



10 Day Real Food Detox

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HELLO AND WELCOME!



I want to thank you for purchasing this book and congratulate you on taking steps towards achieving a higher level of health through detoxification! Our bodies are overburdened in our modern world. Everyday we come into contact with toxins in the foods we eat, the clothing we wear, and even the air we breathe. This modern toxic world is far different than the world our ancestors lived in. We do not yet even know the repercussions this toxic world will have on our bodies long-term. Disease is ever on the rise and when our bodies are overburdened with constant detoxification we cannot build up the immunity to fight disease. This is why routine detoxification is so necessary for our health and wellbeing. You can do this cleanse quite often, I would generally recommend doing it with seasonal changes. Cleanses are best done in the spring and fall, as those are natural times of detoxification. Have fun with this cleanse and personalize it to fit your tastes.

In good health,
Kate

DISCLAIMER

This cleanse is not intended to be taken as medical advice. If you are seriously ill or suffer from immunosuppression I would not recommend you do the cleanse at this time. Once your immunity is back in working order then this cleanse would be great for you. As always if you are taking medications or suffer from multiple chronic diseases please consult with your primary physician before starting any cleansing program. If at any time during this cleanse you feel ill to the point that you cannot continue, then stop the cleanse immediately and consult with your general practitioner.

Preparation for the cleanse

1. If you are a big meat eater you will want to lessen your intake of meat for a few days prior to the cleanse. Meat is harder for our bodies to digest and if it's from conventional factory farms, it probably carries lots of toxins and hormones. Decreasing the intake of meat for a few days prior to the cleanse will make the cleanse go smoother.
2. Go grocery shopping and stock up on fresh, organic, locally grown fruits and vegetables. Buy boxes of fruits and store them in a cool dry place. Apples are great to buy because they store well and are delicious. These must all be from the produce section, no frozen foods as this is a raw cleanse.
3. Think of your family and what they will eat while you are doing the cleanse. This will make the cleanse much easier for you if you don't have to worry about cooking. If you are the main cook in the household I would suggest making meals ahead of time and freezing them. A good idea would be to make some casseroles to put in the freezer. If you want recipes, check out my Pinterest Page or find recipes on my Recipe Page.
4. Eat light meals the day before the cleanse, stick to rice and steamed veggies. Eat your last meal of the day at 6pm, nothing after that. You will be starting a fast that will last until 6pm the following night (day one of the cleanse).
5. Stock up on pure filtered water. We have a water filter and I fill my water bottle and keep it with me at all times. This cuts down on the use of plastic water bottles used and reduces our carbon footprint.
6. Plan some activities to keep yourself busy the day of the fast as the cravings will be strong initially and if you're not keeping your mind busy the cravings might win. Going to bed early each night also helps distract you from hunger and also allows your body to catch up on much needed rest.
7. Note: I am not promoting a raw vegan diet for the long-term. I simply think it is a great way to detoxify and cleanse because it is the easiest way for our bodies to detox and cleanse without as much burden on our digestive system. I am a firm believer that animals foods are not only healthy for us to eat, but also essential. But, for now, its only fruits and veggies!
8. I would also suggest reading this book in its entirety before starting the cleanse so you know what to expect.
9. Write down a list of why you want to do this cleanse and refer to this list throughout the cleanse, it will help keep you on track.
10. Visit my "Shopping List" page on my website (www.realfoodrn.com). I have put together a list of items that will help you on this cleanse. Stock up in those items that you do not have at home so you are ready to go! The most important items that I suggest picking up are: a food journal, a hot water bottle, a blender, a skin brush, and a rebounder.
**Note: I highly recommend starting this class on a weekend. The first few days are the most challenging and it would be easiest for you if there are no meetings or work commitments that you have to attend. Being able to just lay around if necessary is very important. Some people may have low energy initially. Don't worry, your energy will come back after the first few days.*

Basic Outline

I want to start with an outline of what the cleanse will look like for you. This is a very individual cleanse for everyone, which is why I have not included a ton of recipes. Some people will be more inclined to eating fruit, others will enjoy more salads. It is up to you and your body which meals you feel like eating. This will be a brief overview of what the cleanse entails. Keep reading for more detailed explanations of what else you should be doing to make this cleanse the most effective.

THE NIGHT BEFORE THE CLEANSE:

Eat your last meal (a light meal, no animal products) at 6pm. Eat nothing after 6pm. Go to bed early if you are distracted by hunger.

DAY 1:

Only drink water until 6pm. This is your fasting day to kick-start the cleanse. At 6pm you can have a mono-meal of fruit. Again, I recommend an early bedtime.

DAY 2-9:

Eat meals from fresh organic fruits and vegetables. Use some of the recipes I have listed here, get creative with your own, or check out my Pinterest page for raw vegan recipes (that do not include nuts or fats as they slow down detoxification).

DAY 10:

The last day of the cleanse. Get ready to reincorporate fats back into your meals.

