs function best when we breathe fresh clean air both fully and deeply. Breathing exercises and stimulating physical movements, which increase respiratory rate and depth (deep, satisfying breaths – oh yeah!), are an important part of cleansing. Oxygenating your brain and blood will lift your spirits and make you feel good!

## THE KIDNEYS

The main role of the kidneys is to continuously filter our blood, remove toxins, and delicately balance the electrolyte and water balance of our blood. During a cleanse, when toxins are purposely being pulled from our cells in to the bloodstream, it is



*If your sweat smells odd during your cleanse, it's a good sign! Showering regularly to remove these toxic substances from your skin during a cleanse is important so they are not reabsorbed into your system*

particularly important to drink plenty of purified water to ease the load on the kidneys and bladder.

## HOW MUCH WATER SHOULD I BE DRINKING?

If you aren't used to drinking much water, the first few days of drinking extra will seem like too much. You'll find yourself urinating hourly, or more and the urine will appear almost clear, colorless, and odorless. One way to think of this phenomenon is that the body is like a big, dry sponge upon which we're pouring the water. At first, the water just runs off the surface. Gradually though, the sponge begins to absorb the water, until finally it is saturated, and excess water trickles out the bottom.

## THE INTESTINES

During a cleanse, we give our digestive tracts a vacation from the stress of having to process foods which cause inflammation, fermentation and allergic reactions. Eating with full attention and chewing promotes proper digestion.

Enzymes are secreted in our saliva, which are thoroughly mixed with our food while we chew. This action stimulates the stomach to produce acid and enzymes in preparation for the coming meal. Stomach enzymes stimulate pancreatic enzymes to be secreted in the small intestine, which stimulates the muscular contraction to move food along.

The stimulus of each meal should produce enough contractions to move intestinal contents all the way along their path and out of the body. This means that if you have three meals a day, you should be having three bowel movements a day, even if they are small ones. If you are not having consistent daily bowel movements, there's a good chance you're not drinking enough water or you may want to add a magnesium supplement or enema to promote regular bowel activity. (See Common Challenges while cleansing.)



**Hydration tip!**  
Fill up 2 liter sized glass water bottles in the morning. Drink water throughout the day to help pull toxins from your cells and flush the body.

# Phase one: pre-cleanse phase (2 days)

1. Identify your goals + support network
2. Set up your schedule for success (very important!)
3. Set up your home
4. Review the dietary guidelines and supply list, then go shopping so you have what you need before you begin your cleanse.

## 1. Identify Your Goals + Support Network

Why do you want to cleanse? What are your expectations and hopes?

What are some of the patterns or habits in your life you would like to eliminate?

Do you have any concerns about the cleanse? (See Cleanse Questions & Answers or review your concerns with your health coach)

Having support and accountability is really helpful to stay on track, do you have a friend, partner, co-worker or family member that might want to participate in the cleanse with you?

- What extra special support might nourish you?
- Massage or other body work
  - A walk, hike or other movement with a friend
  - Solo time
  - Inspiring books or audios
  - A new music playlist
  - A housecleaner
  - A bubblebath
  - Take a vacation from your computer
  - Leave more time to get where you're going
  - Other \_\_\_\_\_

## 2. Set Up Your Schedule For Success

Decide **WHEN** you will begin and complete your cleanse. Put it in your calendar. While this cleanse can be done in the context of "normal" functioning work life, consider giving yourself permission to be more spacious, to slow down and relax into your body's healing process. It is natural to feel tired for the first few days as your system recalibrates. It is important to rest when your body is calling for rest. You will also want to block time in your schedule for shopping and prepping foods ahead of time so you are not urgently hungry and tempted to veer off the cleanse for a quick hungry or "hangry" (hungry-angry) fix.

## 3. Setting Up Your Home

Get rid of any "toxic temptations" such as breads, anything with sugar, chips, beverages... any items on the "do not eat" list that you might be tempted to binge on or eat out of convenience.

Create space to stretch and exercise, space for food prep, buy flowers or anything that makes your feel like an honored guest!

4. Review Phase Two, the detailed food, supply list and recipes at the back of this book, then go shopping so you have everything you need *before* you begin your cleanse.

# Phase two: the cleanse (7 days)

The big question on most people's minds when they begin a cleanse is "What the heck do I eat?" During the cleanse phase we are focusing on simple, clean foods that are easy to prepare and easy to digest. This protocol is designed to eliminate major foods that cause inflammation and digestive issues. You will see that there are plenty of foods to choose from! One of the core strategies here is to focus on what you get to have, not what you don't get to have.

Here's a snapshot of what to eat and what not to eat during your cleanse. A more detailed list is provided in the pages that follow.

## **EAT** (all items should be organic)

- ✓ whole vegetables, leafy greens
- ✓ whole fruits, berries, lemon water
- ✓ brown rice, quinoa
- ✓ beans, legumes, lentils
- ✓ nuts, seeds, & nut butters
- ✓ avocado & coconut oil
- ✓ green tea, yerba mate,
- ✓ fish, chicken and turkey\*
- ✓ stevia\*\*

## **DON'T EAT**

- ✗ all gluten (wheat, corn, oat, spelt, rye)
- ✗ dairy
- ✗ beef, pork, sausage, cold cuts, eggs
- ✗ corn, soy
- ✗ tomatoes, eggplants, peppers
- ✗ bananas, strawberries, oranges
- ✗ grapes, dried fruit
- ✗ coffee, soda, alcohol
- ✗ sugar including artificial sweeteners and honey

\*This cleanse is primarily designed as a plant based hypoallergenic diet. If you prefer to include animal protein, stick with fish and poultry only.

\*\*Use stevia in moderation. No other sweeteners are permitted.





# What to eat

## PROTEIN IDEAS (ALL ITEMS SHOULD BE ORGANIC!)

### ANIMAL SOURCES:

- Chicken
- Turkey
- Cod
- Halibut
- Wild Salmon
- Sole
- Trout

### VEGGIES & FRUITS:

- Mushrooms
- Avocado
- Acai
- Olives

### GRAINS:

- Quinoa
- Rice Protein Powder

### SUPERFOODS:

- Spirulina

### OTHER SOURCES:

- Seed Veggies
- Adzuki Bean
- Miso

### DRIED BEANS:

- Adzuki
- Black Beans
- Garbanzo (chickpea)
- Kidney
- Lentils
- Pinto
- Split Peas
- Mung Beans

### NUTS & SEEDS

INCLUDING NUT BUTTERS:  
Hemp, Pumpkin & Flax  
Sunflower Seeds  
Sesame Seeds

- Tahini
- Almonds
- Walnuts
- Brazil Nuts
- Pine Nuts

*Cooking method DOs:*  
raw  
steamed  
sautee  
bake

*Misc. useful condiments:*  
ume vinegar or paste  
apple cider vinegar  
nutritional yeast

## OILS/NUTS/SEEDS (ORGANIC, RAW ONLY, DO NOT COOK!)

- Almond Oil
- Almonds
- Cocconut Oil (virgin, unrefined)
- Flax Oil
- Flax Seeds
- Hazelnuts
- Hempseeds
- Hempseed Oil
- Nut Butters
- Almond Butter
- Pumpkin Butter
- Sesame (tahini)
- Walnut
- Olive Oil (extra virgin cold-pressed)
- Pine Nuts
- Pumpkin Oil
- Sesame Seed Oil
- Sesame Seeds
- Sunflower Seeds
- Walnut Oil

