

Cleanse Checklist

Getting Started w/ Your Detox

Lifestyle

- Listen to the Prepare for Change visualization in the morning
- Listen to the evening visualization before bed
- Try to take a long, hot shower—or even better, a bath in the evening!
- Slow down, read, take time for you

Juices, Drinks & Broth

- The warm coconut tea is an acquired taste, but it's great for curbing hunger and puts your body in a great place hormonally for the day—soon you'll love it!
- Try to stick to the juice schedule
- Don't starve yourself!
- Drink loads of water, add lemon and sea salt to make it more interesting
- Remember your Omega-3 drinks, they are important for energy and blood sugar balance

Breathing & Movement

- Take it easy today, but if you're feeling up for it, do some yoga!
- Take a walk, get some fresh air
- Practice deep belly breathing as you lie in bed

Planning & Prepping

- How are you doing with your juices?
- Take some time today to make your juice for tomorrow
- What is your day like tomorrow—do you need to plan a juice break?
- Do you have enough veggies, or need to pick up some more?