

14-DAY HEAVY METAL CLEANSE

A COMPLETE 14-DAY MEAL/SUPPLEMENT PROGRAM





Welcome to the Heavy Metal Cleanse. Every day our bodies are exposed to toxins. Heavy metals are found in our environment, everywhere we look, in our water, in our air, in our foods, in our makeup, and even in our skin care products. We are constantly being bombarded by substances that our bodies don't possess the metabolism or metabolic enzymes to excrete easily, so we get heavy metal build up in fat cells, in fatty tissues, in nerve cells, in the brain. The studies are shocking when we see how much our body holds on to when it comes to heavy metals. The issues that we find with our bodies is that heavy metals can get in the way of hormones and hormone production, hormone receptor sites like estrogen, testosterone, progesterone, and the body's ability to utilize the hormones we produce, like thyroid hormones. They can interfere with our

neurotransmitters like serotonin and dopamine, creating things like anxiety and fatigue; individuals that are tired but cannot sleep, individuals that have hives that are unresolvable, individuals that are having a difficult time losing weight. In my practice, we like to try supporting and facilitating the body's ability to detoxify the heavy metals. We are all exposed to them. Every one of our bodies stores them. This program is strategically designed to help facilitate your body's natural ability to release heavy metals and get rid of the burden that those toxins cause. I am so happy to be on this journey with you. Be well,

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INTRODUCTION

Who needs it?

The Fast Metabolism Heavy Metal Cleanse is for individuals looking for a program designed to reduce:

- Alcohol intolerance
- Allergies (environmental / food sensitivities)
- Anxiety and irritability
- Brain fog
- Inability to lose weight
- Chronic unexplained pain
- Coated tongue
- Cold hands and feet
- Dark circles under the eyes
- Depression
- Digestive problems
- Extreme fatigue
- Frequent colds and flus
- Headaches
- High levels of toxic metals in your blood, urine or tissues
- Insomnia
- Intolerance to medications & vitamins
- Loss of memory and forgetfulness
- Low body temperature
- Metallic taste in mouth
- Muscle and joint pain
- Muscle tics or twitches
- Muscle tremors
- Night sweats
- Prone to mood swings
- Prone to rashes
- Sensitive teeth
- Sensitive to smells like tobacco smoke, perfumes, paint fumes and chemical odors
- Skin problems
- Small black spots on your gums
- Sore or receding gums
- Tingling in the extremities

It also can help enhance performance, mental clarity, and stimulate detoxification.

Why this cleanse will work best for you!

The Fast Metabolism Heavy Metal Cleanse uses the Fast Metabolism Cleanse™ Shakes, a strategic nutritional plan, and the supplements Metabolism Metals, Metabolism Free Radicals and Metabolism Colon in a strategic pattern to help reduce all signs of heavy metal toxicity. If you're looking for powerful on-the-go nutrition, that can also reduce symptoms of heavy metal toxicity, the Fast Metabolism Heavy Metal Cleanse is exactly what you need!

Success Boosters for Additional Support:

I have given you a variety of Success Booster at the end of this ebook (pages 22-26) for a good reason. There are a few different options because I want you to choose what you are most comfortable with. Don't do something you don't want to do, but I encourage you to be curious and expand your horizon a bit. If something sounds intriguing, give it a try!

My only word of caution is this: If you have a serious medical condition, are on prescription medication, or are pregnant or nursing, check with your doctor about any specific remedies you want to try, to make sure it is okay for you and your situation.

These Success Boosters will enhance the effects of the food on your plan. If you love something you find here, keep it in your toolbox the way I do and keep calling on it whenever you need it. Let your favorites become a part of your life. I know you will enjoy incorporating these into your plan, and into your life, as much as my clients do!

GETTING STARTED

The Heavy Metal Cleanse program includes two Fast Metabolism Cleanse bottles, Metabolism Metals, Metabolism Free Radicals, Metabolism Colon, and this program guide.

For maximum results, strictly follow this program guide.



