14-Day Reset Cleanse

Welcome to the DFY 14-day reset cleanse!

In this audio, I’m going to walk you through the 3 phases of the cleanse, what it is, why it works, how to get the best benefits, and how to use this with clients.

But first, I want to talk about some common cleanse mistakes that people make when doing a cleanse, especially for the first or second time. These insights come directly from my health coaching practice. Over the years of working with clients I started to document common themes and wanted to share these with you to enhance your confidence and leadership as you begin to lead your own cleanses with clients.

What I’ve noticed is that there are 5 common mistakes or experiences people have.

Cleanse Mistake or Experience #1

The first mistake is the diet mentality. Sometimes when you start your diet you do it out of frustration or self-loathing. You get to that point where you say I need to do something about this or I can’t stand how gross I feel, I’m going on a diet.

Who hasn’t had the experience of going bathing suit shopping in the spring or early summer where they have those bright lights and 3 way mirrors where you can see every angle and it’s never a flattering experience. You look at yourself from the side, try sucking in your belly, gaze over your shoulder at your butt and shriek “OMG!”, how did THAT get there!

I need to go on a diet right now!

And that’s how cleanses or diets often start, a desperation, a frustration, almost a self-hatred of our bodies. We’re reacting to something without being intentional about it and what ends up happening is that instead of the cleanse being a chosen therapeutic modality, it’s actually has more of a come from of punishment and deprivation.

In BHC we want to teach you to create and facilitate your cleanse in a different way. What I’d encourage you to do is to create your cleanse and lead cleanses in an intentional way. In my language here I’m going to say YOU as if you are the one doing the cleanse and experiencing all of this because I think every health coach should experience the programs as a client. I know we emphasize this in the skills labs, but it truly will elevate your confidence and coaching skills to have had some of the experiences that your clients will have.

So be intentional about cleansing. Decide WHY you are cleansing and what you’d like to get out of it. What are some of the habits or patterns you would like to eliminate? You’ll see a setting intentions questionnaire on page 12 of your Cleanse Manual.
Cleanse Mistake or Experience #2
The second mistake is starting before they are prepared with the right foods and the right supplies. It’s very important to mentally and physically prepare. Don’t start your cleanse and THEN go to the grocery store hungry. That’s not going to work!

Set yourself and your clients up for success with a realistic start date and spacious prep time. We marked out 2 days to set up your schedule, set up your home and gather the essential supplies. If that’s not realistic, then give yourself more time for Phase 1 to get properly prepared.

Decide WHEN you will begin and complete your cleanse. Put it in your calendar. While this cleanse can be done in the context of “normal” functioning work life, consider giving yourself permission to be more spacious, to slow down and relax into your body’s healing process. It is natural to feel tired for the first few days as your system recalibrates. It is important to rest when your body is calling for rest.

Over the 2 weeks you will also want to block time in your schedule for shopping and prepping foods ahead of time so you are not urgently hungry and tempted to veer off the cleanse for a quick hungry or “hangry” (hungry-angry) fix.

If you’re traveling during the cleanse or it’s your friends’ birthday, then account for that. Perhaps you want to start your cleanse the following week, but be careful, life is happening all the time. It rarely happens that our lives are perfectly set up to do a cleanse so don’t let life stop you. Often we’re going to have things in our lives that may not be ideal, the trick is to plan ahead.

Consider how can I set myself up for success so I’m not tempted to fall off track? Planning ahead is one of the biggest keys to success in cleansing. Planning ahead will greatly increase your ease and actual pleasure with staying on the cleanse without painfully sacrificing the flow of your everyday life.

So that’s #2 is making sure your ready and you’ve planned around your real life.

Cleanse Mistake or Experience #3
Mistake or experience #3 is making your cleanse more extreme than it needs to be. This happens by eating too little, again it’s the diet mentality of deprivation. Make sure you are eating adequate meals. You shouldn’t feel hungry on this cleanse.