## FRUITS & VEGETABLES

### WHITE

- White nectarines
- White peaches
- Garlic
- Jerusalem Artichoke
- Jicama
- White mushroom
- Parsnips

### RED

- Cherries
- Gala Apples
- Watermelon
- Pomegranate
- Beets
- Cranberries
- Pink/Red Grapefruit
- Red Peas
- Raspberries
- Radishes
- Radichio
- Rhubarb

### ORANGE/ YELLOW

- Peaches
- Apricots
- Lemons
- Mangos
- Yellow Peas
- Gold Beets
- Carrots
- Squash
- Gold bar zucchini
- Papaya
- Rutabega
- Pineapple

### GREEN

- Avocado
- Kale
- Green beans
- Scallions
- Spinach
- Bok choy
- Cucumbers
- Snap peas
- Fennel
- Zucchini
- Leeks
- Sprouts
- Kiwi
- Green Peas
- Limes
- Lettuces
- Broccoli Rabe
- Celery
- Artichoke

### BLUE/PURPLE

- Blackberries
- Plums
- Blueberries
- Purple Cabbage

### BROWN

- Ginger
- Shiitakes,
- Criminis
- portabellas
- Brown peas

# What NOT to eat

- Oranges, grapes, fruit drinks, dried fruit
- Wheat, corn, oats, barley, spelt, kamut, rye, and all gluten-containing products. Keep bread and cracker products to a minimum.
- Soybeans and soy based products (soymilk, tofu, tempeh, soy sauce)
- Peanuts, pistachios, peanut butter and any roasted or salted seeds or nuts
- Milk, cheese, cottage cheese, cream, butter, ice cream, frozen yogurt, non-dairy creamers
- Margarine, butter, shortening, processed and cooked oils (as much as possible)
- Soda, alcohol, coffee (reduce or drink green tea, Yerba Mate, or Teecino), milk, bottled juice
- White or brown sugar, honey, maple syrup, corn syrup, high fructose corn syrup, Nutrasweet, or other artificial sweeteners, sorbitol, and Splenda
- Mayo, croutons, dairy dressings, tamari
- Canned soups, bouillon, powdered and packaged mixes

# Cleanse supply list

- Body brush for dry skin brushing (long handled, hard bristled body brush)
- 3-4 disposable enemas
- Journal
- Epsom salts for bathing
- Hot water bottle (optional but very useful!)
- Blender
- Mason jars for tea or smoothies on the go
- Large jug or water bottle



# The flax seed cocktail

Drink the flax seed cocktail on an empty stomach in the morning and night to help with elimination.

**What to buy:** Ground flax seed

**When:** Taken 2x/ daily on arising and before bed.

**Purpose:** to increase elimination.

**How to:** Add 1 full teaspoon of ground flax seeds in 8oz water. Drink quickly. Do not let it sit too long or it will coagulate! Follow with a second glass of water to move toxins through the body.

# Cleanse enhancing activities

## Breathing

### BREATHING EXERCISE 1: BREATH OBSERVATION

Do this simple breathing exercise for five minutes once a day. Your goal is simply to keep your attention on the breath cycle and observe. No matter how the breath changes, even if the deviations become very small, just continue to follow them. This is a basic form of meditation, a relaxation method, and a way to begin to harmonize body, mind, and spirit.

1. Sit in a comfortable position with your back straight and your eyes lightly closed, having loosened any tight clothing.
2. Focus your attention on your breathing, and follow the contours of the cycle through inhalation and exhalation, noting, if you can, the points at which one phase changes into the other.

### BREATHING EXERCISE 2: LETTING YOURSELF BE BREATHED

This exercise is best done while lying on your back, so you might want to try it while falling asleep or upon waking.

1. Close your eyes, letting your arms rest alongside your body, and focus attention on your breath without trying to influence it.
2. Now imagine that with each inhalation the universe is blowing breath into you and with each exhalation withdrawing it. Imagine yourself to be the passive recipient of breath. As the universe breathes into you, let yourself feel the breath penetrating to every part of your body, even your fingers and toes.
3. Try to hold the perception for ten cycles of exhalation and inhalation. Do this once per day.

### BREATHING EXERCISE 3: THE 4-7-8

The 4-7-8 breath, is an ancient technique from the yogic tradition. Practice it at least twice a day.



Touch the tip of your tongue to the inner surface of the upper front teeth, then slide it just above your teeth until it rests on the alveolar ridge, the soft tissue between the teeth and the roof of the mouth. Keep it there during the whole exercise. Now exhale completely through the mouth, making an audible sound (a whoosh).

Then:

- Close your mouth and inhale quietly through your nose to a (silent) count of four.
- Hold your breath for a count of seven.
- Finally, exhale audibly through the mouth to a count of eight.

This constitutes one breath cycle. Repeat for a total of four cycles, then breathe normally.

## Belly massage

This practice comes from the ancient modality known as Chi Nei Tsang (CHEE-NAI-SAHNG), or Chinese Organ Massage. Chi Nei Tsang treatments are specifically designed to train the internal organs to perform better on their own. It is the reason why it works so fast, efficiently and offers long lasting results.

1. Lie down on your back on a mat or on a blanket on the floor. Lift your knees so your back and abdomen can relax, feet flat on the floor apart from each other knees resting against each other or in neutral position. You can put a pillow or two under your knees to support them if necessary.
2. Breathe effortlessly long and deep toward your sacrum and pelvic floor, filling up your abdomen first and then all the way inside your shoulder blades. Exhale dropping your chest first, then your abdomen. Continue to breathe deeply but gently like this throughout the entire treatment.

3. Using the fingers of both hands, feel the thickness and quality of your skin around the rim of your navel.
4. Massage firmly but gently, stimulating the circulation in the skin especially whenever you feel discomfort press more gently. In less than a week this step of the treatment improves digestion and elimination, will help rid you of chronic nerve, back, and neck pains, reduce water retention and help you lose weight. Recommended 5-10 minutes daily.

5. Moving away from your navel, massage with a pumping motion with you fingers using both hands as deeply as is comfortable. Alternate both hands to stimulate the intestinal transit and deep lymphatic system. This technique detoxifies by increasing the metabolic rate. Recommended 5-10 minutes.
6. Starting from your left side under your rib cage,



gently massage and pull down towards your navel from under your ribs. You'll be loosening the tissues that have cramped under your rib cage. Always be gentle but massage firmly. Follow across to your right side. Recommended 5-10 minutes.

7. Massage your lower abdomen—the space between your navel and your pubic bone—starting by rubbing clockwise a few times, then counter-clockwise. Alternate pumping with both hands. Reach deep inside with your fingers under your pelvic bone then up towards your navel. If it is painful be more gentle but be consistent. Discomfort most likely means you really need it. As discomfort diminishes press more firmly. As you continue breathing throughout the massage, as described in step 2, the breathing massages you from the inside, complementing the effects of the massage from your hands. 5-10 min
8. Lay your hands flat on your abdomen and send heat from your hands into your abdomen. Absorb the heat into your body and breathe softly as long as is comfortable.
9. Practice 1-4 everyday and take a full 30 minutes once a week for the whole routine.

