



*Spring*  
**Forward**  
detox made easy



## The What and Why of Detox

There are four basic body processes that frame the founding principles of a healthy body:

1. Digestion
2. Absorption
3. Utilization of Minerals and Nutrients
4. Elimination

Your body wants to be healthy. Your body wants to feel light, bright and healthy. It wants to detox. Detox is about taking out the garbage. In your home, you must take out the garbage to keep the house clean and fresh. Detox is about taking out your internal garbage so that your body can properly digest, absorb, utilize and eliminate. The resulting effect is a feeling of endless energy along with a rebooted metabolism. Your body functioning at top speed, fresh and clean. Get ready to Spring Forward!

When the body is toxic it cannot properly perform its processes. Your digestive tract and intestines are responsible for the absorption of all of your food's nutrients, amino acids and minerals. A healthy detox helps you to rid your body of all the stored toxins that are not supporting, and are in fact inhibiting, the key processes. The removal of all the unwanted toxins allows your body to thrive on a cellular level. Getting your digestion working at an optimal level is the foundation to making this happen. This type of cleansing on a cellular level is the key to a life free of disease.

Detox is necessary to be healthy, joyful and free your body of ailments. We live, eat and breathe toxicity every day. Take a moment to consider the world around you. Just look around your own home - paint on the walls, rugs on the floors, cleaning products under your sink. In your bathroom - shampoos, make up, and body lotions, just to name a few. All of these common items release toxins into the air and/or into your body. Our daily contact with chemicals and toxins is endless. Therefore, it is paramount for your health that your body is able to process and eliminate them in the most efficient manner possible. Choosing to follow this Spring Forward Detox is an effective, positive decision. It's making the personal choice to nurture and assist your body to perform its job in the most productive, healthy manner possible. And remember, keeping you healthy is the body's job and you are the key to its success!

## Why Detox in the Spring?

In Chinese medicine the Spring is connected to the liver and the gallbladder. These two organs are blood cleansers and they both work hard to keep your body free of toxins. In Western medicine the liver is also associated with detoxification and blood filtration. Its job is to filter and neutralize the harmful substances in your body so that they do not do any damage. When there is a toxic buildup in the liver and gallbladder the body can start to experience physical reactions such as exhaustion, colds, weight gain and depression, to name a few. The liver wakes up in the Spring and when imbalances exist in the body, it is not uncommon to experience feelings of anger, headaches, rashes and/or sleepless nights during this season. With over 500 metabolic processes, the liver is the 'Master Detoxer' of the body. When the liver is congested your digestion is impaired which results in a toxic overload. In honoring the Spring season, the goal is to cleanse the liver and improve its functioning. Choosing the right foods to heal the body and support proper detoxification by the liver cleanses the liver for a fresh and harmonious body.

Eating with the seasons supports detoxification. Spring brings with it wonderful dark leafy greens like kale, swiss chard and spinach. All are wonderful choices for the liver. Other Spring crops that are especially productive in assisting the detoxification process include:

**Artichoke:** A wonderful choice for the liver and the gallbladder because it increases bile flow.

**Asparagus:** Helps cleanse the kidneys and reduces water retention. It is also a rich source of folate as well as high in glutathione, a vital antioxidant for detox.

**Dandelion:** Stimulates the digestive juices. Helps to digest fats and supports the body's natural detoxification processes. You can juice with dandelion leaves, cook with dandelion leaves and drink dandelion tea. Spring is the ideal time to benefit from dandelion greens, as they become too bitter in the summer.

**Garlic:** Antibacterial, anti-viral, anti-fungal and anti-cancer. Garlic is one of the best antioxidants and is vital for proper detoxification.

**Nettles:** Rich in antioxidants, minerals, vitamins and a natural source of iron. Nettle is also fabulous for strengthening the liver, adrenals and kidneys. Wonderful in tea form, can be taken up to 3 times a day for extra nourishment during detox.

**Peas:** Rich in vegan protein and packed with essential nutrients. An ideal food to substitute for heavier protein sources during a detox or a liver cleansing diet.

Healing spices:

**Anise/Star Anise:** Great for soothing the digestive tract.

**Cayenne:** Stimulates circulation, boosts the immune system.

**Chili Powder:** Anti-inflammatory and speeds metabolism.

**Cinnamon:** Regulates blood sugar and aids in digestion.

**Cumin:** Relieves gas and supports digestion.

**Coriander:** Protects against urinary tract infections and aids in digestion.

**Garlic Powder:** Regulates blood pressure.

**Mustard:** Anti-inflammatory properties

**Oregano:** Anti-bacterial properties

**Turmeric:** Naturally detoxes the liver, a potent anti-inflammatory.

More excellent vegetable and spice options:

alfalfa sprouts, bean sprouts, beets, bitter melon, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, celery, chicory, chilies, cilantro, collard greens, corn, endive, fennel, ginger, hot peppers, jicama, kale, leeks, mushrooms, mustard greens, onions, lettuce, parsley, radishes, baked potatoes, seaweed, snow peas, watercress, turnips, swiss chard, watercress

Fruit options:

apple, berries – including blueberries, blackberries, raspberries and strawberries, dried fruit, grapefruit, lemon, lime, papaya, pear, pomegranate

## Healing Your Body With Whole Foods

Fermentation, a.k.a the “Good Bacteria”

Good Bacteria is essential for a healthy detox, proper digestion, and ultimately a healthy immune system. **80% of your immune system is in your belly.** In order for your body to thrive you must make sure that your belly is balanced with good bacteria. Fermented foods are an amazing way to bring the body back into balance. They not only have nutritive properties but they also improve digestion and the process of eliminating toxins. They are perfect for enhancing your detoxification process, thereby restoring balance to your overall body functions.

