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— *empowered wellness & living* —

28-DAY GO AHEAD AND EAT CLEANSE  
PROGRAM GUIDE

# WELCOME TO YOUR 28 DAY CLEAN EATING PROGRAM!

This guidebook is designed to give you the basic knowledge upon which to build a strong foundation for your health and achieve a natural state of radiance, energy, and balance. You will be able to use this guidebook again and again as you deepen your understanding of your own needs for cleansing and optimum wellness

I created this program because of my own experience with overcoming years of fluctuating weight, muscle soreness, and fatigue. For years I treated each symptom separately with pills, supplements, naps, heating pads -- anything that worked at the time. This is when I realized there must be a better way.

So the journey began. I cleansed my life. It wasn't overnight and it took a lot of trial and error. The real change began when I started to understand that food did more than impact my weight; it was also a trigger for many of my ailments, cravings, and emotional eating. By doing this program, which is based on what I learned from many experts in the fields of health and nutrition, I have been able to use food to help me manage and overcome my conditions. I no longer have aches and pains on a regular basis. I rarely wake up tired. I have more energy than I did 15 years ago, and I no longer have a weight issue. Every time I feel like I need to reboot, this is the program I follow and it always works.

Even those who have a super clean diet and lifestyle benefit greatly from seasonal cleansing because of modern day stressors and toxins we cannot always control. So no matter what might be your current lifestyle, health level, diet, or energy level, regular detoxification can be a very special gift to give to yourself.

During the heat of the summer, the body builds up toxins. This can lead to coughs, rashes, migraines, and a weakened immune system. The fall season is a great time to boost the immune system and shed unwanted weight. It's also great for slowing down, turning inwards, and letting go of foods, thoughts, emotions, and people that don't serve you. Actually, the falling leaves are symbolic of us shedding negative memories, thoughts, and patterns.

Also, according to Traditional Chinese Medicine, the fall season is a time to honor two very important organs: the lungs and the large intestine. Let's talk about each.

### Lungs

Every metabolic action in your body depends on your lungs. Therefore, when the lungs are weak from toxic overload, you experience fatigue, pale skin, shallow breath, dry skin and hair, weak digestion, and constipation. When the lungs are strong, you experience the opposite.

In addition, the lungs are associated with grief and sadness. Therefore, during this program, you'll begin to let go of old emotions that have left you with feelings of sadness.

### Large Intestine

We also honor the large intestine during the fall season. In addition to other roles, the large intestine manufactures 95% of your body's serotonin. However, stress, antibiotics, toxins, and leaky gut can lead to imbalances in the large intestine and cause rapid aging, allergies, rashes, anxiety, and weight gain. When the large

intestine is out of balance, serotonin production also suffers and therefore, so does your mood.

The large intestine is the partner organ to the lungs and is also associated with grief and sadness.

This is a wonderful opportunity to support your body so it may function at its full potential. I see many clients who suffer from allergies, stress, fatigue, headaches, hormonal imbalances, digestive issues, weak immune systems, and skin problems. These are your body's cries for help! It is asking for a time to rest, rejuvenate, be deeply nurtured, and "tuned up."

During this program, you will need to put a little extra time and attention into breaking from your routine, but your reward will be feeling like you have a new lease on life!

Happy Cleansing!

Dana

Disclaimer: The contents of this booklet are based on the knowledge, opinions, and experience of Dana Dinnawi, unless otherwise noted. The information in this handout does not replace a one-on-one relationship with a qualified health care professional and should not be considered medical advice. Dana Dinnawi encourages you to make your own health care decisions based on your research and in partnership with a qualified health care professional. And most importantly, make sure to listen to your body.

## WHY SHOULD YOU DO THIS PROGRAM?

Imagine if you lived in a very small space. What would it be like if you could only remove 20% of the trash you brought in? What would it feel like to be in that space after a week? What about a month? Now imagine a year! How does it feel to be in that space now? This is how your cells feel when they cannot release waste.

Cleansing your cells will improve your ability to absorb nutrients and eliminate waste. It will also stabilize and improve your energy. During this program you will improve your health, increase your energy, and eliminate waste that causes disease, weight gain, and cravings.

