



GVACIBIS LIVING with Grace Van Berkum

GRACIOUS LIVING LIFESTYLE INC.

www.gracevanberkum.com

Content

INTRO	4
TOXIN REDUCTION TIPS & TOOLS	30
DAILY PROTOCOL	40
FOOD PREPARATION & COOKING TIPS	43
VEGAN MEAL PLAN	44
SHOPPING LISTS	46
SUPERFOODS & PRODUCT LINKS AND DISCOUNTS	50
RECIPES	52
BREAKFAST	
	58
DINNER	
TREATS	
WORKBOOK	81



WELCOME TO YOUR GRACIOUS LIVING BEGINNER PLANTBASED, VEGAN CLEANSE!

THIS GUIDEBOOK IS DESIGNED TO GIVE YOU
FOUNDATIONAL VEGAN RECIPES AND IDEAS TO HELP YOU
TRANSITION AWAY FROM ANIMAL PRODUCTS. IT WILL HELP TO BUILD
A STRONG BASE FOR HEALTH AND ACHIEVE A NATURAL STATE
OF RADIANCE, ENERGY, AND BALANCE. YOU WILL BE ABLE
TO USE THIS GUIDEBOOK AGAIN AND AGAIN AS YOU
DEEPEN YOUR UNDERSTANDING OF YOUR OWN NEEDS
FOR ANTI-INFLAMMATORY EATING AND OPTIMUM WELLNESS.



MANY OF US SET ASIDE TIME TO SPRING CLEAN OUR HOMES, OUR YARDS, AND OUR AUTOMOBILES,

YET THE BODY IS OFTEN FORGOTTEN.

THIS IS A WONDERFUL OPPORTUNITY
TO SUPPORT YOUR BODY SO IT MAY

FUNCTION

AT ITS

FULL POTENTIAL.



I SEE MANY CLIENTS WHO SUFFER FROM ALLERGIES, STRESS, FATIGUE, HEADACHES, HORMONAL IMBALANCES, DIGESTIVE ISSUES, WEAK IMMUNE SYSTEMS, AND SKIN PROBLEMS. THESE ARE YOUR BODY'S CRIES FOR HELP! IT IS ASKING FOR A TIME TO REST, REJUVENATE, BE DEEPLY NURTURED, AND "TUNED UP." During this program, you will need to put a little extra time and attention into breaking from your routine, but your reward will be feeling like you have a new lease on life.

This cleanse has been designed to introduce you to plant foods Living Lifestyle Retreat wishing to continue with plant-based eating. Feel free to continue on longer than 7 days, too. These recipes are not depriving in anyway, and are just focused on eating nutrients, proteins, and fats from plants, while staying away from animal products.

WELCOME TO YOUR GRACIOUS LIVING BEGINNER PLANT PROGRAM!

Om Appetite!

DISCLAIMER: The contents of this booklet are based on the knowledge, opinions, and experience of Gracious Living Inc., unless otherwise noted. The information in this handout does not replace a one-on-one relationship with a qualified health care professional and should not be considered medical advice. Gracious Living Inc encourages you to make your own health care decisions based on your research and in partnership with a qualified health care professional. And most importantly, make sure to listen to your body.



WHY SHOULD YOU DO A CLEANSE?

Imagine if you lived in a very small space. What would it be like if you could only remove 20% of the trash you brought in? What would it feel like to be in that space after a week? What about a month?

Now imagine a year! How does it feel to be in that space now? This is how your cells feel when they cannot release waste.

Cleansing your cells will improve your ability to absorb nutrients and eliminate waste. It will also stabilize and improve your energy. During this program you will improve your health, increase your energy, and eliminate waste that causes disease, weight gain, and cravings.

When your body cannot eliminate waste properly it becomes acidic and toxic. When it becomes acidic and toxic, your blood and your cells slow down. When this happens, your body starts to slow down and break down.

THERE ARE THREE REASONS WHY TOXINS BUILD UP IN YOUR BODY.

- 1. You take in more than you can eliminate either with food or lifestyle. This inhibits your body from being able to fully recover.
- 2. Toxins in our food, our environment, and our thoughts create waste our body cannot use.
- 3. An overly acidic diet allows micro-organisms (yeasts, molds, funguses, etc.), and produces Mycotoxins in our body which makes more toxins.

Toxins are stored in your cells. The quality of your life comes down to the quality of your cells.

















HEALTHY CELLS: Because cells are vital to all life, they have basic needs for their survival. Essentially, there are four things cells need to not only survive, but thrive:

- Oxygen.
- 2. Water the most abundant substance in the body.
- Nutrition.
- 4. The ability to eliminate waste.

THREE WAYS CELLS CAN DIE-

- 1. Lack of oxygen.
- 2. A disturbance to the electrical field of cells.
- 3. Any physical rupture to the cells.

Your blood transports oxygen and nutrients to your tissues and eliminates waste. Your lymph system works closely with the circulatory system as it cleanses and returns tissue fluid to the blood and destroys toxins that enter your body. Your body has three times more lymph fluid than blood.

This program is designed to help you improve the quality of your cells by improving how your cells receive oxygen, water, and nutrients, and how your cells eliminate waste.

TOXINS AND INFLAMMATION

To achieve health, radiance, energy, balance, and permanent weight loss, it is helpful to understand the underlying causes of diseases and obesity, which are toxins and inflammation. The good news is that we can restrict these causes by choosing to take an active role in feeling and looking better. A great way to do this is with cleansing. 90% of the time, I start my clients on a cleanse because it brings balance to your body and improves your digestive system, enabling you to be more successful with future health goals. But before we begin our cleanse, let's talk a little bit about toxins and inflammation.

















WHAT MAKE US TOXIC?

Certain foods, our environment, and even our lifestyle make us toxic.

The simple truth is, we are surrounded by toxins. In fact, we are exposed to more environmental toxins in one day than our grandparents were in an entire lifetime. Environmental chemicals in solvents, plastics, and adhesives; poisons in makeup, moisturizers, nail polish, hair dyes, and shampoos; pesticides, herbicides, parasites in soil, food, and water; ingestible chemicals in junk and processed foods; the toxins released by our bodies when under consistent stress; and even the toxic thoughts and words we may subject ourselves to on a daily basis all contribute to an ever-increasing lack of radiance and energy.

WHAT CREATES INFLAMMATIONS

Sugar, lack of exercise, toxins, food allergies, and food sensitivities all cause inflammation. Inflammation causes weight gain and prevents weight loss. It's a vicious cycle – being inflamed makes you fat and being fat makes you inflamed.

PROBLEMS THAT CAN RESULT FROM TOXIC OVERLOAD AND INFLAMMATION:

- ▶ Bad breath
- ➡ Bloating, gas, constipation, and diarrhea
- Canker sores
- Difficulty concentrating
- Excess weight or difficulty losing weight

- ➡ Fatique
- Fluid retention
- Food cravinas
- ➡ Headaches
- Hearthurn
- Joint pain

















- Muscle aches
- ▶ Puffy eyes and dark circles
- Postnasal drip
- Sinus congestion
- Skin rashes and acne

- ➡ Sleep problems
- Toxins can also block thyroid function, impair female hormones, and may account for depression, anxiety, and fatigue.





THE RESULTS YOU SHOULD EXPERIENCE IN THIS PROGRAM:

- Weight loss
- More energy
- Better digestion and elimination
- Fewer symptoms of chronic illness
- Improved concentration and mental clarity
- Less congestion and fewer allergy-related symptoms

- Less joint pain
- Less fluid retention
- Increased sense of peace and relaxation
- Enhanced sleep
- Better looking skin
- Brighter eyes















LET'S GET STARTED

PREPARATION

1.

Complete the "Before You Begin" section of your Workbook BEFORE moving on.

2.

Get organized – read the program materials provided, set date to get started, and input new habits, self-care, and routines into your calendar – try to automate everything as much as possible.

3.

Go shopping for the **food supplies** described in the program.

4.

Create a system to make things easy.
Set up your needed utensils, props, etc.
Put away all items you will not need
to create a cleanse friendly environment.



BENEFITS OF CLEANSING

There are many reasons a person may choose to cleanse. As you go through this process, you will find that even if you started off with just one reason, the benefits you experience are often broader and further-reaching.

Cleansing or cleansifying by itself, however, is not the solution. Getting rid of the toxins and minimizing exposure to new toxins must always be balanced with replenishing the body's vitamin, mineral, and macronutrient reserves. When we simply cleanse without rebuilding, it is like removing the old oil from your car without replenishing it with new oil. Your body will be running on empty!

SUMMARY OF POTENTIAL CLEANSE BENEFITS:

- Increased energy
- Mental clarity
- Improved digestion
- Allergy relief
- → Weight loss
- Hormonal balance
- Radiant skin
- Improved physical appearance
- Longevity and disease prevention
- Relief from minor health conditions
- Clarity in life path and goals
- Tissue regeneration
- Increased general well-being
- Personal confidence and empowerment





















This is a gentle and relatively short cleanse designed to jump-start your journey to health. The diet may seem fairly restrictive compared to the modern day American diet, but you should not go hungry, as this is not a fast. Eat abundantly from the foods that are listed for each phase of the program and use the menus and recipes as guides to make the most of your experience.

This cleanse is designed to be gentle yet effective. It is also intended to be doable while you work, play, or go about your normal routine. Your normal routine, however, will be a bit different during this program, simply because you will be eating, doing and thinking different things while cleansing.

