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## **Essential Cleanse Program Overview**

### **Pre-Cleanse: Week Prior to Cleanse**

Although you may be tempted to do the ‘cold turkey’ approach to dietary and lifestyle changes, it is much healthier to give your body a chance to adjust gradually. I recommend that you cut down on the following before the official ‘day 1’ of the cleanse: sweets, coffee and caffeinated drinks, alcohol, nicotine, recreational drugs, processed foods, fried foods, salt, tamari soy sauce, fatty foods (mayonnaise, butter/margarine) and red meat. Increase veggie consumption. If you drink coffee, start making the transition to green tea or Yerba mate. Start to get yourself prepared emotionally and spiritually by identifying your goals and building your support network. Look at your calendar and try to minimize social and work engagements for the upcoming 2-week period.

### **Introductory Phase-Week 1**

At this point, you will begin to let go of things that are not beneficial to your health, and immerse yourself in environments and nourishing activities. During the first week you will be increasing your intake of whole foods, and eliminating allergens, irritants and foods with low nutrient value. You will be introducing the cleansing supplements to your diet, and starting cleansing regimens such as castor oil packs and dry skin brushing. The goal for this phase is to increase the inward flow of nutrients with the outward flow of waste products. Class topics include: Toxins and their health impact, the physiology of detox, and a review of the cleanse products, diet and protocol.

### **Intensification Phase- Week 2**

This week you will begin restricting your food intake, while increasing certain cleansing supplements. This is a period of intense cleansing- let the fun begin! It is recommended that you do a liquid *fast* during part of this week. You will be having 3- 4 servings of the cleansing beverage, so chances are you will not be hungry. You may decide to use fresh juices, soups, broths and/or steamed rice and vegetables during days 8-10. After day 10 you will begin to transition from a liquid or semi-liquid diet to solid foods. Class topics include: The liquid diet, colon cleansing, food and mood, blood sugar balance and adrenal health.

### **Transition and Food Re-Introduction- Week 3**

This week you will begin to gently re-introduce foods. Many people will choose to continue their new, healthier diet and lifestyle. Class topics include: Food re-introduction to detect allergens and irritants, how to stay healthy in a toxic world-toxin avoidance, healthy digestion, enhancing liver detox function and optimizing anti-oxidant status.