DAY 11:

Back to normal eating, but slowly add back in animal products. Do NOT eat a bunch of sugar or junk foods as these have the potential to make you feel incredibly sick after doing a cleanse.



Day 1

“THE JOURNEY OF A THOUSAND MILES BEGINS WITH ONE STEP”

Welcome to day one of the detoxification cleanse. I hope you stocked your fridge with fresh fruits and veggies and made sure that your families are taken care of while you embark on this cleansing adventure. Today is the fast, as I said in the introduction you should not have eaten anything after 6pm last night. Drink plenty of water throughout the day to keep yourself hydrated and flush those toxins out. You will be able to eat today but not until the evening meal. The purpose of the 24 hour fast is to allow your body to digest the foods you have been eating in preparation for a raw vegan cleanse.

At 6pm tonight, exactly 24 hours after your last meal, you can eat. I would not suggest a very large meal though. Ideally a meal of fruit would be best. Fruit digests very efficiently and have lots of fiber which make them an ideal food to clean out your digestive tract. Just try eating a few apples. Slice them into thin slices, it will take longer to eat and you will feel more satisfied. Green apples are the best because they have the least effect on your blood sugar.

Today you will deal with many cravings and probably a few symptoms of detoxification. Some people experience headaches or slight nausea. Work through these and remember that they will eventually go away. Hang in there it will be worth it! If you are a diabetic or suffer from hypoglycemia I would suggest that you drink fresh fruit juice to maintain your blood sugar.

When a craving hits just imagine eating the food and how you would feel after you ate it. Was it worth it, or would you rather have continued the cleanse?

Keep yourself busy today, plan some fun activities to occupy your mind. Our minds will play tricks on us with cravings for a while initially.

I even stop taking my supplements during the cleanse so my body can truly focus on detoxification. This decision is entirely up to you, but it does make the cleanse more powerful.

NOTE: If you are on any medications please continue taking your medications as directed by your doctor.

A few things to avoid while on the cleanse:

1. Stay away from strong foods like garlic, onions and hot peppers as these might cause stomach upset.
2. Stay away from salt and spices. Salt can cause water retention and we want to be flushing it out!
3. Use lots of fresh herbs as they help detox — I will explain these herbs in better detail later on in the cleanse.
4. No meat, dairy, or processed foods. Just fruits, greens, and vegetables.



Drink plenty of water throughout the cleanse and if you really need something warm brew some herbal (decaffeinated) tea and squeeze in some lemon juice.

You may find the food bland initially due to the mono-meal program but you will be pleasantly surprised at how your tastes will change. As our bodies detoxify and are nourished with clean and healthy foods we will start to crave these foods. Yes, you will crave eating plain old veggies and fruit!

If you can't stand the thought of just eating fruit for dinner then make a smoothie to spice things up a bit. Here are a few basic recipes. It's much easier to blend these in a Vitamix (high-powered blender) if you have one.



FRUIT SOUP

INGREDIENTS

- 1 pint of berries, any kind
- 1 c orange juice
- 2 apples
- Juice of one lime
- 2 sprigs of mint

DIRECTIONS

Blend all ingredients in a blender and enjoy immediately.

FRUIT PUDDING

INGREDIENTS

- 2 bananas
- 1 peach
- 10 strawberries
- 1 banana

DIRECTIONS

Blend all ingredients in a blender and enjoy immediately.

Be creative during this cleanse, let your body tell you what it wants. Pay attention to how certain foods make you feel. If you want to really be specific keep a food-mood journal. In this journal you write down what you ate, when you ate it, and how it made you feel (both immediately after eating and later on in the day). If you feel dizzy or spacey then eat more, you might not be getting enough calories.



Experiment, experiment, experiment. Try a variety of different fresh fruits and vegetables to find out which ones you prefer. This makes the cleanse an adventure in food tasting. Have fun with it!!!



Day 2

How are you doing so far? You made it through a 24 hour fast, you can do anything! I want to thank you for taking this adventure on and sticking with it, this is no small feat. The first few days are the most challenging, but it will really be worth it when you make it through. Remember that I am always here to support you, just visit my Facebook Page and post your questions or concerns. Keep me posted on your progress.

Today you can eat meals at regular meal times. I would suggest that you reserve your largest meal for lunch. According to Ayurvedic medicine your body needs the most fuel between the hours of 10am and 2pm. Eating your largest meal at lunch will make it easier to eat a light supper. Notice how well you sleep if you eat a light supper no later than 4 hours before you go to bed. Your body does not have to focus on digestion, just sleep.

Start experimenting with salads, they are my favorite part of the cleanse. I chop a bunch of greens and keep them in my fridge, then when I want a salad I just grab a bowl full and add some veggies. You do not want to use oil based salad dressings during this cleanse though, as fat slows down the detoxification process. Instead, flavor with fresh herbs and lemon juice.



BASIC DETOX SALAD

(you can eat this one daily)

INGREDIENTS

- 1 bunch dandelion greens (I will explain why I chose these)
- 1 head romaine lettuce
- 1 bunch cilantro (or any herb that you like)
- 2 T dulse flakes (seaweed, more on this topic later)
- 1 mild green pepper chopped

DIRECTIONS

- I toss all these and keep in a sealed container in the fridge, then when ready to eat I add some tomatoes and a squirt of lemon juice and voila!