One incredible benefit to cleansing will be the awareness gained about how different foods make you feel physically, emotionally, and energetically. Your taste buds will begin to change and you will begin to understand how your body is responding to the foods you are consuming. This will give you more control of reactions you were not aware were caused by foods.

There are thousands of different dietary recommendations and philosophies, and new ones come up every day. The very best way to figure out your personalized diet is to begin to pay attention to how you feel as you explore different ways of eating and being. In the process of cleansing you will begin to recognize which foods may not be serving you, despite what you have read or been told.

CLEANSING AND YOUR BODY

Every toxin you come into contact with must be filtered through the liver. The liver is the second largest organ in our body and it is also the most overworked. Given that we now understand the degree to which we are exposed to toxins on a daily basis, it is easy to see how our livers are being put into overdrive. When the liver becomes overburdened, it loses its ability

















to function efficiently. This leads to a cascade of potentially serious health consequences and uncomfortable reactions.

What happens when the liver is not functioning properly or is overburdened? Toxins begin to find their way into other organs, skin, fatty tissues, and the blood. This is when we begin to see and feel the manifestation of some of the common ailments described above

This basic cleanse is focused on cleansing the liver. However, it will also provide support to other systems in your body, such as the colon, skin, lymph, lungs, kidneys and bladder, mind, and emotions. As the liver starts the process to release toxins, these other organ systems will also provide pathways to efficient elimination.

COMMON SIGNS THAT THE LIVER MAY NEED SOME ATTENTION

DO YOU WAKE UP AT NIGHT?

If you wake up consistently between 1:00am and 3:00am, your liver may be asking for some support. While we sleep, the liver becomes more active and works on cleansing and cleansification. Waking up around this "liver time" can signal that the liver is exhibiting signs of toxicity and needs some cleansing. Many times this happens from eating either too much sugar in the evening or animal protein.

EYE PROBLEMS?

Conjunctivitis, lots of mucus, itching, macular degeneration, dry eyes, and cataracts indicate liver weakness. Another physical clue is a vertical line between the eyebrows.

SKIN PROBLEMS?

Eczema, psoriasis, rosacea, skin rashes, acne and dry skin are clues.

















ANGRY FMOTIONS?

If the liver is congested and being forced to work too hard, it becomes "hot," causing excessive anger and irritation.

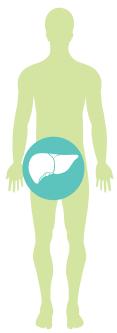
HORMONAL IMBALANCES?

PMS, hot flashes, and pre-menopausal symptoms are increased due to a congested liver.

CONSTIPATIONS

This condition can often be caused by a congested and toxic liver or even stressed adrenals. The colon should still be addressed, but it is often not the root cause.

10 STEPS THAT SUPPORT



A HEALTHY LIVER

- 1. Eliminate toxins from your diet and your life as best you can.
- 2. Drink pure (filtered) water throughout the day.
- 3. Drink your lemon water first thing every morning.
- 4. Eat dark greens, preferably raw, every day (e.g. "green juice," a big or a green salad). Eat lots of celery (a good source of plant sodium that helps support the adrenals), watercress, broccoli, kale, cucumber, spinach, romaine, fresh herbs like basil and cilantro, and sour green apples.
- 5. Eat high protein foods between 10 a.m. and 3

















p.m. It can be

- stressful for the liver to eat protein later in the day or evening, especially if you are showing signs of liver stress.
- 6. Remember, you need protein to support and cleanse the liver. Good complete protein sources can be found in beans, fermented tempeh, nuts and seeds such as hemp seeds and chia seeds.
- 7. Eat dinner at least 2-3 hours before bedtime.
- 8. Make sure the colon is supported and clean. When toxins remain in the colon, they are sent back to the liver. The liver then sends them right back down to the colon in the bile. To help permanently eliminate these toxins from the body, add extra fiber, probiotics, and filtered water.
- Sweat! Saunas and exercise are a good way to sweat. Another way is the toxin elimination bath (details provided in your resources) at least 3-4 times per week.
- 10. Assist your lymphatic system Use a body brush every day to stimulate your lymphatic system and help move lymphatic fluids. You can also lymphasize, which is a way to stimulate lymphatic drainage, ridding your body of toxins, wastes, trapped protein, bacteria, and viruses. What do you need to do? Jump on a mini-trampoline - this is called rebounding. This creates an ideal condition for cleaning the cells. The vertical acceleration and deceleration help the cells squeeze out waste.















YOUR CLEANSE

I HAVE OUTLINED THE BASIC CLEANSE PROGRAM BELOW. IF YOU HAVE ANY SPECIFIC ISSUES, SUCH AS INFLAMMATION, CANDIDA, CELLULITE, HORMONAL ISSUES, POSSIBLE FOOD INTOLERANCES, ALLERGIES, OR BLOOD SUGAR ISSUES (HYPOGLYCEMIA, INSULIN RESISTANCE), I CAN PROVIDE YOU ADDITIONAL INFORMATION TO SUPPORT THESE CONDITIONS. PLEASE LET ME KNOW AND WE CAN SCHEDULE A ONE-ON-ONE SESSION TO DISCUSS. Grace@gracevanberkum.com



HOW TO OPTIMIZE YOUR CLEANSE

IT IS IDEAL TO SPACE MEALS 3-4 HOURS APART, THIS ALLOWS THE BODY TO TAP INTO AND BEGIN TO BURN FATTY TISSUE THAT IS STORING TOXINS

EAT YOUR EVENING MEAL AT LEAST 2-3 HOURS BEFORE GOING TO BED, TO ENSURE THAT YOU ARE NOT STILL DIGESTING WHEN YOUR BODY NEEDS ITS REST AND RENEWAL. THE BODY, PARTICULARLY THE LIVER, DOES SOME SERIOUS DETOXING AT NIGHT. THIS IS WHY STAYING UP PAST MIDNIGHT TO PARTY (ALCOHOL, DRUGS) IS PARTICULARLY DESTRUCTIVE TO THE LIVER.

CLEANSE FOODS

On the cleanse you will be eating only the foods on the "approved food" list below, as well as including at least some of the suggested therapies and lifestyle habits.

FOODS YOU WILL ENJOY DURING THIS YOU WILL ENJOY **DURING THE CLEANSE**

- Fresh or frozen non-citrus fruit, ideally berries and cranberries (only organic)
- Fresh vegetables no limit, try to eat more than four cups per day
- Legumes lentils, navy beans, adzuki beans, mung beans, and others
- Brown rice and quinoa (during Phase 2 limit to two servings daily)
- Unsalted raw nuts and seeds (no peanuts)
- Flaxseeds (ground)





















- Lemons organic, do not purchase pre-squeezed lemon juice
- → Vegetable broth (organic and sugar-free)
- Sea vegetables
- Avocados
- Extra Virgin, cold pressed, 100% Olive oil
- Organic, raw, coconut oil
- Organic, raw, unfiltered, apple cider vinegar
- Herbal teas



FOODS AND SUBSTANCES TO AVOID DURING THE CLEANSE:

Sugar (white sugar, cane sugar, dehydrated cane juice, brown sugar, honey, maple syrup, high fructose corn syrup, sucrose, glucose, maltose, dextrose, lactose, corn syrup, and white grape juice concentrate)

- Sugar alcohols such as sorbitol, mannitol, xylitol, and maltitol
- Artificial sweeteners like aspartame

- Natural sweeteners (Stevia is ok to include)
- Alcohol

















- Caffeine (except green tea)
- Citrus fruits and juice (except lemon juice and unsweetened cranberry juice)
- Yeast (baker's and brewer's), fermented foods (including vinegar except raw apple cider vinegar)
- Dairy products
- Dried fruits (dates, prunes, raisins, figs, etc.)
- Gluten (anything made with wheat) and all flour products
- Corn

- → Nightshade plants (tomatoes, potatoes, egaplants, bell peppers)
- Peanuts
- Refined oils and hydrogenated fats such as margarine
- Stimulants
- Processed foods or food additives
- Fast food
- lunk food
- Any food that comes in a box, package, or is commercially prepared

YOU CAN DO ANYTHING YOU SET YOUR MIND TO. START FEELING GOOD TODAY!

















THE VEGAN CLEANSE

PREPARING FOR THE CIFANSE.

To begin to prepare the body, you will eliminate sugar, dairy, refined foods, refined oils, and coffee. You will also want to prepare your environment and collect the foods, tools, supplies, and supplements you will need. As you go through this preparation, you will experience the strongest and most frequent signs of toxic withdrawal.

WHAT IS TOXIC WITHDRAWAL?

When you start to eliminate substances your body has become dependent upon (addictive substances), your body will naturally respond and ask for them back. It doesn't do this in a comfortable or easy way. It is important for you to realize that only unhealthy, toxic substances are addictive. If you experience uncomfortable sensations, these are signals that repair is under way and the removal of toxins from your body is occurring. The more you search for fast, temporary relief with a candy bar, soda, or chips, the more you will inhibit the healing cleansification process.

SIGNS YOU ARE EXPERIENCING TOXIC WITHDRAWAL ARE:

- ➡ Headache
- Stomach cramping
- Lightheadedness
- Empty, growling stomach
- ➡ Irritability, moodiness
- ➡ Fatique
- ➡ Bloated feeling



















Depending on your situation, these symptoms can last from 2-5 days.

