

THE FAST METABOLISM CLEANSE™

Ignite your metabolism with powerful micronutrients

LET'S GET STARTED!



The 10-Day Fast Metabolism Diet Cleanse is my secret weapon to detox! My clients swear by this, and I love using it to supercharge the body—especially during this time of year of positive growth and change.

TODAY AT A GLANCE:

Today, you will be enjoying delicious, organic food, prepared by you — 1 meals, 2 snacks, and 2 Metabolism Cleanse Shakes. Make sure you're drinking 1/2 of your body weight in ounces of natural spring water.

FUN FACT OF THE DAY:

The additive effect of fragranced items, like dryer sheets, perfumed laundry detergents, and room deodorizers, inhibits the efficiency of your metabolic pathways. Instead, open the windows and use non-fragrance, BPA-Free, Paraben-Free products.

LYMPHATIC MASSAGE:

As blood circulates through your body, blood plasma naturally diffuses out into your tissues. Your lymphatic system's job is to gather up that plasma and other fluids from your tissues and funnel it back to your heart, so it can get loaded up with red blood cells and nutrients before it makes the same trip all over again.

Lymphatic massage is some pretty amazing stuff. When done properly, it can help increase movement after joint surgery, reduce swelling in those with heart failure, and boost your immune system too. Just keep in mind that if you have a condition that makes lymphatic massage necessary, your doctor should be in on deciding how it's done and monitoring its effects.

MY TIP OF THE DAY:

All of our body systems are designed to work together, but when they are overloaded with toxins, they become burdened, and we don't have the performance body or health we desire. Detoxing brings back balance and helps all the systems of the body work in unison.

GETTING TOXINS MOVING



You may begin to feel the signs of detoxification, such as increased thirst, low-grade fever, cold sweats, and a mild headache. This will pass quickly and is a good sign toxins are moving.

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FUN FACT OF THE DAY:

The liver is the major organ of detoxification in the body. It filters the blood and breaks down hundreds of chemicals everyday.

TEA TRIO FOR DETOX:

Chamomile: A powerful herbal tea that supports the liver, chamomile tea is often consumed for its soothing and calming effects.

Soothing Tea: Choosing a medicinal tea, like this one, can help support and detox your body, during and after your Cleanse. The ingredients in this tea are not only soothing, but therapeutic.

Smooth Move Tea: This incredible tea increases the movement of the bowels to facilitate the elimination of toxins.

MY TIP OF THE DAY:

- Remember, this is not a colon cleanse, thus no emergency trips to the restroom. However, make sure you don't get constipated, as I want you to be eliminating as fast as you're detoxing! So, use your smooth move tea and your Metabolism Colon if needed!

SOOTHING TEA RECIPE

INGREDIENTS

- 2 tablespoons apple cider vinegar
- 9 drops liquid stevia (to taste)
- 1/4 teaspoon ground ginger or 1 teaspoon grated fresh ginger
- 1 cup spring water

DIRECTIONS

1. Combine all ingredients in a jar or glass. Cover and refrigerate for at least 2 hours or overnight. Shake or stir before serving.
2. If using fresh ginger, strain through a sieve. Pour over ice and serve. Also tastes great warm!

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FEELING GRUMPY?

On day three, many of my clients report feeling a little grumpy and irritated. As the body releases toxins, it requires a lot of extra work. Be good to yourself and consider scheduling a massage to facilitate release.



TODAY AT A GLANCE:

Today, you will be enjoying delicious, organic food, prepared by you — 1 meal, 1 snack, and 3 Metabolism Shakes. Consume 1/2 of your body weight in ounces of natural spring water.

FUN FACT OF THE DAY:

Did you know that in the typical home there are over 150 toxic chemicals that the body must process and eliminate every day? You are helping your body maintain this tough job.

CLAY BATHS FOR DETOX:

Clay baths are a powerful tool for detoxing from heavy metal and chemical contamination; the minerals absorbed from the clay bind with the contaminants, allowing your body to excrete them more effectively. Clay baths also alkalize your body, soften your skin, and can reduce irritation or inflammation — although you should consult a doctor before taking one if you have open wounds or sores.

The cleanest way to create your bath is pre-mixing five parts water to one part clay (remember, in a glass or ceramic container) and then adding the slurry to your bath water. Because the minerals from clay absorb through your skin (and because clay binds with compounds in its environment), it's important to buy as pure a product as possible and then store it properly. Look for medicinal- or herbalist-quality clay, and keep it stored in a completely sealed glass or ceramic jar.