A few dressing recipes:

STRAWBERRY VINAIGRETTE

INGREDIENTS

- 1 pint strawberries
- 1 c orange juice

DIRECTIONS

- Blend and serve

ITALIAN DRESSING

INGREDIENTS

- 2 tomatoes
- 1 bunch basil
- 1 bunch cilantro
- 1 head of garlic

DIRECTIONS

- Blend and serve

TANGY DRESSING

INGREDIENTS

- 1 tomato
- 1 peach

DIRECTIONS

- Blend and serve



Alternate meals with fruits and veggies. Fruits digest the best when only eaten with other fruit. I tend to have fruit for breakfast, a smoothie. Then a huge salad for lunch. My evening meal is either another salad, fresh fruit, or another smoothie. Pick and choose what feels right to you. Remember that you can have warm herbal tea if you are getting cold on this cleanse.

Greens are very important to eat daily because of their numerous health benefits. Greens are a great source of many vitamins and minerals and are a better source (more absorbable) of calcium than dairy.

The reason I chose dandelion greens is because they have strong detoxification powers, they help the liver do its job. Dandelion greens are ranked right next to milk thistle as the most frequently recommended herbs to help people who need liver detoxification. Our livers perform more than 5,000 different enzymatic reactions so when embarking on a detox it's always a good idea to help your liver out. It also stimulates your gallbladder to release bile (due to its bitter nature), which aids in efficient digestion. Dandelion is a natural diuretic so you can get rid of some water weight while you are detoxing too.

To make a very powerful diuretic drink simply juice celery and dandelion and drink it, you can add some lemon juice if you like because it will be bitter. You can find dandelion greens in most health food stores and co-op's. One cup of dandelion greens contains 147mg of calcium, 244mg of potassium, 203mg of vitamin K, more than 10,000IU of vitamin A, and 3g of fiber. It truly is a super food and a great addition to any detoxification program. Keep up the good work!!!

Day 3

Well, your detox symptoms should be pretty much gone by now. Do you feel lighter and more energetic yet? If not then you will soon. Make sure you are drinking enough water to keep flushing those toxins out. Also make sure that you are having regular bowel movements (here is the nurse in me coming out) to eliminate the toxins being released in your bowels. With this high fiber diet you are consuming right now you should not have a problem eliminating regularly. You can try a gentle water enema if you are having trouble eliminating. For more information on enemas, go to my website and read about my Coffee Enemas. These are also very detoxifying, but if you feel that you are already experiencing a high-level of detoxification then coffee enemas might be too much for you.

Start to pay attention to eating, notice your chewing. Digestion begins in the mouth as our food combines with the digestive enzymes in our saliva. Chew your food until it becomes almost liquid, this ensures that it has mixed well enough with the digestive enzymes needed to start breaking it down.

The wonderful thing about eating raw vegan is that raw fruits and vegetables naturally have their own digestive enzymes. Think about it, when an apple drops from a tree if no-one picks it up it will naturally decompose. The natural enzymes are at work. When you cook, or even worse, microwave foods the natural enzymes are destroyed and our pancreas has to work harder to make the necessary digestive enzymes in order to compensate. When we eat foods that have these enzymes intact our organs can rest and focus on detoxifying the body.

I would recommend taking probiotics after the cleanse to encourage the growth of beneficial bacteria in your gut. Visit my "Shopping List" page on my website for a list of products and supplements that I recommend, you will find a high-quality probiotic there. You can also start eating more probiotic foods after the cleanse, they are ideal for re-establishing and maintaining a healthy gut flora!

A hot water bottle placed on your stomach when you are laying down also benefits your digestion and can have a relaxing effect. Try doing this right before you go to bed.

If you are tired of the mono diet of just plain fruits and vegetables I have a few more recipes to spice things up a bit. I do like to keep it simple though, so I limit the recipes to only a few ingredients.

If you can get them fresh they taste the best. Asparagus, for example, is amazing fresh. It tastes like sweet peas and is very tender. No cooking needed. So are vine ripe tomatoes. It is advantageous to live near a farmers market so you can get fresh local produce for your meals while on this cleanse.



RAW SPAGHETTI

INGREDIENTS

- 2 large zucchini
- 2 tomatoes
- 1 bunch basil
- 1 stalk celery
- 1 handful sun-dried tomatoes
- 1 clove garlic

DIRECTIONS

- Soak the sun-dried tomatoes in water and blend them with tomato, basil, celery and garlic in a blender to make the sauce.
- Peel the zucchini with a potato peeler. Use the peeler to peel slices of zucchini into “noodles”. Alternately, you can use a Spiralizer which makes the zucchini “noodles” into real angel hair shaped noodles (this is my personal favorite way to enjoy them!) You can find a Spiralizer on my “Shopping List” page.
- Spoon the sauce over the noodles and you have a raw spaghetti dinner.



