



GRACE'S GOODNESS ORGANICS

The Spring Reboot

with Grace Ventura & Special Guests

May 3 - May 23, 2021

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01

Introduction



Welcome! We're so happy you are here.

Welcome to a 21-day cleanse to nurture and regenerate your body, mind and spirit!

Let's get started.

Before going into the cleanse, I want to acknowledge I appreciate everyone is at a different place in their health, diet, age and environment. Therefore, I am presenting a basic cleanse that is adaptable depending on your needs.

Happy Cleansing!

Grace

"Sometimes adding one good thing at a time can be a catalyst for great change."

- Grace Ventura, Founder, Grace's Goodness Organics





Schedule

Thursday, April 29th	Digital Guide received
April 29 - May 2nd	Food shopping/preparation
Sunday, May 2nd	Video Session 1, 6pm MST Introduction and How to Get the Most Out of the Cleanse... plus Q & A
Monday, May 3rd	Cleanse starts!
Monday, May 10	Video Session 2, 6pm MST Tools to Navigate Cleansing in the Body & Emotions with Grace Ventura and Rita Rivera-Fox
Monday, May 17	Video Session 3, 6pm MST Beyond Cravings...How to Lovingly Feed Your Body, Mind & Spirit with Grace Ventura and Kristin Grayce McGary
Sunday, May 23rd	Cleanse Ends 6pm MST Video Session 4, 6pm MST Spring Reboot Finale: How to Successfully End the Cleanse and Beyond!



Key Resources

Video Session Links can be found at:

<https://gracesgoodness.com/pages/the-spring-reboot-home-page>

Guided Yoga & Breathing Practice can be found at:

<https://gracesgoodness.com/pages/the-spring-reboot-home-page>

Personalized Email Support

If you would like more guidance and to work with me directly, email me at info@gracesgoodness.com

Learn More

[Grace's Goodness Organics](#)

[Cusa Tea](#)





02

Cleansing for the Season

Seasonality

Cleanses change depending on the season.

Here is a summary for the different seasons.

Spring Cleanses

Your local spring climate may, at first, fluctuate between wintery weather and warmer, wetter conditions. With warmer weather, there is also a decline in both our appetite and our need for heavier starchy foods which are more essential during the winter months. With warmer temps, we also welcome the growing season in temperate climates, more fresh and local foods become available, plus adding raw foods are easier on our digestive system and help facilitate cleansing. Raw veggies are highly alkalizing and high in fiber, which helps cleanse the colon. Juices, smoothies, teas and broth all are great cleansers. Bitter and astringent tastes are more prominent during these seasons. Think asparagus, spinach, radishes, dandelion greens, nettles, green peas, grapefruit, pineapple, blueberries, strawberries, raspberries, etc.

For Summer Cleanses

With the increased heat, staying cool, relaxation, eating lighter foods and grounding your energy are most important. Being fully present with your meals while savoring the flavor and texture of your food will help minimize the risk of overeating. Summer is a time to enjoy the sweet, bitter, and astringent tastes and to relish in cool, liquid, even slightly oily foods. This is the best time of year to enjoy fresh fruits and salads. Enjoy cool or room temperature water infused with mint or lime.

Fall and Winter Cleanses

Foods that nourish and balance the body in the cold, dry, winter season are the sweet, sour and salty tastes. It's best to eat less of the astringent, bitter, and pungent tastes in winter, although all six tastes should be present in meals. Warm, home-cooked, soothing foods cooked with easy-to-digest oils such as Ghee, coconut or olive oil are ideal, avoiding deep-fried and leftover food, and cold or ice-cold foods, raw veggies, which douse the digestive fire. Think soups, stews, steamed veggies, broths, hot tea and stewed fruit!





03

Preparing for your Spring Reboot



Making the Most of Your Spring Reboot

Congratulations on taking the first step toward improving your wellness. We want this to be an enjoyable, transformative three weeks and are honored to support your journey.

The following pages have suggestions and information that will enhance your experience throughout the cleanse.

If you have questions that are not addressed within this guide, feel free to reach out to me directly at info@gracesgoodness.com



Self Care during your Cleanse

Pampering Yourself

Warm baths with oils, moisturizing skin from head to toe, engaging in calming meditation while gazing at the warm light of a candle, and a gentle [yoga](#) routine, all soothe the mind and body. Draw on the love of Kapha with all things moist, and the fire of Pitta with all things hot and spicy, and the Vata in all of us will feel balanced and supported.

Saunas or Steam

Sweating is a great way to purify and release toxins. 20 minutes several times/week is recommended.

Catch the Sun's Rays

Get sun 20 minutes/day if possible.

Sleep

Get plenty of rest. Ideally 8 hours. Go to bed by 10PM and rise at 6AM or close to that. The body releases certain healing hormones between 11:00 p.m. and 2:00 a.m. Being in a deep sleep during this time promotes healing in the body, longevity, youthful appearance, eliminating depression, and helps the hypothalamus to stay in a state of operating normalcy.

Light Exercise

Go for a walk, do Yoga, stretch. Light weights are okay. This isn't a time for heavy workouts, however it is important to move.

Optional Colonics:

I recommend 1-2 during the cleanse. You can do enemas instead. Colonics are similar to a high enema. They gently flush the colon with water eliminating impacted fecal matter and toxins. A clean colon dramatically reduces food cravings, gas, bloating, and constipation. A clean colon means improved digestion, better absorption of nutrients, increased energy and mental clarity, and a general overall improvement of health.

Tuning in to Natural Cycles

It is important in the “reboot” of your system that you realign with natural cycles of sleep, eating, high energy and quiet times, etc.

When does your body want to do these things? Tune in and listen rather than imposing your will on yourself.

Listen and oblige!

- Eat breakfast, lunch, and dinner
- Snacks, ideally consisting of an organic apple or an organic grapefruit or berries
- Eat slowly, consciously be aware of chewing your food thoroughly, and stop eating when you are full
- Be relaxed when eating a meal
- Eat slowly and consciously chew food thoroughly
- Play relaxing music while eating





04

Foods & Beverages



Recommendations for what to put in your body

Try to maintain approximately 1200 calories/day

Including 8 oz of protein for lunch and dinner with the rest of the meal, veggies & fruit and lots of water, broths, cranberry water and tea throughout the day.

On the final week you can go as low as 1000 cal/day.

Lunch

Lunch is preferably the main meal of the day if possible.

Avoid Heavy Late Meals

Since the body is winding down in the evening, the digestive juices and metabolism don't work as hard. Therefore the body tends to have weight gain and digestive issues when you eat a heavy late night meal.

Organic Foods

Do your best to only have organic, fresh foods and grass-fed, chemical-free chicken & wild-caught fish.

Avoid high sodium, sugar (including ALL sweeteners other than stevia) and spicy hot foods

Small amounts of cayenne is fine.



Beverages

Water

When you wake up, drink 1 glass of water. During the day, drink at least $\frac{1}{2}$ your weight in ounces of pure, filtered or spring water with nothing added. So if you weigh 140 lbs. drink 70 ounces. I like to measure by using a water bottle. If my water bottle holds 30 oz. I know how many to drink. Use whatever way works for you.

Lemon: Before breakfast, drink an 8 oz cup of hot water with the juice of $\frac{1}{2}$ lemon to assist your liver and kidneys.

A few facts about water:

When the body is forced to retain water, it will.

If the fluid intake is insufficient to provide all the water required, the body withholds water from the kidneys and the urine becomes scanty and highly concentrated, imposing a certain strain on the kidneys. If that is insufficient, excess of water will be withdrawn from the intestinal tract, with the result that the feces become hard and dry. On the other hand, if someone drinks more than his body requires, the surplus is promptly and easily eliminated. Trying to prevent the body from retaining water by drinking less is therefore not only futile but also even harmful.



Beverages

Grace's Goodness or Beyond Broth

Our broths are excellent for a cleanse! Simple ways to enjoy daily:

- Straight up. Just add boiling water, anytime, anywhere.
- Squeeze lemon juice for a tang
- Add veggies and/or protein for a 5 minute meal

Cusa Tea

Herbal Teas

Drink as much as you want

Green Tea

Ideally, drink a minimum of one cup per day. Organic green tea stimulates cleansing of the cells, increases metabolism, and helps regulate hunger.

Cranberry Water

Helps increase elimination, cleanses accumulated waste from the lymphatic system and helps clean up cellulite. Mix 4 oz. organic unsweetened cranberry juice concentrate into 28 oz water. Optional: sweeten with stevia to taste. Drink throughout the day in addition to water.

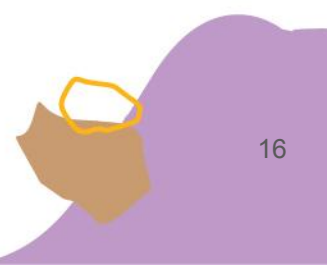
Psyllium Husks/Ground Flax Seeds: Help with elimination. Add to 8 oz. cranberry water, 1 full tsp. of powdered psyllium husks or 1 tbs. ground flaxseeds. Stir and drink immediately first thing in the am. Be sure to have 8 oz of water after drinking the cranberry water.

