

A AWAKEN'S
FALL INTO DETOX
GUIDE

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WELCOME

Hello, my friend, and welcome to your Detox Guide. If you have limited time to review this document, make sure you read through “WHAT IS DETOX?” and “THE DETOX PROGRAM” to get a good handle on what the Detox entails. “OTHER SUPPLEMENTAL INFO” is great content to read through when you have the time, as it explains more thoroughly what we are doing.

As you are probably aware of by now, we humans live in a world filled with toxins, pollution, pesticides, herbicides, and GMOs. We also live in a world filled with STRESS, which is one of the most prevalent and dangerous toxins. Toxins hamper weight loss, cause cellulite and lead to poor sleep and exhaustion.

Sounds terrible, doesn't it?

But I have great news – this Detox is designed to negate the harmful effects of toxins and rejuvenate your mind, body, and soul.

With this Detox, you will learn to ditch the diet mentality and stop counting calories. Instead, you will naturally detoxify your body with foods that are in-season.

In addition to learning how to eat for your body, you will also learn to get in tune with your body. Detoxing is not just about the food on your plate or the toxins you release; it is also about learning to live in the right state of mind.

Detox has been around for centuries and is a simple and effective way to bring the body back into balance. The body is such a beautiful machine, and when given the right nutrients and the right tools, toxins are released.

Imagine how your body will feel when it's not carrying around the toxic waste. Imagine your cells recharged. Imagine amplified energy and a vibrant glow. You'll experience all of this with this Detox.

I created this program to give you a fresh start. This program will help your body fall back into balance with nutrient-dense and antioxidant-rich seasonal foods.

Following a healthy detox plan is your best health insurance. Let's get started.

WHAT IS DETOX

As I just mentioned, detox is one of the most effective actions you can take to improve your health. But why?

WHY DETOX?

On a minute-by-minute basis, toxins enter your body and wreak havoc on your digestive and endocrine systems. This causes:

- Blood sugar imbalances
- Weight gain or weight loss
- Wrinkles and cellulite
- Poor sleep
- Weakened immune system
- Constipation
- Irritable Bowel Syndrome
- Auto-immune disease
- Headaches
- Food allergies

And that's just the tip of the iceberg.

Just as you can overfill a glass of water, you can overfill your body with toxins, Your body can only process so many chemicals, toxins, pesticides and pollution before you start to experience nasty symptoms.

And though your body naturally detoxes on a daily basis, too often your body needs extra support. So that's what we're going to do.



WHY DETOX IN THE FALL?

According to Ayurvedic medicine, the traditional holistic medicine of India, fall is the perfect time to cleanse and release the stored heat that the body has accumulated over the summer months.

Otherwise, if the heat is not released in the fall, weight gain, poor digestion, fatigue, sickness, and flu is likely to occur in the winter months.

Emotionally, if the heat accumulates in the body and is not released, nervousness, stress, and feelings of irritability and anger are likely to occur.

In Chinese medicine, there is a similar principle. The fall represents a time of release and letting go. In the fall, we detox the lungs and the large intestine. Every organ is related to an emotion. The lungs represent grief and sadness while the large intestine represents guilt and regret.

LUNGS: The lungs are vital when it comes to detoxing as you release so many toxins through your breath. The lungs are also necessary for the release of toxins through your skin. Plus, if the lungs are weak, the immune system suffers.

LARGE INTESTINE: If the large intestine (colon) is burdened with overgrowth of yeast, bacteria or pathogens, then toxins can recirculate and cause mucus build up in the intestinal wall. The buildup can affect every organ in your body and your overall health. By clearing out toxic waste in the colon, you can reduce rashes, acne, skin problems, and improve the quality of your health. Roughly 95% of your serotonin - the happy hormone - is manufactured in your intestines. A healthy intestine means a happy you.

DETOX & THE ELIMINATION DIET

How many times have you eaten food and then felt exhausted? How many times have you eaten food and been bloated or even gained weight?

Intolerances and food sensitivities are common in today's world. By following the three phases of the program, you will give your body an opportunity to cleanse toxins and then add back in possible trigger foods.



By removing foods, such as condiments, stimulants and packaged foods that often contain irritants of the liver, you will be aware of how you feel when you add them back in. Yes, the mustard you are using could be causing an issue but you may not even know it until you remove it from your diet.

As you add foods back in (even after this program) look for signs of imbalances such as:

- Dry skin
- Headaches
- Change in mood
- Bloating
- Poor sleep (especially waking at 3 am)
- Hormonal imbalances
- Excessive gas
- Dry eyes or eye twitching
- Heart fluttering
- Bloating
- Sinus issues
- Sneezing
- Coughing or tightness in the chest
- Ear ringing
- Finger swelling
- Rashes or hives
- Bags under the eyes
- Excessive sweating after consuming a food

THE DETOX PROGRAM

BEFORE YOU BEGIN

It's important to do the following before beginning the program:

- Get into the mindset of success. You are worth it.
- Download your materials and get organized.
- Look at your Shopping List, Suggested Meals and Recipes. Take the time to read through the Guide. Familiarize yourself with the At A Glance, your daily protocol for self-care, self-love and creating new rituals in your life, as well as your Detox Support Tools.
- Create a system for the next two weeks. What foods can you prep and prepare to make the program easy? What do you need in your kitchen (mason jars, BPA-free containers, or a blender) to make this program easy for you?
- Get a large glass or tumbler for drinking water and have a system to make sure you are drinking half your body's weight in ounces of water, each day.
- Prepare to document your meals in your Food Diary. During the program, it is important to write down your meals and how you feel in a journal each day. As you move through the phases, pre-detox, detox and then transition, you will see how food affects you physically and emotionally.

WHAT TO EXPECT

As you read in the Detox Support Tools, individuals may or may not experience negative detox symptoms. While some individuals may feel optimistic and energetic from the detox, others may feel bloated, suffer from headaches or experience other unwanted symptoms.