This will be the most difficult part of the program, but these changes are the most important in getting you started. Don't give up!

DURING THE CLEANSE:

Avoid animal protein, and reduce the amount of brown rice or quinoa consumed to two servings per day. I suggest you eat yams, carrots, beets, or other starchy vegetables instead as your main starches whenever possible. You will be enjoying an abundance of alkalizing fresh (organic) plant foods, including high quality plant-based protein.

This is a great time to juice vegetables, make green smoothies, and drink vegetable broths. These all help keep the body fortified with nutrients, while facilitating cleansification. This will be the most restrictive phase.

DAILY STRESS RELIEF

This is one of the most important parts of your cleanse program, so please make time for it! These activities will increase endorphins in your bloodstream, which will enhance your success.

1. Daily, do the Toxin Eliminator Bath. Each evening, place 2 cups of Epsom salts and one cup of baking soda into a tub, run the hottest water you can stand and add 8 drops of lavender oil. Soak for 20 minutes and allow yourself to sweat. When you are finished bathing, wrap yourself up in towels and go under the covers and sweat some more. You should feel very relaxed and sleep soundly.

















- 2. I highly recommend you get up and move at least once a day (2 times a day is IDEAL - 1 morning, 1 sunset). This will reboot your system. Try meditation, yoga, dance, or taking a walk.
- 3. Twice per week, go for a sauna.
- 4. Aim to do a castor oil pack each night.
- 5. At least one massage is highly recommended during your cleanse. It can be great to get one at the beginning and one towards to end, as you will see how your body has changed.

FOOD INTOLERANCE - WHY ARE WE ELIMINATING CERTAIN FOODS?

Do you have a favorite food that you HAVE to have or can't stop eating? Do you feel tired, bloated, and drained ALL the time? These may be signs of a food addiction or food intolerance. And if you're thinking, "Okay, so what's the big deal," then you should know it takes only ONE food to wreak havoc on your health and your ability to maintain a healthy weight, immunity, and more.

Many times, the foods we think we LOVE the most are actually the foods our bodies have a sensitivity to or intolerance to, keeping us from losing weight and making us feel tired and depressed.

When we eat a food we have an intolerance or sensitivity to, it causes an inflammatory reaction and floods our body with chemicals. And it's the chemicals our body releases that we can become addicted to and could be keeping us from losing weight, causing us to be tired and starting a cascade of other symptoms. One reason is our immune system can attack the food much like it would attack a germ, taxing your whole body and draining your energy.

















Food allergies and intolerances are much more common than most people realize.

Millions of adults and children suffer from allergic reactions to food and do not know it because the symptoms can be hard to diagnose. The reason a food intolerance is so difficult to identify is that there are so many different symptoms and the symptoms are different for everyone. Also, there is often a delayed reaction from eating the food, so you may eat wheat one day and feel fine, but then the day after you feel bloated and tired.

More common allergies are really more like food sensitivities and because the symptoms are bloating, poor digestion, headaches, lethargy, depression, and weight gain, most people don't think they're caused by the food they've been eating their entire lives. They just think, "There must be something wrong with me." The most common foods people have a sensitivity, or intolerance to, are dairy, wheat/gluten, and soy. (Gluten is the portion of the wheat that causes the problems, and it also found in other gluten grains.) These are the foods that often end up being trigger foods for people, along with sugar.

When people don't know that a food intolerance is the root cause of their health issue, they usually blame it on their slow metabolism or their bad genetics and they just live with it. Once you have eliminated these reactive foods from your life, you will be amazed at how quickly your energy and health will increase and, if needed, weight will effortlessly fall off. Your body will thank you for returning it to its natural state of radiant health.

















SYMPTOMS CAUSED BY FOOD INTOLERANCES:

- Acne/skin breakouts
- → Anxiety
- Gas/bloating
- Slow metabolism
- Depression
- Headaches
- ▶ Letharav

- → Weight gain
- Digestive issues
- Cravinas for food
- ➡ Binge eating

INDIVIDUAL ISSUES

If you suffer from any of these issues and would like to address them during or after the cleanse, please let me know. There are additional actions you can take to address these issues

CANDIDA / YEAST

Do you know what candida is? It's a clinical term for yeast and it's a sneaky little organism that can live inside your body and may be sabotaging your health, energy, and weight loss efforts.

Everyone has candida in their body. It's totally normal, and it lives in your intestines. But if you have an overgrowth, it can wreak havoc on your body, and affect every area of your health.

Many people have a candida overgrowth in their bodies and don't even know it!

If you've ever been on antibiotics, chances are, you ended up with a yeast infection. The reason for that is the antibiotics kill off the good bacteria in your body and allow the yeast to take over. I don't just mean a vaginal yeast infection – both men and women can have an overgrowth

















and it can take over lots of different parts of your body. In fact, if you have a vaginal yeast infection, that means the yeast is most likely overgrown throughout your whole body.

How does this affect you? What does yeast really do to your body? It causes every health issue you have to be worse. If you have psoriasis, it will get worse. If you're depressed, you'll be more depressed. If you have headaches, they'll be worse. If you have arthritis, it will be worse.

If you want to lose weight, it'll be an uphill battle. Whatever ails you, it will be exacerbated by the yeast overgrowth in your body. Candida isn't causing these issues, but it is making them worse.

So, how can you tell if you have a candida overgrowth? If you have jock itch, if you have athlete's foot, if you get vaginal yeast infections, if you have thrush in your mouth or a white coating on your tongue, if you have a strong addiction to sugary, starchy foods or a bad sweet tooth, it's almost guaranteed that you have a candida overgrowth.

SOME OTHER SYMPTOMS INCLUDE:

Chronic abdominal gas, headaches/migraines, excessive fatigue and brain fog, intense sugar and alcohol cravings, mood swings, rectal itching, itchy skin, acne, low sex drive, nail fungus, hyperactivity, anxiety or nervousness, being strongly reactive to cigarette smoke, and belly fat.

BLOOD SUGAR IMBALANCE

Blood sugar imbalance is a condition in which your body does not handle glucose effectively. Throughout the day, blood glucose levels may fluctuate outside of the body's desired blood glucose range. Your energy can swing from being high after a meal to being low if you skip a meal. Insulin is the hormone responsible for keeping the blood sugar levels in the normal desired range. Insulin works by opening channels on cell membranes, allowing glucose to travel from the blood into body cells. During times of blood sugar

















imbalance, insulin can become a little out of control. In some situations, like after a carbohydrate- or sugar-rich meal, too much insulin is produced. When insulin is high, lots of cell glucose channels become open, which results in the blood glucose level dropping too low. During insulin resistance, the cell membranes have difficulty recognizing insulin and too few channels are opened. In this situation, both insulin and glucose remain high in the blood and some cells stay deficient in glucose. Cells in the pancreas secrete insulin into the blood stream. These cells can often become exhausted after long periods of producing excessive levels of insulin. Once tired, these cells can no longer produce adequate amounts of insulin to achieve perfect blood sugar balance. Low insulin production also leads to blood sugar imbalance.

Blood sugar imbalance can be a precursor to diabetes mellitus and it is therefore important to address the contributing factors before the condition develops further.

SIGNS YOUR BLOOD SUGAR MAY BE OUT OF BALANCE:

- Cravings for sweets, sugar, or bread products (This is almost guaranteed sign that your blood sugar is out of balance.)
- Fatique after eating a meal or a "food-coma"
- Lightheadedness if meals are missed
- Eating sweets does not relieve the cravings for sweets
- Dependence on coffee to keep yourself going or get started
- → Difficulty losing weight

















HORMONAL, THYROID, AND ADRENAL IMBALANCES:

Symptoms of female hormone imbalance

- Acne or oily skin
- Bloating
- ➡ Bone loss
- Decreased fertility
- → Depression
- Excess facial and body hair
- ➡ Hot flashes
- Heavy or painful periods
- Irregular periods
- ➡ Irritability
- loss of muscle mass.
- Loss of scalp hair

- ▶ Low libido
- → Memory lapses
- Mood swings
- ► Nervousness
- Night sweats
- Poor concentration
- ➡ Sleep disturbances
- → Tender or fibrocystic breasts
- ➡ Urinary incontinence
- → Vaginal dryness
- → Weight gain

SYMPTOMS OF THYROID IMBALANCE

Overactive (Hyperthyroidism)

- Nervousness
- ➡ Tremor
- → Mental fogginess
- Poor concentration.

- Racing heartbeat
- Muscle aches and pains
- Heat intolerance
- Reduced menstrual flow















Underactive (Hypothyroidism)

- → Fatigue
- Depressed mood
- Mental fogginess
- → Poor concentration
- → Weight gain
- ➡ Bloating (fluid retention)

- Muscle aches and pains
- High cholesterol
- Feeling cold
- → Excessive or prolonged menstrual bleeding



SYMPTOMS OF ADRENAL IMBALANCE

- → Allergies / asthma
- Sugar cravings
- ➡ Arthritis
- ➡ Sleep disturbances
- ➡ Bone loss

- → Memory lapse
- Chemical sensitivities
- → Morning/evening fatigue
- ➡ High blood sugar
- Increased abdominal fat















IN CLOSING

Remember, the first 2 -3 days are usually the most challenging. It actually gets easier the longer you are on the cleanse. Once you overcome the food addiction withdrawal, you will feel like a new person. As you stick with this program you will become more aware of your body and how food is affecting you. You will become your own detective. Having this knowledge gives you the freedom to know what, when, and how much you can eat without feeling like you need to be deprived. Once you make the connection of how certain foods are affecting you, you will not miss the foods that were making you feel miserable.