No sweeteners except Stevia

No coffee or caffeine - Green Tea is acceptable

No dairy...cow, goat or whatever animal you may milk

Nut Milks are acceptable during Week 1



Foods

A complete Foods List can be found in the Weekly Synopsis section of this guide. Here are a few notes on key foods and ingredients:

Calcium

Calcium will come from dark leafy greens...such as kale, collards, escarole, watercress, mustard and broccoli. They are also great for magnesium and chlorophyll.

Apples

Organic apples help regulate blood sugar, reduce appetite, and increase cleansing of the liver, gallbladder, and colon.

Grapefruit

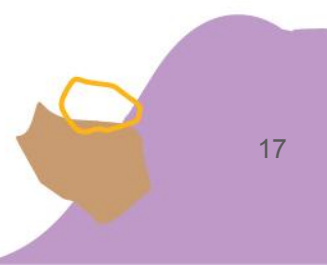
Eat 1 organic grapefruit daily. Enzymes in grapefruit are proven to help release fat. These also help regulate blood sugar, reduce food cravings, and stimulate cleansing of the liver, gallbladder, and colon.

Raw Organic Apple Cider Vinegar

Take one tablespoon three times a day. Use as your vinegar of choice in salads and cooking. This stimulates the metabolism and cleansing of the internal organs. It is also very powerful in helping release stored fat cells.

Eggs

Up to 2/day for non-vegans during week 1; during week 2, up to 1/day, the first 3 days of the week.



Supplements

Whole Food Supplement

Everyone has nutritional deficiencies.

For the body to operate normally, these deficiencies must be corrected. You can take a whole food supplement daily, which will supply your body with the needed nutrients for health and weight loss. Super greens such as Synergy, Vitamineral or Life Basics Plant Protein (unsweetened) or another that has no soy, sugar or additives are good choices.

Evening Primrose Oil

Gamma-linolenic acid (GLA) helps to balance hormone levels and burn unwanted fats. Take 500 mg/day in 2 90 mg capsule 2x/day or whatever combination that equals 500 mg.

Organic High-Lignan Flaxseed Oil

1 tablespoon daily: Essential for its high-omega 3, both useful for insulin regulating and fat-fighting potential. I love it in salad dressings with lemon as well.

Coral Calcium

Research has proven that most people are deficient in calcium. Calcium supplementation has been shown to have major health benefits and increase weight loss. Ideally, use a coral calcium that comes in a sachet that is added to the water you drink daily.

Probiotics

All people benefit from taking probiotics. This friendly bacteria, when reintroduced into the body, stimulates metabolism, improves digestion, and helps with cleansing.



Immunity & Digestion

According to Ayurveda, immunity is connected with the digestion.

When digestion is strong and appetite is good, then immunity is strengthened, and whatever weakens digestion, weakens immunity. Immunity-boosting foods include fresh, organic, easy-to-digest, pure and wholesome ingredients including fresh, organic vegetables, fruits, whole grains, and ghee (clarified butter). Digestion-enhancing spices (such as ginger, cinnamon, cumin and coriander) should be added to foods while cooking.





05

21 Day Synopsis

Week 1

We are preparing for the 14 days of cleansing by simplifying from the carbs, sugars, meats & fats. As you can see on the Food List, some carbs and starchy veggies are acceptable. This is a gradual process.

Dietary Goals for Week 1

- Eliminate all sugars and alcohol. Fruits on the list are acceptable.
- No aspartame
- Stevia is acceptable
- Green tea but no coffee
 - Coffee is dehydrating, as is sugar. If you are a heavy coffee drinker (more than 2 cups/day), I recommend replacing it with herbal coffees like Dandyblend or Teecino.
 - TIP: To cut down coffee consumption, gradually eliminate one cup every other day until you are down to 1 cup/day, using the herbal substitute for the other cup. This will help with preventing withdrawal symptoms such as headaches, fatigue, irritability, Symptoms should disappear by day five.
- Increase water intake between meals.
 - Begin by drinking 2 glasses in between breakfast/lunch and lunch/dinner. This will start the process of hydration and create a new habit to get more water in your system.
- Eliminate trans fats like margarine, fried foods and processed vegetable oils
- Eliminate all “whites” from your diet: white sugar, flour, rice.
- Stock up on fiber rich veggies in all colors of the rainbow as well as fresh fruits.
- If you want to eat meat, add small amounts of organic chicken, turkey and wild white fish (not farmed) or seafood like crab, shrimp, lobster during Week 1.
- Maintain 1200 calories/day with 8oz of protein for lunch and dinner with the rest of the meal veggies & fruit



Week 1 Guidelines

- No sugar, no wheat, no dairy
- Small amount of organic wild-caught fish or organic chicken in Week 1 is acceptable.
- No caffeine, alcohol, or tobacco.
- 1-2 serving of fruit a day. No fruit juice.
- Limit sweetener to stevia, monk fruit or erythritol
- Lots of lightly cooked green leafy vegetables like kale, dandelion, etc.
- Lots of lightly-cooked cruciferous vegetables like broccoli, cauliflower, etc.
- Small amounts of starchy veggies like yam, butternut squash, etc.
- Dark green salad greens, according to your digestive fire. (i.e. if you easily digest raw foods enjoy raw veggies)
- Very few raw foods
- Small amounts of sea vegetables like kelp, nori, wakame, arame.
- Whole cooked rice, millet, barley, quinoa, amaranth
- Small amounts of seeds and nuts
- Legumes, beans, tofu, tempeh
- Small amounts of eggs, fish or chicken if you need extra protein
- Drink one cup of ginger tea each day
- Plenty of fresh and dried ginger, in cooking
- Minimize salty and sour condiments, except cultured foods, like miso, raw sauerkraut, kim-chee, and sea veggies
- Fresh or frozen berries
- Fresh vegetables
- Brown rice
- Gluten-free grains (amaranth, millet, buckwheat, quinoa beans and lentils)
- Nuts and seeds
- Extra-virgin olive oil, flaxseed oil, coconut oil

Week 1 Food List

Fresh Vegetables

- Artichoke
- Avocado
- Asparagus
- Bamboo Shoots
- Bok Choy
- Broccoli
- Brussel Sprouts
- Cabbage
- Cauliflower
- Celery
- Chiles
- Cucumber
- Eggplant
- Fennel
- Greens
- Green Beans
- Herbs
- Jicama
- Lettuce
- Mushrooms
- Okra
- Onions
- Radishes
- Sea Vegetables
- Snow Peas
- Spinach
- Sprouts
- Summer Squash
- Tomatoes
- Zucchini

Fats

- Coconut, olive oil or ghee in small amounts

Herbs & Spices

- Are all acceptable
- Lemon & flaxseed oil is great on veggies

Low Sugar Fruit

- Rhubarb, Strawberries, Cranberries, Raspberries
- Blackberries, Blueberries, Grapefruit
- Apricots, Plums, Peaches, Pears
- Guava, Cherries, Apples, Papaya, Oranges

Protein

For Vegetarians and vegans: Almonds; Seeds: sunflower, chia, flax, pumpkin, hemp (small amounts)

- Organic Chicken Breast or Turkey
- Wild-caught White Fish
- Seafood
- Grass-fed Organic Lean Beef or Bison
- Veal
- Lamb

Starchy, High Carb Vegetables (in small amounts)

- Beets
- Carrots
- Parsnips
- Peas
- Plantains
- Potatoes in all forms
- Winter Squashes (particularly acorn and butternut)

Foods to Avoid

- Sugar (Stevia, Monk fruit and Erythritol okay)
- Dairy Products
- Wheat and Gluten Products
- Yeasted Bread Products
- Food Additives and Preservatives
- Chocolate
- Very High-Fat Foods

Week 2

This week you will maintain the changes you made in Week 1 and add in a few more. No matter where you are in the cleanse, you are doing great. Remember, even small changes can be a catalyst for great change!

