

Dr. Ritamarie's

GUT

REVITALIZING

EASY

ENERGIZING

NATURAL

CLEANSE



THE G.R.E.E.N. CLEANSE PROGRAM GUIDE

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About the GREEN Cleanse Program

This material is part of the **GREEN Cleanse Program** which is a step-by-step method for giving your body a refreshing cleanse that will help restore your energy and reduce your toxicity. Program members have access to a complete website of resources, modules, and materials developed to help heal their conditions.

www.GREENCleanseProgram.com

This e-book provides delicious recipes you can use in your preparation, cleansing, and transition phases, so you can enjoy a trim waistline, soaring energy, and a sharp mind. On your own you should be able to accomplish a lot, but the truth is your results can be much better with support.

1. Guided Coaching Through a 7-Day Cleanse

You will have a proven step-by-step, day-by-day plan to follow — and you'll get to customize the cleanse to account for your unique needs by choosing the Light, Standard, or Deep Cleanse option. The habits and education you'll learn during your week of cleansing will be invaluable tools for long-term health.

2. Implementation Tools to Simplify New Habits

With menus to follow, recipes, gut healing protocols, cleansing tips, and de-stress strategies, there's no more guessing about what to eat or what to do.

3. Support and Accountability that Goes Above and Beyond

With loving support and guidance every step of the way, you'll be able to stay on track when temptations threaten to sabotage your success. Even with the best of the best tools and training, it's hard to implement new behaviors and create new habits without support. That's why a strong system of support is built into the *GREEN Cleanse Program* to accelerate your success.

For more details on the benefits of becoming a *GREEN Cleanse Program* member, please visit:

www.GREENCleanseProgram.com

Introduction to the Program Guide

The GREEN Cleanse Program Guide is designed to be used with *The GREEN Cleanse Recipe Collection* and *The GREEN Cleanse Menu Planner*. This program guide will serve as a summary of all the actions, guidelines, and information needed for a successful detox experience. The more you read and become familiar with the program instructions, the clearer you will feel about the process.

This e-book contains a number of steps, materials, and articles. You'll find some of the same materials in your menu planner and on the members' site. This e-book will provide the most comprehensive, detailed version of all the instructions and materials.

Start with reading the *GREEN Cleanse Program Outline* and background materials to ensure you understand the goal and approach. Then get started.

Enjoy the journey!



Dr. Ritamarie

GREEN Cleanse Program Outline

The GREEN Cleanse Program Guide is an expanded, detailed version of the action steps and guidance you'll find on the GREEN cleanse member website. You may use either this document or the website pages to follow the program.

Below is a very simple, 10-step outline of how to follow the program. For each point below, you'll find more details and explanations in the guide as you move through the steps.

1. Work through the activities and background information on cleansing and greens in the "Getting Started Phase" to understand why the program uses blended greens and the benefits for you in cleansing.
2. Print all your materials and go through them to familiarize yourself with the documents and tools.
3. Check the program schedule for the next LIVE cleanse (you can also follow the program via a self-paced schedule) and note the dates of any LIVE support calls with Dr. Ritamarie. If there are no LIVE calls immediately available, you are welcome to access the archive recordings.
4. Connect with the people in the GREEN Cleanse Private Facebook Group, the public Unstoppable Health Facebook Group, or find a friend/family member who will help you be accountable.
5. There are 3 levels of cleansing intensity: Light, Standard, and Deep. Review the descriptions for each (you'll find them included in this guide) and choose the option that's right for you.
6. (Optional) Start the self-paced program option if you don't want to wait for the next LIVE program and preparation week.

7. Read through the “Pre-Cleanse/Preparation Week Phase” materials and activities and begin following the guidelines when the LIVE Preparation Week begins (or on your own self-paced schedule).
8. Read through your “Cleanse Week Phase” materials and activities and begin following the guidelines when the LIVE Cleanse Week begins (or on your own self-paced schedule). Follow the Light, Standard, or Deep cleanse guidelines according to your purpose, level of experience, and commitment.
9. Be sure to use your available online detox journal throughout the cleanse week to update your progress.
10. Following the cleanse week, you will move into the “Post-Cleanse/Transition Week Phase” materials and activities. Follow the guidelines and use the resources and bonuses provided to continue building a healthy and vibrant lifestyle.

Getting Started Phase

Introduction

If you're "tired of being tired", you're about to embark on an amazing journey!

The 7-Day GREEN Cleanse will give your body the opportunity for profound changes. Toxins you've accumulated over the past weeks, months, and years will begin a gentle release as you reduce your toxic exposure and deeply nourish and support your body. Drinking natural and nutritious leafy greens is just what you need to shed old cells, eliminate stored toxins, and let go of unhealthy emotional patterns that no longer serve you.

It all starts with the right preparation. The "Getting Started" steps below will ensure you make the most of your experience and enjoy the greatest success with your results.

The steps below should be completed any time before the next LIVE preparation week (or a self-paced preparation week).

❑ **Before You Begin: View the welcome video.**

On the members' website, you'll find a welcome video from Dr. Ritamarie. Learn what to expect from the program and more!

This program guide itself also contains a section with more details called "Background Information on Cleansing and Blended Greens" that will help you to understand why cleansing is important and why cleansing with leafy greens is so beneficial to your health and energy.

Actions

The steps you'll find below are more detailed versions of the steps you'll find on the members website. Mark the checkbox so you can track your progress through the steps.

☐ #1: Get familiar with navigating on our Vibrant Living Member (VLM) website.

The GREEN Cleanse program is one of many hosted on our private members' site, Vibrant Living Members (VLM). Use the menus at the top of the page to navigate within the program. The links in the right-hand sidebar will help you navigate to other Vibrant Living programs. All pages on the VLM website are **membership protected**, i.e. you must have the appropriate membership level to view programs and pages.

Opening New Modules: If you're a new member, only the Getting Started phase of the cleanse will be open to you. If you're participating in a LIVE cleanse or you've just started your own self-paced program, the other phases will open automatically at the right time.

☐ #2: Add these e-mail addresses to your e-mail safe lists:

You will receive e-mail messages from the following addresses as part of our program. Please add these to your safe senders list to ensure that our messages don't end up in your spam folder. Please do not send e-mail messages to these addresses. The better way to communicate is via the GREEN Cleanse Private Facebook Group, unless you have a **technical or billing questions**, in which case the best approach is to e-mail **helpdesk@drritamarie.com**.

- DrRitamarieLoscalzo@drritamarie.com
- HelpDesk@drritamarie.com
- Journals@drritamarie.com
- Comments@drritamarie.com
- Assessments@drritamarie.com
- Pam@drritamarie.com

Note: Some e-mail programs will allow you to "safe list" all e-mails that end in @drritamarie.com. This is the preferred approach if your e-mail program has this capacity.

☐ #3: Check the schedule and put all call dates on your calendar.

Visit the Schedule page on the members' site to see when the calls are for the current version of the program and mark dates for upcoming LIVE calls on your calendar.

☐ #4: Learn how to download your materials, audios, and videos.

The membership page includes extra instructions and tips for triggering multiple downloads.

☐ #5: Download and save your core program documents.

If desired, print only the pages you intend to use.

- *GREEN Cleanse Program Guide*
- *GREEN Cleanse Menu Planner*
- *GREEN Cleanse Recipe Collection*
- *GREEN Cleanse Community Recipe Collection*

☐ #6: Start reading and using your GREEN Cleanse Program Guide (this document).

According to preference, you may use either this document or the GREEN Cleanse member website pages to follow the program.

☐ #7: Review the GREEN Cleanse Program Guide and select your desired program option (Deep, Standard or Light) for the official cleanse week.

This document includes a full description of each cleanse option. You are welcome to mix and match options in order to personalize to your experience and desired results. Here is a brief reminder of the 3 program paths:

- **Deep:** This is the most rigorous option. It's also the option likely to achieve the most dramatic results. On the Deep GREEN Cleanse, you'll consume nothing but green smoothies and blended greens.
- **Standard:** On the Standard GREEN Cleanse, you replace one or two of your meals with green smoothies and eat another one or two meals made up of fresh, organic, raw and living foods and optional steamed vegetables with a high percentage of green.
- **Light:** If you choose to do a Light GREEN Cleanse, you'll be eating a balanced, whole foods diet and replacing one or two meals a day with green smoothies.

☐ #8: Set your goals by completing your "Statement of Intent".

Before embarking on a new diet and lifestyle program, it's a good idea to get prepared mentally and emotionally. Here are a few questions to ask yourself as you prepare for the cleanse.

You can either complete this statement using the print copy you'll find in the "Getting Started Documents" section or you can complete the online version.

☐ #9: Make your first post on the private Facebook group wall (introduction and health impacts).

The online members website includes a link to the GREEN Cleanse Private Facebook Group page where other new members can meet and connect. Once you're logged into the GREEN Cleanse members' site, look in your top menu for a "Go to Facebook" page under the "Support" menu. The first time you see the Facebook Group page, you must request to "Join" the group (there is a "Join" button in the top right-hand corner).

Once your request is received, you'll be approved by one of the group admins, and then you'll be free to interact with other GREEN Cleanse participants. Be sure to introduce yourself and get to know the other members in your group.

Make a list of all the people, activities, and dreams that are impacted by your current toxicity, lack of energy, or health challenges. Post your list on the GREEN Cleanse Private Facebook Group page.

Optional: You may also choose to join the free and public Unstoppable Health Facebook group for an even larger community of support.

☐ #10: Complete your online pre-cleanse assessments.

On the members' site you'll find 3 online assessments to complete:

- **Detoxification Stress/Toxicity Assessment:** This health assessment will measure your level of toxicity by examining conditions related to your digestion, ears, head, heart, emotions, joints/muscles, energy/activity, lungs, eyes, mind, skin, mouth/throat, weight, nose, and other indicators.
- **Self-Assessment:** This health assessment will provide general information, body readings and measurements, and ratings for your overall health and life satisfaction.
- **Fitness Test:** This health assessment measures how many sit-ups, push-ups, and squats you can do. It also measures your walking/running speed.

☐ #11: Review the “Getting the Kitchen Ready” section within this program guide and make arrangements to purchase or borrow any basic items you don't have.

☐ #12: Begin shopping for leafy greens, fruits, and vegetables.

Read the “Produce Shopping Guidelines” section within this guide. You'll find a shopping list to help you buy what you need. You can also use the bonus **“Creating a Healing Kitchen”** document on the members website for additional products.

❑ **#13: Add daily habits that maximize cleansing.**

The “12 Daily Habits for a Deep, Effective Cleanse” article contains a list of recommended actions to help maximize your cleansing experience. These are practices that will dramatically improve your health benefits, so you would be well served to make them an integral part of your daily life, throughout the program and beyond. You can either access this document using the online excerpt or you'll find a copy in the articles section of this program guide.

❑ **#14: If you're a beginner, learn how to make a green smoothie.**

Visit the members website to access a video of Dr. Ritamarie's “How to Make a Green Smoothie: Quick & Easy Green Smoothie Recipe” You-tube video. If you're new to green smoothies or blended green drinks this video demonstrates how to make a basic green smoothie. You'll also learn why it's so beneficial to make these delicious mixes.

❑ **#15: (Optional) Start the self-paced program option if you don't want to wait for the next LIVE program and preparation week.**

If the next LIVE round of the GREEN Cleanse isn't for a few months, or if you know you need to begin feeling better NOW with immediate detoxification, you can start and follow the program at your own pace. You'll be guided with e-mails and a set of pre-recorded archive audios through the cleansing process. Simply sign up and you'll begin with the preparation week e-mails.

NEXT: Start your Pre-Cleanse Preparation Week materials and activities according to the next LIVE scheduled dates or on your own self-paced schedule.

Getting Started Documents

Statement of Intent – Print Version

Part 1: Your Personal Level of Commitment

Date: _____

List the top 3 reasons why you decided to do this cleanse:

1.

2.

3.

How committed are you to completing the cleanse? Rate your commitment on a scale from 1 to 10 (1 = Low level of commitment; 5 = Moderate level of commitment; 10 = completely committed).

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

List 4 things you'd like to accomplish as a result of the cleanse:

1.

2.

3.

4.

Describe in detail the one thing you'd most like to experience after the GREEN Cleanse:

Part 2: Support and Celebrations

Is there someone in your life that you can count on to hold you accountable to reaching your goals?

Let them know what you are doing and which option you are striving for. Ask them if you can call them for support if you feel like you are faltering. Ask them to check in on you daily.

Ask them to be there to celebrate with you when you accomplish your goal.

Write the name of your GREEN Cleanse Accountability Partner on the line below:

Transport yourself forward in time to the end of the GREEN Cleanse. Describe how you feel (in present tense as if you've already accomplished your goal):

What do you plan to do to celebrate your accomplishment upon completion of the cleanse? (It's always good to have a reward waiting at the end of the tunnel.)

e.g. A massage? An evening of reading a good book? A hike in the forest? A soak in a hot tub or hot bath? What *juices* you?

What would say, "Thanks for a job well done."?

Background Information on Cleansing and Blended Greens

Your Goal is to Feel Good!

You signed up for this program for a reason. Perhaps you have a few (or more) extra pounds to shed, and this seemed like a good way to get started. Or maybe you're feeling sluggish and you're ready to jumpstart your energy. There are lots of possibilities to explain what motivated you to take charge and do something for yourself -- depression, inability to concentrate, digestive troubles, joint pain... the list goes on and on.

Regardless of what motivated you to get started, your goal is to feel good. While that may mean something different to you than it does to me, the focus is similar.

You'd like to experience joy and fulfillment in your life -- in your relationships, your career, and perhaps in your inner or spiritual life. You'd like your body to feel comfortable, and you want to be able to choose how you spend your time instead of being limited by a body that just doesn't function as well as it could.

Feeling good is your birthright.

You have a right to feel good. You can and will experience vibrant health as soon as you identify and remove the obstacles that have been in your way.

My intention is to help you do just that and to help provide a turning point in your life. So open your mind and your heart and buckle your seatbelt. You're about to embark on a journey of cleansing and transformation unlike any you have ever experienced. I will be your guide through this process for the next three weeks, and beyond if you choose.

Cleansing Explained

Periodic deep cleaning is a desirable thing. We do it to our homes, our cars, even our pets. Yet most of us don't even think about doing a periodic cleansing of our internal organs.

Throughout the ages, various forms of cleansing have been used. Water and juice fasting are among the most rigorous methods. A variety of potions and powders have been developed to cleanse the colon and the liver. The Master Cleanse, for example, is currently one of the more popular cleansing programs of our modern time.

Many of these cleansing methods work well; however, no method works perfectly for **everyone**. Our individuality means all cleanses have advantages and disadvantages for *you*. Genetic makeup, body type, activity level, work and family demands, and stress level are amongst the factors that play into how successful any given cleansing method will be for an individual at any given time.

All types of cleanses have similar goals and these are outlined below. The cleansing program you're about to begin is intended to provide a high level of easily absorbed nutrition while significantly decreasing the load on your digestive system and your liver.

Each person doing the **GREEN Cleanse Program** will follow the guidelines in their own way, and that's perfectly okay. You'll have your own unique experience and your own unique results. With this in mind, I've given you 3 different plans to choose from, fully knowing that there will be as many versions of program as there are participants.

GREEN Cleansing: Be Gentle, Open, and Steady

This program was designed to lighten the load on your digestive organs and liver while simultaneously providing an extremely high level of nutrition. What a profound combination!

Think about it.

If you're like most people, the foods you eat most frequently are complex and difficult to digest. A large percentage of your body's daily work is dedicated to digesting food. When you're digesting complex foods, other vital functions, like growth and repair, slow down. The result of continually eating hard to digest, low nutrient density foods is a slow breakdown of your body's organs and a decline in function.

This program started out as a one week regime of drinking green smoothies in place of your regular meals with the intent of providing high nutrient density with minimal digestive expenditure. Because the smoothies contain little or no fat, your liver and gallbladder get a break. Because you're drinking your foods, rather than eating them, your digestive tract has very little work to do. As a result, you have a lot of free time left over to focus on the highly lucrative job of growth and repair. All the extra energy you save by freeing up your digestive system allows your body to focus on the release of stored toxins.

The results that the participants of this program have reported to me have been dramatic. As I pondered the feedback I heard from participants, I realized that the program would be even better if it was longer than a week. Jumping right into the cleansing phase of the program might be a little too intense for you if you have been eating processed foods, drinking coffee or other stimulating beverages, or have been out of control with your eating habits.

Those who have had the most profound results on the GREEN Cleanse actually began a week or two before with gentle, gradual changes to their diets. The ones who have sustained the benefits of the cleanse the longest are those who carefully followed the post-cleanse menu guidelines a week or more beyond the cleanse.

Thus, the ideal is to start with what I sometimes refer to as a "pre-cleanse" week. During the first week, you're advised to make gradual, but profound, adjustments to your usual dietary routine. These changes are intended to increase your nutrient intake and decrease the burden on your digestion and other vital organs.

Of course, you're free to jump in and start right out with the cleanse week, especially if you have done cleansing programs before. If you have participated in this program before, or have been following a vegan, macrobiotic or living foods eating program, chances are the pre-cleanse week is very close to your normal eating habits. If so, GREAT. You have a head start. If not, you're about to be skyrocketed to a level of health and well-being you have never even dreamed possible!

This program is set up so that you can do it whenever you choose and as often as you choose. You can do it at the same time as the LIVE group, or you can choose a convenient time and still benefit from group support through participation in the GREEN Cleanse Private Facebook Group and reading and listening to the motivational and instructional e-mail messages. The program is set up to make it virtually impossible for you to fail.

