

All Natural 12 Day Detox





Prep

This program cannot be construed as a recommendation of medical treatment or medication. It is not professed to be physical or medical treatment nor is any such claim made.

There are no medical recommendations or claims for the 12 Day Detox program or for any of the vitamin or mineral regimens described in this program.

No individual should undertake the 12 Day Detox program or any of its regimens without first consulting and obtaining the informed approval of a licensed medical practitioner. The author makes no warranties or representation as to the effectiveness of the 12 Day Detox.

Welcome



Congratulations! You have committed to making a change that has the potential to impact the rest of your life – starting with the next 12 days!

During your 12 Day Detox you may at times feel a bit uncomfortable. This is normal. That said, the purpose of the program is to move toward a healthier lifestyle, not necessarily to turn your whole life upside down. Be kind to yourself!

In the next 12 days, you will be going through a detoxification that includes body, mind and soul. Give it all you have and you will experience a sense of inner cleansing you never thought possible. You are not alone – I am here for you every step of the way.

Let's talk about the basics of what you'll be doing each day.

Welcome



Each day of your cleanse, you will do the following:

- Read your module materials, learning new facts about nutrition and your body
- Participate in the visualization exercise to nourish your mind with healthy thoughts
- Complete the workbook designed around each day's unique materials
- Stick to your allows foods plan to cleanse your body, eating when hungry and letting your hunger dictate your portions
- Check in with your group (if available)

Doing a cleanse does not need to be a dreadful experience. This is an opportunity for you to embrace what nourishes your mind, body and soul; and focus on the vibrant health you are claiming for your future.

Necessary Changes



When it comes down to it, getting results from this cleanse requires you to make and stick to two commitments for 12 days:

1. DO eat/drink items on the “do” list
2. DO NOT eat/drink items on the “don’t” list

It’s pretty much that simple!

Do Eat/Drink

- Stevia
- Greens
- Fruits
- Water
- Lemon
- Vitamins
- Legumes
- Nuts and seeds
- Herbal teas

Don’t Eat/Drink

- Sugar, sugar substitutes
- Gluten
- Caffeine
- Dairy
- Meat (heavy meat eaters see Page 11)
- Processed foods
- Soda
- Nicotine

Steps to Prepare



- ✓ Prepare your kitchen
- ✓ Clean your pantry, toss out the toxic foods
- ✓ Gather recipes that are cleansing and create a shopping list
- ✓ Plan your menus
- ✓ Journal for clarity, stress reduction and internal cleansing
- ✓ Plan and schedule your exercise
- ✓ Make time to slow down, meditate, pray and create quiet time
- ✓ Get your doctor's okay
- ✓ Let your family know what is happening.



Prepare Your Kitchen



You can get pretty fancy if you want, but it isn't necessary. You will be receiving a grocery list for a pantry to be well stocked. You should subtract anything that doesn't appeal to you or that you think will not get used....

but, please keep an open mind.

The better your pantry is stocked, the more prepared you are to throw together a last minute meal.

You could go out and get a fancy juicer, blender, dehydrator...

The truth is, you can get by with a good knife.



Prepare Your Kitchen



The one thing that you do want is lots of fresh fruits, vegetables and herbs. You will want to buy foods that have not been grown with pesticides and fertilizers because we don't want to be adding more toxins into your body.

In short, if you have the option, go all-organic for this cleanse. If that is not available near you, do the best you can.

Glass jars, containers, cups and bowls are preferred over plastic.



Planning Your Meals



The next slide outlines an example day of meals during cleanse. Feel free to mix and match to suite your personal tastes.

You also have a booklet full of recipes designed to use during this cleanse. Look the recipes over and decide what you'd like to make this week, so you can create your shopping list with those in mind.

The shopping list includes cleansing food items needed for suggested meals containing salads, broth, and smoothies. The meal ideas are for your convenience to simplify your cleansing experience.

