

### Lifestyle

- Listen to the Letting Go visualization in the morning
- Listen to the evening visualization before bed
- Try using baking soda with a hot bath or shower
- Try some natural coconut or almond oil on your skin today

### Juices, Drinks & Broth

- Stay warm with non-caffeinated teas—drink freely!
- Keep juicing, don't stop juicing
- Always carry a bottle of water around with you
- If you get bored, natural mineral water can be a simple way to treat yourself to a new/different beverage

### Breathing & Movement

- How about 8 minutes of high intensity GM Fitness?
- Try some yoga with Katrina?
- If none of that sounds fun, take a walk, breath some fresh air, and allow yourself to feel whatever you're feeling

### Planning & Prepping

- During your detox is a great time to avoid toxic cleaners and beauty products. If you can, use the information on this page to experiment with some healthy alternatives.
- Make a priority list of things that you can easily change in your home to make your living environment more “green” and healthy for you.

### Also Remember:

- Go slowly and be gentle with yourself
- Fresh veggies or even a light salad can serve as backup foods in a pinch
- Don't starve yourself—use chia drinks to balance your blood sugar

## Household Cleaners

### What to avoid:

- Products with bleach
- Products with ammonia
- Products with lye
- Products with sodium hypochlorite
- Products with triclosan
- Corrosive drain cleaners
- Toilet bowl cleaners

### What to try:

- Lemon Juice
- Apple Cider Vinegar
- White Vinegar
- Baking Soda
- Castile Soap
- Essential oils with antibacterial properties. \*Lemon and Lemongrass are favorites for bathrooms and kitchens.
- Commercial products with "Green Certification"
- Products that are: petroleum-free, biodegradable, phosphate-free, VOC-free, solvent-free

### Cleaning recipes to try:

#### All Purpose Cleaning

- Baking soda + Vinegar = cleans everything!

#### All Purpose Spray Cleaner

1. Fill a glass jar with thyme
  - a. For fresh thyme: Fill to top
  - b. For dried thyme: Fill ½ way to top
2. Add white vinegar to the top of the jar
3. Let sit for 24 hours to 2 weeks

4. Contents will turn pink
5. Strain out the thyme
6. Bottle infused vinegar in a spray bottle

### **Toilet Bowl Cleaner:**

Homemade Toilet Bowl Cleaner

½ tsp xanthan gum

1 tsp glycerin

1 cup water

½ cup white vinegar

In a blender, combine all ingredients and blend until combined.

### **Oven Cleaner:**

1. Heat oven to 125°F (50°C). Or use the self-cleaning oven setting.
2. When the oven is warm, spray with water or vinegar and pour salt all over grime.
3. Turn off the oven.
4. Once cool, it is ready to be cleaned with a damp rag.

## **Body & Hair Cleaning**

### **What to avoid:**

- Commercial Shampoos, Conditioners, and Soaps
- Deodorants with aluminium
- Commercial toothpaste
- Commercial Make-up

### **What to try:**

1. Honey
2. Oats
3. Caster oil
4. Coconut oil
5. Baking soda

# Cleanse Checklist

## Detox Your Home

6. Apple cider vinegar
7. Natural sunscreens like Pure Zinc Oxide
8. Essential Oils: lavender, peppermint, patchouli, frankincense (ideal for men), ylang ylang (or your favorite)

### **Natural Deodorant**

1. Baking Soda
2. Your favorite essential oils
3. Wash underarms, dry, and apply mixture with your fingertips

### **Natural Hair Care**

- Wash hair with baking soda and water
- Rinse with Apple Cider Vinegar and water

### **Natural Toothpaste:**

1. 8 drops tea tree oil
2. 14 drops peppermint essential oil
3. 2 tsp Castile soap
4. Combine in a 1 oz glass dropper.
5. Add water almost to the top
6. Shake gently
7. Put 3 – 6 drops on your toothbrush

## **Cookware & Food Storage**

### **What to Avoid:**

- Teflon
- Non-stick (PFOA)
- Aluminum
- Anodized Aluminum
- Cast Aluminum
- Plastic bags and containers
- Microwaving food in plastic

### **What to try:**

- Stainless steel
- Cast iron
- High quality ceramic cookware
- Glass jars or storage containers
- BPA free plastic