Before diving into the details of the program, be sure to immerse yourself in the background material on the next few pages. Catalyze your process by really understanding the power behind the principles you're about to apply. Empower yourself to make these practices an integral part of your daily life. If you do, you'll soar to new levels of energy, vibrant health, and joy than you ever thought possible.

The Benefits of the GREEN Cleanse Program

- Give your digestive tract a rest.
- Decrease the burden on your liver and gallbladder.
- Improve your digestion.
- Enhance your body's detoxification process and promote the release of stored toxins that are slowing you down.
- Release some of your body's extra fat, if you have any.
- Increase your energy, since you'll be spending less energy on digestion.
- Reduce your cravings for unhealthy foods.
- Empower you to gain control of your eating habits.
- Increase the quantity of nutrients readily available to your body.
- Decrease the time you spend on food preparation and free up time to get more things done than usual.

Why this Program Works: The Power of Blended Greens

What deficiencies does the Standard American Diet (SAD) have in common with the diets of most macrobiotic enthusiasts, vegetarians, vegans, and raw foodists? What common pitfall is seen across the board in all these seemingly diverse dietary regimes? What food group is sadly lacking in the diets of most modern day people worldwide?

The answer to all of these questions is the same: **Greens!**

Research shows that we are 99.4% similar genetically to the chimpanzee. So why is it that our diets are so different? What benefit would be gained by adopting a dietary regime that is more similar to that of the chimpanzee? These and many other questions are explored in Victoria Boutenko's book, *Green for Life*, and described at length in a very entertaining yet impactful manner in her DVD, *Greens Can Save Your Life*.

So, what do you think keeps you from eating the quantity of raw greens that would support your ideal health? Part of the problem is the way the nutrients in greens are locked within the cell wall; they are difficult to release without very careful, thorough and (therefore) **slow** chewing. Chimpanzees are estimated to spend six hours or more per day chewing! I don't know about you, but I'd have a difficult time spending six hours a day chewing. Not only would my jaw get very tired, but I'd have to put my busy life on hold as well.

Face it -- you just don't have the luxury of grazing all day on greens like the chimpanzees do, and neither do I. Much as I would LOVE to be able to hang from the trees and eat all day long, I've found an alternative that works better for me and supports my rather active lifestyle. I delegate the chewing **to my blender!**

I make delicious, power packed smoothies, loaded with nutritionally dense greens, and I sip them slowly throughout the day. Not only do I pack in more nutrition than I ever could by chewing, I save lots of time in the kitchen.

You see, when greens are blended, the cell walls explode, and the nutrients that were locked inside burst forth, releasing their healing magic for you to enjoy. The net result for you is increased energy, clearer thinking, and the strength and stamina to truly enjoy your life.

Your relationships will likely improve because you are fully present to connect with your loved ones. Your physical ailments begin to disappear because your cells now have the nutrients they need to function efficiently and effectively. Your mood takes on a new dimension as you become better and better able to transform stress into joy.

History of Blended Greens

Blending greens has become very popular in recent years as the benefits become more and better documented. What you may not realize is that the idea of blending greens for maximum nutrition is not new. It was first introduced to the public over 40 years ago, by a woman named Dr. Ann Wigmore.

Dr. Ann uncovered the magic in greens after she was diagnosed with colon cancer and refused to accept the prognosis of 6 months to live. Not only did she manage to completely heal herself of colon cancer through her intensive green food program, but Dr. Ann went on to help thousands of others during the next 40 years of her life.

Even though she is no longer with us -- she was tragically killed in a fire at her health retreat -- Dr. Ann's green programs are still helping countless people worldwide regain and maintain their health. And now you can reap the benefits of a blended green program at home, without the expense of a visit to a retreat.

I've been making blended concoctions with greens for over 20 years. It started out as a convenience. I knew that it was important for me to eat a lot of greens, but sitting down for hours each day chewing on salads just didn't fit well into my busy schedule. So I would put my salad into the blender and then drink it.

I found some recipes in Ann Wigmore's books for what she called "energy soup" and used them as guidelines. As I did not always have on hand all the ingredients that she had in her recipes, I started to improvise. Over the years I've developed hundreds of delicious, easy to make and nutrient dense blended green drink recipes.

When I was a student in Chiropractic school, I would make one of these concoctions, put it into a jar, hurry off to school, and drink it when I got there. This routine helped me to eat lots of greens, even when I was short on time. While many of my classmates thought I was weird, they couldn't help but notice how much energy and mental clarity I had. Several even ventured to try it themselves.

Based upon my own experimentation and research, and that of Victoria Boutenko (*Green for Life*) and Ann Wigmore (*The Blending Book*), **I recommend that you consume at least one 32 ounce green smoothie or soup per day.**

For maximum health benefit, you should **consume at least one pound, preferably closer to two, of dark leafy greens per day**. The most noticeable and significant benefits are achieved when you make smoothies that are at least 40% leafy greens. You can always increase that percentage; it's possible, and quite delicious, to make blended green drinks that include no fruit at all. Most days I include at least one blended green concoction that is mostly or entirely green. Many such recipes are included in ***The GREEN Cleanse Recipe Collection*** and ***The GREEN Cleanse Community Recipe Collection***.

As I explained in the introduction, it would be most beneficial to include the equivalent of at least one pound of greens per day **in the form of blended green drinks**. Green smoothies are divided into such small particles, when well blended, that it becomes very easy for your body to digest them. As a result, you actually get more nutrition from the foods than you would if you were eating them whole. The nutrients are so easy to assimilate after blending that the green smoothies literally start to get absorbed in your mouth.

Advantages of Drinking Green Smoothies

- Green smoothies are easy to make and quick to clean up afterwards.
- Green smoothies are very nutritious.
- Green smoothies are easy to digest and assimilate.
- Green smoothies are delicious and can be enjoyed by people of all ages.
- When the percentage of fruits is 60% and greens 40%, the fruit flavor dominates, yet the green vegetables balance out the sweetness of the fruit, adding a nice zest.
- Three to four cups of green smoothie per day provide you with the government recommended daily servings of green vegetables.
- Green smoothies provide an abundance of chlorophyll, which Dr. Ann Wigmore equates to receiving a healthy blood transfusion.
- Increased consumption of greens increases mineral reserves and alkalinization of tissue.
- Increased consumption of fresh fruit increases vitamin and antioxidant intake and enhanced immune function.
- Increased consumption of fresh, raw plant foods increases nutrient consumption and enhances detoxification.
- The abundance of nutrients in green smoothies tends to reduce cravings for unhealthy foods.
- Green smoothies are very filling and satisfying; weight loss is usually an easy side benefit.

Choosing the Right GREEN Cleanse: Light, Standard or Deep

There are three options for the 7 day Cleanse phase. These are outlined below. The detailed menu plans for each phase are found in your **GREEN Cleanse Menu Planner**.

The Deep GREEN Cleanse

The Deep Cleanse is the most rigorous option. It's also the option likely to achieve the most dramatic results. On the Deep Cleanse, you'll consume nothing but green smoothies and blended greens for a period of either a three, five, or seven days, and your goal will be to temporarily eliminate the consumption of fats (with the possible exception of chia seeds).

This option is right for you if:

- you want the maximum benefit possible and you're willing to make dramatic changes to achieve that benefit
- you're already familiar with and/or following the raw food lifestyle and you're ready for a deeper level of health and maximum energy

Occasionally during the Deep Cleanse, when hunger strikes and you're away from your blender, you may find it necessary to consume whole fruits or greens. **Remember to chew thoroughly**, and it will be almost the same as blending.

If you're a green smoothie veteran and really want to really challenge yourself, make the middle day (or another day of your choosing) a juice or water fast. The Deep Cleanse section of the menu planner contains guidelines for making your own wheat grass juice and growing your own live sprouts that can be added to blended salads if you're looking for extra benefits.

If you don't feel ready to limit your food consumption to green smoothies for the entire length of the cleanse, instead of going for the entire 7 days, you can choose some of the menu plans from the Standard GREEN Cleanse menu plans.

For example, you can follow a 5-day or 3-day Deep Cleanse during the Cleanse Week:

5-Day Deep Cleanse

- **Day 1:** Standard Menu Plan
- **Day 2:** Deep Menu Plan
- **Day 3:** Deep Menu Plan
- **Day 4:** Deep Menu Plan
- **Day 5:** Deep Menu Plan
- **Day 6:** Deep Menu Plan
- **Day 7:** Standard Menu Plan

3-Day Deep Cleanse

- **Day 1:** Standard Menu Plan
- **Day 2:** Standard Menu Plan
- **Day 3:** Deep Menu Plan
- **Day 4:** Deep Menu Plan
- **Day 5:** Deep Menu Plan
- **Day 6:** Standard Menu Plan
- **Day 7:** Standard Menu Plan

General Goals on the Deep Cleanse:

- Consume one to two pounds of greens (or more) throughout the day.
- Consume as much fruit as needed in blended form to keep your energy level high and keep you from being hungry all the time.
- Consume the fruits and vegetables in the blended form unless necessary to eat whole fruits when away from home or to address high energy needs and excessive hunger.
- Eliminate fats to the best of your ability (or use chia seed or *Chia Gel* if needed to maintain energy and keep hunger and cravings at bay).
- When eating whole fruits or vegetables, chew thoroughly, so that the effect is similar to blending.
- Drink and eat in a relaxed state to facilitate digestion.

Below, you'll find a copy of a chart from your **GREEN Cleanse Menu Planner**. It's provided here to give you helpful information so you can make a choice about the option that's right for you. It's also a good idea to skim through the 7 days of menu planners and look at the suggested recipes and meal plans.

The Deep GREEN Cleanse: What You'll Be Eating

Foods Recommended	Foods Not Recommended
• Green Smoothies/Blended Drinks (recipes from Cleanse Week – omit optional nuts, avocado, and fats) • Green Soups (recipes from Cleanse Week – omit optional nuts, avocado, and fats) • Fresh Fruit (oranges, bananas, apples, pears, etc. or low-glycemic choices) • Frozen Fruit (use in smoothies – ensure there is no added sugar i.e. berries and cherries) • Fresh Veggies (tomatoes, lettuce, celery, etc.) • Green Powders (spirulina, chlorella, blue green algae, sea vegetables) • Wheat Grass Juice (optional) • Fresh Sprouts/Microgreens (optional) • Green Leaf Stevia (use for sweetening)	• Allergy Producing Foods (gluten, dairy, soy, corn, eggs, peanuts) • Artificial Colorings and Flavorings • Caffeine (coffee, black tea, soft drinks, etc.) • Dried Fruits and Fruit Powders • All Flesh Foods • All Grains and Refined Foods • Salt • Sweets (high fructose corn syrup, molasses, artificial sweetener, and all forms of sugar except fresh fruit) • Cooked Foods • Unstable Oils (hydrogenated, trans fats, and all commercial oils) • All Types of Nuts/Fats/Oils – use only in small amounts (avocado; nuts; seeds; flax, coconut, olive oils; raw chocolate, etc.) Exception: Avocado or chia seed may be used in special cases of underweight and high energy needs.

The Standard GREEN Cleanse

The Standard Cleanse is the best option for most people. It delivers the nutrition you need to get all the results most people are seeking: weight loss (there are options for those who want to avoid weight loss), improved health and healing through nutrition, and a great boost in energy. It's also flexible enough for those who aren't quite ready for a whole week of only blended food. On the Standard Cleanse, you'll consume mostly green smoothies and blended greens for a period of either a three, five, or seven days, but you'll still have the option of some whole foods and fats when needed.

This option is right for you if:

- you want benefits you're going to feel and notice, and you're committed to making your best effort to temporarily change the way you eat to achieve your desired results
- you've heard of and/or made green smoothies before and you have great intentions about eating better – you just need more structure to help you follow through

On the Standard Cleanse, there's greater flexibility when it comes to feeling hunger. You have more options for consuming whole fruits, greens, and vegetables; you can also add a little more fat to slow down any withdrawal effects or detoxification symptoms. As with the Deep Cleanse, **remember to chew thoroughly**, and it will be almost the same as blending.

If you choose the Standard Cleanse, I encourage you to **try at least one or two days from the Deep Cleanse menu plans**. If you think the Standard Cleanse might already be only a little beyond your level of experience, you can lighten your cleanse and instead of going for the entire 7 days on the Standard plan, you can choose some of the menu plans from the Light GREEN Cleanse menu plans.

For example, you can follow a 5-day or 3-day Standard Cleanse during the Cleanse Week:

5-Day Standard Cleanse

- **Day 1:** Light Menu Plan
- **Day 2:** Standard Menu Plan
- **Day 3:** Standard Menu Plan
- **Day 4:** Standard Menu Plan
- **Day 5:** Standard Menu Plan
- **Day 6:** Standard Menu Plan
- **Day 7:** Light Menu Plan

3-Day Standard Cleanse

- **Day 1:** Light Menu Plan
- **Day 2:** Light Menu Plan
- **Day 3:** Standard Menu Plan
- **Day 4:** Standard Menu Plan
- **Day 5:** Standard Menu Plan
- **Day 6:** Light Menu Plan
- **Day 7:** Light Menu Plan

General Goals on the Standard Cleanse:

- Consume one to two pounds of greens (or more) throughout the day.
- Consume as much fruit as needed, either in smoothies or whole, to keep your energy level high and keep you from being hungry all the time.
- Consume the fruits and vegetables in the blended form unless necessary to eat whole fruits when away from home or to address high energy needs and excessive hunger.
- Eat very limited amounts of fats (preferably chia seed or a little avocado to maintain energy and keep hunger and cravings at bay).
- When eating whole fruits or vegetables, chew thoroughly, so that the effect is similar to blending.
- Drink and eat in a relaxed state to facilitate digestion.

Below, you'll find a copy of a chart from your **GREEN Cleanse Menu Planner**. It's provided here to give you helpful information so you can make a choice about the option that's right for you. It's also a good idea to skim through the 7 days of menu planners and look at the suggested recipes and meal plans.

The Standard GREEN Cleanse: What You'll Be Eating

Foods Recommended	Foods Not Recommended
• Green Smoothies/Blended Drinks (recipes from Cleanse Week – omit optional nuts, avocado, and fats) • Green Soups (recipes from Cleanse Week – omit optional nuts, avocado, and fats) • Fresh Fruit (oranges, bananas, apples, pears, etc. or low-glycemic choices) • Frozen Fruit (use in smoothies – ensure there is no added sugar i.e. berries and cherries) • Fresh Veggies (tomatoes, lettuce, celery, etc.) • Green Powders (spirulina, chlorella, blue green algae, sea vegetables) • Green Leaf Stevia (use for sweetening)	• Allergy Producing Foods (gluten, dairy, soy, corn, eggs, peanuts) • Artificial Colorings and Flavorings • Caffeine (coffee, black tea, soft drinks, etc.) • Dried Fruits and Fruit Powders • All Flesh Foods • All Grains and Refined Foods • Salt • Sweets (high fructose corn syrup, molasses, artificial sweetener, and all forms of sugar except fresh fruit) • Cooked Foods • Unstable Oils (hydrogenated, trans fats, and all commercial oils) • All Types of Nuts/Fats/Oils – use only in small amounts (avocado; nuts; seeds; flax, coconut, olive oils; raw chocolate, etc.) Exception: Avocado or chia seed may be used in special cases of underweight and high energy needs.

The Light GREEN Cleanse

The Light Cleanse is an ideal path for beginners or anyone who is new to raw food. It will definitely deliver dramatic results if your diet up until now has been the Standard American Diet (SAD). Most people who go from SAD to raw notice a huge shift in energy and well-being (unfortunately, they sometimes also notice the biggest detox and withdrawal symptoms). With that in mind, the Light Cleanse has been designed for those who need an effective place to start blending their way to better health.

This option is right for you if:

- you've never tried a cleanse or a green smoothie, but you're open and willing to eating as many fruits, vegetables, and whole foods as you can for at least seven days so you can start feeling better and give your body a much deserved break from your usual diet
- you know there's going to be all sorts of interruptions and/or events in the near future, so you need a plan that gives you more flexibility and food choices while still delivering the benefit of detoxification and cleansing

The Light Cleanse is an ideal choice if your usual diet consists of cooked food. While the goal will be to eat as much raw food as possible, the menu plans have options for adding cooked whole foods that are the most detox-friendly options. This plan also includes more fat to keep cravings and hunger at a minimum. As with the Deep and Standard Cleanse, **remember to chew thoroughly**, and you will gain the most benefit from your eating experience.

If you choose the Light Cleanse, I encourage you to **try at least one day from the Deep Cleanse menu plans** (i.e. trying one day of all blended foods for your main meals and eating – thoroughly chewed – whole fresh fruits or leafy greens for snacks).

If this is all VERY new to you and you think the Light Cleanse might be a little beyond your level of experience, you can lighten your cleanse and instead of going for the entire 7 days on the Light plan, you can reuse some of the menu plans from the Pre-Cleanse (and/or Post-Cleanse) phase.

For example, you can follow a 5-day or 3-day Light Cleanse during the Cleanse Week:

5-Day Light Cleanse

- **Day 1:** Pre-Cleanse Menu Plan
- **Day 2:** Light Menu Plan
- **Day 3:** Light Menu Plan
- **Day 4:** Light Menu Plan
- **Day 5:** Light Menu Plan
- **Day 6:** Light Menu Plan
- **Day 7:** Pre-Cleanse Menu Plan

3-Day Light Cleanse

- **Day 1:** Pre-Cleanse Menu Plan
- **Day 2:** Pre-Cleanse Menu Plan
- **Day 3:** Light Menu Plan
- **Day 4:** Light Menu Plan
- **Day 5:** Light Menu Plan
- **Day 6:** Pre-Cleanse Menu Plan
- **Day 7:** Pre-Cleanse Menu Plan

Remember, cleansing is something to do periodically, so you can always try out a full 7 days on the Light plan during a future cleanse once you've achieved a more manageable level of success.

