



### **Welcome to your 3-day Nourishing Cleanse**

This cleanse focuses on nutrient density and encouraging colon and kidney cleansing. This is different from a deeper detox which is targeting the liver farther upstream in the digestive process. If you are thinking about a detox, this is a perfect first step to get everything below the liver cleaned out and working well before unloading its stored toxins. Please check with your physician if you have any medical issues or health concerns. Most participants do not change anything during this cleanse. Exceptions might be if you are more than 50 pounds overweight, pregnant, have strong negative symptoms, blood sugar imbalance, are extremely active or have any other reason for needing more than 1500 calories per day for the next 3 days. You will be getting over 60 fruits, vegetables, herbs, nuts and seeds in the next 3 days! You will find a listing of all possible ingredients being used in this cleanse attached in case you have any allergies.

### **Pick-up and Logistics**

Pick-up is any time after 8:30 am at the San Clemente Wellness Studio. If I am not in the studio, your jars will be in the refrigerator in a wine tote with your name on it. Delivery can be arranged for an additional charge.

The address is:

San Clemente Wellness  
Del Mar Plaza  
111 Avenida Del Mar #215  
San Clemente 92672

Please park in the rear parking lot on Granada – it says Del Mar Plaza - and come up the back steps. The plaza gates may be closed, especially Monday since Billy's is closed, so getting in from the Del Mar side before about 10:00 can be a problem.

**There is a mandatory \$40 deposit for the jars and lids.**

You will get this deposit back when all jars are returned after the cleanse. A check or cash in an envelope marked with your name that first day is easiest. There is a place for the deposit in the counter by the refrigerator. Please make sure your deposit has your name on it. Most repeat clients have a check they just leave in my office to use for each cleanse. I totally understand breakage and would never charge for that but people just don't or forget to return the jars. This impacts the next cleanse. My cost for replacing a set of 3-day cleanse jars, all 18 jars and lids is \$39.73.

EACH DAY PLEASE RETURN ALL JARS RINSED/WASHED with the LIDS OFF.

Stickers on the lids are easier to remove when dry.

I really appreciate your help with this.

**General Daily Guideline**

Each morning you will receive 6 pint-sized jars in a wine tote. **Refrigerate as soon as possible.** You can enjoy everything either chilled, room temperature or warmed. Most people find they like the soups warmed and everything else chilled. You can bring them to room temperature just before consuming or heat them on the stove at low heat. Never boil to preserve the nutritional value. The contents will keep in the refrigerator for 2-3 days.

All jars are labeled with a name and which meal it is meant for. You can sip on them in order slowly throughout the day or consume as meals. Experiment to see what makes you feel best. The most common consumption schedule ~

- Breakfast/AM: cold pressed green juice & Hearty Smoothie
- Lunch: Raw Soup & nut milk
- Dinner/PM: Soup and nut milk or lemonade

Consume plenty of water during the cleanse to help keep all the fiber moving through your system. Do not get plugged up!!! If you begin to slow down in the bowels, a packet of tea is included in each tote to help with constipation.

### **Things to avoid on the Cleanse:**

- SOLID FOOD (other than the bit you get in the soups)
- STARCH
- ANIMAL FOOD, DAIRY AND EGGS
- COOKED FOOD- INCLUDING PASTEURIZED JUICES

IT IS COMPLETELY NORMAL TO BE/ FEEL: HUNGRY, HAVE CRAVINGS, BE TIRED, SAD, MAD, IRRITABLE, FEEL CLEAN, DELIGHTFUL, ENERGETIC, HAPPY, GRATEFUL, JOYFUL, OR NOTHING AT ALL! BE EASY ON YOURSELF, STAY AWARE AND HAVE PATIENCE...THIS IS A JOURNEY. STICK WITH IT, REMAIN CURIOUS AND MINDFUL TO WHATEVER COMES UP.

The most common symptoms are headache from caffeine withdrawal. Many people find that extra Magnesium in supplement form help with this. If you must, it is ok to have one espresso shot or a small cup (4oz) of brewed coffee black with a bit of coconut oil/butter (optional). Only 1 a day so you may want to have a little only when needed in case you need more later. Make it last!

This cleanse can be very powerful. I encourage you to do it for a purpose: your personal health, a mini retreat, to declutter and simplify, for a friend or loved one who is struggling, your family, a job change, etc. Breakthroughs are very common. Before your cleanse, I encourage you to spend a few moments to set your intentions for this time. You are consuming pure nutrition and giving yourself the gift of time by not having to think about your own food for three days.

Let me know if there is anything specific that I can pray for you specifically about I would be happy to do that.

Do not hesitate to contact me with comments, questions or concerns at 949-547-0716 (phone/text) or [kim@sc-wellness.com](mailto:kim@sc-wellness.com)

Happy Cleansing & Nourishing Wishes ~ Kim

### 3-day Nourishing Cleanse List of possible ingredients

#### **Fruits:**

Apple  
Pineapple  
Mango  
Lime  
Banana  
Papaya  
Strawberry  
Blueberry  
Raspberry  
Avocado  
Pear  
Lemon

#### **Veggies:**

Cucumber  
Celery  
Kale  
Chard  
Corn  
Tomato  
Onion  
Bell Pepper  
Lettuces  
Carrot  
Yam  
Cauliflower  
Red Potato  
Leek  
Asparagus  
Butternut Squash  
Zucchini  
Broccoli

#### **Herbs & Spices:**

Ginger  
Garlic  
Cayenne  
Mint  
Cilantro  
Parsley  
Curry  
Jalapeño  
Basil  
Amino Acids (Braggs)  
Tamari  
Cumin  
Paprika  
Coriander

#### **Legumes, Nuts & Seeds:**

Coconut  
Almond  
Hemp  
Chia  
Flax seed & oil  
Cashew  
Brazil Nut  
Walnut  
Sesame  
Lentil  
Quinoa  
Black Beans  
Red Beans  
White Beans

#### **Sweeteners & Other:**

Dates  
Honey  
Bee Pollen  
Spirulina  
Raisin  
Soy lecithin  
Cinnamon  
Vanilla  
Maple Syrup  
Nutmeg  
Cacao Powder  
Clove  
Turmeric  
Olive oil  
Vegetable Broth  
Miso paste  
Nutritional Yeast  
Apple Cider Vinegar  
Rice Wine  
Chili Power  
Chipotle  
Sea Salt  
Pepper