



7-DAY
SOUP
RESET

Welcome to



7-DAY

soup
RESET

We've all heard of juice cleanses, but are they the best thing for us in the winter time?

Do they provide fat or protein to those of us who are hormonally challenged yet still need to cleanse in order to heal?

The answer to both of those questions is no.

That's why we've created a systematic 7-Day Soup Reset that works to oust unwanted bacteria, viruses, heavy metals, yeast and fungus.

It also removes accumulated inflammation, cleanses the bowels, and reboots the immune system while supporting the liver and gallbladder as well as the thyroid, pituitary and adrenal glands.

This is not only a 7-Day reset - it's targeted toward lasting healing and nourishing you can FEEL.

What makes our soup cleanse so special?

Our founder and cleanse creator, Christa Orecchio, has 13+ years of experience teaching others how to use food as their medicine to detoxify while flooding their bodies with nutrition at the same time.

She and her team of nutritionists and chefs, have poured hundreds of clinical research hours into developing this cleanse so you can feel amazing in just one week.

Every ingredient has a purpose. Every recipe, a reason behind it. Every soup, a way to revitalize your organ health.

So come on this 7-day soup journey with us to reset your body, soothe your nervous system, eliminate toxins, increase your energy and boost your brain power.

LET'S DO THIS!

The Whole Journey Team

Cleanse Prep Checklist

10 things you can do now to prep for a 7-day cleanse

- Reschedule your happy hours
(or plan to drink lime and soda water)
- Cut your current alcohol consumption in half
- Avoid gluten and refined flours as much as you can
- Drink 16 oz. of warm lemon water upon waking up
- Cut your current caffeine intake in half
(or keep to one cup daily)
- Add 1 extra serving of cooked green veggies daily
- Eliminate fried foods
- Decrease your sugar intake
- Eat breakfast that contains protein and fat
within 1 hour of waking up
- Tell your friends and family so they can support
you and cleanse with you!

How To Customize Your Soup Reset

We recommend you choose six soups that sound the best and start each day with 16 oz of Bieler's broth to support your pituitary, thyroid and adrenal glands.

Make a double batch (depending on how many in your household are doing the cleanse) of three different soups of your choice the day before the cleanse + Bieler's broth. Rotate soups for breakfast, lunch, and dinner.

Mid-week, make another three soups + Bieler's broth. Choose three different soups to vary your nutrient profile and the food as medicine cleansing potential.

If you have the time and inclination, it would be wonderful to be able to make all nine soups and vary those throughout the week. You could have a soup cooking weekend before you begin and freeze half of what you make for the second half of the week to lock in the enzymes.

Feel free to substitute any ingredients you don't like or have allergens to for any ingredients within the other recipes.

Sample Meal Schedule

Use this as a guide, you do not have to follow this exactly (aside from the Morning Routine).
Use which recipes and times that work best for you.

Morning Routine - Everyday Upon Waking

16 oz of warm water with the juice of 1/2 a fresh lemon OR 1 teaspoon apple cider vinegar
16 oz of Bieler's Broth

Sample Day 1

7am Morning Routine
8am Breakfast: 16 oz Coconut Macadamia Porridge
11am Snack: 16 oz Chicken Broth (add 1 teaspoon ghee if using the homemade recipe) + 1 cup Organic Berries
1pm Lunch: 16 oz Warming Carrot Ginger Soup
4pm Snack: Avo Tortilla
6pm Dinner: 16 oz Miso Mushroom Soup (option to add 4-6 oz wild fish topped w/ cleansing pesto)
8pm 16 oz Golden Milk

Sample Day 2

7am Morning Routine
8am Breakfast: 16 oz Butternut Squash Soup
11am Snack: Cleansing Pesto w/ lightly steamed veggies
1pm Lunch: 16 oz Delicious Green Cleanser Soup
4pm Snack: Dried Apples + 16 oz Lemon Broth
6pm Dinner: 16 oz Coconut Beet Soup (option to add 4-6 oz wildfish)
8pm 16 oz Golden Milk

Sample Day 3

7am Morning Routine
8am Breakfast: 16 oz Simple Thai Coconut Soup
11am Snack: Almond Butter & Apple
1pm Lunch: 16 oz Creamy Broccoli & Cauliflower Soup
4pm Snack: 16 oz Veggie Broth (add 1 teaspoon ghee if using the homemade recipe) + 1 cup Organic Berries
6pm Dinner: 16 oz Celery, Arugula, & Lemon (option to add 4-6 oz wildfish)
8pm 16 oz Golden Milk



Organic Herbal Tea list

You can have all of these teas during this cleanse to help advance the detox

- Dandelion Teecino (to replace coffee)
- Dandelion
- Pau D'arco
- Ginger
- White tea if you need some caffeine
- Rooibos tea

CLEANSE SIDE NOTES:

- Be sure you are drinking 6-8 glasses of water daily.
- Add 2 Tbsp. Cleansing Cilantro Pesto Dip (recipe in the snacks section) with lightly Steamed Veggies as one snack daily. (Suggested Veggies: Red and Yellow Bell Peppers, Asparagus, Zucchini, Carrots)
- Add toppings to your soups like chives, pumpkin seeds and fresh herbs



BROTH RECIPES

NOTE:

All broth should be served hot, heated on the stovetop.
Try not to microwave. Any store bought base should not
have sugar in it.

Bieler's Broth

PREP AND COOKING TIME: 20 MINS

MAKES: 4 SERVINGS

- 3 medium zucchini, chopped
- 4 stalks of celery, chopped
- 1 pound string beans, cleaned and chopped
- 1 bunch parsley, chopped with stems removed
- 4 cups water (or broth)

Optional: Up to 1/4 cup each of nettle leaf and dandelion greens (I find these helpful for allergies)

Optional: 1-2 cloves garlic

Optional: Add a squeeze of lime

Place water, celery, zucchini and string beans in a large pan and bring to a boil.

Boil for about 10 minutes or until all vegetables are bright green and tender.