You're not here to compare yourselves to others; you're here to do what's right **for you.**

General Goals on the Light Cleanse:

- Consume one to two pounds of greens (or more) throughout the day.
- Consume as much fruit as desire, either whole or in smoothies, to keep up energy levels and keep you from being hungry all the time.
- Consume the fruits and vegetables in blended form with a goal of replacing at least 1-2 meals per day.
- Reduce your fat intake (eat more chia seed and/or avocado if needed to maintain energy and keep hunger and cravings at bay).
- When eating whole foods, chew thoroughly so the effect is similar to blending.
- Drink and eat in a relaxed state to facilitate digestion.

Below, you'll find a copy of a chart from your **GREEN Cleanse Menu Planner**. It's provided here to give you helpful information so you can make a choice about the option that's right for you. It's also a good idea to skim through the 7 days of menu planners and look at the suggested recipes and meal plans.

The Light GREEN Cleanse: What You'll Be Eating

Foods Recommended	Foods Not Recommended
• Green Smoothies/Blended Drinks (any recipes) • Green Soups (any recipes) • Fresh Fruit (oranges, bananas, apples, pears, etc. or low-glycemic choices) • Frozen Fruit (use in smoothies – ensure there is no added sugar i.e. berries and cherries) • Fresh Veggies (tomatoes, lettuce, celery, etc.) • Steamed Veggies, Beans, Greens (broccoli, boiled lentils, collard greens) • Green Powders (spirulina, chlorella, blue green algae, sea vegetables) • Green Leaf Stevia (use for sweetening) • Limited: Stir-fried or baked vegetables • Limited: Gluten-free grains such as brown rice, millet, teff, and quinoa • Limited: High fat foods - avocado, nuts, seeds, meat and poultry (naturally raised)	• Allergy Producing Foods (gluten, dairy, soy, corn, eggs, peanuts) • Artificial Colorings and Flavorings • Caffeine (coffee, black tea, soft drinks, etc.) • Dried Fruits and Fruit Powders • Processed Meats (cold cuts, commercially raised animal products, and farmed fish) • All Gluten Grains and Refined Foods • Salt • Sweets (high fructose corn syrup, molasses, artificial sweetener, and all forms of sugar except fresh fruit) • Cooked Foods (S.A.D.) • Unstable Oils (hydrogenated, trans fats, and all commercial oils) • All Types of Nuts/Fats/Oils – use only in small amounts (avocado; nuts; seeds; flax, coconut, olive oils; raw chocolate, etc.) Exception: Avocado or chia seed may be used in special cases of underweight and high energy needs.

Selecting the Cleanse Option That's Perfect for You

It's important that you're honest with yourself from the very beginning. If this is your first cleanse and you're new to this way of eating, a Deep Cleanse may be too rigorous. Choose the option you're most likely to stick with and commit to it.

That being said, if you start with a Light Cleanse, you can always decide after a couple of days to step up to the Standard or Deep Cleanse. Similarly, if you start with the Deep Cleanse and a situation arises that makes it unreasonable to continue, you can re-evaluate and decide which option is best.

The reason I designed this program with 3 options is to prevent you from feeling overwhelmed and giving up. This can happen if you start a program that's too rigorous for your current situation. I've seen it happen over and over in my private coaching practice.

Have you ever been in a situation where you started a new, very rigorous diet, made it through most of the day, then had a bite of something that was not on your plan? It's happened to me. Eating that one "forbidden" bite triggers a major guilt trip followed by a "throw in the towel" attitude.

Does this inner conversation sound familiar?

"I can't believe I ate that chip. I blew it on the very first day. Oh well, I guess I'll have to start all over again tomorrow. I might as well finish the whole bag of chips so I won't be tempted tomorrow."

I want to avoid placing you in a similar situation while doing the cleanse. Without options, you could get partially through the cleanse, eat something that is "forbidden", and fall into the same trap I just described. You might be tempted to give up.

The Light Cleanse option is there to protect you from yourself, and "loosen" the rules so that a few indiscretions don't mean that you've "blown it" on the program. Because there are several options, if you "fall off the wagon", your attitude can shift more easily.

Instead of “I blew it by eating such and such,” you can say, “I’m doing the Light Cleanse for a while, then I’ll get back on to the Standard.”

There’s no right or wrong way to do this cleanse. The goal is to give your digestive system a rest while consuming high quality nutrients.

As long as your choice is an improvement over your normal diet, you have succeeded.

You may choose to combine the Light, Standard, and Deep Cleanse menu plans throughout the program. If you’re enjoying lots of benefits with few withdrawal symptoms, you could follow a cleanse program that looks like:

- **Day 1:** Light Menu Plan
- **Day 2:** Light Menu Plan
- **Day 3:** Standard Menu Plan
- **Day 4:** Standard Menu Plan
- **Day 5:** Standard Menu Plan
- **Day 6:** Deep Menu Plan
- **Day 7:** Deep Menu Plan

The reverse is also true. If you start off with high expectations and goals, but your body is giving you signs that it’s really struggling and feeling like it’s too much too fast, you can always step down and still give your body the benefit of the break it needs (at a pace that feels good).

Another possible scenario: Perhaps you’re doing the Deep Cleanse and you need to attend an important family event. You feel uncomfortable bringing your green smoothie, so you decide to slip into the Light/Standard path and order a salad and guacamole for that meal. Afterwards, you can get right back on to the Deep Cleanse.

As I alluded to in the introduction, my guess is that there will be as many different versions of the program as there are different participants.

Getting the Kitchen Ready

In order to make this program work most effectively, there are a few pieces of equipment you'll need. These are explained below.

Blender

In order to participate in the *GREEN Cleans Program*, you'll need to have a blender. If you don't have one, either buy one or borrow one.

While a power blender like the Vita-Mix, the Blendtec or the Jack LaLanne make smoother drinks than most other blenders, it's not absolutely necessary to have one to be successful.

A search through consumer reports or the internet will be handy if you want to read articles about recently tested blenders and ratings. Typically, your blender will be able to handle making smoothies as long as it has the ability to crush ice. You won't get the smooth result from a high powered blender, but you're still going to be miles ahead of "chewing" your way through a pound or two of greens.

Many people have participated in the program using typical household blenders. Don't let not having one of the high-powered Vitamix™ or Blendtec™ blenders stop you from doing the program. Try your blender and see how it works for you. If you're not crazy about the consistency of your smoothies, you can look into buying a new blender.

When you make smoothies using a standard household blender, I recommend that you put all the liquids and juicy foods in first, in small quantities. Blend and slowly add the rest of your food. You may have to add your greens a handful at a time and blend in between each handful. Be sure to cut your food into a size that will fit into the bottom of the blender to ensure that each piece gets properly pureed. Also, be sure to blend for a long enough period of time to completely breakdown the fiber in the produce. I've been amazed at the difference in smoothness that results from running the blender a little longer than you think it needs.

A Knife and a Cutting Board

Unless you have a high speed blender like the Vitamix™ or Blendtec™, you'll need to cut your fruits and vegetables into blender-sized pieces. A basic knife and medium sized cutting board are usually a standard part of every kitchen. Nothing fancy is required.

A Large Drinking Glass

It'll be easier for you to drink the quantity of green smoothie that's recommended each day if you don't have to keep running to the refrigerator for refills. I bought a 32 ounce clear glass beer mug at the Garden Ridge store for \$4.00. I love it. It is the perfect size, and it is very comfortable to hold with its sturdy handle and large opening.



A Large Travel Container with a Lid

You'll probably sometimes find yourself wanting or needing to drink your smoothies when you're away from home -- either at work, while running errands or at someone's home.

Coffee mugs work, but they tend to be too small. You can purchase a 32-ounce insulated plastic mug at most discount or sporting goods stores. To prevent spoilage while on the road, be sure to keep the smoothie cold by using an ice chest or freezing it overnight.

I was so excited to find a really nice quart-sized thermos at Target. It's stainless steel on the inside and out and has a big cup to drink from. I later found a really nice 2 quart-sized thermos with a carry strap while shopping at Amazon.

Basic Kitchen Tools

Most kitchens are already equipped with the other items you may appreciate having on hand: e.g. spatula, measuring spoons and cups, wooden spoons, vegetable peeler, grater, strainer, and a bowl

Optional Equipment:

This list of equipment and tools can make food preparation more fun, especially if you intend to carry your healthy habits forward into a new long-term lifestyle. I recommend you start with the basics above and add new pieces of kitchen equipment as you gain experience and wish to expand your horizons.

- a food processor
- a juicer
- a food dehydrator
- a Saladacco spiral slicer for turning cylindrical vegetables into “spaghetti”
- a mandoline slicer
- a coffee grinder
- an ice cream maker
- popsicle molds
- a hand-held food chopper,
- a microplane grater
- spring form pans
- pie pans
- cookie cutters
- sushi mat

Produce Shopping Guidelines

How you create your shopping list will depend on your style. If you like to be very precise in your shopping and planning, use the ***Vibrant Living Foods Shopping List Template*** below.

The amount of produce you keep on hand will be dictated by your budget, your available time for shopping, your habits, and whether you're doing this cleanse on your own or involving your family.

Keeping enough fresh produce on hand for 3 – 4 days of menu plans usually gives you enough food to stay on track with following the program while keeping your ingredients as fresh as possible with maximum nutrition. It takes a little practice to find the balance where you consistently use up everything in the fridge before it wilts versus having to go to the store every day or every other day to shop.

Storage Tips for Greens

To make the most of your leafy green purchases use the following tips:

- Remove any leaves that are looking wilted/poor (as fruits/veggies rot, they release a gas called “ethelyne” which causes other foods around them to rot faster).
- Be sure to wash and then dry your greens by either rolling them in a thin towel or using a salad spinner.
- For storage, air tight containers trap the ethelyne gas (speeding up the wilting process), so you're better to use some sort of container or reusable produce bag that lets the gas escape.
- As greens age, they get more bitter and less tender, so try to use them as soon as you can and keep only what you need on hand. If they get a little “past due” use them in a steamed/cooked recipe.

Buying a Variety of Leafy Greens

There are so many greens to choose from. Often we think of the half a dozen or so that are regularly consumed as the only ones. Here is a fairly comprehensive chart of greens, but you'll find even more suggestions in the shopping template below. Try some new ones. Experiment. Be daring.

Leafy Greens	Hard Green Vegetables	Sea Vegetables
arugula	broccoli	aramé
beet greens	celery	dulse
bok choy	asparagus	kelp
carrot tops	cabbage	kombu
chard		hijiki
collard greens	Edible Weeds	nori
endive	dandelion	sea palm
escarole	purslane	
frisée	sorrell	Sprouts
kale - curly	lambsquarters	alfalfa
kale - lacinto (dinosaur)	malva	broccoli
kale - red russian	plantain	radish
mizuna	chickweed	clover
mustard greens	clover	sunflower
radicchio	miner's lettuce	buckwheat
romaine lettuce	stinging nettles	fenugreek
green and red leaf lettuce		micro greens
butter lettuce	Herbs	
spinach	dill	Grasses
	basil	wheat
Algae	cilantro	barley
chlorella	fennel	kamut
spirulina	mint	rye
blue/green	parsley	

Shopping List for Vibrant Living

Food Items for Vibrant Living	Amount Needed	Amount on Hand	Amount to Buy
Fruits (Fresh or Non-Sweetened Frozen)			
apple, green			
apple, red			
apple, yellow			
apricot			
avocado			
banana			
blackberries			
blueberries			
cantaloupe (aka rockmelon)			
cherries			
cranberries			
currant			
dragon fruit (aka pitahaya)			
durian			
fig			
grapes, green/white			
grapes, purple "concord"			
grapes, red			
grapefruit			
guava			
honeydew melon			
jackfruit			
kiwi fruit			
kumquat			
lemon			
lime			
lychee			
loganberries			
mandarin			

Food Items for Vibrant Living	Amount Needed	Amount on Hand	Amount to Buy
mango			
mulberries			
Fruits (Fresh or Non-Sweetened Frozen)			
nectarine			
noni			
nopalea (aka nopal cactus)			
orange			
papaya (aka paw paw)			
passionfruit			
peach			
pear			
persimmon			
pineapple			
pomegranate			
plum			
prickly pear			
raspberries			
rhubarb			
saskatoons (aka "service" or "june" berry)			
star fruit (aka carambola)			
strawberries			
tangerine			
watermelon			
other:			
Fruits (Low-Glycemic)			
apple, green			
blueberries			

Food Items for Vibrant Living	Amount Needed	Amount on Hand	Amount to Buy
grapefruit			
lemon			
lime			
other:			
Vegetables			
Note: some items are technically fruits but generally used as veggies			
asparagus			
beans, green			
beans, yellow			
beets			
broccoli, flowers			
broccoli, stems			
brussels sprouts			
burdock root			
cabbage, green			
cabbage, red			
cabbage, napa			
carrots			
cauliflower			
celery			
celery, root			
cucumbers			
eggplant			
fennel bulb			
garlic			
ginger root			
jicama			
leeks			
mushrooms, crimini			
mushrooms, portabello			
mushrooms, shiitake			

Food Items for Vibrant Living	Amount Needed	Amount on Hand	Amount to Buy
olives			
onions, yellow			
onions, red			
onions, green			
peas			
pepper, hot (jalapeno, poblano, etc.)			
pepper, red bell			
pepper, orange bell			
Vegetables			
pepper, yellow bell			
potatoes			
pumpkin			
radish, red			
radish, daikon			
rutabaga			
scallions			
shallot			
squash, summer			
squash, winter			
sweet potatoes			
tomato			
tomato, cherry			
tomatillos			
turnip			
yams			
zucchini			
other:			
Leafy Greens			
arugula (aka "rocket / roquette")			

Food Items for Vibrant Living	Amount Needed	Amount on Hand	Amount to Buy
asian greens (bok choy, yu choy, etc.)			
beet greens			
carrot tops			
chard, green			
chard, rainbow			
chard, swiss			
chickweed (wild)			
chicory			
clover (wild)			
collard greens			
corn salad (aka maché or lamb's lettuce)			
Leafy Greens			
dandelion greens (cultivated or wild)			
endive			
escarole			
fennel greens			
frisee			
kale, curly green			
kale, lacinato (aka "dino" or black)			
kale, purple/flowering			
lamb's quarters (wild)			
leaf lettuce, green			
leaf lettuce, red			
lettuce, boston/bibb/butter			
lettuce, limestone			
lettuce, oakleaf			
lettuce, romaine			
lime leaves			
malva (wild)			
miner's lettuce (wild)			
mizuna			
mustard greens			

Food Items for Vibrant Living	Amount Needed	Amount on Hand	Amount to Buy
nettles (wild)			
plantain (wild)			
purslane (cultivated or wild)			
radicchio			
rapini			
sow thistle (wild)			
sorrel (wild)			
spinach			
spring mix (aka "mesclun" or field greens)			
sunflower greens			
turnip greens			
other:			
Fresh Herbs			
basil			
chives			
cilantro			
dill			
mint			
oregano			
parsley, curly leaf / Italian			
parsley, flat leaf			
watercress			
other:			
Sprouts			
alfalfa			
buckwheat			
broccoli			
clover			
fenugreek			

Food Items for Vibrant Living	Amount Needed	Amount on Hand	Amount to Buy
lentil			
radish			
sunflower			
microgreens			
mustard			
onion			
mung bean			
other:			
Grasses			
barley			
kamut			
rye			
wheat			
other:			
Nuts			
almonds			
brazil nut			
cashew			
coconut			
coconut, young thai			
hazelnut			
macadamia			
pecan			
pine nut			
pistachio			
walnuts			
other:			

Food Items for Vibrant Living	Amount Needed	Amount on Hand	Amount to Buy
Seeds			
chia seeds			
flax seeds (aka linseeds)			
hemp seeds			
khawaii seeds			
nigella seeds			
poppy seeds			
psyllium			
pumpkin seeds			
sesame seeds			
sunflower seeds			
other:			
Nut/Seed Butters			
almond butter			
cashew butter			
coconut butter			
pumpkin seed butter			
sesame seed butter (aka tahini)			
other:			
Fats/Oils			
coconut oil, extra virgin, cold pressed			
flax seed oil			
macadamia nut oil			
olive oil, extra virgin, cold pressed			
sesame oil			
walnut oil			
other:			
Gluten-free Grains			
amaranth			
buckwheat			

Food Items for Vibrant Living	Amount Needed	Amount on Hand	Amount to Buy
corn (often allergenic so avoid if possible)			
millet			
oats			
quinoa			
rice, brown			
rice, wild			
teff			
other:			
Beans & Legumes			
adzuki beans			
black beans			
dried peas			
garbanzo beans (aka chickpeas)			
kidney beans			
lentils			
lima beans			
mung beans			
navy beans			
pinto beans			
soy beans (non-GMO)			
other:			
Fish & Meat (wild or naturally raised)			
beef			
chicken			
fish			
wild game			
other:			
Dried Fruits			
apricots			
currents			

Food Items for Vibrant Living	Amount Needed	Amount on Hand	Amount to Buy
dates			
elderberries			
figs			
goji berries			
peaches			
pears			
prunes			
raisins			
other:			
Sea Vegetables			
agar agar			
algae, green or blue			
aramé			
chlorella			
dulse			
hijiki			
kelp			
kelp, noodles			
kombu			
nori			
sargassum			
sea palm			
spirulina			
wakame			
other:			
Staples / Miscellaneous Seasoning			
coconut aminos (soy-free seasoning)			
curry paste			
essential oils			
flavors/extracts			
horseradish			

Food Items for Vibrant Living	Amount Needed	Amount on Hand	Amount to Buy
rejuvelac			
sauerkraut			
sea salt, himalayan/celtic			
stevia, green leaf (powder/liquid)			
tamari, wheat-free (not raw)			
tempeh (soy-free)			
vinegar, apple cider			
vinegar, balsamic			
vinegar, coconut			
vinegar, rice			
xylitol, birch bark			
other:			
Superfoods & Powders			
acai berry			
cacao			
carob			
chlorella			
goji berries (aka wolf berries)			
green powder			
irish moss			
lucama powder			
maca powder			
nutritional yeast			
plant / fruit powders			
probiotic powder			
protein powder			
psyllium			
spirulina			
other:			
Herbs & Spices (dried)			
alfalfa			
aniseed			

Food Items for Vibrant Living	Amount Needed	Amount on Hand	Amount to Buy
basil			
bay leaves			
carab			
caraway seed			
cardamom			
cayenne pepper			
chilli			
chipolte			
cinnamon			
clove			
coconut, dried (flakes)			
coriander			
cumin			
curry			
dill			
fennel			
garam masla			
garlic			
ginger			
horsetail			
italian seasoning			
juniper berry			
konjac			
lemongrass			
mace			
marjoram			
mexican seasoning			
mustard seed			
nettles			
nutmeg			
onion, powder			
oregano			

Food Items for Vibrant Living	Amount Needed	Amount on Hand	Amount to Buy
Herbs & Spices (dried)			
paprika			
parsley			
pepper			
poultry seasoning			
rosemary			
sage			
star anise			
thyme			
tomato, sundried			
turmeric			
vanilla bean			
other:			

Pre-Cleanse “Preparation Week” Phase

Introduction

When your body lets you down with nagging symptoms, fatigue, mental fog, digestive upsets and other equally annoying and painful afflictions, you may find yourself feeling disappointed and irritated. Your freedom to choose what to do and when to do it gets squashed by a body that just won't cooperate.

