

10 TIPS *for doing an* EFFECTIVE CLEANSE

1. Create time and a cleansing mindset.

This is a chance for your body to release old junk and debris that's been hanging around creating trouble and to give your liver, lungs, kidneys and entire digestive system the break it needs to do a proper job of detoxification. But your body can't do this if it's busy handling "business as usual." A cleanse means a break for your body from its normal workload. So plan your cleanse well ahead. I like to do a minimum of 14 days. That said, it is better to have 5 "real" cleanse days than 10 "kinda, sorta following the rules" days. You will want to be able to rest throughout your cleanse, especially the first 3 days when you may experience detox symptoms such as headaches and fatigue. Take this time for you, a time to reset and cleanse body and spirit.



2. Shop and prep ahead.

A few days in advance, start by washing and setting aside lettuce and veggies, making soups and broths, and gathering all your teas, supplements and supplies. Have a variety of fresh herbs and spices on hand, including ginger and turmeric. The cleanse will most likely be a limited alkaline menu, which means plenty of organic fresh fruits and vegetables, especially dark leafy greens, broccoli, cauliflower, cabbage, brussels, carrots, squash, potatoes, garlic, onion and leeks. You can have extra virgin olive oil, coconut and flax seed oils, lemon juice, apple cider vinegar, soaked nuts and seeds (limit to 1/4 cup every other day). However, for your body to fully detox, you must abstain from alcohol, caffeine, soda, processed foods, sugar and sugar substitutes (stevia is okay), salt, pepper, soy, corn, meat, animal protein, including eggs, and all dairy products.

Make your own nut milk for a healthful treat: soak 1 cup nuts in 2–3 cups spring or filtered water 6 to 8 hours, rinse and drain. Add 1–3 cups water and blend it up well.

3. Make a big batch of homemade salad dressing.

This can be used not only on salads but also on any of your vegetables to make them tasty and more interesting to your palette.

Cleanse-Friendly Salad Dressing

- 1 c extra virgin olive oil
- 1/2 c fresh-squeezed lemon juice
- 1/2 c apple cider vinegar
- 1/2 c pure spring or filtered water
- 3 T fresh or dried herbs (basil, thyme, rosemary, lavender, chives, oregano, etc.)
- dash of cayenne or chili flakes
- 3-4 cloves minced garlic
- 1 inch ginger peeled and minced
- 1 t powdered mustard

Blend in your blender and store in a glass container.

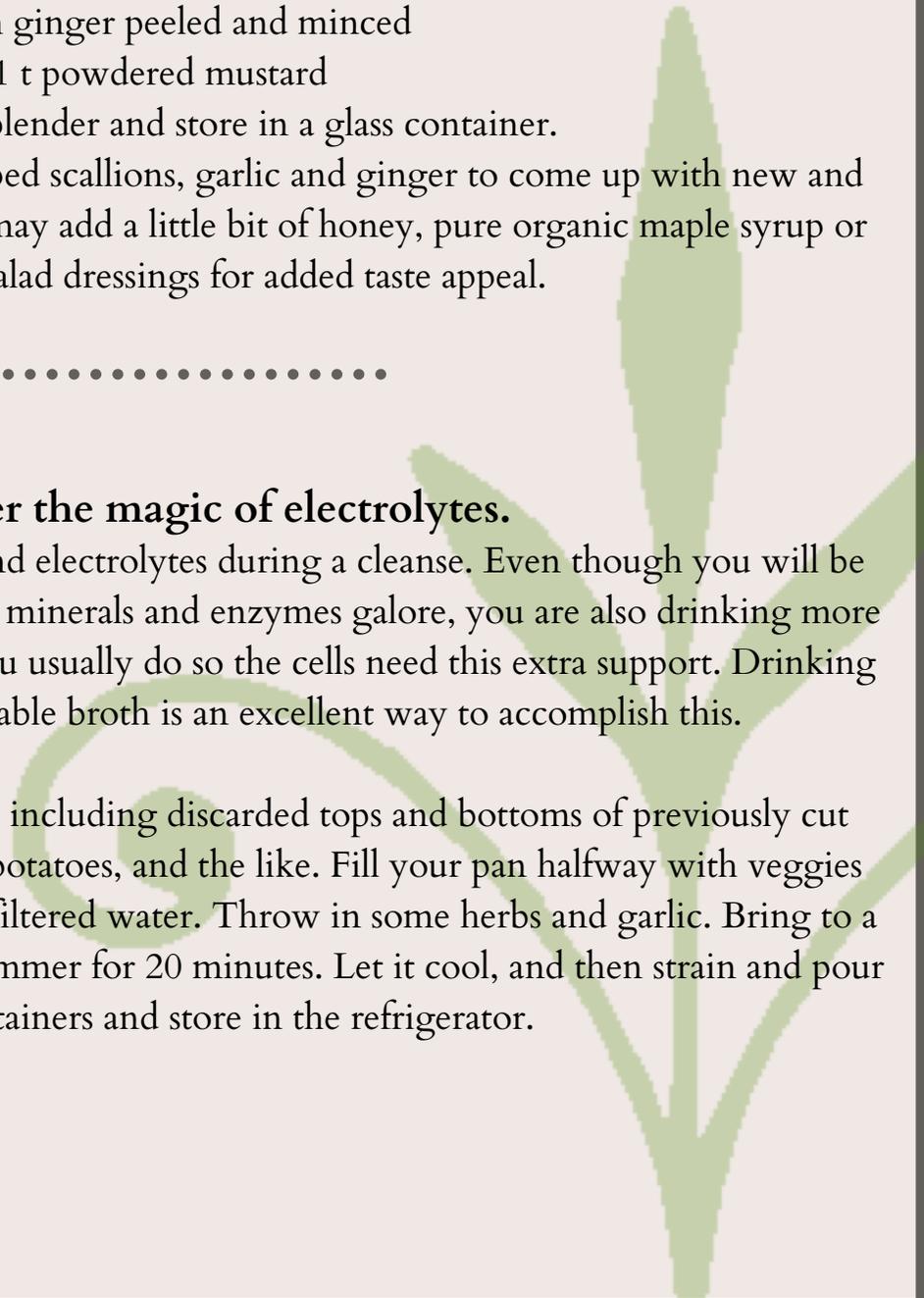
Experiment with fresh herbs, chopped scallions, garlic and ginger to come up with new and creative recipes of your own. You may add a little bit of honey, pure organic maple syrup or dates to your salad dressings for added taste appeal.