Remove from heat and add parsley.

Use an immersion blender to blend until smooth. Option to strain broth if too chunky for you.

For a more nourishing and filling soup, use chicken, beef or veggie broth instead of water.

FOOD AS MEDICINE NOTE:

Developed by a pioneer physician, Bieler's broth is specifically targeted to bring endocrine balance. This includes supporting the adrenals, pituitary, and thyroid gland. The vegetables cooked in this broth are nature's vitamins, providing proper restoration of our sodium and potassium levels, nourishing the adrenals and assisting in liver restoration. Since the liver produces cholesterol the body uses to make estrogen, testosterone, and progesterone, Bieler's broth also works indirectly to balance the sex hormones.



Vegetable Broth (homemade)

PREP TIME: 30 MINS COOK TIME: 60 MINS MAKES: 2 QUARTS OR 8 CUPS

- 3 quarts of water
 - 1 large leek, chopped
 - 2 carrots, sliced
 - 1 cup of daikon, sliced (if available)
 - 1 cup of organic summer squash or zucchini cut into large cubes
 - 1 cup of chopped root vegetables: beets, celery root and, parsnips
 - 2 cups of chopped greens of your choice: kale, parsley, collard greens, chard, mustard greens, dandelion, cilantro or other greens
 - 2 celery stalks, chopped
 - ½ cup of Korean sea weed: nori, dulse, wakame, kelp, or kombu, cut with scissors into strips
 - ½ cup of cabbage
 - 4 ½-inch slice of fresh ginger
 - 2 cloves of whole garlic (not chopped or crushed)
 - 1 cup fresh or dried shiitake or maitake mushrooms sliced *(If available; these contain powerful immune boosting properties.)*
- Himalayan pink salt, to taste

Add all the ingredients at once and place on a low boil for approximately 60 minutes. It may take a little longer. Simply continue to boil to taste.

Add salt to taste.

Cool, strain out vegetables (you may eat them later as a snack) and store in a large, tightly-sealed glass container in the fridge.



FOOD AS MEDICINE NOTE:

Broths have been healing for hundreds of years. A simple herb-infused veggie broth is calming, grounding, and nourishing to the kidneys and adrenals while assisting in lowering your inflammation set point so that your body can cleanse and heal with greater ease.

Vegetable Broth (store bought base)

PREP AND COOKING TIME: 15 MINS

MAKES: 1 SERVINGS

- 16 ounces organic store bought vegetable broth
- 1 tablespoon of shredded fresh ginger (or 1 teaspoon dried ginger)
- 1 teaspoon of diced turmeric (or ½ teaspoon dried turmeric)
- 1 teaspoon organic coconut oil (optional)
- 2 tablespoons chopped parsley
- Himalayan pink salt to taste

Bring all ingredients except parsley and coconut oil (add during simmer) to a rolling boil and simmer for 5 mins.

Top with parsley. Add salt to taste.



FOOD AS MEDICINE NOTE:

Broths have been healing for hundreds of years. A simple herb-infused veggie broth is calming, grounding, and nourishing to the kidneys and adrenals while assisting in lowering your inflammation set point so that your body can cleanse and heal with greater ease.

Beef Broth (homemade)

PREP TIME: 30 MINS COOK TIME: 12-24 HRS MAKES: 2 QUARTS OR 8 CUPS

5 pounds organic raw beef bones* (they are usually femur bones), rinsed and cleaned

8-12 cups water depending on what size slow cooker (be sure to fill it up)

2 tablespoons raw apple cider vinegar

¼ teaspoon Himalayan pink salt

Herbs and spices to taste, such as rosemary and thyme

*If you can't find bones, you can order them [HERE](#).

Mix all ingredients in a slow cooker filled with water.

Turn on low and cook for 12-24 hours. (This slow process draws the minerals out of the bones, making it pure medicine for immunity and gastrointestinal strengthening.)

After cooking, strain fat and solids and save broth.



FOOD AS MEDICINE NOTE:

Beef broth used as medicine is primarily to support the lymphatic system cleansing, and winter is the ideal time to do that. The herbs in this recipe are anti-pathogenic, giving a wonderful boost to the digestive system, while lowering whole body inflammation.

Beef Broth (store bought base)

PREP AND COOKING TIME: 10-15 MINS

MAKES: 1 SERVINGS

- 16 ounces organic store bought beef broth
- 2 tablespoons collagen
- 1 tablespoon chopped fresh rosemary
- 1 tablespoon chopped fresh thyme
- 1 teaspoon of grass-fed ghee
- Himalayan pink salt to taste

Bring all ingredients except ghee (add during simmer) to a rolling boil and simmer for 5 mins.

Add salt to taste.



FOOD AS MEDICINE NOTE:

Beef broth used as medicine is primarily to support the lymphatic system cleansing, and winter is the ideal time to do that. The herbs in this recipe are anti-pathogenic, giving a wonderful boost to the digestive system, while lowering whole body inflammation.

Chicken Broth (homemade)

PREP: 1 HR COOK TIME: 24 HRS MAKES: 6-8 CUPS

- 5 pounds organic raw chicken bones*, rinsed and cleaned
- 8-12 cups water depending on what size slow cooker (be sure to fill it up)
- 2 tablespoons raw apple cider vinegar
- ¼ teaspoon Himalayan pink salt
- Herbs and spices to taste, such as basil, oregano, and/or cayenne

**Ask your grocer for the chicken bones. Be sure to ask for the feet as well, since that is where collagen is found. Collagen is helpful for protein synthesis and is nourishing to your skin, hair, and nails. You can also ask for the neck.*

Mix all ingredients in a slow cooker filled with water.

Turn on low and cook for 12-24 hours. (This slow process draws the minerals out of the bones, making it pure medicine for immunity and gastrointestinal strengthening).

After cooking, strain fat and solids and save broth.