The most common underlying causes of all these symptoms and others is over toxicity and undernourishment.

During the GREEN Cleanse we'll address both of these. By simplifying your diet, learning some new breathing and relaxation techniques, getting rid of toxic foods and other exposures, and eating an abundance of fresh leafy greens loaded with chlorophyll, you'll be well on your way to ridding yourself of toxins and improving your nutritional status.

While you may not be able to completely detoxify and rebalance in 7 days, you'll make enormous progress if you follow the program with its bonus pre-cleanse and post-cleanse options.

It is said that a new habit takes 21 days to establish.

By taking part in the pre-cleanse week, cleanse week, and post-cleanse week, you'll have 21 days of opportunity and menus to establish new health enhancing GREEN patterns that will serve you for a lifetime.

Getting ready for some intense housecleaning involves setting the stage by gradually transitioning away from cooked and processed food to a diet that's high in fresh, whole, plant-based foods rich in vitamins, minerals, phytochemicals, antioxidants and unprocessed essential fatty acid containing fats.

Actions

The steps you'll find below are more detailed versions of the steps you'll find on the members website. Mark the checkbox so you can track your progress through the steps.

☐ #1: Begin following your daily Pre-Cleanse menu plans.

At the start of the week, begin with the first day of menu plans. You can either follow the plans that have recipes suggested for you or you can follow the "Pick Your Own Recipe" template and select your own appropriate recipes.

Each day includes a detox goal to help you transition off of the foods that disrupt detoxification.

☐ #2: Check the Schedule page for upcoming LIVE calls this week.

Check to see when if there are any LIVE support calls scheduled for this week.

☐ #3: Identify your energy zappers.

The following is a list of well-known substances that zap your energy and create imbalances in your blood. They contribute to organ and gland dysfunction, nervous system imbalances involving neurotransmitters, and result in a breakdown of your immune system.

Circle any of these zappers that you are currently consuming on a regular basis (you'll also find a copy of the list below in your menu planner).

Eliminate These Top 6 Food Allergens and Potential Allergens to Reduce Inflammation and Autoimmune Reactions:

- **Gluten***
- **Dairy**
- **Soy**
- **Corn**
- **Eggs**
- **Peanuts**

Eliminate These Foods that Disrupt Detoxification:

- **Allergy Producing Foods** (the top six – gluten, dairy, soy, corn, eggs, peanuts – and any personal known or suspected)
- **Artificial Colorings and Flavorings**
- **Caffeine** – coffee, black tea, soft drinks, etc.
- **Dried Fruits**
- **Processed Meats** – cold cuts, commercially raised animal products, and farmed fish
- **Refined Foods** – white flour, white rice, processed packaged foods, etc. Read the labels and learn to distinguish.
- **Salt**
- **Sweets** – high fructose corn syrup, molasses, artificial sweetener, and all forms of sugar except fresh fruit.
- **Unstable Oils** – hydrogenated (mayonnaise, margarine, shortening, processed foods), trans fats, and all commercial oils (except olive and/or heated polyunsaturated oils)

☐ #4: Identify your environmental exposures.

While our cleanse will focus on helping you change your diet and decrease your exposure to toxins through food, you can also take steps to reduce your exposure to environmental toxins.

Complete the “Exposures and Environment” online assessment on the members website to see how much environmental exposures play a role in your toxicity. Use the criteria in the assessment for ideas on situations and products to avoid during the cleanse.

❑ **#5: Eliminate your energy zappers and toxic exposures.**

Now that you've identified your exposures, the ideal way to transition off your energy zappers and addictions is slowly. Rapid withdrawal can cause severe withdrawal headaches. You can either decide to muscle through it or gradually decrease your dose.

With coffee, it can be helpful to start by replacing 25% of your coffee with green tea and slowly increase the tea and decrease the coffee.

After that, you can switch from the green tea (which still contains some caffeine) onto herbal tea. Because green tea has lots of antioxidants that support the liver, a small amount of green tea may enhance detoxification without adding too much caffeine.

While you can decide to white knuckle it and withdraw from all of your addictions and energy zappers at once, it may be more comfortable to stage it. Pick one to start with and when you are successful, pick another.

Your **GREEN Cleanse Menu Planner** guides you to gradually reduce your energy zapper intake throughout the preparation week.

Note: If you have any issues with handling **withdrawal symptoms**, refer to the "Withdrawal Busting Strategies" article within this program guide.

❑ **#6: Increase your nutrient status and alkalinity.**

This is the week to begin to increase both your green smoothie and your greens intake in general. Greens are both nutrient dense and alkalizing (read your bonus document, "The Importance of an Alkaline Diet" to learn the importance of an alkaline diet). If you are not yet drinking regular green smoothies, commit to starting. You can target for one per day to start or one every other day. Increase your consumption as you get more comfortable with the process.

If you are already a green smoothie regular, step it up a notch. Go for 2 or even 3 smoothies a day. Try it and see how it feels.

Once you get the smoothies under your belt, see if you can add some greens to your diet in other ways. If you follow the plans provided in the ***GREEN Cleanse Menu Planner*** you'll be eating an abundance of nutritious whole foods.

Try any of the recipes in the ***GREEN Cleanse Recipe Collection***. If you're really adventurous, try some of the sea green dishes in the ***Greens: Your key to Vibrant Health*** e-book that came as a bonus with the program. If you're creating your own recipes, choose ingredients from the "General Foods to Include" list found in your ***GREEN Cleanse Menu Planner***.

If you're not ready to try raw greens dishes, lightly steam your greens and season with garlic. It's a great way to enjoy your greens and easily eat them in abundance.

☐ #7: Go slow and enjoy the ride.

Remember this week is about gradual transitions and getting your feet wet so that you can smoothly sail into the more rigorous part of the program.

Be sure to share your experiences on the GREEN Cleanse Private Facebook Group wall and get to know your fellow cleansers.

☐ #8: Learn everything you need to know about gluten-busting.

Gluten is one of the allergens you'll work towards removing this week. Find out why it's important by listening to the audio Mp3 recording available on the members website.

☐ #9: Consider purchasing some gluten-free snacks.

If you're feeling vulnerable to carb cravings, it may be helpful to have some gluten-free snacks on hand so that you have healthier, delicious alternatives. You'll find a document called "*Vibrant Living - Gluten-free Snack Link List*" on the website that contains links to products and online health stores.

☐ #10: Check to see if you're on track.

Towards the end of the week, reaffirm your commitment and check in with yourself to affirm that you're on the right path. Tap into the desire and enthusiasm that brought you here and remind yourself of the steps needed to get you to your goals. Review the *"How to Tell if Your Preparation Week is on Track"* section below.

☐ #11: Learn how to improve your elimination process and move toxins out.

Read the article included within this guide called *"Moving Toxins Out: Elimination Bootcamp for Your Bowels"*. Discover what should be happening every time you eat and how you can improve your digestive process and health.

NEXT: Continue on with your Cleanse Week materials and activities.

How to Tell if Your Preparation Week is on Track

☐#1: You're drinking up to a daily green smoothie dose of at least 16 ounces, preferably 1 quart.

I'd like to challenge you to drink at least a quart of green smoothie a day until the cleanse starts. If you can do more and increase up to 2 quarts by the end of the week, you'll be even better prepared for the cleanse week.

One to two quarts is a great every-day dose to ensure you get lots of greens. If you are not at the point of having your green smoothies be at least half green, that's okay. Just start to gradually increase the proportion of greens until you get there or at least to 60:40 fruit to green. If you are thin or athletic, you'll need the higher percentage of fruit to give you the extra calories.

If you're not quite up to a quart, then I suggest that you start where you are and add 8 ounces each day until you get there.

☐#2: You've been cutting back on your energy zappers and health blockers.

This week is not about achieving a perfectly raw or perfectly vegan diet. It's about ramping up on the green and removing the energy zappers listed in the "General Foods to Avoid" pages of your menu planner.

In a nutshell, they are:

- caffeine
- alcohol
- flour
- sugar
- processed foods
- and trans fats

It may also be beneficial to eliminate recreational and over the counter drugs.

If you're not completely off everything in the list, continue to decrease and eliminate them at your own pace. Being off these in advance of the cleanse week will make the cleanse much more effective and easier on you.

Moving Toxins Out: Elimination Bootcamp for Your Bowels

This is a cleanse, and the main point is to eliminate things that your body doesn't need - the things that are causing you harm.

So, are you eliminating?

Nothing like getting right to the point, is there?

Talking about your eliminations is something you've been taught to avoid in mixed company, isn't it?

Because we're doing a cleanse, we need to bring elimination right out on the table. After all, the point is to cleanse all of your body parts, including your colon. So today, at the risk of offending you, I'm going to be blunt and talk about "poop". You can call it feces, or stool, or even some of the more offensive names for it if you'd like, but I prefer to call it poop. Maybe because I'm a Mom, and poop is a common household word, especially with young boys.

What "Regular" Means For You

The point is, you need to be pooping and you need to be doing it regularly. Not once or twice a week, not every other day, and quite frankly, not once a day either. To effectively cleanse your system, you need to be pooping at least 2, and preferably 3 times a day.

You may at this point be saying, "I always poop 2 - 3 times a day", and my response is "good for you." Later in this article you'll learn how to determine if you are having "healthy" elimination.

If you're still with me, you may be thinking "2 - 3 times a day? I'm lucky if I go once a day," or "I thought it was good that I pooped once a day." Stay with me here and I'll give you a few tips to help you to increase the number of times a day you poop.

Before I talk about how to increase the number of times a day you poop, I'd first like to explain why it's important, ok?

Understanding the Digestive Process

Normally when food enters your body, it gets chewed in your mouth, slides down the esophagus and enters the steamy acid pit in your stomach. Once there, the acids and enzymes begin the job of breaking the food down into molecules that can be absorbed once the food reaches the lower part of the small intestine.

When the food hits the stomach and the stomach gets distended (stretched), a signal is sent to the furthest part of the small intestine, called the ileum. At the end of the ileum, where the small intestine meets the large intestine, there's a valve called the **ileocecal valve**.

The signal from the stomach to the ileum is a reflex, meaning that it's an automatic response via the nervous system. It's called **gastroileal reflex**, named for the stomach where it originates (gastric is the medical way that the stomach is referred to) and where it ends, in the ileum.

So why am I getting all scientific on you? Well, I think it's important to have an understanding of what happens so you can understand what's going wrong when elimination doesn't happen the way it should.

Let me continue and maybe it will start to make more sense.

What Should Happen Every Time You Eat

What is supposed to happen is that every time you eat a meal, the distention (expansion) of the stomach triggers the gastroileal reflex, which signals the ileum at the end of the small intestine to open the gate and let the remnants of the food that's already been through the digestive process to enter the large intestine.

Thus, every time you eat a meal (small snacks usually don't distend the stomach enough to trigger the gastroileal reflex), the opening of the ileocecal valve and the passage of new waste products into the large intestine should trigger a bowel movement within about 30 minutes.

Reasons for Irregularity:

So, you might be thinking, I'm eating enough, so why am I not pooping after every meal?

Great question. Lots of things can go wrong. These are just a few:

- Your ileocecal valve may be **stuck in the shut position**, which can cause food remnants to build up in the small intestine, causing bloating and pain.
- The ileocecal valve can get **stuck in the open position**, causing wastes to back up into the small intestine.
- The ileocecal valve can be functioning normally, but **lack of good muscular action** in the large intestine can cause the poop to build there.
- **Lack of fiber and dehydration** can cause a very dry and small poop, which is slow to pass through the large intestine.

Ileocecal valve problems can be caused by many things, including eating foods that irritate it. Foods that you are allergic or sensitive to, such as **wheat, corn, milk, eggs, peanuts and soy** can irritate the valve. Other irritants like **chocolate, alcohol and caffeine** can affect the valve as well. **Toxic wastes, eating under stress, and parasites** may also contribute to ileocecal valve problems.

General Guidelines to Restore Regularity:

Eliminating these irritants, as you'll work towards doing in the preparation week, can go a long way towards restoring normal function to the intestines. The sheer quantity of greens and fruit you consume when you drink a quart or more of green smoothie a day increases the volume of your stool and the water content of your stool. These benefits can result in normalization of your elimination over time.

Chewing well, drinking your smoothies slowly, keeping well hydrated and cutting down on fats can all be helpful in improving elimination. Making sure to include sources of omega 3 fats (like chia, hemp and flax seeds) is also important for bowel health and optimal transit time.

Making sure that you avoid ignoring the urge to poop will improve the process as well. And it's super important to keep your elimination optimal, since constipation leads to the re-absorption of all those toxins, which increases your risk of cancer - not only in the colon, but in other body parts.

Bootcamp Basics for Your Bowels

In the unlikely event that doing all of these things still does not result in 2 - 3 healthy bowel movements each day, what should you do?

First, I'll summarize what you can do to improve the speed at which waste products leave your body. (Ideally your food should be eliminated within 12 hours of eating it.)

- **Avoid irritants:** Caffeine, alcohol, processed fats, chocolate.
- **Avoid allergens:** Culprits are usually wheat, corn, soy, dairy, eggs and peanuts, but can be anything to which you have a sensitivity.
- **Relax before and during your meals:** Take a few deep breaths and avoid multitasking.
- **Exercise** to keep the muscles in the large intestine working properly.
- **Consume plenty of fiber** in the form of fresh fruits and vegetables, with an abundance of green leafy vegetables.
- **Add ground flax seeds or chia seeds** to your smoothies or consume them separately as puddings.
- **Eat a daily dose of probiotic** containing foods like sauerkraut, coconut kefir, kombucha, kim chee, miso, rejuvalac or seed yogurt, or take a good quality probiotic supplements (acidophilus and its close relatives).

Bootcamp Boost Steps for your Bowel to Improve Elimination

These are additional steps to assist you in eliminating the poop that's sluggishly making its way through the large intestine, so you don't absorb all those toxins. These steps should be in addition to the steps taken above, which can take a while to become effective if you've had a long standing sluggish bowel.

1. **Give yourself an enema.** This may not be the most pleasant experience of your life, but the results can be quick and dramatic.
2. **Get a colonic** from a professional. This is similar to the enema, but deeper.
3. **Add a fiber supplement** such as psyllium seed husks or chia seed. Be sure to drink LOTS of water if you do this, or the psyllium will form a brick in your small intestine. Be cautious with psyllium and always start with a small amount and increase slowly. Some people can't do psyllium because it irritates their intestines.
4. **Take mucilaginous herbs**, like marshmallow or slippery elm dissolved in warm water and sipped 5 - 15 minutes before meals.
5. **Do what I call a "pro-biotic implant"** - take high doses of pro-biotics over a short period of time to restore normal flora.
6. **Determine if you have parasites** or other unfriendly organisms living in your gut and create a plan to restore normal balance.
7. **Try drinking *Smoother Move Tea*™**, a brand name tea that uses senna leaf as a laxative, to improve elimination. Use as directed.
8. **Try an abdominal colonic massage.** Colonic massage provides relief for constipation, diarrhea, gas and bloating. To learn how, google "colonic massage" for instructions.

Steps 4, 5 and 6 may require assistance from a trained professional.

What is a Healthy Poop?

