

3 3 1 Cleanse



First 3 days: Clean up your diet.

Set aside sugar, fried food, processed food and white flour foods like bread and pasta. Reduce your caffeine intake to 1-2 cups of tea/coffee in the morning and reduce or eliminate alcohol. Increase your water. During the rest of the cleanse, you won't be having wheat or dairy, so you may want to reduce those and find replacements like hemp milk for your coffee, or a sprouted tortilla instead of bread. Start cleanse support supplements, if desired. Make broth.

Visit our website for broth recipes.

Next 3 days: 2 liquid meals and a “real” (solid) meal.

This could be a smoothie with protein powder, a soup, and a meal with 1 lean protein like chicken or fish, 2 “above-ground veggies” such as greens and broccoli, and something a little starchier to help with satiety and synergize with the season. This could be a small purple sweet potato, roasted root veggies, or ½ cup serving of brown rice or quinoa. If you're vegetarian, a whole grain like quinoa, some beans (or eggs, if you eat them) and veggies will work great! 1 cup of organic coffee in the morning is fine. Drink green or white tea if you want caffeine later in the day. Drink broth in between meals to help with energy and satiety.

Visit our website for smoothie, soup, and simple protein recipes.

*Note: If liquid meals don't work for you, that's fine! You can have your soup with a turkey patty or a cup of quinoa, or just have 3 clean, light meals per day. I often eat my largest “real” meal for breakfast, have soup with solid protein at lunch, and my smoothie or another soup for dinner.

Next 1 day (OPTIONAL):

This is your fully liquid day: abundant broth, tea, vegetable juice, pureed soup. I recommend adding bovine or marine collagen to your broths or soups to help keep your energy up and your brain fueled with amino acids. If you don't eat either, no problem! Just use a protein powder like Epic or sprouted brown rice protein.

Juices: Here in Sonoma County, I recommend The Nectary in Sebastopol and Healdsburg. The brands Evolution Fresh and Urban Remedy make great greens juices and are available in many retailers across the country.

If you get hungry or feel woozy, please eat something! You might need some chicken breast, or a cup of brown rice, or half an avocado.

Ideally this day would fall over the weekend or on a day when not much is demanded of you. If you don't have days like this, then it may be best to just continue with your liquid/solid meal combos.

Next 3 days:

Back to 2 liquid meals and “real” (solid) meal.

Next 3 days:

Return to regular eating, but cleaned up—no sugar, fried/processed foods. This is basically a repeat of the first 3 days.

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CLEANSE SUPPORTS

Supplements are optional but helpful. During the cleanse, you want to support your all your organs of elimination. Of course, cleaning up your diet typically does just this. But this can be a great time to give a little extra love to your hard-working liver, gallbladder, and kidneys. Also, you want to poop like a champ when you're cleansing, since many of your body's toxins and broken-down hormones are excreted this way. If you don't have a daily, complete bowel movement, I highly recommend using one of the fibers and gentle elimination supports below. Bitters also help with this!

BITTERS: Salad Bitters, Gut Love Bitters, Schisandra Sour, Rest and Digest, or GB Bitters: 3-4 droppers before meals.

LIVER SUPPORT: SAT or Liver Support: 1-2 caps upon rising and before bed.

FUNCTIONAL FIBERS: GI Fortify, Blue Heron or SunFiber (recommended for those on low Fodmap and SIBO diets): 1 serving upon rising and before bed. Start low with fiber if you've never taken it—half of the lowest suggested dose 1 x per day, either between meals or before bed. Increase from there until you feel satisfying, complete elimination without gassiness or bloating.

GENTLE BOWEL ELIMINATION SUPPORT: Farmacopia's Mellow Lax tincture; Healthforce Nutritionals Intestinal Movement Formula, or Douglas Labs Magnesium Oxide. For use only if you have trouble having a daily bowel movement. In general, it's best to take these at night before bed to support a morning BM.

BINDERS along with fiber, binders help grab toxins in the gut and eliminate them:

- Cymbiotika Charcoal: 1 packet per between meals—best at least 2 hours from food, supplements, or medication.
- Healthforce Nutritionals Chlorella tabs: 2-4 tabs 2 x day, upon rising and before bed.
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BROTH BOOSTERS and **PROTEIN ADDITIONS:**

- Earth and Vitamineral Green powder: to make “quick and dirty” veggie broth.
- Forest Floor Broth: A boosting blend of herbs and medicinal mushrooms to support immunity.
- Great Lakes Collagen (bovine)
- Indigo Marine Collagen
- Epic Protein (high quality vegan protein source)

5 CLEANSE PRO TIPS

1. Don't be all or nothing. You can't mess this up! If you veer off the plan, or an unforeseen disruption occurs, don't worry! Simply dust yourself off and resume. Practice being gentle with yourself.
2. More isn't always better. “Cleansing crises” are best avoided. It is not desirable to detox in such an extreme manner that you feel terrible—this could indicate that you're liberating toxins too fast to be processed by your organs of elimination. It can be normal to feel a little headache-y or tired in the beginning of cleanse, but more extreme reactions are a sign to slow down and back off.
3. Listen to your body I mention this in the how-to section above, but it bears repeating: if parts of the plan aren't right for you, adjust or skip them.
4. Warm up the cold In winter, it can be a good idea to warm up your smoothie, especially if you have it first thing in the morning. This can be done by using fresh or thawed (not frozen from the freezer) fruits, adding warming spices like ginger or cinnamon, or making a truly warm (as in heated up) smoothie. See our recipes here: <https://www.farmacopia.net/blogs/recipes/tagged/smoothie>. Let juices come to room temperature before drinking, and don't chug them—just sip. If juices don't work for you, try a mineral-rich tea like Nettles instead, or just stick with broth.
5. Move your lymph This is a great time to take a hot Epsom salt bath, get in a sauna, alternate hot/cold water in the shower, dry brush your skin, and take walks. Schedule a massage! You can read more about how to support your lymph system on our website: <https://www.farmacopia.net/blogs/articles/lymph-magic>.