

FOOD MATTERS®

# 7 Day Food Matters Cleanse

## Official Handbook



2017

Food Matters® and FMTV®

[www.foodmatters.com](http://www.foodmatters.com) [www.fmtv.com](http://www.fmtv.com)

# Welcome

It seems that no matter how much information we share with people about nutrition and natural healing, the #1 question we always get asked is...

"If there is just one thing I should be doing daily to improve my overall health and wellbeing, what should it be?"

The answer lies within the pages of this book. Let food be your medicine and add in one green and cleansing juice, smoothie or soup to your daily ritual. The benefits of liquid nutrition and introducing more living, plant-based foods into your diet than you normally would can have profound healing effects.

In this day and age of fake food and toxic ingredients, the damage to our bodies and health is evident. Gut issues, poor immunity, chronic disease, fatigue, weight gain and more... we need more greens, more plants and easily digestible liquid meals than ever before!

In addition to all the amazing recipes in this book, we also share with you a fully guided 7 Day Food Matters Cleanse! If you're up for the challenge, we're so excited that you're joining us for these transformational seven days.

If you've ever wanted to eliminate food cravings, have abundant energy throughout the day, kick-start your immune system or shed a few unwanted pounds, then you're in the right place.

In this book we're going to provide you with a full overview of why cleansing and detoxing is important to your health, and how you can continue forward with success after you finish the 7 Day Food Matters Cleanse.

We can't wait to support you through this life-changing program. So let's jump in and start to discuss the importance of cleansing.

**Here's to feeling like a new you!**



In good health,

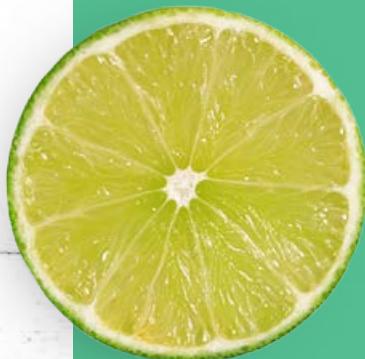
*James & Laurentine*

**James Colquhoun & Laurentine ten Bosch**

Filmmakers 'Food Matters' & 'Hungry For Change'

Founders of FMTV

**When  
life gives  
you lemons,  
it's time to  
make a  
ginger lemon  
detox drink!**



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*Part 1*

# Cleansing & Detoxing



Remember,  
the reason you are doing this  
**is to make your life better.**

P A R T 1 . 1

# Why Cleanse?

In the same way that your body needs a holiday from your work routine, your digestion also needs a break to recharge. Over time, our body gets run down from not-so-healthy foods, caffeine, alcohol, stress, toxins in our everyday environment, and unhealthy habits that sneak into our daily lives. A cleanse gives your body the time, space, and right conditions to deal with those factors that run our systems down. This break restores balance and vitality to our body once more!