TACOS

INGREDIENTS

- Large romaine lettuce leaves, these are the taco shells
- 2 tomatoes, chopped
- 1 bunch cilantro, chopped
- 1 cup mushrooms, chopped
- 1 mild green pepper, chopped
- 1 cucumber, chopped
- Pinch of cumin

DIRECTIONS

- Wash the lettuce leaves and set aside (these will be the taco shells)
- Chop and combine remaining ingredients in a bowl.
- Spoon contents of bowl into lettuce “taco shells” and enjoy.
- When you are finished with the cleanse and can eat more fat and spice I would add avocado, black olives, and chopped jalapeno. Delicious!



Day 4

Today you should wake up feeling more energized. Your body is releasing toxins so keep drinking water, pure filtered water.

I mentioned earlier about eating a mono-diet. I strongly encourage that you do most of your meals as mono-diet foods because of their easy ability to digest. If you just eat apples for a meal then your body only has to make the enzyme to break down apples, which is a lot less work on your digestive system.

If a mono diet is too much for you to do and you need more variety then I suggest keeping it to very few ingredients. If you feel like it is lacking in flavor or you are used to eating a variety of flavors then experiment with fresh herbs.

Herbs have strong detoxification properties too....

Parsley is the world's most popular herb and is known for its detoxification properties. It also has deodorizing properties. If you chew a sprig of parsley it helps to eliminate halitosis (bad breath), which can be extremely helpful during a cleanse as you might have bad breath as a result of the toxins being released. It also has strong anti-cancer benefits as it deactivates many carcinogens, builds blood, renews tissues, and counteracts inflammation. Parsley also helps to stabilize blood sugar in diabetics. So go ahead and add some to your salad or just chew on a sprig sometime throughout your day. As your taste buds are reawakening to these new healthy foods herbs will be a great new experience in taste.

Rosemary has anti-inflammatory benefits that can help with asthma, liver disease, and heart disease. It has a strong flavor so you want to start slowly or you might

add too much. It also helps keep your memory strong and prevent Alzheimer's by inhibiting the breakdown of special neurotransmitters in the brain that work with memory. So don't forget to try this herb.

Sage is a purifying herb that has antiviral and antimicrobial properties. It is also anti-inflammatory and can help people with rheumatoid arthritis. If you are menopausal it has also been shown to help with night sweats.

Thyme is a powerful antiseptic, so powerful that its oil thymol is often used in natural toothpastes. It helps your digestion and helps to rid your digestive tract of a mucus coating, again helpful with cleansing.

Oregano is similar to thyme in its protective benefits and is full of vitamins and minerals. It is packed with antioxidant properties, it even has four times more antioxidant activity than blueberries—which are a super food!

Cilantro has chelating abilities, meaning that it binds with heavy metals in our bodies and pulls them out. This is especially important in our modern times due to the environmental toxic exposure we endure everyday. Cilantro is definitely my favorite herb so I add it to many of my salads.

I try to eat mono for breakfast and dinner and then have a huge herb filled salad for lunch. To me this is the most satisfying method of cleansing.

Add herbs to blended drinks to make them extra refreshing. Make raw soups using cucumbers and whichever herb you like the best.



GREEN GRANNY DRINK

INGREDIENTS:

- 1 bunch cilantro
- 1 green granny smith apple
- 1 handful of spinach
- 2 stalks celery
- Lime juice to taste

DIRECTIONS

- Blend and serve



GAZPACHO

INGREDIENTS

- 4 tomatoes
- 1/2 cucumber seeded and peeled
- 1 bunch fresh chopped parsley
- 1 clove garlic
- 1/2 avocado (the most fat you want to add in order to not slow down your detoxification)

DIRECTIONS

- Blend in a blender leaving it slightly chunky.
- Garnish with more parsley.



Keep up the good work and just remember tomorrow is day 5, half way! You are a champ. Keep it up!

Day 5

Half way through!!! Keep it up, your body will love you for it if you stick to it and complete the cleanse.

Today lets talk about cravings. You may or may not still be feeling the cravings. Cravings can be deceitful and self-destructing. It will be very helpful to do food-mood journaling at this point if your cravings are getting out of control. Journal about your mood surrounding the craving. You might feel exhausted from the release of all of the toxins. This low energy might cause you to crave sweets for a surge of energy. Instead of diving into the cookie jar just go take a nap or try some meditation. Don't let your mind play tricks on you like:

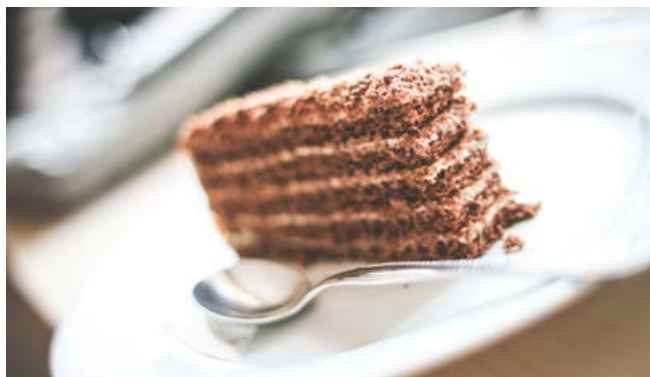
"I can't do this cleanse anymore"

"This is too difficult"

"Just one cheat wont hurt the cleanse"

"This is the wrong time for me to be doing this cleanse"

This is your mind trying to trick you into surrendering to the cravings so you can get that familiar food high. Give value to this cleanse, it is of a great value to your body. Don't write off doing such a powerful thing for your health to a piece of cake or a chunk of cheddar cheese.