Keep in mind that you have the freedom to adjust the meals as you would like. If you replace meal items be sure to keep to the basic cleansing foods from the shopping list to receive the maximum benefit of cleansing.

Meal Planning Tips



- ✓ No calorie counting
- ✓ Get protein from nuts and seeds
- ✓ Keep soups on-hand for light meals and snacks
- ✓ Incorporate smoothies and/or juices
- ✓ Be sure each meal contains healthy fats
- ✓ Eat when you are hungry
- ✓ Eat until you are full



Planning Your Meals



Sample Day of Meals

16oz warm clean water and lemon
2oz shot wheat grass juice

16oz of green juice or smoothie

Big plate of salad with beans, grains, nori, kelp, soup and/or baked sweet potato

Green juice, raw nuts, or gluten free crackers
16oz clean water and lemon juice
2oz shot wheat grass juice

Large salad with any veggies, garlic, cayenne, a teeny bit of olive oil and nuts or fruit

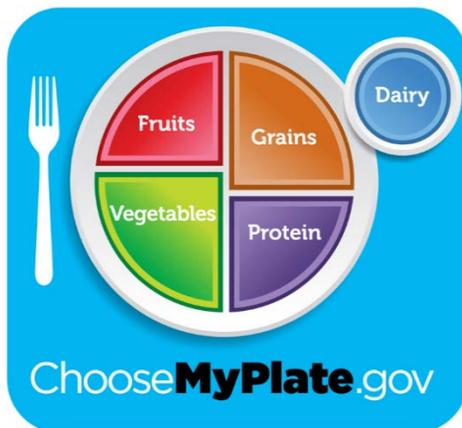
Be sure to drink water all day to flush the toxins from your system.
Water with lemon and/or decaffeinated herbal or green teas are ideal.

The My Plate Method



Planning your meals for your cleanse can feel a little overwhelming. Many people find the My Plate method simplifies that planning.

With My Plate you are assuring that you cover your nutritional bases at each meal and are including approximately the right amounts of a variety of foods in your meals. There is no weighing or measuring needed.



- About half the plate is fruits and veggies
- About a third of the plate is grains or other carbohydrate. Those with celiac or gluten intolerance will need to replace grains with starchy vegetables: potatoes, rutabaga, yams, etc.
- About one quarter of the plate is protein
- While dairy is included here as a small addition (not a main staple), it should NOT be included during your cleanse. Those that can tolerate it may wish to add it back in sparingly once the cleanse is finished.

Alternate Meal Plan



For those of you who are pretty reliant on animal products for your daily meals:

Days 1-3 ~ include wild caught fish for lunch, and chicken, turkey, tempeh or eggs for dinner

Days 4-11 ~ include wild caught fish for lunch, no animal products at dinner

Day 12 ~ add fish, chicken, turkey, tempeh or eggs for lunch



Cleanse Shopping Ideas



Fruit

- Apple
- Avocado
- Blackberries
- Blueberries
- Goji Berries
- Lemon/Lime
- Mango
- Mulberries
- Orange
- Peaches
- Pears
- Raspberries
- Strawberries

Vegetables & Herbs

- Baby Spring Greens
- Beans
- Broccoli
- Carrot
- Cayenne
- Celery
- Cucumber
- Dill
- Garlic
- Ginger
- Green, Red, Yellow Pepper
- Romaine
- Kale
- Kelp
- Mint
- Onion
- Parsley
- Spinach
- Snap Peas
- Sweet Potato
- Watercress
- Wheatgrass Juice

Other

- Apple Cider Vinegar
- Dijon Mustard
- Gluten-free Crackers
- Himalayan Sea Salt
- Nori Sheets
- Olive Oil
- Raw Honey

Nuts & Seed

- Almonds
- Brazil Nuts
- Cashews
- Pecans
- Pine Nuts
- Sunflower Seeds
- Walnuts



12 Day

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Detox