The Fast Metabolism Cleanse™ whole food powder is made with a base of Metabolism Pro, a proprietary, gluten-free, vegan-approved whole food powder. Metabolism Pro is packed with targeted micronutrients, pea and rice protein, and whole foods such as organic spinach, kale, and spirulina. It is enhanced with supplements such as quercetin, rutin, turmeric, and pomegranate.

Instructions: Blend, shake, or briskly stir 2 level scoops into 8-12 ounces of chilled, spring water (or mix amount for desired thickness) and consume twice daily.



Metabolism Metals is designed to help the body rid itself of damaging oxidative elements. It features specialized ingredients, such as EDTA, Himalayan shilajit extract (50% fulvic acid), chlorella, cilantro, and antioxidant-stimulating nutrients. These ingredients perform in concert to support your health when your body is challenged by environmental toxins, such as heavy metals.

Instructions: Take two capsules daily. Begin at low dosage and increase to tolerance.



Metabolism Free Radicals is formulated to support eicosanoid and cytokine balance and provide support for joint comfort. 5-LOXIN®, a patented Boswellia extract yielding concentrated 3-O-acetyl-11-keto- β -boswellic acid (AKBA), is found to inhibit the 5-lipoxygenase enzyme. Salicin from white willow bark is a natural inhibitor of both the COX-2 and 5-lipoxygenase enzymes. Bioflavonoid-rich BerryVin™ provides additional support for eicosanoid balance and antioxidant activity.

Instructions: Take three capsules daily.



Metabolism Colon™ is designed to support gastrointestinal (GI) regularity and complement dietary fiber intake. Magnesium citrate is present to support muscle relaxation and bowel elimination. Cape Aloe is added to support normal GI transit time and stool bulk. Triphala, a balanced blend of astringent fruits used extensively in Ayurveda, is present to support all phases of digestion, assimilation, and elimination. Gastrointestinal regularity in turn plays a fundamental role in detoxification, providing a major route for elimination of toxins.*

Instructions: Take one to two capsules at bedtime with 8 oz of water.

PROGRAM TIPS

- Read through the entire program guide before getting started.
- Carefully review and follow the daily program outline; choose foods only from the Heavy Metal Cleanse food list. Be prepared and do your shopping in advance.
- When drinking your cleanse beverage, you may mix it with cold water or warm water, and you may sip it or drink it quickly. It's up to you.
- While most people feel more energized during the program, others may need to modify strenuous physical activity. Exercise 30 to 35 minutes daily if you are comfortable doing so, preferably outdoors in fresh air. Dressing so that you increase your ability to sweat is usually advised.
- Relaxation and proper rest are also vital to the success of your program, and to restoring your well-being. A massage or spa day would help rid your body of additional toxins.
- Be sure to drink ½ your body weight in ounces of spring water, in addition to your cleanse.

How will I feel on this program?

Most of the questions we have received about the Heavy Metal Cleanse relate to the symptoms that may be experienced during the first phase of the program. There really is no “typical” or “normal” response to the program. Just as a person’s initial response to a new diet can vary greatly, physical responses to this program will vary, too.

Symptoms that have been reported in the initial phase of the Heavy Metal Cleanse include: disturbance in sleep patterns, “cold sweats,” changes in body temperature (either up or down), light-headedness, mood swings, headaches, joint stiffness, muscle aches and pains, inability to concentrate, marked changes in gastrointestinal function, and changes in body odor.

Constipation is counterproductive during the Heavy Metal Cleanse. If you do experience constipation, the addition of a fiber supplement may be helpful.

The material in this program guide is for information purposes only. It is not intended as a substitute for the advice and care of your physician.

As with all new weight loss, weight maintenance, or supplement regimes, the nutrition program described in this program guide should be followed only after first consulting with your physician to make sure it is appropriate for your individual circumstances. Keep in mind that nutritional needs vary from person to person depending on age, sex, health status, and total diet. Responsibility for any adverse effects that may result from the use or application of the information contained in this program guide is expressly disclaimed.

FREQUENTLY ASKED QUESTIONS

Are there any labs that can be run to see if I have heavy metals toxicity?