The Greek meaning of Probiotic is FOR LIFE because it is giving you the essentials for life: good bacteria. Fermented foods will bring you back into balance by giving you back life. The word "probiotic" is a compound of two Greek words: "pro," to signify promotion of and "biotic," which means life. By taking a good quality probiotic or eating probiotic rich foods, you are “crowding out” the bad bacteria.

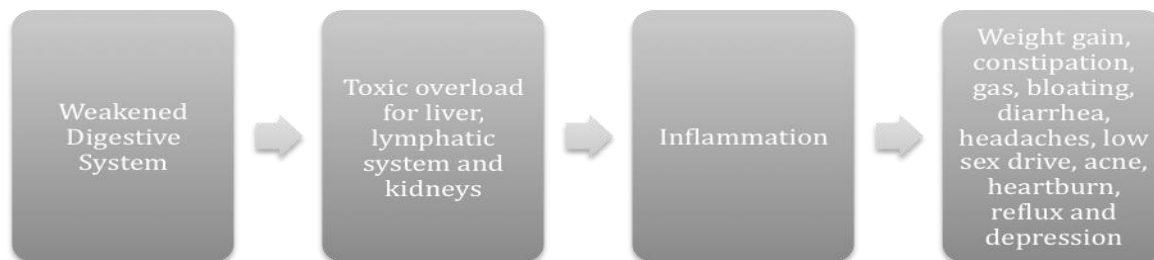
Consuming cultured vegetables with your meals can enhance digestion, remove unwanted waste from the intestines and boost immunity. Start with 2 tablespoons of cultured vegetables per meal, slowly working up to 1/8 cup per meal. Be aware that too much good bacteria can cause belly bloat so start with only 2 tablespoons and increase gradually. Other cultured food choices include miso soup, dairy and non-dairy kefir, kombucha, coconut water kefir and Good Belly drinks (all can be found at most national and regional grocery chains, whole foods, online, or at your local natural health food store).

## A Healthy You Begins With Healthy Digestion

Hippocrates said it best, “All disease begins in the gut.”

### Digestion 101 & The Detox

1. The digestive system can become weakened by the foods we eat.
2. Good digestion leads to less inflammation and less inflammation leads to less disease.
3. The Elimination Diet portion of the Spring Forward Detox assists you by strategically reducing your intake of foods that are wreaking havoc on your body and hampering your digestive fire.
4. Reintroducing foods one at a time provides you the clarity to understand which foods are resulting in poor physical reactions for your unique body.



Let's make this real simple. The goal of Detox is resetting, recharging and rejuvenating your body; resetting your metabolism, losing unwanted weight, eliminating toxicity and reawakening your senses. This is your opportunity to get excited and find balance in your body. It is important to follow all of the stages and steps of the Spring Forward Detox program for your ultimate success.

## The Elimination Diet

So many people are making food choices based upon foods that are popularly considered to be “healthy” foods and still not getting the results they want. You know, the healthy foods that media health experts are always promoting and promising will change your life. The problem with this cookie cutter guidance is that some of these foods may not be good for your *unique* body. Detox is your opportunity to find out what really works for YOU. Remove foods that often cause the types of negative reactions discussed above and then systematically reintroduce them to your diet, allowing you to develop a greater insight into your own body.

During the Pre-Detox you will begin to reduce and/or eliminate the foods on the Avoid List. Over these important 4 days you will start by eliminating all common allergens to give your body a rest. You begin by avoiding foods like grains, corn, eggs, dairy products and sugar. The foods on the Avoid List are all commonly known to cause allergies, sensitivities, digestive problems, moodiness, hormonal issues, infertility and inflammation. When you remove these foods and rest your digestive system you will begin to detox on a cellular level.

After you’ve completed the 7 days of Detox, you will see that I repeatedly suggest adding back in the foods you’ve eliminated one at a time, every 2/3 days. This will ensure that you can better and more easily identify any reactions, inflammation, or mood changes you may experience. Look for any marked imbalances such as any mood changes, gurgling in the stomach, gas, bloating, constipation, weight gain and/or sleepless nights. These are all signs of imbalances and I suggest you simply eliminate that particular food. This is your opportunity to discover what foods cause you inflammation and what foods give you energy. Follow your Transition Guide during this time to add in some “clean eating recipes” in a guided manner and be sure to keep Journaling your reactions! Pay attention especially to dairy and foods containing gluten, as if you are sensitive to it and reintroduce it to your diet, your reaction will be much stronger and you should never eat it again. I offer lab testing, if in doubt and support.

So yes, Elimination Diet is a huge part of your program. Your body is changing with every day, month, year and season. What worked for you at one time may not work now. It’s so vital that we take the time throughout the year to go through this process and get back in tune with our bodies.

## Journaling - Your Food Diary

Journaling in your Food Diary is a powerful tool that will bring you a critical understanding of your eating patterns. You may want to try a notepad, agenda book or use a computer. Note how you feel physically and emotionally before, during and after each meal, snack and beverage. At first it may feel odd or you may not feel you have any type of reaction at all. That is okay - you may find at times you are writing “fine” or “good.” At other times, there may be more to your story.