FOOD AS MEDICINE NOTE:

Affectionately called Jewish Penicillin, slow-cooked chicken broth has successfully been used to promote gastro-intestinal healing, hyperacidity, and to assist in the digestion of other hard-to-digest foods. It also provides highly absorbable forms of calcium, magnesium, potassium, phosphorus, and sulfur as well as trace minerals, making it a super food for the nervous system.

Chicken Broth (store bought base)

PREP AND COOKING TIME: 10-15 MINS

MAKES: 1 SERVINGS

- 16 ounces organic store bought chicken broth
- 1 teaspoon chopped fresh oregano (or ½ teaspoon dried oregano)
- 1 tablespoon chopped fresh parsley (or 1 teaspoon dried parsley)
- 1 teaspoon organic coconut oil
- 1 teaspoon grass-fed ghee
- Himalayan pink salt to taste

Bring all ingredients to a rolling boil and simmer for 5 mins.

Add salt to taste.



FOOD AS MEDICINE NOTE:

Affectionately called Jewish Penicillin, slow-cooked chicken broth has successfully been used to promote gastro-intestinal healing, hyperacidity, and to assist in the digestion of other hard-to-digest foods. It also provides highly absorbable forms of calcium, magnesium, potassium, phosphorus, and sulfur as well as trace minerals, making it a super food for the nervous system.

Lemon Broth

PREP AND COOKING TIME: 10 MINS

MAKES: 1 SERVINGS

- 16 ounces organic chicken broth
(sub veggie for vegetarian)
- 1 teaspoon chopped fresh parsley
(or ½ teaspoon dried parsley)
- ½ teaspoon chopped fresh thyme
(or ¼ teaspoon dried thyme)
- 1 teaspoon grass-fed ghee
Juice of a quarter of a fresh lemon
Himalayan pink salt to taste

Bring all ingredients to a rolling boil and simmer for 3 mins.

Add salt to taste.

Feel free to add more lemon to taste.



FOOD AS MEDICINE NOTE:

When the gut soothing properties of broth meet the cleansing, alkalizing and refreshing properties of lemon, the kidney cleansing assistance of parsley, and the immune-boosting power of thyme, we get a truly healing elixir with a twist. A true tonic to carry us through cold and flu season.



Bone Broth Facts & Information

There's a lot of bone broth brands on the market, we like The Flavor Chef the best and here's why:

Not only is The Flavor Chef's bone broth one of the only ones on the market that tests **NEGATIVE** for glyphosate, the toxic chemical found in Roundup weed killer but check out all of these benefits as well:

- USDA Certified Organic
- Made in small artisan crafted batches (using slow cooked methods)
- Made with Palomar Mountain Spring Water (guarantees absolute purity)
- The only commercially available bone broth using Spring water
- Packed at 45 Degrees and frozen immediately in our BPA free stand up pouches
- 9 month shelf life frozen, 7 to 10 days once defrosted *** real food is perishable***
- No preservatives chemical flavors, weird extracts, sugars, and very low sodium
- Lab analyzed for nutritional values
- Tested and free of heavy metals (including LEAD)
- Tested and free from microbial contamination
- Tested and free of any Glyphosate*** See HRI Lab report



Order The Flavor Chef Bone here for 10% off.
Use code: TWJ10



Learn about "The Healing Powers of Bone Broth"

SOUP RECIPES

NOTE:

Add chives or green onion as fat emulsifiers or top soup with hemp, sesame, sunflower, pumpkin, & chia seeds or fresh herbs.

Coconut Macadamia Porridge

PREP AND COOKING TIME: 10 MINS - 1 HR

MAKES: 4 SERVINGS

- 2 cups precut or frozen coconut chunks/strips or pulp from 2 young coconuts. If frozen, defrost before using.
- ½ cup macadamia nuts, soaked for 2 hours, then drained
- ½ vanilla bean, scored and peeled with butter knife (or 1 teaspoon organic vanilla extract)
- ½ teaspoon Ceylon cinnamon
- 1 pinch Himalayan pink salt
- 16 ounces pure coconut water
- 2 scoops collagen

Blend all ingredients well in blender; refrigerate. Serve cool.

Or for a hot breakfast, heat up on medium heat.

Note: Fresh or frozen coconut is sometimes hard to find. Feel free to substitute it with unsweetened dehydrated coconut (you'll need to add water to get the consistency you desire).



FOOD AS MEDICINE NOTE:

A gut and thyroid nourishing way to start your day, Coco Mac Porridge is designed to jump start the thyroid and brain first thing in the morning with an array of healthy fats and protein. It contains anti-viral and anti-fungal cleansing properties, while nourishing with iron, minerals, and essential B vitamins like thiamine, riboflavin, and niacin to provide you with adequate energy for the day ahead. Cinnamon comes in to balance your blood sugar, making this a complete super star of a breakfast.

Butternut Squash Soup

PREP AND COOKING TIME: 50 MINS

MAKES: 4 SERVINGS

- 1 butternut squash
- 1 tablespoon coconut oil
- 3 cups unsweetened coconut milk or 1 container organic vegetable broth
- 1-2 cups water (or broth)
- 1 teaspoon organic powdered ginger
- 1 teaspoon Ceylon cinnamon
- ½ teaspoon Himalayan pink salt
- ½ teaspoon organic ground turmeric or ¼-inch turmeric root
- 2 garlic cloves, minced
- toasted pine nuts, optional

For a more savory soup: Use all broth instead of coconut milk, substitute ghee for coconut oil, use less cinnamon.

Preheat oven to 375 degrees.

Cut butternut squash in half and remove seeds. Grease a baking sheet with some of the coconut oil and use remaining coconut oil to rub on the meat of the butternut squash. Place in baking dish face down. Bake for 40 minutes or until you can easily put a fork through it.

After the squash is cooked, scoop out meat from the skin and place meat in a blender or Vitamix.

Add other ingredients and blend. Serve topped with toasted pine nuts.

Shortcut: Buy pre-cut squash, use 2.5 to 3 cups of pre-cut in place of 1 full butternut squash.