Dietary Goals for Week 2

- Eliminate *all* starches and fats, except flaxseed oil
- Introduce fresh juices and broths for concentrated nutrition.
 - If you don't have a juicer, perhaps you can borrow one or there is a fresh juice shop nearby. The other option is a strong blender and a fine strainer.
- Remember to maintain 1200 calories/day with 8oz of protein for lunch and dinner with the rest of the meal veggies & fruit





Week 2 Guidelines

Avoid starchy foods like:

- All grains
- Breads
- Cakes
- Tortillas
- Beer
- Pasta
- Cereal
- Rice
- Potatoes
- Sweet potatoes and yams
- Sweet corn
- Hominy Grits
- Oatmeal
- Carrots
- Peas
- Beans
- Bananas
- Plantains

Avoid Fatty Foods

- All oils, nuts, seeds.
Exception: A small amount of flaxseed oil. Or flaxseed meal (1 tsp/day is ok)

Foods to Avoid

- Sugar (Stevia, Monk fruit and Erythritol okay)
- Dairy Products
- Wheat and Gluten Products
- Yeast bread Products
- Food Additives and Preservatives
- Chocolate
- Very High-Fat Foods

Avoid very sugary fruits like:

- Watermelon
- Grapes
- Dates
- Dried fruits
- Mangoes
- Cherries

Herbs & Spices

- Are all acceptable
- Lemon & flaxseed oil is great on veggies



Week 2 Food List

Fresh Vegetables

- Artichoke
- Avocado
- Asparagus
- Bamboo Shoots
- Bok Choy
- Broccoli
- Brussel Sprouts
- Cabbage
- Cauliflower
- Celery
- Chiles
- Cucumber
- Eggplant
- Fennel
- Greens
- Green Beans
- Herbs
- Jicama
- Lettuce
- Mushrooms
- Okra
- Onions
- Radishes
- Sea Vegetables
- Snow Peas
- Spinach
- Sprouts
- Summer Squash
- Tomatoes
- Zucchini

Low Sugar Fruit

- Rhubarb, Strawberries, Cranberries, Raspberries
- Blackberries, Blueberries, Grapefruit
- Apricots, Plums, Peaches, Pears
- Guava, Cherries, Apples, Papaya, Oranges)

Protein

Proteins and fats are harder to digest so we are limiting the amounts during Week 2. You can have a small amount of protein 2 or 3 times/week.

For Vegetarians and vegans: Almonds; Seeds: sunflower, chia, flax, pumpkin, hemp (small amounts)

- Organic Chicken Breast or Turkey
- Wild-caught White Fish
- Seafood

Fats

- A small amount of flaxseed oil and flaxseed meal is acceptable

Herbs & Spices

- Are all acceptable
- Lemon & flaxseed oil is great on veggies

Week 3

If you are at a different place in the cleanse...that is fine. We will support you wherever you are. Steamed veggies, fresh fruits will be your focus. We will refrain from meat this week.

- On the final week you can go as low as 1000 cal/day
- Days 1-3 of this week drink fresh vegetable juices, Grace's Goodness Sipping broths or other broth of your choice.
- Days 2-6, begin to introduce whole foods back into your diet with steamed veggies and some fruits if low sugar, depending on how long you juiced.
- Day 7 & 8 Continue having broths, vegetable juices, steamed veggies.
- During the following week you will begin slowly adding back in week 2 foods. Be cautious to not bring in starchy and sugary foods.
- You can try the recipe for Kitchari...a hearty Ayurvedic Indian dish that will replenish gently and is very satisfying.





Week 3 Guidelines

Avoid starchy foods like:

- All grains
- Breads
- Cakes
- Tortillas
- Beer
- Pasta
- Cereal
- Rice
- Potatoes
- Sweet potatoes and yams
- Sweet corn
- Hominy Grits
- Oatmeal
- Carrots
- Peas
- Beans
- Bananas
- Plantains

Avoid Fatty Foods

- All oils, nuts, seeds
- Exception: butter/ghee in kitchari recipe

Foods to Avoid

- Sugar (Stevia, Monk fruit and Erythritol okay)
- Dairy Products
- Wheat and Gluten Products
- Yeasted bread Products
- Food Additives and Preservatives
- Chocolate
- Very High-Fat Foods

Avoid very sugary fruits like:

- Watermelon
- Grapes
- Dates
- Dried fruits
- Mangoes
- Cherries



Week 3 Food List

Fresh Vegetables

- Artichoke
- Avocado
- Asparagus
- Bamboo Shoots
- Bok Choy
- Broccoli
- Brussel Sprouts
- Cabbage
- Cauliflower
- Celery
- Cucumber
- Eggplant
- Fennel
- Greens
- Green Beans
- Herbs
- Jicama
- Lettuce
- Mushrooms
- Okra
- Onions
- Radishes
- Sea Vegetables
- Snow Peas
- Spinach
- Sprouts
- Summer Squash
- Zucchini

Low Sugar Fruit

- Rhubarb, Strawberries, Cranberries, Raspberries
- Blackberries, Blueberries, Grapefruit
- Apricots, Plums, Peaches, Pears
- Guava, Apples, Papaya, Oranges

Protein

- In the 3rd week of the cleanse, eliminate all animal protein.
- You can have flax seed meal.

Herbs & Spices

- Are all acceptable, but no oils this week



06

Recipes



Recipes

Green Soup with Ginger

Vegetable Chicken Soup

Spinach & Zucchini Soup

Green Sauce with Spaghetti Squash

Carrot Ginger Soup

Winter Squash Soup

Mashed Cauliflower

Water Sauteed Greens

Kitchari

Week

Week 1, 2

Week 1, 2

Week 1, 2

Week 1

Week 1

Week 1

Week 1, 2, 3

Week 1, 2, 3

Week 4



Breakfast

Chose 1 Food

**Unlimited
beverages**

- Smoothie (add supergreens, recommended protein powder or other food supplements such as bee pollen, Vit D3, B's, etc)
- Fresh berries or other fresh fruit from list
- Oatmeal plain or with nut milk (Week 1)
- Applesauce or stewed fruit
- Herbal tea, spice tea or green tea
- Warm water with lemon
- Grace's Goodness Organics Broths





Snacks

Snack ideas include:

- 10 to 15 raw almonds
- Apple or pear, sliced, with 1 tablespoon raw almond butter
- Piece of fruit (from list)
- Carrot, celery and/or cucumber sticks with hummus
- Unsalted gluten-free crackers (such as rice crackers or Mary's Gone Crackers) with guacamole or hummus
- Kale chips
- Green vegetable juice
- Grace's Goodness Organics Broths





Lunch

Overview

A typical lunch on a detox diet consists of approximately 60 to 80 percent vegetables, raw or cooked, such as greens, bell peppers, tomatoes, cucumbers, fennel, celery. You can then fill the other 20 to 40 percent in with other plant foods and protein, such as chicken, fish; steamed broccoli, gluten-free grains such as rice or quinoa, baked sweet potato.

Salads

A salad is an easy, packable detox lunch. Assemble a bowl or plate. Make a simple dressing using 2 teaspoons of extra virgin olive oil, 2 teaspoons of fresh lemon juice, and an optional 1 teaspoon of fresh-chopped herbs.

Other lunch ideas include:

- Vegetables seasoned with turmeric, ginger, and cumin
- Salad with choice of vegetables, such as arugula, cucumbers, fennel, and steamed beets.
- Romaine, tomatoes, chicken breast, cucumbers
- Bed of greens with celery and cooked crabmeat (TJ's sells cans)
- Kale salad massaged with avocado, lemon & little sea salt

Soups

For a cooked nourishing lunch, soups are great. Following, are some basic recipes.





Green Soup with Ginger

INGREDIENTS

1 large yellow onion (250g)
2 tablespoons (30 ml.) olive oil
1 1/2 teaspoons sea salt, plus more to taste
1 large sweet potato (12 ounces; 350 g)
1 large leek, white and light green parts (5 ounces; 140 g)
1 bunch spinach (8 ounces; 225 g)
1 large bunch green chard (12 ounces; 350 g)
3 tablespoons (30 g) chopped fresh ginger, plus more to taste
2 cups Grace's Goodness broth (Choose Better Belly or Immune)
2-4 teaspoons fresh lemon juice
Freshly ground black pepper

INSTRUCTIONS

Chop the onion and cook it slowly in the olive oil with a sprinkle of salt, stirring now and then, over low heat until it is soft and golden, about half an hour.

Meanwhile, peel and dice the sweet potato and put it in a large soup pot with 4 cups (1 liter) water and a teaspoon of sea salt. Thoroughly wash the leek, spinach, and chard, chop them coarsely, and add them to the pot, along with the chopped ginger.

Bring the water to a boil, then lower the heat and simmer the soup, covered, for 30 minutes, or until the vegetables are completely tender. Add the caramelized onions when they are ready. When the vegetables are soft, add the vegetable broth (you can add less if you like a thicker soup) and decide whether you want your soup chunky, like this, or smooth. If the latter, puree the soup in a blender, in batches, or with an immersion blender until it is smooth.

Stir in 2 teaspoons of the lemon juice and a few grinds of black pepper. Taste, and correct the seasoning with additional salt or lemon juice.

Serves 5-6





Vegetable Chicken Soup

Chicken optional

INGREDIENTS

3 Carrots

1 Onions or leeks, chives or any combination

1 cup Butternut Squash

½ Cabbage

2 small handfuls Seaweed (wakame, alaria, dulse, hiziki)

1 clove Garlic

¼ cup chopped Parsley

4 cups Greens (kale, collards, mustard greens, spinach, etc.)

2 containers Organic Vegetable Broth or use 2 packets of Grace's Goodness Vitality Broth with 4 cups water

2 chicken breasts cut up

Spices: Choices are basil, oregano, rosemary, thyme or cumin, turmeric, ginger

INSTRUCTIONS

This will last a few days.

Cut everything up into bite size pieces. Place in a large stock pot.