Though these symptoms can be unwanted and undesirable, they are actually signs of your body regenerating. These symptoms mean your body is forcing out the garbage that exists inside of you.

Some symptoms of your detox may include:



These statements have not been evaluated by the Food and Drug Administration.
This is not intended to diagnose, treat, cure, or prevent any disease.

- Headaches
- Bloating
- Constipation
- Exhaustion
- Irritability
- Emotional detoxification (feelings of anger, sadness etc.)

You may also start to feel sluggish or start to gain weight. These symptoms are signs of a slow moving liver and lymphatic system. However, if any of these symptoms occur, please do not fret. They will pass quickly, especially if you make it a point to use the Detox Support Tools. Please be sure to use them during every phase of your program.

You can also prevent or reduce negative symptoms by being proactive in Phase 1, the preparation phase. If you follow Phase 1 as outlined, your body will have more time to slowly adjust to your new lifestyle rather than just diving in headfirst.

PROGRAM PHASES

Your program consists of 3 phases:

- | | | |
|------------------|-----------|--------|
| • Pre-Detox/Prep | (Phase 1) | 4 Days |
| • Detox | (Phase 2) | 7 Days |
| • Transition | (Phase 3) | 7 Days |

PHASE 1: PRE-DETOX/PREPARATION (DAYS 1-4)

Phase 1 is known as the preparation phase. It's the phase before you begin the actual Detox where you begin to prepare the body for detox.

**PLEASE NOTE THERE ARE NO MEALS FOR THIS PHASE IN YOUR MEAL PLAN, BUT YOU CAN EAT ANY RELEVANT RECIPES IN THE RECIPE GUIDE.*



In this Phase, you will:

- Review what you can and cannot eat in your Detox Eat List and Detox Do Not Eat List.
- Begin to reduce coffee, sugar, processed foods and other foods on the Do Not Eat list. Caffeine can be detrimental to this Detox, and very hard for many people to forgo.
- Read through the Detox Support Tools and your daily protocol.
- Review the rest of your materials and prepare for Phase 2. I suggest printing out your suggested Meal Plan, Shopping List, and Food Diary and prepping your kitchen for success.
- On the fourth day of Phase 1, I suggest going shopping for the items you'll need for your Detox.

PHASE 2: DETOX (DAYS 5-11)

Phase 2 is the detox portion of this program. This is where you are eliminating high allergen foods, which you will find on the Do Not Eat List. During this phase, people often experience the most withdrawal symptoms, which is why I have carefully suggested detox support tools in your protocol to make your detox experience enjoyable.

** PLEASE REMEMBER THAT THIS IS YOUR PROGRAM. IF SEVEN DAYS ISN'T ENOUGH TIME FOR YOUR BODY TO DETOXIFY, YOU CAN EXTEND THIS PHASE.*

In this Phase, you will:

- Enjoy foods from the Do Eat List and make sure you have removed foods that are on the Do NOT Eat list.
- Increase foods that hydrate, regenerate and support the body to naturally detox such as avocado, flax oil, and the Natural Gatorade.
- If you need more protein, add a plant based protein powder to your shake and clean sources of protein to your lunch and dinner – vegetarian or non-vegetarian.
- You can also replace high-glycemic fruits with low-glycemic fruits in any smoothie if there is candida (yeast overgrowth) present or insulin resistance.

- Write down if you notice a reaction to any foods on your plan, and notice how you feel at different times of the day.
- Be sure to use the Detox Support Tools to help your body during this phase.

PHASE 3: TRANSITION (DAYS 12-18)

Phase 3 is the transitional phase, where you will add back the high allergen foods, one by one, into your diet. Doing this gradually will allow you to identify the foods that your body cannot tolerate.

In this Phase, you will:

- Add back in foods that are common allergens, hard to digest and not on the list for Phase 2, giving you the opportunity to see how your body reacts after you have cleansed for 7 days.
- Be conscious of how you feel emotionally and physically when you consume food you have not eaten for 7 days and take the time to write this down.

WATCH OUT FOR ANY OF THESE SIGNS WHEN ADDING FOOD BACK INTO YOUR DIET. THESE SIGNS CAN SIGNIFY A FOOD INTOLERANCE.

- White coating on the tongue
- Acid reflux or heartburn
- Bad breath
- Constipation
- Foul-smelling stool
- Headaches or migraines
- Joint pain
- Sinus issues
- Clogged ears
- Rashes or hives
- Fatigue
- Poor sleep
- Water retention

- Gas and bloating
- Dry eyes
- Weight gain or weight loss
- Racing heart
- Bags under the eyes
- Food cravings, sugar or salt
- Canker sores or a sore tongue
- Difficulty breathing or cough
- Poor concentration
- Swelling of hands/feet

If you know you are intolerant or allergic to a food suggested below, please do not add in that particular food and choose another high allergen food from the list above. This is your divine opportunity to see what fuels your unique body. The transition phase is specifically based on a true elimination diet program.

Note how your body feels in your food diary during this process.

Days 8 & 9: (days 1 and 2 of transition): Add grains

Days 10 & 11: (days 3 and 4 of transition): Add beans

Day 12: (day 5 of transition): Add eggs

Days 13 & 14: (days 6 & 7 of transition): Add tempeh

NOTE: YOU CAN EXTEND PHASE 2 IF YOU NEED MORE TIME CLEANSING YOUR BODY, AND YOU CAN EXTEND PHASE 3 IF YOU NEED TO SLOW DOWN THE PROCESS OF ADDING FOODS BACK IN. PLEASE LISTEN TO YOUR BODY, AS THERE IS NO RIGHT OR WRONG WAY WHEN IT COMES TO DETOX.

MANY PEOPLE DO NOT REALIZE THEY ARE SENSITIVE TO FOODS AND HAVE REACTIONS THAT THEY MAY OR MAY NOT NOTICE. THESE FOODS ARE LISTED ON THE DETOX DO NOT EAT LIST. BE IN TUNE TO HOW YOU REACT TO FOODS DURING THE NEXT 7 DAYS AND AFTER THE PROGRAM.

