

## **1 Day Cleanse Kit!** *10 Steps to Reset and Renew*

If you've had yourself an indulgent weekend (hey - it happens to all of us!) - and now feel like you need to cleanse, this cleanse kit will leave you feeling vibrant, energized and glowing!

When an indulgent weekend happens, temptation is everywhere and chances are you're living a little less healthy than at other times of the year. If you find you've had a weekend or even a week of indulgence, try this quick 1 day cleanse to reset your system.

### **1. Wake up with Water**



Wake up and immediately have a sprinkle of Himalayan salt in water. Water and with Himalayan salt help support your adrenal glands and help your body get going a little easier, especially if you had a late night. Himalayan salt is also alkalizing, which will balance out an acidic body if you indulged the night before.

### **2. Two Minute Detox Yoga**

Get your blood flowing with a couple of sun salutations. This will get your lymphs moving which will detox your body. If you're not into yoga - simply spend two minutes raising and lowering your arms over your head as you take deep breaths in!

### **3. Breakfast: Recovery Shake**

#### Ingredients:

- 1 cup water
- 1 scoop protein powder
- 1/2 cup berries
- 1/2 avocado
- 1/2 banana
- Handful parsley

#### Directions:

Blend until creamy. You can add more water to make it thinner, or add ice to make it thicker like ice cream!

Why these ingredients? Every ingredient is chosen for the specific boost that it gives your body:

- **Protein powder:** the amino acids in protein powder help boost your immune system as well as support your body's detoxification pathways!
- **Berries:** these are low glycemic fruits with tons of antioxidants to help eliminate toxins in the body, and the high fiber content also helps gently clean your insides



- Avocado: healthy fats from avocado soothe your GI tract, as well as aids your body in producing more of its master antioxidant—glutathione.
- Banana: the electrolytes in banana rebalance your body
- Parsley: this is known as a blood cleanser!

#### **4. Throughout the Morning**

Drink water with lemon juice or apple cider vinegar to taste. Both of these will alkalize the body, getting it back into balance. These also curb any cravings that may come up.

#### **5. Lunch**

Enjoy a salad with any veggies you like, along with a choice of protein. Drizzle with extra virgin olive oil (EVOO) and a squeeze of lemon. Garnish with Himalayan salt, pepper, and oregano.

One of my favorite detox salads:

- Romaine lettuce
- tomato
- onion
- avocado
- Chopped hard boiled free range eggs - I make a big batch of these on Sunday and store them unpeeled in the fridge, so it's easy to grab and go!
- You can choose various kinds of beans, nuts, or seeds for your protein.



Why these ingredients?

Veggies are packed full of antioxidants, which cleanse your system and get you back into balance. The fiber acts like a gentle brush along your GI tract, cleaning away the residue from the holiday indulgences.

Proteins (like free range eggs, organic tofu, nuts, and seeds) provide amino acids your body needs for detoxification.

The dressing is full of high ORAC spices (like pepper and oregano), which are superfoods when it comes to cleansing the body.

#### **6. Afternoon**

Drink water with lemon juice or apple cider vinegar to taste

## **7. Dinner: Chai Smoothie**

### Ingredients:

- 1 cup water
- 1 scoop protein powder
- 1 teaspoon vanilla
- 1/2 teaspoon cinnamon
- 1/2 teaspoon ginger (dried or fresh)
- Pinch of Himalayan salt
- Ice
- Optional: 1 teaspoon flax seeds or flaxseed oil

Blend all ingredients, adding more water or ice for desired thickness. Enjoy, knowing you're giving your body everything it needs to be healthy.

### Why these ingredients:

- Protein provides the body with immune boosting and detoxifying amino acids
- The spices (vanilla, cinnamon, and ginger) all have high ORAC values with tons of antioxidants to cleanse the body.
- Cinnamon also helps balance the blood sugar.
- Ginger helps with digestion.
- Himalayan salt (you can also use sea salt) alkalizes the body, and brings out the flavors in this delicious smoothie.
- Flax seeds or flax oil are full of Omega-3 fatty acids. These reduce inflammation in the body, as well as protect the nervous system.



**8. Snacks:** Try your best to eat light and not snack between meals. This gives your digestive system a bit of a break, especially if you've been indulging in heavier holiday meals. The less energy your body has to use to digest foods, the more energy it can use to heal any damage and get rid of the toxins.

If you are hungry between meals, snack on any of these items:

- Fruits
- Veggies
- Hummus or guacamole
- Nuts & seeds



**9. Sleep:** Get to bed by 10pm. Your body repairs itself while you sleep, and if you've been stressing your body with extra food, alcohol, less sleep, and more stress - chances are you could really use a good nights sleep!

Tips to relax for a good night sleep:

- Have a hot bath
- Read a book
- Avoid TV and computer screens - the lights can make it harder for you to fall asleep
- Think about what you are grateful for
- Make a list of the good things that happened to you today
- Deep breathing - breathe in for a count of 5, and out for a count of 5... repeat until you are fully relaxed

### **10. Bonus Points:**

**Exercise:** Get your sweat on! Sweating is one of the main ways the body detoxifies (along with breathing and going to the bathroom). Do what you can manage; the point is to get sweating and breathing deeply.

Try one of the following:

- Yoga class - With all of the yoga styles there should be a class that matches your energy level, or there are lots of free options available online.
- Cardio - Run, jog, power walk, bike, take a dance class... anything that gets your heart pumping and makes you break a sweat!
- Sauna (regular or infra-red) - This is a great option if you are feeling really low energy. Focus on deep breathing or meditation while in the sauna, and notice how refreshed you feel afterwards!
- Hot bath - When all else fails, a comforting hot bath can make you feel like a new person. Once again, make sure to focus on deep breathing to get the full detox effect.

Notice how you feel at the end of the day.. Watch your body come back into vibrant health, and undo the effects of the holiday indulgences!

