



WholeHearted Cleanse Guide

Why Cleanse?

For thousands of years many different cultures have practiced cleansing rituals for health and ceremony. In our modern world as it exists today, toxins and chemicals are abundant in our homes, food, water, even the air we breathe. These toxins can accumulate in our bodies causing dysfunction and disease. Toxicity manifests in an unfortunate array of health conditions ranging from low energy levels, to increased allergies, memory and mood problems, stomach and digestive stress to serious and chronic disease. It takes approximately 18 hours to eliminate one meal! Considering most of us eat three meals per day plus snacks, our digestive systems are working almost all the time. When fasting, the body burns stored fat for fuel. Most toxins that your body was not able to eliminate at the time of exposure are stored in your fatty tissue. They are released when the fat is metabolized, and can then be processed for elimination. Other body tissues are also broken down during a fast, which makes way for a greater percentage of new tissue to be rebuilt when the fast is ended. Fasting literally leads to rejuvenation. It's time to rest, digest and heal! Out with the old, in with the new!

What are the benefits of cleansing?

- Jumpstart weight loss & learn strategies for maintaining a healthy weight
- Identify food sensitivities
- Improve: bloating, digestive issues, sleeplessness, anxiety, congestion, fatigue and low energy
- Balance moods and enhance mental clarity
- Develop a satisfying new relationship to food
- Learn to identify pre/post cleanse healthy foods
- Enhance connection with self and others
- Connect more deeply to spirit
- Confidence
- Improved self--image
- Empowerment
- Feel lighter and more flexible

When should I cleanse?

To get the most benefit while cleansing, it's important to choose a time when you will be able to nourish your body, mind, and spirit. This means different things for everyone so take a moment to thoughtfully consider when it will be a good fit for you.

Can I exercise?

Some people do just fine maintaining their normal exercise routine on a short juice cleanse while others feel the need to rest and rejuvenate, allowing the body to fully focus on the detoxification process. Pay attention to what your body needs and try to honor that. Toning down cardio exercise and taking 1--2 light walks during the day is recommended.

What detox symptoms can I expect?

The symptoms you experience will vary each time you cleanse depending on the level of toxicity in your body and many other factors. Sometimes you will feel only positive symptoms like feeling light, happy, more connected and more confident. But other times it may not all be so pretty. Common systems which indicate your body is cleansing include: headache, bad breath, a coating on your tongue, low back ache, muscle aches and fatigue. If you experience any of these symptoms, listen to your body and give it what it needs which may include more sleep, more water, meditation etc...

What if I get hungry?

Most people don't get hungry on a juice cleanse. Remember you will be consuming 5 juices plus one vegan, raw artisan nut milk each day and lots of water. We recommend eliminating all solid foods but if you do get hungry between your juices first try drinking more water or herbal tea. If you are really feeling desperate have a few slices of cucumber or green apple. If you need something warm or savory to add at dinnertime, you can boil some vegetables with herbs in purified water to make a vegetable broth. Drain the vegetables and consume the clear broth.

Will I lose weight?

Most cleanse participants will shed pounds when they avoid wheat, sugar, fats, and foods to which their bodies are sensitive or allergic. With ongoing replacement of unhealthy foods with healthier choices, this weight loss can be permanent. Depending upon activity levels and calorie consumption, some patients may also experience temporary weight loss as fat or protein. These tissues will be quickly rebuilt with fresh, new cells when normal eating resumes.

How do I handle cravings for my comfort foods?

There are many other comfort alternatives to food. This is a time to pamper yourself with good things. These can include things such as the use of special candles, saunas, relaxing aromatic baths, calming and nurturing music, good books, massage, spending time in a beautiful place, etc. When you experience a craving, feel into it and ask your body, mind and spirit what it's really craving.

What can I consume during my juice cleanse?

During your cleanse you will enjoy 5 (16oz) delicious organic cold pressed juices and 1 (16oz) vegan, raw artisan nut milk each day.

