



Welcome to Day 2! This is the MOST critical day on the cleanse...

You may be experiencing some serious cravings today, detox symptoms like headaches, nausea, even a little fatigue. I have GOOD news for you. Your cleanse is WORKING!

Though you may not feel as great as you'd like to right now, your body is thanking you for what you are doing - giving it real nutrient-dense, alkaline FUEL. So keep on doing what you are doing, stick with the daily protocol, stay on purpose and stay strong!

And as a thank you for all of this, your body is getting rid of all the acidic CRAP (Completely Refined And Processed) that has been holding you back from expressing your TRUE health potential.

With day 3 just around the corner, IF you have been experiencing any of these cleansing symptoms, they will begin to move on out, only to be replaced by a clearer head with better focus, massive amounts of energy, a leaner cleaner body, better digestion and skin, and the emotional feeling that you have reclaimed your health by making better choices in regards to what goes into your body...but even more important, what DOESN'T go in!

As we get more into the work week, I want to re-iterate how important it is to make the cleanse easy on yourself. Make sure you always have ENOUGH food to make you feel satiated and full. I do NOT want you going hungry on the cleanse. Remember - the purpose of the cleanse is to CLEANSE, not to starve. Always start with a full glass of water first, as sometimes hunger can really just mean that you are dehydrated. After a tall glass of water and 15 minutes, re-assess your hunger. If you are still hungry, keep it small, clean, and alkaline (refer to the snacks area on the Meal Plan and Recipe PDF).

Make EXTRA of everything so it's there for you if you need it. Have it if you are HUNGRY, and have enough of whatever you think you need. Add an extra Daily Greens to what you are doing for more nutrition - 1 scoop of AlkaMind Daily Greens is equal to 5 servings of organic greens, so take

advantage of this! For example, yesterday I had THREE and no doubt felt better for it.

Going hungry is the enemy of the cleanse. Not only does it dramatically test your resolve (if someone's going to give up it's because they're hungry and feeling crappy because of this) but it also is a sign your body needs MORE nutrients and nourishment. The Standard American Diet is highly acidic and is filled with empty calories. This is why you can crave carbs and sugar and STILL feel hungry! All of that changes on this cleanse.

Have you noticed when you have one of the alkaline smoothies on this cleanse, how do you feel? Amazing how filling they are, and they leave you not feeling hungry for hours!

As your cleanse continues, your body will cleanse and detoxify more, and as it does, it will ask for a LOT more nutrients and nourishment from you - so I give you FULL permission to give it what it needs and wants.

I want you to go back and look over the Toxin Reduction Tips and Tools today. What else can you add into your day from this list to enhance the effects of your cleanse? Everything in this PDF is designed to accelerate the removal of the toxins, which will get you through any cleansing symptoms you may be experiencing faster.

Have you been doing the Daily Lemon and Olive Oil Cocktail?? What about your 1:4:2 Power Breath??

Remember - 70% of all your body toxins are removed by BREATHING, so make sure you do this at least once per day, and 3x/day is even better for all of you overachievers?

If you are having a tough day, hang in there, very SOON you will see how good it feels to GET OFF YOUR ACID!

Breathe, walk, hydrate, move your body - and keep up the AWESOME job you are all doing.

GET OFF YOUR ACID & STAY ALKALINE!

Dr. Daryl

AlkaMind
GET OFF YOUR ACID.