Add 4 cups broth. Bring to a boil.

Add chicken or fish if desired.

Fill with water until 3" to top of pot.

Cook for 2 hours.

Stir intermittently... Add sea salt and pepper to taste.





Spinach & Zucchini Soup

INGREDIENTS

3 tablespoons extra-virgin olive oil

2 cloves garlic, chopped

2 medium onions, roughly chopped

big pinch of salt

2 1/2 cups potatoes (2 medium) cut into 1/2-inch cubes

2 1/2 cups zucchini (2 medium), loosely chopped

4 cups Grace's Goodness Immune Broth

4 cups fresh spinach leaves, loosely packed

1 cup cilantro, loosely chopped

one lemon

INSTRUCTIONS

I prefer to use a light-tasting vegetable stock here, nothing too overpowering.

In a large, thick-bottomed pot over medium-high heat, add the olive oil. When the oil is hot (but not smoking) add the garlic and onions and saute for a few minutes along with pinch of salt - just until they soften up a bit.

Stir in the potatoes and zucchini. Add the stock. Bring to a simmer and cook until potatoes are soft throughout, roughly 10-15 minutes.

Stir in the spinach, and wait for it to wilt, just ten seconds or so. Now stir in the cilantro.

Puree with a hand blender until smooth. Whisk in a big squeeze of lemon juice. Now taste, and add more salt if needed. Finish with a drizzle of olive oil and serve.

Serves about 6





Green Sauce with Spaghetti Squash

INGREDIENTS

1 16 oz bag Spinach

3 or 4 leaves Kale

½ cup Cashews, soaked for
4 hours

4 chives

3 tbs. olive oil

few sprigs fresh basil

few sprigs fresh parsley

sea salt & pepper to taste

1 whole spaghetti squash

INSTRUCTIONS

Preheat oven to 400 degrees.

Cut squash in half. Clean out seeds. Place in baking dish with 1 inch of water. Put several fork holes in squash. Bake for 45 minutes. Check for softness.

Chop up spinach, kale, chives, and basil & parsley. Steam spinach & kale lightly. Place all sauce ingredients in a food processor except cashews with the water from steaming.

Next place the cashews in a blender with 1 cup filtered water. Blend until smooth. You may need to add more water.

Place the blended cashews in the food processor and blend everything together.

Putting it all together: Scoop out spaghetti squash into a serving dish and cover with sauce.





Carrot Ginger Soup

INGREDIENTS

15 Carrots
2 Onions
2" chunk peeled and raw
Ginger root
a small bunch of Parsley
1 Leek
1 can Coconut milk
2 packets Immune Broth
Tamari
Black pepper or cayenne
(to taste)
1 tbs. Cumin seed
3 tbs. Olive oil

INSTRUCTIONS

Makes a big pot!

Slice onions and leeks. Place in large skillet with olive oil and sauté until slightly golden.

Cut carrots and peeled ginger into medium size pieces. Add carrots, ginger & cumin seed. Saute for 5 more minutes on low/medium heat.

In a blender add 1 cup of cashews and 2 cups water and 2 Immune broth packets. Blend until smooth.

Place everything in a large cookpot with ½ bunch of cut up parsley, 1 can coconut milk and 6 cups of water. Cook for ½ hour.

Add tamari and pepper to taste.





Winter Squash Stew

INGREDIENTS

1 winter squash, seeded, peeled, chopped (butternut, acorn, pumpkin, delicata)

1 onion

2 cloves garlic

Stock or 3 packet Grace's Goodness Immune broth, plus water

2 teaspoons curry powder

1 1/2 teaspoons cumin

Prep Time: 5 minutes
Cooking Time: 15 minutes
4 servings

INSTRUCTIONS

You can add chicken or fish if desired.

Sauté finely minced onion and minced garlic in a splash of olive oil.

Place squash in a pot and fill with stock until just covered, then add spices, garlic and onion.

Boil until tender.

Mash or blend in blender until smooth and return to the pot to heat through.

Variations:

You can add chopped, fresh cilantro or parsley, and/or toasted pumpkin seeds for garnish





Dinner

Overview

Try for a dinner that is 60 to 80 percent vegetables. An easy dinner is a Buddha bowl. You don't have to follow a recipe to make one, just combine 1 cup of cooked brown rice or quinoa, 1 to 2 teaspoons of an allowed oil such as extra-virgin olive oil, vegetables, beans and legumes, seeds and seasonings, such as chickpeas, spinach or kale, steamed broccoli, avocado, hemp or chia seeds, or seaweed.

Other dinner ideas include:

- Portobello mushroom cap, brushed with olive oil and baked or lightly sauteed
- Steamed kale sprinkled with pine nuts and tossed in lemon juice and olive oil
- Brown rice or quinoa
- Steamed salmon with fresh herbs and lemon with bok choy
- Vegetable curry with brown rice
- Broccoli soup
- Thai cashew vegetables with quinoa





Mashed Cauliflower

INGREDIENTS

1 whole cauliflower

Olive oil

Parsley

Himalayan salt

Pepper

INSTRUCTIONS

Cut up cauliflower into medium size pieces

Place in a pot 1/3 filled with water. The water should not cover the cauliflower. Bring to a boil and simmer until the cauliflower is tender.

Remove cauliflower with slotted spoon and place in a vitamix or blender. Save the water in case more fluid is needed.

Add the other ingredients. Add water if needed for a thinner consistency.

Variations:

- Fresh basil, oregano
- Nutritional yeast
- Kelp , dulse, Dr. Bronners, veg-sal (instead of salt)
- Ginger
- Cumin
- Cayenne
- Cashews (for creamier , thicker consistency)
- Spinach or other greens for a Green Mash





Water Sauteed Greens

INGREDIENTS

1-2 bunches of collard greens (1 bunch will make a small serving, 2 will make a large one: it's up to you)

1/4-1/2 cup of water

1/2 teaspoon of umeboshi vinegar or lemon juice

Prep Time: 5 minutes
Cooking Time: 15 minutes
4 servings

INSTRUCTIONS

After the greens are clean and chopped, the cooking takes less than 5 minutes. So make this just before you are ready to eat.

Remove the leaves from the stems of the greens.

Wash in a bowl of cold water. Lift the greens out of the water. The dirt will sink to the bottom. Rinse until completely free of dirt and sand.

Roughly chop the greens.

In a sauté pan, heat the water until boiling. It should cover the bottom of the pan with a thin layer of water.

Add the chopped greens and cover. Cook until tender, adding more water if necessary to prevent burning. Stir occasionally, add umeboshi or lemon juice.

If you make 2 bunches, you may have to cook them in 2 batches.

Serve with lemon, olive oil and a little salt & pepper





Kitchari

INGREDIENTS

1/3 stick of Butter or ghee

1 tablespoon each of Cumin seed, coriander seeds & mustard seeds

1" piece of fresh turmeric root, peeled and slices.

1 med/large onion, diced

1 thumb-sized piece of ginger, minced

1 1/2 cups of rice & legumes (50/50 split: mung, lentils, white or brown basmati rice etc.)

Seaweed (Alaria is best, dulse works fine), a 4" strip cut into small pieces.

2 packets Grace's Goodness Organics Immune

4 cups diced vegetables (Anything will do, winter squash, sweet potatoes, kale, carrots...)

4 Tablespoons maple syrup

1 Tablespoon each Turmeric and curry powder

Sea salt

INSTRUCTIONS

The times listed are minimum amounts, the longer the pot simmers the more Indian like kitchari it will become. More integrated. However, if in a pinch the whole dish can be prepared in an hour, hour and a half.

In a large cookpot, melt butter or ghee (around 1/3 stick or so), stirring on occasion. Add cumin seeds, coriander seeds, mustards seeds and fresh turmeric root. Heat on medium until seeds start to pop .

Add onion and ginger. Cook on medium/low for 4-5 minutes, until starting to brown

Add 1.5 cups rice & legumes and seaweed and Immune Broth packets. Stir and coat everything together

Add 10 cups water Bring to boil, reduce to simmer, cook 15-20 minutes, stirring occasionally.

Add diced vegetables Bring to boil, and simmer, 20-25 minutes, stir occasionally to prevent sticking.

Add maple syrup, turmeric powder, curry powder, and sea salt to taste. Simmer another 10-15 minutes et voila!

Serves 4-5 with 2nds





07

Cleansing Reactions



Cleansing Reactions

Cleansing reactions are a noticeable reaction triggered by too many toxins being released into the bloodstream. Depending on the degree of toxicity, there are various cleansing reactions. If people do not do an effective cleanse, they can feel ill.

If you have Candida or other bacterial infections, it is important to put good bacteria into the gut and avoid sugars, including carrots, beets and other foods on the blood sugar chart. It is also best to consult a physician familiar with cleansing.





Cleansing Reactions

Healing Crisis

Cleansing, fasting, herbs and changing attitudes can bring the agents that cause dis-ease to the surface, and eliminate the cause of dis-ease and symptoms permanently.