# Cleanse enhancing activities

## Skin brushing + bathing

A skin brush is a long handled, non-synthetic, hard bristled brush used to help unclog pores and excrete toxins that become trapped in the skin. It's also great for stimulating lymph and reducing cellulite. Long handled skin brushes can be purchased at a health food store or online.

To get started, follow the simple steps below:

1. Get naked and stand dry in a bathtub. Do not wet your skin.
2. Begin brushing by starting at your feet and moving in long sweeping motions toward your heart. Always brush toward your heart.
3. Brush several times in each area, overlapping as you go.
4. Take care as you brush over more sensitive areas, like breasts. Your skin will become less sensitive the more you dry brush.
5. Once you've brushed your entire body, jump in the shower. (I like to alternate between the hottest water temperature I can tolerate and the coldest. This stimulates blood circulation, bringing more blood to the top layers of the skin.)
6. After getting out of the shower, pat dry skin and slather your body with organic, body grade coconut oil.
7. Continue to dry brush your entire body every day. Twice a day is recommended for best results. Remember to clean your brush with soap and water once a week. Leave to dry in a clean, sunny spot to avoid any mildew accumulation on your brush.



## Stretching, massage & exercise

Stretching, massage and exercise provide you with important opportunities to love and pay attention to your body, relieve stress, improve circulation, and improve muscle and organ health. Easy stretching and exercising should be included daily. Massage treatments are excellent.

## Hot water bottle

Hot water bottles aren't just for old ladies. The hot water bottle is one of the most useful all-purpose health care products you will ever use! It is designed to apply comfortable, soothing heat therapy easily and conveniently to any part of the body, for a variety of ailments.

Try using the hot water bottle on:

- the abdomen for digestion
- the back for strain

Heat water until nice and hot. Fill bottle 2/3 full. The hot water bottle will stay warm for up to 2 hours.

# Cleanse enhancing activities

## Enemas

Daily bowel movements are key to your cleansing, detoxifying and rebooting your digestive system. Enemas are an easy, low-cost, safe way to thoroughly cleanse accumulated waste in the digestive tract and move it out.

### SUPPLIES YOU WILL NEED:

- A disposable saline or home enema (sold at most drug stores or pharmacies).
- A few towels
- A tiny bit of coconut or olive oil for lubrication.

### HOW TO:

1. Place a few towels in the bathtub so you will be comfortable lying down. Use a little coconut oil to lubricate your anus and the nozzle of the insertion apparatus.
2. Lie on your back, with your knees drawn towards your chest. Depending on your comfort level or size, you might also find it more advantageous to lie down on your side; some people find it easier to take in more liquid while resting on their side.
3. After you are comfortable, insert the nozzle about three inches into the anus. Stop if you feel any resistance and adjust the angle slightly until you can easily insert the tube.
4. Slowly squeeze the bottle, taking in as much water as you can. Go slowly as going too fast can create the need to evacuate too quickly. The key to a successful enema is to hold in the liquid until the body's natural peristaltic movements begin. If you experience cramping, pause, massage your belly and breathe before continuing to fill.

5. After you have taken in as much water as you can hold, remove the nozzle. Continue lying on the floor on your back or side until you feel the urge to move to the toilet.

6. Expell!



## Saunas\*

One of the ways the human body removes toxins and speeds up metabolism is through sweating! People who are dehydrated or have low blood pressure may feel dizzy. The importance of being well hydrated before and during a sweating treatment cannot be overemphasized. This means sipping water over a long period before, not just guzzling a bunch of water immediately before or during your sauna.

To maximize health benefits, alternate between 10 minutes in a sauna, followed by a cold plunge or shower.

\*Be sure to consult your doctor before taking a sauna if you are pregnant or have a heart or kidney condition.

## Detox tea

Detox tea usually includes gentle cleansing herbs that promote healthy liver function such as burdock, dandelion, licorice root, fennel seed and nettles. You can find a Detox Tea at your local health food store.

# Sample daily schedule

# Daily checklist

## Early morning

Upon rising, drink a big glass of warm lemon water.  
 Follow with flaxseed cocktail.  
 During the next 15 minutes breathe, stretch, walk outside.  
 Drink a shake with 2tbsp of flax oil or coconut oil.  
 Skin brush and bathe, ending with a cool rinse.  
 Eat breakfast (if you are hungry).  
 Detox tea (after you eat).

## Mid-morning

Snack, if needed, fruit, veggies, small handful of nuts.  
 Breathe.  
 Drink water.

## Mid-day

Big rainbow salad and Vegetable soup.  
 Detox tea.  
 Sun gaze (stand outside, gaze at the sun with your eyes closed, feel the warm sunlight on the backs of your eyelids.)

## Late afternoon

Rest, breathing exercises, belly massage.  
 Have a shake if hungry.

## Evening (before 7)

Drink warm water with lemon 20 min before dinner.  
 Pick foods from the detox menu for dinner.  
 Detox tea.  
 Breathe, gentle exercise, walk.  
 Skin brush and bathe (if you didn't do it in the morning).

## Before bed

Flaxseed cocktail.  
 Hot water bottle.  
 Journal.  
 Sleep by 10pm.

## Night fasting

The body goes into deep detox mode at night. Complete your last meal by 7pm and do not consume any other food until the next morning. Your body needs about 12 hours to fully clean house!

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Hot water with lemon							
Flax cocktail morning & night							
Hours of fasting between last meal & breakfast (ideally 12)							
Deep breathing							
Dry skin brushing							
Detox tea							
Enema							
Number of hours of sleep							
Cleanse enhancing activities							
Fullness scale (1-10)							
Movement							

(Print two copies of this page so you have 14 total days and hang on your refrigerator for easy daily accountability.)

# Hungry?

## Honoring hunger & fullness

Have you ever desperately binged on crappy foods because you suddenly realized you were starving and that's what was most convenient? Or perhaps you've had the experience of overeating to the point of needing to unbutton your pants or take a nap. Neither is optimal.

Most of us generally wait until we are too hungry to make good decisions or eat far too much for our energetic output. A cleanse is an opportunity to recognize those habits and make changes that support you feeling nourished, energized, and alive.

Honor your hunger by prepping meals when you are mildly hungry vs. starving. Honor your fullness by completing your meal when you are at a 7 on a fullness scale of 1 - 10. What this means is eating to be energized, but still having room in your belly. If you are feeling the compulsion to continue to eat beyond a 7, pause, tell your body you will eat again later, that this meal or snack is complete, have a cup of tea and engage in a cleanse enhancing, non-food oriented activity.

## True hunger or emotional hunger?

Sometimes we feel hungry and we truly are hungry. Perhaps we didn't eat enough for the output. Other times we become preoccupied with food. This is not a true hunger, but more of an emotional hunger. Emotional hunger urgently wants to be filled, usually with a specific food, like a comfort food and is often followed by feeling of guilt or shame.

Cultivate a BIG curiosity about what drives you to eat, especially outside of meal times. Become hyper aware, record insights in your journal. The awareness will help you make healthier, conscious choices that support you feeling great both during the cleanse and beyond.

# What are you hungry for?

## Journal prompt

When you are feeling preoccupied with food or get hit with a challenge to overcome snack attack, write in your journal. This will help you get to know what triggers your hunger, especially false hunger, where you're not really hungry for food, but yearning for some unrecognized, unmet need. Awareness gives us more range to make empowered choices that support our best health!

Time I feel hungry:

What am I doing/ working on right now?

What is cueing the hunger? Am I actually hungry or sad, bored, anxious or depressed?