Many of these foods that we crave are because of a physiological addiction to them, yes you can be addicted to food the way people are addicted to drugs and alcohol. Chemicals in our brains are released in response to eating different foods. Some of these chemicals relax us and make us sleepy like tryptophan, and some give us a jolt of energy like caffeine-induced endorphin release.

My vice has always been cheese. Dairy actually contains trace amounts of morphine. The morphine is synthesized in the cow's liver as a chemical utilized to increase the mother-baby bond when nursing. The main protein in dairy, casein, breaks down in our bodies into opiate-like substances (casomorphins). So in essence you are addicted to the drug-like effect that dairy has on you. Cleansing helps you to break these addictions. The longer you go without the food, the less you will miss it. Our taste buds have a memory of two weeks so try to eliminate any addictive foods for at least two weeks and then see how you feel.

Sorry to talk about some of your favorites here. I am sure I am making you hungry, but I want to open your eyes to what food can do to you and the powerful addictive properties it can have.

Cravings might also manifest due to lack of emotional care. You are not alone if you use food to medicate negative moods and feelings. Food can make us feel happy or numb as I just explained. Think about how you are feeling when you have a craving, again the importance of keeping a journal. If you are feeling low think of something to do to bring your spirits up like going for a walk in nature and noticing the smells and sounds of perfect nature. Go for a run or brisk walk to get those feel good chemicals flowing. If you don't have enough energy to do outdoor activities, or if its too cold then simply pamper yourself. Take a relaxing bath and listen to classical music—listening to beautiful music actually causes the release of good chemical in our brains too.





When you eat your meals focus on being present and notice all the tastes and textures. Do not eat in front of the computer or television as this will distract you from the act of eating. When you pay close attention to what you are eating your body will digest better because it won't be focused on processing so many things at once. You will actually feel full sooner if you are more aware that you are eating. Go ahead, try it! Focus on your food, notice the colors and flavors. Be thankful for this amazing food you are about to eat and eat mindfully. It is amazing the colors and flavors your food produces if you just pay attention as you eat!



Another reason that you might be having cravings is because you are not eating enough of a variety of foods. Your body will naturally crave foods when it is deficient in vitamins and minerals. This is why our population is ever increasing in size, people eat food devoid of nutrition and are always hungry because their bodies are craving real nutrition. Eating foods that have high levels of nutrition like berries and herbs will make sure you are getting adequate amounts of vitamins and minerals throughout the cleanse. Make a vitamin and mineral packed soup.

BERRY DELICIOUS SOUP

INGREDIENTS

- 1 pint blueberries
- 1 pint raspberries
- 1 pint blackberries
- 1 cup apple juice
- 1 sprig mint

DIRECTIONS

- Blend and serve

Day 6

We are over half way through the cleanse and picking up speed. By now your body should be efficiently eliminating toxins every day. It is also important to space meals apart and not graze all day. When your body is fully able to digest an entire meal it will do so much more efficiently than if it is finishing digesting one meal and then making new enzymes for a second meal to digest. Fruit digests very quickly so you don't have to wait hours between meals if they are consisting only of fruit. This cleanse is all about making it easy for the body to do its job.

Our bodies detoxify everyday but with this toxic world we live in it can be challenging for your body to do it efficiently. Think about all of the toxins and processes our body has to deal with everyday: environmental pollution in the form of chemicals we are exposed to in the air and through our skin, electromagnetic pollution from our televisions, computers, and microwaves. People often times fail to recognize the effect this has on our body. This is why it is also beneficial to do a one-day fast every week. You can practice intermittent fasting, wherein you stop eating at 6:00pm and don't eat again until 6:00am. A twelve hour fast. This allows our bodies to deal from these external offenders without having to deal with digestion. Many religions have fasting as a regular part of their lives. Here in America we are all about consumption and being consumers. Use this cleanse to help your body clean out the cobwebs and get rid of the toxic build-up.



Some of the benefits of regular cleansing include:

- You eliminate stored wastes which as I explained earlier can lead to weight loss.
- You cleanse your gastrointestinal tract with the increased fiber intake which enhances your digestion and can help to heal or lessen bowel disorders.
- Enhanced mental clarity due to low levels of toxins in your body.
- Hopefully you will eliminate toxic and addicting foods from your diet forever. Just by eliminating them for this short time you might break the habits.
- Your stomach will shrink from not having to deal with such huge amounts of food and irritants such as meat. This leads to early satiety with meals—eating less.
- Improved circulation as now that your organs have been able to detox they can more efficiently do their jobs.
- More energy.