ENJOY THE JOURNEY. YOU DESERVE ULTIMATE HEALTH AND HAPPINESS.

TOXIN REDUCTION TIPS & TOOLS



WATER

Be sure the number of ounces of water you drink per day is equal to at least half of your body weight. (i.e. 150 lbs. body weight = 75 oz. water per day). In the autumn and winter, it can be especially helpful and cleansifying to drink warm water

IFMON WATER

This is a gentle yet effective way to support and cleanse the liver, kidneys, and colon, and help alkalize the body. It assists in breaking up mucus and provides energy via enzymes, vitamin C, potassium, and trace minerals.

Please use fresh, ripe lemons, not prepared lemon juice. Make lemon water simply by squeezing the juice of ½ a lemon into a glass of water.

BODY BRUSHING – This is one of best ways to stimulate the lymphatic system. This is beneficial because it assists the lymph nodes in keeping blood and other vital tissues cleansified. It is energizing, assists in breaking up cellulite, removes dead skin, stimulates circulation, and strengthens the immune system. To do this, you will need a natural bristle brush, which can be purchased at most health food stores or pharmacies. Start at your feet and work up the body in long strokes towards your heart. Be sure to cover the whole body, but skip the face and the breasts. Do not feel like you need to spend a tremendous amount of time on this, 2–3 minutes prior to your shower is fine. (Raw Elements Dry Brush TYPE GRACE10 FOR 10% OFF)

TOXIN ELIMINATION BATH

Each evening, place 2 cups of Epsom salts and one cup of baking soda in the tub, run the hottest water you can stand, and add 8 drops lavender oil. Soak for 20 minutes and allow yourself to sweat. When you are finished bathing, wrap yourself up in towels, go under the covers, and sweat some more. You should feel very relaxed and sleep soundly.

















EXERCISE

Moving will be a key component to your cleanse. Tune into to what kind of exercise feels appropriate, rather than just doing what you usually do or what you think you should do. Walking, yoga, swimming, tai chi, hiking, biking, and strength training are all great ways to get moving. A powerful exercise for removing toxins is using a mini-trampoline or rebounder to help enhance your lymphatic system. This is called Lymphasizing, see the end of this document for more details

FIBER

Getting additional fiber as we cleanse is vital to supporting the colon in its role of toxin elimination. In addition to lots of fresh vegetables, ground flax seeds and chia seeds are recommended. You should be eliminating at least 2 times per day.

CASTOR OIL PACKS

This can be a self-administered and inexpensive way to nurture and support the liver while you cleanse. It is incredibly healing and relaxing. Castor oil is said to be able to penetrate deeply – as much as 4 inches – into the body. These packs can be used to stimulate and cleanse the liver and gall bladder.

DIRECTIONS:

You will need 100% pure, cold-pressed castor oil, an old T-shirt, and a hot water bottle (or heating pad).

- 1. Put on an old T-shirt, so you don't get the oil on your nice clothing.
- 2. Rub castor oil on your abdomen, being sure to cover the area where your liver is.

















Lie down on you back, and place the hot water bottle or heating pad on your abdomen, on top of your shirt, for one hour.

Alternatively, you can rub the castor oil on your back, being sure to cover the area where your liver is. Then with your T-shirt on, lay on top of the heating pad or hot water bottle.

This is a safe regimen to continue throughout the spring season, especially if you suffer from liver-based symptoms like eye problems, PMS, pre-menopausal symptoms and menopausal irritability, mood swings, bloating, tender breasts, hot flashes, anxiety, migraines, skin rashes and breakouts, angry outbursts, or tension between the shoulders.

Many people report a remarkable sense of well-being and tranquility while applying the castor oil pack. Because the emotion of anger is closely tied to the liver, you may experience angry feelings resurfacing. Stay with your feelings and try to channel them constructively. You may try to transform this anger into forgiveness - first for yourself and then for others.

CLEANSING MEDITATIONS

CHEWING MEDITATION

As you enjoy a meal, take the time to chew each bite fully, 30–50 chews per bite. The objective is to liquefy your food. Focus on the taste and texture and how they might change and sweeten the longer you chew. Go slowly and really savor the experience. The added benefit of this meditation is improved digestion. Don't forget to chew your soups and smoothies!

















SAVORING SIMPLICITY

This is a bit more general, but focuses on tuning into a single food or a simple dish. Enjoy the sweet crunch of a carrot, the juicy delight of a strawberry. Tune into the complexity of these seemingly simple foods. Spend at least a full five minutes with each simple food.

BREATHING MEDITATION

This is a wonderful one that will calm and center you in any situation. It can also be used when you feel overwhelmed by a craving. Very often the craving will pass by the end of 10-20 breaths.

To practice: Close your eyes, place your hands on your belly and just tune into the sensations around the inhale and the exhale. Gradually begin to deepen the breath, taking 10-20 slow deep conscious breaths deeply into and out of the belly. Do this meditation often.

VISUALIZATION

Now is a wonderful time to put attention on what you would like to bring into your life and one of the most powerful tools you can use is images. By creating images in your mind and connecting emotionally with these images, you begin to send the message to the universe that this is what you want. If creating images in your mind is difficult, cut pictures out of magazines or other media that represent your goals and dreams. This is a powerful tool, so really take the time to work on what you DO want. When visualizing, stay with your image and the feelings it evokes for a good 3-5 minutes.

















GRATITUDE MEDITATION

So simple yet immensely powerful, the gratitude meditation is highly recommended. It is especially important if you often find yourself spiraling down the hole of negative thinking and negative manifestations in your life.

This can be done anytime, but it can be particularly good first thing in the morning or before going to bed. Sit guietly with your eyes closed and meditate on all that is good in your life. If you are having trouble finding something good, simply feel gratitude for the gift of breath and a healthy body. Your objects of gratitude can be as big or as small as you want. You may choose to write down these items after or before meditating on them. Do this for as long as you want. You can also do this while walking in nature.

WALKING MEDITATION

With walking meditation, the intention is on fully taking in the smells, the sights, the sounds and the sensations of your walking experience. Try to put your attention on only one thing or one sensory organ at a time. Take the time to drop in and just allow any thoughts outside your present experience to fall by the wayside. This can be a great meditation if you have trouble sitting still.

















BREATHING

Two wonderful breathing techniques for cleansing:

SOUNDING BREATH is done lying on the ground in the corpse pose, letting all your limbs relax. Exhale completely and then slowly draw in your breath through the nose. As you inhale, feel how your lungs and abdomen fill up. As you exhale, contract your throat to make a slight hissing sound and completely exhale and empty your lungs. Let your breath be long and slow.

SITTING BREATH is done while sitting, so it can be done at any point. Exhale with a deep sigh in order to reset your diaphragm. Then breathe slowly through your nose for a count of 7, and hold your breath for a count of 7. Then for another count of 7, exhale through your nose. Repeat this three times, and this will help calm your spirit and relax your nerves.

The benefits of doing Pranayama (breathing exercises) every morning (or evening) for 20 to 25 minutes include:

- Increases lung capacity and improves breathing efficiency
- Improves circulation, normalizes blood pressure and improves cardiovascular efficiency
- Boosts the immune system and enhances immunity
- Increases energy levels and gives lots of positive energy
- Strengthens and tones the nervous system
- Combats anxiety and depression and improves sleep
- Improves digestion and excretory functions
- Provides massage to the internal organs, stimulates the glands and enhances endocrine functions.
- Normalizes body weight and provides great conditioning for weight loss

















POWER OF BREATHING

Undoubtedly, the most important component to human health and vitality is oxygen. In fact, human life would not be possible without it. Oxygen produces ATP (adrenosine triphosphate) and without ATP, our bodies would immediately shut down. When a person breathes, there is an exchange of carbon dioxide and oxygen. The oxygen, which is taken in by the body from the atmospherearound us, is picked up by the hemoglobin in the blood and distributed to all of the body's trillions of cells where it is then used to fuel the cells and release energy (ATP).

In addition, the makeup of the human body is largely composed of the element oxygen, especially factoring in that water is composed of 33% oxygen.

It's clear then that optimal oxygenation of your cells through proper nutrition, fluid intake, exercise, and stress management is absolutely necessary in order to maintain your health and create a vital life.

"IMPROPER BREATHING IS A COMMON CAUSE OF ILL HEALTH, IF I HAD TO LIMIT MY ADVICE ON HEALTHIER LIVING TO JUST ONE TIP, IT WOULD BE SIMPLY TO LEARN HOW TO BREATHE CORRECTLY. THERE IS NO SINGLE MORE POWERFUL - OR MORE SIMPLE - DAILY PRACTICE TO FURTHER YOUR HEALTH AND WELL. BEING THAN BREATHWORK."

ANDREW WEIL, M.D.

