This process is designed to be a fun and informative experience. Stay FREE of negative judgments. If negative feelings arise, or if you feel guilty slipping and eating something “bad,” please remember that recording this information is important and will help you to see the connection between what you eat and how you feel emotionally and physically. Not Journaling the negative behaviors or reactions does not make them vanish, but Journaling them WILL benefit you on your road to a healthy, happy you. That being said, if you do forget to write down a meal just keep moving forward.

*It is going to be just fine. Just keep writing in Your Food Diary, you can find it in your Transition Packet.*

Here are a few reaction and symptom examples to get you started with your Journaling:

Physical symptoms - bodily sensations

- Clues of imbalance: headaches, stomach pain, muscle cramps, coughing, fatigue, insomnia, restlessness, shakiness, muscle weakness, poor concentration, pallor
- Clues of balance: bright eyes, hunger, stamina, natural deep breathing, high energy, restful, sleep, focus, alertness, strength, good attention span, good color

Emotional symptoms – may be more difficult to assess

- Clues of imbalance: anxious, bored, scared, mad, sad, depressed, scattered, restless, irritable, agitated, hyper
- Clues of balance: confident, excited, energized, humorous, happy, interested, focused, calm, relaxed, easygoing, patient



## Breaking Down the Detox – Getting Prepared

### Three Phases of The Spring Forward Detox

Pre-Detox – Preparation for Elimination Diet (4 days)

Detox – Strategic Elimination Diet (7 days)

Transition Diet – Transition to Clean Eating (4 days)

### Getting Started

The first and most important part of the Detox is your pre-planning and pre-prepping. It is the key to your success on this plan. *The more you prepare, the less stressed you will feel about when and what to eat.* THIS IS CRUCIAL!

1. Look through the Recipes Guide and begin marking the meals you would like to include in your personal Detox.
2. When you have made your selections, use the Meal Planner to chart each meal of your 7 day Detox
3. Create your own Grocery List to mark off the ingredients you will need.
4. Go shopping.

### The Pre-Detox

The first 4 days of the Spring Forward Detox you will be pre-prepping for the Detox. Remember, this Detox is about eliminating foods that may be causing inflammation, weight gain and stressing your body. Using the Avoid List, you will begin to reduce foods that are not included in the Detox. This process helps to reduce and avoid common symptoms of Detox later on, such as headaches, moodiness and fatigue. Refer back to this guide as needed for planning purposes and to give yourself direction during this period.

## Avoid List

Begin reducing and eliminating these foods during Pre-Detox:

- Coffee and caffeine - If you consume coffee daily, this is your chance to
- You may also switch to dandelion coffee, Teccino or decaffeinated green tea.
- Sugar - exchange out the white sugar for stevia or raw honey
- Processed foods
- Gluten
- Grains, with the exception of alkalizing millet, quinoa and buckwheat
- Nuts
- Alcohol
- Corn
- Soy
- Dairy
- Beans (except red lentils and adzuki for vegetarians)

**Clean out the cabinets and the refrigerator** – get rid of your temptation foods. Remember, this is not a time to binge! Give it to your neighbors or throw it away.

**Set a Personal Goal for yourself.** Get clear on why you are embarking on this Detox: a new you, a rebooted you, a refreshed you! Write your goal down in a journal or on a post-it note that you stick to your bathroom mirror so you see it everyday.

**Get Support from family & friends.** Start to eliminate the non-food junk from your life and replace it with support and kindness.

**HONOR yourself daily** — Journal daily and do all of the homework you see detailed in this Detox program. The homework is designed to help set you free and transform your body & mind.

## What to Expect When Detoxing and FAQ'S

Do not think of your detox as purely physical. Detox can be an emotional roller coaster ride as well. While Detox is an amazing opportunity to refresh and reset your body, it also brings up emotions that have been locked away.

As you begin to cleanse the organs in your body, your cells release not only the toxins they are holding onto, but often there are emotions stored there as well.

Journal Exercise: Journal about what feelings are coming up for you during this cleanse – common ones are sadness, anger and resentment. Every morning write down your

intention for the day and every evening reflect on your emotions that day as well. This record will be a great tool for you moving forward post detox.

## FAQ'S

1. Can I exchange the meals on a specific day for another recipe in the Recipe Guide?  
Yes, you can refer to your Recipe Guide and exchange meals. You do not have to stick to the exact menu in the Detox section, but make sure you are exchanging meals that are equals, for example a Lunch for a Lunch and a Dinner for a Dinner.
2. I have a headache. Am I doing something wrong?  
No, you are not doing anything wrong. Headaches, feelings of nausea, tiredness and/or emotional swings are all common effects of a detox. This is the garbage coming out of your body. Just make sure you are drinking enough water and add in some lemon and lime juice to improve liver functions. Remember that these symptoms are part of the process and to keep your Personal Goal in mind.
3. I am nursing. Can I still follow the detox?  
Yes, but make sure you are eating an additional 3-4 ounces of high quality protein (animal or plant based) at Breakfast, Lunch and Dinner.
4. I have a party to attend, what do I eat?  
Simple and clean eating is what this detox is all about. Try and opt for a simple and clean choice like a healthy salad with lemon and olive oil and include 3 ounces of high quality protein or avocado.
5. Can I still workout?  
Yes, you can still workout if you have the energy. Some people detox and have endless energy. I call this the detox high. Others detox and do not feel as energized. Since detox can cause some dehydration, simply make sure you are drinking enough water. Try adding 1/8 tsp high quality sea salt and stevia to your water to combat feelings of dehydration.
6. What if I work?  
The key to success is preparation of your meals a day in advance. What you are about to eat is really simple in taste and preparation, and you will totally be able to do it. Wash and prepare your juice veggies the night before, throw them in the juicer in the morning, bottle and take with you along with your tea, coconut water, lunch meal and snack. Never ran out of water. Keep a lemon handy.
7. I can't live without my morning coffee!  
Coffee obstructs your bile ducts. If you want to experience a full detox benefit, then you must give-up coffee. It is also one the most chemically polluted drink in the world. During detox we want to eliminate toxins not add them. Coffee withdrawal