There are hundreds of different cleanse protocols. Some are more extreme and involve long term fasting, some involve taking lots of herbs and supplements... the majority of the people coming to you will benefit best from doing something less extreme. This is counter-intuitive in health. That sometimes it’s the gentler, less dramatic actions actually yield bigger, longer lasting results.

A common more extreme cleanse is the master cleanse which the only thing you consume for 10-days is lemon water with cayenne pepper and maple syrup. This is quite intense and not recommended for first or even second time cleansers.

Your client might see one of their friends doing it, lose a bunch of weight in a short amount of time and want to try it and then get frustrated that they couldn’t stay on it or it didn’t work for them.
Extreme doesn’t guarantee results. Sometimes we end up gaining weight because we’re so hungry all the time or our bodies reach a breaking point of not having food that it goes into emergency, survival mode, holding onto the weight and all the reserves, even the toxic reserves because it has no idea when food will be coming again.

This was a mistake I made in my health coaching practice – I wanted my clients to get big results so I chose extremes which often set them up to binge. This is exactly what led to creating the 14-day reset.

This 14-day reset cleanse is a very gentle, safe, hypoallergenic, elimination diet that almost everyone can do with ease. If you are pregnant, breastfeeding, on medication, or have a medical issue consult your doctor before beginning any cleanse.

This cleanse is designed to be vegan, meaning no animal products but some of your clients may be committed to being carnivorous so we have included some recipes with fish and chicken. With the rest of the protocol we have found people to experience cleansing benefits either eating vegetarian or supplementing with small quantities of fish and chicken. Red meat is quite acidifying in the body so not recommended as a cleanse food.

It does not include any fasting. If you are already a more experienced cleanser than you can extend this cleanse by a few days and include a day or two liquid fasting in the middle which means only consuming cleanse friendly liquid veggie broths. Do include a colonic or enema during the liquid days. As you’ll read in the cleanse manual making sure you are pooping every day and getting the toxins out is essential.

Again, this only for intermediate and advanced cleansers. As you experiment with yourself you’ll be able to graduate to varying intensities.

**Cleanse Mistake or Experience #4**

Cleanse mistake or experience #4 is underestimating the importance of extra support and cleanse enhancing activities.

When we cleanse we often think about the food, but forget some of the non-edible forms of nourishment that support us, emotionally, physically, mentally, and spiritually. Extra support These can be things like massage, bath, sauna, buying flowers, hiring a house cleaner to deep clean your home before or during your cleanse. Cleanse enhancing activities are activities that help you eliminate toxins. There are many recommendations for this included in your cleanse manual. I just want to reiterate that cleansing is more than just about what you eat or don’t eat.

When you start to do a cleanse you will get clued in to how many ways you use food to please you during the day or to entertain you or comfort you.

If you are cleansing and all of a sudden that chocolate or that dessert that you have in the afternoon is not part of your cleanse plan and you realize you are not going to have that for a few days, that can be very uncomfortable. It may feel hard to resist because you are so used to having it in your return.
The best way to counter this is to ask yourself, “Why was I having that chocolate at 3 in the afternoon? Okay, I was looking for an escape from work, or a break, or to relax, or to experience pleasure.”

So what non-edible forms of nourishment offer you pleasure, relaxation or comfort?

Part of doing or leading this cleanse is to set yourself up for success from the beginning. Include pleasurable, nourishing, activities such as massage in your cleanse so you still have that fun ritual without derailing with potentially unhealthy food habits.

We have included lots of ways to take care of yourself and enhance the benefits of cleansing in your manual. Do not skip these!

**Cleanse Mistake or Experience #5**

Cleanse mistake or experience #5 is forgetting to plan properly for coming off the cleanse. This is so important. One time I did a cleanse and on the last night my friends were having a dinner party. I thought to myself, I’ve been so good these last two weeks, screw it, I can have whatever I want. So I had wine and cheese and chocolate cake. And once I started eating little nibbles of that stuff, I couldn’t stop. My body went into sugar shock and I binged on everything in sight. When I got home my stomach was in knots, I felt so sick! The problem was I hadn’t planned ahead or brought any of my cleanse friendly foods to the party. In phase 3 of the cleanse you’ll be doing some gentle re-introduction of foods you had eliminated. So you slowly start adding in foods. You don’t want to fill yourself with tons of processed foods. Take your cleanse insights and create a maintenance way of eating that’s healthy for your body.