DETOX EAT LIST (ALL PHASES)

- Non-dairy milk - almond, coconut, flax, hemp and sunflower
- All fruits and vegetables
- Healthy fats – coconut oil, flax oil, grape seed oil, almond oil, sesame oil and olive oil
- Seeds – pumpkin, sunflower, sesame (black and white), pine nuts, hemp, chia, and flax
- Drinks – organic coffee (Phases 1 and 3 only), coffee substitutes (such as chicory or root blends (like Mountain Rose Herbs *Herbal Coffee*), Dandy Blend, yerba mate, green tea, or herbal tea), filtered or distilled water, mineral water, coconut water, Natural Gatorade, Lemon Water Elixir, fresh juices and smoothies
- Sweeteners – honey and stevia
- Detox tea suggestions: Traditional Medicinals Brand – Dandelion Root Tea, Peppermint, Daily Detox Tea, Nettle Tea, or Smooth Move Tea, or try Chaga Tea Tincture made by Longevity Warehouse if you desire a deeper cleanse and liver support
- Cultured foods and drinks – coconut water kefir, Kevita, Kombucha (if no candida present), fermented vegetables (homemade or store-bought)

DETOX DO NOT EAT LIST (PHASE 2)

(If you see **, then you will be adding this food back in during Phase 3)

- Coffee
- Sweeteners (white sugar, brown sugar, corn syrup, agave or cane juice)
- Eggs**
- Sugar alcohols (often found in chewing gum, like xylitol)
- Soy milk**
- Yeast
- Nuts
- Alcohol
- Dairy products**
- Corn
- Cheese

- Gluten
- Grains (only low-glycemic grains, soaked, allowed)**
- Soy (except miso)
- Processed foods
- Soft drinks
- Nitrates
- Artificial sweeteners
- Potatoes (except for sweet potatoes or yams)
- Beans (except for lentils, mung, and adzuki)**

APPROVED PROTEINS

ANIMAL-BASED (DURING ALL PHASES OF DETOX)

MEATS (nitrate free, pasture-raised is best)

- Chicken
- Turkey
- Bison
- Grass-fed beef
- Lamb

FISH, SEAFOOD

- Canned fish (sardines, anchovies, wild salmon)
– look for BPA-free cans if possible
- Fresh or frozen fish, such as Pacific salmon or non-fatty white meat fish like Pacific cod, trout, sea bass, mackerel, Dover sole and albacore (make sure the fish you are eating is low in mercury)
- Shellfish, such as shrimp or scallops

PLANT-BASED (During all phases of Detox)

NOTE: These are simply suggestions for vegan options.

- 3 tablespoons of hemp seeds, ¼ cup sunflower seeds, ¼ cup pumpkin seeds
- ½ of an avocado
- Nutritional yeast, 1-2 tablespoons, if tolerated



- 1 scoop of plant-based protein powder can be added to your smoothies, soups, or even mixed into a dip
- Miso soup
- Beans - Add 1/2 cup mung beans, lentils or adzuki beans to your meals. These beans have been selected because they are easier to digest. Soak beans for 6-24 hours in water with the juice of 1 lemon or 1 tablespoon of raw apple cider vinegar, and then drain and rinse well with water.

NOTE: Grains, nuts, beans and even seeds (including flax and chia) can cause problems because they contain phytic acid. Phytic acid is a compound that comes from the phosphorous found in plants. Too much phytic acid can inhibit the thyroid, hamper digestion, and leach vital minerals from the body, such as zinc and iron. Phytic acid also interferes with the natural enzymes your body needs to digest your food.

THE DAILY PROTOCOL

Here you will find a summary of your daily routine during the Detox.

DRINK LOTS OF WATER! I CAN'T STRESS ENOUGH THE IMPORTANCE OF HYDRATING WELL THROUGHOUT THE PROGRAM. AIM FOR DRINKING HALF YOUR BODY'S WEIGHT IN OUNCES OF WATER EVERY DAY. PREFER ROOM TEMPERATURE WATER TO ICED, AS COLD IS A SHOCK TO THE DIGESTIVE SYSTEM.

Avoid drinking water with your meals (keep it down to half a glass). Drinking during meals reduces your body's natural digestive enzymes. Instead, drink your water at least 30 minutes before or after a meal.

As I mentioned before, please substitute low-glycemic fruit or an avocado for high-glycemic fruit as needed. If you're looking for more energy, make sure you're eating healthy fats, proteins, and root vegetables, rather than carbohydrates.

Be sure to also write in your Food Diary after each meal. Note how you feel, both physically and emotionally, after each meal.

PHASE 1: PRE-DETOX (DAYS 1-4)

During this phase, we're reducing the items on the Detox Do Not Eat list. This is your preparation Phase, so no meals are noted for this Phase. You can use any relevant recipe from the Recipe Guide.

UPON RISING:

Tongue scraping

Drink your Lemon Water Elixir

Yoga and breathing for 10 minutes

Dry skin brush before the shower

Take a probiotic and supplements (I suggest vitamin C)

Plan to drink half your body's weight in ounces of water today

BREAKFAST:

Cup of organic coffee or green tea (limit to two cups per day if caffeinated)

Breakfast of your choice

MID-MORNING:

Have a cup of dandelion tea

One minute meditation

Snack of your choice

LUNCH:

Lunch of your choice

AFTERNOON:

Have a cup of chamomile tea with lemon

Snack of your choice

BEFORE DINNER:

Hydrate with water and lemon at least 30 minutes before your meal

DINNER:

Dinner of your choice

BEFORE BED:

Epsom salt bath

Have a cup of chamomile tea

Visualization - Take 10 minutes to create a sacred space for visualization. Put on quiet music, and visualize your body releasing old thoughts, patterns, behaviors and toxins from your cells. After the 10 minutes, write in your journal what came up for you during this time. As you write, release the emotions and stay in the visualization of you being free of fear, anxiety and worry.

