

Hi Love!

Welcome to the DIY Summer Detox & Cleanse program. I know it is overwhelming the amount of material before you so here is a simple way to begin. Give yourself a day or so to become familiar with the materials and to prepare.

1. Start with '*Clean Eating Summer At A Glance*' and get an overview of this healthy eating plan and detox.
2. Out of sight out of mind! Go through your pantry and box up all the foods that are on the do not eat list that you find in '*Clean Eating Summer At A Glance*'. Hide those foods in the back of the closet or donate them to a food bank. Brown bag all the foods in the refrigerator that are on the do not eat list and hide them in the back of the frig. **It is ok to throw away food that is unhealthy for you.** Remember some foods you will be adding back into your diet in Phase 3.
3. Look at '*Meals & Shopping List*' and check out '*The Cleanse Recipe Guide*'. If you saw a recipe that did not seem appealing feel free to switch things around. Some recipes are made for 2, so when I do this plan I sometimes eat the leftovers of last night's dinner for lunch or 1/2 the recipe. Also I never buy too much of an item that ripens quickly like avocados. Just remember that you want to have plenty of healthy foods available. Use the list and the recipes as a guide and go grocery shopping.
4. Use the '*The Summer Program Guide Clean Eating & Detox*' which goes into the details about what you'll be eating and doing. Remember the eating and detox program consists of 3 phases:
 - In Phase 1, you will ease into the program by reducing stimulants, sugar, coffee and processed foods. I suggest taking 4 days for this phase to wean your body gradually off of these foods and drinks.
 - In Phase 2, you remove all stimulants and the foods not part of the Cleanse (see your Cleanse Do Not Eat List in your '*Clean Eating*

Summer At A Glance). Also remember to keep a food diary. Use the **'Clean Eating Extended Food Diary'**.

- During Phase 3, you slowly add back in potentially triggering foods one at a time, over the course of 7 days. Use **'The Summer Program Food Diary & Transition Guide'** during Phase 3 of the program.

5. There are two guides to managing detox symptoms, **'How To Manage Cleanse Symptoms'** and **'Constipation Station'**. They can be very helpful.

6. Join the **Awaken Your Life**, secret Face Book Group. This is a new place to get support and share progress:

Create a Facebook account if you don't already have one, and please add a picture so we can see your pretty face! Go to <https://www.facebook.com> to create FB account.

Then join the **Awaken Your Life** secret Facebook Group click here <https://www.facebook.com/groups/1455181214795595/>

to access the forum, click the Join Group Button at the top right. Your membership will be approved shortly.

7. During the cleanse portion of the program you will be receiving email support. To make sure the emails from this program don't end up in spam or junk folder, 'white list' or add bhakti@bettelou.me to your trusted contact list.

8. If you have any questions email Bettelou: bhakti@bettelou.me