often brings headaches that can last up to 3 days. Take it easy. If you feel like giving-up on the entire detox just because of coffee, then do have a cup, but AFTER you drink your morning elixir and 3 cups of water. Never drink your coffee on an empty stomach. Consider an alternative – Dandelion Blend or Teccino, both available in health food stores or online. Coffee is also very acidic. Detox tends to alkalinize the body and regulate its pH. Be careful of your choices and how you react to them. Do what feels right.

## Daily Tasks for Spring Forward Detox

Please try and complete these daily homework tasks to fully support your liver functions and to lessen any unwanted detox symptoms.

### Upon Waking

- Tongue Brushing – clean your tongue every morning and evening.

Using the rounded edge of a tongue scraper, gently scrape down the tongue several times, while applying slight pressure. Rinse the scraper under running water and gently scrape again until no white residue is left on the tongue. Do this 2-3 times a day, or after brushing your teeth.

- Drink 4 cups of water including your Morning Lemon Elixir
- Take your probiotic (optional) to add good quality bacteria to your body (see my Proflora® suggestion)
- Journal. Write your intentions for the day in the morning and your reflection of the day at night.
- Do a Daily Mini-Meditation:

Focus on breathing in good and breathing out negative. Breathe in healing and breathe out toxicity. Practice this breathing for 5 to 10 minutes everyday.

Remember, we do our best breathing when we are relaxed so put on a

favorite comforting song or find a calming place where you can become relaxed. Close your eyes and let go of: toxins, anger, sadness, and any other emotions that you're holding onto with a negative attachment. Visualize peace. If you can't, breathe through it until it shifts. Breathe in through your nose, imagining your breath going down to your toes. Hold this breath for as long as you can and then exhale through your nose. As you exhale think: *out with the old*. As you inhale think: *in with the new*.

- Do your usual workout, sit in a sauna, try jumping on a mini trampoline – move your body to get your endorphins moving and get your body sweating. Sweating is a key component of detox.

## Meal Planning Tips

### Protein during Detox

**It is ideal to eliminate animal protein but there is no right or wrong during a detox.**

Everybody is different. Some of us need more protein to rejuvenate, rebuild cells, detox properly, and think clearly. Listen to your body.

**You can add 3-4 ounces of a clean protein source to any meal, if needed.**

### **If you are a vegetarian or vegan:**

Consider adding 1/2 cup red lentils or adzuki beans to your meals. They are easier to digest than most beans.

Please keep in mind that the quality of your protein is extremely important. You are what you eat AND what your animal ate. Always purchase organic protein and produce whenever possible.

### **Clean protein sources include:**

- **Fish** (wild is best; avoid fish that contain high mercury levels like Swordfish)
- **Chicken** (pasture-raised is best)
- **Turkey** (pasture raised is best)
- **Bison** (pasture raised is best)

- **Canned fish** sardines, tuna or wild salmon (look for BPA free cans if possible)
- **3 Tablespoons of hemp seeds, sunflower seeds or pumpkin seeds** - add to your soup, smoothie or salad
- **Vegetarian Protein** ½ cup adzuki beans, red lentils or hummus

### Juicing During Detox

Your Recipe Guide includes 11 Juice Recipes – Your Liquid Assets. If you don't have a juicer, I suggest you get one and drink juices daily as breakfast and afternoon snacks in order to alkalize your body and at any time during the day. All the juicing recipes are designed to detox your body on a cellular level. There are many juicers on the market meeting any budget. If you are just starting out, consider something really cheap (\$30-40), then move onto a good quality slow juicer like Omega, once you get a good grip on juicing.

## Daily Drink Guide

Drinking to Flush Toxicity & More Tips for the Healthiest Detox Possible

### Morning Lemon Elixir followed by 3 cups of water (upon waking)

1 cup warm or room temperature water

Juice from 1/2 lemon

1 teaspoon Bragg's raw apple cider vinegar

optional: Pinch of cinnamon and 1 teaspoon raw, unheated honey OR a couple drops of stevia (use stevia if you are on a yeast cleansing diet or low sugar diet)

~ stimulates digestion, releases toxins from the liver and jump-starts your digestive enzymes

### Midday Cranberry Flush Cleanser

2 tablespoons unsweetened cranberry concentrate (I prefer Knudsen's if available, look at your local health food store)

6 ounces of room temperature water

(feel free to add stevia or 1 tablespoon raw honey to the water for a sweet treat)

~ great for flushing the lymphatic system and cleansing the bladder and kidneys

### Coconut Water

Make sure your coconut water has no added sugar. Fresh is ideal. A raw coconut drink is a fabulous choice but more expensive.