Yes, keep in mind that everybody that's living and breathing has some level of heavy metal toxicity. The goal is to have the lowest level as possible. Quite frankly, no level is healthy. Do to our chronic exposure though most individuals, in fact, all individuals, have some level of metal storage. Whether or not it's impacting your health will depend on your body's ability to excrete it as well as where it is being stored in the body. You can do a traditional lab, things like lead, arsenic, cadmium, can be tested through the bloodstream. Many doctors do what they call a provoked challenge where you take a substance, like DMPS or DMSA before collecting the blood. Also, collecting the urine to test for metals. This is a great way to evoke the metals that could be stored in the nervous system or in the fat tissue to come into the bloodstream and the urine, so that you can get a good idea of what the body is storing. If we operate under the understanding that everybody stores metals, then it is a great idea to help your body facilitate heavy metal detox, whether you are having significant symptoms, significant health stresses, or looking to prevent it.

Are there any exercises that are good for heavy metal detox?

I always say it's important to really exercise the liver during this time. It is important to do things like far infrared saunas, dry skin brushing, making sure that the bowels move, maybe consider doing enemas – things that will increase blood flow but also increase elimination. Sweating, deep breathing, elevating body heat, drinking water, urinating, having healthy bowel movements will help facilitate the pathways of detoxification during this cleanse.

How long should I stay on the heavy metal cleanse and how often should I do it?

Many of my clients do the 14-Day Heavy Metal Cleanse several times throughout the year, if heavy metals have been identified through labs, urine, blood, or a challenge test as a significant issue impacting health. Many of my clients stay on the heavy metal cleanse until the levels have been reduced. Make sure to discuss this with your healthcare practitioner.

Are there things I should avoid?

Yes. Caffeine, dairy, soy, corn, wheat, sugar, artificial sweeteners, smoking, and alcohol consumption are not recommended during the program. Stick to the cleanse food list and you won't need to worry.

I have a gluten allergy. Can I do the program?

Our product does not contain gluten.

Will I have to use the bathroom often?

The body eliminates toxins through additional bowel movements and urine. These may go up in volume, but not typically in urgency.

Can I do this if I am pregnant or nursing?

We do not suggest this program if you are pregnant or nursing.

Are there any side effects?

We always recommend the you consult with your healthcare provider before beginning a nutrition program.

What do I eat when I'm done with my cleanse?

Gently introduce new foods to your diet, and consider long-term avoidance of the “no's” of the Heavy Metal Cleanse Diet.

How do I use the meal map?

If you want a quick, easy map for following the Heavy Metal Cleanse, just eat the meals (and drink the shakes) laid out in the sample menu.

What should I do if I'm constipated?

Start by making sure you're drinking enough water — at least half your body weight, in ounces, of spring water per day. Getting up and going for a walk can also help. The physical activity signals your gastrointestinal system that it's time to get things moving again.

HEAVY METAL CLEANSE FOOD LIST

FREE FOODS

(Eat as much as you want!)

Celery
Cucumbers
Kale

Lemons
Limes
Mushrooms (all types)

VEGETABLES

(minimum serving size is 1 cup raw)

Artichoke hearts (fresh or water-packed)
Asparagus
Beets
Cabbage, red or green
Cauliflower
Celery
Cucumbers
Fennel
Garlic
Green beans
Green onions

Leeks
Mushrooms (button, crimini, shiitake)
Onions (red, sweet, yellow)
Romaine lettuce
Sea vegetables (dulse, hijiki, kelp, kombu, nori)
Spaghetti squash
Spinach
Watercress
Yellow squash
Zucchini
Kale

FRUITS

(serving size is 1 piece or 1 cup)

Grapefruit
Lemons
Limes
Nectarines
Mangos
Mulberries

Oranges
Peaches
Plums (because they are smaller than other
orchard fruits, serving is 2 plums)
Pomegranates

PROTEIN

(serving size is 4 oz. meat or poultry; 6 oz. fish or seafood; 2 eggs; or ½ cup hummus)