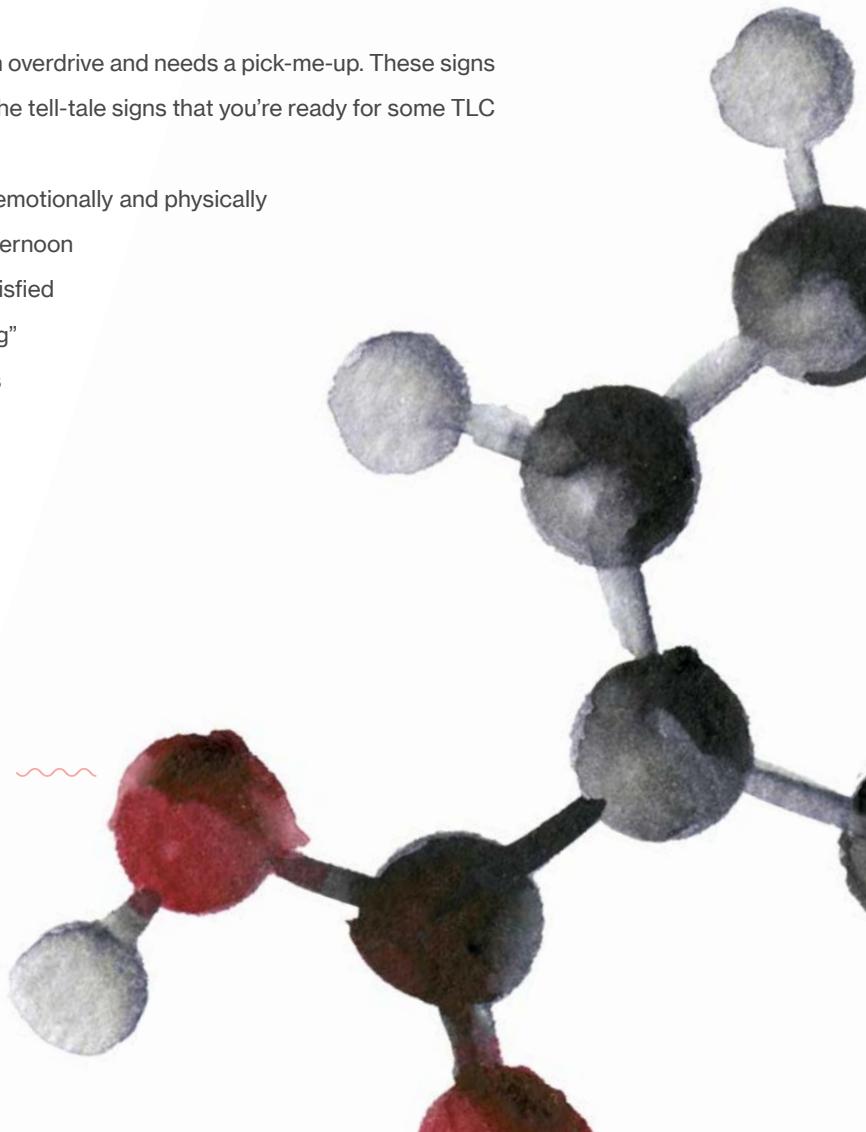
We are all striving to have a glowing and healthy body that provides us with an abundance of energy to take on this journey through life. Within this healthy body are the kidneys, liver, skin, colon and a pair of lungs that are all working to cleanse your body right now as you read these words on this page. It is fighting against the toxins that are present when we ingest or inhale toxins from things such as cigarettes, car fumes, carbon emissions and herbicides/pesticides on the food we eat.

Perhaps your body is giving you signs that it's running in overdrive and needs a pick-me-up. These signs can be disguised in many ways - but here are a few of the tell-tale signs that you're ready for some TLC

- Excess stubborn weight that is dragging you down emotionally and physically
- Low energy throughout the day, especially in the afternoon
- Overeating and feeling like you can't get "full" or satisfied
- Often struggle to focus and/or experience "brain fog"
- Experience regular constipation and/or loose stools
- Have regular bloating and/or excessive flatulence
- Find your sex drive has decreased dramatically
- Sugar cravings throughout the day
- Experience persistent headaches
- Battle with daily mood swings

## Did you know?

We are exposed to 6 million pounds of mercury and 2.5 billion pounds of other toxic chemicals each year.



If you are feeling any of these things, then you are in the right place right now. This recipe book and the 7 Day Food Matters Cleanse are the perfect way to help your body gently and lovingly cleanse with natural and sustainable practices.