## The Detox

*Your Detox Success Depends on Committing  
to your Elimination Diet and your Transition Diet*

Your morning routine for the next 14 days:

Upon rising: 1 glass of **Morning Elixir** followed by 3 glasses of water

1 cup warm or room temperature water

Juice from 1/2 lemon

1 teaspoon Bragg's raw apple cider vinegar

optional: Pinch of cinnamon and 1 teaspoon raw, unheated honey OR a couple drops of stevia (use stevia if you are on a yeast cleansing diet or low sugar diet)

*~ stimulates digestion, releases toxins from the liver and jump-starts your digestive enzymes*

Breakfast: Juice of your choice

11:30 - 12: coconut water, herbal tea, water or more juice

### Day One

- 1:30pm (lunch): Massaged Kale & Carrot Salad
- 4pm (snack): Cranberry Flush and Snacking Salsa or a smoothie
- 6pm (dinner): Steamed Broccoli with Red Pepper & Tahini

### Day Two

- 1:30pm (lunch): Detox Lettuce Wraps
- 4pm (snack): Cranberry Flush and Detox pesto with cucumbers or a smoothie
- 6pm (dinner): Broccoli and Arugula Soup

### Day Three

- 1:30pm (lunch): Berry Gone Mad Salad
- 4pm (snack): Cranberry Flush and Sunflower Seed Pate with raw veggies or a smoothie
- 6pm (dinner): Cauliflower Energy Soup

#### Day Four

- 1:30pm (lunch): Miso Soup with Sea Vegetables
- 4pm (snack): Cranberry Flush, Simple Guacamole or a smoothie
- 6pm (dinner): Citrus Delight Salad

#### Day Five

- 1:30pm (lunch): Israeli Chopped Salad
- 4pm (snack): Cranberry Flush , 1 apple chopped w/ 2 tablespoons Tahini & sprinkled cinnamon
- 6pm (dinner): Cucumber Avocado Soup, add 2 tablespoons pumpkin seeds

#### Day Six

- 1:30pm (lunch): Blueberry & Endive Salad
- 4pm (snack): Cranberry Flush , ½ grapefruit with 1 tablespoon drizzled Tahini,
- 6pm (dinner): 1 cup Roasted Brussels Sprouts & Miso Soup with Sea Vegetables (optional)

#### Day Seven

- 1:30pm (lunch): Berry Gone Mad Salad
- 4pm (snack): Cranberry Flush, Sunflower Seed Pate with raw veggies or smoothie
- 6pm (dinner): Cauliflower Energy Soup



## Transition Diet

Keep your morning routine.

### Day One

Today you are adding one grain at breakfast: Superfood Quinoa. Notice how you feel today adding a grain to your diet. Do you feel sluggish, bloated and tired or do you feel energized, happy and more alive? Be sure to Journal this.

- 10am (breakfast): Quinoa Breakfast Bowl – New addition
- 1:30pm (lunch): Massaged Kale & Carrot Salad
- 4pm (snack): Cranberry Flush , Raw Beanless Hummus with raw vegetables
- 6pm (dinner): Steamed Broccoli with Red Pepper & Tahini

### Day Two

There are no new additions today. Continue to Journal how you feel physically and emotionally.

- 1:30pm (lunch): Quinoa with Root Vegetables
- 4pm (snack): Cranberry Flush , 1avocado, 2 tablespoons Deliciously Detoxing Pesto with cucumber slices
- 6pm (dinner): Spring Mix Salad with Raspberries

### Day Three

Today you are adding another new food: Chick Peas. You can make Hummus from your Transition Recipe Guide, or buy a gluten free and preservative free hummus at the store.

- 1:30pm (lunch): Berry Gone Mad Salad
- 4pm (snack): Cranberry Flush , Hummus with raw vegetables
- 6pm (dinner): Sautéed Kale with Tahini & Quinoa

### Day Four

This is the last day of your Transition Diet.

- 1:30pm (lunch): Israeli Chopped Salad
- 4pm (snack): Cranberry Flush, Super food Balls (2)
- 6pm (dinner): Veggie Bowl

### **You have completed your Transition Diet and the Spring Forward Detox!**

Continue to eat clean and add only 1 food at a time to your menu every 2-3 days. Remember to Journal how you feel emotionally and physically as you progress. Refer back to your journal to understand your unique body in a more productive way.

### Summary of Post Detox Tips

- Add foods back into your menu every 2/3 days and only 1 at a time
- Reduce the amount of gluten and dairy.
- Eat simply. Cook simply.
- Eat regular meals and keep Journaling in your Food Diary
- Avoid any foods that you know or believe you may be sensitive to
- Read labels
- Be a food detective
- Remember if you do not recognize an ingredient (or can not pronounce it!), neither can your liver, stomach or kidneys. The same applies to your skin. Anything that goes on your skin goes straight into your bloodstream.
- Eat slow, 20 minutes per meal and chew really well
- If you are trying to lose weight and still feel stuck, check your thyroid. If it is low functioning, you need to address that before any weight can come off. Best way to check at home: check your temperature upon waking-up (before you get-up) using Basal thermometer. If it is below 97 degrees for 5 consecutive days, see your integrative medicine or functional medicine doctor
- Keep your tongue and your teeth clean. You will less likely want to eat when your mouth feels clean and minty. Use natural toothpaste, skip the fluoride please.
- Always drink BEFORE meals (preferably 30 min) or 1 hr AFTER, not during, unless you are choking. If you need to drink with the meal, sip some hot herbal tea or water. Drinking disrupts the production of enzymes. Enzymes allow you to digest the foods properly instead of fermenting inside your body.