So now that we’ve covered common mistakes let’s dive into the 14-day reset cleanse! You have a very detailed done for you Cleanse manual. This gorgeous manual is something that you are free to share with clients. Imagine how professional you are going to feel presenting this? We put a lot of thought into how to organize this and give you something easy to use, versatile, safe and yet very effective for getting results your clients will love.

As you are consistently discovering throughout the BHC program we believe every coach should also be a client of the work. Therefore, decide when might be a good time for you to experience this cleanse for yourself. Consider doing this with a BHC buddy so you have accountability and can share in your experience!

**What is this cleanse designed to accomplish?**

There are hundreds of cleanses out there. Some more extreme and some more gentle. The 14-day reset is a hypo-allergenic diet or elimination diet. This means removing the foods that most commonly cause symptoms of a food allergy or toxicity.

Those foods are gluten containing grains, dairy products, eggs, soy, caffeine, yeast, sugar (and it’s many forms), dried fruits, citrus fruits and sometimes poor food combining. Avoidance of these foods has lead to relief of symptoms in many
individuals. By reintroducing these foods back into the diet individually which you’ll be doing in phase 3, one is able to see clearly how their body reacts to that food.

This gentle, yet effective approach is designed to support the liver’s detoxification pathways and to improve intestinal health so that the body can clear out excess toxins and operate at its highest potential. It delivers an all access pass to boundless reserves of energy you didn’t know you had. You’ll find that every part of your body works better simply by “switching on” your metabolism and body’s natural healing abilities.

Let’s take a look at the DFY cleanse manual. Turn to page 4 and 5. On page 4 you will see a detailed table of contents. You can click on any heading to go directly to that page. On page 5 you will see a brief quiz: Is it time for a cleanse? Most people would greatly benefit by doing a gentle cleanse like this at least once a year, especially in spring time when it’s seasonally the time to cleanse house, clear out the old, and make room for the new.

On page 6 and 7 you will see an overview of the cleanse. The cleanse unfolds in 3 phases.

PHASE ONE: PRE-CLEANSE PREP (2 DAYS)
The Pre-Cleanse is about making the commitment setting your intentions, shopping for cleanse friendly ingredients, and beginning to ease your body into the full cleanse, mentally, emotionally and physically.

PHASE TWO: CLEANSE (7 DAYS)
During the cleanse you will follow the simple elimination diet plan and body practices.

PHASE THREE: RE-INTRODUCTION (5 DAYS)
In the Re-Introduction phase, you will re-introduce foods back in to your diet one by one to identify food sensitivities and intolerances and create a maintenance diet that best serves your unique body.

I’ll explain each phase in more detail later on the call, but first let’s talk about why cleansing is so important!

Toxic chemicals abound in the world today – they easily find their way into our body through the air we breathe, the food we eat, and the water we drink. We also ingest foreign chemicals when taking medicinal or illicit drugs, or when using alcohol or tobacco.

Although the body is designed to be self-cleaning and to excrete these toxins, it cannot always handle the overload present in today’s environment. Chemicals not excreted accumulate in our fat cells and cell membranes become internal toxins.

When the body is under stress, it releases those toxic waste products from the fat to circulate in the bloodstream. These toxins can damage the protective intestinal lining, literally corroding the body from the inside out; making it a less effective filter for the good nutrients we might be bringing in. The more it is damaged, the less effectively it absorbs nutrients, and the more toxins pass into the blood and lymph systems. This
is why elimination is so important during a cleanse! We aim to eliminate toxins from the body to avoid toxic overload.

One of the keys of success is cleansing is getting the toxins out! So make sure you sweat and make sure you are going to the bathroom!