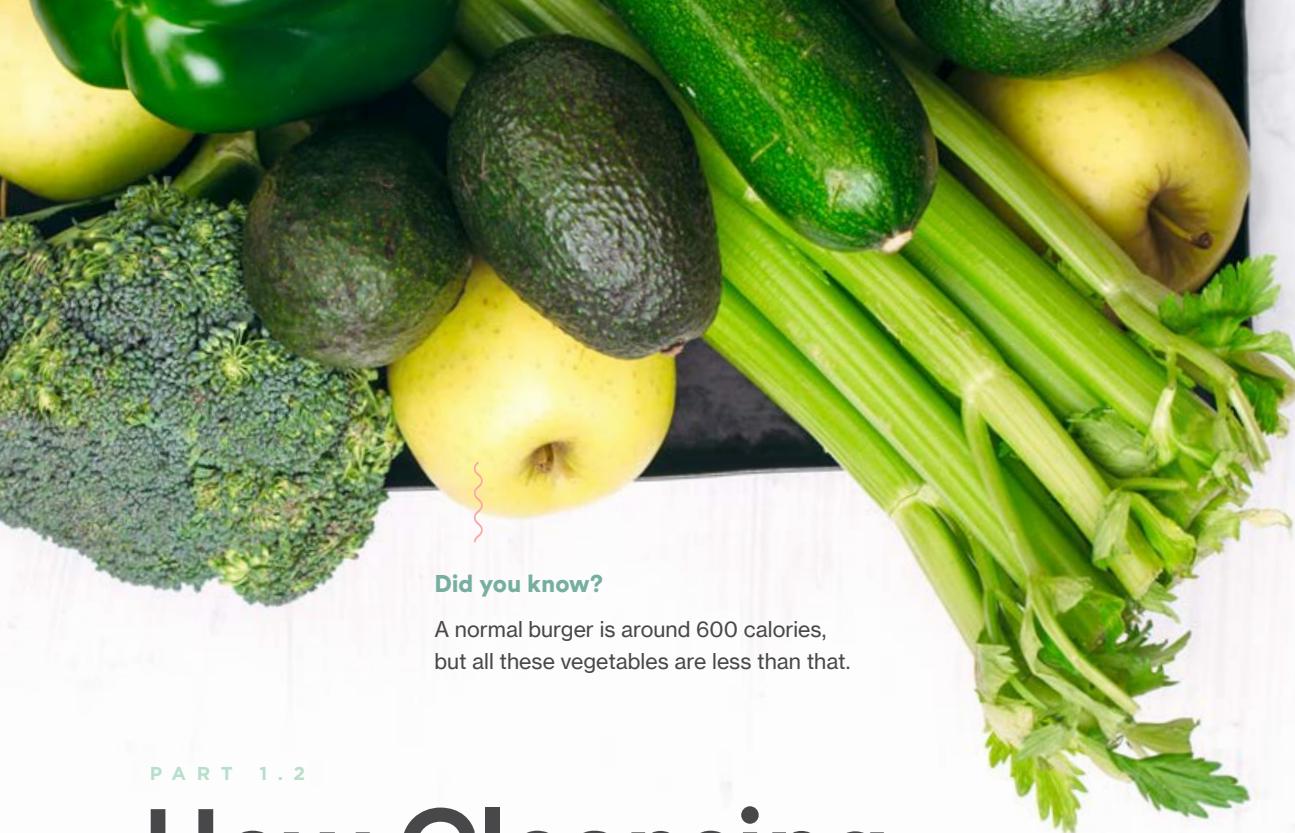
By participating in this cleanse your body is going to benefit in more ways than one. Here are just a few reasons our bodies benefit from holistic, natural cleansing:

- Prevention of chronic diseases
- Stronger immunity
- Assistance in losing a few kilos
- Improve quality of life
- Bounce-out-of-bed levels of energy!
- Radiant, glowing skin
- Help getting off the food-driven emotional rollercoaster

**“Our bodies don’t know how to ingest these ‘food like’ products resulting in stress and weight gain! Nourish your body with real foods and it will shine for you.”**

**Jason Vale**





#### Did you know?

A normal burger is around 600 calories, but all these vegetables are less than that.

PART 1.2

# How Cleansing Can Help Weight Loss

Feel like you've tried every exercise regime and diet plan under the sun and still can't shift the weight? It's likely that even if you have tried strict diet plans and counting calories, you end up back to eating foods that may not be serving your body and are potentially causing it harm. Modern society has convinced us that losing weight is simply about calories in, calories out. It's told us that only by exercising more and eating less will you start to see that waistline shrink.

There's just one problem with this concept... not all calories are created equal. Science has proven that calories from sugar and flour are used completely differently in our body than the equal amount of calories from leafy greens or nuts. Continued consumption of foods laden with sugar and flour contribute to addictions and overeating through the hormonal triggers from these foods. For example, they spike insulin and cause inflammation in the body which leads to insulin resistance and thus the dreaded belly fat and inability to feel full.

#### So how will a cleanse help?

If you follow a holistic and natural approach to cleansing like the 7 Day Food Matters Cleanse, you will be eliminating toxic foods such as processed sugar and flour from your diet. In turn, you will give your body the chance to excrete toxins, balance hormones, and brain chemicals that make you hungry and crave nutrient-empty junk foods. Instead of being in a state of nutrient starvation where your body feels the need to store fat, a cleanse with nourishing soups, juices and smoothies will help your hormones reactivate, thus speeding up your metabolism and turning you into a fat burning machine.

