

POST CLEANSE GUIDELINES:

- CHOOSE YOUR FIRST “NON-CLEANSE” FOOD, SUCH AS RED WINE, MEAT OR BROWN RICE.
- EAT YOUR CHOSEN “NON-CLEANSE” FOOD AT ONE MEAL, ONCE A DAY FOR THREE DAYS.
- NOTICE HOW THE FOOD MAKES YOU FEEL, PHYSICALLY, MENTALLY AND EMOTIONALLY. KNOWLEDGE IS POWER. BEGIN TO TAKE NOTE OF FOOD SENSITIVITIES, INTOLERANCES AND EVEN ALLERGIES.
- BEGIN TO CREATE YOUR OWN PERSONAL FOOD GUIDELINES.

STEP BY STEP “LIGHTENED UP” POST CLEANSE GUIDE

1

PICK ONE FOOD TO RE-INTRODUCE AT A TIME. IT COULD BE ALCOHOL, GRAINS, DAIRY, MEAT OR CAFFEINE TO NAME A FEW. JUST CHOOSE ONE AT ONE MEAL FOR THREE DAYS.

2

OBSERVE YOUR REACTIONS TO THIS FOOD. A FASTER PULSE, BLOATING, A RUNNY NOSE, GAS, OR ANY ACHES OR PAINS ARE SOME EXAMPLES OF POSSIBLE REACTIONS. TAKE NOTE OF ANY REACTIONS AND SENSITIVITIES IN YOUR NOTES.

3

DO THIS FOR THREE DAYS, AND PAY VERY CLOSE ATTENTION TO YOUR PHYSICAL, EMOTIONAL AND MENTAL REACTIONS. YOU ARE GETTING CLEAR MESSAGES FROM YOUR BODY OF WHAT WORKS FOR YOU, AND WHAT DOESN'T.

4

BEGIN TO CREATE YOUR OWN PERSONAL FOOD GUIDELINES.