POWER OF LYMPHASIZING - THE BENEFITS OF REBOUNDING

- 1. The vertical use of acceleration, deceleration, and gravity provide the ideal conditions for cleansifying cells.
- 2. Rebounding is a true cellular exercise. It builds physical cellular strength by challenging the structure of each cell. This strengthening of the cells helps to protect against degenerative disease.
- 3. It leads to improved posture, increased vascularity, better muscle tone, enhanced timing, sharper vision, greater coordination, better balance, more rhythm, and elevated energy levels.
- 4. By working against the constant gravitational pressure while bouncing, you resist the earth's pull. Gravity becomes a force for the good of your entire body.
- 5. Rebounding will let you improve the working of your heart muscle by improving the tone and quality of the muscle itself and by increasing the coordination of the fibers as they wring blood out of the heart during each beat.
- 6. It provides the stimulus for a free-flowing lymphatic drainage system, which helps rid your body of toxins, cancer cells, wastes, trapped protein, bacteria viruses, and other waste the cells cast off.
- 7. When you are rebounding, you are flooding the cells with oxygen. This enables them to convert glucose into ATP and also into glycogen. Thus, rebounding can actually increase your ability to convert glucose into glycogen. Further, it may be possible to train your body (through consistent lymphasizing) to store this glycogen and have it released when you need it for a sudden burst of energy.

















SOMETHING TO THINK ABOUT - The G-force (gravity) at the top of the bounce is eliminated and the body becomes weightless for a fraction of a second. At the bottom of the bounce, the G-force suddenly doubles over what is ordinary gravity on earth, and internal organs are put under pressure. Their cellular stimulation is increased accordingly so waste materials within cells get squeezed out. The lymphatics carry the waste away to be disposed of through the urinary tract and other excretory mechanism.

I have found the power of vital breathing and lymphasizing to be a master principle of a vital life.

The above information on Lymphasizing was from an article post by Eric Morgan. I have confirmed this information with other sources and his article is consistent with what I have found.



















FOOD PREPARATION

- 1. Prepare vegetables in advance. Cut up enough veggies to last a few days, both for snacking and cooking.
- 2. Make extra brown rice cook the whole bag if you can. This way it is ready and you just need to reheat as needed.
- 3. Use organic frozen vegetables and fruit.
- 4. If using canned beans, make sure you rinse them very well and get BPA-free cans (it will say on the can).
- 5. Double one of the smoothie recipes in the morning and have it as a snack.

COOKING TIPS & TECHNIOUES



- 1. Vegetables: Steam, water sauté, or roast your vegetables.
- 2. Spice up your food add herbs and spices to your cooking. Adding fresh rosemary, chopped cilantro, chives, or parsley helps enhance the flavor. You can also add fresh crushed garlic to your vegetables.
- 3. Roast a bulb of garlic and use it like you would butter.
- 4. Use aromatics scallions, bulb onions, ginger, garlic and lemongrass. They add flavor and aroma to foods.
- 5. Choose vegetables from all categories eat the ones you like and try something new.
- 6. Use extra virgin olive oil and Celtic sea salt and pepper for dressings whenever possible.

















Click recipe name to go to page

	8 1 1 8			
	BREAKFAST	LUNCH	DINNER	SNACKS & TREATS
MONDAY	Protein Power Smoothie	Black Bean Lettuce Cups	Curried Sweet Potato Soup with Raw Chopped Salad	Toasted Kale Chips /Green Apple with Almond Butter & Cinnamon
TUESDAY	Apple Parfait — makes 2 save one for breakfast on Thursday	Portobello Sandwich Cups	Collard Green Banh Mi and Cucumber Salad	Steamed Artichoke (make 2)/ Creamy Energy Boosting Shake
THURSDAY WEDNESDAY TUESDAY	Fall Fruit Smoothie	Sweet Potato Soup and Chopped Salad	Black Bean Lettuce Cups — make extra for lunch tomorrow	Guacamole & Veggies / Spiced Pear & Apple Crumble
THURSDAY	Apple Parfait	Black Bean Lettuce Cups	Fall Fresh Pasta Salad with Sweet & Savory Salad	Steamed Artichoke & Fall Fruit Salad
FRIDAY	Fall Fruit Smoothie	Fall Fresh Pasta Salad	Sprouts and Sprouted Stir Fry with Brown Rice	Pumpkin Pie Chia Pudding
SATURDAY	Protein Power Smoothie	Collard Green Banh Mi	Autumn Quinoa with Steamed Artichokes	Fall Fruit Salad
SUNDAY	Quinoa Morning Porridge	Leftover Autumn Quinoa	Burrito Bowl with Toasted Kale Chips	Toasted Kale Chips/ Pumpkin Pie Chia Pudding





















PRODUCE

- Kale, 2 bunches of (mix and match)
- Romaine lettuce, 1 heads
- Collard greens, 1 bunch
- Swiss chard, 1 bunch
- Carrots, 1 bunch
- Baby carrots, 1 bag
- Celery, 1 bunch
- Jimica, 1
- Fennel, 1
- Broccoli, 1 small
- Butternut squash, 1 small
- Brussel sprouts, 1 lb
- Sunflower baby sprouts, 1 bag
- Cucumbers, 3
- Shitake mushrooms, 2 small packages
- Portobello mushrooms, 2 large
- Shallots, 2
- Red onions, 1
- White onions, 1
- Leek, 1
- Green onions, 1 bunch
- Garlic, 2 heads
- Sweet potatoes, 7
- Avocados, 4
- Beets, 2
- Green apples, 3
- Pears, 3
- Persimmons, 2

- Pomegranates, 2
- Bananas, 1 bunch
- Mint, 1 bunch
- Cilantro, 1 bunches
- Parsley, 1 bunch
- Basil, 1 bunch
- Sage, 1 bunch
- Lemons, 5
- Limes, 4
- Ginger root, 1
- Artichokes, 2
- Jalapeño (optional)
- Spinach, 1 bag



GRAINS AND BEANS

- Quinoa, 1lb
- Brown rice, 11b
- Kelp noodles, Gluten Free, 1 lb
- Oats, Gluten Free, 1 package (Bob's Red Mill)
- Black beans, BPA-free cans, 4 (Eden Organics)

















Garbanzo bed	ans, 3 cans	All	spice
White beans,	1 can] Gi	nger
Coconut milk,	full fat (sulphite-free),	Cu	urry powder
2 cans		Cu	umin
Vegetable brot	h, organic, 4 cartons	Co	ayenne Pepper
(4 cup size)		D r	ied oregano
Pumpkin puree	, 1 BPA-free can	Dr	ied basil
(no sugar)		D r	ied thyme
		Ko	ılamata Olives – pitted
		Ra	w cashews, 1 ½ cup
		PL	JRE STEVIA
		C	Click Here
		•	
aMX.		TY	PF LOVE-INBALANO



CONDIMENTS

- Sunflower Seeds, Raw
- Almonds, sliced
- Pistachios
- Pecans
- Olive Oil, 100% Extra Virgin, Cold Pressed
- Coconut Oll, Raw, Organic
- Apple Cider Vinegar, Raw, Organic
- Tamari , Gluten Free
- Almond Butter
- Whole grain mustard
- Vanilla
- Sesame Seeds
- Cinnamon
- Nutmeg



COLD SECTIONS

FOR 10% OFF.

Celtic Sea Salt or Himilayan Sea Salt

- Almond milk, unsweetened, carageenan-free, 1 carton
- Cranberries, frozen, 1 bag
- Hummus, Dairy-free



















FRO7FN

Blueberries

Tempeh , frozen, 1 package



MISCELLANEOUS

- Sunwarrior Warrior Blend Vanilla protein powder - plant based protein powder
- Chia Seeds (Navitas Naturals)
- Hemp Seeds (Navitas Naturals)
- Raw Cacao Powder (Navitas Naturals)
- Maca Powder (Navitas Naturals)
- Raw Elements Dry Brush TYPE: GRACE10 FOR 10% OFF
- High quality (hexane-free) Castor Oil
- Epsom Salts

OPTIONAL SUPERFOODS

- Synchro Gold Turmeric Elixir (1 shot per day for anti-inflammatory benefits and improved digestion)
- Ultima Replenisher (Electrolyte Hydrator with minerals) 1-2 per day

TYPE: GRACIOUSLIVING35 FOR 35% OFF

Four Sigma Foods Adaptogenic Herbs & Medicinal Mushrooms (1-2 per day)

TYPE: GRACE911 FOR 15% OFF

Synchro Probiotics



Check out the next page for the full list of Superfoods and discount links or click here



















CLICK ON THE LINKS BELOW TO PURCHASE OPTIONAL SUPERFOODS AND PRODUCT DISCOUNT CODES



Warrior Blend Vanilla protein powder plant based protein powder



Navitas Naturals Chia Seeds Navitas Naturals Hemp Seeds Navitas Naturals Raw Cacao Powder Navitas Naturals Maca Powder



Dry Brush

Type: GRACE10 for 10% off



Pure Stevia

Type: LOVE-INBALANCE for 10% off

synchro

Synchro Gold Turmeric Elixir

1 shot per day for anti-inflammatory benefits and improved digestion

Synchro Mega Sporebiotic



Ultima Replenisher Electrolytes

Electrolyte Hydrator with minerals, 1-2 per day

Type: GRACIOUSLIVING35 For 35% off



Adaptogenic Herbs & Medicinal

Mushrooms 1-2 per day

TYPE: GRACE911 FOR 15% off















EASY, DELICIOUS VEGAN, PLANT RECIPES





AUTUMN GREENS SMOOTHIE O SERVES 1



INGREDIENTS

1 cup Coconut water or water

Spinach 1 large

handful

1/2

Banana

Pear, chopped

Dash of cinnamon

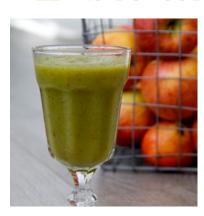
1 serving Sunwarrior WarriorBlend

Vanilla Protein Powder

1 cup

Blend and enjoy!