MY TIP OF THE DAY:

Take at least 17 deep belly breaths, two to three times per day. Studies have shown that this can reduce cortisol levels by up to 50%. This is better than any diet pill or medication on the market!

LET'S GET THAT ENERGY BACK!

On day four, as you release toxins from the cells and tissues, you will begin to experience an increase in energy and clarity of mind.



TODAY AT A GLANCE:

Today, you will be enjoying 4 Metabolism Shakes and 1 delicious, organic meal, prepared by you. Consume each shake every 2 to 3 hours. Remember to still consume 1/2 of your body weight in ounces of natural spring water.

FUN FACT OF THE DAY:

Toxins in our air, water, and food have become obstacles to the proper functioning of our body processes and systems. They can cause weight gain, high blood pressure, diabetes, hormone imbalances, and other diseases and poor health.

DRY SKIN BRUSHING:

The skin is responsible for 1/4 of the body's detoxification each day. Dry skin brushing enables the lymph to perform its "house cleaning" duties by keeping the blood and other vital tissues detoxified.

Instructions: Brush once daily, preferably in the morning, prior to your bath or shower. Starting at the feet, brush skin upwards in long sweeping strokes. Avoid sensitive areas.

MY TIP OF THE DAY:

Drink slowly! Allow your body to "receive" the benefits of the nutrients and the detox properties. Dry skin brush each day before showering to increase blood flow to fat cells.

LIMEADE SLUSHY RECIPE

INGREDIENTS

- 1 lime, peeled
- 1/2 teaspoon lime zest
- 3 packets stevia
- 1 cup spring water
- 2 cups crushed ice
- 1 cup romaine lettuce

DIRECTIONS

1. Put all of the ingredients into a blender, adding the ice last. Blend until smooth and serve. Because this delicious, refreshing, fat-burning treat has a veggie, you can have as many as you want.

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WELCOME TO DETOX MODE!

On day five, you are in the full detox mode. Many of my clients feel revitalized, thinner, and are beginning to get compliments on their radiant, healthy glow.



TODAY AT A GLANCE:

Today, you will be enjoying 5 Metabolism Shakes spread throughout the day, every 2 to 3 hours. Remember to still consume 1/2 of your body weight in ounces of natural spring water.

FUN FACT OF THE DAY:

Today you are receiving 120 grams of protein, 115 grams of complex carbs, 30 grams of fiber, and a broad blend of toxin-eliminating amino acids. You have approximately two-times the nutrients being delivered through your Metabolism Shakes than found in the average American diet.

TAKE A BATH TO DETOX:

Bath Salts: Enjoy yet another way to stimulate the body's natural detoxification process! Epsom salt can be used to aid in the removal of toxins in the body, reduce stress, and calm swelling of the skin.

Use 1 to 2 cups of Epsom salts in your bathtub, or 1/2 cup to your foot bath, before you run the warm water. Then fill the tub and soak for at least 20 minutes for the best benefit.

MY TIP OF THE DAY:

Try to make time for a massage or a sauna or promote sweating through exercise. These are all incredible ways to maximize your participation in this whole body detoxification program.

ENHANCE YOUR GLOW!



On day six, you will reap the benefits of unclogging systems that were blocked, and the healing of others that were forced into survival mode as a result of our toxic modern life.

TODAY AT A GLANCE:

Today, you will be enjoying 5 Metabolism Shakes spread throughout the day, every 2 to 3 hours. Remember to still consume 1/2 of your body weight in ounces of natural spring water.

FUN FACT OF THE DAY:

Since 1950, at least 70,000 new chemical compounds have been invented and dispersed into our environment. This is your second day of intense toxin elimination. Congratulations!

SOOTHING EYE PACK:

Use a freezable eye pack for your eyes 2 to 3 times daily. The outside of your body is beginning to reflect the healthy changes going on inside your body. This can help reduce swelling, dark circles, eye strain and fatigue. It will help enhance your healthy “cleanse glow.”

MY TIP OF THE DAY:

Write down three wonderful things you did for yourself today. This will help create a healthy habit of building a stronger you.

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PROMOTE METABOLISM!

On day seven, you are going to have your last day of entirely shakes. You are allowed to consume unlimited veggies, but make sure to wait at least an hour before and/or after your shake.



TODAY AT A GLANCE:

Today, you will be enjoying 5 Metabolism Shakes spread throughout the day, every 2 to 3 hours. Remember to still consume 1/2 of your body weight in ounces of natural spring water.

FUN FACT OF THE DAY:

It takes about 20 minutes for the brain to get the signal from your stomach that it is full. It is recommended that you chew your food 20 to 30 times before swallowing to allow healthy digestion and stimulus to the brain for the “feel full” hormones.