**Symptoms of toxic overload include:**
- Headaches
- Nausea
- Constipation
- Diarrhea
- Belly bloat
- Painful gas
- Frequent belching
- Joint and muscle aches
- Muscle tension
- Soreness or cramps
- Itching
- Acne
- Warts or other skin eruptions
- Inability to concentrate
- Foggy brain
- Irritability
- Depression
- Mood swings
- Cardiovascular irregularities
- Weight gain or loss
- Insomnia
- Fatigue
- Lethargy
- Flu-like symptoms
- Allergic reactions including hives, stuffy or runny nose, sneezing, and coughing

To avoid these symptoms and effectively reset the body it is important to keep all of the body’s channels of elimination open and functioning well.

What are those channels of elimination?

Take a look at page 10. The skin is the largest elimination organ. Elimination occurs through sweat, oil, and the shedding of skin cells and hairs. Sweat contains varying amounts of uric acid (a nitrogen based waste product that smells like ammonia) electrolytes (such as salt), and other water-soluble waste products similar to those excreted from the liver into the bile. Sweat and oil of people undergoing detoxification has been found to contain a variety of toxic substances to which they were exposed, even years before, including nicotine and tar, pesticides, heavy metals and other chemicals.

Saunas, steaming or sweat inducing movement help pull stored toxins from our cells, promote good circulation and critical elimination. The sweat should be rinsed from
the body, or dry brushed (which we’ll cover later) to remove acids and prevent reabsorption.

You’ll also notice that the hair, the lungs, the kidneys, intestines and of course the liver are all elimination organs. The science behind these organs is discussed in detail on page 10 and 1.

A number of cleansing activities are recommended in this cleanse, beyond changing your diet. The time and loving attention you devote to these activities for your body during your cleanse will be richly rewarded with improved health.

Let’s talk about each of the 3 phases. Phase 1 is 2 days. You can follow along with me on page 12 and 13.

In phase 1 you will:
1. Identify your goals + support network
2. Set up your schedule for success (very important!)
3. Set up your home
4. Review the dietary guidelines and supply list, then go shopping so you have what you need before you begin your cleanse

Many cleanse programs skip a prep phase. Why is this crucial? Because if you don’t collect the right foods and ingredients the client will get hungry when they’ve barely even begun. This can be very demotivating. If your client needs more than 2 days to shop and set up their house, give it to them. Identify when they will start their cleanse and set them up for success from the beginning.

Just as I am explaining this to you, you will need to give an overview of the 3 phases, what they can expect, what support will enhance their experience and what they can and can’t eat.

Have them fill in this pre-cleanse phase handout and if you are facilitating this cleanse for a live group of 1-1 client, discuss their answers.

For example,
Why do you want to cleanse? What are your expectations and hopes?
What are some of the patterns or habits in your life would you like to eliminate?
Do you have any concerns about the cleanse? (See Cleanse Questions & Answers or review your concerns with your health coach).

If they are worried about being hungry or not knowing what to eat or they have a work function to attend and wondering if they have to skip it, discuss these concerns with them. Many of these concerns are addressed in the Cleanse Questions and Answers on page 32.

The next pre-cleanse question is: Having support and accountability is really helpful to stay on track, do you have a friend, partner, co-worker or family member that might want to participate in the cleanse with you?
It is so beneficial to experience this with someone. We find that people are much more likely to stay on it if they have solidarity. Plus, what a great way to build in a potential referral for you.

During the pre-cleanse phase you also want your client to set up their schedule for success.

What this means is decide WHEN you or your client will begin and complete your cleanse. Put it in your calendar. While this cleanse can be done in the context of “normal” functioning work life, consider giving yourself permission to be more spacious, to slow down and relax into your body’s healing process. It is natural to feel tired for the first few days as your system recalibrates. It is important to rest when your body is calling for rest. You will also want to block time in your schedule for shopping and prepping foods ahead of time so you are not urgently hungry and tempted to veer off the cleanse for a quick hungry or “hangry” (hungry-angry) fix.