Disease Crisis

Instead of getting better, you get worse. A disease develops to the point where it has become noticeable and uncomfortable.

A common cold is a healing crisis. It is a cleansing that occurs after we have abused the body and the overload of toxins gets dumped. This is not a bad thing. Instead of trying to stop it, assist it with enemas, colonics, herbal teas, eating pure foods such as fresh juices and broths. Allow a cold to complete its cycle. You will be stronger and feel better.

Eating cooked foods slows down the cleansing process. if you feel like toxins are releasing too quickly, regulate with cooked food.



How to know if you are in a Healing or Disease Crisis

Disease Crisis	Healing Crisis
Comes with the warning of not feeling quite right	Usually comes with the warning of feeling great the day before
Caused by not taking care of the body: poor diet, stress, poor living habits	Caused by taking care of the body, good diet, rest, good living habits
Low vitality	Vitality has become gradually stronger
Elimination process sluggish, incomplete	Elimination process has improved
Usually lasts 3-7 days or longer	Usually lasts 3 days. It can last longer or shorter
Cannot remember the problem occurring in the past	Most people can recall a similar experience in the past



Hering's Law of Cure

We can better understand our process of healing through Constantine Hering's Law of Cure.

In the 1830's. He observed that healing occurs in a consistent pattern. He described this pattern in the form of three basic laws which homeopaths can use to recognize that healing is occurring. This pattern has been recognized by acupuncturists for hundreds of years and is also used by practitioners of herbalism and other healing disciplines.

Hering's Law states that all cure starts from within out, from the head down, and in the reverse order as the symptoms appeared. Thus, you will typically first see changes in a person's appearance in their face on a cleanse as we do indeed heal from the top down. Any rashes or skin issues, stale breath, funky urine, or smelly excretions in general result from healing from the inside out. Lastly, you may find yourself experiencing for a brief period (usually less than a day) an illness or injury that you had years ago. This is known as retracing.

What can help the detoxification process?

- Plenty of fresh, clean water, air, sunshine, fruits and vegetables
- Juicing
- Take extra amounts of organic alkalizing minerals. The body requires alkalizing electrolytes to buffer the toxic acids that need to be removed.
- Fasting
- Yoga
- Lymphatic drainage or other bodywork
- Sauna
- Enemas or colonics
- Physical exercise





Elimination Aids

[Aloe Lax](#) is gentle and effective, taken before bed (please read instructions)

Cascara Sagrada or Triphala Ghan Vati (an Ayurvedic formula) at night or the beginning of each day, to prompt the peristaltic wave and aid the bowel in elimination, as needed. Moving the uneliminated waste matter from your digestive system is of great importance on this program. Should you choose to use it, CS will grab onto what is being released and make sure that it is not reintroduced into your system. Please consult your health professional about the use of Cascara Sagrada, 1 capsule per day, to help your body eliminate more efficiently.






Cleansing Reactions

You also may have reactions including constipation, diarrhea, nausea, bad breath, headaches, insomnia, general malaise, allergies, fungal infections, skin manifestations.

For Constipation:

- Drink extra water
- Coffee enema
- Colonic
- Gradually increase the amount of Aloe Lax or Cascara Sagrada
- Take more electrolyte minerals to correct ph, ie. in broths, juices, supplements (green superfood powders)
- Make sure you are having at least 4 quarts of liquid daily

Constipation After Cleanse:

- Drink (2) 16 oz glasses of water with lemon juice in the morning
 - Eat soaked prunes
 - Take a less acid forming probiotic. (Bifidobacterium infantis or Nature's First Food)
 - Take herbal formula like Aloe Lax, Cascara Sagrada or Triphala
- 



Cleansing Reactions

Nausea

- Drink peppermint or ginger tea

Headaches

- Take an enema or colonic

Vomiting

- Let the body vomit. Drink peppermint tea afterwards.
- If persists, take L. glutamine. Take electrolyte minerals to replace what got lost.

Diarrhea

- No cayenne. Take psyllium.
- Extra green drinks and carrot juice to replace electrolytes

Muscle Aches

- Hot bath with Epsom salts
- Light stretching
- Dry brushing





08

Breaking the Cleanse



Eating for Health and Happiness

Congratulations on completing the cleanse...whatever you accomplished is great! Even if you added in lemon water and eliminated sugar...bravo!!

Here is a basic schedule for coming out of the cleanse:

We are back-tracking, so go to the week 2 meal plan for 1 week, then week 1. Week 1 is a great moderate healthy diet regime. As the seasons change, your food list will change.





How to figure out your body's need

When I considered what I also wanted to share with you regarding how to break your cleanse, my first thought was how do we figure out our body's needs? And what is proper nutrition?

We are bio individuals, each of us with different genetics, blood types, ages, gender, our quantity of exercise, etc. It is so important to take this into consideration when discovering what is best for you.





How to figure out your body's need

- What is proper nutrition? There are a few basics, Fresh vegetables, fruits, healthy fats, various protein sources depending on if you are Vegetarian, Vegan or Carnivore.
- How many of you are Vegetarians? Carnivores? Vegans? Something else?
 - For years I was a Vegetarian. I had a very clean diet. Couldn't lose weight. I exercised, etc. My body wasn't getting it's needs met so it held on to weight. Have you experienced that?
- Since we each have different ways of eating we also have different cravings. Our cravings often are deceptive and confuse us into thinking we should eat something that really isn't what the body really needs. In general we crave, sugar, fats, salt, crunchy, soft foods, spice, etc.
- How many of you get cravings? What type? Cravings are the body's way of communicating that it wants something that it is not getting. The cravings are generally a substitute for another need. The question is what?





Basic Needs Considerations

Lack of primary food. What is primary food? The core relationship we have with ourselves. Being dissatisfied with a relationship or having an inappropriate exercise routine (too much, too little or the wrong type), being bored, stressed, uninspired by a job, or lacking a spiritual practice may all cause emotional eating. Eating can be used as a substitute for entertainment or to fill the void of primary food.

Water. Lack of water can send the message that you are thirsty and on the verge of dehydration. Dehydration can manifest as a mild hunger, so the first thing to do when you get a craving is drink a full glass of water. Excess water can also cause cravings, so be sure that your water intake is well balanced.

Yin/Yang imbalance. Certain foods have more yin qualities (expansive) while other foods have more yang qualities (contractive). Eating foods that are either extremely yin or extremely yang causes cravings in order to maintain balance. For example, eating a diet too rich in sugar (yin) may cause a craving for meat (yang). Eating too many raw foods (yin) may cause cravings for extremely cooked (dehydrated) foods or vice versa.

Inside coming out. Often times, cravings come from foods that we have recently eaten, foods eaten by our ancestors, or foods from our childhood. A clever way to satisfy these cravings is to eat a healthier version of one's ancestral or childhood foods.





Basic Needs Considerations

Seasonal. Often the body craves foods that balance the elements of the season. In the spring, people crave detoxifying foods like leafy greens or citrus foods. In the summer, people crave cooling foods like fruit, raw foods and ice cream, and in the fall people crave grounding foods like squash, onions and nuts. During winter, many crave hot and heat-producing foods like meat, oil and fat. Cravings can also be associated with the holidays, for foods like turkey, eggnog or sweets, etc.

Lack of nutrients. If the body has inadequate nutrients, it will produce odd cravings. For example, inadequate mineral levels produce salt cravings, and overall inadequate nutrition produces cravings for non-nutritional forms of energy, like caffeine.

Hormonal. When women experience menstruation, pregnancy or menopause, fluctuating testosterone and estrogen levels may cause unique cravings.

De-evolution. When things are going extremely well, sometimes a self-sabotage syndrome happens. We crave foods that throw us off, thus creating more cravings to balance ourselves. This often happens from low blood-sugar and may result in strong mood swings.

What is the result when you satisfy your cravings? Do you feel nourished? Has anyone had the experience of feeling sleepy after a meal? Or energized?

Get a sugar high, then crash? What else?





How do you know what your body really needs?

Elimination Diet, reboot the system. Gently.

I work with individuals to discover what works best for them in a gentle way, so you don't take everything away, feel deprived and end up back in the self-destructive cycle.

I have divided how to feed yourself for good nutrition into 3 categories:

1. Brain Food
2. Food for energy
3. Food for physiological & emotional balance

1.






How do you know what your body really needs?