Did you drink enough water today?

PHASE 2: DETOX (DAYS 5-11)

I suggest eating the detox pesto once a day throughout the detox and adding a fermented or cultured food to lunch and dinner.

UPON RISING:

Practice Visualization

Oil pulling

Tongue scraping

Drink your Lemon Water Elixir

Dry skin brush before the shower

Take a probiotic and supplements (I suggest vitamin C)

Plan to drink half your body's weight in ounces of water today

Optional - do a coffee enema or probiotic retention enema (best to do on a weekend)

BREAKFAST:

Coffee substitute

Breakfast of your choice

MID-MORNING:

Have a cup of dandelion tea
One minute meditation
Snack of your choice

LUNCH:

Lunch of your choice

AFTERNOON:

Drink a glass of Natural Gatorade with 2 tablespoons of cranberry concentrate
Snack of your choice

DINNER:

Dinner of your choice

POST DINNER:

Have a cup of dandelion tea (optional)

BEFORE BED:

Dry skin brush before the shower
Castor Oil Pack 3 times this week for optimal detoxification
Did you drink enough water today?

Continue to note your energy levels and how you feel after every meal in your Food Diary.

**PHASE 3: TRANSITION
(DAYS 12-18)**

In Phase 3, you will add one food back in every two days. You will consume that food for two days to see if there is a reaction. If you feel you need to extend your transition phase and add food back in every 3-5 days, by all means listen to your body and take it slower.

UPON RISING:

Tongue scraping

Drink your Lemon Water Elixir

Dry skin brush before the shower

Contrast showering

Take a probiotic and supplements (I suggest vitamin C)

Plan to drink half your body's weight in ounces of water today

BREAKFAST:

Cup of organic coffee or green tea (limit to two cups per day if caffeinated)

Breakfast option of your choice

MID-MORNING:

One minute meditation

Snack of your choice

LUNCH:

Lunch of your choice

AFTERNOON:

Drink a glass of Natural Gatorade with 2 tablespoons of cranberry concentrate

Snack of your choice

DINNER:

Dinner of your choice

BEFORE BED:

Epsom salt baths 3 times this week

Clay mask 3 times this week to cleanse and purify the skin

Consume warm water with lemon and a dash of sea salt before bed

Did you drink enough water today?

DETOX FOR BEGINNERS

Detoxes come in all different lengths, and you can detox to different degrees. You have the Detox Support Tools to enhance your detoxification as well as the different teas to support your lymphatic system. During the detox, you may choose to go deeper by fasting for one day and consuming only soups, smoothies, and teas or you may decide to increase the raw foods. You have 14 days of suggested meals and a Recipe Guide you can choose from to create your own detox masterpiece.

You need to hydrate for your body to detoxify. One of my favorite ways to naturally hydrate is to drink a Natural Gatorade. To make this: Mix 30 ounces of water, ¼ teaspoon of sea salt, the juice of one lemon and 1 teaspoon of raw honey or stevia (if needed).

If you feel overwhelmed by any of the meals or you are traveling, simply look at the meals as a suggestion and try your best to choose a meal with the basics in mind - keeping to your Eat/Do Not Eat lists as well as you can.

DETOX SUPPORT TOOLS

During the program, I suggest Detox Support Tools I use on a daily basis. Some of these tools you may have heard of before and some may be new. These tools are here so your detox experience can be pleasurable as your liver and lymphatic system release toxins.

You may experience headaches, bloating, constipation and emotional detoxification when partaking in this detox. Do not worry, these symptoms do not last long. If you do experience withdrawal, remember that it means the toxins are being forced out of your body!

You may also feel sluggish and start gaining weight; these are signs of a slow liver and lymphatic system. These tools will help your liver and lymphatic system function properly.

The best thing you can do to minimize withdrawal is to gradually reduce the foods on the Do Not Eat list during Phase 1, especially caffeine. This will give your body a few days to adjust.



Be sure to stay adequately hydrated throughout the program to flush the toxins out of your system and help ease withdrawal symptoms. Aim to drink half of your body weight in ounces of water daily. Add lemon or lime for extra alkalization.

As you honor this journey and release toxins in your cells, you may notice feelings come up such as sadness, irritation, and anger. This is normal. The Detox Support Tools below are fantastic for easing any emotional symptoms, and I urge all my detoxers to give some of them a try.

EPSOM SALT BATHS

Enjoy an Epsom salt bath, which provides the body with magnesium and sulfur, both key ingredients for healthy detoxification. Add 1 cup of Epsom salts, ½ cup baking soda, ½ cup sea salt, 1 teaspoon dried ginger and ¼ cup raw apple cider vinegar (optional) to a warm bath. After the bath, rub your body with coconut oil to hydrate your skin.

TONGUE SCRAPING

I suggest scraping your tongue daily, which removes the mucus and toxic build-up. Start by brushing your teeth. Then use your tongue scraper or a spoon to reach as far back as possible and pull forward, scraping off the white film and repeat. My favorite scraper is Dr. Tung's Tongue Cleaner, available on Amazon.com.

SKIN BRUSHING

Your skin is the largest detox organ, and it's sometimes referred to as the third kidney. The skin is vital for healthy detoxification. I dry skin brush every morning before my shower.

How to Skin Brush:

1. Skin brush with a dry brush before you shower or bathe.
2. Always brush towards your heart with the flow of the lymphatic fluid.
3. Begin at the soles of your feet, then move up your legs, brushing in circular motions.
4. Brush your chest and shoulders towards your heart in long strokes, and then start at the fingertips and brush towards your body. Use small, circular strokes in your armpits.



5. It is suggested you move in a circular motion counterclockwise on your stomach to respect the direction of digestion and encourage detoxification.
6. Follow with a shower or bath using an all-natural soap such as Dr. Bronner's.