## Daily Detox Feel-Good Homework

### Hot Towel Scrub

Body scrubbing can be done before or after your bath or shower, or anytime during the day. All you need is a sink with hot water and a medium-sized cotton washcloth.

#### Directions:

- Turn on the hot water and fill the sink.
- Hold the towel at both ends and place in the hot water.
- Wring out the towel.
- While the towel is still hot and steamy, begin to scrub the skin gently.
- Do one section of the body at a time: for example, begin with the hands and fingers and work your way up the arms to the shoulders, neck and face, then down to the chest, upper back, abdomen, lower back, buttocks, legs, feet and toes.
- Scrub until the skin becomes slightly pink or until each part becomes warm.
- Reheat the towel often by dipping it in the sink of hot water after scrubbing each section, or as soon as the towel starts to cool.

#### Benefits:

- Reduces muscle tension.
- Reenergizes in the morning and deeply relaxes at night.
- Opens the pores to release stored toxins.
- Softens deposits of hard fat below the skin and prepares them for discharge.
- Allows excess fat, mucus, cellulite and toxins to actively discharge to the surface rather than to accumulate around deeper vital organs.
  
- Relieves stress through meditative action of rubbing the skin.
- Calms the mind.
- Promotes circulation.
- Activates the lymphatic system, especially when scrubbing underarms and groin.
- Can be a sacred moment in your day, especially if done with candlelight and a drop or two of essential oil, such as lavender.
- Creates a profound and loving relationship with the body, especially parts not shown care often; especially helpful for a person with body image problems.
- Spreads energy through the chakras.

### **Nourish Your Skin**

During this week, you should be using natural soaps, and skin/hair products whenever possible to avoid the absorption of additional toxins.

### **Exercise**

Exercise aids in the release of toxins. Exercise is also important for keeping the blood and lymphatic system flowing. Consistent exercise helps to relieve stress and toxicity by increasing blood flow to the brain. It also stimulates the nervous system and releases endorphins into the body. Sweating is key to toxin release.

### **Hydrate**

Focus on flushing those toxins out of the body.

Your goal is to drink  $\frac{1}{2}$  your weight in ounces of water every day.

In other words, if you weighed 100 lbs, you want to drink 50 ounces of water per day. Drinking adequate amounts of water will help prevent headaches and joint aches as your body is releasing toxins. *Please don't skip this step!*

### **Eliminate**

Yes, we are talking about POOPING. It must be done, preferably 1-3x per day. If you are not pooping every day then the toxins that your newly refreshed digestive system is trying to eliminate from your body are all going to be stored in your colon. This putrefied food becomes an ideal breeding ground for bacteria, yeast, and fungus. This backup contributes to weight gain, a bloated belly, headaches, depression, sugar cravings, and a general unbalance in your emotional state.

### **Fiber-up!**

Fiber is like a sweeper; it collects all the toxins that circulate in the blood stream and carries them out through the elimination channels. Without it everything bad goes back to the liver. I suggest you get some good fiber mix (Renew Life or Garden of Life available in health food stores or Vitacost.com. Please do not use commercial products like Metamucil), put a

scoop in a glass of water and drink it immediately through a straw at least once a day, followed by another glass of water. Fiber bulks –up inside the body and may cause constipation if there is an inadequate amount of water.

**If you do become constipated**, try drinking flaxseed tea at night. You may need to drink a glass during the day as well, or try senna tea. *Put 1 tablespoon of whole flaxseeds in a cup, and then pour boiling water over it. Let it stand at least 30 minutes; drain the seeds and discard; drink the tea.*

Remember that everyone is different. Some people will experience constipation during Detox. It is normal and will be alleviated by following the directions in this guide.

### **Do Something Good for Yourself Every Day**

It can be as big as a massage or as small as enjoying a cup of tea on your porch without your cell phone buzzing in your hand. Or you can try doing a self-massage or taking a bath with lavender oil. And, treat yourself to a good night's sleep - turn the lights out, shut down your mind, put yourself and your health first and just UNPLUG.

### **Rewrite Your Internal Narrative**

Re-shape the conversations in your head. Energy is everything. All the negativity that you allow into your head is killing your energy. Now is the perfect time to become conscious of what else (besides food) you need to detox from your daily routine.

### **Epsom Salt Baths**

Try an Epsom salts bath. Add ½ cup of Epsom salts, ½ cup baking soda, and a few drops of lavender to a warm bath and soak for 30 minutes. Epsom salts relax the body, detoxify the liver and provide your body with the essential mineral magnesium, which is necessary for optimal relaxation, digestion, detox and health. You will find them at any pharmacy and Costco.

### **Colonics or Enemas**

Scheduling colonics before or during the detox is a wonderful way of cleaning the colon of old “debris” that is stuck to its walls and preparing it for cleaner you.