FOOD AS MEDICINE NOTE:

Loaded with dietary fiber to support your gut and heart health, this soup also provides ample potassium to support the bones, vitamin B6, essential for proper functioning of the nervous system and then we add a healthy dose of garlic for your blood pressure and as a natural “flu shot”.

Creamy Broccoli & Cauliflower Soup

PREP TIME: 30 MINS MAKES: 4 SERVINGS

- 1 cup raw cashews (soaked for at least one hour, then drained)
- 2 heads of broccoli, chopped into florets (reserve stems)
- 1 head cauliflower, chopped into florets (reserve stems)
- 4 cups spinach
- 2 avocados, peeled, pitted, and sliced
- 2 cloves of garlic, minced
- 1 bunch scallions (white part only), sliced
- 4 cups water (or broth)
- 1 tablespoon tamari or coconut aminos
- 1 tablespoon coconut oil
- 2 teaspoons Himalayan pink salt
- 1 bunch fresh basil, washed and chopped

Add coconut oil to pan and sauté florets for 2 minutes. Add scallions and garlic and sauté for 2 mins.

Add 4 cups water and stems, steam with lid on for 5 mins. Add florets, steam for another 5-7 mins.

In a blender or food processor, add half the raw spinach and add half soup with liquid into blender along with 1 avocado, half the soaked cashews, 1 cup fresh basil, 1 teaspoon pink salt and 1 teaspoon tamari or coconut aminos.

Repeat this by blending second half of soup in pot (we have you do it two batches to prevent exploding of hot liquid).

Add additional pink salt and tamari to taste.



FOOD AS MEDICINE NOTE:

This is a mitochondrial boosting soup (aka - increases the energy within your cells and improves organ health tremendously). Don't forget to soak your cashews, it'll give them a creamy consistency while making the protein bioavailable (easier to absorb). We like to make a double batch and freeze it for a quick, delicious dinner.

Delicious Green Cleanser Soup

PREP AND COOKING TIME: 15 MINS

MAKES: 4 SERVINGS

- 1 bunch organic kale, chopped into 2-inch pieces
- ½ medium daikon radish, chopped into 1-inch pieces
- 4 cups organic chicken, vegetable or beef broth
- 1 tablespoon tamari or coconut aminos
- 1 teaspoon toasted sesame oil
- 1 tablespoon brown rice vinegar
- 1 tablespoon maple syrup
- 1 tablespoon nutritional yeast flakes
- dulse seaweed flakes to taste (optional)
- sesame seeds (optional)

Heat a medium-sized pot with broth. When broth boils, add veggies and cook 2 for minutes.

Transfer to a food processor or blender.

Add all other ingredients and combine well in processor or blender.

Note: Try adding other vegetables including cauliflower, broccoli, or asparagus to mix it up.



FOOD AS MEDICINE NOTE:

This delicious, nutty winter green soup will love your liver and gallbladder while providing a gentle flush to both organs. The daikon radish will help lower harmful cholesterol and pull excess mucous out of the body. Perfect to avoid getting sick in the winter. We add in nutritional yeast flakes to give you a power punch of easy-to-use B Vitamins for energy, sea veggies for trace minerals, and that's all you need to perfectly cleanse and nourish your body in the same meal!

Warming Carrot Ginger Soup

PREP AND COOKING TIME: 45 MINS

MAKES: 6-8 SERVINGS

- 4 cups organic chicken, beef or veggie broth
- 6 tablespoons collagen (we recommend Vital Proteins)
- 4 cups water
- ¼ teaspoon Himalayan Pink salt
- ¼ teaspoon organic powdered ginger (or ½ tablespoon fresh ginger, peeled)
- ¼ teaspoon organic powdered turmeric (or 1 tablespoon fresh turmeric, peeled)
- ¼ teaspoon organic powdered cumin
- 4 tablespoons ghee
- 4-6 garlic cloves, minced
- 1 pound carrots, peeled and chopped or sliced
- ½ bunch cilantro, chopped (optional)

Steam carrots until soft. Heat up ghee and add minced garlic, turmeric, ginger, cumin, and salt. Cook on medium low until garlic gives off aroma and turns brown.

Place steamed carrots, broth, collagen, spiced garlic ghee, and water in blender or Vitamix. (You may have to do this in two batches depending on how big your blender is.) Blend thoroughly until everything is puréed.

Add more salt and/or pepper to taste.

Reheat the entire mixture on the stove.

Garnish with cilantro if desired and serve.



FOOD AS MEDICINE NOTE:

This is a soup that makes you smarter, healthier, and pain free. It feeds the brain while cutting down on brain inflammation, and soothes and heals the GI tract and immune system. It's loaded with beta-carotene to be grounding while supporting skin health and contains the perfect combination of healthy fat, good quality carbohydrates, and high quality, easy-to-digest protein!

Miso Mushroom Soup

PREP AND COOKING TIME: 45 MINS MAKES: 4 SERVINGS

- 8 cups organic chicken, vegetable or beef broth
- 2" strip fresh ginger, minced
- 2 sheets nori seaweed, cut with scissors into strips
- 2 cups maitake mushrooms, sliced
- 6 large shiitake mushrooms, sliced
- 1 bunch scallions, sliced (use white part when making soup and green part as garnish)
- 1 large carrot, peeled, sliced matchstick, then diced
- 6 tablespoons organic white miso
- 1 bunch fresh watercress, chopped (optional)

Slice nori into small strips. Add nori and ginger into water. Bring to a boil to release the minerals from the seaweed.

Add mushrooms and carrot and simmer 15 minutes.

Add white part of scallion and simmer another 5 minutes. Turn off heat and use a small strainer to stir miso into soup or a tea ball metal strainer to dissolve miso into soup.

Garnish with scallions and fresh watercress (optional).



FOOD AS MEDICINE NOTE:

Filled with beneficial probiotics for your belly, B vitamins for your nervous system and immune-boosting and activating mushrooms to keep your natural killer cells boosted and the bugs getting killed before they get you sick, this miso soup is comforting and supremely healing. We add green onions as fat emulsifiers, seaweed for trace minerals, and optional watercress for your lungs because it provides manganese and super oxide dismutase (powerful antioxidants).