CONTRAST SHOWERING

Alternating between hot and cold water in the shower supports lymphatic drainage and reduces cellulite. The hot water brings blood flow to the skin surface while the cold water brings blood flow inward to the organs and is beneficial for detox and circulation. I recommend three minutes of hot water, one minute of cold, three minutes of hot, etc. You can repeat this for 15 minutes, always finishing with cold water.

REBOUNDING

Rebounding is effective for lymphatic drainage. I suggest rebounding for 15 minutes per day. You can find great rebounders still in the box on Craigslist, or purchase them on Amazon. My favorite is the Urban Rebounder.

CASTOR OIL PACK

Buy Castor oil on amazon.com, Whole Foods or your local natural food store. There are two ways to do a pack:

1. Rub Castor oil on your stomach, your liver (right side), and your upper abdomen.
2. Some people prefer to soak a cloth, towel, or old shirt in the castor oil, wrap the pack in plastic wrap (BPA-free preferred), and then apply over the desired organ. You can lay a hot water bottle or a heating pad on the top of the pack and relax as you release toxins. It is recommended to use a castor oil pack for 35-45 minutes 1-3 times a week during detox.
3. Lay on a towel and rub the Castor oil on your belly, upper abdomen and then re-apply every 15 minutes until you have reached the 35-45 minutes. Repeat the Castor oil pack 3 times a week.



DEEP BREATHING

Take 5 minutes every morning and night to practice deep breathing. Close your eyes and take slow, deep breaths in and out of the nose.

You can practice elevator breaths, where you inhale, hold the breath for 10 seconds and then release, repeat this 10 times.

Then follow with deep breathing, where you imagine the breath going to every cell in your body. You can do this with your eyes closed or open, and you can even listen to music.

There is no right or wrong when it comes to getting in tune to breath. You may find it helpful to put your hand on your belly and one hand on your heart as you set the intention for the day and breathe deep in your body. Feel the rise of your chest and belly and breathe into your heart.

YOGA

Yoga is such a powerful way to center the body, get back in tune with your soul and be in movement. As you move your body, you move your Liver Qi, your energy and improve your circulatory system. Here is a link to three simple yoga moves you can do in the morning. One is the downward dog, which you can do while waiting for the shower to warm up or when you take a break mid-day at the office. As you practice these yoga poses, step into your breath and be in tune with your body. Here is the link to the yoga poses: <http://life.gaiam.com/article/yoga-detox>

HOT YOGA

Many find they have tons of energy during the program and can continue to exercise. Hot yoga is a great way to release toxins, exercise and do deep breathing. Look for places in your area that have hot yoga but hydrate upon completion of the class with the Natural Gatorade or a coconut water.

OIL PULLING

Oil pulling has been a common detoxification practice for centuries. You can use coconut oil or sesame oil. To do this, put 1-2 tablespoons of oil in your mouth and swish the oil for 5-20 minutes. Then, spit the oil into the trash can (to avoid it hardening and clogging up your sink). Rinse your mouth with water and sea salt and brush your teeth.



For maximum benefits, Oil pulling should be done on an empty stomach. The best times are upon rising and before bed. If you are doing both oil pulling and tongue scraping, I suggest you start with the oil pulling.

SAUNA

Going to a sauna 1-2 times a week is a great way to sweat out the toxins and pump up the lymphatic system. Look for an infrared sauna in your local area. After a sauna, I suggest the Natural Gatorade, coconut water or green juice to replenish minerals lost through sweat.

ENEMAS / COLONICS

Enemas are a good way to remove waste naturally from the colon. Often, bacteria, yeast, and unwanted pathogens can create toxic build-up, leading to poor digestion, weight gain, acne and bloating. For more information on how to do an enema in the privacy of your home, check out this link.

Doing a home enema is more straightforward than you might think. If you prefer, you can have an experienced colon hydro therapist perform a colonic. If you have chronic constipation, getting one or two colonics will improve bowel elimination. You can save money and do home enemas.

There are three types of home enemas for deep cleansing of the colon, which is common in a detox. As mentioned, if you are not comfortable doing an enema at home, you can get a colonic.

1. Coffee Enema - click here for more information- <http://www.drwilson.com/articles/COFFEE%20ENEMA.HTM>
2. Wheatgrass Retention Enema - <http://www.purelifeenema.com/wheatgrass-enema/>
3. Probiotic Retention Enema - <http://blog.listentoyourgut.com/tips-for-jinis-probiotic-retention-enema/>

CHAKRA BALANCING

Everything is energy. The food you consume, the thoughts you think, both dictate your actions and the health of your body. Self-care and self-love are a big part of detox and cleansing. Adding simple practices to your life every day to enhance your emotional cleansing will greatly improve your physical health.



There are seven chakras in the body that allow energy to flow freely, each correlating to an element in nature and emotion in the body. As you step more into your freedom and get in tune with your body, you may notice imbalances. You can reset your chakras using these techniques.

Look at the different yoga poses for balancing chakras, click here <http://www.yogajournal.com/article/chakras-yoga-for-beginners/beginners-guide-chakras/>

ONE-MINUTE MEDITATION

In your daily protocol, this is one of the tools we often use because it is so easy, and this simple practice will reset your nervous system, reduce stress and increase circulation. This meditation was created by an Ayurvedic Doctor named Dr. John Douillard. https://youtu.be/BmAZb_ShnQk

By doing this meditation, you will pump oxygen to your brain, which results in more vital Qi, the energy in your body, and less anxiety. You can use this meditation anytime you start to feel stressed or anxious.

VISUALIZATION

Visualization is a powerful tool. Life coach, speaker and author, Tony Robbins, says, "Whatever you hold in your mind on a consistent basis is exactly what you will experience in your life."