FALL FRUIT SMOOTHIE O SERVES 1



INGREDIENTS

Frozen cranberries $\frac{1}{2}$ cup

Fresh chopped apples 1/2 cup

1/2 Cucumber

Sunwarrior WarriorBlend 1 serving

Vanilla Protein Powder

1 cup Ice

Blend and enjoy!

















PROTEIN POWER SMOOTHIE O SERVES 1



INGREDIENTS

Unsweetened almond milk 1 cup

Almond butter 1 Tbsp

1/2 Banana

1 tsp Cinnamon

Sunwarrior Protein Powder 1 scoop

½ cup Ice

½ cup

Blend and enjoy!

Frozen blueberries

GREEN & GLOWING BREAKFAST SMOOTHIE O SERVES 1



INGREDIENTS

½ bunch Kale 1 handful Spinach 1/2 Cucumber Pear, sliced

Frozen cranberries 1/2 cup

Sunwarrior Protein Powder 1 scoop

1/2 cup

Blend and enjoy!

















QUINOA MORNING PORRIDGE O SERVES 2



INGREDIENTS

Rinsed quinoa ½ cup 1 15oz can Coconut milk Cinnamon 1 tsp Chia seeds 1 tsp 1 tsp Hemp seeds

Combine all ingredients except hemp seeds and simmer for 10 - 15 minutes until liquid is absorbed. Sprinkle with hemp seeds. Enjoy!

SAVORY AVOCADO WRAP O SERVES 1



INGREDIENTS

Romaine lettuce leaf or collard leaf (with thick part of stem removed)

1/2 Avocado

Chopped basil 1 tsp

Sea salt and pepper

Sauteed or steamed tempeh 2 strips

small handful of spinach

Smear leaf with the avocado and sprinkle with basil, salt and pepper, add 2 strips of tempeh and spinach. Fold in half and enjoy!

















NON-DAIRY APPLE PARFAIT O SERVES 2



INGREDIENTS

1 cup

Soaked raw cashews $\frac{1}{2}$ cup (soak at least 20 minutes - up to an hour) $\frac{1}{2}$ cup Unsweetened almond or coconut milk Pure vanilla $\frac{1}{2}$ tsp

Rolled gluten-free oats ⅓ cup

Chopped apple

(no need to cook these!)

1 Tbsp Hemp seeds

Discard cashew water. Combine cashews, milk and vanilla in a blender and blend until smooth. Layer ingredients in a small cup: Dollop of cream, spoonful of apples, top with oats and hemp seeds and enjoy!



















BLACK BEAN LETTUCE CUPS O SERVES 2



INGREDIENTS

1 15oz can Black beans,

drained and rinsed (Eden Organics is a great brand)

Minced red onion 1/4 cup small handful Cilantro, chopped

Romaine lettuce leaves

(butter lettuce works as nice

cups, too) Avocado

lime

Celtic sea salt and cayenne

pepper (optional)

Mash beans and red onion together in a bowl, stir in chopped cilantro. Spoon into lettuce cups and top with diced avocado and a squeeze of lime juice. Season with salt and cayenne pepper.

PORTOBELLO SANDWICH CUP O SERVES 1



INGREDIENTS

1-2 Tbsp

1 large Portobello mushroom, brush

> with olive oil and arill or sauté until soft. This can

be done in advance

Hummus

4-5 Cucumber slices

> Siced red onion Chopped kalamata olives

Spread hummus on Portobello mushroom, top with rest of the ingredients and enjoy!

















SAUTÉED GREENS WITH GARLIC & PARSLEY O SERVES 2



INGREDIENTS

Coconut oil 1 tsp Finely chopped garlic 3 cloves Lemon, juice and zest 1 bunch Dark, leafy greens such as kale or collard greens Vegetable broth 1/2 cup 1 handful Chopped parsley Salt and pepper

Heat the oil, garlic and lemon zest in a sauté pan for about 2 minutes. Add the greens and sizzle for a couple more minutes until the greens are ultra bright green. Add the broth and cover. Let steam for 3-5 more minutes. Season with salt, pepper and a squeeze of lemon. Toss in parsley just before serving.

















RAW CHOPPED SALAD WITH LEMON TARRAGON DRESSING O SERVES 4



INGREDIENTS

l head	Kale, cut into small ribbons
2 stalks	Celery, diced
1	Cucumber, diced
2	Carrots, diced
1	Fennel, thinly sliced
1	Beet, shredded
1 Tbsp	Sunflower seeds
1 can	Garbanzo beans drained and rinsed

Combine all ingredients in a large bowl. Dress only what you will eat with the dressing below.

DRESSING INGREDIENTS

¼ cup	Fresh squeezed lemon juice
2 Tbsp	Raw apple cider vinegar
² / ₃ cup	Extra virgin olive oil
1 small handful	Tarragon leaves, chopped
1 tsp	Pepper
	Celtic sea salt

Whisk all ingredients together and season with salt. Pour enough onto salad to coat all the veggies.



















AUTUMN QUINOA 101 SERVES 4



INGREDIENTS

2 cups	Quinoa, rinsed and soaked
	for 20 minutes
4 cups	Vegetable broth
4 cloves	Garlic minced
2	Shallots, chopped
½ bunch	Swiss chard, cut into ribbons
1 15oz can	White beans (Eden
	Organics is a great brand)
1	Sweet potato, grated
1	Beet, grated
1	Carrot, grated
large bunch	Sage, cut into ribbons
½ cup	Almond slivers
1	Lemon, juice and zest
1/4 cup	Extra virgin olive oil

In a pot, combine quinoa, vegetable broth, garlic and shallots. Cook on medium heat for 15-20 minutes until liquid is absorbed. Stir in the rest of the ingredients and season with salt and pepper.

















SPINACH AND POMEGRANATE SALAD WITH TARRAGON MUSTARD DRESSING

SERVES 2



INGREDIENTS

4 cups Baby spinach

Pomegranate, seeded or

1/3 cup seeds

2 baby Leek, thinly sliced Avocado, diced

White beans, drained $\frac{1}{2}$ cup

and rinsed

Pinenuts or sliced almonds $\frac{1}{4}$ cup

Mix all ingredients in a bowl and dress

DRESSING INGREDIENTS

Raw apple cider vinegar 3 Tbsp ½ cup Extra virgin olive oil 2 cloves Garlic, minced Whole grain mustard 1 Tbsp 2 Tbsp Chopped tarragon Celtic Sea salt and pepper to taste

Whisk all ingredients together and dress your salad.

















FALL FRESH PASTA SALAD O SERVES 4



Celtic Sea salt and pepper

Heat oven to 400°. Toss the squash in coconut oil, salt and pepper. Roast for 20 minutes until fork tender.

Drain and rinse the kelp noodles. Then chop the noodles coarsely, so they easily separate. Then, sauté the noodles with 2 tablespoons of olive oil over medium heat for 10 minutes.

INGREDIENTS

1/4 cup

1 small Butternut squash,

cut into small .5" cubes

Coconut oil 1 Tbsp

1 package Kelp noodles

(can be purchased at WholeFoods

or Amazon.com)

Olive oil, plus additional for tossing at the end

Leek, thinly sliced

3 cloves

1 cup Maitake or shitake

mushrooms

Garlic, minced

1 handful Chopped sage

1 can Garbanzo beans,

optional

While noodles and squash cook, heat 2 tablespoons of olive oil in a sauté pan and cook leek until melted, about 8 minutes. Add garlic and mushrooms and cook for another 7-8 minutes.

Combine the noodles, squash, mushroom and leek mixture in a bowl. Add sage, salt and pepper and toss with remaining olive oil.

For added protein you can add a can of garbanzo beans.

















CURRIED SWEET POTATO SOUP O SERVES 4



INGREDIENTS

1 Tbsp Raw coconut oil

1 1/2" piece Ginger, sliced

and crushed

4 clove Garlic, minced

Fresh Lime, zest and juice

2 tsp Turmeric or curry

3 Sweet potatoes,

> peel removed, and cut into 1" pieces

Full fat coconut milk

15oz can

Water 2 cups

½ bunch Cilantro, chopped

Heat coconut oil in a large saucepan over medium heat. Add ginger and garlic, lime zest and cook until slightly browned, about 3-4 minutes. Add curry and cook until fragrant - about 1 minute. Add sweet potatoes, coconut milk and water. Bring to a boil, reduce to low and simmer, covered for 25 minutes. Turn off heat and leave on stove for ½ hour to allow flavors to meld

Puree soup in blender or food processor. Garnish with chopped cilantro, lime juice and enjoy!

















SPROUT STIR-FRY O SERVES 4



RICE INGREDIENTS

Brown rice 1 ½ cup 1 clove Garlic minced

3 cups Water or veggie stock

TERIYAKI SAUCE INGREDIENTS

Gluten-free Tamari ½ cup 1 clove Minced garlic

Minced fresh ginger 1 tsp

STIR-FRY INGREDIENTS

2 Tbsp Coconut oil 2 cloves Garlic minced

Ginger minced 2 tsp

1 small White onion 1 bunch

Broccolini or a small head of broccoli

cut into bite size pieces

Celery stalk cut into chunks

8 Brussel sprouts, halved 1/2 bunch Kale, cut into ribbons

1 bunch Enoki or Shitake Mushrooms

1 handful Mung bean sprouts

Mix the rice, garlic and broth in a pot over high heat. When the broth comes to a boil, turn heat down to a simmer and cover. Cook until all the liquid has been soaked in the rice about 45 minutes.