Is there something I am wanting to avoid, procrastinate or distract myself away from?

What I'm wanting right now is...

How I am choosing to honor my body is...

# Sample meal plan

You are much more likely to stick with the cleanse if you have a clear plan of what to eat. Planning ahead is key. Create your own cleanse friendly meal plan using the recipes at the back of this book or crafting your own using cleanse friendly ingredients. Ideally, you want to eat more food earlier in the day when your fat burning capabilities are highest, and less in the evening, when metabolism slows down, especially if you are trying to shed some excess weight.

## Breakfast

- Cream of rice cereal with apple, blueberries/ raspberries and seeds or nuts
- Plain mochi with nut butter and sliced fruit
- Veggie stir-fry
- Rice bread toast (like Food For Life brand) with nutter butter or avocado
- Shake! (Often a shake is enough for people, unless you are very physically active)

## Lunch

- Hummus lettuce wraps with sliced veggies
- Stir-fry veggies with brown rice or quinoa
- Big rainbow salad with veggie soup
- Cilantro soup
- Kale salad
- Kitchari

## Snacks

- Sliced veggies
- Guacamole and rice crackers
- Veggie broth
- Soaked nuts & seeds
- Jicama with lime

## Dinner

- Gentle Lentil Soup and Oven Roasted Carrot Fries
- Thai squash stew
- Red Quinoa with Pumpkin Seeds & Kale
- Fish or bean tacos
- Marinated Gimme Green Salad

## Sweet treat (if you must)

- Baked apple
- Fruit slices with nut butter
- Sweet tea (such as vanilla, almond or rose)





# Cleanse questions & answers

## HOW MUCH WATER SHOULD I BE DRINKING DURING THE CLEANSE?

Probably more than you're used to! Water helps flush toxins out of your system so you want to drink a lot. Fill up two liters of water in the morning. You are much more likely to drink it if it's there in front of you. Drink more water if you exercise regularly or are very active.

## DO I REALLY HAVE TO GIVE UP COFFEE? WHAT ABOUT DECAF?

We've been there. We know how much coffee drinkers love their coffee. The answer is yes, you really do have to give up all coffee, decaf included for the seven days. Coffee is very acidic and dehydrating, and caffeine severely taxes the detox organs, such as the liver and kidneys. Even though decaf coffee does not have caffeine, it is still acidic and dehydrating, and the caffeine is usually extracted with chemical solvents, making it a poor choice during the cleanse.

Here's what we suggest you do to let go of coffee during your cleanse:

**GREEN VEGETABLE JUICE:** To re-mineralize and hydrate your body, consume 8-16 ounces of fresh green vegetable juice daily, made at home or from your local juice bar. Use cucumber, celery, and lots of greens (kale, parsley, romaine, chard). Add a bit of apple or carrot for sweetness, with ginger and lemon. Try this for one week and watch your energy soar. This is powerful stuff!

**TECCINO:** This is a super yummy coffee substitute made out of almonds and chicory. You can find it at Whole Foods. Mix with steamed almond milk and a dash of stevia.

**GREEN TEA OR YERBA MATE:** These are great coffee

substitutes - energizing and full of additional health benefits.

## I'M PREGNANT. IS IT SAFE TO CLEANSE?

While this is a very gentle cleanse that benefits most people, if you are pregnant, nursing, are on any kind of prescription drugs or have a medical condition, do NOT start the cleanse without first consulting your doctor.

## WHAT DETOX SYMPTOMS CAN I EXPECT? AM I GOING TO BE ABLE TO FUNCTION NORMALLY AT WORK?

In a well designed cleanse program such as this one, you need not feel like crap, but you will likely experience some symptoms. After all, you are detoxing!

Symptoms may include: increased body odor, bad breath, fatigue, headaches, irritability, chilliness, dry lips and skin (dehydration!), constipation or increased mucous discharge.

If you are experiencing strong, unpleasant symptoms, it may be an indication that your tissues are releasing toxins faster than your eliminating organs can excrete them. Refer to the section on coping with challenges for suggestions.

## DO I REALLY NEED TO BUY ORGANIC?

Yes. Non-organic produce contains pesticides and herbicides that overwork your liver and increase toxicity in the body. Organic foods are more nutritious than non-organic produce which means you'll be satisfied with less food so you feel light, yet energized after eating. Although organic foods tend to cost more, you're worth it, especially during your cleanse!



© HEALTH COACH INSTITUTE

## CAN I EXERCISE DURING THE CLEANSE?

Yes, in fact, regular exercise is recommended. However, do pay attention to your body's signals to rest or conserve energy and choose light or vigorous activities accordingly.

## WILL I LOSE WEIGHT ON THE CLEANSE?

Most cleanse participants will shed some excess weight when they avoid processed sugar, gluten, dairy and other food irritants.

## WHAT IF I GET HUNGRY?

This is not a fasting cleanse so you should not feel hungry. In fact, most participants are surprised that they feel even more nourished and satisfied than they normally do on a regular diet. If you do feel hungry, it could be that you are withdrawing from sugar addiction. This is normal and will pass in a few days. Hunger could also be a sign you are not eating enough fat or protein or complete meals. Evaluate how much you are eating at meal times and adjust.

Sometimes we can also experience a false hunger or emotional hunger. In this case, it is important to become very curious! There is a valuable nugget of wisdom waiting for you in this inquiry. See the section on Honoring Hunger & Fullness and the journal prompt for more.

# Coping with challenges during your cleanse

## HELP, I'M CONSTIPATED! WHAT SHOULD I DO?

To prevent constipation make sure you are drinking at least 2 liters of water a day. Move your body. Do daily walking, jogging, yoga, stretching, especially twists. Constipation can make the belly feel very full. You may want to reduce food intake until your bowels empty.

If you've tried the prevention techniques above, and you're still not going easily at least once a day, here are some other options from least to most invasive:

**BELLY BREATHING SITTING ON THE TOILET:** Put your feet on a stool. Place your fists on your belly and fold forward. Experiment with various pressure while expanding your belly as fully as possible with each inhalation and emptying completely with each exhalation. Continue for at least 5 minutes.

**BELLY MASSAGE:** Lie on your back with your knees up. Begin in the lower right area of your belly. Press deeply with your fingertips. Work clockwise along the soft area below your ribcage.

**LAXATIVE TEA:** Drink one strong cup twice a day of Traditional Medicinals "Smooth Move" tea.

**MAGNESIUM CITRATE:** Magnesium Citrate promotes healthy bowel function. Take 2-3 capsules 2x/day until your bowels start moving again. If you have loose stool or diarrhea, reduce the amount.

**HOME ENEMA:** Enemas can be a life saver during a cleanse. Hold the water in for as long as you can before eliminating.

**COLONIC:** This treatment is done by trained technicians at a colon hydrotherapy center.

## I'M TEMPTED TO BAG THIS CLEANSE THING. I DON'T THINK I CAN DO IT. HELP!

**Stick with it anyway!** You will be so glad you did. If you are having a freak out moment and feeling tempted to ditch the cleanse, binge or cheat, PAUSE, breathe, journal about it, choose a non-eating cleanse enhancing activity or call a friend. Tell them you are doing a cleanse and want their encouragement to stick with it. Having support and accountability from someone else powerfully resets your motivation to stay committed.