1. Relax and calm your mind. Close your eyes.
2. Take 10 deep breaths and visualize freedom in your mind. Go to a happy place in your life when you felt as free as a bird.
3. Now that you feel at peace and free, visualize the life you desire. See yourself letting go of toxic patterns, thoughts or feelings that hold you back from feeling at peace in your life.
4. See yourself making these changes in your life. Visualize the empowered you stepping forward and releasing the old as you embrace the new and more free you.
5. Open your eyes and take 10 deep breaths. You can write down in your journal what emotions or feelings came up for you. You may want to draw a picture of this empowered moment or simply hold this in your heart.

SIMPLE WAYS TO DETOX YOUR HOME

We are fortunate to have groups like the Environmental Working Group, who work hard to empower and educate us about food, toxins and safety when it comes to the products we buy.

The EWC says the legal term "cosmetics" actually encompasses a vast array of the personal care products that we use daily, such as toothpaste, soap and shaving cream, in addition to makeup and perfumes. Men, women and children are all exposed to potentially risky chemicals in cosmetics every day. On average, women use 12 personal care products a day, exposing themselves to 168 chemical ingredients. Men use an average 6, exposing themselves to 85 unique chemicals daily."

If you want to cleanse and detoxify your body for radiant health, less bloating and fewer intolerances, let's take a look at the toxins in your home. We want to eat healthfully and use products that are not hampering weight loss, or leading to hormonal imbalances or fatigue.

1. Exchange your detergent. Many detergents have hidden ingredients that can hamper your circulatory system and lead to lung issues. My favorite brands are: Seventh Generation, Method Free, and Clear, All Free and Clear, or make your own. There are tons of DIY (do-it-yourself) great recipes online.
2. Beauty Products. Exchange beauty products that have chemicals that are not safe. Read the labels. Often hidden wheat and soy are in beauty products, and they can trigger histamine reactions. Look for brands such sulfite brands like Acure. You can also find a great list of products here created by Kris Karr.
3. Arm Deodorant. Deodorants have parabens and aluminum. Switch out your deodorant for a natural brand such a Tom's, Aubrey, or make your own. Use coconut oil and a few drops of tea tree oil.
4. House Cleansers. Exchange the toxic and bleach cleansers for nontoxic cleaners made by seventh generation or Method.
 - Sunscreen, Makeup, and Lotions. Read the label. Just because it says organic and is marketed as a "safe" product. Refer to the EWG Skin Deep Guide here: <http://www.ewg.org/skindeep/>

Every lotion, perfume or household product you use enters your bloodstream and requires your liver to process the toxins. During the program, begin to read the labels in your home.

TOOLS FOR REDUCING CONSTIPATION

1. By adding a good probiotic, you will naturally eliminate unwanted bacteria that leads to bloat and constipation, plus probiotics help your body assimilate nutrients.
2. Probiotics are sold at the grocery store in a pill as well as the food discussed in your Guide. Adding Inulin, FOS or chicory root greatly supports a healthy colon.
3. Digestive enzymes help break down proteins, fats, and carbohydrates. If there are chronic digestive issues, you can add an enzyme or consume the Lemon Water Elixir 20 minutes before a meal to enhance your natural digestive enzymes.
4. Triphala is a great supplement you can find at your local health food store or buy online. Follow as directed on the bottle.
5. You can also mix psyllium husks with water (1 teaspoon to 10 ounces of water).
6. Add Spirulina or blue-green algae to 10 ounces of water to alkalize the body. Ideally 2 teaspoons or 2 pills.
7. Magnesium is wonderful too. You can add magnesium citrate or magnesium oxide. Follow the directions on the bottle.
8. Fermented foods and cultured drinks work great. By adding fermented foods to each meal, you add vital bacteria to your gut as well as detoxify the colon.
9. Vitamin C is awesome for increasing bowel movements. I suggest you follow instructions on the bottle. I consume 1000 mg per day with bioflavonoids.



OTHER SUPPLEMENTAL INFO

SNACKING

Snacking is fine during detox. Look for nutrient dense snacks that are hydrating and rich in antioxidants. Some of my favorite snacks in the fall are:

- baked apple
- apple with sun butter
- smoothie with cinnamon
- a handful of pumpkin seeds
- a fig or date with sun butter
- protein balls from the Recipe Guide
- kale chips
- ½ cup of cultured vegetables

If you are on the go and looking for a healthy bar, there are some low-sugar bars such as Kind Bar and Chia Seed Bar, but I suggest during the 7 days of detox to remove packaged and processed foods to give your body a break and regenerate with whole, unprocessed foods.

CAFFEINE

For caffeine lovers, this Detox might pose a bit of a threat. After all, you're told to reduce caffeine in Phase 1, and give up caffeine completely in Phase 2, whether your vice is soda or coffee.

BUT WHY?

Caffeine depletes the kidneys and adrenals. It is also acidic, and during detox our goal is to alkalize your body.

For coffee lovers, I have a great solution. You can opt for a grain-free substitute made of roots. I prefer Mountain Rose Herbs "Herbal Coffee", which gives support to the liver.

To get off of the caffeinated coffee gradually, try this:

- Start by filling your cup with ½ regular coffee and ½ coffee substitute.
- Reduce the amount of coffee each day by ¼ until you are only drinking coffee substitute.
- Alternatively, you can exchange coffee for yerba mate or green tea, which are rich in beneficial antioxidants.

If you're a soda lover, replace your fizzy junk with soda water mixed with cranberry concentrate and lime. You can also add stevia.

SUGAR

If you have a sugar addiction like millions of Americans, you might find it difficult to dive headfirst into the Detox. Sugar is eight times more addictive than cocaine, so that explains why you might fret about it. However, to detoxify your body the right way, you must eliminate sugar from your diet.

WHY?

Sugar leaches minerals and nutrients from your body, is inflammatory and leads to mood swings, fatigue and weight gain.

You must commit to reading labels on your food, as sugar is hidden in so many foods you wouldn't expect. You shouldn't turn to artificial sweeteners either, as they are known to slow down metabolism and interfere with our endocrine disrupters.

With this Detox, you will break your sugar addiction by committing to the right mindset, and eating healthy meals of a healthy fat, a lean protein and root vegetables, which will provide you with all of the energy you need.