Day 7

Our skin is the largest eliminatory organ in the body and our only barrier to the outside world. Naturally through daily exposure to chemicals, perfumes, and skin care products we accumulate waste and it is our lymph system that steps in to carry this waste off to be eliminated. If you look at any of your beauty care products and what they contain it is amazing, and disturbing. It is a good idea to lessen your exposure by using less of these during the cleanse, and is also a good idea to do long term. Just go to the Environmental Working Groups Skin Deep Database and you can look up your self care products to see just how toxic they rank.

Now for an additional way to assist the detoxification process...

I am going to introduce to you: skin brushing. Skin brushing helps the lymph system to speed up its rate of elimination. You use a simple technique to improve the circulation on the skin's surface and open up your pores. Opening your pores encourages discharge of metabolic wastes, and helps your skin to look and feel healthier.

BENEFITS OF SKIN BRUSHING:

- tightens skin
- improves circulation
- combats cellulite and stretch marks
- helps clean the lymphatic system
- strengthens immunity
- gives your skin a healthier appearance
- rejuvenates and helps to regenerate new skin cells

HOW TO DO SKIN BRUSHING:

- Go out and buy yourself a natural bristle brush, soft bristles so you don't scratch your skin. Preferably buy one with a long handle so you can reach hard to reach places like your back. Mine has soft bristles on one side and nubs on the other. You can find the one I use at my store.
- Do skin brushing before you bathe or take a shower, because you want to do it on dry skin.
- Do light strokes starting with your feet, always brushing towards your heart.

- Areas of importance are your groin, arm pits, and neck and chin area as they contain a larger amount of lymph tissue.
- Do circular brushes on your abdomen.
- Be careful on sensitive area such as your nipples.
- Brush each part of your body several times vigorously, brushing your whole body.
- Follow the brushing with a hot shower to get the circulation really going.
- Do this brushing twice daily, ideally.



Skin brushing also gives you time to spend with yourself paying attention to your body. It can be very meditative. When you are in tune with your body you will notice subtle changes and what is working in the cleanse. It is very exciting when you start noticing the signals that your body gives you. Pay attention to these signals and take care of your body.

Stimulating lymph flow through dry skin brushing is important because lymph does not flow on its own. We need to help it along through the muscle pumping action of exercise and through dry brushing. Lymph transports toxins out of our bodies so keeping it flowing is essential when doing a cleanse.

Day 8

Wow can you believe we are on day 8 already? I can see the end...the light at the end of the tunnel! I hope you all found skin brushing to be a great experience. This cleanse is really about helping our bodies to help themselves. Our bodies naturally know what to do, but we just bog our bodies down and demand too much to allow nature to do its job.

I want to discuss the importance of staying active throughout the cleanse. Getting the blood flowing will definitely help to eliminate toxins.

Sometimes when we are detoxing as our organs are clearing out all the junk they also release stored negative emotions (especially from the liver!). When these are released it can be very draining on our mood and our energy levels. A great way to boost your mood without turning to food is to get active and naturally get those feel good chemicals flowing. For me running is my number one stress reliever, I feel invigorated after a run—especially if it's a crisp morning. Take this time to experiment with different ways to be active.

Yoga is an amazing practice that really brings you in touch with your body and how it is feeling. Yoga also helps to stimulate movement in the lymph system which lends an added benefit of improved detoxification

Tai chi is a practice that involves slow movements and is instructor guided like yoga. It is a gentle exercise for those of you who are lacking energy.

Pilates is a form of resistance training that can be similar to yoga or really intense using machines. This is a great way to build up your strength. For those of you who are menopausal this is a great way to build bone density and prevent osteoporosis.

Rebounding is another method of stimulating your lymph system. The lymphatic system is filled with millions of one-way valves, which allows the lymph fluid to flow in only one direction. Almost anything which can stimulate the movement of lymph fluid inside the lymph vessels is beneficial, but one of the most efficient way to stimulate the flow of lymph fluid is by rebounding on a mini-trampoline. The up and down rhythmic bouncing causes all of the one-way valves to open and close simultaneously, increasing lymph flow by as much as 15 times. You can do this in the comforts of your own home. All

you need to do is buy a small trampoline. Adults can start with 5 minutes of rebounding and increase their time as their fitness level improves. Seniors can start with 2 minutes several times per day, with at least 30 minutes between rebounding sessions. Feel free to be creative on your technique, everyone should know how to jump on a trampoline. This is probably the easiest and most beneficial exercise to do while undergoing a detoxification program. But by all means continue to do this after the cleanse is over.

WHERE WILL I GET PROTEIN?

Now to address the protein question that everybody has: "How will I ever get enough protein on a raw vegan diet?" Well, the vegan answer to that question is: "The same way elephants do!" Plants also contain protein.

