



DAY 1 IS HERE, WOO HOOO!!!

Are you as excited as I am to start!! We are TOGETHER on Day 1 – and there are a few things I want to go over with you.

Each and every one of us is going to have a different experience on the 7-Day Cleanse.

If you HAVE done a cleanse before, you will find that this experience will no doubt be different.

No matter how you feel...better, worse, etc it is ALL GOOD! Your body is in a healing state and anything it shows you in terms of a cleansing 'symptom' is your body healing from the inside out.

Some of you may feel great the entire week...

Some may experience some cleansing symptoms for a couple of days, to then feel AMAZING!

Sometimes you may not feel good until the end...

No matter what your experience, here are a few things I want all of you to focus on:

**1. Use the FB Support Group** – you all have been absolutely unbelievable with your support leading up to the cleanse, if you find you are having any challenges, the group and myself are here for you to help you through it. If you haven't joined yet, here is the link:

<https://www.facebook.com/groups/getoffyouracid7daycleanse/>

**2. Solution by Dilution!** The most common cleansing symptoms I see in most clients I coach usually happen on day 2 or 3 (though not all the time)

and consist of either fatigue, headaches, nausea, dizziness. etc. If you have any concerns on anything you are going through, reach out to me right away. Water is your best friend. If you feel any of the above, start to pound the water and this will help. Remember, rule of thumb, ideally drink half your body weight in ounces of water daily (150lbs, drink 75oz H2O) and things like smoothies, soups, high water content greens like salads and cucumbers can contribute to that number.

**3. Get REST** – your body is healing and that requires energy. Get to sleep early and listen to your body if it needs rest. You may feel tired after the first day. Your body heals most during this time. **NO MATTER** how you are feeling, your body is repairing itself with nutrient-dense alkaline foods and supplements and is **THANKING YOU**.

**4. AVOID ADVIL / TYLENOL** unless it's necessary. Let's avoid trying to put the things into your body that you are trying to get rid of.

**5. RESIST TEMPTATION** – same as above, if you are craving sugar or sweets or coffee, whatever it may be, **DON'T CHEAT!** Breathe, drink some water, and re-affirm your goals and your **WHY** to get you through that challenging moment. They happen, so be ok with it, don't judge yourself, just keep on going.

How **AWESOME** does it feel to **GET OFF YOUR ACID!!**

Well, maybe not for some of you **YET**, but promise, it's on the way!

Dr. Daryl