Celery, Arugula & Lemon Soup

PREP TIME: 15 MINS MAKES: 4 SERVINGS

- 3 cups water
- 4 stalks celery with leaves, chopped
- 1 cup parsley, chopped
- 1 avocado
- 1 cup arugula
- ¼ cup olive oil
- ⅛ cup lemon juice, freshly-squeezed
- 3 cloves garlic, minced
- Himalayan pink salt, to taste

Combine all ingredients in a blender or Vitamix and blend until desired consistency is reached.

Heat up on stovetop (not the microwave!) on low heat to retain enzymes.



FOOD AS MEDICINE NOTE:

Parsley supports the kidneys in their natural detoxification process while celery contains the perfect amount of phosphorous to support your precious bones. Add a spicy touch of arugula for the liver, avocado for healthy fat, garlic and olive oil for the gut, and this is a complete medicinal meal!

Coconut Beet Soup

PREP AND COOKING TIME: 1 HR

MAKES: 4 SERVINGS

- 2 large beets or 4-6 medium beets (4-6 cups diced 1 inch x 1 inch)
- 1 yellow onion, sliced
- 3 cloves garlic, minced
- 1 tablespoon coconut oil
- 2 teaspoons cardamom powder
- 1 tablespoon thyme, fresh
- 1 tablespoon oregano, fresh
- 2 teaspoons Himalayan pink salt
- 1 can coconut milk
- 3 cups of water

Option to blend in 10-inch peeled strip of burdock root.

Peel and slice onion. Saute onions in coconut oil until golden translucent in large pot. Add garlic and cardamom.

Add beets and salt to pot. Cover with water an inch above the beets (around 3-4 cups). Bring to boil and simmer 30-40 minutes. Taste to check if beets are soft.

Transfer to blender and blend. Optional to partially blend and leave some beets whole.

Add coconut milk and fresh herbs. Blend one final time. Add additional Himalayan pink salt to taste.

Shortcut: Buy already steamed beets from Trader Joes or your local grocer.



FOOD AS MEDICINE NOTE:

Beets build the blood and help detoxify the gallbladder and liver. Thyme and oregano will go after the bad bugs that don't belong in your beautiful belly and cardamom will make sure everything stays down easy with no gas, bloating, or heartburn. Did you also know that cardamom helps eliminate waste through the kidneys? Happy healing with this delicious soup!

Simple Thai Coconut Soup

PREP AND COOKING TIME: 10-15 MINS MAKES: 4 SERVINGS

- 16 ounces unsweetened coconut milk
- 1 cup of cilantro
- 1 teaspoon shredded fresh ginger
- 1 stalk fresh lemongrass

Option for a flavorful punch: Add kefir, lime, & coconut aminos to taste. Let sit for 1-2 days so the lemongrass flavor is more pronounced.

Pull off and discard coarse outer layers from lemongrass and trim off and discard stem ends; rinse lemongrass. Cut stalk into 3-inch lengths. With the flat side of a knife, lightly crush lemongrass.

Blend all ingredients in a blender or Vitamix. Transfer to pot and heat on the stove until a boil. Then simmer for 3-5 minutes.



FOOD AS MEDICINE NOTE:

Cilantro is drying to a damp condition and also the powerhouse herb to gently chelate heavy metals from the body. Ginger is alkalizing and lowers inflammation while encouraging the stomach to make sufficient hydrochloric acid. Coconut provides healthy anti-viral, anti-fungal, and anti-bacterial fats to belly and brain, while lemongrass alleviates digestive complaints and lowers inflammation.

SNACK RECIPES

Cleansing Cilantro Oregano Pesto Dip

PREP TIME: 10 MINS MAKES: 1 CUP

- 1 bunch cilantro, washed and dried, ends clipped
- 2 tablespoons oregano, fresh
- 1 lime, juiced
- ⅓ cup extra virgin olive oil
- ⅓ cup pine nuts (optional)
- 2 cloves garlic, minced
- Himalayan pink salt to taste

Blend all ingredients together in a blender or food processor.

Use as a dip or spoon on top of lightly steamed vegetables. Also great as a topping for your wild fish after it has been cooked.

OPTION:

If you don't like cilantro, you can replace with it with a bunch of fresh basil.



FOOD AS MEDICINE NOTE:

An immune-healing staple recipe in our Kick Candida for Good and Gut Thrive in 5 programs. Fresh oregano is the single best dietary anti-fungal found in nature. Garlic is also anti-fungal, antibacterial and antiviral. When we clean up the gut of these bad bugs, our immune system gets a natural lift, and our health improves. Because yeast/candida often live in community with heavy metals, cilantro comes in to handle them.

Golden Milk

PREP TIME: 10 MINS MAKES: 1 MUG

- 1½ cups unsweetened almond or coconut milk
- 1 teaspoon turmeric, dried
- ½ teaspoon ginger, dried
- ½ teaspoon Ceylon cinnamon
- ⅛ teaspoon black pepper, freshly ground
- 1 teaspoon coconut oil
- 1 tablespoon honey, raw
- Pinch of Himalayan pink salt

Combine all ingredients in small saucepan. Stir while heating. Bring to a boil and then turn off heat.

Pour into a mug and serve.

OPTIONS:

If you are constipated or have trouble calming down or sleeping, replace the coconut oil with ghee (clarified butter).

If you prefer not to make this spice mixture, you can purchase it [here](#) from Gaia Herbs.



FOOD AS MEDICINE NOTE:

These spices all work together to help slash inflammation while calming and nourishing the nervous system to prepare you for a deep sleep. Black pepper allows for 300% greater absorption of the nutrients of turmeric, while powdered ginger is clinically proven to be 10K times more effective than chemotherapy at killing cancer stem cells. Cinnamon balances blood sugar; coconut oil supplies fat to the thyroid for deeper sleep; and the combination of honey and pink salt calm you brain.