Setting Up Your Home

Get rid of any “toxic temptations” such as breads, anything with sugar, chips, beverages… any items on the “do not eat” list that you might be tempted to binge on or eat out of convenience.

Create space to stretch and exercise, space for food prep, buy flowers or anything that makes your feel like an honored guest in your home!

And finally in the pre-cleanse phase you will

Review Phase Two, the detailed food, supply list and recipes at the back of this book, Then go shopping so you have everything you need before you begin your cleanse.

**PHASE TWO: THE CLEANSE**

The big question on most people’s minds when they begin a cleanse is “What the heck do I eat?” During the cleanse phase we are focusing on simple, clean foods that are easy to prepare and easy to digest.

This protocol is designed to eliminate major foods that cause inflammation and digestive issues. You will see that there are plenty of foods to choose from! One of the core strategies here is to focus on what you get to have, not what you don’t get to have.

Here’s a snapshot of what to eat and what not to eat during your cleanse. A more detailed list is provided in the pages that follow.

**EAT** (all items should be organic)

- Whole vegetables, leafy greens
- Whole fruits, berries, lemon water
- Brown rice, quinoa
- Beans, legumes, lentils
- Nuts, seeds, & nut butters
- Avocado & coconut oil
• Green tea, yerba mate,
• Fish, chicken and turkey*
• Stevia**

DON’T EAT
• All gluten (wheat, corn, oat, spelt, rye)
• Dairy
• Beef, pork, sausage, cold cuts, eggs
• Corn, soy
• Tomatoes, eggplants, peppers
• Potatoes, yams, sweet potatoes
• Bananas, strawberries, oranges
• Grapes, dried fruit
• Coffee, soda, alcohol
• Sugar including artificial sweeteners and honey

*This cleanse is primarily designed as a plant based hypoallergenic diet. If you prefer to include animal protein, stick with fish and poultry only.

**Use stevia in moderation. No other sweeteners are permitted.

Check out the cleanse supply list and flaxseed cocktail. These are some of the cleanse enhancing activities that promote elimination.

Some of these cleanse enhancing activities may be new to you. Experiment! Detailed instructions are provided on pages 20-24. Once you have tried these for yourself you will be less intimidated making these recommendations to your clients. The more you are willing to experiment the more direct knowledge you will have and the more confidence you will have.

Personally I shied away from the enema at first, but now it’s one of my favorite cleanse activities to do, especially if you or your clients tend towards constipation. Remember we talked about how important it is to go to the bathroom and eliminate consistently, otherwise your body will be circulating toxins and you’ll likely feel crappy.

The flaxseed cocktail is to help pull toxins from your intestines. Take it first thing in the morning on an empty stomach and at night before bed.

I know this is a lot of information, so let’s all take a deep breath and turn to page 26 which gives you a sample daily schedule. I know when I see a sample schedule like this I feel relief, my brain can start to grasp how to plug the cleanse into my life. Study this sample schedule.

On page 27 is a checklist. Print this or have your clients print two copies for the 14 days and post it in their kitchen where they can see it. It’s really satisfying to check off the activities and see your own progress. I have found my clients to be more successful and pleasurably committed when using this simple daily checklist.
Page 28 and 29 are some of my favorite pages. One of the most common psychological triggers while cleansing is hunger.

Have you ever desperately binged on crappy foods because you suddenly realized you were starving and that's what was most convenient? Or perhaps you've had the experience of overeating to the point of needing to unbutton your pants or take a nap. Neither is optimal.

Most of us generally wait until we are too hungry to make good decisions or eat far too much for our energetic output. A cleanse is opportunity to recognize those habits and make changes that support you feeling nourished, energized and alive.

Honor your hungry by prepping meals when you are mildly hungry vs. starving. Honor your fullness by completing your meal when you are at a 7 on a fullness scale of 1-10.

What this means is eating to be energized, but still having room in your belly. If you are feeling the compulsion to continue to eat beyond a 7, pause, tell your body you will eat again later, that this meal or snack is complete, have a cup of tea and engage in a cleanse enhancing, non-food oriented activity.