When your body cannot eliminate waste properly it becomes acidic and toxic. When it becomes acidic and toxic, your blood and your cells slow down. When this happens, your body starts to slow down and break down.

**There are three reasons why toxins build up in your body.**

1. You take in more than you can eliminate either with food or lifestyle. This inhibits your body from being able to fully recover.
2. Toxins in our food, our environment, and our thoughts create waste our body cannot use.
3. An overly acidic diet allows micro-organisms (yeasts, molds, fungi, etc.) and produces Mycotoxins in our body which makes more toxins.

Toxins are stored in your cells. The quality of your life comes down to the quality of your cells.

**Healthy Cells:** Because cells are vital to all life, they have basic needs for their survival. Essentially, there are four things cells need to not only survive, but thrive:

1. Oxygen.
2. Water – the most abundant substance in the body.
3. Nutrition.
4. The ability to eliminate waste.

### Three ways cells can die:

1. Lack of oxygen.
2. A disturbance to the electrical field of cells.
3. Any physical rupture to the cells.

Your blood transports oxygen and nutrients to your tissues and eliminates waste. Your lymph system works closely with the circulatory system as it cleanses and returns tissue fluid to the blood and destroys toxins that enter your body. Your body has three times more lymph fluid than blood.

This program is designed to help you improve the quality of your cells by improving how your cells receive oxygen, water, and nutrients, and how your cells eliminate waste.

## TOXINS AND INFLAMMATION

To achieve health, radiance, energy, balance, and permanent weight loss, it is helpful to understand the underlying causes of diseases and obesity, which are toxins and inflammation. The good news is that we can restrict these causes by choosing to take an active role in feeling and looking better. A great way to do this is with cleansing. 90% of the time, I start my clients on a program, because it brings balance to your body and improves your digestive system, enabling you to be more successful with future health goals. But before we begin our program, let's talk a little bit about toxins and inflammation.

### What make us toxic?

Certain foods, our environment, and even our lifestyle make us toxic. The simple truth is, we are surrounded by toxins. In fact, we are exposed to more environmental toxins in one day than our grandparents were in an entire lifetime. Environmental chemicals in solvents, plastics, and adhesives; poisons in makeup, moisturizers, nail polish, hair dyes, and shampoos; pesticides, herbicides, parasites in soil, food, and water; ingestible chemicals in junk and processed foods; the toxins released by our bodies when under consistent stress; and even the toxic thoughts and words we may subject ourselves to on a daily basis all contribute to an ever-increasing lack of radiance and energy.

### What creates inflammation?



Sugar, lack of exercise, toxins, food allergies, and food sensitivities all cause inflammation. Inflammation causes weight gain and prevents weight loss. It's a vicious cycle – being inflamed makes you fat and being fat makes you inflamed.

**Problems that can result from toxic overload and inflammation:**

- Bad breath
- Bloating, gas, constipation, and diarrhea
- Canker sores
- Difficulty concentrating
- Excess weight or difficulty losing weight
- Fatigue
- Fluid retention
- Food cravings
- Headaches
- Heartburn
- Joint pain
- Muscle aches
- Puffy eyes and dark circles
- Postnasal drip
- Sinus congestion
- Skin rashes and acne
- Sleep problems
- Toxins can also block thyroid function, impair female hormones, and may account for depression, anxiety, and fatigue.

**The results you should experience in this program:**

- Weight loss
- More energy

- Better digestion and elimination
- Fewer symptoms of chronic illness
- Improved concentration and mental clarity
- Less congestion and fewer allergy-related systems
- Less joint pain
- Less fluid retention
- Increased sense of peace and relaxation
- Enhanced sleep
- Better looking skin
- Brighter eyes

## BENEFITS OF CLEANSING

There are many reasons a person may choose to do this program. As you go through this process, you will find that even if you started off with just one reason, the benefits you experience are often broader and further-reaching.

