

# Clean Living Guide: Body/Environment

## GUIDELINES FOR CLEANSING

**PREPARE:** *Take 2-3 days before and after your cleanse to prepare for & to transition out of it.*

**CHOOSE THE RIGHT TIME:** *Best times to cleanse are during a change of season or whenever you may be feeling stuck or stagnant in your body or within your life. Choose a weekend or week when you don't have a lot of plans.*

**SLOW DOWN:** *Slow down your exercise routine and stick to hiking, yoga, or lower impact workouts.*

**BE MINDFUL WHEN YOU EAT:** *Because you are changing your diet significantly, be very mindful and grateful when you ARE eating and drinking. Eat slowly, chew completely, be relaxed & present.*

**MEDITATE & JOURNAL:** *There are significant mind/body changes that are happening when you cleanse. Meditate each day and purge in your journal everything that comes up for you mentally & emotionally.*

**SLEEP:** *Get plenty of sleep! At least 8 hours per night while cleansing.*

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The following are 3 simple cleanses that you can do over a 3 to 7 day period.

1) ELIMINATION CLEANSE: You can use this to prepare for and to transition out of other cleanses.

- Eliminate one or more of the following dietary “crutches”: alcohol, caffeine, sugar/sweeteners, processed foods, fast food, grains, carbs, white flour, meat, dairy, etc.
- Eat an unlimited amount of organic, fresh vegetables & healthy fats.

2) AYURVEDIC CLEANSE: This cleanse is gentle on your digestion so that your body can focus on eliminating toxins.

- Eat kitchari or simple soup for every meal. Fruit & tea in between.
- Drink warm lemon water first thing every morning.
- Drink cleansing teas throughout the day: Tusli, ginger, or cumin/coriander/fennel.

**Simple Soup:** In a medium soup pot, saute 2 tbs of ghee/oil with 1 chopped onion, 2 chopped carrots, & 2 stalks of chopped celery. Add salt, pepper, bay leaves, oregano, basil, turmeric.

Optional- add other seasonal veggies you love. Cover all veggies with water, vegetable or chicken broth/stock. and bring to a boil. Sea salt to taste.

Prepare for this cleanse by making a large pan of kitchari and a large pot of soup so that they are ready to eat.

**Kitchari Recipe:** rinse 1c. of mung daal (yellow split mung beans) and 1c. of rice (brown or white). In a large saute pan, gently heat 2tbs of ghee/olive oil with: 1.5” piece of cinnamon, 3 bay leaves, 10 peppercorns, 5 cloves, 5 cardamom seeds, 2tsp. of tumeric, a pinch of cumin seeds, a pinch of mustard seeds. Add a handful of chopped cilantro, 1.5” piece of grated ginger, 2 tbs. chopped unsweetened coconut, 1/2c. water. Stir in mung daal & rice. Add 6c. of water, cover & boil, then simmer until all water is absorbed. Add sea salt and fresh cilantro to taste.

3) JUICE CLEANSE: This cleanse would need the most preparation and would require a juicer or pre-made organic juices from a local vendor. Drink 5-6 fresh-made, organic juices throughout your day (typically every 2-3hrs) and nothing else. Your body will receive fast nutrient delivery including water-soluble fiber, enzymes, vitamins, and minerals- truly amazing for your body, mind, and spirit!

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*Our bodies are bombarded with environmental toxins—chemicals in the air and in all our personal care & household products. It's impossible to shield ourselves from all of them, but we can minimize the build up of exposure to SOME of them by using non-toxic products.*

### COMMONLY USED TOXIC INGREDIENTS TO AVOID:

Parabens (a preservative): hormone disrupter, connected to cancer

Mineral Oil (bulking agent): hormone disrupter, connected to cancer

Sodium Laurel/Sulfates/SLS : a potent carcinogen when combined with other chemicals. Found in over 90% of personal care products!

Acrylamide (in facial creams): linked to mammary tumors.

Propylene Glycol (moisturizer): linked to kidney & liver problems.

Phthalates (in plastics, nail polish, lotions, etc.): linked to cancer, hormone/nervous & reproductive system harm. Never leaves the body.

Dioxane (hidden in ingredients such as PEG, polysorbates, laureth, ethoxylated alcohols): a carcinogenic that is easily absorbed thru skin.

Toluene (found in most synthetic fragrances): very poisonous- made from petroleum & coal tar. chronic exposure linked to anemia, low blood cell count liver & kidney damage. May affect a developing fetus.

### DIY Face/Body Cream & Multi-Surface Cleaner

**EASY 2 INGREDIENT LOTION:** Mix organic coconut oil with 10-20 drops of your favorite essential oils. Use electric mixer for extra creaminess!

**EASY MULTI SURFACE CLEANER:** Fill 1/3 of bottle with white vinegar, 2/3 water, 20-30 drops of lemon/tea tree/lime/lemongrass essential oils.

*Refer to the EWG site for ingredients you are unsure of. Check out companies like The Honest Company and Arbonne for high quality non-toxic products.*

# Clean Living Guide: Body/Environment INSPIRATION, AFFIRMATIONS, MEDITATION

“Every cell in your body regenerates after 7 years. It literally becomes what you eat, absorb, and immerse yourself in.”

“Your skin is not only your largest organ, it’s also the thinnest and highly permeable- allowing what you apply to your skin access to your bloodstream and thereby the rest of your body.”

“American Cancer Society reported that environmental toxins account for as many as 3/4’s of all cancer diagnosis and deaths.”

*I send love and gratitude to every part of my body.  
I am worth the time and effort I spend practicing  
discipline and self-care.*

*I feed and nurture my body with delicious whole foods.  
I am in awe of my body’s ability to heal, to transform,  
and to flourish with vibrant health, divine energy, and  
radiant beauty.*

*I see the perfection in every one of my cells and honor  
this physical vessel that I have been blessed with.  
I embrace my body with love and respect.*

G U I D E D	M	Find a comfortable seat and start with a few deep, clearing breaths-
	E	inhaling through the nose and exhaling out of the mouth.
	D	Close your eyes.
	I	Imagine the crown of your head opening up to allow a clear, white,
	T	healing light to enter into your body.
	A	With every inhale, feel this light energy fill you up starting with your
	T	head, neck, and shoulders... then your arms and fingers, your chest,
	A	back, ribcage, belly and waist...
	T	Clear, white light filling up your entire body all the way down to your
	I	feet and toes.
	O	With your awareness, systematically move through every part of your
	N	body including your organs, muscles, bones, joints, and skin.
	Feel positive, healing, loving, healthy energy saturate your entire body.	