## I'M CRAVING SUGAR, HELP!

Sugar cravings are usually caused by one or a combination of three factors: detoxing, under-eating and emotional imbalance.

**Detoxing:** Consume alkalinizing foods such as dark green leafy vegetables. In a few days these cravings will pass.

**Under-eating:** When you eat enough nutrient-dense foods, cravings disappear. Check in on your protein and fat intake to see if you need to eat more.

**Emotional Imbalance:** Sometimes cravings for sweet flavor is an indication we're yearning for more sweetness in our lives. Consider what you might really be needing? Love, approval, a hug, play, social time, solo time, a walk in nature, a massage, or perhaps you need to just put on some great music and dance!

## I'M WITHDRAWING FROM CAFFEINE AND HAVE TERRIBLE HEADACHES, HELP!

Withdrawal headaches are often caused by dehydration. Drink a ton of water, more than you might think is already a lot, get ample rest, book a massage (focus on your neck and jaw.)

# Phase three: re-introduction (5 days)

The purpose of the Re-Introduction Phase is to identify potential food sensitivities and intolerances. These are foods that may have been causing you toxic reactions before starting the cleanse without realizing it. One of the key reasons you feel better on the cleanse is because you've removed the most common irritants and given your digestive and immune systems a reset.

## COMMON IRRITANTS AND INTOLERANCES

- Dairy
- Soy
- Citrus
- Beef
- Refined sugar + alternatives
- Wheat/gluten
- Eggs
- Potatoes
- Tomatoes
- Eggplant
- Peppers
- Corn
- Bananas
- Coffee
- Chocolate
- Alcohol

Admittedly some of these irritants taste great but leave you feeling terrible. They can cause mood swings, digestive upset, bloating and fatigue. Getting clear on which foods trigger toxic symptoms will help you steer your health.

During this phase you will focus on reintroducing the two most common irritants: gluten and dairy.

### STEP 1: RE-INTRODUCE GLUTEN, 2 TO 3 TIMES A DAY FOR 2 DAYS

Consume gluten two to three times a day, for two days, and then notice how you feel over the next forty-eight hours.

You'll still be following the cleanse diet, the only difference is that you'll be adding in gluten to see how your body reacts to it.

How: Try adding bread to your breakfast, and then some pasta for lunch or dinner. Don't include any dairy or other excluded items yet. The goal is to isolate one excluded food at a time to determine if you are intolerant or sensitive.

### STEP 2: RECORD YOUR REACTIONS IN A JOURNAL

Use a journal to record any reactions you might have to gluten. This may include bloating, gas, skin breakouts, foggy mind, or constipation. Not everyone will react to gluten in the same way. Some people may notice their reactions immediately. Others might notice their reactions the next day. That's why it's important to test gluten over the course of two days.

The following questions will help guide you: Right after: Pay attention to how you feel shortly after eating it. Do you have a runny nose or mucus in the throat (typical of milk), or fatigue, bloating, or a headache (typical of wheat)?

Energy: How are your energy levels? A bowl of wheat pasta at night, for example, may make you feel very

tired immediately after eating it or upon waking the next morning.

Bowels: How are your bowel movements the next day? Were they as frequent and as easy to eliminate as they were during the cleanse or do you feel cramping, pain or gas, constipation or diarrhea?

Sleep: Did you have difficulty falling or staying asleep? Did you have intense dreams or nightmares? Did you wake up in the middle of the night?

Emotions: How do you feel emotionally the next day? Are you anxious, angry, moody, depressed or irritable?

### STEP 3: EAT FROM THE CLEANSE DIET FOR TWO DAYS

After you have reintroduced gluten it's important to "clean the slate" and set your body up for testing the next possible irritant: dairy.

### STEP 4: REINTRODUCE DAIRY, 2 TO 3 TIMES A DAY FOR 1-2 DAYS

Eat dairy two to three times a day, for one to two days, and then notice how you feel. To reintroduce dairy try having a glass of milk in the morning and a few pieces of cheese with your lunch or evening meal. It's important to avoid having dairy in combination with other excluded foods.

Stay away from cereal, ice cream, or baked goods.

These foods contain other excluded foods like processed sugar, gluten or preservatives. If you have a reaction, you won't know which excluded ingredient was the cause.

### STEP 5: REVIEW YOUR JOURNAL

No reaction: I had no reaction at all to the excluded food.

Mild reaction: I had a noticeable reaction to the food. Examples: I felt bloated and gassy; I felt tired; I felt itchy etc.

Strong reaction: I had a strong negative reaction to the food.

Examples: I became very angry or upset; I had sharp stomach pains; I felt nauseous etc.

Take a look at your journal. What types of reactions did you have to gluten or dairy? If you had a mild or strong reaction to one or both of these foods, chances are you have an intolerance or allergy.

### STEP 6: IF DESIRED, EXTEND THIS PHASE, SLOWLY REINTRODUCING THE OTHER COMMON IRRITANTS ONE BY ONE, STARTING WITH PROCESSED SUGAR, THEN CAFFEINE, THEN ALCOHOL AND RECORDING YOUR REACTIONS.

# Congratulations! You have completed the 14-day Cleanse.

## NOW WHAT?

Now that you know more about which foods are triggers for you, it's time to create a sustainable plan for your personal, optimal health. Work with your health coach to create a clear strategy that incorporates these new insights into healthy habits that enliven you.

Without a plan, old habits can sneak back in and derail all the great clearing you've done during the cleanse. Too often, we've seen clients give themselves "destructive permission" to have multiple desserts, or overindulge on comfort foods because they rationalize they've been "good."

We DO recommend rewarding and pampering yourself, but consider non-food forms of reward that continue to promote your ideal health and vitality.

*Massage or other bodywork • Manicure/Pedicure  
Fresh Flowers • Facial • Spa Day • Hike  
Weekend Retreat • Hot Springs*

# Cleanse-friendly recipes: morning/afternoon shakes

## BUILD YOUR OWN

Combine chosen ingredients in a blender to desired consistency. Add water if too thick. Have fun and experiment!

## BASE INGREDIENTS

coconut water  
unsweetened organic nut milks (almond, hazelnut, or cashew)  
teccino (coffee substitute found at Whole Foods) water

## SWEETENERS

stevia  
fruit: fresh or frozen berries (except for strawberries)

## FATS & PROTEIN

small handful of whole nuts (almond, hazelnut, macadamia, cashew, brazil)  
nut or seed butter  
brown rice protein powder\*\* (hemp protein is also okay)  
coconut milk  
shredded coconut  
coconut oil  
flax oil

## SUPERFOODS (ALL FOUND AT MOST HEALTH FOOD STORES)

vitamineral green powder  
spirulina  
chlorophyll  
camu camu berry  
maca  
acai powder  
bee pollen

## FRUITS AND VEGETABLES

handful of greens (kale, spinach, lettuce, dandelion, watercress, sprouts, etc.)  
apples  
mangos  
fresh or frozen berries (except strawberries)

## EXTRAS

cinnamon  
cardamom  
vanilla (powder or extract)  
nutmeg  
ginger (minced root or powder)  
sea salt  
carob

\*\*Nutribiotic Plain protein powder is vegan, organic and very cleanse friendly. It can be found at Whole Foods.