1. **Brain Food** : Poor digestion takes energy from the brain. Your brain needs essential amino acids
2. **Food for energy**: How would you eat for energy? Most think carbs, sugar, That is not the case for most of us. Those foods actually require a higher insulin production which in turn creates stress & weight gain. Ex. Of high energy foods: **Foods we eat can either increase our energy or decrease it:**

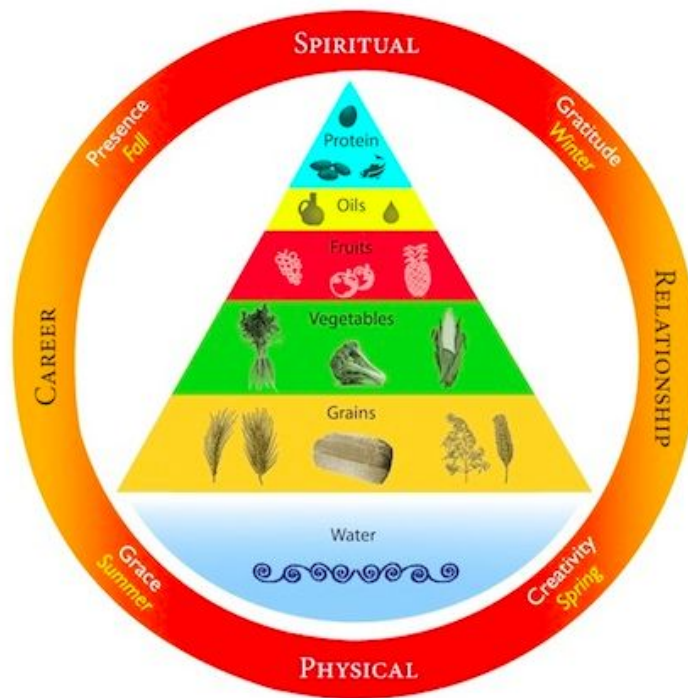
- Whenever possible, focus on the highest quality you can afford....local and/or organic foods are best.
- Foods that are alive have life force. They are often raw and will spoil if left out.
- A great rule of thumb I like is: If microorganisms cannot thrive on it, what makes me think I can?
- Whole foods: grains, vegetables and beans. They are foods that have not been processed and thus keep all the components of their original, natural state: fiber, vitamins and minerals. Processing removes these elements.
- Superfoods have very high levels of nutrients. Leafy greens like kale, collards and chard, etc.

3. **Food for physiological & emotional balance**: Mood swings = sugar

Stimulants (caffeine, sugar, etc.) may seem to give an energy boost, but they actually deplete our bodies, drawing out minerals and nutrients. These substances are also highly addictive.



The Food Pyramid



I created this Food Pyramid to show a basic idea of optimal self-care that addresses our holistic bio-individuality.

The outer ring represents the primary foods in your life. The pyramid itself represents our nutritional needs or secondary foods. Your Spiritual/Religious practice, relationships, physical exercise & career are most important. Included in this pyramid are also important values of presence, gratitude, creativity & grace along with the four seasons signifying qualities of what supports our cyclical nature.

Spring: A time of cleansing, and renewal. This is a great time to do a detox. Eat a low fat, light diet. Eat more grapefruit, salads, veggies, leafy greens, beans, sprouts, and berries.

Summer: Eat more fresh fruits and vegetables that grow in abundance in the summer.

Fall/Winter: A time for storage, going inward. We Favor warm cooked food. Eat more nuts, grains, soups, and meats to ensure the storage of protein and fats for the winter.



In Conclusion

When we learn to listen and honor all aspects of our nature and body, we can increase our health & happiness. Understanding what your cravings are trying to tell you; What foods give you energy instead of robbing your life force and how to maintain a physiological/emotional balance through diet, exercise and healthy choices.





Appendix



A1

Liver Support



Liver Support

There are various herbs that are beneficial for liver functioning. There are numerous herbs that have been listed in the chronicles, and listed below are the ones that are considered most effective:

Cascara sagrada bark It contains oils that aid in the movements that cause us to excrete stool. Its stimulating action affects the liver, stomach and pancreas.

Milk thistle This herb is recommended for conditions of liver functions that are caused by drug abuse and excessive drinking. Milk thistle is brilliant natural herb for cleansing our liver. It helps stimulate regular functions of the liver and is a strong antitoxin.

Turmeric Turmeric is one of the most important herbs for liver detox. It helps cleanse the liver naturally and is known as an ayurvedic herb. As an antioxidant, turmeric boosts the production or creation of bile to double its regular production, thus making it very beneficial to our system. Turmeric contains a compound known as curcumin, which enhances the production of bile and helps treat gallstones.

Yellow dock. Yellow dock is an excellent herb for liver detox. It purifies the liver superbly, thus regulating the good manufacture of bile. It helps dissolve the fat that is collected in our liver.

Lycopodium. Lycopodium is one of the most essential herbs for liver detox. This herb is usually taken from moss which is very good for liver detox, kidney stones as well as a variety of infections.

Dandelion. Dandelion is another significant herb for cleansing the liver. It efficiently clears the waste, toxins and poisons that are excreted by the liver. It helps boost the production of bile. It also promotes circulation and strengthens arteries.

Tincture. Tincture is another important herb for the liver, as it helps to rebuild and regenerate the organ. It helps flush the harmful toxins and regulates the production of cholesterol in our body.

Fringe tree. Fringe tree is excellent for stimulating the manufacture of bile in our liver. It prevents enlargement of the liver, hepatitis and chronic illnesses.

Tea. Tea is one of the best herbs for liver detox. It flushes all the toxins out of our system and cleanses the liver. It removes the fat from the liver efficiently. In tea one can add other significant herbs such as clove, horsetail, ginger, and cinnamon, which enhance the functions of the liver.

A liver-friendly diet is as important as herbs for effective detoxification in detox remedies.

There are some basic rules that one needs to follow while undergoing liver cleansing:

- Fresh citrus juices including lime and lemon accompanied by ginger and garlic squeezes with a little bit of olive oil makes a perfect “liver flush” drink.
- Eliminate processed foods and substitute them with organic foods, lean meats, fruit and vegetables.
- Artichokes, broccoli, cabbage, seaweed and radishes have a proven track record of being good for the liver.





A2

Kidney Support



Kidney Support

Kidney Detox System Supporting Herbs:

Gravel root, juniper berries, uva ursi, burdock root, parsley, ginger root, lobelia leaf

Nettles: This is a tonic for the kidneys. It helps to enrich the blood as well. Usually taken as tea or herbal supplement.

Herbal detox – Herbal repairing is the best solution for the revitalization of your kidneys. There are a number of herbs that can do wonder to regain the health of your kidneys. The best thing about these herbs is they cleanse the organ and simultaneously rebuild it. The kidneys as well as the adrenals get benefits from these herbs. It is possible to treat kidney stones with the help of herb detoxification.

The specific herb that helps in dissolving the kidney stones is gravel root. In addition to that, turmeric root, parsley root, lemon balm, marshmallow root, licorice, dandelion root, and ginger root particularly help at revitalizing your kidneys, bladder and adrenal.

There are few more herbs like Cleavers, Poria Cocos, or Uva extract and leaf that help in toning and strengthening the kidneys. They also help the kidneys to overcome the problem of excess water retention.

You can also try the ancient Chinese formula called Wu Zi Wan to get improved kidneys. This formula is created by using such herbs as Cornus, Poria Cocos, Alisma, Rehmannia, Cuscuta, Plantago Seed, Schizandra, Fructus Rubi, and Lycii Berry. This formula is traditionally used to detoxify the kidneys and rejuvenate the entire urinary system.

There are a few traditional methods to cleanse the kidneys:

Drink a glass of water mixed with lemon juice and honey every morning. Now mildly tap the areas near kidneys for some time, it will stimulate the kidneys as well as the adrenaline glands.

Make it a habit to walk barefoot for at least ten minutes on the grass or beach. This will rejuvenate your kidneys everyday.





A3

Lymphatic System Support



Lymphatic System Support

Lymphatic System Cleanse Support

The Lymphatic System is the most forgotten of all body systems. By improving the flow of lymph you can increase your immunity and help your body to overcome illness' in shorter periods of time.

The Lymphatic System is composed of fluid-filled sacs, ducts, vessels and glands. Such of these glands are the spleen, thymus and tonsils. The primary responsibility of this complex system is to neutralize our body's waste products and to carry toxins away from the cells and body tissues.

A few signs that your lymph system may need some attention is if you are overweight, suffer from bloat, abdominal pressure, have cellulite, fatty deposits or lumps in your body, have been diagnosed with chronic immune system disorder, fibromyalgia, chronic fatigue syndrome, lupus or multiple sclerosis and especially if you have dieted on and off over a period of years.

Besides one's diet and nutrition, there are several other lymphatic cleansing and detoxification methods.

Water

Drink up to 2 liters of water everyday. If possible, one could drink warm water, for this can help dissolve certain stubborn waste products accumulated across various body parts. Indeed, drinking a lot of water is probably the most basic form of bodily and lymphatic detox.

Exercise

This is the best form of detoxification as far as the lymphatic system is concerned. The lymphatic system is responsible for fighting infections and it is important to keep the lymphatic system healthy at all times. Exercise helps keep the movement of lymphatic fluid at its maximum and ensures a lot of toxins are flushed out by sweating. Exercise also improves blood circulation, strengthens the heart and oxygenates cells. Exercise is indeed the best and most natural form of lymphatic cleansing.