You probably know the difference between constipation and diarrhea, right?

Constipation is too few bowel movements and diarrhea is too many. Constipation is usually associated with small, hard poops. Diarrhea is usually associated with loose, often watery poops.

Healthy poop should be between 1 1/2 and 2 inches in diameter and between 6 and 10 inches long. The color should be medium brown, but will tend towards green when lots of green smoothies are consumed.

Light colored poop indicates that you are not digesting your fats very well. A healthy poop should be well formed and soft. It should be easy to pass. High fiber content in the stools will cause them to fall apart when they hit the water.

There is actually a classification system for poop called the Bristol stool form scale.

Bristol Stool Chart

Type 1		Separate hard lumps, like nuts (hard to pass)
Type 2		Sausage-shaped but lumpy
Type 3		Like a sausage but with cracks on its surface
Type 4		Like a sausage or snake, smooth and soft
Type 5		Soft blobs with clear-cut edges (passed easily)
Type 6		Fluffy pieces with ragged edges, a mushy stool
Type 7		Watery, no solid pieces. Entirely Liquid

Criteria for Assessing the Health of Your Poop:

If you have any of the following types of poop, it is likely that your digestion is not ideal and can use some help.

- **Greasy** - indicates poor fat digestion, which can be a sign of impaired liver. Digestive enzymes and liver support are indicated here.
- **Foul smelling** - a sign of stagnation in your large intestine and possibly an overly acidic system. Digestive enzymes and pro-biotics are indicated here. Enemas and colonics may be indicated as well.
- **Leave a skid mark in the bowl** - usually a sign of excess mucous in the stool. This can be a result of dairy or wheat intake, or other mucous producing foods or allergens.
- **Pellets** - indicative of dehydration, low fiber intake, or sluggish liver function.
- **Lumpy** - similar to pellets, but the pellets are all formed into a sausage like shape.
- **Pale colored** - indicative of low bile production from impaired liver function.
- **Visible food particles** - indicates you're not chewing enough. Slow down and chew your food until it's a smooth consistency.
- **Pencil thin** - can indicate that the large intestine is clogged, with stools hardened around the edges so only a narrow passage way remains open.
- **Watery** - can indicate an irritated bowel, toxin exposure or chronic dysbiosis, or "bad" life in your colon.
- **Small curved pieces** - indicate faster than normal transit time. The stools still have the shape of the small intestine because they have not been in the large intestine long enough to become dryer and take on the larger dimension.

Steps to Improving the Health of Your Poop

I recommend keeping a poop journal if your stools are anything other than "normal" i.e. **1 1/2 to 2 inches in diameter, 6-10 inches long, medium brown (or greenish with lots of smoothies), well-formed, and easy to pass.**

Once you have determined a pattern to your bowel movements, you can begin a program to fix what's not working. The following list is mandatory for gut health and proper elimination:

- Relax and eat slowly and consciously.
- Chew your food to the consistency of a smoothie.
- Avoid coffee, alcohol, sugar, processed foods, trans fats and anything with preservatives and flavorings.
- Avoid all allergens, especially gluten and dairy.
- Keep hydrated: at least 1/2 your body weight in fluid ounces each day.
- Eat plenty of fiber in the form of fresh fruits and vegetables.
- Get adequate essential fatty acids each day: flax, chia, hemp and pumpkin seeds, blue green algae.
- Eat pro-biotic containing foods each day. These include sauerkraut and Kim chee, non-dairy kefir or yogurt, preferably made from coconut or seeds, miso, kombucha, and rejuvalac. If you don't eat pro-biotic foods, take a good pro-biotic supplement of 7 billion organisms or more each day.
- Take digestive enzymes with all cooked food.

If you have other problems going on you may need to do any of the following:

- Remove yeast and other pathogens...bacteria, fungi and parasites.
- Repair your leaky gut using supplements and foods: aloe vera gel, essential fatty acids, cabbage juice, and digestive enzymes.
- Support your liver through sulfur rich foods like garlic, onion and cabbage and take liver support herbs like milk thistle, dandelion greens and burdock root.
- Take digestive enzymes with all cooked food.

That's it for now. Start a poop journal and get yourself on the path to a clean colon.

Cleanse Week Phase

Introduction

Your primary food this week will be easy to digest, nutrient-rich green smoothies. Your liver and digestive tract will rest and repair and your cellular debris will be eliminated. You may shed a few pounds and become a bit leaner. Your energy will soar by the end of the week and nagging symptoms just may disappear before the end of the week.

In my experience, the first 2 - 3 days tend to be the hardest. Your body is used to chewing and eating and it takes a little getting used to when all you're doing is drinking. You're programmed to reach for something that looks good and start munching. I sometimes find myself doing that as I make the smoothies. After a couple of days, you'll get used to it.

The goal this week is to be off of any foods that disrupt detoxification while eating as many leafy greens as possible in the easy to digest form of blended greens. Depending on your cleanse option, you will also reduce or eliminate your fat intake to further enhance the detoxification process.

Actions

The steps you'll find below are more detailed versions of the steps you'll find on the members website. Mark the checkbox so you can track your progress through the steps.

☐ **#1: Begin following your daily Light, Standard, or Deep Cleanse menu plans.**

At the start of the week, begin with the first day of menu plans from ***your GREEN Cleanse Menu Planner***. You can either follow the plans that have recipes suggested for you or you can follow the "Pick Your Own Recipe" template and select your own appropriate recipes.

The meal orders are interchangeable, so eat according to your own preference being sure to stay full and satisfied.

❑ #2: At the end of each day this week, complete your Cleanse Week journal.

On the members website, you'll find your daily journals. You'll also receive a link to your daily journal by e-mail if you're participating in the LIVE program.

❑ #3: Check the Schedule page for upcoming LIVE calls this week.

Check to see when if there are any LIVE support calls scheduled for this week.

❑ #4: Visit the private Facebook group page and post your goals for the week.

On the GREEN Cleanse Private Facebook Group page list 4 things you would like to accomplish through this cleanse and how you'd like to feel at the end. There is something about making a public commitment that strengthens and reinforces it.

❑ #5: Make extra smoothies and fresh snacks to have on hand.

It's inevitable. Something comes up, you run out of time, or you just "don't feel like making anything". My advice is to keep one fresh smoothie in the fridge that you can grab and go when needed and at least one or two in the freezer that you can grab on your way out the door on your way to work or an event. Smoothies will keep in your fridge for 2 - 3 days.

If your cleansing option includes whole fruits or vegetables, keep lots of these on hand in "ready to go" bags or containers. If and when cravings hit, make sure you have a healthy answer waiting.

❑ #6: Watch *Making Peace With Your Gut Soothing Strategies for Optimizing Digestion*.

One of the main benefits of a cleanse is to soothe and assist your digestion. Watch the video on the membership site to learn more about how to improve your gut health. To learn about my complete digestive health program, visit www.HappyBellySystem.com for details. If you're already a member of my digestive health program, visit the Gut Repair and Alkalizing Nutrition for Digestion (GRAND) program dashboard.

❑ **#7: Be kind to yourself throughout the week.**

Give yourself congratulations for every small step you take. Relax, enjoy, and remember to focus on all the things in the world and your life to appreciate. There are so many!! Appreciate yourself and the great gift you are giving your body for taking on this adventure. Just taking this step means that you are committed to your best health!

❑ **#8: Read the "*Listen with Love to Your Body*" article.**

If the conversations in your head are leaning you in directions that don't fit your cleansing goals, read the "*Listen with Love to Your Body*" article included at the end of this **GREEN Cleanse Program Guide** for helpful solutions and ways to handle the cravings.

❑ **#9: Make each day marvelous!**

Here are 5 things you can do each day to improve your health and well-being with marvelous results!

- **Find 3 things to appreciate** before you set about doing your day. Make self-appreciation one of them.
- **Exercise.** Get outside in the fresh air and (hopefully) sunshine. Go to the gym. Take a yoga class. Put some dance music on and dance around your house. Find something you enjoy and just do it.
- **Do something fun.** Take at least 5 minutes for fun or laughter. Fun and laughter have been scientifically proven to boost your immune system. What do you enjoy? Reading a good book? Writing a poem? Painting, drawing, dancing? How about a crossword puzzle or picking flowers? The possibilities are endless. Even if you only have 5 minutes to spare, be sure to do something fun! (Read the "*Fun is Fabulous for Your DNA*" article at the end of this **GREEN Cleanse Program Guide** for even more healing benefits!)
- **Drink as much as you need to.** Do not try to cut back on calories or volume. Follow your instincts and listen to your body. It has wonderful messages if you would just listen.
- **Tell at least 3 people each day that you love them.** It will make you and they feel good.

❑ **#10: Read the "*Perfection Versus Progress*" article.**

This week more than any other you may be putting pressure on yourself to "stick to the plan". If that pressure has you feeling anxious or stressed, it's working against you. Read the article at the end of this program guide called "*Perfection Versus Progress*" and find the path towards progress and feeling positive with your intentions.

❑ **#11: Read "*The Magic of Your Mind to Hurt or Heal*" article.**

Your imagination and emotions produce measurable physiological changes in your body! To find out how you can use this ability to your benefit, read "*The Magic of Your Mind to Hurt or Heal*" article at the end of this program guide.

❑ **#12: At the end of the week, share your success and reward plan on the Facebook group page!**

Have you posted what you plan to do to reward yourself for a job well done? You deserve it, you know. So go ahead! Decide right now what it will be and go to post it on the GREEN Cleanse Private Facebook group wall.

NEXT: Continue on with your Post-Cleanse Week materials and activities.

Post-Cleanse “Transition Week” Phase

Introduction

This is the beginning not the end. It is the wrap-up week for the cleanse program and the beginning of your new, healthier life. You'll be focusing on finding the right balance of nutrients and pleasure to keep you both feeling good and inspired to continue. You'll get tools that will aid you in keeping the new habits you've learned as part of your lifetime daily routine.

After spending a week or so drinking primarily green smoothies, you might be tempted to go back to eating some of the foods that you enjoyed before, even though they're not healthy choices. It is my hope for you that you will feel so invigorated and inspired by your change that you will continue to build on success and fuel your body with living, life-giving, foods!

I recommend that you gradually add solid foods back into your diet, and stick to primarily fresh, plant-based foods for at least this entire week. If you have a lot of weight to lose, I strongly recommend that you stick to a diet that's made up of primarily fresh, whole, plant-based foods.

I also recommend that you keep your diet relatively low in fat during the first week after the cleanse to allow your liver and heart to continue to rest.

It would be best if you carried the habit of drinking at least 2 green smoothies a day into the post-cleanse week and beyond. This will go a long way towards sustaining the health improvements you accomplished during the cleanse. At least 32 ounces a day of blended greens, either all at the same time or in 2 meals, is recommended (64 ounces is even more ideal). I like to replace one or two meals with green smoothies or soups every day.

The foods you eat this week should be easy to digest. It could be harmful to go from cleanse week straight into a lot of heavy, rich foods. Keep the nuts to a minimum, especially the heavier, oilier ones like macadamia nuts and cashews. Use seeds over nuts, soak them to make them more digestible, and make milks from either nuts or seeds.

Eat lots of green foods. Shoot for 50% of your diet to be green. If you're not interested in or ready for a diet that is all raw, then experiment with lightly steamed vegetables and whole grains that have been soaked before cooking.

If you choose to eat animal products, I would wait as long as you can before reintroducing them. When you do eat animal flesh foods, they should be served in very small, condiment-sized portions along with an abundance of fresh vegetables, and they should be from organically raised animals.

Of course, if you want to continue to consume primarily green smoothies, then do so. There is no risk or danger. The nutritional value is very high and there are really no missing nutrients, as long as you consume a lot of greens.

Purpose of the Post-Cleanse GREEN Plan:

- Continue to give your digestive track a rest from heavier foods.
- Allow the liver and gallbladder to get more rest and continue cleaning house!
- Improve immune function.
- Release extra weight, if necessary.
- Increase energy as less energy is spent on digestion.
- Continue to avoid trigger foods and addictive eating behaviors.
- **Eat to live rather than live to eat.**
- Increase the nutrients to your body.
- Stay in control of your eating habits.

Keep your goals in mind and work towards the energy, physical ease, and lean body weight that you desire.

Actions

The steps you'll find below are more detailed versions of the steps you'll find on the members website. Mark the checkbox so you can track your progress through the steps.

☐ #1: Begin following your Post-Cleanse menu plans.

Now that you have completed your official cleanse, you can follow the Post-Cleanse menu plans to help you transition and build on your success. Begin with the first day of post-cleanse menu plans from your **GREEN Cleanse Menu Planner**. You can either follow the plans that have recipes suggested for you or you can follow the "Pick Your Own Recipe" template and select your own appropriate recipes.

The **meal orders are interchangeable**, so eat according to your own preference being sure to **stay full and satisfied**.

☐ #2: Check the Schedule page for upcoming LIVE calls this week.

Check to see when if there are any LIVE support calls scheduled for this week.

☐ #3: Use the "Daily Diet Guidelines" and "Maintenance Menu Plan" to help you move forward with success.

This guide contains an article called "*Daily Diet Guidelines*" which contains a list of recommended foods and activities that will help you sustain the benefits of your cleanse. The article contains checklists you can print and keep handy for easy reference.

Your **GREEN Cleanse Menu Planner** also contains a "*Maintenance Menu Plan (Pick Your Own Recipes)*" page that you can use once you've completed your post-cleanse week.

❑ #4: Watch. *Taming Emotional and Social Eating Gremlins So You Can Live in a Body You Love*

Whether you're still in cleansing mode or beginning your transition off your cleanse, you need to make choices about the foods you continue to consume. Watch the video for guidance on making the choices that are right for you.

❑ #5: Complete your post-cleanse assessments.

These are the same online assessments you completed in the "Getting Started" phase of the program. Retake them now or at the end of your transition week to measure the difference in your success. You'll find them on the Post-Cleanse materials page.

❑ #6: How do you feel now? Share your results from the cleanse week on the Facebook group page!

Changes big and changes small -- we love to hear them all! Be sure to share your successes from the cleanse week on the Facebook group wall.

❑ #7: As you transition your diet, track your reactions to food.

Following these action steps, you'll find a "*Post-Cleanse Food Tracker*" document. Eat consciously throughout the week. Notice the effects that foods have on you and you will begin to have the best tool for tweaking your diet and improving your energy.

❑ #8: Take advantage of additional transitioning Vibrant Health resources.

The bonus page on the GREEN Cleanse members' site provides a link to your ***Vibrant Health Resource Library***. To help support you on your road to a vibrant future, you can use any and all of the resources you'll find here to build on your success.

❑ #9: Use your Bonus e-books to learn the benefits of greens and adding sea veggies to your diet.

Your bonus *"Greens From the Sea"* e-book introduces you to an entire new world of food to discover, fresh from the sea! If eating Nori (the seaweed used to wrap sushi) has been your only exposure, learn which sea vegetables you can try and why they're so important for your diet. Learn about the vitamin, mineral, fat and fiber profiles of sea veggies and enjoy Dr. Ritamarie's favourite sea veggie recipes.

❑ #10: Mid-way through your post-cleanse week, check in and let us know how things are going.

On the post-cleanse page, you'll find an online journal called the *"Post-Cleanse Mid-Week Check-in Journal"*. Complete this journal to send in an online update on your progress.

❑ #11: Listen to your Bonus audio recordings to stay emotionally and educationally on track with success!

Whether you need help with transforming stress, emotional eating, changing your attitude, or staying excited about the wonderful world of greens and wild greens, your bonus audio recordings will keep you excited and educated as you move forward. Pick a recording each day to listen to. Download them to an Mp3 player and have them handy on your drive to work or on your lunch break. Reinforce the thoughts in your brain you want to make permanent by keeping yourself exposed to positive influences and ideas.

❑ #12: Share your feedback and receive a free gift!

Improvement in your experience and cleansing benefits is important to us. Help us improve our service to you by completing a short 10 question survey. On the final page of the survey, you'll receive access to a free gift as a thank you!

You'll find this survey on the post-cleanse materials page.

Post-Cleanse Documents

Post-Cleanse Food Tracker

Below is a tracking chart you can use as you notice your reactions to foods eaten during the post-cleanse week and beyond. The “Suspect” column is for foods that you're not sure about. You may think that you're reacting negatively, but there may have been other factors that made it not so clear to you. If a food appears to downshift your state of well-being, put it on the suspect list. If you try that food again, and the same thing happens, put it on the health depleting list.

Health Enhancing	Suspect	Health Depleting

Health Enhancing	Suspect	Health Depleting

Helpful Resources and Articles

12 Daily Habits for a Deep, Effective Cleanse

The following are recommended actions for all the phases of the program. These are practices that you would be well served to make an integral part of your daily life, throughout the program and afterwards as well.

You can simply be conscious of and apply these activities or you can print this document and complete the daily checkboxes to help keep yourself active and engaged in these new activities. The choice is yours.

Get started with these habits from the very first day of the GREEN Cleanse Program and you'll dramatically increase the benefits you experience from participation in the program.