## SAMPLE SHAKE RECIPES

### THE LOVE POTION

1 cups frozen cherries (or blueberries)  
2 tsp Maca Root Powder (found at health food store in bulk herb section)  
2 tsp flax oil (you can also use coconut oil)  
1 tsp of vanilla extract  
1 inch piece of fresh ginger root or dash of ground ginger  
1 scoop unsweetened Protein Powder (like Nutribiotic Rice Protein Powder)  
Filtered Water or unsweetened almond milk to desired consistency (start with ½ cup)

Blend all ingredients in a blender. Serve in a wine glass or other pretty glass.

Yummy Additions: Cinnamon, cardamom, almond butter or coconut butter.

### COCOMANGO TANGO

2 ripe mangoes or 1-2 cups frozen mango  
1 cup coconut water  
2 tablespoons dried and shredded coconut  
Zest and juice of 1 lime  
1 scoop unsweetened rice or hemp protein powder  
1/2 teaspoon cardamom powder

Blend it up until smooth and creamy. Add additional water if it's too thick.



# Cleanse-friendly recipes: breakfast

## CREAM OF RICE CEREAL

- 1/4 rice cereal
- 1 1/2 cup water
- 1/2 cup blueberries
- 1/4 cup soaked pumpkin seeds or almonds
- Pinch of ginger powder
- Pinch of cinnamon
- 1/4 cup rice milk, or less if desired
- Tiny pinch of stevia

Bring the water to a boil in a small pot. Add the salt and rice cereal, mixing well. Reduce the heat and simmer until cereal becomes thicker, stirring frequently. When at desired thickness, remove from heat and place in a bowl. Stir in blueberries, rice milk, nuts, spices and stevia and mix. Eat warm.



# Cleanse-friendly recipes: salads, veggies & green things

## MARINATED GIMME GREEN

### SALAD

- 1 bunch Dino Kale
  - Purple cabbage, shredded coarsely
  - 2 scallions
  - 1 cup toasted pumpkin seeds
  - ½ avocado\*
- Optional: fresh herbs to taste-try mint or cilantro

### DRESSING

- 2 cloves garlic (pressed or minced)
- 1/4 cup rice vinegar
- 1/2 cup olive oil
- 2 tablespoons toasted sesame oil
- Tamari to taste

Wash the greens. Chop kale leaves by rolling them into a tube and slicing very thinly, creating narrow strips. Combine all salad ingredients in a large bowl. Blend dressing ingredients, pour over salad and mingle well. Set aside for 20 minutes or for best results overnight. The dressing will last for a few days in the refrigerator so make extra!

\*Add the avocado just before serving or it will get mushy.

If you love it, double it! This recipe gets better each day.

## RAINBOW SALAD

- 1 carrot, shredded
- 1 cup purple cabbage, shredded
- 1 small ripe avocado, cut into small chunks
- 1 zucchini or yellow squash, thinly sliced
- 1-2 celery stalks, diced
- ½ cup jicama, diced (optional)
- ½ cup sunflower seeds

Place all ingredients into a salad bowl and toss lightly. Dress with Basil Dressing, Sesame Ginger Dressing, or Tahini Miso Sauce.

## BASIL DRESSING

- 2 cups fresh basil
- ½ lemon, juiced
- 1 tsp Celtic Salt
- ¾ cup olive oil
- ½ avocado
- 2 Tbsp apple cider vinegar

Put all ingredients into a blender and blend until smooth.

## SESAME GINGER DRESSING

- ¼ cup rice vinegar
- ½ cup sesame oil
- Ginger, powdered

Mix together with a fork or shake well in a jar.

## TAHINI MISO SAUCE

- 3 Tbsp tahini
- 2 Tbsp garbanzo miso
- Juice of 1 lemon
- 1/3 cup sesame oil
- ½ cup water
- 1 tsp Celtic salt
- 1 Tbsp apple cider vinegar

Mix in a blender. Add water if needed. This is great on steamed veggies or as a dip with raw veggies.

## MIXED GREENS SALAD

If made generously, this salad can be enough for a meal. The seeds and beans add protein and essential fatty acids, making it satisfying and substantial.

- Collard greens
- Kale
- Arugula
- Red cabbage, chopped
- 1 carrot, grated
- 1 beet, grated
- 1 watermelon radish, peeled and sliced
- ½ cup pumpkin seeds

- ½ cup butter beans (preferably from a jar, rather than canned.)
- Nutritional yeast (optional)

Tear the greens or chop into thin ribbons. Add chopped cabbage, carrot, beet and daitkon. Sprinkle pumpkin seeds and beans. Top with “yummy” dressing below and nutritional yeast.

## YUMMY OIL AND VINEGAR DRESSING

- 3 cloves garlic, crushed
- ½ cup virgin, cold pressed olive oil
- ¼ cup flax oil
- ¼ apple cider vinegar
- ¼ tsp celtic or Himalayan sea salt (yes, it is important that you switch to mineralized sea salt if you currently use plain table salt!)
- ¼ tsp black pepper
- ¼ tsp basil, oregano, and thyme

## SIMPLE COOKED GREENS

- 1 bunch of kale, chard, collards, bok choy, or mustard greens
- ½ lemon, juiced
- Himalayan or Celtic salt, pinch
- 2 Tbs virgin, cold pressed olive oil

Steam greens until tender (about 3-7 minutes). Put in a bowl and toss with remaining ingredients.

## BEETS A LA GRECQUE

- 1 bunch of beets with greens
- ½ lemon, juiced
- Himalayan or Celtic salt, pinch
- 2 Tbs virgin, cold pressed olive oil

Wash and separate the beets and greens. Cut the beet roots into chunks. Steam beets for 20 minutes or until soft. Cool and peel the skins off, they should come off easily. Steam the greens until tender. Put the greens on a plate and place the beets on top. Squeeze lemon over them, sprinkle with salt and drizzle the oil. The

red beet juice and the oil will mix to create pretty swirls!

## BAKED CARROT OVEN FRIES

- One bunch of organic carrots, unpeeled, washed, trimmed
- 2 Tbs, extra virgin olive oil
- Sea salt

This is the perfect side dish to satisfy that sweet tooth! Carrot bunches are tastier than loose carrots. Heat oven to 375. Chop the green leafy tops off the carrots. Line a baking sheet with foil. Arrange carrots in a single layer on the baking sheet, toss with olive oil and sprinkle generously with salt. Bake for 25-30 minutes or until carrots are golden brown where they touch the pan.

## BASIC STIR-FRY

- ¼ cup veggie broth (see page 46)
- 1 pound chicken or fish (omit if doing vegetarian)
- 2 cups mushrooms (try shiitake, crimini, oyster or chicken of the woods)
- 2 carrots, cut in matchsticks
- 1 teaspoon fresh grated ginger
- 2-3 cups chopped kale
- ¼ teaspoon cayenne pepper (optional)
- Wheat-free tamari or celtic sea salt to taste

Heat broth in a nonstick skillet over medium high heat. Add (meat), mushroom, carrots and ginger. Cook for 5 minutes. Add remaining ingredients, cook until tender. Kale should still be bright green, do not overcook.