Lymphatic System Support

Herbs

Astragalus, echinacea, pokeroor, wild indigo root, red clover, dandelion root, yellow dock root, burdock root, goldenseal, nettles, parsley and myrrh cleanse your lymphatic system

These are excellent herbs that will help cleanse the lymphatic system and flush out toxins accumulated in the lymph. All herbal products should be taken in conjunction with an organic food diet or food which is free of any and all chemical products and substances.

Another important point to note is to continue to exercise while using such lymphatic detox herbs in order to reap the maximum benefits.

Skin Brushing

This is another natural lymphatic cleansing and detoxification method which helps clean the lymph system. The lymph system contains a number of minute vessels that have one way valves (upwards) which help release the waste products from various tissues. These waste products are then released from the lymphatic system into the bloodstream.

Skin brushing will help move the various waste products efficiently and speedily upwards along the lymphatic system and into the bloodstream, thereby cleansing the lymphatic system quickly. All you require is a regular soft bristle brush with a longish handle which will help you reach various parts of your body without straining yourself too much. It is best to do skin brushing after you've had your bath with longish strokes, moving upwards towards your heart region.

Sauna

Spend time in a steam room or sauna. Sweating eliminates toxins from your lymphatic system, and the heat from the sauna or steam increases your breathing and your heart rate, two factors that also help to accelerate lymphatic drainage.

Do a liver cleanse.

Your liver produces most of your lymph fluid, and when your liver is congested, your lymph system is also congested. You can find natural liver cleanse products online or at your local health food store.





Lymphatic System Support

Body / Lymphatic Massages

Another method of lymphatic cleansing and detox is via lymphatic massages. Massages help stimulate the lymph nodes and lymphatic system by facilitating the lymphatic system to flush out all the waste products accumulated as a result of cell metabolism along with excess fluid and microorganisms. During manual massages, the lymphatic system is stimulated and will help facilitate the free and smooth flow of lymphatic fluid or lymph, thereby contributing to a strong immune system.

Clay Bath

One can undergo lymphatic cleansing by taking a clay bath for a duration of 15-30 minutes to 2 hours, depending upon one's comfort level. These clay baths help release toxins from the skin and thereby free the lymphatic system of certain heavy toxins that have accumulated at the lymph. This is fairly simple and one can use a living clay variety available in powder form. Ideally, two or three cups of dry clay powder can be mixed in the hot bath water, clearing all clumps with hands, and one can submerge oneself in the clay bath for about 15 to 30 minutes. If a lot of toxins are released, the clay water can turn dark. After the bath, clear the bath water by using lots of clear water.

Eat natural foods that cleanse your lymphatic system.

Some lymphatic cleansing foods are dark green vegetables, ginger, sea kelp, citrus fruits such as lemons and oranges, flax seeds, wheatgrass juice, radishes and garlic.

The human lymphatic system plays a key role in maintaining and obtaining good health. Thus, regular lymphatic cleansing and detox can go a long way towards improving one's level of health, immunity and vitality.

Detox Bath

A detox bath is used to help pull toxins from your body. This is a very relaxing thing to do while on a cleanse. You'll want to do it on a day where you can spend about 40 minutes in the bath without interruptions.

Here is how to start:

Fill bath with comfortably hot water. Then add 1 – 2 cups baking soda . 1 – 2 cups sea salt, coarse salt, or Epsom salt

Get in and relax. If the water is too hot to sit comfortably, add cool water until you are comfortable.





A4

More Recipes



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Chili

Mini Meatloaf

Garlic Italian Roast

Meatballs

Inside Out French Dip

Meat in Tomato Sauce

Rosemary Garlic Steak

Garlic Venison

Jen's Hot & Sour Soup

Asian Shrimp & Cabbage Soup

Shawna's Roasted Garlic

Shawna's Classic French Dressing

Jen's P2 Ketchup





Crunchy Sweet Apple Chicken Salad

This is a sample recipe from Tammy Skye's wonderful book of P2 recipes titled '[The Ultimate HCG Dieter Gourmet Cookbook](#), which has over 200 recipes, and comes with a bonus of P3 recipes and instructions. I highly recommend it!!

Ingredients

Makes 1 serving (1 protein, 1 vegetable, 1 fruit)

100 grams chicken cooked and diced
1 apple diced
3 stalks celery diced
3 tablespoons lemon juice
1/8 teaspoon cinnamon
Dash of nutmeg
Dash of cardamom
Dash of salt
Stevia to taste
Wedge of lemon

Mix ingredients together, sprinkle with stevia and cinnamon. Chill for 20 minutes. Serve with a wedge of lemon and enjoy. Phase 3 modifications: Add chopped walnuts or raw almonds. Mix in low sugar Greek yogurt or 1 tablespoon of mayonnaise for a creamier texture.





Tomato Basil Chicken

This is a sample recipe from Tammy Skye's wonderful book of P2 recipes titled '[The Ultimate HCG Dieter Gourmet Cookbook](#), which has over 200 recipes, and comes with a bonus of P3 recipes and instructions. I highly recommend it!!

Ingredients

Makes 1 serving (1 protein, 1 fruit or vegetable)

100 grams cubed chicken
1 cup chopped tomato
 $\frac{1}{4}$ cup water or chicken broth
2 tablespoons lemon juice
2 tablespoons chopped onion
1-2 cloves garlic sliced
3 leaves basil rolled and sliced, reserve some for garnish
 $\frac{1}{8}$ teaspoon oregano fresh or dried
 $\frac{1}{4}$ teaspoon garlic powder
 $\frac{1}{4}$ teaspoon onion powder
Cayenne to taste
Salt and pepper to taste

Lightly brown the chicken in small saucepan with lemon juice. Add garlic, onion, spices and water/broth. After chicken is cooked add fresh tomatoes and basil. Continue cooking for 5-10 minutes. Salt and pepper to taste, garnish with fresh basil.





Chicken Kale Salad with Strawberry Vinaigrette

(You can also use salad greens instead of Kale)

Kale, either lightly steamed or raw (Cut into bite size pieces)

Strawberry Vinaigrette

*3 or 4 Strawberries

Apple Cider Vinegar

Garlic

Blend and pour over salad

*You can slice the remainder of your fruit serving of strawberries into the salad





Radish Hash

Radish hash gives you a great way to prepare your veggies and get in the lovely radishes that are only 1 calorie per!

Ingredients

1-2 bags (or bunches, about 15) red radishes

2-3 tbsp chopped onion

1 protein portion, chopped and uncooked...tofu is great!

chicken broth or 2 packets Grace's Goodness broth with 2 cups hot water

salt, pepper and other preferred spices

Methods/steps

Shred or chop your radishes. I chop mine with a slap-chop. Dice the onion.

Cover the bottom of a non-stick pan with broth and heat it up.

Toss in your onions and radishes and protein.

Salt, pepper and spice them according to your tastes.

Toss and cook until onions and translucent and meat is cooked through.

Let sit and cook in pan and brown a bit. Serve up and enjoy!

Additional Tips

Variations:

Chop shrimp into the mix and add some Old Bay - seafood hash!

Use curry - Indian hash!





Cauliflower Pizza Crust (Add other toppings, cheese, etc. for Phase 3)

Servings: 2

1 cup cauliflower, prepared (preparation explained below)

1 egg

oregano

Prep Time: 50 mins

Total Time: 1 1/4 hr

To prepare the cauliflower, take a fresh cauliflower head and cut the florets off and put them in a pot. Add about 1 inch of water and steam until tender.

With a potato masher or blender, mash or blend the cauliflower, if it is still hard, cook a little longer.

When completely cooked and finely mashed, measure a cup.

Mix 1 cup of the mashed cauliflower, and the egg, for better blending, use a blender.

Put on loaf pan with parchment paper making sure that it is evenly distributed, sprinkle with oregano, and bake at 450F for 20 minutes or until golden brown.

If using for sandwiches, let cool down before using, if using for pizza as soon as out of the oven add your pizza toppings and bake until the cheese is melted.





Crabby Kale

Steam Kale

Crab or Chicken

Mustard Dressing

Mustard

Garlic

Ginger

Apple Cider Vinegar

Few drops stevia

Fresh cilantro or basil (For a Mexican or Italian variety)

Mix everything together! Yumm





White Fish in Parchment with Pesto Sauce and Pasta

100g white fish marinated in lemon and garlic

Place 100g fish over a sliced onion in parchment

Fresh herb of choice, Salt & pepper

2 slices orange over the fish

Fold paper under so fish can steam

Preheat Oven at Bake 350. Cook for about 35 min. depending on thickness of fish

Pesto Sauce

Large bunch fresh basil

4 or 5 sprigs fresh parsley

¼ cup water (add as needed for a sauce consistency)

salt

pepper

fresh clove of garlic

nutritional yeast

Blend together

Place sauce in a pan. Heat until lightly simmering

Cook Miracle Noodles

Place noodles in sauce

Place Fish on top when cooked





Buffalo/Beef Entrees

CHILI

100 grams chopped London Broil or Round Roast, 1 cup chopped tomatoes, ½ cup water, 2 cloves garlic crushed and minced, Pinch of garlic powder, ¼ teaspoon chili powder, Pinch of oregano, Cayenne pepper to taste (optional), Salt and pepper to taste

Brown beef in small frying pan, add garlic. Stir in tomatoes and water. Add spices and simmer slowly until liquid is reduced.

