EASY CLEANSE GUIDELINES

MORNING:

Wake up grateful for this day.

A FULL glass of water with lemon or lime

Check in with your body, check in with your heart, how are you feeling?

Start your day with your Lighten Up Smoothie.

AFTERNOON:

Check in with yourself, how are you feeling? How is your energy? How is your mood?

Eat your Lighten Up Friendly Lunch

Take a breather, even just a few deep breaths or a walk around the block to clear your head.

HYDRATE, be sure to drink loads of water to stay juicy and hydrated.

EVENING:

Start your Unwind Ritual

Eat your Lighten Up Friendly Dinner

Less TV, computer, and devices

End the day grateful for what you have accomplished, your life, your health, your journey

ALL DAY:

HYDRATE! Drink loads of water to stay juicy, hydrated and eliminating toxins

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GO EASY: Be Gentle! This is a process and can be envigorating and wonderful, and also can be a little challenging and bring up emotions. All of that is normal. Be Gentle and let it be easy
CONNECT: Stay connected with yourself, your emotions, your body. This is a gift of pause, to reset, to rebalance. Love yourself and the Lighten Up process.

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