Cleansing or detoxifying by itself, however, is not the solution. Getting rid of the toxins and minimizing exposure to new toxins must always be balanced with replenishing the body's vitamin, mineral, and macronutrient reserves. When we simply reboot without rebuilding, it is like removing the old oil from your car without replenishing it with new oil. Your body will be running on empty!

### Summary of potential detoxification benefits:

- Increased energy
- Mental clarity
- Improved digestion
- Allergy relief
- Weight loss
- Hormonal balance



- Radiant skin
- Improved physical appearance
- Longevity and disease prevention
- Relief from minor health conditions
- Clarity in life path and goals
- Tissue regeneration
- Increased general well-being
- Personal confidence and empowerment

This is a gentle and relatively short program designed to jump-start your journey to health. The diet may seem fairly restrictive compared to modern day diets, but you should not go hungry, as this is not a fast. Eat abundantly from the foods that are listed for each phase of the program and use the menus and recipes as guides to make the most of your experience.

This program is designed to be gentle yet effective. It is also intended to be doable while you work, play, or go about your normal routine. Your normal routine, however, will be a bit different during this program, simply because you will be eating, doing and thinking different things while cleansing.

One incredible benefit to cleansing will be the awareness gained about how different foods make you feel physically, emotionally, and energetically. Your taste buds will begin to change and you will begin to understand how your body is responding to the foods you are consuming. This will give you more control of reactions you were not aware were caused by foods.

There are thousands of different dietary recommendations and philosophies, and new ones come up every day. The very best way to figure out your personalized diet is to begin to pay attention to how you feel as you explore different ways of eating and being. In the process of cleansing, you will begin to recognize which foods may not be serving you, despite what you have read or been told.

## CLEANSING AND YOUR BODY

Every toxin you come into contact with must be filtered through the liver. The liver is the second largest organ in our body and it is also the most overworked. Given that we now understand the degree to which we are exposed to toxins on a daily

basis, it is easy to see how our livers are being put into overdrive. When the liver becomes overburdened, it loses its ability to function efficiently. This leads to a cascade of potentially serious health consequences and uncomfortable reactions.

What happens when the liver is not functioning properly or is overburdened? Toxins begin to find their way into other organs, skin, fatty tissues, and the blood. This is when we begin to see and feel the manifestation of some of the common ailments described above.

This basic program is focused on cleansing the liver. However, it will also provide support to other systems in your body, such as the colon, skin, lymph, lungs, kidneys and bladder, mind, and emotions. As the liver starts the process to release toxins, these other organ systems will also provide pathways to efficient elimination.

## EASY CLEAN EATING TIPS

I created this program to be simple; however, there are additional things you can do to make it even easier on your schedule. Here are my top tips:

1. Make any meals, drinks, and snacks that you can the night before, such as smoothies, chia pudding, and Lemon Water Elixir. I always prepare my breakfast for the next day while I'm making dinner.
2. If you are eating out, ask for steamed vegetables with your choice of clean protein (Paleo phase). Also, add an avocado for a healthy fat option.
3. When traveling, sunflower or pumpkin seeds are excellent snack options to keep you satisfied. Three tablespoons have 10 grams of protein, and you can store the bag in your purse.
4. If you don't wish to invest in a blender, buy your smoothies at a local health food store. The goal here is simplicity.

5. Always add a clean protein, such as vegetarian protein, fish, beef, or turkey (Paleo phase), to each meal. You can also make a large batch protein for the week and reheat as needed.
6. Drink 33ml of water per kg of body weight per day. Add lemon, lime, or grapefruit to your water for flavor and added health benefits. You should also consume three cups of dandelion tea daily.
7. If you are cooking for a family, incorporate your meal into theirs. For example, cook sweet potatoes instead of mashed potatoes.

## THE PROGRAM STRUCTURE

This program follows the concept of an elimination diet. You will first remove allergenic foods from your diet known for causing inflammation. You will then slowly reintroduce these foods one at a time to see if your body experiences any unpleasant symptoms. You'll do all of this while enjoying fresh, seasonal foods that support your body's health.