Just as important to quitting the sugar addiction is learning to reduce and cope with stress in your life, which you can do with visualization, breathing techniques and meditation. Again, please see the Detox Support Tools for ways you can support your body naturally.

You can also ask yourself if something is depleting you emotionally. Often we crave sugar when we are stressed. Make sure you are taking the time to reset your nervous system with the one-minute meditation and practicing your visualization.

GUT HEALTH & PROBIOTICS

We see the word probiotic everywhere but what does this really mean?

Probiotics are good bacteria. Ideally, you want a good ratio of 80% good bacteria vs. 20% bad bacteria in your body, but the ratio often gets out of balance.

The bacteria in our gut becomes out of balance because we eat processed foods and sugar, take antibiotics, live in a world that is polluted with chemicals, and deal with stress on a daily basis.

Furthermore, there is a direct correlation between anxiety and poor gut health. If there is a lack of good bacteria, then serotonin (feel-good hormone) cannot be manufactured.

The good news is we can do something about it. We can consume good bacteria daily as our first line of defense and support our immune system. It is good to try a probiotic and see how it affects you. You will want to look for decreased stomach gurgling and increased energy levels, better skin, better sleep and weight loss if you needed to lose weight.

I take a probiotic every day. In the morning, I drink my Lemon Water Elixir, then wait thirty minutes and consume a probiotic. You can also take a probiotic two hours after you consume a meal or before bed.

You can find great probiotics at Vitacost.com, amazon.com or Whole Foods. Look for a probiotic that is at least 15 Billion CFU (colony forming units) of good bacteria. I have a few favorite brands such as Garden of Life Primal Defense and Renewlife 50 billion, both of which need to be in the refrigerator.

Another way to get probiotics is through cultured and fermented foods and drinks. In your Recipe Guide, you will find great recipes for making these, or you can buy them at Whole Foods, a natural foods market or online at Bodyecologydiet.com or culturesforhealth.com.

Good natural sources of probiotics include:

- Cultured vegetables
- Coconut water kefir
- Coconut yogurt
- Inner-eco probiotic drinks
- Body Ecology probiotic drinks
- Bubbie's cultured foods
- Cultures for Health cultured and fermented foods (available online)

You can also add a supplement called Inulin or FOS or foods such as asparagus, onions, artichokes, leeks or apples to your diet.

Set the stage for healthy weight loss, a strong immune system, robust digestion, great energy and a happy you by consuming probiotic rich foods at each meal and if you desire -- taking a probiotic daily.

ALKALINITY

Our bodies become toxic and acidic from many culprits, including stress, poor food combining, eating too many processed foods and toxins, or overgrowth of yeast, bacteria or parasites.

Adding more alkaline foods will support your body's natural ability to release toxins and heavy metals and support weight loss naturally. Alkaline foods raise the amount of oxygen the blood takes in.

Sea vegetables (rich in minerals and great for the thyroid), green juice, lemon, lime, grapefruit and greens such as parsley, spinach, broccoli or any leafy green are examples of alkaline foods that support your body to naturally detox. Additionally, raw foods are high in enzymes, live and rich with nutrients and ideal for detoxification. You will see a mix of cooked and raw recipes in this program.

Be conscious of your plate - aim for 80% alkaline and 20% acidic and you have a home run meal targeted for proper assimilation, digestion, and overall health. Below is a list of some alkaline and acidic foods:

ALKALINE

Fruits: lemons, lime, berries, apples, kiwi, melons, avocado, bananas

Vegetables: seaweeds, asparagus, watercress, parsley, broccoli, sprouts, cucumber, celery, beets, and radish to name a few

Other: raw almonds

ACIDIC *(bold= removed during the Detox)*

Fruits: blueberries, cranberries

Vegetables: corn, olives, winter squash

Other: **grains, beans, dairy, nuts/nut butters** (except raw almonds), animal protein, **coffee**, mustard, **soft drinks**, vinegar (except Bragg's raw apple cider vinegar)

FOOD COMBINING

During the program, I also want you to experiment with proper food combining. This can reduce bloating and gas, improve skin and help with the assimilation of nutrients.

Here are the founding principles of food combining:

EAT FRUIT ALONE: Fruit digests itself, passing through the digestive system within 20 minutes. By eating fruit alone, you avoid it getting stuck behind slower-digesting foods and fermenting in your belly.

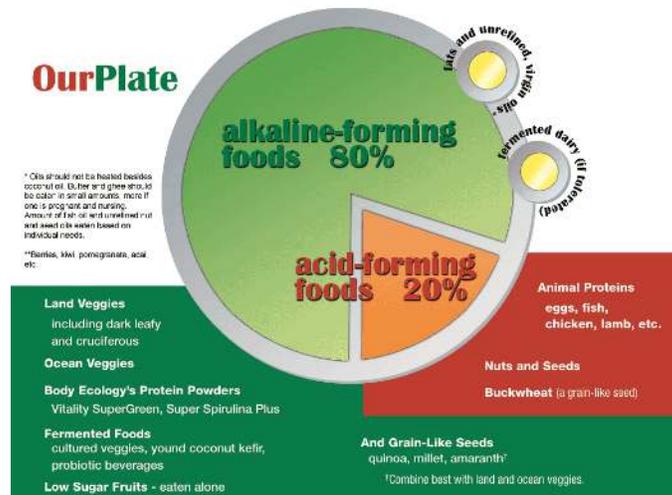
EAT STARCHES WITH VEGETABLES: Starches require different digestive enzymes than proteins, so you want to eat them separately for optimal digestion. Starchy vegetables like baked potatoes, sweet potatoes, or sweet corn should be eaten alone, with another vegetable, or with a small amount of fat. Quinoa, buckwheat, brown rice, millet, or amaranth should only be eaten with vegetables.