True hunger or emotional hunger?

Sometimes we feel hungry and we truly are hungry. Perhaps we didn’t eat enough for the output. Other times we become preoccupied with food. This is not a true hunger, but more of an emotional hunger.

Emotional hunger urgently wants to be filled, usually with a specific food, like a comfort food and is often followed by feeling of guilt or shame.

Cultivate a BIG curiosity about what drives you to eat, especially outside of meal times. Become hyper aware, record insights in your journal. The awareness will help you make healthier, conscious choices that support you feeling great both during the cleanse and beyond.

Hunger can teach us a lot! It’s valuable to capture these insights as they are happening.

Check out the journal prompt on page 29. When you are feeling preoccupied with food or get hit with a challenging to overcome snack attack, write in your journal. This will help you get to know what triggers your hungry, especially false hunger, where you’re not really hungry for food, but yearning for some unrecognized, unmet need. Awareness gives us more range to make empowered choices that support our best health!

Time I feel hungry:
• What am I doing/ working on right now?
• What is cueing the hunger? Am I actually hungry or sad, bored, anxious or depressed?
• Is there something I am wanting to avoid, procrastinate or distract myself away from?
• What I’m wanting right now is…
• What I am choosing to honor my body right now is…

You are much more likely to stick with the cleanse if you have a clear plan of what to eat. Planning ahead is key. Create your own cleanse friendly meal plan using the recipes at the back of this book or crafting your own using cleanse friendly ingredients. My motto for cooking is cook once eat twice. If you’re making soup, make extra and put in mason jars. If you are making a big salad make extra for lunch the next day.

If you are looking to lose weight or burn fat on the cleanse then ideally, you want to eat more food earlier in the day when your fat burning capabilities are highest, and less in the evening, when metabolism slows down, especially if you are trying to shed some excess weight.

*These are pretty self-explanatory, but let me point out two really important questions.*

**How much water should I be drinking?**
Probably more than you’re used to! Water helps flush toxins out of your system so you want to drink a lot. Fill up two liters of water in the morning. You are much more likely to drink if it’s there in front of you. Drink more water if you exercise regularly or are very active.

**WHAT DETOX SYMPTOMS CAN I EXPECT? AM I GOING TO BE ABLE TO FUNCTION NORMALLY AT WORK?**
In a well-designed cleanse program such as this one, you need not feel like crap, but you will likely experience some symptoms. After all, you are detoxing!

Symptoms may include: increased body odor, bad breath, fatigue, headaches, irritability, chilliness, dry lips and skin (dehydration!), constipation or increased mucus discharge.

If you are experiencing strong, unpleasant symptoms, it may be an indication that your tissues are releasing toxins faster than your eliminating organs can excrete them.

It’s important when you are facilitating a cleanse for your clients that you tell them what to expect beforehand, especially if they’ve never done a cleanse before. Feeling tired is very normal, especially for the first few days.

**DO I REALLY NEED TO BUY ORGANIC?**
Yes. Non-organic produce contains pesticides and herbicides that overwork your liver and increase toxicity in the body. Organic foods are more nutritious than non-organic produce which means you’ll be satisfied with less food so you feel light, yet energized after eating. Although organic foods tend to cost more, you’re worth it, especially during your cleanse!
CAN I EXERCISE DURING THE CLEANSE?
Yes, in fact, regular exercise is recommended. However, do pay attention to your body’s signals to rest or conserve energy and choose light or vigorous activities accordingly.

WILL I LOSE WEIGHT ON THE CLEANSE?
Most cleanse participants will shed some excess weight when they avoid processed sugar, gluten, dairy and other food irritants.

WHAT IF I GET HUNGRY?
This is not a fasting cleanse so you should not feel hungry. In fact, most participants are surprised that they feel even more nourished and satisfied than they normally do on a regular diet. If you do feel hungry, it could be that you are withdrawing from sugar addiction. This is normal and will pass in a few days. Hunger could also be a sign you are not eating enough fat or protein or complete meals. Evaluate how much you are eating at meal times and adjust.

