



10-DAY

Clean Eating CHALLENGE

Supreme cleanliness is the first step toward a healthy body. Any accumulation or retention of morbid matter or waste of any kind within us will retard our progress towards recovery. The natural eliminative channels are the lungs, pores of the skin, kidneys, and the bowels.

The retention of body waste has an insidious effect on our health than is generally suspected, and its elimination is one of the first steps toward perceptible progress.

Before you begin the 10-day challenge it's recommended you undergo three days of colon cleansing.

HIGH VIBRATIONAL FOODS

We're all made of energy and require the consumption of energy in the form of food, air and water for sustenance and good health. We can raise our energy vibration and better connect to ourselves, nature and God by eating highly nutritious energetic foods and eliminating unhealthy thoughts and relationships.



Sprouts are a rich source of chlorophyll, vitamins A, B complex, D, E and minerals including calcium, phosphorus, and zinc. Sunflower sprouts are also a rich source of lecithin.



Lemons are alkaline-forming in the body, rich in vitamin C, a wonderful stimulant to the liver and a dissolvent of uric acid and other poisons.



Wheat germ oil is one of nature's finest super foods, high in antioxidants and squalene—a natural compound that increases cell growth. Wheat germ oil is also one of the highest food forms of vitamin E.



Cayenne helps improve circulation and digestion and is a powerful food for the heart when taken daily. It rebuilds the stomach tissue and stimulates peristalsis, thus assisting in assimilation and elimination.

ENHANCE YOUR "EAT CLEAN" CHALLENGE

4 Ways to boost detoxification and cleansing



Yoga is helpful in removing toxins by activating the lymphatic system, making you sweat, and encouraging bowel movements.



Deep breathing detoxifies, releases tension and toxins, increases muscle, strengthens the lungs, increases digestion and assimilation of food.



Dry brushing provides a gentle internal massage and is a great way to stimulate the skin, gut, kidneys, liver, lungs and lymphatic system.



Massage or foam rolling releases the lymphatic fluid in your muscles, acting as a magnet to pull the toxins from the body.



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The 10-Day Eat Clean Challenge includes eating whole, organic and unprocessed foods; taking supplements with whole foods and other ingredients; and drinking plenty of water.



Lower Bowel is corrective food for the intestinal tract. A gentle, long-term use laxative that strengthens the colon and helps eliminate polyps.



Excellent source of vegetable proteins, along with fiber and healthy fats. It's also a good source of magnesium, zinc, thiamin, folate, potassium, and phosphorus.



A synergistic supplement blend of popular whole nutritional food, minerals, active enzymes, chlorophyll, amino acid and phytonutrients..



Herbal detox tea blend contains natural cleansing herbs designed to support the innate processes by which the body gets rid of toxins and waste.

CLEANSING HERBS

For thousands of years people have been using spices as a delicious way to raise the energetic vibration of food. Turmeric, cinnamon, ginger, garlic and cayenne all contain powerful healing properties and help with everything from digestion to blood sugar balance and even arthritis!



Curcumin found in turmeric is a powerful antioxidant, which will help protect the body against free radical damage, which helps it stay healthy and vital and prevents several diseases



Cinnamon's high concentration of antioxidants can help protect the body from damage from free radicals and reduce inflammation, reducing risk of cancer and other diseases.



Ginger is used in many cleansing programs, as it cleanses the body by stimulating digestion, circulation and sweating. Its digestive actions may serve to cleanse the build-up of waste and toxins in the colon, liver and other organs.



Garlic possesses various medicinal and healing properties and is widely used for healthy cholesterol levels, stabilize blood pressure levels, and blood sugar, reduce fatty liver, cleanse the liver, and as a natural antibiotic to name a few.



**We do not live off the food we eat,
we live off the energy from the food we eat.**

If you're on twitter or instagram be sure to keep me updated using the hashtag **#STGHCLEANSE**