



# Cleanse Tips

## Want the most out of your cleanse?

- Prepare yourself! We recommend that you start tweaking your diet several days before your cleanse begins.
- By preparing for your cleanse, you will have a more pleasant cleanse experience, plus receive the maximum benefits.
- A few days before your cleanse, limit or eliminate some not-so-healthy indulgences: *(alcohol, tobacco, caffeine (soda & coffee), sugar, meat, dairy, artificial sweeteners & processed foods.)*

## If you choose to prepare your own food:

- **3 Days Prior:** Begin phasing out meat, dairy, sugar, processed foods, caffeine. Incorporate more fresh fruits and veggies.
- **2 Days Prior:** Eat mostly fresh fruits and veggies. If you are in need of something heartier, try steamed veggies, avocado, quinoa, lentils and small portions of nuts/seeds.
- **1 Day Prior:** Challenge yourself to eat raw! Think fresh fruits and veggies: salads, green smoothies, blended soups, etc. If you need some inspiration, check out our recipe roll for ideas  
**Note:** for "coming off the cleanse" on your own, you would do this process in reverse and slowly introduce food back into your body.

## Emergency Snacking Tips:

Goal- to abstain from eating food during your cleanse. If you're on the verge of losing it though, here are some suggestions:

- Raw Sauerkraut or Kimchi
- Additional Brazil Nut Mylk
- 1/4 of an Avocado
- A few cucumber slices
- A few celery sticks
- Warm vegetable broth
- Raw seeds or nuts

## Detox Symptoms:

You may experience some unpleasant cleansing reactions; this is a natural part of the detox process. Our 3 Day Juice Cleanse is designed to keep these symptoms to a minimum.

- Fever
- Hot/Cold Flashes
- Rash
- Body Odor/Breath
- Desiring Unhealthy Foods
- Coughing/Mucus
- Mood Swings
- Headaches
- Nausea
- Drowsiness
- Weight Loss/Gain
- Foggy Thinking

## Cleansing Benefits: (the good stuff)

- Feeling balance in the body
- Eliminate toxic junk & bacteria
- Emotional & Spiritual Renewal
- Detoxified organs
- Cleansed blood
- Better sleep
- Clarity of mind
- Weight loss
- Improved immune response
- Great skin
- Looking younger
- More energy

## What does this leave to eat?

- Plenty of fruits, veggies, seeds and nuts – get creative!
- We offer a program called the **Good-to-Go Bag** which serves as a great transition for people getting ready to do a juice cleanse because it includes an assortment of healthy drinks, juices & fresh food. It is approximately 2-3 days worth of options. **(Note:** the good-to-go bag is also a perfect transition for coming off your cleanse as you re-introduce solid foods into your body)

## During Your Cleanse:

- **Water-** We recommend that you drink half of your body weight in ounces of water. Start your day with a glass of filtered water and drink water between each of the juices. Add a touch of fresh-squeezed lemon juice to hydrate your system and alkalize the body.
- **Coffee-** If cutting coffee entirely is too difficult; try substituting herbal (caffeine-free) teas or lightly-caffeinated teas.
- **Juice Order-** Be sure to follow the suggested juice order. Space out 2-3 hours during your day. Consume your last juice at least 2 hours before bed. With an empty stomach, the body can focus on the cleansing process while you sleep.

# Cleanse Remedies

Feeling down, yucky or blah during your cleanse? We've been there too.

Here are some suggested steps to feel better:

**Rest:** Sleep 7-9 hours each night and decrease your work and stress load if possible. Give yourself a chance to take a break; you deserve it!

**Baths:** Use your favorite bath salts for a relaxing, therapeutic experience.

**Breath Work Exercises:** Breath work exercises help to remove toxins from the body, and provide your cells with fresh oxygen.

**Physical Activities:** We recommend that you keep physical activity light to moderate during your cleanse. Our Qigong and Yin classes are a fabulous fit, as both incorporate gentle movement and breath work. Hot yoga is ok too, but we encourage you not to push it on the mat, as your body is handling a lot at this time.

**Colon Hydrotherapy:** (Available at The Feel Good World) Cleansing can sometimes cause constipation. Keeping things moving will keep you feeling your best. Colon Hydrotherapy is a gentle system that introduces low pressure water to the colon, allowing the removal of waste. It often provides relief for lower back issues. See link here for more information about Colon Hydrotherapy.

**Enemas:** If you are unable to do a Colon Hydrotherapy session, a home enema is the next best solution. (Available at The Feel Good World) It can provide relief through removal of waste at the bottom of the colon.

**Castor Oil Packs:** Applying castor oil packs to the areas of discomfort can provide relief. It can soften stones, open the lymph system and relax the organs. (Available at The Feel Good World)

**Lymphatic Drainage Massage:** This is a very light therapeutic massage that manually assists lymph to move towards the main nodes to clear out toxins and strengthen the immune system. Feel Good World Esthetician Lisa Barge is available for facial lymphatic massage or hydrating/purifying full body wrap

**Infrared Sauna:** Sweating is the body's safe and natural way to heal, stay healthy and detoxify. Sweat carries toxins out of the body and pushes it through the pores.

**Herbal teas:** Wonderful remedy to calm the body. For Light headedness- licorice tea. For Nausea - peppermint tea. For Cold or Flu symptoms- ginger tea

**\*\*Coming off the Cleanse/Post Cleanse Suggestion:** Transitioning out of liquids and continuing to eat light and fresh for a few days after your 3 day program is the BEST bet to ensure feeling good plus, optimize the benefits of your cleanse. Our **Good-to-Go Bag** can help take the stress out of what to eat and drink when you come off your cleanse. Book your bag full of delicious and healthy goodies including snacks, drinks and entrees to help with your transition. The bag will provide you with approximately 2 & 1/2 days of options. Orders must be placed by noon on Friday for pick-up #1 (mon/tues) or wed by noon for pick up #2 (thurs/fri) For more information, see our website.