In a small saucepan combine all the ingredients for the teriyaki sauce and simmer until reduced by half and thick and syrupy. Remove from heat

In a wok or large pan with sides, heat coconut oil and add garlic, ginger and onions. Let simmer until brown. Add a little more oil if needed and toss in all of your veggies (except the sprouts). Give them a good mix and cover your pan so the veggies can steam. Steam for 5-10 minutes depending on how "al dente" you want your veggies.

Scoop a large spoonful of rice into a bowl; add a generous helping of veggies, a spoonful of teriyaki sauce and then top with sprouts.















BURRITO BOWL O SERVES 4



INGREDIENTS

brown rice 1 cup

Black or adzuki beans

15oz cans (Eden Organics

is a great brand) Green onions, sliced

2 Limes, juiced

4 cloves garlic cloves, minced

1 tsp Cumin

heaping

4

Avocados, sliced small Cilantro, chopped

handful

Cook brown rice by combining 2 cups of water with 1 cup of brown rice in a pot over high heat. When the water comes to a boil, cover the pot and turn heat down to the lowest setting for 45 minutes. (Do not stir. Simply set a timer and let the rice cook.)

While rice is cooking, open the cans of beans and pour into a small saucepan over low heat. Stir in the onions, lime juice, garlic, and cumin and let flavors combine for 10-15 minutes

When rice is done cooking, put rice into individual serving bowls. Top with beans, avocado, and cilantro.

















CUCUMBER SALAD O SERVES 4



INGREDIENTS

Cucumber sliced thinly

Lemon

Raw apple cider vinegar 2 tsp

> Black or traditional sesame seeds

Mix all the ingredients in a bowl and enjoy!

SWEET AND SAVORY SALAD O SERVES 4



INGREDIENTS

Head of romaine lettuce 1 large

1/2 Cucumber, sliced Pomegranate, seeded

or 1/3 cup seeds

Avocado, cubed

Shelled pistachios, chopped 1/4 cup

DRESSING INGREDIENTS

1/4 cup Raw apple cider vinegar

 $\frac{1}{2}$ cup Olive oil

Garlic, minced 1 clove

Hand tear the lettuce into a salad bowl. Add the rest of the ingredients and toss with the salad dressing.

















COLLARD GREEN BANH MI O SERVES 1



INGREDIENTS

Collard green with thick part 1 large

of stem removed

1/2 Cucumber, cut into matchsticks

Carrot, cut into matchsticks

1/2 Avocado, sliced

1 small Sprouts - mung

handful bean sprouts are most

common and can be found

in the produce section

2 sprigs Basil, chopped Mint, chopped 3-4 sprigs 1 small Cilantro, chopped

handful

Roll all the ingredients in the collard green like you would a burrito. Serve with dipping sauce.

DIPPING SAUCE INGREDIENTS

1 tsp Ginger, minced

(grating it with a zester

is an easy way to do this)

1 clove Garlic, minced

Green onion, sliced

Gluten free tamari. 1/4 cup

Mix all ingredients and serve with Collard Green Banh-Mi.

















SEASONAL VEGETABLE CURRY O SERVES 4



INGREDIENTS

Coconut oil 2 Tbsp

Onion, peeled and diced

Curry powder 1 Tbsp

Carrots, peeled and diced

1 medium Cauliflower, cut into florets 2 medium Sweet potatoes, diced

Small handful

2 cups Garbanzo beans

(cooked or canned)

Brussel sprouts, halved

Unsweetened coconut milk

1.50z can

4 cups Vegetable broth

2 bunches Any type of greens, washed

and cut (kale, bok choy, escarole, collards, turnip

greens, etc.)

Salt and pepper to taste Fresh basil strips for garnish

In a large pot heat coconut oil and sauté onions and curry powder until the onions are soft (about 6-8 minutes). Add the vegetables, beans, and coconut milk. Bring to simmer and add the vegetable broth. Simmer until the sweet potatoes are tender (about 15 minutes). Add the greens, then season with salt and pepper.

Serve with brown rice. Garnish with basil.



















Melt the coconut oil in a large pan, add the olive oil and once hot add the onion and aarlic with a little salt. Once the mixture starts to brown a little (about 7-10 minutes) add the cauliflower, celery root and parsnips and sauté for 3-5 minutes more.

Add the vegetable broth and lower the heat a little. Let the flavors meld and the vegetables soften - 25-30 minutes.

Puree mixture or mash it up with a potato masher for a thicker soup. Season to taste with celtic sea salt, pepper horseradish and herbs. When serving, top each bowl of soup with a dollop of cashew cream (optional).

INGREDIENTS

2 Tbsp Raw coconut oil

Olive oil 2 Tbsp

1 medium Onion, chopped 2 cloves Garlic, minced

1 small head Cauliflower, chopped

1 small Celery root, peeled

and cubed

2 Parsnips, peeled

and cubed

4-6 cups Vegetable broth

(or 2-4 cups broth

+ 2 cups water)

4 Tbsp Freshly chopped parsley Freshly chopped chives 4 Tbsp

fresh horseradish, to taste

Cashew Cream

(optional, recipe to follow)

Celtic sea salt & pepper

CASHEW CREAM INGREDIENTS

½ cup Raw cashews.

soaked overnight

1/2 - 3/4 cup Water

Soak Cashews overnight, then drain and rinse them. Place in a high powered blender with enough water to cover a little over the top of the cashews. Puree until smooth. Add more water to create the consistency of heavy cream. You may strain the cream through a mesh strainer to remove any coarse pieces.



















GREEN APPLE WITH ALMOND BUTTER AND CINNAMON O SERVES 1



INGREDIENTS

Green apple, sliced Almond butter 1 Tbsp

1 sprinkle Cinnamon

Sprinkle the cinnamon on the almond butter and dip the apple slices in it.

STEAMED ARTICHOKE WITH LEMON AND HERBS O SERVES 2



INGREDIENTS

Artichokes Lemon

1 tsp Dried oregano Dried basil 1 tsp Dried thyme 1 ttsp

sea salt and pepper

Snip off sharp tips on the artichoke leaves and cut off stem. Place in a steam basket and steam for 30–40 minutes until tender. You will know it's done when a fork easily pierces the stem. Squeeze fresh lemon, sea salt and dried oregano, basil and thyme.

















CARROT & CELERY STICKS WITH HUMMUS O SERVES 1



INGREDIENTS

Carrots, cut into sticks Celery stalks, cut into sticks

2 Tbsp Hummus

Dip carrots and celery in hummus and enjoy!

PROTEIN GUACAMOLE & VEGGIES O SERVES 1



INGREDIENTS

Avocados

Red onion, chopped 1/4 2 cloves Garlic, minced

Lime, juiced 3 Tbsp Hemp seeds

Jalapeño, diced (optional)

Mash the avocados with 1/4 chopped red onion, 2 cloves minced garlic and a squeeze of lime juice. Stir in hemp seeds for protein. Add chopped jalapeño for added heat

Serve with baby carrots, cucumber and jimica.

















TOASTED KALE CHIPS O SERVES 1



INGREDIENTS

1 head Kale torn into large pieces

2 tsp Coconut oil Curry powder 1 tsp

> (or seasoning of your choice) Celtic sea salt and pepper

Toss kale with oil and season with curry powder and sea salt. Bake for 8-10 minutes at 375° or until crispy. Careful not to burn.

















HONEYCRISP APPLES WITH WARMED COCONUT BUTTER AND CINNAMON O SERVES 2



INGREDIENTS

Honeycrisp apples

cut into slices

Coconut butter 1/4 cup

 $\frac{1}{2}$ tsp Cinnamon

Put the apples in 2 serving bowls. Warm the coconut oil or butter by placing it in a steamer for 10 minutes. Stir and drizzle on the apples. Top with cinnamon

CREAMY ENERGY BOOSTING SHAKE O' SERVES 1



INGREDIENTS

unsweetened almond milk 1/2 cup

Almond butter 1 Tbsp

1/2 Avocado

1/4 cup Raw cacao powder

Maca powder (optional) 1 tsp

2-3 drops Stevia

1 serving Sunwarrior Vanilla

Protein Powder

½ cup Ice

Blend and Enjoy!















FALL FRUIT SALAD O SERVES 2



INGREDIENTS

Persimmon, chopped

(can be substituted for

1 cup steamed, cubed squash)

Pomegranate, seeded Lemon, zest and juice

Mix all ingredients in a bowl and enjoy!

Mint, chopped

SPICED PEAR & APPLE CRUMBLE O SERVES 2

1 tsp



INGREDIENTS

1 Tbsp Coconut oil Apple, sliced Pear, sliced Cinnamon 1 tsp $\frac{1}{2}$ tsp Nutmeg

Gluten-free rolled oats 1/4 cup 1/4 Chopped pecans

In a sauté pan, heat coconut oil and add the sliced apples, pears, cinnamon and nutmeg and cook until fruit is tender - about five minutes.

Spoon the fruit into 2 bowls and top with oats, pecans and a little more cinnamon.