Beef
Chicken
Cod
Eggs
Mussels

Salmon
Shrimp
Tuna
Hummus

FATS















(serving size is ¼ avocado; 1 - 2 tablespoons coconut milk or oil; ¼ cup olives; ¼ cup nuts or seeds)















Avocado	Extra-virgin olive oil
Coconut milk (canned)	Pine nuts, raw
Coconut oil	Sunflower seeds, raw
Olives	Walnuts, raw















HERBS, SPICES, & CONDIMENTS

(unlimited; use as needed)

Balsamic vinegar	Mint, fresh
Basil, fresh	Mustard, Dijon and grainy
Black pepper	Oregano, dried
Chicken broth	Parsley, fresh
Cilantro, fresh	Red pepper flakes, crushed
Dandelion root	Rosemary, fresh
Dill, fresh	Sea salt
Ginger, fresh	Tamari
Horseradish	Thyme, fresh or dried
Milk thistle	Turmeric

	A.M. Sup.	Breakfast	Snack	Lunch	Snack	Dinner	P.M. Sup.
Day 1	Met. Metals & Met. Free Radicals		Vegetables	Italian Tuna Salad w/ Orange		Lemon- Herb Baked Chicken w/ Roasted Veggies	Met. Metals & Met. Colon
Day 2	Met. Metals & Met. Free Radicals		Vegetables	Lemon- Herb Baked Chicken w/ Roasted Veggies & Plums		Italian Tuna Salad	Met. Metals & Met. Colon
Day 3	Met. Metals & Met. Free Radicals		Vegetables	Chicken Mango Salad		Basil Shrimp w/ Asparagus	Met. Metals & Met. Colon
Day 4	Met. Metals & Met. Free Radicals		Vegetables	Basil Shrimp w/ Asparagus & Peaches		Simple Roast w/ Green Beans	Met. Metals & Met. Colon
Day 5	Met. Metals & Met. Free Radicals		Vegetables	Simple Roast w/ Green Beans & Plum		Lime Marinated Salmon w/ Roasted Veggies	Met. Metals & Met. Colon
Day 6	Met. Metals & Met. Free Radicals		Vegetables	Roast Beef Salad w/ Orange Vinaigrette		Basil Shrimp w/ Asparagus	Met. Metals & Met. Colon
Day 7	Met. Metals & Met. Free Radicals		Vegetables	Chicken Avocado Grapefruit Salad		Lime Marinated Salmon w/ Roasted Veggies	Met. Metals & Met. Colon

	A.M. Sup.	Breakfast	Snack	Lunch	Snack	Dinner	P.M. Sup.
Day 1	Supplement		Vegetables	Fruit: Protein: Veggie: Healthy Fat:		Protein: Veggie: Healthy Fat:	Supplement
Day 2	Supplement		Vegetables	Fruit: Protein: Veggie: Healthy Fat:		Protein: Veggie: Healthy Fat:	Supplement
Day 3	Supplement		Vegetables	Fruit: Protein: Veggie: Healthy Fat:		Protein: Veggie: Healthy Fat:	Supplement
Day 4	Supplement		Vegetables	Fruit: Protein: Veggie: Healthy Fat:		Protein: Veggie: Healthy Fat:	Supplement
Day 5	Supplement		Vegetables	Fruit: Protein: Veggie: Healthy Fat:		Protein: Veggie: Healthy Fat:	Supplement
Day 6	Supplement		Vegetables	Fruit: Protein: Veggie: Healthy Fat:		Protein: Veggie: Healthy Fat:	Supplement
Day 7	Supplement		Vegetables	Fruit: Protein: Veggie: Healthy Fat:		Protein: Veggie: Healthy Fat:	Supplement