If colon hydrotherapy is not an option for you, I strongly suggest you buy an enema kit at your local Walgreens and use it daily throughout the detox. It is not as effective as colonics, but a great alternative for those who can't afford it, are afraid or suffer from diverticulosis. It is an easy, done at home procedure. You might be scared the first time, but trust me; you will soon see there is nothing to be afraid of. Simply follow the instructions on the box.

### **Castor Oil Packs**

This is a natural and inexpensive way to rid the organs of toxicity.

#### **Making the pack**

Take a piece of wool flannel (or a hand towel) about 12 x 18 inches in size and fold it into 3 thicknesses. You want it to be about the same size as the heating pad you will be using so that the pad heats the entire pack but does not touch your skin. Put the wool in a pan, such as a large disposable baking pan, and pour in enough castor oil to cover. Let sit until the wool is well saturated. Note that after each use you will probably need to add a little more castor oil. You can reuse the pack many times. When not in use, store your pack in a plastic bag in the refrigerator.

#### **Pack Placement**

In general, you should lie down with your pack on the right side of your body, extending

from a little bit above the bottom of your sternum (breastbone) to about 4 inches below your navel. The pack should wrap around the body on the right side, from the navel as far to the side as you can get it.

#### Usage Guidelines

Use the pack in the evening before bed. Spread out a large plastic garbage bag on the bed so that the castor oil will not leak onto your bed. Fold a towel (dedicate an old towel for this use as the oil is almost impossible to wash out completely) and place on the garbage bag. Take the cloth cover off of a heating pad and place the heating pad on top of the towel. It is important to heat the pack before you put it on your body. You may either heat it in the oven on a "low" temperature setting for about 15 minutes, heat it in a microwave oven (in a microwave-safe container) for about one minute, or you can simply put the pack on top of the heating pad and turn the pad on high. Then just let it warm up for a few minutes. It should be very warm, but not so hot that it could possibly burn you. Be careful! If you are not sure how hot is safe, start with a slightly warm session and work up to warmer ones. If it is not warm enough at this early stage, it may help to rest your arms and hands on the towel to press the pack more firmly onto your body.

Lie down on your back on the plastic bag. Place the pack on your abdomen with the heating pad or a hot water bottle (much healthier option) on top and the towel on top of that. Have the heating pad control within easy reach of your hand as you may need to adjust it so that the pack does not become too hot or too cold.

Keep the pack on for 30 min up to 1 ½ hours. Have a paper towel handy to wipe the oil off of yourself when you get up and, again, be careful not to get any on your bed. If necessary, combine baking soda into warm water (2 teaspoons to a quart), and use the solution with paper towels or a sponge to clean off the castor oil. You might also want to take a shower with soap after using your pack.

Use the pack for 3 days in a row. Then take a break for 4 days, and repeat.

**IF YOU CHOSE GI DETOX SUPPLEMENTAL OPTION**

You can start it at any time during or after your detox. Excellent for everyone and especially those suffering from gluten related inflammations. More info and order form on Heal 'N Glow's website.

GI DETOX available through [www.Healandglow.com](http://www.Healandglow.com)



Supports the removal of debris and toxins from the intestinal tract is an important part of any comprehensive cleansing program. G.I. Detox™ contains both pyrophyllite healing clay and activated charcoal for a simple, well tolerated cleansing regime. Removes debris, toxins and accumulated waste.

Suggested Usage: GI Detox™ may be used twice a month for a 3 day period as part of a cleansing regime.

Ingredients: 75% Pyrophyllite Clay, 25% Activated Charcoal

PROBIOTICS - Proflora® available through [www.Healandglow.com](http://www.Healandglow.com)



Help improve digestion and absorption of nutrients, and promote intestinal balance. Proflora® provides the supernatant or medium which beneficial flora depend upon to thrive, along with synergistic nutritional and botanical support to optimize the growth of beneficial flora, inhibit unbalanced flora and soothe the intestinal mucosa.\*

- Pleasant tasting liquid, does not require refrigeration.
- Helps inhibit unbalanced flora.
- Healing botanicals soothe intestinal mucosa.

Suggested Usage: 10 - 20 drops 2 times per day in a small amount of water. Children may use 1/2 of the adult dosage.

Ingredients: Distilled Water, L. Acidophilus fermentation, Bifidobacterium complex, Aloe Vera, Yucca, Lactobacillus salivarius, Chlorophyll, Peppermint, Ginger, Dandelion, Viola. Proflora® does not require refrigeration.

**IF YOU CHOSE THE LIVER AND GALLBLADER FLUSH, PLEASE FOLLOW THESE INTRUCTIONS AFTER YOU COMPLETE YOUR DETOX:**

**Andreas Moritz Liver and Gallbladder flush protocol**

**MUST FOLLOW EXACTLY!**

Requires 6 days of preparation followed by 16-20 hours of actual cleansing. Best if you start on a Sunday and plan on having Friday evening and half of Saturday all to yourself.