If you experience a reaction when reintroducing foods, this means your body is sensitive to that particular food. If this is the case, don't fret. A majority of the population is allergic to certain kinds of foods. However, unlike many others, you're taking the first steps necessary to learn what foods do not serve your body, to reduce inflammation, and to regain control of your body.

### **Symptoms of a reaction include:**

1. Poor sleep
2. Headaches
3. Mood swings
4. Bloating belly
5. Constipation or loose stools
6. Difficulty breathing
7. Dry skin, skin rashes, or acne
8. Swollen joints
9. Excessive lower back pain

10. Imbalances in the gut such as candida, bacteria, or viruses

11. Chronic colds and lowered immune system

If you experience any of these reactions, you'll remove the food from your diet, wait a few weeks, and then reintroduce it again to see if it still bothers you. If it does, you may need to remove it from your diet completely to experience optimal health.

A simple elimination diet coupled with the use of the physical clean eating support tools will cleanse your organs of impurities. The emotional support tools will guide your mind to a place of peace.

As you go through the program, be aware of the role your mind plays in weight loss, sugar cravings, food addictions, emotions, and inflammation. It helps to keep a food diary/journal during this process. You can use the food diary I have provided for you or journal your food daily on your computer or iPhone. This journal is your blueprint for a healthy life.

## THIS PROGRAM HAS THREE DISTINCT PHASES:

<b>PRE-PROGRAM/PREP</b>	(Phase1)	<b>4 Days</b>
<b>PROGRAM</b> Cleanse + Paleo phase	(Phase 2)	<b>24 Days</b> (Days 5-28)
<b>TRANSITION</b>	(Phase 3)	<b>7 Days</b> (Days 29-35)

We'll discuss each of these phases in detail below.

## PHASE 1 PRE-PROGRAM/PREP

(4 Days)

During phase 1, you will prepare your body for a simple cleanse by following the protocol listed below this section. You'll begin to remove caffeine, sugar, processed foods, dairy, and gluten from your diet and integrate the suggested clean eating tools.

You do not have suggested meals during this period, but I have given you a ton of recipes to choose from in your Recipe Guide. Take your pick each day.

Many of my clients already eat clean when they come to me, so this phase is typically easier for those people. If you are one of those people, take an opportunity during this phase to focus on integrating clean teas, tonics, juices, and the Lemon Water Elixir.

If you have not been eating clean lately, or you never have, take this time to reduce the foods mentioned on the Do Not Eat List and focus on flushing toxins from your system with plenty of water.

During this phase, I also want you to reflect on your life. How do you hope this cleanse will help you physically and emotionally? What do you need to remove from your life to accomplish your goals? Negative emotions? People? Food addictions? Harmful cleaning products? Stress? Beauty products?

Start to read all of your product labels and discard or give away foods that do not serve you. Keep in mind that your liver has to process any chemical you ingest or touch.

Consume organic fruits and vegetables when possible, as pesticides and herbicides negatively affect hormones, brain function, and weight loss, and lead to higher toxicity levels.

Reduce that cup of morning coffee. Excessive coffee drinking leads to wrinkles, cravings, imbalanced adrenals, lower back pain, poor sleep, and under-eye bags. It's time to look for great substitutes such as matcha and herbal teas. My favorite homemade coffee substitute is a one tablespoon raw cacao with one tablespoon chaga powder (optional), one teaspoon cinnamon, stevia, ½ cup coconut milk, and ½ cup water.

I also want you to slow down your pace. You need to start being conscious of your thoughts, choices, pace, mood, and breath. For example, if you immediately jump

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out of bed the moment you wake up in the morning and juggle a hectic morning routine, it's time to stop. Instead, lay awake in bed for ten minutes and set your intentions for the day. You can also practice deep breathing and meditation.

\*Note: Support tools are suggested in your protocol for each phase. If you aren't able to complete all of the recommended Support Tools noted in your protocol, that's okay. However, I do recommend that you, at least, take advantage of one body-conscious and one mind-conscious support tool per day. My top choices are skin brushing, tongue scraping, and Epsom salt baths.