Cleansing Habits

- **Greens:** Consume one to two pounds of greens (or more) throughout the day. This can be as salads, soups, in patés, in smoothies, and in dehydrated crackers. (Deep Cleanse participants will consume all of this as smoothies.)
☐ Sun, ☐ Mon, ☐ Tues, ☐ Wed, ☐ Thurs, ☐ Fri, ☐ Sat
- **Meal Size:** Eat enough to keep up your energy level without overeating.
☐ Sun, ☐ Mon, ☐ Tues, ☐ Wed, ☐ Thurs, ☐ Fri, ☐ Sat
- **Blended Greens:** Consume at least 32 ounces of green smoothie or soup each day. (On Option A, you'll be consuming a lot more than this.)
☐ Sun, ☐ Mon, ☐ Tues, ☐ Wed, ☐ Thurs, ☐ Fri, ☐ Sat
- **Chew:** When eating whole fruits or vegetables, chew thoroughly so the effect is similar to blending.
☐ Sun, ☐ Mon, ☐ Tues, ☐ Wed, ☐ Thurs, ☐ Fri, ☐ Sat

Cleansing Habits - continued

- **Relax at Meals:** Drink and eat in a relaxed state to facilitate digestion.
☐ Sun, ☐ Mon, ☐ Tues, ☐ Wed, ☐ Thurs, ☐ Fri, ☐ Sat
- **Exercise:** Exercise daily or at least 4 times a week, working your way up to at least 30 - 40 minutes at a time.
☐ Sun, ☐ Mon, ☐ Tues, ☐ Wed, ☐ Thurs, ☐ Fri, ☐ Sat
- **Get Outside:** Get fresh air and sunshine each day if possible.
☐ Sun, ☐ Mon, ☐ Tues, ☐ Wed, ☐ Thurs, ☐ Fri, ☐ Sat
- **Sleep:** Get sufficient rest and sleep.
☐ Sun, ☐ Mon, ☐ Tues, ☐ Wed, ☐ Thurs, ☐ Fri, ☐ Sat
- **Fun:** Take time out each day to do something fun.
☐ Sun, ☐ Mon, ☐ Tues, ☐ Wed, ☐ Thurs, ☐ Fri, ☐ Sat
- **Water:** Drink 1/2 your body weight in fluid ounces of water each day to aid in elimination.
☐ Sun, ☐ Mon, ☐ Tues, ☐ Wed, ☐ Thurs, ☐ Fri, ☐ Sat
- **Breathe:** Practice deep abdominal breathing -- especially before each meal -- so that digestion can be efficient.
☐ Sun, ☐ Mon, ☐ Tues, ☐ Wed, ☐ Thurs, ☐ Fri, ☐ Sat
- **Gratitude:** Practice daily appreciations.
☐ Sun, ☐ Mon, ☐ Tues, ☐ Wed, ☐ Thurs, ☐ Fri, ☐ Sat

Beginning of the Week Time-Saving Food Prep Steps

If one of your obstacles is the feeling that you “don’t have time,” here are ideas that will help save you time and make your meal preparations efficient.

- Juice a dozen lemons and/or limes at the beginning of the week. Date the mix, so you’ll know how fresh it is. Many of the *GREEN Cleanse* recipes use lemon or lime, and it can be time consuming to juice them fresh before each meal. If you’re concerned about nutrient loss from squeezing them in advance, you can juice them and store in ice cube trays. You can also use these lemon/lime ice cubes to flavor your drinks. Measure as you fill the trays and it becomes really easy to add specific quantities of lemon juice to a recipe.
- If you have inflammation and like ginger, juice a bunch of ginger at the beginning of the week. If you don’t have a juicer, ginger can be blended and strained to remove the stringy pulp. Ginger is an awesome anti-inflammatory. It can be added to juices, smoothies, water, and chia beverages to enhance the flavor and the therapeutic effect. Store the ginger juice in a jar in your refrigerator or fill ice cube trays to keep it fresh longer.
- Make *Chia Gel* ahead of time. Soak 1 cup chia in 5 cups water. Or use a 32 ounce mason jar and add 3/4 cup chia and fill to the brim. Shake well and place in the refrigerator.
- Cut a variety of vegetables into sticks suitable for dipping. Just about all firm vegetables can be precut and can last 3 or more days in the refrigerator. Avoid pre-cutting cucumber as they can get slimy. Store in Ziplock bags for ready access.
- Stock your refrigerator with lots of fresh produce. Choose things you like.

Common, Widely Available Greens

Collard Greens

One of the milder of the sturdy greens, collards are an excellent source of folate, vitamin C and beta-carotene. Collards are especially high in calcium.

Bok Choy

Bok Choy is a Chinese variety of cabbage. It is an excellent source of vitamin C, beta-carotene and iron, as well as a good source of folate, vitamin B6 and calcium.

Kale

While sweet following a light frost, kale generally has a stronger flavor than collard greens and can be quite coarse and peppery when raw. The Lacinto (aka “dinosaur”) and red varieties are much more tender and less bitter than the more common curly leaf variety. To ensure a milder texture and flavor, choose smaller kale leaves. Marinating them softens them and makes them more tender. In addition to being an excellent source of vitamin C and beta-carotene, kale is also a good source of iron, vitamin B6, lutein and zeaxanthin.

Mustard Greens

Mustard greens have an even stronger flavor than kale, but milder varieties are grown in Asia and are sometimes available in the United States. They taste best when they are six to 12-inches long and have no seeds. They are best eaten in small quantities with a variety of other greens.

Swiss Chard

Swiss chard is a mild tasting green and is an excellent source of vitamin E, a nutrient that is usually only found in high-fat foods. It is also high in potassium, magnesium, vitamin C and beta-carotene. To preserve its crispness and sweetness, be sure to keep it chilled.



Spinach

Spinach is another mild tasting green, and contains carotenoids such as beta-carotene, lutein and zeaxanthin. Besides carotenoids, spinach is higher in folate than other greens.

Beet Greens

Rich in beta-carotene, vitamin C, iron and calcium, beet greens are often more nutritious than beets (with one exception: beets are higher in folate). They are best for eating when young and tender.



Turnip Greens

The leafy tops of turnips are one of the bitterest greens available, so they are not often eaten raw. Like beet greens, they are best for eating when they are quite young. Although both turnips and turnip greens are nutritious, the best source of vitamins and minerals is the greens, which are high in vitamin C, beta-carotene and folate.

Romaine and other Dark Green Lettuces

These have a more mild taste than the dark green leafy vegetables; some are slightly bitter and they are commonly used in salads.

Spring Mix (aka Field Greens)

This is a mixture of young lettuces and other greens that are very commonly used in salads. The variety of greens in these combinations range from very bitter to aromatic and pungent. They are extremely high in calcium and iron and very low in calories.

Common Weeds That Are Nutritious Greens

Most people are able to find weeds like lamb's quarters, purslane (one of the few plant based sources of EPA -- eicosapentaenoic acid -- an important fatty acid that decreases inflammation), chickweed, and clover.

Creating Health Rituals

One of the things I find helpful for the people I work with is creating rituals for the various health supporting aspects of their lives.

Creating rituals around different aspects of your day can be a very rewarding project. For example, starting the day with a morning ritual that you do every day without fail can ensure that you incorporate new habits that last.

You probably already have a morning ritual. Maybe it goes something like this:

- Alarm rings... snooze it
- Alarm rings again
- Snooze it again
- Repeat as many times as your schedule allows
- Get up
- Go to the bathroom
- Shower
- Get dressed
- Eat breakfast
- Brush teeth
- Comb hair
- Search for car keys
- Get in car
- Drive away

Yours may vary a bit, but that's the gist of it.

I suggest building in healthy habits to your morning routine. You'll find an example on the next page to give you an idea.

A Picture of a Healthy Morning Routine

Here's an example of an ideal routine:

- Wake up naturally as daylight filters into your bedroom.
- Take a deep breath and feel gratitude for the roof over your head, the pillow beneath your head and the opportunity to go forth in the world again.
- Think about the day ahead and create a picture of how you'd like to show up today: i.e. I am patient and loving, helpful and caring, productive and positive....
- Turn to your bed stand and reach for the 16 ounce glass of water you set out the night before.
- Drink the water slowly while you read an inspirational quote.
- Get out of bed, throw on a bathrobe or coat, and go outside for 5 minutes and absorb the daylight. This resets your circadian rhythm and balances hormones.
- Go to bathroom.
- Do some gentle stretching.
- Do some aerobic exercise or burst training.
- Dry brush skin.
- Shower.
- Make and drink a green smoothie.
- Pack a lunch.
- Brush teeth.
- Breathe deeply and do some more appreciations.
- Comb hair.
- Gather belongings.
- Go to work.

It feels a little bit different, doesn't it?

If your routine doesn't match the ideal one, no guilt allowed. This is a process. Pick something in the morning ritual list that you're not yet doing and commit to it starting tomorrow.

Be sure to make the routine your own.

Daily Diet Guidelines

The following diet guidelines will increase the likelihood of experiencing abundant energy and vibrant health. Remember **these are guidelines**. Adapt them to fit your lifestyle and your food preferences. Your health depends on the quality of the food, thoughts, and substances that you allow in. Choose wisely.

Stay connected to your health goals. Make choices that bring you closer to your goals and shun choices that divert you.

Diet is the cornerstone of any health restoration and maintenance program. Just as a car doesn't function properly without the appropriate fuel and oil, your body can't operate optimally if it's not adequately nourished or it's stressed by substances that are damaging to its cells and organs.

The first step in implementing a successful health restoration and maintenance program is to **love yourself enough to make the effort on a daily basis to nourish yourself on all levels**...physically, emotionally, and spiritually. Making a commitment to good nutrition is an investment in your future health.

The following are suggested guidelines. You need to try them out and determine what works best for your body and your schedule. This is meant to be an evolving process. There is no one right way to eat that is best for all people.

The common starting point is removing the foods that are not good for anyone: hydrogenated fats, refined sugars, refined grains, artificial colorings and flavorings, chemical preservatives, and hormone-laden dairy products and meats. From there, your body is the experiment ground.

As you make dietary changes, you might go through an adjustment phase in terms of bowel habits and energy levels. If the diet is serving you well, this should be temporary, lasting a few weeks or months at most. Obvious benefit may not be realized for a few



weeks. Patience and compassion for yourself are key. It doesn't serve you to feel guilty if you fall back into old habits.

Remember that in working towards your goal, you will get off course from time to time. When this happens, **the key is to be alert to your guidance as it lets you know that you are off course, and get back on course as soon as possible.**

Recommendations for What to Eat Each Day

Foods to Avoid:

While we believe it's preferable to avoid animal products for optimal health, if you do choose to eat them, make the best possible choices you can. Eat deep ocean fish, wild game, naturally raised hormone-free poultry, and free-range, grass fed, organically raised beef. Avoid heated oils (except for olive and coconut oil), sugar, and refined grains. It's best to avoid all dairy; however, if you do choose dairy, it should be raw, organic and cultured. Avoid dairy if you have allergies, autoimmune disease, cancer, family history cancer, focus and attention problems, or depression.

Foods to Eat:

Eat from the top part of this list below first. If you're not satisfied, eat foods from the **"Optional Extras"** list.

- **Water:** Water is needed for proper hydration of your cells, circulation of nutrients, and removal of waste products. As a guideline, drink 1/2 your body weight in fluid ounces. This will vary depending on your activity level, degree of toxicity, and amount of high water content foods you consume.



- **Green Smoothie/Blended Green Drink:** Drink at least one quart of green smoothie, ideally 2 quarts.

Enjoy a variety of greens including kale, spinach, parsley, cilantro, collard greens, swiss chard, arugula, endive, bok choy, dandelion greens, romaine or other dark lettuce, beet greens, turnip greens, mustard greens, and wild greens.

- **Dark Green Leafy Vegetables:** These are very high in chlorophyll; magnesium; and other minerals, enzymes, and antioxidants. Ideally, consume 2 pounds of green leafy vegetables per day (consumed as smoothies, salads, juices, stir fries, soups and steamed). Shoot for a minimum of 3-4 cups. At least half should be uncooked for maximum benefit.



- **Cruciferous Vegetables:** These are high in cancer fighting isoflavones and antioxidants. Cruciferous vegetables provide support for liver detoxification and have been shown to be helpful in the prevention of cancer. These can be eaten raw or cooked, although some people don't digest them as well raw.

The cruciferous vegetables, also called brassicas, promote estrogen balance towards the protective estrogen, estriol, and away from the proliferative forms of estrogen, the ones that promote cancer. The more cruciferous vegetables you consume, the better your protection against cancer and the stronger your detoxification mechanisms.

Ideally, consume 3-4 cups of cruciferous vegetables daily, and no less than 2 cups.

Cruciferous vegetables include cabbage, cauliflower, broccoli, kale, Brussels sprouts, rutabaga and mustard greens.

- **Sea Vegetables:** The foods in this category are very high in minerals. They are the best dietary source of iodine as our soils are largely deficient in iodine. They are also high in minerals like calcium, iron, magnesium, zinc, and sodium. Because they are so concentrated, especially in sodium, we recommend that you eat between 1 and 2 ounces a week, or roughly 5-10 grams per day.

Enjoy any of the following:

- nori - 1-2 sheets
- kelp - a few pieces
- arame
- hijiki
- sea palm - 1/2 cup, in salads
- kombu - powdered and added to soups, smoothies and salads or a slice in a cooked soup or bean dish.

Recipes, photos and nutrient tables for sea vegetables are in my “***Greens from the Sea***” e-book, available at <http://www.GreenFoodMagic.com>

- **Beta Carotene and Vitamin C Rich Vegetables:** These include carrots; squashes; tomatoes; and red, orange, and yellow bell peppers. Include 1 cup or more of these daily to benefit from their rich anti-oxidant content.
- **Sulfur-Rich Foods:** These foods provide sulfur, which is an important nutrient for detoxification. In addition to the cruciferous vegetable, sulfur rich foods are garlic, onions and daikon radish. Include 1-2 servings of these regularly to support detoxification and to fight infection.
- **Sprouts:** These are high in easy to absorb amino acids and loaded with chlorophyll. Include a cup or two each daily, in your smoothies and soups, juiced or on your salads. Good choices are sunflower greens, alfalfa, broccoli, fenugreek, clover and mung bean sprouts.



- **Natural Anti-inflammatory and Immune System Boosters:** Include some or all of the following herbs and spices: ginger, turmeric, basil, oregano, thyme, rosemary, cilantro. Add to smoothies and soups, blend or chop into salad dressings, or add to salads and vegetable dishes.
- **Blood Sugar Regulating Foods and Spices:** Spices include cinnamon, cardamom and nutmeg. Include these daily if blood sugar regulation is an issue for you. For more information about blood sugar regulating foods and natural insulin balancing, visit <http://www.B4BeGoneSystem.com>
- **Rainbow of Vegetables:** To ensure that you get a wide variety of nutrients daily, consume the rainbow.

Eat a large bowl of brightly colored mixed vegetables that may include mixed baby greens, romaine, leaf lettuce, or spinach along with your favorite combinations - snap peas, snow peas, grated carrots, radishes, daikon and beets, sprouts, red bell peppers, zucchini, green beans wild greens fresh picked from your lawn, and any others you choose.



The vegetables can be raw or lightly steamed if you prefer. You can add lemon juice, herbs, spices, and a sprinkling of ground nuts or seeds. Dress with a simple salad dressing from blended vegetables, herbs and nuts, seeds or avocado.

- **Fresh Fruit:** To get a wide array of vitamins and antioxidants, eat a large fruit salad filled with rainbow colored fruits.

Add chopped celery and romaine lettuce to slow down the sugar absorption. To further slow the sugar absorption and make the fruits fill you for longer, you can also add grated seeds or nuts or a sauce.

Sauces can be made with a combination of blended fruits, greens, soaked dates, avocado, coconut, nuts and seeds (if your digestion is comfortable with the combination of fruits and nuts).

Sprinkle with raisins or goji berries for variety if you'd like.

See **Power Breakfast Ideas** at <http://www.PowerBreakfastIdeas.com> for recipes.

- **Essential Fatty Acid Rich Foods:** Each day, be sure to choose at least one of the essential acid rich foods: flax seeds, pumpkin seeds, hemp seeds, and/or chia seeds. Other good sources are purslane (½ cup) and brown varieties of blue green algae (1-2 tablespoons).



- **Probiotic and Prebiotic Containing Foods:** Daily servings of any of the following are important for maintaining proper ecology of the intestinal track.
 - Fresh raw cultured vegetables or sauerkraut – 1/2 cup
 - Miso – 1 tablespoon – added to soups (at the end, do not cook) or to salad dressings
 - Homemade seed yogurt
 - Coconut kefir
 - Rejuvelac – fermented beverage made from sprouted grain
 - Jerusalem artichokes and chicory grated into salads (this is a prebiotic and helps feed your hungry good gut flora)

On days when it's not feasible to eat probiotic foods, capsules or powdered probiotics from a reputable source can be used instead. These must be kept refrigerated. A minimum of 7 billion organisms per day is recommended for maintenance. Up to 30 billion organisms a day, or even more, may be necessary, as indicated by health history and medications.

Optional Extras

If you're underweight or very active and need additional calories, or still hungry after you've consumed all the foods listed above, choose from the list below.

- **Fat Rich Foods:** The amount of these foods needed will vary depending on your weight, activity level, and health status. These include raw nuts and seeds, avocado, coconut and olives. Whole foods are preferred over oils, but small amounts of olive and coconut oil are fine, unless excess weight is an issue or you are at high risk for cardiovascular disease. These foods can be added to salads, soups, smoothies or dehydrated crackers. With the exception of olive and coconut oils, these foods should always be eaten in their raw, unheated state.

Recommended daily quantity: 1-4 tablespoons of nuts or seeds, or 1/2 to 1 avocado.