Dried Apple Chips with Cinnamon

PREP TIME: 2 HOURS AND 45 MINUTES MAKES: 4 SERVINGS

- 2 large apples (or 3 medium) of your choice
- 1 teaspoon ghee
- Sprinkle of Ceylon cinnamon
- Pinch of Himalayan pink salt

Heat oven to 225 degrees. Slice apples crosswise to 1/8 inch thick, remove seeds.

Arrange apple slices on two parchment-lined baking sheets and bake for 90 minutes. Make sure each apple slice has its own place on the pan. Sprinkle with cinnamon. Flip after 90 minutes, and continue baking until crisp, about another 60 minutes.

Remove and let cool completely. Store chips in an airtight container.

Sprinkle with melted ghee and sea salt before eating.



FOOD AS MEDICINE NOTE:

Packing a fiber, vitamin, and mineral punch, dried apples are a great snack in the winter. Use green apples to lower sugar content. We add cinnamon to balance blood sugar and a touch of drizzled ghee to slow the release of glucose in your system while assisting in the digestive process.

Additional Snack Options

Avo Tortilla

1/2 mashed avocado with pinch of pink salt and 2 tablespoons collagen mixed in on a cassava tortilla

Broth & Fruit

12-16 ozs of Bone broth with ghee, pinch of pink salt and 1 cup of organic berries

Almond Butter & Apple

2 tablespoons unsweetened almond butter (preferably raw & organic) on an organic apple with a sprinkle of Ceylon cinnamon and pink salt

Green Drink

16 oz organic store bought or homemade green drink that is low in sugar (apple is not the first ingredient, preferably one with no fruit)

Soaked Nuts + Berries

10-12 nuts of your choice (except peanuts or pistachios) soaked in water for 1 hour, drained and patted dry, served with 2 cups organic berries

Raw Applesauce

1 cup raw organic applesauce with 2 tablespoons collagen and a sprinkle of Ceylon cinnamon blended in for a protein, fiber and carb boost (**great breakfast substitute in place of soup**)

Wild Fish

4-6 oz steamed, baked, broiled, or grilled wild fish with lunch and/or dinner

Raw Beets

1 cup raw, shredded beets with 1 teaspoon olive oil, lemon juice, and a pinch of sea salt for gallbladder detox and fiber

SHOPPING TIPS

NOTE:

Use the recipes as your shopping lists. Certain ingredients can be hard to find in your local grocery store. We've provided some links to purchase these online.



Shopping Tips

Shopping List for a weeks worth of Bieler's Broth:

- 6 medium zucchini
- 8 stalks of celery
- 2 pound string beans
- 2 bunch parsley, stems removed
- 8 cups water
- Optional: Up to 1/2 cup each of nettle leaf and dandelion greens (I find these helpful for allergies)
- Optional: 2-4 cloves garlic

Pre-made Options:

- The Flavor Chef broths
- Pacific Foods Organic Low Sodium Veggie Broth
- Pacific Foods Organic Low Sodium Chicken Broth
- Pacific Foods Organic Low Sodium Beef Broth
- Bare Snacks Cinnamon Apple Chips

Approved Soup Toppings:

- Chives
- Green Onion/Scallions
- Hemp
- Sesame Seeds
- Sunflower Seeds
- Pumpkin Seeds
- Chia Seeds
- Any fresh herbs
- Watercress
- Coconut Amino Acids

P.S. Don't make this a one time event, do this cleanse at least once a winter to reset your health!

Quick Links

We know it's hard to find some of the ingredients for the cleanse. Here are some links to purchase these items online.

Apple Cider Vinegar

Basil, dried

Beef Bone Broth (Organic Frozen)

Cardamom, dried

Cassava Tortillas

Castor Oil

Cayenne Pepper, dried

Ceylon Cinnamon

Chicken Bone Broth (Organic Frozen)

Coconut Oil

Coconut Milk (canned)

Collagen

Cumin, dried

Dried Apple Chips

Dry Skin Brush

Ginger, dried

Golden Milk Spice Mix

Himalayan Pink Salt

Liquid Stevia

Oregano, dried

Rosemary, dried

Tamari Soy Sauce

Thyme, dried

Turmeric, dried

Veggie Broth

Vital Choice Seafood



FAQ'S

Do I have to follow the sample meal schedule exactly?

NO! You do not have to follow the schedule exactly. It is just a guide and the important thing is that you take a week to flood yourself with nutrition and stimulate your body's own natural detoxification process.

What is the serving size?

We recommend 16 oz of soup at each meal but you can adjust according to your hunger level.

Can I buy soup/broth instead of making it?

Yes! Just aim for low sodium, no sugar and organic ingredients that mirror the ingredients in our soups. They do not have to match it exactly. Heat pre-made soups on stove and add additional veggies to make it healthier. Check out the shopping tips for pre-made broth recommendations.

What if I don't like coconut?

Unsweetened almond or cashew milk in recipes can be used interchangeably with coconut milk.

What if I want additional protein?

You may add collagen peptides to your soups (Up to 3 scoops/day). You may also include 4-6 ounces steamed, grilled, baked, or broiled wild fish to lunch and/or dinner.

Does everything have to be organic?

No, but we highly suggest buying all organic during this cleanse. If cost or sourcing is an issue, see our produce guide [here](#).

What if I can't find certain ingredients in my grocery store?

Not to worry! We have a section with quick links so you can buy hard to find ingredients online.

Can I add toppings to my soups?

Yes! Add chives/green onion as fat emulsifiers and feel free to add hemp, sesame, sunflower, pumpkin, & chia seeds and/or top with fresh herbs as well.

Will the soups be ok in the fridge for the week or should I freeze half?

They will all last up to one week, but to maintain full enzyme potency, it's best to freeze half and defrost the night before you want to eat the second half of the week's soup.

FAQ'S

What if I feel starving, dizzy or light-headed?