## PHASE 1 | PRE-PROGRAM/PREP DAILY PROTOCOL

(DAYS 1-4)

### UPON RISING:

Drink Lemon Water Elixir (see Recipe Guide)

Do tongue scraping

Dry skin brush before showering

Take a probiotic

### BREAKFAST:

Drink a cup of coffee substitute or coffee

Eat breakfast of your choice

### MID-MORNING:

Drink a cup of nettle or dandelion tea

Eat a snack of your choice

### LUNCH:

Eat lunch of your choice

**AFTERNOON:**

Drink the Cranberry Cleanser (See Recipe Guide)

Eat a snack of your choice

**DINNER:**

Eat a dinner of your choice

**MID-EVENING:**

Drink Turmeric Cleanser

**BEFORE BED:**

Drink a cup of dandelion or nettle tea

## PHASE 2 | CLEAN EATING PROGRAM

(DAYS 5-28)

After four days of prep, you'll officially begin the clean eating portion of your program. It is divided into 2 parts, the Cleanse followed by the Paleo Plan. You will find all of the information for the Cleanse portion in this guide and the information for the Paleo phase is found in your Weeks 3 and 4 documents in your member site.

I have found it's easiest to review the clean eating Do Not Eat List to see what foods are not included in this phase of the program.

During this phase, we want to remove mucus and release toxins through the kidneys. The foods in your plan support healthy liver and gallbladder function. The drinks and tonics in your plan improve bile flow and cleanse the lymphatic system.

I want you to pay close attention to how you feel as you remove the allergenic foods from your diet. Do you experience more mental clarity? Are you less exhausted? Experience fewer belly aches?

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Do you feel more energized drinking more water during the day? If you are not drinking your 33ml of water per kg of body weight, make this a top priority. Also, make sure to drink dandelion or clean tea three times a day during this phase.

If you want to take your cleanse up another notch, you can add a green juice into your daily diet. You can make your own by adding two tablespoons of chlorophyll and one teaspoon of wheatgrass or spirulina to 30 ounces of water with the juice of one lemon.

**Here are the other drinks/tonics you'll be consuming:**

1. Lemon Water Elixir (increases healthy bile flow and naturally balances PH)
2. Dandelion tea (cleanses the liver)
3. Lemon, lime, and grapefruit waters (cleanses the liver and the lymphatic system)
4. Cranberry Cleanser (cleanses the lymphatic system and the kidneys)
5. Turmeric Cleanser (naturally combats inflammation)
6. Liver Cleanser (naturally supports healthy bile flow)

Also, write down all of your meals, all of your thoughts, and all of your symptoms in your food diary or journal.

If you feel constipated during this phase, drink a cup of Senna tea before bed. Make sure you are drinking enough water as hydration is vital for healthy stools.

Constipation can also be relieved by moving the lymphatic system with Epsom salt baths, castor oil packs, contrast showers, deep breathing exercises, and stretching.

It's important to note that if you need to extend this phase, please do! You know your body better than anyone else. Many of my clients continue this step if there is a long-standing history of candida, hormonal imbalances, allergies, or poor sleep.

## CLEANSE SUGGESTED MEALS

\*If you desire, feel free to add an extra salad, or a raw or warm soup to any lunch or dinner.

Day	Breakfast	Lunch	Dinner
5	Go Green Smoothie	Waldorf Salad	Roasted Vegetables and a small salad
6	Kale Smoothie	Cold Zucchini Noodles with Tahini Sauce	Apple Butternut Squash Soup and a small salad
7	Warm Chia Pudding	Mock Chicken Salad	Roasted Brussel Sprouts with Sweet Potatoes and your choice of soup or small salad
8	Berry Cream Smoothie	Massaged Kale Salad	Lemon Broccoli Stir Fry and ½ sweet potato
9	Fresh Fruit Cup with Coconut Milk Yogurt	Spicy Fall Slaw	Roasted Vegetables and a small salad
10	Marathon Smoothie	Stuffed Lettuce Cups	Easy Sauté and ½ sweet potato
11	Orange Cream Smoothie	Spicy Fall Slaw	Apple Butternut Squash Soup and a small salad with ½ sweet potato
12	Go Green Smoothie	Waldorf Salad	Garlic Cauliflower Soup
13	Kale Smoothie	Cold Zucchini Noodles with Tahini Sauce	Apple Butternut Squash Soup and a small salad

