

7 Day Cleanse Guidelines

1. *Eat from the Earth*

Our intention with this cleanse is so eat a WHOLE FOOD diet, meaning the food is as unprocessed as possible, and in a form the body can recognize. There are so many processed foods, preservatives, sugars, and weird additives put in our food that we aren't even aware of. Choose foods that our ancestors would recognize that come from the Earth.

2. *Eliminate your trigger Foods*

What are the foods that are bothering you or that you suspect might be causing issues with your mental clarity or physical health? Eliminating these foods will have the biggest impact on your mind and body during this cleanse and will help you get clear on how they are actually affecting you. Contrast can be a helpful teacher in that way.

Make a list of the foods you know (or suspect) could be causing you issues. Be honest with yourself. They may be below or there may be others not listed. What are yours?

Here are the most common food allergens and inflammatory foods:

Dairy (Milk, cheese, yogurt, sour cream, butter)

Gluten (Wheat found in bread, baked goods, sauces, soups, etc.)

Peanuts + Cashews (contain high amounts of mold)

Soy + Corn products (highly processed and difficult to digest)

Eggs (can aggravate Kapha and aggravate heaviness in the body)

Coffee / Caffeine (causes dehydration, mental anxiety, increases inflammation/acidity)

Processed Sugar (feeds cancer and inflammation)

Processed Foods (premade foods with ingredients you don't recognize)

Hydrogenated Oils + Vegetable oils high in Omega 6 (Canola oil, soybean oil, peanut oil, etc. - found in processed foods and restaurants and used because they are cheap)

Fried Foods (like chips) - Many use the above unhealthy oils

Highly salty foods (can aggravate Kapha and cause us to retain water)

Spicy foods (Avoid if you have a lot of heat and inflammation in your body or mind)

Alcohol (metabolized as sugar, increases acidity and inflammation)

3. *Always check Food Labels*

Ingredients are listed on food labels so make sure you're always checking to see what they are so you know what you're putting in our body. Companies add loads of extra sugar, salt, and other weird stuff (like MSG) to make their products taste good (at the cost of our health). If you see ingredients listed that you do not recognize, your body probably won't either, and it's best to avoid. Also, beware of "natural flavors".

4. *Drink lots of water*

Especially since we are cleansing, drinking water is SO important. Drinking more water will help you literally cleanse the old stuff from your body. Get yourself a water bottle (preferably glass, not plastic). Also, drinking out of a straw helps us drink more water but make sure you're using silicone or reusable straws and not buying plastic straws which pollute the environment. I purchased some off Amazon for less than \$10.

5. *Cook your own stuff as much as possible*

Prepare your own food so you know what you're eating. Eating foods made by your own hands or by the hands of someone you know and love has a much different vibration than eating pre-made food or even eating at a restaurant. Prepare your own food during this cleanse as much as you can. Make larger portions if that helps and eat leftovers.

6. *Bless your Food*

Each time you sit down to eat, take a breath and look at your food. Appreciate everything it took for that food to come to your plate. Planet Earth's growing it for you, the farmer planting it for you, the animal that gave their life, the resources to purchase the food, etc. Saying a simple blessing before you eat will connect you with your food even more deeply as well as generate a feeling of gratitude, appreciation and presence before you (which will help the nutrients assimilate better into your body).

7. *Enjoy Yourself*

Set the intention that this cleanse and experience is going to be nourishing and enjoyable. Imagine how you want to feel in your body at the end of this cleanse. Notice how that makes you feel. Enjoy the feeling of bringing the most nourishing foods into your body each day. You WILL feel a difference when you're eating healthier foods - mind and body.