	A.M. Sup.	Breakfast	Snack	Lunch	Snack	Dinner	P.M. Sup.
Day 8	Supplement		Vegetables	Fruit: Protein: Veggie: Healthy Fat:		Protein: Veggie: Healthy Fat:	Supplement
Day 9	Supplement		Vegetables	Fruit: Protein: Veggie: Healthy Fat:		Protein: Veggie: Healthy Fat:	Supplement
Day 10	Supplement		Vegetables	Fruit: Protein: Veggie: Healthy Fat:		Protein: Veggie: Healthy Fat:	Supplement
Day 11	Supplement		Vegetables	Fruit: Protein: Veggie: Healthy Fat:		Protein: Veggie: Healthy Fat:	Supplement
Day 12	Supplement		Vegetables	Fruit: Protein: Veggie: Healthy Fat:		Protein: Veggie: Healthy Fat:	Supplement
Day 13	Supplement		Vegetables	Fruit: Protein: Veggie: Healthy Fat:		Protein: Veggie: Healthy Fat:	Supplement
Day 14	Supplement		Vegetables	Fruit: Protein: Veggie: Healthy Fat:		Protein: Veggie: Healthy Fat:	Supplement



Lemon-Herb Baked Chicken

Serves 5 | Prep time: 10 minutes | Total time: 1 Hour 25 minutes

Ingredients

- Olive oil
- 1 1/2 cups pearl, cipollini or other small white onions, peeled*
- 4-pound fryer chicken, quartered (or chicken leg quarters or bone-in breasts)
- 1/4 cup chicken broth
- 5 cloves garlic, minced
- 2 tablespoons fresh lemon juice
- 2 teaspoons dried tarragon (or dried thyme leaves)
- Sea salt and pepper

Directions

1. Preheat the oven to 375. Lightly brush a 13-by-9-inch baking dish with olive oil.
2. Arrange the chicken and onions in the baking dish.
3. Combine the broth, garlic, lemon juice, and tarragon or thyme, and pour it over the chicken and onions.
4. Sprinkle with salt and pepper.
5. Bake for 30 minutes.
6. Baste the chicken with the pan juices, and bake for 45 minutes longer (less for bone-in breasts), or until the chicken is cooked through and browned.



Chicken, Avocado and Grapefruit Salad

Serves 2 | Prep time: 10 minutes | Total time: 10 minutes

Ingredients

- 2 grapefruits
- 2 tablespoons olive oil
- 5 to 15 drops liquid stevia (to your taste)
- Sea salt and freshly ground black pepper
- 4 cups fresh baby spinach
- 8 ounces sliced or shredded cooked chicken
- 1/4 avocado, sliced
- 2 tablespoons chopped fresh cilantro

Directions

1. Peel the grapefruits and cut the segments apart over a bowl to catch the juice.
2. Whisk together 1/4 cup of grapefruit juice, olive oil, stevia, and a pinch each of salt and pepper.
3. Arrange 2 cups spinach on each of 2 plates. Divide the grapefruit, chicken, and avocado evenly between the plates.
4. Drizzle half of the dressing over each serving, and sprinkle with cilantro.



Basil Shrimp

Serves 4 | Prep time: 15 minutes | Total time: 1 hour, 15 minutes

Ingredients

- 3 tablespoons olive oil
- 1 1/2 tablespoons fresh lemon juice
- 1 1/2 tablespoons Dijon mustard
- 1/4 cup minced fresh basil leaves
- 1 1/2 teaspoons minced garlic
- Sea salt to taste
- Black pepper
- 1 1/2 pounds fresh jumbo shrimp (about 16-25 count per pound), peeled and deveined

Directions

1. In a shallow dish, mix together the first 5 ingredients (olive oil, lemon juice, Dijon mustard, fresh basil leaves, garlic), and season with salt and pepper. Add the shrimp, and toss to coat. Cover, and refrigerate for 1 hour.
2. Preheat the grill or broiler to high heat. Remove the shrimp from the marinade, and thread them onto skewers. Spoon or brush any excess marinade onto the shrimp.
3. Arrange the skewers in a single layer on a broiler pan. Broil for 2 to 4 minutes (depending on your broiler), or until opaque.