14	Warm Chia Pudding	Mock Chicken Salad	Roasted Brussel Sprouts with Sweet Potatoes  and your choice of soup or small salad
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**\*\*NOTE: DAYS 15-28 ARE IN THE PALEO INFORMATION YOU WILL ACCESS LATER**

## CLEANSE SHOPPING LIST

### FRUITS

Blueberries—1 1/2 cup

Bananas—2

Oranges—1

Berries—1/2 cup

Pears—2

Apples—13

Lemons—10

Limes—1

### VEGETABLES

Spinach—1 ½ cups

Avocados—4 1/2

Kale—16 leaves + 1 bunch

Mixed greens—about 9 cups

Carrots—About 14 large

Celery ribs—7

Scallions—8

Purple cabbage—about 1 medium head

Red onions—about 1/2

Zucchini—8

Romaine leaves—2

Cucumber—about 1/2

Butternut squash—3 kg

Onions—6

Beets—4

Fennel bulbs—2

Broccoli—1 head

Brussels sprouts—1 kg

Sweet potatoes—2

Cauliflower—about a quarter head

## **NUTS & SEEDS**

Pumpkin seeds

Chia seeds

Sunflower seeds

Sesame seeds

## **CONDIMENTS/ MISCELLANEOUS**

Raw cacao

Shredded coconut

Vanilla extract

Honey

Poultry seasoning

Extra-virgin olive oil

Raw apple cider vinegar

Sunflower seed butter (optional)

Coconut milk yogurt—about 1 cup (optional)

Tahini

Coconut oil

Vegetable broth—8 1/4 cups

Toasted sesame oil

Coconut aminos (optional)

## BEVERAGES

Dairy-free milk—about 3 liters

## HERBS/SPICES

Cinnamon

Ginger powder

Cumin

Sea salt

Pepper

Turmeric

Garlic powder

Ginger root—about 8 inches

Fresh parsley—about 4 bunches

Garlic cloves—6

## CLEANSE DAILY PROTOCOL

### UPON RISING:

Drink Lemon Water Elixir (see Recipe Guide)

Do tongue scraping

Dry skin brush before showering (optional)

Clean Eating Support Tool

Take a probiotic

### BREAKFAST:

Drink a cup of coffee substitute

Eat breakfast

### MID-MORNING:

Drink a cup of dandelion or nettle tea

Eat snack of your choice

### LUNCH:

Eat lunch

### AFTERNOON:

Drink the Cranberry Cleanser (see Recipe Guide)

Eat snack of your choice

Do one-minute manifestation

**DINNER:**

Eat dinner

**MID EVENING:**

Drink Liver Cleanser (See Recipe Guide)

Dry skin brush before bed

**BEFORE BED:**

Do a write and burn at least 3 times

**CLEAN EATING EAT LIST**

(ALL PHASES)

- Dairy-free milk: almond or coconut
- All fruits and vegetables (except nightshades—tomatoes, potatoes, eggplant, okra, bell peppers; however, you can eat goji berries, which are the only approved nightshade fruit/vegetable)
- Healthy fats: coconut oil, flax oil, grapeseed oil, almond oil, sesame oil, and olive oil
- Seeds: pumpkin, sunflower, sesame (black and white), chia, and flax
- Drinks: organic coffee (suggested phases 1 and 3 only), coffee substitutes or herbal tea, filtered or distilled water, mineral water, coconut water, fresh green juices, and smoothies
- Sweeteners: honey, raw honey, and stevia
- Detox tea suggestions: Dandelion Root Tea, Daily Detox Tea, Nettle Tea, or Chaga
- Elixirs and tonics: Cranberry Cleanser and Lemon Water Elixir



- Cultured foods and drinks: coconut water, fermented vegetables (homemade or store-bought)

## CLEAN EATING DO NOT EAT LIST

(PHASE 2)