# Cleanse-friendly recipes: soups

## SUPER VEGGIE SOUP

- 2 onions
- 2 green onions
- 3 celery stalks
- 3 carrots
- 2 zucchini
- 4 garlic cloves, pressed
- 3 kale leaves
- 2 cups broccoli florets
- 1 bulb fennel
- ½ bunch Italian parsley
- ½ bunch cilantro
- 1 Tbsp olive oil
- 6—8 cups veggie stock or “no chicken” broth

Cut veggies in small pieces, except for kale and broccoli-coarsely chop. In a large pot sauté onion, green onions, celery, carrots, fennel zucchini and garlic in oil. 5 min. Add broth and bring to a boil, simmer, covered for another 5 minutes. Stir in broccoli for 3 minutes. Add kale, parsley and cilantro. Cover and remove pot from heat for 2 minutes. Serve.

## SIMPLE VEGGIE BROTH

- 2 quarts filtered water
- 1 large onion, cut into 1-inch pieces
- 2 stalks celery, cut into 1-inch pieces
- 2 carrots, peeled and cut into 1-inch pieces
- 8 cloves garlic, crushed
- 8 sprigs fresh parsley
- 2 bay leaves
- 1 large piece of kombu seaweed (optional but does add great flavor!)

Place all ingredients in a large stockpot and bring to a boil. Lower heat and simmer for 1 hour. Strain. Eat or discard the vegetables. Refrigerate and use within 3 days or freeze.

## GENTLE LENTIL SOUP

- 1 cup dried lentils
- 6 cups filtered water
- 1 strip wakame seaweed, cut into 1/2inch pieces
- 1 onion, diced
- 2 cloves garlic, minced
- 1 carrot, sliced diagonally
- 1 parsnip, sliced diagonally
- 1 cup kale or spinach, loosely chopped
- 3 Tbsp brown rice or garbanzo miso

Layer lentils, wakame, onion, garlic, carrot and parsnip in a pot. Pour in the water, bring to a boil and simmer for 45 minutes. Add greens and simmer for another 5 minutes. Dissolve miso into soup just before serving.

## THAI SQUASH STEW

- 2 Medium leeks (white parts only)
- 2 T coconut oil
- 2 Garlic cloves, finely chopped
- 2 Serrano chilis, minced
- 1 T finely chopped ginger
- 1 T curry powder
- 1 1.5 oz. can unsweetened coconut milk
- 1 1-2 pounds butternut squash, peeled, and cubed
- salt or wheat-free tamari to taste
- Juice of 1 lime

Cut the leeks into half moons and wash well in water. Heat the oil in a wide soup pot. Add the leeks and cook over fairly high heat, stirring frequently, until partially softened, about 3 minutes. Add the garlic, most of the chilies, and ginger, cook 1 minute more, then add the curry and tamari. Reduce the heat to medium, and add 3 cups water, the coconut milk, squash, and 1 tsp. salt. Bring to a boil. Then lower the heat and simmer, covered, for 15 minutes or until the squash melts in your mouth. Add the lime juice and salt if needed.





# Cleanse-friendly recipes: goodness grains & beans

## QUINOA WITH

### CARAMELIZED ONIONS

- 1 cup quinoa, (pre-soaked or thoroughly rinsed)
- 2 cups water
- 1 Tablespoon olive oil
- 1 onion, cut into thick crescents
- 1 Zucchini, cut into circles
- Pinch of Salt

Bring quinoa, salt and water to a boil. Cover and simmer on medium-low for 15 minutes.

Meanwhile, heat olive oil in a skillet. Add onion and cook for 3 minutes until the onion starts to caramelize. Add zucchini and a splash of water. Cover and cook until tender. The zucchini should be slightly translucent but still bright green. Toss veggies and feta with quinoa and eat! Serves four.

## RED QUINOA WITH

### PUMPKIN SEEDS & KALE

- 1 cup red quinoa
- 1/4 pumpkin seeds
- 1-2 Tablespoon sesame oil
- 1 Tablespoon wheat free tamari
- 1 bunch red Russian kale, rinsed and chopped

Make the quinoa according to the "simply quinoa" instructions (above). Heat sesame oil in a skillet on medium heat. Add pumpkin seeds and lower heat, stirring and toasting for 1 minute. Add kale and tamari. Stir fry for 2-3 minutes until kale is tender but still bright green. Toss with quinoa.

## HINT OF MINT QUINOA

- 2 cups Quinoa
- 3 1/2 cups water
- 1 bag peppermint tea
- 1 Tablespoon olive oil
- Fresh mint, basil, cilantro

Place quinoa, water, and peppermint tea bag in a saucepan. Bring to a boil. Cover and simmer for 15-20 minutes. When done, add olive oil, fluff, and serve. Garnish with chopped fresh herbs.

## KITCHARI

Kitchari is a traditional Ayurvedic cleansing and healing dish.

- 1/2 cup mung beans
- 1/2 cup short grain brown rice
- 4 cups water
- 1 tsp cumin seeds
- 1 tsp mustard seed
- 3 Tbsp coconut or olive oil
- 1 Tbsp grated ginger
- 1 tsp turmeric
- 1/4 tsp sea salt
- 1 piece of kombu seaweed
- Veggies – carrots, kale and asparagus, chopped
- Cilantro, fresh for garnish, chopped

Soak mung beans for 3 hours, or overnight. Wash rice. Place olive oil/coconut oil into a saucepan and add mustard seeds and cumin. Cook until they release their aroma. Add turmeric, mung beans and rice. Add water, ginger, and kombu. Cook 50-60 minutes. Add veggies and cook until tender. Remove kombu. Garnish with cilantro.



# Cleanse-friendly recipes: fish dishes

## BAKED SALMON WITH PESTO, LEMON AND DILL

Wild Salmon filets (any desired amount)  
1/4 cup olive oil  
1/2 lemon  
1 tsp dill

Preheat oven to 350 degrees. Rinse salmon and pat dry with a paper towel. Rub olive oil onto the inside of a baking dish, and place salmon inside. Rub any remaining olive oil onto the salmon. Squeeze lemon onto salmon and sprinkle with dill. Bake until just done, do not overcook. Remove from oven and top with pesto. (recipe below)

### PESTO

2-3 cloves garlic, chopped fine  
4-5 Tbsp pine nuts, almonds or walnuts  
1 cup packed fresh basil leaves  
1/2 cup olive oil  
1/2 tsp Celtic salt

Use a food processor or blender. Chop garlic first. Add nuts and chop again. Add basil, chop or blend well. Feed olive oil in while machine is running. Add sea salt, taste for texture, adjust if needed.

## FISH TACOS FOR TWO

8-12 ounces firm white fish (halibut or cod)  
1/2 cup coconut milk  
3/4 cup shredded coconut  
1 tablespoon curry powder  
1 teaspoon sea salt