Roast Beef Salad with Orange Vinaigrette

Serves 4 | Prep time: 15 minutes | Total time: 15 minutes

Ingredients

- 4 small beets, trimmed
- 8 cups baby or torn romaine lettuce
- 1 pound nitrate-free deli roast beef (about 1/4 inch thick), cut into strips
- 1/2 cup raw pine nuts
- 1 orange
- Orange Vinaigrette

Orange Vinaigrette

- 1 orange
- 2 tablespoons white balsamic vinegar
- 1 tablespoon minced shallots
- 2 teaspoons Dijon mustard
- 1 to 2 drops liquid stevia
- 2 tablespoons olive oil

Directions

1. Place the beets in a microwave-safe bowl; add enough water to come halfway up the sides of the beets. Cover with plastic wrap and vent. Microwave on high 8 minutes or until tender. Drain and cool. Peel the beets and slice into wedges.
2. While the beets cook, combine the romaine and orange vinaigrette, tossing gently to coat. Arrange the romaine mixture evenly on each of 4 plates. Top evenly with the beef, beets, and nuts. Serve with an orange.
3. Preparing the Orange Vinaigrette
4. Grate 1 teaspoon orange rind; squeeze 2 tablespoons juice from the orange over a bowl.
5. Whisk together 1 teaspoon of the orange rind and juice with the white balsamic vinegar, minced shallots, Dijon mustard and stevia in a bowl. Slowly whisk in the oil (or you can shake all the dressing ingredients in a small jar).



Chicken Mango Salad

Serves 1 | Prep time: 15 minutes | Total time: 15 minutes

Ingredients

For the dressing

- 1 mango, diced, with juices (or 1 cup thawed frozen chunks, diced; peaches or nectarines would work, too)
- 2 tablespoons coconut milk
- 1 tablespoon chopped fresh mint
- 2 teaspoons fresh lime juice
- 1/8 teaspoon lime zest
- 1/4 teaspoon grated fresh ginger
- 1/8 teaspoon sea salt
- 1/8 teaspoon freshly ground black pepper
- pinch of crushed red pepper flakes

For the salad

- 4 ounces boneless, skinless chicken breast
- Sea salt and ground black pepper to taste
- 1 teaspoon extra-virgin olive oil
- 2 cups fresh baby spinach
- 1 cup watercress
- 1/4 avocado, sliced

Directions

1. Place the chicken breast in a zip-top bag (or between two sheets of plastic wrap on a cutting board). Pound it to a fairly even 1/3-inch thickness, and season generously on both sides with salt and pepper.
2. Heat a large nonstick skillet over medium-high heat. Place the oil and chicken in the skillet and cook the chicken until cooked through, about 4 minutes per side.
3. Remove the chicken from the pan and set it aside to rest.
4. In a large serving bowl, combine the mango, coconut milk, mint, lime juice, lime zest, ginger, salt, black pepper and red pepper flakes.
5. Slice the chicken and add it to the dressing, along with the spinach and watercress. Toss to coat evenly.
6. Season with salt and black pepper to taste, and top with the sliced avocado.



Italian Tuna Salad

Serves 2 | Prep time: 15 minutes | Total time: 15 minutes

Ingredients

- 1/4 cup diced red onion
- 1 - 12-ounce can solid white tuna in water, drained
- 2 celery stalks
- 1/4 cup black or green olives, pitted and sliced
- 2 tablespoons olive oil
- 1 teaspoon lemon zest
- 1/2 lemon, juiced
- 2 tablespoons chopped basil
- 1/4 teaspoon sea salt
- 1/8 teaspoon black pepper
- 2 cups baby spinach leaves

Directions

1. In a medium-sized bowl, combine the onion, tuna, celery and olives.
2. Add the olive oil, lemon zest, lemon juice, and basil and toss to coat.
3. Season with salt and pepper.
4. Serve over spinach.