- **Root Vegetables, Squashes, and Tubers:** These include sweet potatoes, winter squash, white and yellow potatoes, rutabagas and turnips. They are filling and provide extra calories for those who are underweight or very active. They can be eaten when you've eaten all the foods recommended in the previous section and you're still hungry.
- **Legumes:** Consume legumes sprouted raw or sprouted then cooked in water with vegetables added. The best choices include lentils, peas, garbanzos, mung and adzuki beans. Avoid peanuts and minimize processed soy products. Legumes are optional, but they are nice additions a few times a week if you feel the need for denser foods but don't want to eat a lot of fat.

Recommended quantity: a cup or two a few times a week.

- **Gluten-Free Grains:** These are good choices for underweight people and those with high caloric needs who don't do well with larger quantities of fat or fruit for calories. These can be eaten sprouted (preferred) or cooked in water. Best choices are quinoa, millet, buckwheat, amaranth and teff. For optimal health, avoid grains containing gluten such as wheat, barley, rye, spelt and kamut.

Recommended quantity: a cup or two a few times a week.

Daily Diet Checklist

☒	Food	Quantity
	Water	Drink 1/2 your body weight in fluid ounces or more, depending on your activity level, degree of toxicity, and amount of high water content foods you consume.
	Green Smoothie	Drink at least 1 quart a day, preferably 64 ounces.
	Dark Green Leafy Vegetables	Ideally, eat 2 pounds a day. At the minimum, eat 3-4 cups per day. At least half should be uncooked for maximum benefit.
	Cruciferous Vegetables	Ideal: 3-4 cups daily. Minimum: 1-2 cups
	Sea Vegetables	1-2 teaspoons per day or 1-2 ounces a week
	Rainbow Vegetable Salad	1 large bowl of brightly colored mixed greens, oranges, reds, yellows. Use lots of green leafy vegetables like romaine, salad mix, other lettuces or spinach, along with sprouts - whatever is in season. Top with colorful vegetables, which can be lightly steamed or raw.
	Beta Carotene and Vitamin C Rich Vegetables	Carrots, red, orange and yellow bell peppers, squashes and tomatoes: 1-2 cups
	Sulfur-Rich Foods	Garlic, onions and daikon radish: 1-2 servings
	Sprouts	Sunflower greens, alfalfa, broccoli, fenugreek, clover and mung bean sprouts: 1 cup per day
	Anti-inflammatory & Immune Boosts	Ginger, turmeric, basil, oregano, thyme, rosemary, cilantro: a handful a day or more

Daily Diet Checklist

☒	Food	Quantity
	Blood Sugar Regulators	Cinnamon, cardamom and nutmeg: 1/4 – 1 teaspoon
	Fresh Fruit	Large bowl of rainbow colored fruits or several whole fruits. Eat with greens to balance blood sugar.
	Essential Fatty Acid Rich Foods	Flax, hemp, chia or pumpkin seeds or walnuts: 3-6 tablespoons Blue Green Algae: 1-2 tablespoons Purslane: 1-2 cups
	Probiotic and Prebiotic Containing Foods	Sauerkraut, kim chee: 1/2 cup Miso: 2-3 tablespoons Seed yogurt, coconut kefir or rejuvalec: 1-2 cups Supplement with a minimum of 7 billion organisms per day. Prebiotic foods like Jerusalem artichoke and chicory can be helpful too.
Optional Extras to Meet Additional Calorie Needs		
	Healthy Fat Rich Foods	Raw nuts and seeds, avocado, coconut and olives: 1-4 tablespoons
	Root Vegetables, Squashes, and Tubers	Finely grated in salads or steamed - sweet potatoes, winter squash, pumpkin, rutabaga, turnips.
	Legumes	Sprouted raw or sprouted and cooked in water with vegetables added: 1-2 cups Lentils, mung beans, adzuki beans are most digestible and alkaline.
	Gluten-Free Grains	Sprouted or cooked - quinoa, millet, buckwheat, amaranth and teff: 1-2 cups

Daily Activities Checklist

☒	Daily Activities
	Appreciation: Find 3 things to appreciate before you get out of bed.
	Set Your intentions for the Day: Ask yourself these questions before you get up: How do I intend to show up in the world today? What do I intend to accomplish? What will I do today to uplift others?
	Go Outside for 5 minutes: Look in the direction of the sun, even if it's not quite light yet. This helps reset the circadian rhythm and is helpful for balancing your adrenals.
	Cleansing Drink: Start your day with a light cleansing drink to get your digestive tract working. 8-16 ounces of warm or room temperature water, ideally with a squeeze or more of lemon juice.
	Green Smoothie: Drink 32 ounces or more each day.
	Sunshine: Get 20 minutes per day or more, as weather allows, exposing as much of your body as weather and decency permits!
	Fresh Air: Go outside for at least 10 minutes a day whenever possible.
	Fresh Air in Your Home: Open your windows for at least 10 minutes a day. This allows the out-gassing from man-made materials and electronics to escape and decreases the risks of toxicity build-up.
	Fun: Schedule at least 5 minutes a day for a fun activity.
	Relaxation Breaks: Schedule at least 5 minutes every few hours to just step away from what you are doing and focus on your breathing and visualize you in your ideal body and environment. Deep abdominal breathing is important for optimal detoxification and hormone balance.
	Enjoyable Movement (Exercise): Make time each day for either a formal exercise program (i.e running, walking, weights, yoga) or informal – put on some music and dance, play tag with your kids, or anything else you find enjoyable that moves your body.
	Omega 3 Fats: Include servings each day of chia seeds, hemp seeds, flax seeds, pumpkin seeds, walnuts, blue green algae, and/or wild greens.
	Herbs, Super-foods and Supplements: Use as determined for your unique needs.

Daily Activities Checklist

☒	Daily Activities
	Digestion Support: Do some deep abdominal breathing before beginning meals, chew thoroughly, eat slowly, use probiotic foods or supplements and add digestive enzymes to hard to digest meals.
	Balance Nutrient Intake: Refer to “ <i>Daily Diet Checklist</i> ” for suggestions of what to include to cover your bases for nutrient needs.
	Clear Your Mind for Sleep: If you have a lot to do the next day and tend to stay awake thinking about it, keep a pad by the side of your bed and jot down a list of the things on your mind. This will allow you to let go and go to sleep more easily.
	Appreciation: End your day with appreciation - review your day and find at least 3 things that you can appreciate. Even the most challenging days have them. Looking for them shifts you into positive energy that leads to restorative and regenerative sleep.

Dealing with Hunger

Right now, I feel hungry as I write this. I want to make another smoothie or chew on something crunchy. The feeling is a little uncomfortable, but not unbearable, and hardly suffering. I am committed to feeling good and following through.

Hunger is just another sensation. When you see others eating foods that you would enjoy eating, but you CHOOSE not to because you're committed to your health and all the benefits the GREEN Cleanse and a green lifestyle will lead you to, you're making an empowered decision.

It's your interpretation of the situation that makes you suffer, not the situation itself.

You can choose to **regard the hunger as a reminder that you're giving your system a rest this week**, rather than depriving it of pleasure. You can even view the slight hunger discomfort as pleasurable, in that **it reminds you of the good you're doing for your body.**

Keep in mind that the hormone ghrelin that stimulates hunger when your stomach is empty also stimulates growth hormone, which helps you to **burn fat and increase lean muscle mass.**

You don't need the flour, sugar, fat and other harmful ingredients in the foods you crave. When you believe that you do, it's your *addiction* to those foods and the temporary numbing of pain that they create that drives you to abandon your health quest and succumb to temptation.

Whether you're hungry, missing chewing already or just plain missing your favorite comfort foods, rest assured, this is all normal and natural!

It's just a matter of learning to feel the discomfort then connecting to your goal.

Connect to the "real" discomfort in your life that caused you to jump in and join this cleanse in the first place.

- Is it excess body weight?
- Aches and pains?
- Fatigue?
- Is it the experience of or the risk of a serious illness?

The discomfort of a bit of hunger or longing for your favorite foods is brief in comparison to the suffering from chronic health conditions and the physical and emotional pain of carrying around excess weight.

So, when the uncomfortable feelings come up, take a deep breath, focus on your goal and do something enjoyable, even if only for a moment.

The Cure for Discomfort is Delight

Your most helpful aids are the quick and easy things you can do to give yourself an instant joy fix. This can be looking at a picture, listening to favorite music, walking outside...or anything that gives you a positive feeling.

Take time to congratulate yourself on every bit of extra greens that goes down the hatch. It's a big accomplishment.

Before you go to bed, look back over the day and find things to appreciate. I usually like to pick 3 and really sink deep into the delicious feeling of appreciation for the many gifts I have. This ritual has deep healing impact.

Dealing with Uncomfortable Detox Symptoms

I once read a quote, "Pain is inevitable, and suffering is an option". Being a little hungry, eating differently from others around you, headaches and other bodily symptoms can all be painful, but they need not induce suffering. Pain is an actual stimulus to the nervous system. Suffering is our interpretation of the stimulus. Does that make sense? We don't choose pain; it is a biological response. We do choose suffering.

Eating heavier, harder to digest foods would certainly take away some of the uncomfortable cleansing reactions and uncomfortable emotions because your body's energy would be turned back towards digestion. It's similar to the way that drinking coffee helps with caffeine withdrawal headaches.

A large percentage of your daily energy expenditure is spent digesting food. When you decrease the load on your digestive tract and under consume calories, your liver has a field day, releasing toxins from the fat and cleaning house. Thus, the uncomfortable symptoms like light-headedness, nausea, headaches, digestive churning and tiredness can result.

Not everyone reacts the same way to a detox.

I remember reading that when your diet is cleaner than your body is, you're naturally going to get rid of some toxins. This explains why those of us who regularly eat and drink similarly to what we're doing this week sail through the cleanse with little more than extra hunger pangs, and why others may have **headaches, skin eruptions, nausea, lack of appetite, disturbed digestion and other discomforts.**

During the cleanse, you may notice an improvement in yeast related symptoms, since you're eliminating fat and thus improving the metabolism of sugar.

Sometimes though, these symptoms get worse before they get better.

As the yeasts are killed off, they release the toxins from their cell walls. These can be reabsorbed in the colon and circulated through the blood stream. **The importance of regular bowel movements cannot be stressed enough.**

Some people report experiencing some headaches during the first days of the cleanse. The headaches are not unusual. They are similar to the headaches experienced during caffeine withdrawal. They're unlikely to last more than a few days.

The best response to detox symptoms is to **rest, drink lots of extra water, and get some aerobic exercise to help you to get rid of the toxins through sweat and urine.** Enemas and hot Epsom salt baths can be soothing as well.

It's very important to drink lots of water if you experience any of these cleansing reactions. Water helps dilute the toxins and helps the kidneys excrete them more efficiently.

If you're not currently exercising, start it now. If you are, increase whatever you have been doing by 5-10 minutes. This will help you to release toxins through sweat.

Other helpful practices to enhance your detox are skin brushing, tongue scraping, relaxing in a sauna or steam room and jumping on a rebounder. If you're not familiar with any of these practices, do an internet search. There are lots of good resources and explanations.

Refer to the *"Withdrawal Busting Strategies"* article for a full list of ideas to help you cope.

Changes in Your Bowel

During the cleanse, you may notice some changes in bowel habits. Some people find that they have more bowel movements than usual. Others find that after a few days that their bowels start to slow down. If you're not having at least 1, preferably 2-3 bowel movements each day, you're just not pooping enough.

I know that there are more scientific words for our eliminations, but I've gotten into the habit of calling it "poop". Maybe it's because I'm the mom of 2 boys, and boys tend to be fascinated with poop.

For details about elimination -- how it works, why it's important and how to optimize yours, especially during the cleanse -- please refer to the article in this guide or on the members website called *“Moving Toxins Out: Elimination Bootcamp for Your Bowels”*.

Elimination is a very essential part of cleansing, so it's important you understand what you can do to optimize the health of your bowels.

Digestion Enhancing Eating Strategies

It's common that before you eat, your attention may be more focused on taste than digestion; however, with a few simple tips and an intention to appreciate your food, you can maximize the absorption of the vitamins and minerals available in your cleanse-friendly meals. The more your body can *easily* digest your food, the more nutrition, detoxification, and healing potential you'll enjoy.

Turn off the TV and news radio.

Put on your favorite soothing music if you'd like to make it a really special experience.

Create a relaxing environment for mealtime.

It's ideal to set your plate on a table in the kitchen or dining room or in a beautiful place outdoors. Since that may not be practical during the work week, do your best to create a relaxing environment, even if you're at your desk. Consider bringing something of beauty into your workspace to enhance your dining experience. I have a shelf on top of my desk hutch that contains trinkets that I find soothing to look at. I have a few hanging trinkets that remind me of my "mini-vacation" place, the beach.

Breathe and appreciate.

Before you dig into the food on your plate, take a long, slow, deep breath and let it out slowly and completely. Look at the food on your plate and really appreciate the magic that lies within. The beautiful array of colors and textures will enter your body and become part of you. Allow the experience in with reverence and awe. Eat slowly, and chew each bite completely, allowing the flavors to burst on your tongue and nourish your taste buds as well as the rest of you.

Stop eating when you feel comfortably full, even if your plate is not empty.

If your plate is empty and you're still hungry, have a second helping of salad or vegetables.

Falling Off the Wagon

It happens. The little voice inside your head urges you to reach for something, for immediate gratification, without a thought as to longer range consequences.

Are you one of the many who feel better when you are eating well and taking care of yourself, yet frustrated by how frequently you get into self-sabotage behaviors?

I'm here to tell you that most, if not all, of us have experienced the self-sabotage at some point in our lives. Many of us still battle with it, even when we seem to have it all together.

My Personal Story

I'd like to share a personal story with you. I used to be an addictive eater. Ice cream, cookies, candy, chips, and other junk foods were all part of my addiction. Even after I changed my eating habits, the addictions remained. Instead of ice cream, I'd compulsively eat dates with almond butter.

Eating for the pleasure of eating even when you are full is a sign of addictive eating. What changed it for me was developing self-respect and really loving how I felt when I ate only good foods and stopped when I was full. What also helped was really thinking about what feeling state I was hoping to secure by over-eating and finding other activities that would result in the desired feeling.

There is nothing that feels better than being in a body that has unlimited potential. To be able to move about painlessly, to be able to do marathons and triathlons in my 50's, to be able to stay up as late as I need to finish work without the use of stimulants...all of these feel GREAT.

Yet, I still have an addiction. What is it? I am addicted to feeling good and getting a lot done. I'm addicted to being awake!

What happens when I get out of balance is that I don't trust my body's signal that says, "I am tired, it's time to sleep." Trusting the messages from your body and respecting

yourself enough to make the decision in the moment that is BEST for you is the challenge and the ultimate joy at the same time.

Temporary Discomfort Brings Rewards

As you go through this cleanse, you will undoubtedly be feeling drawn to foods that are not serving you. Comfort foods are what they are often called. Seriously, they are really far from comfort foods. They should be referred to as "discomfort foods". Sure, they provide emotional relief in the moment...temporary sensual pleasure and distraction from uncomfortable emotions.

But the truth is, as soon as the food leaves your mouth and enters your stomach, the pleasure is gone and the uncomfortable feelings are still there. What follows is the physical discomfort from eating foods that are incompatible with health.

Maybe it manifests in achiness, brain fog and exhaustion for you. Or perhaps it's a stuffy nose, swollen ankles or bloated tummy. Maybe you don't immediately feel ill effects, but the silent internal destruction continues nonetheless. If you fall into this category, you are, in my opinion, more unfortunate than those who experience discomfort because it takes longer for you to make the connection between destructive eating habits and discomfort.

So what can you do with all of this? At the beginning, it usually takes white-knuckling through the discomfort of resisting temptation so you can be rewarded by the physical well-being that will follow. Do some self-exploration and determine what feeling you are hoping to achieve by eating the foods you know are not going to serve you.

What is it You REALLY Desire?

Is it pleasure you are looking for? Make a list of pleasurable things you can easily do and refer to the list at those hard times.

Are you lonely? Call a friend.

Are you bored? Find something interesting to engage your mind and body. Go for a walk, do a crossword puzzle, read, take a bath...the options are limitless.

I know that you've probably experienced more pain in your life than the pain of resisting a food temptation. You may have experienced childbirth, completed a marathon or triathlon, or done a long distance bicycling event. Maybe you have broken a bone, been injured in a car accident, recovered from surgery, dealt with abusive parents, suffered through a divorce, or had challenges with children.

If you've made it through these challenges and pains, you can make it through your food cravings. Trust that you are strong and wise and let the wise person inside guide you. Take a deep breath, and know that you are worth it.

You're amazing for making the decision to do this cleanse. While it may be difficult at times, at times you will be flying high. And in the end, it will be worth it.

Choose GREEN!

This is a GREEN cleanse. If you can make it through the cleanse week on just green smoothies that would be great. But remember, whole fresh fruits and vegetables are perfectly fine to eat, especially when the cravings hit and just drinking is not working. You can eat whole raw fruits and vegetables whenever you feel like you need a little extra, but in general target for drinking green smoothies most of the time.

If you're starting to feel a little deprived, remember that all the foods that you love will still be available afterwards! You can celebrate the end of the cleanse with an avocado! If you just can't resist the avocado, and eating the avocado or adding it to the smoothie will make it more palatable and stave off the craving for unhealthy foods, then do it. Try to use only a half avocado at a time if you go that route and no more than 1/2 - 1 in any given day.

If you have a strong desire to chew, you can chew your smoothie or chew on some cucumber, celery, or romaine lettuce hearts. They have a satisfying crunch.