MINI MEATLOAF

100g ground London Broil or round roast, 1/2 tsp milk¹, grissini breadstick, ground to powder, 2-3 cloves minced garlic, 1/2 spicy mustard (sugar free), 1/4 tsp allspice, 1/8 tsp sage, salt/pepper to taste

Preheat oven to 350. In small bowl, combine all ingredients and form into a small loaf. Place in glass dish, cover and bake 25-30 mins. Uncover dish, and bake for 5-10 minutes. Serve immediately.

GARLIC ITALIAN ROAST

3 lb lean London broil or round roast, fat removed, 6-8 large cloves garlic, 1 t. dry oregano, 1 t. sea salt, Fresh ground pepper, Water, 1/6 head of cabbage OR 1 onion

Place the above in the roaster, add water until it is about 1 1/2 inches deep, and bake for 15 min. on 350. Optionally, add potatoes and carrots for 'the family' and cabbage or onion for 'the dieter'. Continue baking an additional 45-60 minutes depending upon how done you like your roast. Slice off 3 oz. of lean roast for 'the dieter'.

MEATBALLS

100 g buffalo, ground London broil or round roast, 1 grissini breadstick (ground into powder), 1 Tbsp of milk, parsley, basil, oregano, garlic, salt, pepper

Preheat oven to 425 In bowl, combine all ingredients. Then form into 1" meatballs (makes about 6-7) Place in a baking dish on non stick aluminum foil and cook for 10 minutes, turning 1/2 way through.





INSIDE OUT FRENCH DIP

100g sliced London broil or round roast, 1/2 onion – sliced into rings, 1 c. water, 2 cloves minced garlic, 1/2 tsp thyme, 1/2 tsp pepper

Preheat pan over MED heat. Add onions and garlic, cook for 5-10 min until tender. Add water, thyme and pepper. Reduce heat & simmer 5-10 min. Add steak and return to boil, then reduce heat and simmer for another 5-10 min. Serve steak & onions with au jus sauce.

MEAT IN TOMATO SAUCE

100 g of lean beef, chicken, shrimp, fish (or whatever meat you would like to eat), 1 large or 2 small tomatoes, 1/4 tsp. of garlic salt, 1/4 tsp. onion salt, 1/4 tsp. Italian Seasoning (make sure it has 0 carbs)

First, slice up your tomato(es) and put them into a sauce pan to saute on medium for about 5 minutes. While they are being heated, occasionally smash the tomatoes with a spoon. While the tomatoes are heating, put your meat on the George Foreman or grill it somehow. When your tomatoes are heated and soft, they should have the consistency of THICK spaghetti sauce (or whatever consistency you prefer). After the meat is properly cooked, mix it together with the tomatoes. Add in your spices, stir, and enjoy! What a tasty treat!

ROSEMARY GARLIC STEAK

100g London broil or round roast, 1 Tbsp apple cider vinegar, 1 Tbsp rosemary, 1 tsp garlic paste (3-5 cloves minced) 1/2 tsp crushed red pepper

In small dish, add vinegar. Add steak and coat. In small bowl, combine rosemary, garlic and red pepper. Rub on both sides of steak. Place steak in small dish, cover and refrigerated for a min. of 4 hours. Grill until desired doneness.





Garlic Venison

This is *so* simple, and if you like garlic, indulges that shamelessly.....

Makes 1 portion meat

100g venison, sliced thin

Chopped garlic in juice (I buy large jars of it at the grocery store)


Tsp coconut oil (venison has no fat and will burn without a bit of moisture) or a bit of broth if you can't have coconut oil

Garlic salt (make sure it doesn't have sugar)

Season salt like Mrs. Dash or your favorite spice mix like Old Bay or in my case, middle eastern spices

Season your venison with garlic salt and seasoning salt. I also use my middle eastern seasoning from time to time. Melt just enough coconut oil to coat the bottom of the pan (I use an 8 in sauté pan), or if you're using broth, about 1/8 cup of broth. Put a couple tablespoons (yes, tablespoons) of chopped garlic into the pan and let it start sizzling. Add your meat and 'fry' until the meat is cooked with just a little pink left, flipping to make sure both sides cook equally and get coated with the chopped garlic.

If you really like garlic, I will also throw in several toes of fresh garlic and fry those too, it is very yummy.....



Jen's Hot & Sour Soup

100 g. lean beef (can use diced steak or 96% lean ground beef), cooked and drained of any grease that may cook off.

1/2 head green cabbage, cut into either small dice or shreds

1/2 carton Emerils beef stock (its naturally fat/carb free)

1-2 c. water, if needed

1 TBS. natural soy sauce (no carbs, sugars, fats)

juice of 1/4 lemon

1-2 TBS. rice wine vinegar

1-2 tsp. onion powder

1/2-1 tsp. garlic powder

1-2 tsp. sea salt

1/2 tsp. black pepper*

1/2 tsp. crushed red pepper*

*- add as much or as little depending on your heat tolerance-- I like mine HOT, HOT, HOT!

Combine all ingredients in a large pot and simmer until cabbage is done to your liking (about 30-45 min).





Asian Shrimp & Cabbage Soup

In 1.5C water, cook:

4 cloves chopped garlic

2 cups shredded cabbage

4 drops Bragg's Liquid Aminos

1 tsp. Rice vinegar (that has more sweetness than cider so use sparingly!)

Chinese 5 Spice Powder, appx. 2 tsp. (if you don't have, it is a blend of ground fennel, ground pepper, ground cinnamon, ground star anise, ground cloves)

1/2 tsp. each garlic powder, onion powder, ground ginger, ground coriander (yes a lot of seasoning so it doesn't taste watery)

1 Green Tea bag

1/2 - 1 packet plain stevia, depending on your taste

Once above is tender and you adjust seasonings, add:

100g chopped raw shrimp off the shell

1/2 cup chopped fresh cilantro

Cook just another minute until shrimp is cooked through/opaque.

Optional:

1 serving konjac noodles

Red pepper flakes for spice if you like that



Shawna's Roasted Garlic

One head of garlic with one ice cube wrapped in foil, bake 350 for about 1 hour. Just like the good stuff without the oil:) Great over konjac noodles with black pepper, basil, spices to taste, cooked tomato and chicken:)

Shawna's Classic French Dressing, Revised for Phase 2 (and especially good on Romaine lettuce):

Mash into a paste with fork or mortar & pestle:

1-2 cloves garlic (to taste depending on how garlicky you like things)

A sprinkling of fleur de sel sea salt (which is a course, grey, French style sea salt) or another course salt (like kosher)

Add:

Juice of 1 lemon (this counts as your lemon)

1 tsp. Maille brand mustard available at grocery stores (I checked labels and this dijon does not have sugar and white wine like Grey Poupon does)

Fresh ground pepper

Taste, then if you find too tart add:

Water, half a teaspoon at a time. Don't water down too much as the lettuce also dilutes the flavor.

Taste again. If you find bland add:

Braggs Liquid Aminos, a drop or a spray at a time as it is potent and changes the flavor.

Last and Optional:

You can use the above dressing as is, or, for a really hearty, "stick to it" style dressing using your *ONE egg with yolk allowed per week* - Separate egg yolk from whites. Set whites aside. Quickly heat the above dressing mixture in small pot, remove from heat, then use the tempering method to quickly whisk in one egg yolk. *You can and should still have the remaining egg whites allowed on "egg day" cooked and served on the side of the salad to complete your protein. This would amount to your leftover egg white from the above used egg yolk, plus 3 egg whites (see page 30 of manual, #12).

If you don't use the egg yolk and egg white proteins, you can top dressing with grilled shrimp or chicken for a Caesar type salad:)

Garnishes, Optional:

Nutritional yeast for cheesy flavor, your one melba toast broken up into 8 or 10 bits for croutons (sea salt flavor melba toast works well), plus more black pepper, and any fresh herbs you like. I like to round out this meal with the baked apple (which I slice up and arrange in a single layer in a baking dish to make it look like more and make it easy to eat, then I add cinnamon, allspice and nutmeg (my mom's apple pie blend:)





Jen's P2 Ketchup

Ingredients

Organic-no sugar added- tomato sauce (1 can)
2-3 packets plain granulated stevia (to taste)
a bit of onion powder (to taste)
Distilled white vinegar (to taste)
salt (to taste)

Heat up the tomato sauce and when it's warm, start adding ingredients, stirring and tasting until it seems right. Then, let it simmer until it thickens to a ketchup-like consistency.

I've also used this recipe to make cocktail sauce for shrimp (add grated horseradish and a squeeze of lemon to finished ketchup and chill) As well as a base for BBQ sauce (I add 1/4 to 1/2 tsp liquid smoke, garlic & onion powders, cayenne pepper, black pepper, and chili powder).