Add 4-6 oz steamed, baked, broiled, or grilled wild fish to lunch and dinner, increase Himalayan pink salt in your soups and/or eat up to one full avocado daily. There is also a list of **additional snacks** that you can add into your day.

How much water should I be drinking?

Drink 6-8 glasses of water daily - this is very important to flush your lymphatic system and support immunity. If your temperature runs cold, drink warm water.

How do I keep from becoming constipated?

It's very important to keep the bowels moving on this cleanse so if you tend towards constipation, consider taking 3-4 Triphala at night. This is a very gentle, non habit-forming combination of three Indian fruits that tonify and nourish the lining of the intestine to produce bigger, more frequent bowel movements (and a cleaner, more energetic, happier YOU!). You can order our favorite brand of Triphala **here**.

Is this ok to do with adrenal fatigue?

Yes! There is an option to add grilled, baked, or broiled wild fish to both lunch and dinner and if you are in Phase II or Phase III adrenal fatigue we recommend this option.

If I'm currently doing your "Kick Candida for Good" or "Gut Thrive in 5" programs can I do this?

If you are currently on our Kick Candida for Good or Gut Thrive program, or if you are following a candida diet, stay the course and stick to your protocol. Once you've completed your program, you can use our 7-Day Soup Reset twice annually as a tune up.

Will this be safe to do while pregnant or breastfeeding?

Yes, but please add 6 oz's baked, grilled or broiled wild fish to both lunch and dinner as well as 2-3 snacks a day. Be sure to check with your doctor as well.

How much athletic activity is recommended/not recommended during the cleanse?

You can resume your normal workouts and just add in coconut water after to replace your electrolytes. Honor your energy levels, however. If you are feeling tired or sluggish, opt for lighter stretching and walking.

happy cleansing!



How to Break Your Cleanse

9 things you can do to ease back into your daily routine.

- Eat lighter proteins like fish, chicken and turkey for the first 3 days
- Consume steamed veggies with olive oil
- Keep drinking broth
- Keep drinking your golden milk
- Stay hydrated (*6-8 glasses of water daily*)
- If you have coffee, have it with breakfast, not alone and use a dairy free creamer
- If you have alcohol, have organic wine or organic potato vodka (*no beer or dark alcohol*)
- Soak gluten free grains for 1-8 hours before cooking
- Stay away from sugar and white, refined flour foods as long as possible



Self-Care for Deeper Cleansing

Lymphatic Drainage

The lymphatic system is a network of tissues and organs that help rid the body of toxins, waste, and other unwanted materials can cause unnesseary disease. The primary function of the lymphatic system is to transport lymph, a fluid containing infection-fighting white blood cells, throughout the body to keep you healthy. Winter is a wonderful time to cleanse the lymphatic system.

The symptoms of lymph congestion Include:

- Rings get tight on fingers
- Soreness and/or stiffness in the morning
- Feeling tired
- Bloating
- Itchy skin
- Holding on to water
- Breast swelling or soreness with each cycle
- Dry skin
- Brain fog
- Cold hands and feet

Therefore, we need to add cleansing the lymphatic system to our routine cleansing of the body for the immune system to remain strong.

The heart is our primary muscle to pump blood throughout the body, but we have no such muscle for our lymphatic system to keep it flowing. We must do the work “manually” to keep it flowing and cleansed to stay healthy. See the next page for how to do this.

5 Ways to Cleanse the Lymph System Manually

On the 7-Day Soup Reset, choose 2-3 self care lymph cleansing techniques to do each day of the cleanse.

1: Lymphatic massage

This massage is a very gentle type of massage and encourages the natural drainage of the lymph, which carries waste products away from the tissues and back toward the heart where the lymphatic system can empty toxins into the bowel channel to be released from the body. You can seek out a practitioner that specializes in lymphatic massage, or you can perform self-massage. This [YouTube video](#) gives an excellent demonstration.

2: Drinking small sips of hot water daily

The most simple and inexpensive way to dilate and hydrate the cells is to drink little sips of hot water (no tea, no lemon, just plain hot water heated up on the stove, not in the microwave) throughout the day. Try drinking the hot water every 10-15 minutes for 7 days in a row to decongest your lymph.

3: Dry Skin Brushing

Another simple, inexpensive, and effective technique for aiding the lymphatic system in its daily detoxification is dry skin brushing. Pick one up at your local health food store or online and use it on dry skin in light, upward strokes toward the heart before jumping in the shower or soaking in the bath.

4: Don't congest your lymph

Please don't use toxic, conventional antiperspirant that prevents your body from removing stagnation and congestion. Allow yourself to sweat and naturally clean your body often. The cleaner you are, the less you will sweat and the less body odor you'll experience. An excellent natural deodorant that actually works is Stank Stop by FATCO.

Think about other ways you can congest your lymph with the litany of personal care products we use and upgrade to better versions.

Be mindful about how much plastic you are drinking out of, be it plastic water bottles or hot drinks with plastic sip lids. Changes in temperature can trigger the release of dioxins in certain plastic and/or parabens (tiny plastic compounds that have been found in breast cancer tumors) that we do not want inside our bodies. Use glass water bottles whenever possible and your own takeaway coffee cups with silicone lids.

5: Castor Oil Packs

Castor oil's healing properties go all the way back to ancient Egypt. Castor oil packs have a remarkable ability to reduce inflammation and to help the organs communicate and work better together as a team. They also improve elimination and circulation (especially of the lymphatic system) and help rejuvenate the immune system.

Castor oil has long been revered as an inexpensive, yet highly effective, home remedy for rebooting the liver, detoxing the gastrointestinal tract, healing the skin, and calming the emotions. It is also helpful for sleep, which makes a castor oil pack a good nighttime self-care technique.