(If you see \*\*, you will add this food back in during the Paleo phase or Transition)

- Coffee
- Sweeteners (white sugar, brown sugar, corn syrup, agave, or cane juice)
- Artificial sweeteners
- Sugar alcohols (often found in chewing gum, like xylitol, or protein bars)
- Eggs\*\*
- Soy milk
- Yeast
- Nuts\*\*
- Alcohol
- Dairy products\*\*
- Corn (grain)
- Cheese\*\*
- Gluten
- Grains (except seed-like grains, or soaked/sprouted) \*\*
- Processed foods
- Soft drinks
- Nitrates, often found in lunch meats
- Potatoes (except for sweet potatoes)
- Beans (except for lentils, mung, and adzuki)

## SUPPLEMENTAL CLEANSE INFORMATION

### APPROVED PROTEINS

#### PLANT-BASED

#### (DURING ALL PHASES OF CLEANSE)

(These are simply suggestions for vegan options.)

- Seeds: Three tablespoons hemp seeds\* (not in Egypt), one-fourth cup sunflower seeds, or one-fourth cup pumpkin seeds
- Avocado
- One cup of green peas
- Coconut meat
- Sprouts
- Two tablespoons of chia seeds
- Chia pudding
- Nutritional yeast: one to two tablespoons, if tolerated
- One to two scoops of plant-based protein powder for smoothies, soups or even mixed into a dip
- Miso soup

## GUT HEALTH AND PROBIOTICS

Do you ever wonder why you experience occasional constipation or have an acne breakout on your face? Do you ever feel like you cannot lose weight no matter what you eat? The health of your gut is related to these issues, as well as your happiness, moods, ability to naturally cleanse, sleep patterns, and more.

Put simply, a healthy gut is one that has more good bacteria in it than bad bacteria. Poor nutrition, stress, antibiotics, birth control pills, and other life choices cause harmful bacteria to fill the gut. When this happens, you experience:

- Bad breath
- Gas
- Poor digestion
- Irritable Bowel Syndrome
- Chronic pain
- Poor sleep
- Headaches
- Weight gain
- Fatigue
- Hormonal imbalances
- Skin-related issues

However, you can re-establish the good bacteria in your gut by taking a probiotic that contains a high CFU, or colony-forming units. CFU is a measure of how much of the good bacteria exists in a particular probiotic supplement.

I have taken a probiotic for years. I take a 50-billion-CFU probiotic every morning 30-45 minutes after my Lemon Water Elixir. You can buy probiotics online here <http://www.puritan-egypt.com/Products.aspx?cat=4> or here <https://www.facebook.com/groups/hani.pharmacy/>

In addition to probiotics for gut health, you can also consume cultured foods that contain live strains of good bacteria. I've included a recipe for this in your Recipe Guide. You can also buy cultured foods at [greenolic.com](http://greenolic.com)

I consume two tablespoons of cultured vegetables with a meal and drink one glass of coconut water daily.

Other natural sources of probiotics include:

- Coconut water kefir

- Coconut milk yogurt or kefir
- Kombucha

## CLEAN EATING SUPPORT TOOLS (BODY-CONSCIOUS)

### OIL PULLING

Oil pulling is, by far, one of my favorite support tools and it is so easy to do. Oil pulling removes unwanted bacteria and yeast from the mouth, which is critical considering germs from your mouth travel through your digestive system and lead to health complications and infections. An unhealthy mouth typically equals an unhealthy body.

You can use coconut oil or sesame oil for oil pulling. To start, put 1-2 tablespoons of oil in your mouth and swish the oil for 5-20 minutes. Then, spit the oil into the trash to avoid it hardening and clogging up your sink. Rinse your mouth with water and sea salt then brush your teeth.

You should do oil pulling on an empty stomach. If you are doing both oil pulling and tongue scraping, I suggest you start with the oil pulling.

### TONGUE SCRAPING

I suggest scraping your tongue daily in the morning and before bed. This method removes the mucus and toxic buildup in your mouth. Use a tongue scraper or a spoon to reach to the back of your tongue and pull forward, scraping off the white film and repeating.