Here are just a few reasons why doing a cleanse generally contributes to natural weight loss:

- Speed up your metabolism
- Lose stored belly fat
- Balance hormones and brain chemicals
- Stop sugar cravings
- Restore energy

PART 1.3

# Why Cleansing Can Have A Major Impact On Increasing Positive Emotions

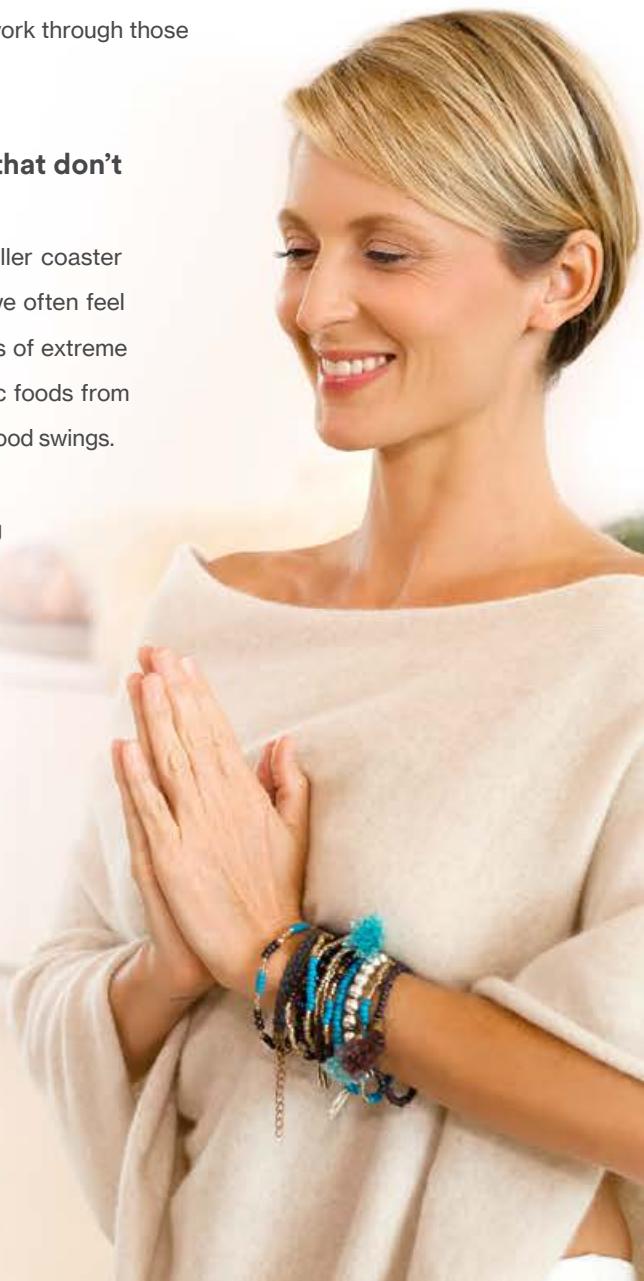
While doing a cleanse, many people experience not only a physical food cleanse, but also go through an emotional cleanse. Many of us use food as comfort when we're feeling down, stressed or simply bored. We try to feed our mood with the satisfaction of food. This relationship with food has turned from one of nourishment to one of trying to fill a void or escape a dark thought. However, no amount of ice cream or chocolate is going to actually help us work through those dark emotional times.

## **So what happens when we stop filling the void with foods that don't serve us?**

It's very common for our emotions and moods to go through a bit of a roller coaster ride. After all, we are human and are emotional beings. During a cleanse, we often feel everything from the highs of feeling overly joyous and energized to the lows of extreme agitation, anger and guilt. That's because once you cut out processed toxic foods from your body, you'll start to release stored toxins that causes these unpleasant mood swings.

The good news is that this is only temporary, and it's definitely worth strapping yourself in for the ride! During the post-cleanse period, once the toxins have been eliminated from your body, you are likely to feel more balanced, happy and energized on a regular basis.

*Create healthy habits,  
not restrictions!*





Here are a few tips to survive the emotional roller coaster ride:

## #1

### Breathe

If you find yourself in a state of panic, running out in your sweatpants to the closest store to buy yourself anything that's sweet... STOP and take a breath. Take a moment to focus on your breathing and once you've calmed your state of mind, lovingly ask yourself "why" you feel that having a chocolate bar right now is going to make you feel better. Instead of masking your emotions with food, take a moment to really look inside yourself, honor how you are feeling, and try and figure out "why" you are stressed or unhappy. Once we allow ourselves to feel these true emotions and face the root causes instead of masking them with food, only then can we truly change our state of mind and have a mental awakening.