Lime-Marinated Salmon

Serves 4 | Prep time: 15 minutes | Total time: 1 hour 15 minutes

Ingredients

- 1/3 cup tamari
- 1/4 cup fresh lime juice
- 1 teaspoon grated fresh ginger
- 1/2 teaspoon chopped fresh thyme, plus more for garnish
- 2 garlic cloves, chopped
- 4 (6-ounce) salmon fillets (about 1 inch thick)
- 4 lime wedges

Directions

1. Combine the first 5 ingredients (tamari, lime juice, ginger, thyme and garlic) in a large zip-top plastic bag. Add the salmon, seal the bag, and marinate in the refrigerator 1 hour, turning the bag occasionally.
2. Preheat the broiler.
3. Remove the salmon from the bag and place on a broiler pan. Broil until fish is nearly opaque in the center, about 4 to 8 minutes total (depending on your broiler). Serve with lime wedges and a sprinkle of fresh thyme leaves.



Simple Roast

Serves 12 | Prep time: 5 minutes | Total time: 1 hour 20 minutes

Ingredients

- 3-pound beef eye of round roast
- 1/2 teaspoon sea salt
- 1 teaspoon garlic powder
- 1 teaspoon freshly ground black pepper

Directions

1. Preheat the oven to 375 degrees.
2. If the roast is untied, tie it at 2-inch intervals with cotton twine.
3. Place the roast in a baking or roasting pan, and season with salt, garlic powder, and pepper.
4. Add more or less seasonings to taste.
5. Roast for 60 minutes (20 minutes per pound). Remove from the oven, cover loosely with foil, and let rest for 15 to 20 minutes before slicing.



Pectin Powder

Pectin is a soluble fiber that binds with fat-soluble toxins in the GI tract in particular. It likes to surround and carry out disrupting compounds such as heavy metals, pesticides, plastic residue, and other environmental toxins. Pectin also keeps your bowels moving more smoothly and comfortably.

What You Need:

- Pectin powder supplement (gluten-free), such as apple pectin

Step by Step:

1. Mix pectin powder with 12 to 16 ounces of water, with dinner.



Chlorella

Chlorella is a freshwater algae. Why would you want to eat algae? Because it is full of great stuff, such as protein, good fats, antioxidants, chlorophyll, vitamins, and minerals. It's also a potent detoxifier, especially of heavy metals. It grabs on to them and shuttles them right out the back door. I love chlorella for its good fats, high-nutrient content, and detoxification mechanisms all help to regulate and nourish the hormonal system.

What You Need:

- Chlorella tablets or capsules

Step by Step:

1. The recommended dose is 500 mg of chlorella, taken every morning. If you find that you get a little bit nauseated when you take this much, start with 250 mg and work your way up slowly as your body adjusts.



Thai Massage Therapy

Thai massage is like a combination of yoga and massage that is wonderful for your hormones. The stretches and sequences of postures center and ground the body, giving you wonderful long stretches and releasing tight tissue. Happy baby pose, in particular, is great for hormone balancing.

What You Need:

- A massage therapist who specializes in Thai massage

Step by Step:

1. Go get a massage! Relax and enjoy it. Let it relieve your stress as it increases the circulation in your muscles and tissues.



Clay Bath

Clay is a great way to detox from heavy metals and toxicity from environmental sources. There are several types of clay, and it's important to choose the right sort. The best type of clay for a clay bath is bentonite clay. Avoid any products that contain additives of any kind. You want pure bentonite clay. By detoxing through the skin, you take the burden off the liver, which allows it to be more efficient at neutralizing toxins. Don't forget to drink water before and after your clay bath to facilitate the detox effect.

What You Need:

- Bentonite clay (you can purchase this at most pharmacies and online)
- A fine-mesh drain strainer or hair trap, to catch clay clumps that could clog your drain

Step by Step:

1. Measure 2 cups of dry, powdered clay.
2. Pour the clay into running bathwater, avoiding any clay dust that gets into the air.
Mix the clay in with your hand as the tub fills.
3. Step carefully into the clay bath and make sure to keep the clay water out of your ears, nose, and eyes.
4. Soak for at least 20 minutes. Take a lukewarm shower after the allotted time to wash off the clay and rinse it out of the tub.