### PICKLED RED ONIONS

1 small red onion  
2 tablespoons brown rice vinegar  
Pinch of sea salt

### MANGO SALSA

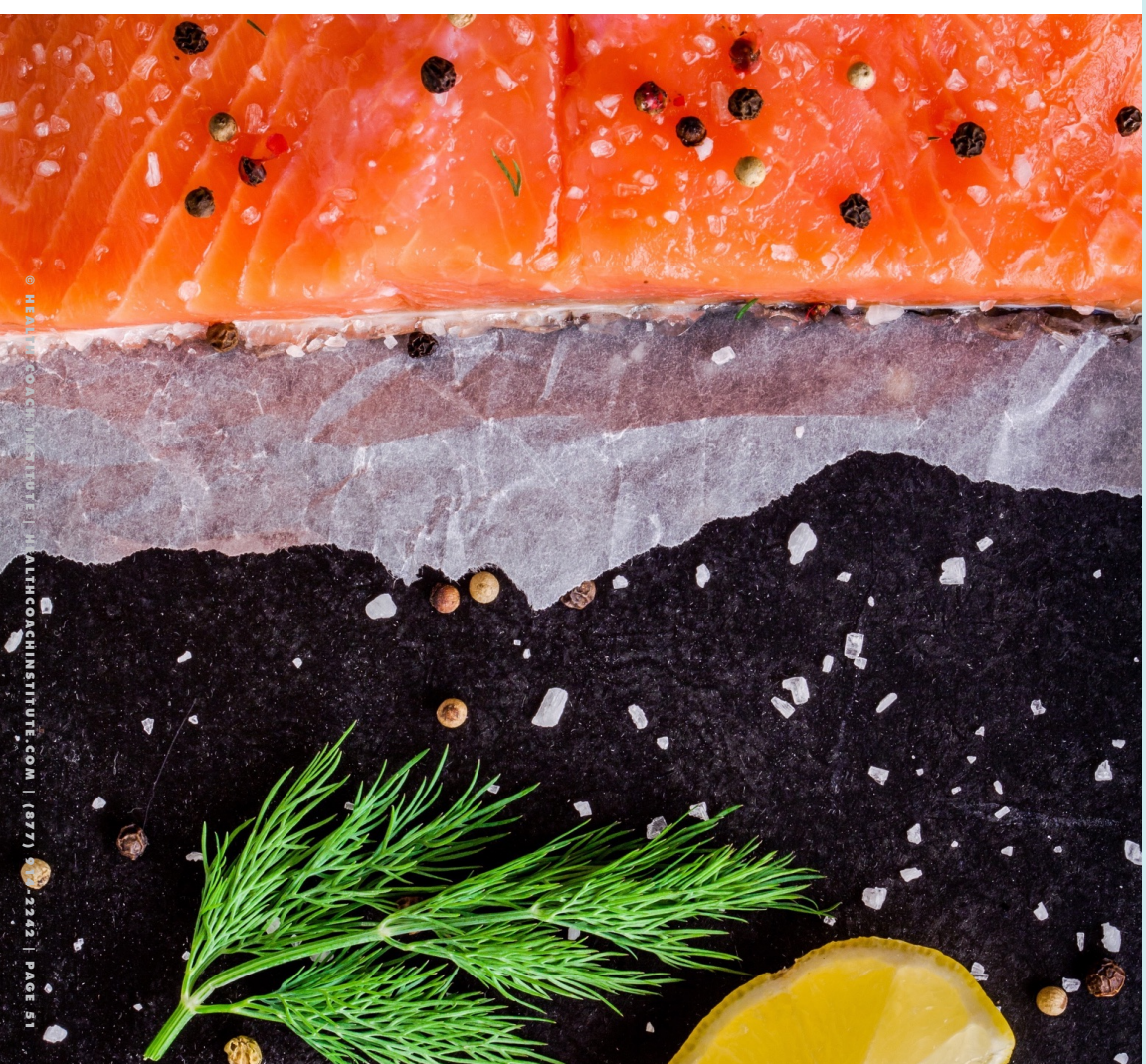
1 ripe mango, peeled and diced into 1/4 inch cubes  
1/8 cup cilantro, roughly chopped  
2 teaspoons grated ginger root (peeled)  
Fresh squeezed juice and zest of 1 lime

### TACOS

4 large romaine lettuce leaves (as shells)

Directions for Pickled Onions: Prepare this ahead of time if possible. By thinly slicing the red onion to mix in a bowl with the vinegar and sea salt. Allow to marinate or "pickle" for up to 24 hours if you can. If you're short on time, an hour is fine, it just won't have quite the zing!

Directions for fish: Skin the fish and cut into 1/2 inch thick slices. Dunk each piece in the coconut milk, then into the curry-coconut mixture. Cook on all sides. Cook each fish in coconut oil over medium heat until both sides are brown. Make the mango salsa by combining all ingredients. To serve, lay out 4 lettuce leaves. Fill each leaf with the cooked fish. Top with generous scoops of the salsa, then the pickled red onions.



# Cleanse-friendly recipes: blended raw soups & elixirs

## THE GREEN DRAGON

- 1 1/2 c warm water
- 2T South River Miso (preferably adzuki bean or chick pea)
- 2 c spinach
- 1-2 collard or kale leaves
- 1/4 avocado
- 1/4 lemon, cut off yellow but leave white pith
- 1t dried oregano
- 1/2 c fresh basil
- 1t chipotle powder

Add all ingredients to a blender. Blend well and enjoy!

## SUPER GREEN SOUP

- 1 cup cucumber, peeled and diced
- 2 packed cups fresh spinach leaves
- 1/4 cup arugula
- 1 cup sprouts (any sprouts will do)
- 1 avocado, peeled, pitted and diced
- pinch of salt
- 1 tsp of fresh lemon juice
- 1/4 cup tablespoons of fresh cilantro, parsley basil, or dill coarsely chopped

If you'd like to add some variety experiment with changing up the flavor by adding different herbs such as dill, basil or sorrell!

Directions: Add all ingredients to a blender. Mix 10 seconds until blended, but not completely smooth. Ladle into a bowl or mug and serve.

## RAW CILANTRO POWER

### SOUP

- 2 small bunches cilantro
- 1 clove garlic
- Juice of 1/2 lemon
- 1 cup walnuts or pumpkin seeds
- 2 Tbsp garbanzo miso
- 1 Tbsp flax oil OR half an avocado

Water, enough to properly blend all ingredients in a blender (about 2-3 cups.)

Optional: add scallions, chopped avocado as garnish

Put all ingredients in a blender. Add 2 cups of water, blend, adding water as you go to blend smoothly. Avocado will create a creamier texture. Garnish and eat immediately.

## CREAMY MISO

- 1 cup water
- 1 cup cucumber and/or cilantro
- 1/2 Avocado
- 1 1/2 tsp Garbanzo or Adzuki miso paste
- 1 tsp Fresh Ginger
- 1 tsp chopped scallions

Toss into a blender and pulse for 4 seconds. Should have chunky consistency. You can experiment by adding 1/4 cup of dalkon radish or 1/2 cup bok choy.

## ENLIGHTENER

- Two handfuls of greens (lettuce, kale)
- Meat from 2 fresh young coconuts
- 2 small avocados

Blend.

## HIGH PERFORMER

- 1 glass of coconut water (packaged is fine — preferably in glass)
- 1 teaspoon of spirulina

Spirulina is the highest protein food on the planet. Coconut water is the highest source of electrolytes. This is a great athletic booster.



## REJUVENATOR (JUICE)

- 1 bunch of kale
- 4 ribs of celery
- 1 cucumber
- 1 burdock root
- 1 lemon
- 1-2 apples peeled first. (optional)

Burdock root is a blood purifier and contains tons of iron. Rinse all ingredients. Shave apple skin. Throw everything in a juicer! Drink immediately.

# A sweet treat!

## **BAKED APPLE**

3 apples, cored  
2 tsp cinnamon  
1 tsp vanilla  
Mochi (optional)

Preheat oven to 350. Blend a few Tbsp water with the vanilla. Drizzle into and over the apple in a baking dish. Sprinkle with cinnamon. Bake for 20 minutes. For something a little different, cut a small of mochi and place it in the core of the apple about 6 minutes before the apple is baked. YUM!