- 8 or more glasses of purified water
- Herbal Tea
- Warm water with lemon

BEFORE YOUR CLEANSE

Preparing for your cleanse is an essential part of the detoxification process. The more prepared your body is for the cleanse the easier it will be. In order to experience the full benefit our program is designed to give you, you need to wean yourself off of some of your usual indulgences a few days prior to your first day of cleansing. It's not a healthy idea, physically or emotionally, to have a big weekend and then start a cleanse on Monday. Don't worry, it's not going to be that hard, and you'll definitely thank yourself later. Preparing your body will affect how you feel and respond during your cleanse, and we want you to feel your very best. Most importantly, don't stress about your cleanse. We all lead busy lives and sometimes you can't control what life sends your way. Each of our bodies and experiences is unique. The cleanse is ultimately about giving your body space to relax and detoxify. These are our suggestions based on experience and what we've found works the best.

HYDRATION

This is the first important stage of preparation. Most of us suffer from some degree of dehydration in our everyday lives. Ever experience dry mouth, dry skin, and occasional irregularity?

Our cleanse will help you rehydrate and feel rejuvenated. Here are some tips we recommend incorporating into your daily schedule 3 days before your cleanse:

- begin each morning with a cup of herbal tea or warm water with lemon.
- drink a minimum of two liters of filtered water per day.
- eliminate caffeinated and diuretic drinks such as coffee, tea, alcohol and soda. If you happen to
- have one, don't freak—just drink an extra glass of water per drink.

- Supplement your diet with fatty acids. we recommend soaking flax or chia seeds overnight and eating two tablespoons of them per day mixed into foods or even on their own.
- Add Life Transfusion Liquid Mineral Complex to each bottle of juice and glass of water. Just a few drops of these powerful liquid ocean minerals will support you and every organ system with the exact mineral matrix you are made of. Contact us on how to get it.

NUTRITION

In the 3 days before you begin your cleanse, we recommend that you stick with pre--cleanse meal plan that contains wholesome clean foods.

We suggest you avoid:mdb93yde

- meat and poultry
- refined starches like bread, white rice and pasta and all wheat and gluten containing foods.
- dairy and egg products
- sugar
- alcohol, nicotine and other drugs
- sushi
- caffeine
- soy

1. Three days before your cleanse you may have fish if total elimination of meat is too extreme for your diet.
2. Two days before your cleanse, you should be sticking to salads and starchy vegetables like sweet potatoes and carrots, if possible.

On the day before cleansing try to eat mostly soups and steamed and raw veggies in the form of salads. You can use extra virgin olive oil, coconut oil, herbs, spices, and lemon juice to add flavor to your meals. If you need extra protein, soaked walnuts or almonds are ok as long as you chew them well. Your goal is to eat as clean as you can. If you feel like you need some organic animal protein, just try to make sure it's cooked wild fish or organic poultry and grass-fed beef.

DURING YOUR CLEANSE

Upon Rising:

Enjoy a room temp glass of lemon water. The natural processes of our bodies build up acid while we sleep and naturally detox overnight. The lemon water will begin to alkalize your body and set you up for your beautiful day. Although lemon is acidic, once it enters the digestive system it turns alkaline.

Breakfast:

Juice #1: 7am-Transformation

Pause for a moment, sit down with your juice and set an intention for today. You may want to create a cleanse journal for this purpose. Your experience of this life is what you think, what you say, what you believe and the actions you take. Each moment we are given a new opportunity to be the experience and the person we want to be. Focusing on the abundance that already exists in each moment will allow you to see how rich and beautiful your life already is. Drinking juice of this caliber is an action of a healthy, vibrant being and truly an act of SELF-LOVE!

Juice #2: 9:30am-Fennominal

Juice #3: 12pm - Heart Throb

Juice #4: 2:30pm-Green Light

Juice #5: 5pm- TBD

Juice #6: 7-8pm-Strawberry Fields 4EVER/Chocolicious

Enjoy your artisan nut/seed milk to ground, relax you and help you sleep. The milks are wonderful slightly warmed in colder months. Relax, kick your feet up, sit back, pop a straw in your last bottle of the day and enjoy! Take a few moments to inhale fully and exhale completely with some deep breaths. Reflect on how beautifully you nourished your healthy body today and how committed you are to practicing SELF-CARE and SELF-LOVE!

Before Bed:

Relax your body with a detoxifying tea of peppermint, licorice, ginger, chamomile or one of your favorite non-stimulating herbal teas.