Infrared Sauna

The infrared sauna is so good for detoxification of heavy metals, chemical pesticides, and plastics. On the Cleanse, I like you to keep things gentle. You want to sweat a little more and get a little hotter, but certainly don't overdo it. If you feel at all dizzy or nauseated, leave the sauna immediately, and drink plenty of fresh water before, during, and after your sauna time.

What You Need:

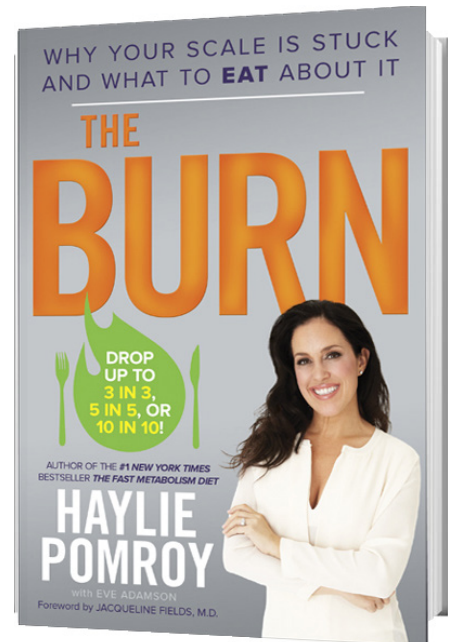
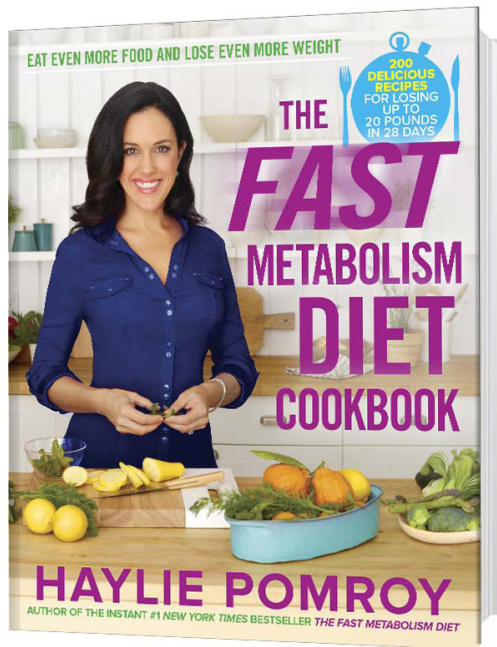
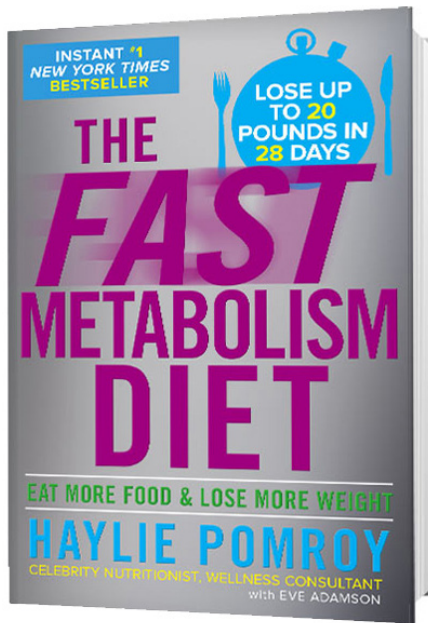
- An infrared sauna in your home or a friend's house or at a community wellness center, gym, or spa
- Plenty of water to drink before, during, and after
- Towels to sit on and for wiping off sweat

Step by Step:

1. Take a warm bath or shower before entering the sauna.
2. Enter the sauna and sit on towels, for 10 or 15 minutes to start, working up to 30 minutes if you continue to use the sauna on a regular basis (the amount of time will depend on the sauna's heat and your personal tolerance—if you start to feel at all uncomfortable, dizzy, or nauseated, leave the sauna). Wipe off sweat as needed.
3. After the sauna, sit for 10 to 20 minutes before showering to allow your body to cool down.
4. Rinse off the perspiration with cool-to-warm water.

KEEP YOUR METABOLISM **BURNING**

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