For those of you who feel like you need to get more protein in order to be active here is a list of the protein content in a list of vegetables: (the serving size is 100g, or roughly 3.5oz)

- Asparagus 3g
- Beetroot 2g
- Broccoli 3g
- Brussels Sprouts 3g
- Cabbage average 1g
- Carrot 0.5g
- Cauliflower 3g
- Celery 0.5g
- Cucumber 0.5g
- Mushroom 2g
- Spinach 2g
- Tomatoes 2g
- Watercress 3g



Day 9

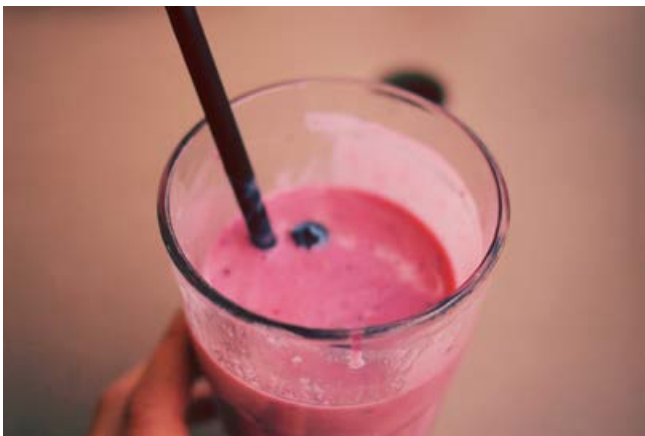
Well, it's the second to last day of the cleanse. I hope you got out your trampoline yesterday! Rebounding can really be fun and for those of you who have small kids or grandkids it can be a fun activity to do together. If you are still too tired to be active then just rest. Your body is undergoing a powerful detoxification process right now and might simply need lots of rest as it heals. Allow yourself time to get adequate rest, this is when your body does its healing.

Also take time with your meals. If you shovel your food down you did not start your digestive process right. As I explained earlier you need to mix your food with saliva to start breaking down the cell walls in the food. If you have trouble eating slower then use chopsticks. It's almost impossible to shovel food down using these. Maybe this is why Asians are typically on the thin side.

Also remember to drink water between meals, not so much with meals as you will dilute your digestive juices.

I want you to start thinking about how you can incorporate elements of this cleanse into your everyday life after the cleanse is over...

- Starting your day off with a fresh fruit smoothie is a great way to jumpstart your digestion and get a ton of vitamins and minerals. Kids will love the idea of smoothies for breakfast. It's worth it to spend the money on a high powered blender like the Vitamix, it makes the preparation of all these foods effortless. It's been my most useful tool in the kitchen and I have a very well stocked kitchen.



- Continue rebounding to keep that circulation going. It assists your body's natural detoxification systems and will make future cleanses even easier for you to do.
- Keep skin brushing to enhance circulation, skin appearance, detoxification, and to spend a little time with yourself each morning.

The important thing is to continue to do regular self-care rituals. Your body will love you back if you treat it with care—after all it's where you live.

Take a moment to reflect on why you did this cleanse. What were your initial goals? Did you want to lose some weight? Did you want to clean your body out? Did you meet your goals? You just embarked on something so wonderful for your body and health. Love yourself for what you have accomplished.



Day 10

CONGRATULATIONS!!!

You made it to the last day. Do you feel amazing and light? Ahh the power of good nutrition and detoxification. Now it is important to transition back to regular food. Do not go right back to your regular way of eating or your body might be overwhelmed and you will get sick. I will supply you with a few transitional recipes to get you back to your groove.

Remember that I do suggest you learn from this cleanse and try to incorporate more healthy fruits and veggies into your daily life. I want you to start the transition by making huge salads and incorporating more healthy fats like avocados, nuts, and olive oil dressings. These are the recipes I will include below.

Make guacamole and eat it with vegetable sticks. Start eating more vegetable fats with your meals. Don't immediately go back to meat and dairy as it will be a shock to your system.

Remember today is the last day of the cleanse so continue eating as you have been. Tomorrow is the day you start making these transitional recipes.

SPINACH APPLE SOUP

INGREDIENTS

- 2 cups spinach leaves
- 1/2 apple peeled and chopped
- 1/2 cup water plus more to thin if needed
- 1 tsp lemon juice
- Salt
- 1 avocado, chopped (this is to start increasing the good fats back into your diet)

DIRECTIONS

- Add everything but the apple into a blender and blend.
- Then add the apple and pulse.
- Its nice to have some chunks.
- Serve immediately.



GRANOLA

(if you wanted to start out with a heartier breakfast with good fats)

INGREDIENTS

- 1/4 cup soaked raw almonds, dehydrated
- 1/4 cup soaked raw sunflower seeds, dehydrated
- 1/4 cup soaked raw walnuts, dehydrated
- 4 pitted dates, chopped
- 1/4 tsp ground cinnamon
- Dash salt

DIRECTIONS

- Combine these in a food processor and pulse until they are broken and look like granola.
- Store in a sealed container in the fridge.
- Top with fresh berries, dried fruit, and your favorite coconut-milk yogurt (non-sweetened of course).