## #2

### Create daily habits

Another simple way to overcome the highs and lows that come with cleansing is to create daily habits that support you through the experience. This could be a morning mantra to set up your day in a positive mindframe, a yoga class on FMTV, or a gratitude journal that you can pick up and write in one thing you're grateful for every day. These simple daily habits will help you any time you start to feel cravings or emotions that throw you off balance. Although these suggestions may seem simple, you'll be amazed at how powerful they truly can be.

## #3

### Drink water

Keeping up hydration while going through a cleanse is extremely important. Not only will it help to flush out toxins quicker and keep your moods more stabilized, it also can help curb cravings and give you the chance to tune into your body more clearly in order to understand when it's actually hungry or just having an emotional food craving. When those feelings of hunger come on, drink a tall glass of water and wait 5 minutes to see if you still feel hungry. Sometimes we just need some extra hydration. Other times you might genuinely be hungry. Take the time to really listen to what your body is telling you.

## #4

### Sleep as much as possible

When going through a cleanse, your body is doing some deep healing as it's replenishing all the cells and systems within. This healing process can make you feel quite tired because your body is doing a lot of work! One of the best things you can do during this time is to honor your body and rest up as much as possible to allow your body's incredible healing mechanism to work its magic.

# Does Cleansing And Detoxing Really Work?

It's natural to feel resistance and suspicion when trying out something new, especially when it comes to changing what we eat and drink. Many of us have tried countless diets and exercise plans which have ended up in a sense of failure and disappointment. So it's understandable you may feel some resistance to these new concepts.

Fear not, friend! Cleansing and detoxing can really work! But we're not talking about going on extreme nutrient-deprivation protocols such as a Lemon Detox or a "Just Eat Air" detox. We're talking about nutrient-rich cleanses such as the 7 Day Food Matters Cleanse that are carefully designed to replenish your cells and eliminate harmful toxins with nutrient-packed whole foods.

If waste continues to build up in our bodies, we often get sick and gain weight. However, when you replace processed foods with real foods that enhance your body's capacity to detoxify - even for as little as seven days - you will start to see changes. Your body is an incredible machine that has the ability to reset itself very quickly when you eliminate the junk. By changing what you eat, you allow your body to do what it was designed to do, which is to heal and rejuvenate itself from within.

But you don't have to take our word for it! Here's what other people have said about their experience with one of our cleanses:

*"This is the first ever cleanse I have tried. I'm 56, fit healthy female. I eat a balanced diet including meat, dairy, gluten and drinking more coffee than I should, up to 6 cups a day! I've found the cleanse recipes to be interesting, tasty, and quite satisfying, except when I walk past a breakfast cafe/bacon eggs/toast/coffee on the menu ...that was hard!"*

- Lee P.

*"I have really enjoyed the delicious recipes in this cleanse! I have tried detoxes in the past and have not managed to stick to them, but found this a lot easier on my body. It's been great creating different smoothies as I tend to use the same old ingredients all the time when making my own. I'll definitely be switching things up after the cleanse and enjoying a larger range of ingredients. I was also surprised how quick and easy it was to whip up a healthy soup. Living in a warmer area I never really think to make soups for dinner, I absolutely will be now!"*

*- Anthea K.*

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*"I've used many methods of cleansing to detoxify my body in the past and have found this to be a lot of fun and enjoying so many variations of 'liquid-feasts' on the menu! I have loved the heart warming aromatic soups, deliciously satisfying smoothies and revitalising juices! I'm sleeping well, still getting my morning run in and feeling great!"*

*- Janine P.*



# How Do You Know If You're Toxic?

Now that you're in-the-know about the incredible benefits of cleansing, you might be wondering whether your body actually needs a reset. When your body is healthy and running in its optimal state of wellbeing, your system is able to easily detoxify through the natural detoxification methods of sweat, urine and other excretions. However, when you are toxic, your body's first detoxification mechanism in the liver gets banked up and runs slowly, leaving harmful toxins in your system to wreak havoc on your health.

If you are noticing any of the below symptoms, then it might be time to give your liver a jump-start...

- Irritable Bowel Syndrome
- Puffy, dark circles under the eyes
- Excessive sinus problems
- Joint pain
- Fatigue
- Bloating
- Gas
- Constipation
- Diarrhea
- Foul-smelling stools
- Headaches
- Sleep problems
- Foggy brain
- Trouble losing weight
- Acne
- Premenstrual syndrome
- Water retention
- Bad breath



# What To Expect From A Cleanse

When you think of a detox or cleanse, the first thing that might pop into your head is “deprivation”: that you’re going to be starving and suffering throughout the whole experience.