Sometimes we can also experience a false hunger or emotional hunger. In this case, it is important to become very curious! There is a valuable nugget of wisdom waiting for you in this inquiry. See the section on Honoring Hunger & Fullness and the journal prompt for more.

HELP, I’M CONSTIPATED! WHAT SHOULD I DO?
To prevent constipation, make sure you are drinking at least 2 liters of water a day. Move your body. Do daily walking, jogging, yoga, stretching, especially twists. Constipation can make the belly feel very full. You may want to reduce food intake until your bowels empty.

If you've tried the prevention techniques above, and you're still not going easily at least once a day, here are some other options from least to most invasive:

- **BELLY BREATHING SITTING ON THE TOILET**: Put your feet on a stool. Place your fists on your belly and fold forward. Experiment with various pressure while expanding your belly as fully as possible with each inhalation and emptying completely with each exhalation. Continue for at least 5 minutes.

- **BELLY MASSAGE**: Lie on your with your knees up. Begin in the lower right area of your belly. Press deeply with your fingertips. Work clockwise along the soft area below your ribcage.

- **LAXATIVE TEA**: Drink one strong cup twice a day of Traditional Medicinals “Smooth Move” tea.

- **MAGNESIUM CITRATE**: Magnesium Citrate promotes healthy bowel function. Take 2-3 capsules 2x/day until your bowels start moving again. If you have loose stool or diarrhea, reduce the amount.

- **HOME ENEMA**: Enemas can be a life-saver during a cleanse. Hold the water in for as long as you can before eliminating.
• **COLONIC:** This treatment is done by trained technicians at a colon hydrotherapy center.

**I’M TEMPTED TO BAG THIS CLEANSE THING. I DON’T THINK I CAN DO IT. HELP!**
Stick with it anyway! You will be so glad you did. If you are having a freak out moment and feeling tempted to ditch the cleanse, binge or cheat, **PAUSE**, breathe, journal about it, choose a non-eating cleanse enhancing activity or call a friend. Tell them you are doing a cleanse and want their encouragement to stick with it. Having support and accountability from someone else powerfully resets your motivation to stay committed.

**I’M CRAVING SUGAR, HELP!**
Sugar cravings are usually caused by one or a combination of three factors: detoxing, under-eating and emotional imbalance.

- **Detoxing:** Consume alkalizing foods such as dark green leafy vegetables. In a few days these cravings will pass.
- **Under-eating:** When you eat enough nutrient-dense foods, cravings disappear. Check in on your protein and fat intake to see if you need to eat more.
- **Emotional Imbalance:** Sometimes cravings for sweet flavor is an indication we’re yearning for more sweetness in our lives. Consider what you might really be needing? Love, approval, a hug, play, social time, solo time, a walk in nature, a massage, or perhaps you need to just put on some great music and dance!

**I’M WITHDRAWING FROM CAFFEINE AND HAVE TERRIBLE HEADACHES, HELP!**
Withdrawal headaches are often caused by dehydration. Drink a ton of water, more than you might think is already a lot, get ample rest, book a massage (focus on your neck and jaw.)

**Phase 3 is the re-introduction phase.**
The purpose of the Re-Introduction Phase is to identify potential food sensitivities and intolerances. These are foods that may have been causing you toxic reactions before starting the cleanse without realizing it. One of the key reasons you feel better on the cleanse is because you’ve removed the most common irritants and given your digestive and immune systems a reset.

The rest of the manual is filled with delicious tested recipes. Feel free to add cleanse friendly recipes of your own as individual handouts or even your own crafted recipe book to accompany this cleanse.

I mentioned this earlier and I want to reiterate it... that our premise for learning is to experience this work for yourself.

Is it time for you to do a cleanse?

Find a buddy, pick a date to begin and end. Do your prep work and document your experience on the Facebook page.
We love hearing your stories. We can’t wait to hear your clean insights!