PESTO DRESSING

INGREDIENTS

- 1/2 cup pesto
- 2 tbsp lemon juice

DIRECTIONS

- Combine and pour over greens. So good!

SWEET MUSTARD DRESSING

INGREDIENTS

- 1/2 cup extra virgin olive oil
- 1/4 cup apple cider vinegar or apple juice
- 1 tbsp Dijon mustard
- 2 tsp agave nectar
- 1/4 tsp sea salt
- 1/2 tsp crushed garlic
- Black pepper

DIRECTIONS

- Blend until smooth and serve.
- Another way to start reincorporating the healthy fats into your diet.



“RANCH” DRESSING:

INGREDIENTS

- 1 cup soaked raw cashews
- 3/4 cup water
- 2 tbsp fresh lemon juice
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 1/4 tsp sea salt
- 1 tbsp minced basil
- 1 tbsp minced dill

DIRECTIONS

- Combine the first 6 ingredients in a blender and blend until smooth.
- Then add in the basil and dill and pulse just to mix.
- Store in a sealed container in the fridge.

QUINOA SALAD

(feel free to put any vegetables you like into this one)

INGREDIENTS:

- 1c water or vegetable broth
- 1/2 c quinoa, well rinsed
- 1 tbsp olive oil
- 3 tsp lime juice
- 1/4 tsp ground cumin
- 1/8 tsp cayenne pepper (optional, but adds flavor!)
- 3 T. chopped fresh cilantro
- 1/4 c chopped green onions
- 1 (15-oz) can no-salt black beans, rinsed and drained (or you can pre-soak and cook your own organic beans with a piece of kombu seaweed for additional nutrients)
- 1 (15-oz) can organic corn (or you can buy and steam fresh organic sweet corn)
- 1 medium organic tomato, diced
- 3/4 c chopped organic bell pepper (red, orange, yellow or a mix)
- 1 c chipped fresh mango or peach
- lime wedges or lemon juice

DIRECTIONS

- In a saucepan, bring water or broth to a boil.
- Add quinoa, cover and simmer on low heat until water is absorbed, approximately 10-15 minutes.
- Allow to cool
- In a small bowl, combine olive oil, lime juice, cumin, cayenne, and cilantro.
- In a large bowl, combine cooled quinoa, green onions, beans, corn kernels, tomato, bell pepper, and mango or peach.
- Add olive oil mixture and toss gently.
- Season with salt and pepper.
- Cover and refrigerate until cool.
- Serve with lime wedges or lemon juice

ROOT VEGETABLE MEDLEY

INGREDIENTS

- Choose 2-5 of these vegetables:
 - Corn
 - Carrots
 - Sweet Potato
 - Onions (of the sweet variety)
 - Beets
 - Winter Squash
 - Turnips
 - Parsnips
 - Rutabaga
- Coconut oil
- Sea salt and pepper

DIRECTIONS

- Chop the hardest ones, like carrots and other root vegetables into smaller pieces.
- Softer vegetable, like onions, can be cut into larger chunks.
- Add vegetables into a pot in layers.
- Place the thickest on the bottom.
- It will cook more than the ones on top.
- Add about 1 inch of water to the pot and cook, covered, until vegetables are soft.
- Empty vegetables into a large bowl drizzle with coconut oil and sprinkle with salt and pepper



ROASTED ROOT VEGETABLES WITH APPLES AND ROSEMARY

INGREDIENTS

- 3 tablespoons grass-fed butter, or ghee, or coconut oil
- 3 cups apple juice
- 1 cup dry white wine
- 1 1/4 pounds turnips
- 1 1/4 pounds parsnip
- 1 1/4 pounds carrots
- 1 1/4 pounds sweet potatoes
- 1 1/4 pounds rutabagas
- 1 1/4 pound apples
- salt and pepper to taste
- 2 Tsp fresh chopped rosemary

DIRECTIONS

- Boil apple juice and wine in a large saucepan until reduced to 3/4 cup, about 30 minutes.
- Whisk in the fat of your choice
- Preheat oven to 425 degrees F (220 degrees C).
- Peel and cut vegetables/fruit into 1/2 inch pieces.
- Divide between 2 roasting pans.
- Pour apple juice mixture over vegetables/fruit.
- Sprinkle with salt, pepper and rosemary
- Toss to coat.
- Roast until vegetables are tender and golden, stirring occasionally, about 40 minutes.
- This is also very tasty topped with some lightly toasted chopped nuts.

Do you feel like a champion now that you have completed your cleanse? You should! If you are interested in one-on-one nutritional counseling I am currently seeing clients and I can help you continue on your nutritionally transformative journey. For more information please go to my website and send me a message through the “Work With Me” page or fill out the Health History form. When you fill out this form it will shoot right into my inbox. We would then meet via Skype or over the phone and decide what will work best for you. Thanks for going on this adventure with me. **You are a detoxification champion!**