PUMPKIN PIE CHIA PUDDING O SERVES 2



INGREDIENTS

1 ½ cups Unsweetened almond or

coconut milk (in a carton.

not canned)

Chia seeds 1/4 cup

Pumpkin puree $\frac{1}{2}$ cup

Cinnamon 1 tsp

Ground ginger $\frac{1}{2}$ tsp

 $\frac{1}{2}$ tsp nutmeg

dash of allspice

Mix all ingredients in a bowl and refrigerate for 3-4 hours or overnight.



INGREDIENTS

Frozen bananas

3 Tbsp Raw cacao

1/4 cup Unsweetened almond milk

Place bananas and cacao into your blender and blend while slowly adding the almond milk until you have the consistency of frozen yogurt. You may not use all 1/4 cup of almond milk.

















CLIENT WORKBOOK

BEFORE GETTING STARTED, LET'S DO A PHYSICAL AND EMOTIONAL INVENTORY OF WHERE YOU ARE NOW.



STARTING POINT:

Weight		Energy (1-10)		
Chest	Waist	Hips	Thiahs	

TOXICITY AND INFLAMMATION QUIZ

Take this quiz **BEFORE** and **AFTER** your cleanse and see how you feel. (This test is adapted from the work of Dr Mark Hyman.)

RATING SCALE

- O Almost never, 1 Occasionally have it, effect is not severe,
- 2 Occasionally have it, effect is severe, 3 Frequently have it, effect is not severe, 4 Frequently have it, effect is severe

DIGESTIVE TRACK	BEFORE	AFTER	DIFFERENCE
NAUSEA OR VOMITING			
DIARRHEA			
CONSTIPATION			
BLOATED FEELING			
BELCHING OR PASSING GAS			
HEARTBURN			
INTESTINAL / STOMACH PAIN			
SUBTOTAL			

















EARS	BEFORE	AFTER	DIFFERENCE
ITCHY EARS			
EARACHES OR EAR INFECTIONS			
DRAINAGE FROM EAR			
RINGING IN EARS OR HEARING LOSS			
SUBTOTAL			
EMOTIONS	BEFORE	AFTER	DIFFERENCE
MOOD SWINGS			
ANXIETY, FEAR, OR NERVOUSNESS			
DEPRESSION			
SUBTOTAL			
ENERGY / ACTIVITY	BEFORE	AFTER	DIFFERENCE
FATIGUE OR SLUGGISHNESS			
APATHY OR LETHARGY			
HYPERACTIVITY			
RESTLESSNESS			
SUBTOTAL			

















EYES	BEFORE	AFTER	DIFFERENCE
WATERY OR ITCHY EYES			
SWOLLEN, REDDENED OR STICKY EYELIDS			
BAGS OR DARK CIRCLES UNDER EYES			
BLURRED OR TUNNEL VISION			
SUBTOTAL			
HEAD	BEFORE	AFTER	DIFFERENCE
HEADACHES			
FAINTNESS			
DIZZINESS			
INSOMNIA			
SUBTOTAL			
HEART	BEFORE	AFTER	DIFFERENCE
IRREGULAR OR SKIPPED HEARTBEAT			
RAPID OR POUNDING HEARTBEAT			
CHEST PAIN			
SUBTOTAL			

















JOINTS/ MUSCLES	BEFORE	AFTER	DIFFERENCE
ACHES OR PAIN IN JOINTS			
ARTHRITIS			
STIFFNESS OR LIMITATION OF MOVEMENT			
ACHES OR PAIN IN MUSCLES			
FEELING OF WEAKNESS OR TIREDNESS			
SUBTOTAL			
LUNGS	BEFORE	AFTER	DIFFERENCE
CHEST CONGESTION			
SHORTNESS OF BREATH			
DIFFICULTY BREATHING			
SUBTOTAL			
MIND	BEFORE	AFTER	DIFFERENCE
POOR MEMORY			
CONFUSION OR POOR COMPREHENSION			
POOR CONCENTRATION			
POOR PHYSICAL COORDINATION			

















MIND CONT.	BEFORE	AFTER	DIFFERENCE
DIFFICULTY MAKING DECISIONS			
STUTTERING OR STAMMERING			
SLURRED SPEECH			
LEARNING DISABILITIES			
SUBTOTAL			
NOSE	BEFORE	AFTER	DIFFERENCE
STUFFY NOSE			
SINUS PROBLEMS			
HAY FEVER			
SNEEZING ATTACKS			
EXCESSIVE MUCUS FORMATION			
SUBTOTAL			
SKIN	BEFORE	AFTER	DIFFERENCE
ACNE			
HIVES, RASHES, OR DRY SKIN			
HAIR LOSS			
FLUSHING OR HOT FLUSHES			

















SKIN CONT.	BEFORE	AFTER	DIFFERENCE
EXCESSIVE SWEATING			
SUBTOTAL			
WEIGHT	BEFORE	AFTER	DIFFERENCE
BINGE EATING/ Drinking			
CRAVING CERTAIN FOODS			
EXCESSIVE WEIGHT			
COMPULSIVE EATING			
WATER RETENTION			
SKIP MEALS OFTEN			
EXCESS ALCOHOL INTAKE			
NIGHT EATING			
SUBTOTAL			
OTHER	BEFORE	AFTER	DIFFERENCE
FREQUENT ILLNESS			
FREQUENT/URGENT URINATION			
GENITAL ITCHING OR DISCHARGE			
SUBTOTAL			
GRAND TOTAL			

















GET YOUR HEAD IN THE GAME AND YOUR RESULTS WILL SOAR.

BEFORE BEGINNING IT IS IMPORTANT TO TAKE INVENTORY AND ASSESS WHERE YOU CURRENTLY ARE ON ALL LEVELS OF BEING. THEN CREATE YOUR INTENTIONS OR GOALS FOR THE CLEANSE. TAKE THE TIME TO JOURNAL SO YOU CAN BECOME CLEAR ABOUT WHAT YOU WANT FROM THIS PROGRAM AND FOR YOURSELF. BELOW ARE A FEW QUESTIONS TO HELP TRIGGER YOUR THOUGHTS SO YOU START TO GET CLEAR ON WHAT YOU WANT.

What would you like to change or shift during this time?
Is there an area in your life you would like to focus on?















How does your body feel now? How would you like it to feel?
How does your body feel now? How would you like it to feel?
Do you have pain?















How are your energy levels?
How are your moods?
Do you feel happy, confident and content?
What are your current health concerns or issues?















How can you transform the "can't" or "shouldn't" into "can" and "will"?
MY CLEANSE INTENTIONS
What do you intend to get out of your cleanse?
What do you really want for yourself and your health?
Who will you be when the cleanse is finished?

















How will you have changed?
What will you feel like?
THE MORE YOU CAN FEEL WHAT YOU WANT, THE MORE YOU CAN FUEL YOUR MOTIVATION. USE THE QUESTIONS AS A GUIDE TO CREATE A VIVID PICTURE AND WRITE IT DOWN. MY VISION (FOR ALL AREAS OF LIFE

















COMMITMENT TO YOURSELF

(PLEASE INITIAL EACH LINE):

- I commit to supporting my body and spirit as they have supported me for all these years.
- I commit to being honest with myself and others.
- I commit to cleansing myself of negative self-talk.
- I commit to cleansing myself of negative talk of others.
- I commit to having a body that is radiant, energized, clear and strong.
- I commit to making time for myself and taking care of myself so I can receive the full benefits of this program.
- I commit to focusing on my desired outcome, rather than getting caught up in how I will get there.

REMEMBER: THERE WILL NEVER BE A RIGHT TIME TO CLEANSE. MY SUGGESTION IS THAT YOU MAKE A COMMITMENT TO YOURSELF AND STICK WITH IT. THIS WILL HELP YOU BUILD TRUST WITH YOURSELF.

How you do a cleanse is how you do everything. So if you only play at 50% here, then you most likely are playing at only 50% in other areas. Commit to each week and you will be amazed at how you feel and the confidence you will build. You can always go longer.

















TRACKING YOUR PROGRESS AND JOURNEY

DAILY OR ALMOST DAILY CHECK-INS:

- ✓ What is working/what is going well? Keep your attention on what is working and what you are finding to be positive. By doing this, you will only experience more of it.
- ✓ What am I learning?
- ✓ How is it going so far?
- ✓ What changes are you noticing?
- ✓ How is your sleep?
- ✓ How is your energy level?
- ✓ How are your moods?
- ✓ What are your favorite new foods?
- ✓ What are your favorite new recipes?
- ✓ How do you feel without refined foods?
- ✓ Reconnect with your intention. Feel it, see it vividly. Really taste it! Connect with yourself as if the image of the new you is already reality.

















DAY 1	
DAY 2	
DAY 3	
DAY 4	

















AY 5	
*** /	
AY 6	
AVI	
AY 7	
AV. 0	
AY 8	

















DAY 9	
DAY 10	
DAY 11	
JAY II	
DAY 12	

















DAY 13			
DAY 14			
DAY 15			
DAY 16			

















DAY 17			
DAY 18			
DAY 19			
DAY 20			
DAY 20			

















DAY 21
HOW DO YOU FEEL?
GO BACK AND REVIEW YOUR ANSWERS FROM THE FIRST DAY
AND SEE HOW YOU'VE CHANGED
ENDING POINT:
ENDING POINT:
Weight Energy (1-10)

Chest _____ Waist ____ Hips ____ Thighs ____















FINISHING
THE
VEGAN
CLEANSE!
YOU
ARE A
PLANT POWERED
SUPERSTAR!