Other ideas to support your cleansing experience:

- Dry Skin Brushing prior to your morning shower
- Magnesium --- Calm for constipation and muscle relaxation.
- Adding 1 Tablespoon of Chia Seeds to your first bottle in the morning for energy and Essential Fatty Acids and to aid in the elimination of toxins from your body.
- Continue to hydrate by consuming at least 8 glasses of water in addition to your juices.
- Epsom Salt Baths are great for relaxing your muscles and aiding in the detox process.
- Yoga/Stretching/Breathing/Meditation/Massage
- Allow yourself to get plenty of rest and lighten your schedule as much as possible. Go to bed as early as possible and take naps if your schedule permits. Many people find themselves more tired than usual, especially on the first 3 days of a cleanse.

- We recommend colonics or enemas as a gentle and safe way to flush out toxic waste. If you aren't comfortable with the idea of colonics just yet you can also try Traditional Medicinal Smooth Move® tea or capsules, to aid in the elimination process.
- Take a light walk each day to stimulate your lymphatic and circulatory system.
- Use a tongue scraper morning and evening after brushing teeth.
- For extra liver cleansing support add milk thistle and turmeric.
- Add in a cleansing or detox supporting tea.

AFTER YOUR CLEANSE

Congratulations, you did it! The days after your cleanse are equally as important as those leading up to it. Your body has just transformed at the cellular level. Your system is cleaner, you're feeling more energy, your digestive system is reset, your skin is glowing, your eyes are clearer and you have a new awareness of what your body truly needs. Now it's time to rebuild new healthy cells and tissues. We want to make sure you have the tools necessary to stay on this new healthy path and transition in a way that will maximize the effects of your cleanse. Unfortunately, it won't help you to reward yourself by splurging on a big dinner right away. We recommend that you break your cleanse by consuming three small meals the following day, consisting of 2 solid meals and one liquid meal for the first day. Below are some options of foods to eat for the first 3 days post--cleanse.

Day 1:

Breakfast: Fresh fruit or raw veggie salad

Lunch: Fruit/Vegetable smoothie

Dinner: Steamed vegetables, raw vegetable salad (dressing: olive oil with lemon/herbs)

Day 2:

Breakfast: Fruit salad, smoothie or vegetable juice

Lunch: Raw salad, one type of steamed vegetable. You may add goat cheese if you like.

Dinner: Raw salad, steamed vegetables, small amount of starch such as whole grains (brown rice or quinoa) or sweet potato, legumes.

Day 3:

Stick to anything listed above, plus the pre--cleanse diet while avoiding the same list of foods such as meat, poultry, dairy, refined carbohydrates, sugars, alcohol, and processed foods.

After day 3, you can slowly reintroduce meat and dairy products if you so wish.

As you slowly

start to re--introduce food groups into your diet, notice how different foods makes you feel. Is wheat or dairy particularly difficult?

Always choose happy, healthy meats (wild game, bison, elk, venison, organic, grass-fed beef, wild salmon, trout and other clean fish. Raw cheeses and organic goat cheeses are the best choices if you eat dairy. And remember-- digestion begins with the simple act of chewing. Chewing initiates the release of digestive enzymes that break down

food and makes oils, proteins and minerals available for maximum nutrient absorption. So chew your food!

A cleanse is not meant to be limiting and create disordered overly controlled eating behaviors

but instead meant to create more space to listen to your body. The more we understand our

bodies the better we will be able to fuel them and provide them the nourishment they need to thrive. Below are some of the basic guiding principles for a long--term healthy body, mind and spirit.

- Eat plenty of local organic fresh whole plant foods
- Eat low GI (glycemic index) foods and alkalizing foods to help control blood sugar levels
- Eat a variety of foods
- Avoid foods that are common to sensitivity and allergy (Wheat, Dairy, Soy, Corn, Sugar, Caffeine)
- Avoid all Genetically Modified foods
- Eat clean --- choose organic, hormone free, chemical free
- Learn to read labels and understand what ingredients to avoid
- Drink plenty of fresh clean water
- Add fresh cold pressed vegetable juices into your diet daily
- Get plenty of sleep
- Get lots of fresh air
- Move your body the way it feels good
- Give yourself time to be quiet and contemplative each day, meditate
- Write --- keep a journal, send people letters
- Live with passion and adventure
- Express your emotions
- Be honest with yourself and others --- say what you mean and mean what you say
- Read and learn

Thank you for participating in Wholehearted Juice Company's cleansing experience. If you are interested in learning more about how to incorporate healthy habits and foods into your life contact us for information about our holistic food and wellness programs at info@wholeheartedjuice.com