HOW TO MAKE A CASTOR OIL PACK (*how-to youtube video [here](#)*)

Materials:

- A soft, clean, thick material like flannel, wool, or cotton (organic is best)
- Castor oil
- A glass bowl or glass jar that you can pour the castor oil in over your flannel
- A hot water bottle or heating pad
- Old clothes that you don't mind getting stained since castor oil stains fabric
- A plastic bag (I find kitchen or regular garbage bags work best)
- A large, old towel

Instructions:

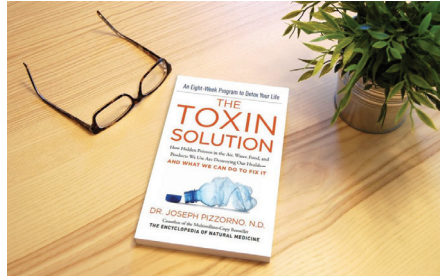
1. Put on your older clothes or just take your clothes off altogether.
2. Take your piece of flannel and place it in your bowl or glass container and pour enough castor oil over it to soak it (make sure it's saturated, but it doesn't need to be dripping in oil.)
3. Get your hot water bottle or heating pad ready.
4. Place your towel on a flat surface (either a couch, your bed, or the floor). I like to lay on a bolster on the floor when I do my castor oil packs.
5. For added protection, you can put down a garbage bag so that your bed or couch won't get stained from any oil that manages to escape from the plastic cover.
6. Once you lie down, place your saturated flannel over the affected area of your body.
7. Cover the pack with plastic.
8. Place the heating pad or hot water bottle over the pack and let it sit for at least 30-45 minutes. During this time, you can rest, read a book, listen to music, meditate, or do your healing affirmations.
9. When the time is up, remove the pack and clean the area with water and a bit of baking soda to get the stickiness off.
10. You can keep the pack for reuse, and store it in a zip lock plastic bag in a cool place (i.e. in the bathroom). Just add another 2-3 tablespoons of castor oil for the next session.

NOTE: If you are pregnant or nursing, you should NOT do the castor oil packs.

Supportive Education



Digestive and Immune Supplements 101



A Four-Step Solution to Modern Day Toxicity



Boosting Mitochondrial Production



Finding Healthy Fish: Avoiding Toxins, Mercury & Radiation



Hydration and the Shocking Truth About Bottled, Tap, & Filtered Water



Food Combining Rules Made Easy for Optimal Digestion



Kick Candida for Good and Lose Weight Permanently



A Detailed Heavy Metal Detox Protocol



Nutritional and Herbal Supplements 101



Important Health Benefits of Infrared Saunas



Biliary Health: The Liver & Gallbladder



Gut Healing Webinar: Learn the 5-steps to Gut Health

Post Detox Recipes



2-Minute Anti-Inflammatory Seed Mix



The Kidney Cleansing and Protecting Cocktail



The Adrenal Healing Creamsicle



Turmeric Ginger Lemonade

*Most of us don't know how good our
bodies are designed to feel!*



Where Do I Go From Here?

Intro Programs



Action Driven Digital Workbook

12 WEEKS // \$49

This is a handbook that you can use as both a workbook and a plan of action. It lays out our entire philosophy in an easy-to-follow format that is six sessions long. Each session builds off of the one before it to empower you to make inspiring, consistent, and lasting positive changes to your diet and lifestyle.

[LEARN MORE](#)



A Lifestyle Course for Nutritional Healing

12-WEEK ONLINE COURSE // \$397

Feeling sluggish? Brain fog? Low energy? This comprehensive video course teaches anyone how to become their own health detective, understand their body and create balance from within. It's the place to start if you've never worked with a nutritionist before and want to make consistent improvement over time. Once you understand what's happening in your own body, you will be able to achieve sustainable results.

[LEARN MORE](#)



How To Shop Healthier In Any Store

AISLE-BY-AISLE GROCERY STORE VIDEO TOUR // \$29

Christa takes you on a tour through the grocery store to learn easy, convenient tips on how to get foods in your diet that improve your energy, digestion, weight, and moods. You'll learn organic vs. non-organic options, what's okay to buy frozen, soda and juice alternatives, and so much more!

[LEARN MORE](#)



How to Conceive Naturally & Have A Healthy Pregnancy

12-24 WEEKS // \$16.88 (FOR PAPERBACK)

A "five trimester" approach to pregnancy that begins with a 12-week preconception prep period, followed by 3 trimesters of nutritional support for a healthy fetus while making sure you don't get depleted along the way. The post-partum trimester teaches you how to rebalance your hormones in half the time!

[BUY NOW](#)

Where Do I Go From Here?

Signature Programs



Heal The Nervous System, Balance Your Hormones

10-WEEK ONLINE COURSE // \$697 + SUPPLEMENT COSTS

Physical & emotional based program that recodes your adrenals, restores your thyroid, nourishes your brain and heals your nervous system to create lasting hormonal balance. Great for those with burnout, stress, anxiety, depression, insomnia, and feelings of overwhelm and fear.

[LEARN MORE](#)



Comprehensive Candida Cleanse & Gut Repair Program

8-10 WEEK ONLINE COURSE // \$247 + SUPPLEMENT COSTS

If you have intense sugar cravings, bloating, a white coating on your tongue, constipation, low energy/thyroid function and mental fog, candida overgrowth may be the root cause. This cleanse is for sugar junkies or those with a history of heavy antibiotic use. It works systematically to eliminate candida overgrowth as well as to manage viruses and heavy metals that come along with it. Phase II heals and seals leaky gut and boosts and balances the thyroid.

[LEARN MORE](#)



Gut & Immune Healing Program - Rejuvenate Your Microbiome

11-WEEK ONLINE COURSE // \$697 + SUPPLEMENT COSTS

Rejuvenate your health at the cellular level - potentially eliminating symptoms that have plagued you for years. Eliminate inflammation, leaky gut, and the pathogenic overload on the body that causes them (parasites, yeast/fungus, protozoa, bad bacteria, viruses, heavy metals, and other toxins). Following the GT5 protocol gently reprograms your microbiome's genetic code and re-trains your immune system. Essential and life-transforming for anyone with chronic autoimmune or digestive disease.

[LEARN MORE](#)

7-DAY
SOUP
RESET

FOLLOW US ON A JOURNEY TOWARDS WHOLENESS



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