LIVER-CLEANSING TEAS:

Herbal teas have, for centuries, been used as medicine in many cultures. The herbs in all three of these detoxifying teas support the healthy elimination and a traditional clarifying of the body. **Burdock, milk thistle, and dandelion teas** are all powerful liver cleansers. That’s a big deal anytime, because your liver is the primary filter for eliminating toxins from your body. It’s even more important on your Cleanse because your liver is working overtime to detox and metabolize fat.

MY TIP OF THE DAY:

It’s a great time to take your current exercise program up a notch. Add your favorite cardio exercise, like brisk walking, jogging, or jump roping, and strive to stay in that fat-burning range of 130 to 140 BPM for 30 to 40 minutes.

LISTEN TO YOUR BODY.



On day eight, you begin to introduce food back into the body as a nutrient-dense dinner. This is to stimulate and activate your digestive enzymes and promote the metabolism of the foods you eat.

TODAY AT A GLANCE:

Today, you will be enjoying 4 Metabolism Shakes and 1 delicious, organic meal, prepared by you. Consume each shake every 2 to 3 hours. Remember to still consume 1/2 of your body weight in ounces of natural spring water.

FUN FACT OF THE DAY:

Since 1950, at least 70,000 new chemical compounds have been invented and dispersed into our environment. This is your second day of intense toxin elimination. Congratulations!

ICED TEA TRIO:

Try blending all three teas today—burdock, milk thistle, and dandelion—and pouring the mixture over a large glass of ice. This creates a refreshing, healthy detox tea! Add in cinnamon and stevia for a yummy, special treat.

MY TIP OF THE DAY:

Be careful as you reintroduce foods back into your body. Make sure to take note of anything that makes you not feel well and consider staying away from some or all of the things you eliminated in your diet to complete this cleanse, such as caffeine and dairy.

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NOURISH YOUR BODY.

On day nine, you are now eating a variety of foods. People have noticed how amazing you look and feel. Sticking exactly to your program as these last two days will impact your health for life.



TODAY AT A GLANCE:

Today, you will be enjoying delicious, organic food, prepared by you — 1 meal, 1 snack, and 3 Metabolism Shakes. Consume 1/2 of your body weight in ounces of natural spring water.

FUN FACT OF THE DAY:

The liver accomplishes between 500 to 600 bioactive functions on a daily basis.

FULL-BODY TUNEUP:

One of the biggest, best-proven benefits of an infrared sauna is the way it stimulates your circulation, improving blood flow everywhere from your fingertips to your heart. That's especially good news for anyone who struggles with chronic heart or circulatory problems and yes, tests done on mice show it can help those with diabetes, too.

MY TIP OF THE DAY:

Notice the rhythm of your eating. This is a healthy way to nourish your body. This cleanse can be life-changing. Pick one thing you managed to live without these last 10 days and consider staying away from it for life.

METABOLISM FUDGESICLES

INGREDIENTS

- 1 1/2 cups hot water
- 1/4 cup birch xylitol
- 1/2 cup cold water
- 1/4 teaspoon vanilla
- 1/2 cup Fast Metabolism Quick & Easy Dessert and Snack Mix
- 1/3 cup raw cacao
- Pinch of sea salt

DIRECTIONS

1. Stir the xylitol into the hot water until it dissolves. Add the cold water and vanilla.
2. In a separate bowl, whisk together the Dessert and Snack Mix, cacao, and sea salt. Whisk the wet ingredients into the dry ingredients. Pour into 3-ounce popsicle molds. Add sticks, and freeze until solid (about 5 hours).

CONGRATULATIONS!

Today is the final day of your 10-Day Fast Metabolism Diet Cleanse! I am so proud of you for making this positive choice to improve your health.



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FUN FACT OF THE DAY:

Many of the toxins in the very foods we eat, air we breathe, and water we drink are unable to escape our bodies and can be stored for years or even decades. The 10-Day Fast Metabolism Diet Cleanse is designed to help restore your body's natural detoxification system and rejuvenate your overall physical and mental condition.

SOY CANDLES:

Please let us celebrate your success with you! As you light your favorite soy candle, know that me and I applaud your personal journey and healthy life. Candles historically are used for relaxation,, meditation, celebration, and to hold a thought or memory. Remember the benefits you get from your efforts!

MY TIP OF THE DAY:

Plan your next 10-Day Cleanse (it should be done every 3 to 6 months, or every 30 days with your healthcare professional's approval). Many of my clients choose to jump into the 28-day Fast Metabolism Diet or the Metabolism Revolution.