4. Discover the magic of electrolytes.

The body requires extra minerals and electrolytes during a cleanse. Even though you will be eating plenty of vegetables that have minerals and enzymes galore, you are also drinking more water and eliminating more than you usually do so the cells need this extra support. Drinking at least 16 oz a day of vegetable broth is an excellent way to accomplish this.

Use any vegetables for your broth, including discarded tops and bottoms of previously cut vegetables and peelings of onions, potatoes, and the like. Fill your pan halfway with veggies and then cover with pure spring or filtered water. Throw in some herbs and garlic. Bring to a gentle boil and then turn down to simmer for 20 minutes. Let it cool, and then strain and pour into glass containers and store in the refrigerator.



5. Eat twice — two breakfasts are better than one.

Depending on what program you choose, you will usually be having some kind of a “cleansing shake” like water, psyllium and clay, or something similar, or you may have a green drink that you’ve juiced or blended. Whatever your morning includes, it’s always a good idea to start out with 8 to 16 oz of fresh lemon water first thing. But lemon water and a cleansing shake is not going to hold you for long, so you’ll want a second breakfast. Enjoy a bowl of fresh fruit or a bowl of soup, or a plate of steamed vegetables. Or make a green smoothie — even if you’ve already had one! This time add some fruit to it for variety and enhanced nutrition.



6. Prepare lunch immediately after breakfast.

One of the keys to a successful cleanse is to always have plenty of food ready to eat when you are hungry. Eating the right foods when you’re hungry keeps your blood sugar stable and your energy up. You will be drinking lots of filtered water, herbal tea, broth and green juices throughout the day, but you want your meals to be easy and ready to go. Having salads that are gorgeous and ready to eat will help you stick to your regimen. Then, once you’ve had lunch, plan a time after your afternoon snack, broth or tea to prepare dinner. This way, when 5 or 6 o’clock rolls around, all you have to do is eat!



7. Celebrate your poops!

During your cleanse, you want to be pooping as much as possible. Aim for at least once a day, and ideally more frequently. Keep a journal and track what time and give descriptions! You will begin to notice a pattern, and this helps with planning out-of-the-house activities. If you are not having at least one bowel movement a day, then increase your herbal teas or supplements for this purpose or perhaps do an enema. Another trick is to drink a mix of 1 T chia seeds or psyllium in 8 oz water. Coffee enemas and gall bladder flushes that some programs recommend are not for everyone, so I encourage you to do your own investigation and decide what is best for you.

8. Help out your lymphatic system.

The lymph system is how our bodies get rid of toxins, so we want to help it do its job. One way to do this is dry brushing before you take your bath or shower. (There are plenty of how-to videos on YouTube.) Jumping for 15 minutes on a rebounder or mini-trampoline is also good. If you have access to a FAR Infrared sauna, that is the best! Epsom salt baths or foot baths are also very good for keeping your lymph system moving and processing out waste.



9. Breathe in the good and exhale what no longer serves you.

Full, deep belly breaths are important during a cleanse. Mindful breathing helps bring more oxygen to your lungs, blood and entire system. Do this in the fresh air if you can. Take in a full, deep breath to the count of 5, feeling your lower abdomen expand. Hold for a count of 7 and then exhale through your mouth to a count of 8. Repeat this 5 or 6 times. It also helps to visualize your body releasing toxins as you exhale. Imagine ridding yourself of all the negative elements that have gotten stuck in your body — physical and emotional!



10. Ease back into a normal diet.

How you end your cleanse is important. You've been on a transformative journey, and it's been very different from your everyday life. So honor your body and ease into more normal eating slowly. Rather than dive back into your old food habits, workday and routine, take 3 or 4 days to integrate more foods and activities. Hopefully you will not want to re-introduce very many of the not-so-healthy foods and will feel inspired to eat cleaner as your new normal!

*Always consult your healthcare provider before starting any kind of cleansing program.