If you're doing the Light Cleanse, I recommend that you eat only whole, unrefined foods and avoid dairy and gluten (wheat and some other grains.) This will be very beneficial to the success of your cleanse. Both of these are very mucous forming. They are also very addictive and have been linked to many health problems.

The Standard and Deep cleanses are dairy-free and wheat-free by definition. All grains slow your cleanse, and gluten may sabotage it. If you are really tempted and need something other than raw foods and smoothies to help you survive, try making a quick hot soup with lightly cooked vegetables. Quinoa is about the only grain that I would recommend if you are desperate for grain.

If you are having trouble with caffeine withdrawal, ask for suggestions from other members of the GREEN Cleanse Private Facebook group.

If You Fall Off the Wagon

So what about "falling off the wagon"? What should you do if you cave in to a temptation and eat outside the guidelines during the cleanse week?

Just move forward! Adopt an attitude of ease and positive expectations. It doesn't serve you to hit yourself over the head with guilt or disappointment.

Remember, I encourage you to cleanse periodically... know that you're going to try this process more than once and you don't have to get it perfectly the first time. You just need to get more greens into your body and lighten the workload for your digestion. At the least, just keep ADDING nutrition and foods that are good for you.

Let the perfectionists ride the wagons while you fly forward on your own green steam!

Foods That Enhance Detoxification

These foods have a favorable effect on detoxification. Many of them enhance Phase II Liver Detox Pathways, which not only improves the removal of toxins, it decreases the uncomfortable cleansing reactions that many people experience during detoxification.

Put a check mark beside those foods that you already eat regularly.

✓	Foods and Herbs that Support Detoxification and Elimination of Toxins
	Apples – contains D-glucarate, has been shown to support the phase II glucuronidation pathway
	Artichokes – contains plant compounds known as caffeoylquinic acids, which increase the flow of bile (bile is necessary for carrying fat soluble toxins out through the colon)
	Avocado – contain a nutrient called “glutathione”, a potent antioxidant enzyme that is used by your liver in phase 2 detoxification reactions
	Basil – enhances phase II detoxification pathways, increases glutathione activity and aids in elimination of xenobiotics
	Beets – contain betaine, which promotes the regeneration of liver cells and the flow of bile
	Bitter Greens – greens like arugula, dandelion greens, mustard greens and chicory help increase the creation and flow of bile and aid in the removal of waste from your organs and blood
	Brassicas – Also known as Cruciferous Vegetables – They contain Indole-3-carbonol and di-indole-methane which has been shown to be a potent detoxification inducer. These are best eaten blended into soups and dressings, pressed or massaged and marinated, or very lightly steamed.
	• Broccoli
	• Broccoli Seeds – enhances phase 2 liver detoxification
	• Broccoli Sprouts – especially good for enhancing detoxification and as an ant-cancer food
	• Cabbage
	• Cauliflower
	• Daikon Radish
	• Kale
	• Mustard
	• Red Radish
	• Sprouts of any of the cruciferous vegetables
	• Turnip
	Burdock Root – enhances liver detoxification, is a traditional blood purifier, and enhances excretion of toxins as a diuretic (enhances kidney excretion) and diaphoretic (enhances excretion of toxins through the sweat).

✓	Foods and Herbs that Support Detoxification and Elimination of Toxins
	Caraway – induces phase 2 liver detoxification
	Cardamom – detoxes the body of caffeine, cleanses the kidneys and bladder, and stimulates digestion
	Cayenne – aids in elimination of toxins through perspiration
	Chlorella – enhances mobilization of heavy metals
	Cilantro – enhances mobilization of heavy metals
	Cinnamon – balances blood sugar, increases metabolic rate and fat burning
	Dandelion – stimulates the bile and liver, acts as a diuretic and stimulates the release of toxins via your urine.
	Dill – induces phase 2 liver detoxification
	Echinacea – stimulates the elimination of toxins by its effect on white blood cells
	Fennel – blood cleanser, liver anti-inflammatory
	Garlic – contains sulfur, which enhance the sulfation pathway in phase II liver detoxification
	Ginger – anti-inflammatory and protective against alcohol damage to the liver
	Grapefruit – contains D-glucarate, has been shown to support the phase II glucuronidation pathway
	Green Juices – blood purifier, mobilizes heavy metals, enhances liver detoxification
	Jerusalem artichoke – enhances phase II liver detoxification pathways
	Kelp – binds radioactive barium, strontium, cadmium and zinc in the gastrointestinal tract and aids in elimination by increasing fecal bulk
	Leafy Greens - abundant in chlorophyll which has the ability to suck up environmental toxins from your blood stream and neutralize heavy metals, chemicals and pesticides; also cleansing to your colon as they provide an abundance of fiber to “sweep” your digestive tract clean
	Milk Thistle – potent anti-oxidant specific for the liver; can be taken as an herbal tincture or eaten as seeds, ground and added to food
	Onion – contains sulfur, which enhance the sulfation pathway in phase II liver detoxification
	Oranges and Tangerines – contain limonene, a potent inducer of phase 2 liver detoxification
	Oregano – anti-inflammatory, anti-microbial, enhances liver detoxification pathways
	Peppermint – enhances digestion and elimination of toxins
	Rosemary – decreases liver congestion and inflammation
	Sea Vegetables – bind heavy metals and toxins for excretion
	Thyme – has been shown in studies to ameliorate the toxic effects of alcohol on the liver
	Turmeric – induces phase 2 liver detoxification, potent anti-oxidant, anti-inflammatory, anti-cancer
	Wheat Grass – blood purifier, mobilizes heavy metals, enhances liver detoxification

Fun is Fabulous for Your DNA!

Don't forget to have fun!

I heard a naturopath speak a while back about the effect of thoughts and feelings on our DNA.

He quoted some studies in which some DNA was placed in a test tube. A person held it and thought negative, angry thoughts. They looked at the DNA under a microscope afterward and saw mutations and cellular changes.

They took the same DNA and put it back into the test tube and had someone hold it and think loving, happy thoughts and when they looked at the DNA again, **it had repaired itself.**

The power of the mind and heart are so amazing. Put fun into your life and you will be repairing your damaged DNA!

Take some time for fun and laughter. Even if you **only have 5 minutes to spare**, be sure to do something fun!

Share your love and you will be helping to heal the planet.

Listen with Love to Your Body

It's normal to think about food, or even crave certain foods. Watch how you feel. Just **observe the feelings** and when you hear the voice in your head trying to talk you out of your good intentions, just listen and observe. It's okay to just listen and say "thanks," and continue with your plan.

Sometimes the voice gets persistent. It starts to tell you things like:

- *"I'll do this another time,"* or
- *"This is too hard..."*, or
- *"I'm really hungry!"*, or
- *"I don't think I'll last a whole week,"* or
- *"I'm too busy to do this!"*

Just listen.

Don't try to fight it.

Just listen and politely say, **"Thanks for the input. I have made my decision."** (You don't need to say it out loud...you can just think it if others are around!)

It's normal to have doubts and fears. It's normal to think that maybe this is not the right time. It is all your mind playing tricks on you. **It may be the addictions trying to take hold.** You are strong and you can do this!

Make sure you are consuming enough so that you are not genuinely hungry. Remember, this is not about starvation; it is about giving your digestion a rest and providing lots of easily absorbed nutrients.

The Magic of Your Mind to Hurt or Heal

Did you know that our bodies don't know the difference between living an experience **and re-living it**? That's good news but it can also be bad news.

How many times have you told the story, over and over again, about a bad experience that you had?

You know what I mean... the near miss on the freeway, the fight with your partner, the confrontation with your boss... **Whenever you retell it, your nervous and hormonal systems shoot out *the same chemicals* that they did when you first experienced it.**

On the other hand, think about how you feel when you have a positive experience. I am sure you've had them... holding your newborn baby for the first time, gazing into a lover's eyes, basking on a sun drenched beach, floating in warm water... I get *giddy* just thinking about it.

And **that's the point.**

You can evoke the same emotions by bringing them back into conscious memory and really feeling the feelings again. At first, you may have to talk yourself through the experience, look at pictures or use a symbol that reminds you. As you practice, you'll be able to go right into the experience and feel the tingling and pleasure envelop your body.

Getting into this state is the secret to happiness, mental clarity, and staying on purpose.

There's an entire process built around this knowledge called HeartMath™ (I'm a certified HeartMath coach). For more information about the process and the incredible benefits it can have, visit:

<http://www.HeartMath.com> or
<http://www.HeartMath.org>

Perfection Versus Progress

Maybe a few times you strayed from the plan you intended to be on. It happens. I have been on the Deep Cleanse and, just out of habit, I sometimes find myself munching on my fruit as I make my smoothie. No matter how much you strayed from the "ideal" plan, what matters is sticking with it.

Chances are that whatever plan you follow, it's a vast improvement over what you ate before starting this process. Perhaps your diet this week has been the best it has ever been!

We are going for progress not perfection. Besides, I hear perfection is over-rated. Anyone there yet who wants to report back?

Setting and Reinforcing Positive Intentions

If it's important to you to strive towards your own personal improvement, set some intentions each day. It is best done before you get out of bed, or soon thereafter. State your intentions in positive language and **as if you are already there**. Be in the good-feeling place of already achieving these intentions. Here are some examples:

- I am true and honest in all my interactions today.
- I choose the foods that completely nourish me at the time.
- I look for the positive intent in all people with whom I interact.
- I choose joy over all other emotions.
- I deeply care about the well-being of others and take care of myself at the same time.
- I treat others with respect.

Here are a few more examples of the intentions you can set as you create your day before it starts.

- I choose health.
- I choose joy.
- I choose peace.
- I choose love.
- I choose to have the power to make a choice.

Snack Attack Strategy

You're thinking about food. You're imagining something you know you shouldn't eat, but the craving is strong. You don't want to give in to it, but you also remember how important it is to stick to the detox plan!

This is why I created the snack attack strategy that you're about to learn:

Step 1: Tune into the sensation.

Where is it coming from? Does it start in your stomach? Your throat? Your brain? Is it a physical sensation or emotional?

Step 2: Differentiate hunger from thirst.

If you've determined that what you're experiencing is a physical sensation, it's time to differentiate hunger from thirst. The best way to do that is to take one or two 16 ounce glasses of water and drink them. You can add essential oils, flavor extracts or lemon juice to flavor your water. Drink a big glass of water and wait 30 minutes.

Step 3: Satisfy your hunger.

If you're still feeling hungry and the sensation is now stronger, you're really hungry and here are the steps you can take to satisfy your body's need for fuel without stressing your blood sugar handling mechanisms and adding inches to your waistline.

Below is a list of foods you can eat to hold you off until your next meal. They are listed **in order from most to least favorable for the benefit of a cleanse.**

Often the hunger stems from low nutrition, so the top three items on the list are extremely nutrient dense.

Snack Attack Approved Foods, in order of preference:

- A green smoothie or blended green soup
- *Green Water* made by blending green leafy vegetables (small handful) with a quart of water.
- Green juice without any fruit (the allowed exceptions are lemon or lime).
- *Chia Energy Drink* (or adding a small amount of *Chia Gel* to any of the smoothie/soup recipes)
- Water with 1 tablespoon green powder (plain or flavored with any combination of your choice of herbs, spices, flavor extracts, essential oils, and stevia)
- Water with 1 tablespoon green powder and 1 serving protein powder
- Vegetable sticks
- Vegetable sticks with a cleanse-friendly raw food dip (dairy-free, gluten-free, whole food – select recipes from the ***GREEN Cleanse Recipe Collection***)
- An ounce of raw seeds (i.e. pumpkin, sunflower)

Taste Balancing Tips

You always have the options of adapting or creating your own recipes based on the guidelines you'll find in this program. To assist you with your creations, follow the taste balancing tips below.

The 5 Primary Tastes:

There are 5 primary tastes that our tongues perceive:

- Sweet
- Salty
- Sour
- Bitter
- Pungent

Although there are thousands of different tastes that we perceive in fresh, whole foods, when we balance the five major ones, the food is so delicious that everyone says, "Wow!"

If a food contains a balance of all 5 tastes, it is pleasing to the tongue. If it does not, the food is generally perceived as "okay", good, or pleasant, but not as *amazing* as when the tastes are balanced. I have been using this strategy in creating and modifying recipes with great success. When you learn to balance the five tastes, you will make delicious food.

A Balance of Tastes and Emotions:

While you are learning to balance the five tastes, you can refer to a list of foods for each of the five taste groups. The chart that follows lists some of the major foods in each category. When we take into consideration the Chinese medicine associations of each flavor with emotions, we realize that balancing the tastes in a food brings us pleasure not only from a pure sensory perspective, but also from an emotional one as well.

When we feed our physical, emotional, and spiritual bodies with comforting food, we achieve balance that transcends the taste buds alone.

Example of Taste Balancing:

The best way to demonstrate how to use the taste balancing principles is to present a real life example. My example is based on an experience I had one afternoon when I decided to make myself a green smoothie.

I had read that mango and kale made a good smoothie, so I put two mangoes and a whole bunch of kale in the blender and turned it on. The thick green concoction wasn't bad, but it tasted to me to be too bitter and too sweet at the same time.

It was definitely palatable, and I could have easily consumed it, but I decided instead to experiment with the 5 tastes. I added half a bag of frozen strawberries to tone down the sweetness of the mangoes. It was better, but not quite there.

I then added the rest of the bag, and a 1/4 cup of fresh squeezed lime juice for a bit of sour. It was starting to taste even better. Now I had sweet from the mangoes and strawberries, bitter from the kale, sour from the lime, and a little bit more sour from the strawberries.

Next, I needed to balance for saltiness. I added two stalks of celery to the blender and tasted again. It was getting there, but needed a bit more salt. I added another stalk of celery, making three stalks in all.

The last taste to balance was pungent, also known as spicy. I sliced a 1 1/2 inch diameter piece of ginger about 1/8 inch thick and added it, along with about 1 teaspoon of dried mint.

It was delicious! I named the final recipe ***Green Mango Delight***.

The Taste Balancing Guide:

I recommend that you experiment in your own kitchen with these principles. Whenever you are trying to perfect a dish, ask yourself the following questions:

1. Is it sweet enough?
2. Is it salty enough?
3. Is it sour enough?
4. Is it bitter enough?
5. Is it spicy (flavorful, pungent) enough?

For each question that evokes a negative response, reflect upon what ingredient can be added that is consistent with the theme of the recipe that can provide the missing flavor. Consult the chart below. With practice, you will be making foods that cause everyone who tries it to exclaim, "Wow"!

Taste Balancing Flavor Chart

Sweet	Salty	Sour	Bitter	Pungent
Fresh, frozen, or dried fruit	Celtic sea salt	Lemon	Green leafy vegetables	Ginger
Red bell pepper	Olives	Lime	Green herbs	Mint
Carrots	Miso	Grapefruit	Cacao	All hot spices: cayenne, etc.
Tomatoes	Sea veggies, especially dulse	Apple cider vinegar		Indian spices: cumin, turmeric, coriander
Concentrated sweeteners: agave, yacon, stevia	Celery	Orange		Fresh or dried herbs
Beets	Sauerkraut			Jalapeno peppers
Sweet spices: cinnamon, cardamom				
Coconut water				

Withdrawal Busting Strategies

Once you begin phasing out the foods to avoid, you may start to experience symptoms of withdrawal. This is normal and should be temporary. If your symptoms are interfering with your day, use any of the strategies below to improve your well-being:

- **Increase your water intake.** Water tends to dilute the toxins and carry them out of your body better; an extra quart to 2 quarts per day could be very helpful. Add essential oils like mint, grapefruit, fennel, and lemon to enhance detoxification.
- **Do an enema.** While this might not seem like the most appealing thing to do, people to whom I've recommended this strategy have enjoyed relief from toxic headaches within 19 minutes. Toxins sitting in the lower bowel recirculate, so "better out than in".
- **Try dry skin brushing** using a natural bristle brush over your entire body right before showering. It unclogs your pores and allows for better toxin release.
- **Enjoy time in a sauna** (sweating will help move toxins out).
- **Increase your physical activity** (sweating will help move toxins out).
- **Increase your sleep time** and go to bed earlier as the deepest cleansing happens during the first few hours of sleep.
- **Try taking chlorella tablets** to reduce cravings for carbohydrates.
- **Take deep breaths** before meals and when you're feeling symptoms.
- **Focus your thoughts** on your goals and appreciation.
- **Practice stress transformation strategies.**

About Dr. Ritamarie Loscalzo



Dr. Ritamarie Loscalzo is a leading authority on Nutrition and Health. She's an author, speaker and health practitioner with over 2 decades of experience with empowering health through education, inspiration, and loving care. She's a doctor of chiropractic with certification in acupuncture, a certified clinical nutritionist, a Diplomat of the American Clinical Board of Nutrition, and a medical herbalist.

Dr. Ritamarie's passion for creating delicious foods that support optimum health led her to develop recipes that not only taste great, they energize and heal as well. She's been teaching the power of raw and living foods for over 2 decades and she lives the vibrant life that eating this was creates.

Because most people bite off more than they can chew when they embark on a new health regimen, Dr. Ritamarie focuses on simple, effective ways to change your diet to achieve optimal good health. She dishes out simple steps with a dash of fun to motivate you to achieve your health goals.

As the mom of 2 energetic boys, raised on whole plant based foods, she has developed routines and recipes that kids of all ages love.

Dr. Ritamarie resides in Austin, Texas with her husband and sons. She can be reached at www.DrRitamarie.com.

For a free packet of recipes and information on creating optimum health through good nutrition, visit www.JumpstartYourEnergy.com.