**What you need:**

Apple juice	6 x 32 oz containers
Or if diabetic	Malic acid (available on the Internet): 1/2-1 tsp of malic acid per 32 oz of room temperature water (more if it tastes too acidic)
Cold pressed extra virgin olive oil	1/2 glass (4 oz)
Epsom salts (magnesium sulfate) (or magnesium citrate)	4 tablespoons dissolved in 8 oz glasses of water
Either fresh pink grapefruit or fresh lemon and orange	Enough to squeeze 3/4 glass (6 oz) of juice

**Instructions:**

1. Drink 32 oz of apple juice or malic acid liquid per day for a period of 6 days. The malic acid in the apple juice softens the gallstones and makes their passage through the bile ducts smooths and easy. The apple juice has a strong cleansing effect.
2. During the entire weeks avoid cold beverages that chill the liver.
3. Avoid any medication or supplements that are not necessary.
4. Clean your colon before and after. It is absolutely NECESSARY! Use an enema bag or preferably schedule colonics (colon hydrotherapy) most preferably on the 6<sup>th</sup> day to minimize any discomfort during the actual flush. It prevents back-flushing of the oil mixture or waste products from the intestinal track into the stomach. It also assists the body in swiftly eliminating gallstones.



5. Avoid meat, eat lightly, with plenty of vegetables, vegetable juices, 10 glasses of water a day. Nothing fried, nothing heavy. Avoid sugar, milk, eggs, butter, nuts, cold cereals or you might feel ill during the flush.

**On the 6<sup>th</sup> day:**

1. Drink all 32 oz of juice or malic acid liquid in the morning. If hungry, eat a light breakfast, like oatmeal.
2. For lunch eat steamed vegetables with basmati rice without any oil.
3. Do not eat anything starting 1:30 pm

**6 pm** Add 4 tablespoons of Epsom salts to a total of 24 oz (3 8 oz glasses) of water. This makes 4 6 oz servings. Drink first portion now (3/4 glass). Easiest to drink through the straw. It is not salty, more bitter.

Epsom salt widens the bile duct, making it easy for the stones to pass.

**8 pm** Drink your second serving (3/4 glass) of Epsom salt

**9:30 pm** If you had not had a bowel movement until now, or you did not have colonics within 24 hours, take a water enema. It will trigger a series of bowel movements.

**9:45 pm** Squeeze lemons and oranges or grapefruit removing the pulp. You will need 3/4 glass. Pour it into 1/2 glass of olive oil, into a jar with a lid. Shake hard, about 20 times, for the solution to be watery.

**10 pm** Drink the olive oil/ juice mixture standing by the bed (again straw makes it easy). Do not take more than 5 minutes drinking it. Immediately lie down perfectly still on your back, with a pillow under your head. If not, lie on your right side with your knees pulled towards your head. Don't speak, concentrate on your liver. If you need to go to the bathroom do so. Try to fall asleep.

**The following morning**

**6 am** but not before, drink your 3<sup>rd</sup> glass of Epsom salts. If you feel very thirsty, drink a glass of warm water BEFORE the salts. Rest. You will start having watery bowel movements. These initially consist of gallstones mixed with food residue, and then just stones mixed with water. Lubricate the rectum with oil or Vaseline.

**8 am** Drink your 4<sup>th</sup> and last 3/4 glass of Epsom salts. The stones will appear as tiny dots, then slightly larger circles. You will not pass all of them out and might be that you will pass only a foam.

## **Stones**

Most of the gallstones are pea-green and float in the toilet because they contain bile compounds. The stones will be in different shades of green due to the bile from the liver. They are soft as putty thanks to the apple juice.

Light colored ones are most recent. Dark are the oldest. There could be hundreds or dozens, pea sized or as big as 1 inch.

Tan colored and white stones are calcified gallstones released from the gallbladder. They contain heavier toxic substances with only small amount of cholesterol.

White or tan colored chaff or foam consists of millions of tiny white, sharp edged cholesterol crystals, which can easily rupture small bile ducts. They are equally important to release.

To permanently cure bursitis, back pain, allergies or other health problems you will need to release all the stones. This might require 8 – 10 flushes performed at monthly intervals. Do not flush more frequently than this.

Keep on cleansing until all stones are out. You might actually release more of them after the initial flush. Leaving the liver half clean might cause greater discomfort than not cleansing it at all.

You need to repeat colonics on the second or third day after the cleanse. Colon hydrotherapy is most important; enema is a substitute only if colonic irrigation is not available, or if you have diverticulosis. Some stones might be caught in the colon. People whose colon is severely congested or who have a history of constipation should consider doing at least 2-3 colon cleanses before their first liver flush.

Kidney cleanse – Cleansing the colon ensures that the expelled gallstones are easily removed from the large intestine, cleansing the kidneys makes certain that toxins coming out of the liver during the liver flush do not put any burden on these vital organs of elimination.

## **Contradictions:**

Never cleanse during an acute illness, even if it's a simple cold.

Don't attempt the flush if you are using prescribed medication, such as antibiotics, painkillers, statins, or other suppressive drugs. The liver cannot both break down/release these drugs and suppress this activity (which drugs do) at the same time. It is best to wait with liver flushing until drug intake has been discontinued for at least 10 days.

The liver flush is NOT recommended when there is a stent in the biliary duct.  
The liver flush is NOT recommended if you are suffering from constipation and hemorrhoids.

**Disclaimer:**

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Users of this program should not rely exclusively on information provided in this program for their own health needs. All specific medical questions should be presented to your own health care provider.

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This information is based on my personal experience as a health coach.

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The ideas worded and presented herein ARE NOT intended to be medical advice, endorsements or recommendations. **HOWEVER**, this guide is a practical and useful reference tool with information to assist readers and participants to plan a detoxification (DETOX) plan and strategy that you decide is the best for you and your situation, circumstance and condition. It's always best, and recommended, to consult with your doctor when making any changes to your diet and/or lifestyle.