### SKIN BRUSHING

I cannot say enough about skin brushing. It is easy to do, and your kidneys will thank you for it. You can skin brush in the morning before your shower and at night. Skin brushing supports your lymphatic system, kidneys, and liver, and has been shown to reduce toxins by 25% in the body.

### How to skin brush:

1. Skin brush with a dry brush (made for this purpose) before you shower or bathe.
2. Always brush toward your heart with the flow of the lymphatic fluid.
3. Start at the soles of your feet and then move up your legs, brushing in a circular motion.
4. Brush your chest and shoulders toward your heart in long strokes, and then start at the fingertips and brush toward your body. Use small, circular strokes in your armpits.
5. Move in a circular motion counterclockwise on your stomach to respect the direction of digestion and encourage cleansing.

### CASTOR OIL PACK

This support tool is my all-time favorite! Once you master the castor oil pack, you will never look back. There are two ways to do a pack:

1. Rub castor oil on your stomach, the right side of your liver, and upper abdomen. Some people prefer to soak a cloth, towel, or old shirt in the castor oil, wrap the pack in plastic wrap (BPA-free preferred) and then apply over the desired organ. You can lay a hot water bottle or a heating pad on the top of the pack and relax as you release toxins for about 45 minutes.

OR

2. Lay down on a towel and rub the castor oil on your stomach, the right side of your liver, and upper abdomen. Then re-apply every 15 minutes until you've reached the 45-minute mark.

## CLEAN EATING SUPPORT TOOLS (MIND-CONSCIOUS)

### WRITE AND BURN

Write and burn is an old technique I was taught years ago that helps relinquish negative thoughts and emotions. I still use it in my life and recommend it to my clients.

To do this, open up your mind and the gateways to your heart with ten deep breaths. Then, take a piece of paper and allow your heart and your mind to guide your writing. Write about areas of your life where you feel stagnant, stuck, or irritated. Write for 5 to 30 minutes.

After you have written, take ten deep breaths. Go to a safe place outside where you can burn the pieces of paper and say this, "I forgive myself and let go of all feelings attached to these memories."

Next, close your eyes and imagine yourself sitting on a mountain or by the ocean embracing the sun. Feel how complete you are at this moment.

### ONE-MINUTE Manifestation

Take one minute every three hours to meditate and do deep breathing exercises. Visualize your body releasing old emotions that do not serve you. Breathe deeply into your organs. Release the anger that has a hold on your body and fill your soul with peace and joy.

### RELEASE RITUALS

Take at least five minutes per day to live in the moment, release negativity, and jumpstart your positive mood. Dance, draw in your kid's drawing book, create a vision board that inspires you, or light a candle. My favorite release rituals involve dancing and coloring in my Mandala coloring book.

## ADVANCED CLEAN EATING TOOLS

### CONTRAST SHOWERING

Contrast showering is so easy to do and requires no extra purchases! In the shower, alternate between hot and cold water to support lymphatic drainage. The hot water brings blood flow to the skin's surface while the cold water directs blood flow inward to the organs.

I recommend three minutes of hot water, one minute of cold, three minutes of hot, and so on. You can repeat this for 15 minutes, always finishing with cold water.

### ENEMAS/COLONICS

Enemas and colonics are the best way to cleanse toxic waste, such as bacteria and yeast, from the colon. If the colon is backed up, you experience poor digestion, weight gain, acne, bloating, and headaches.

If you prefer to have a colonic done for you, find an experienced Colon Hydro Therapist in your area. You can also do an enema at home when you have some alone time on the weekend. I recommend coffee enemas (best performed in the morning) and probiotic retention enemas (best performed in the evening).

Go here for more helpful information on the probiotic retention enemas:

<http://blog.listentoyourgut.com/tips-for-jinis-probiotic-retention-enema/>

For more information on coffee enemas, go here:

<http://www.drlwilson.com/articles/COFFEE%20ENEMA.HTM>

## YOU DID IT!

Congratulations! I am so proud of you for embarking on this journey. It's time to spring forward into maximum health and enjoy your new vitality!