EAT PROTEIN WITH VEGETABLES: Unlike starches, proteins require an acidic environment for ideal digestion, so it is best to eat protein with vegetables and healthy fat. When you add a starch, you force your body's natural enzymes to compete to digest your food.

ACID AND SUB ACID FRUITS AND VEGETABLES:

You can combine sub-acid fruits such as apples, blackberries, blueberries, raspberries, cherries, nectarines, peaches, pears, plums or acid fruits such as cranberries, grapefruit, kiwi, strawberries, lemons, limes, oranges, pineapple or pomegranate with a low-starch vegetable.



Here is a great example of the perfect plate when it comes to food combining.

STRESS

Everyone has stress. When we stress, we stagnate our liver, deplete our adrenals, raise our cortisol levels and inflame our intestinal lining.

Of course, there will always be things in life that will cause stress; however we can choose to handle stress differently, so it doesn't cause our body as much harm.

In your daily protocol, you are going to start to visualize and do deep breathing. Visualizing is a great tool for starting or ending your day and one that I hope you continue past this program.

I also encourage you to find old pictures and cut out quotes from magazines and post them on your bathroom mirror or the car dashboard for inspiration. I encourage you to write on sticky notes, "I am worth not stressing over tomorrow or yesterday because today is my present life."

You can also de-stress by eating these foods:

- Celery
- Sunflower seeds
- Super green foods like spirulina, chlorella, and other blue-green algae
- Berries
- Cucumbers
- Sesame seeds
- Asparagus
- Garlic
- Avocados

SLEEP

Detox is not just about cleaning out the junk; it is about reshaping our habits.

A good night's sleep is essential for regenerating the cells. Make sleep your top priority.

Create a beautiful space for sleep – turn off the TV, unplug as many things as you can from outlets to stop the EMF waves from entering your body and disrupting your sleep, and create a dark cave in your bedroom.

Before you go to sleep, you can do your deep breathing, stretching, a few minutes of yoga or visualization. Try a simple belly massage or foot massage with coconut oil, or a hot water bottle on your belly or lower back to nourish and support the kidneys.

You can also go a step further if you desire and rub magnesium oil on the bottom of your feet – this is great for sleep and amazing for PMS and good bowel movements. My favorite brand is made by Ancient Minerals.

DETOX & HORMONES

If you have been suffering from hormonal imbalances, PMS or a myriad of different endocrine issues, the best place to start is a detox.

The liver must be working at an optimal level to process hormones. Many imbalances derive from a stagnant and congested liver. By decongesting your liver and lymphatic system, you will be doing your endocrine system, and, therefore, your hormones, a service. You will do this by consuming the foods on this plan, drinking dandelion or milk thistle tea, removing foods on the Detox Do Not Eat List and supporting your body with the Detox Support Tools.

The liver balances hormones, nourishes the hair, assists in the release of toxins and regulates digestion and blood sugar. Though we honor the large intestine and the lungs during this Detox, you want to support the liver daily because it has so many metabolic jobs to keep you healthy and beautiful. You can incorporate these at any time of the program - Phase 1, 2 or 3.

DETOX & CELLULITE

As you read in the Guide, you realize this program is not just about detox, this is about removing toxins that are hiding in our fat cells. If you are ready to cleanse out the liver, ditch the cellulite and regenerate the cells, then try some of these suggestions.

- Cellulite is toxins trapped in fat cells. By skin brushing daily, you can reduce cellulite but you can also drink away your cellulite.
 - Make a carrot, beet and cucumber juice to help flush away the cellulite (see your Recipe Guide).
 - Consume fresh juices daily or add a super green like chlorophyll to your water. Greens support healthy liver flow and support the release of toxins in the body.
- Balance excess estrogen by eating cruciferous vegetables. If you have thyroid issues, it has been suggested to lightly steam your vegetables.
- Add sea vegetables such as dulse, nori and kelp to your diet. These may be new foods, but they are powerhouse cellulite reducers and by adding 2 tablespoons 3 or 4 times a week, you will support your thyroid, adrenals and re-mineralize your body.
- Add a daily toxin flusher to your diet such as grapefruit, lemon, lime, apple slices and antioxidants like berries.

- Eat enough healthy fats like avocado, flax oil, and medium chain fatty acids like coconut oil, as the liver needs fats to flush fat.
- Drink tons of water and the Natural Gatorade, as minerals and hydration are essential for healthy liver flow and reducing cellulite.

AFTER THE PROGRAM

Going through this program is a revolution of body, mind and spirit. It is a shift in not only how you consume food, but in how you think.

When you eat, you will be more conscious. When you choose foods, you will think about how they affect you. When you feel stressed, you will begin to use tools you have learned here to visualize and do the one-minute meditation.

You have learned how vital liver health is, how we honor the seasons by nourishing our bodies with seasonal foods and how important it is to cleanse for ultimate health and wellness.

The tools you have learned here are tools I use every day. I am not perfect but aim for being the best I can every day, and I want you to do the same.

Remember there is no right or wrong when it comes to this Detox. Take the time to think about the people in your life, the food you consume and your self-care. What serves you? How can you be selfish in your life? When you are selfish, you thrive and in turn the people around you thrive.

Continue to look for triggers with the foods you add back in. There are common allergens such as wheat, soy, dairy, cheese, eggs, citrus, nitrates, gluten, alcohol, caffeine, grains, beans, nuts, corn, and chocolate. Some of these foods may be “healthy” but could still irritate your unique body.

During this program, we eliminate these foods and use our food diary to play close attention as to how they affect your body, which is why I encourage you

to use our food diary after this program. Continue to notice your energy levels, sleep patterns, mood, skin, bloating, quality of hair and bowel movements, and how food affects your physical and emotional state. Read food labels and be a constant detective when it comes to the lotions you wear or the makeup you wear, as everything we touch, taste and consume requires our body to process and detoxify.

Remember you are the food you eat and the thoughts you think. Have fun with this journey - this revolution.

Be the change you wish to see in the world - Mahatma Gandhi

Love

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