Although it is common to go through initial “withdrawals” if your diet has been filled with not-so-great ingredients, during a juice or soup cleanse you are actually providing your body with a huge amount of nourishment - which is the opposite of deprivation.

The 7 Day Food Matters Cleanse is designed to help you shift your body from a state of nutritional starvation to a state of true nourishment by flooding your cells with nutrient-packed whole foods. So instead of being in a constant state of starvation where you are always reaching for the next sugar hit to keep your energy spiked, you will find yourself in a state of vibrant energy and true satiation.

## Want to know what you can expect after doing a cleanse?

Here's why it will all be worth it:

- ✓ Kickstart the healing to more complex chronic illnesses
- ✓ Reveal the root causes of emotional problems
- ✓ Sleep deeper than you have in years
- ✓ Moods become balanced and stable
- ✓ Food cravings are eliminated
- ✓ Speed up your metabolism
- ✓ Shed unwanted weight
- ✓ Sex drive gets revived
- ✓ Hormones are balanced
- ✓ Energy increases



# How Long And Often Should You Cleanse?

There is no one-size-fits-all answer to this question. We recommend that you consult a holistic health care provider to evaluate how toxic your body is and how often a cleanse would be recommended.

If you are noticing any of the below symptoms, then it might be time to consider doing a cleanse.

<b>if you are</b> Overweight Taking prescription or over-the-counter medication Suffer from regular colds and flu Have a chronic illness	Then you are likely to benefit from a quarterly cleanse <b>(4 times per year)</b>
<b>if you are</b> Slightly unwell Want to have more energy every day Trying to shift a small amount of unwanted weight Suffering from cravings	Then you are likely to benefit from a bi-yearly to quarterly cleanse <b>(2 - 4 times per year)</b>
<b>if you are</b> Fit Healthy Looking for extra zing and clarity Feeling like a challenge	<b>Up to You!</b> You will benefit from a short cleanse any time of the year.

## What time of year is best to cleanse?

Any time of year is great for a cleanse; however, spring is a fantastic season! Spring is a time when Mother Nature focuses on regeneration and growth, which is exactly what a cleanse does for our own bodies. Syncing our ways of functioning in life with the natural occurrences of nature is co-creation and can be very powerful.

Any change of season is also a great time of year to cleanse as we prepare our body for new environmental factors and different types of foods. If doing a cleanse in winter, you might find your body wanting warmer foods - so cleansing soups might be a really good option to add into your program.

There truly is not one program that works for every body, which is why it's important to try and get in tune with yourself and listen to what your body requires. If cleansing in colder months doesn't make you feel good, then only cleanse in warmer months. If you find that cleansing once a year isn't enough for your body, then cleanse more than once a year! There are people who will do a short cleanse on a monthly basis to keep their health in check. It truly is up to the individual as to what works for them!

# What's Actually Going On In Your Gut During A Cleanse

## Did you know that your gut is technically outside your body?!

We know this sounds extremely strange, but technically, we have one long tube running through our body. The term for this tube is the “alimentary canal” and it is comprised of the mouth, esophagus, stomach, intestines and anus. This tube is pinched closed by your mouth, anus and certain sphincters along the digestive tract.

However, technically, this canal is not completely and permanently sealed shut from the outside world. We have to digest our emotions and life-happenings, too! Hence, from a physiological perspective, we say your digestion is outside of your body. Crazy, right?

The gut is “outside” our body for a very important immunological reason. You see, our environment is naturally filled with billions of bacteria. However, this should not scare you, as bacteria plays a very important role in sustaining life on earth. In fact, our colon is home to billions of bacteria that form approximately 70% of the dry weight of stools. There are good and bad bacteria, and our body is not about to let any old bug from the outside world into our bloodstream.

The bacteria within our colon helps to counteract potentially harmful external bacteria from causing havoc on our system. These bacteria help with proper nutrient absorption, controlling hunger and balancing our pH levels. While our digestive system is designed to eliminate waste, a vast number of people struggle with regular bowel movements due to an overconsumption of toxins, inflammation, allergies and generally poor gut health. If you’re not eliminating at least once every day, it’s highly likely your body’s detoxification system is not working at an optimal level.

You may notice you’re feeling irritable, foggy, tired and craving foods that are high in sugar. This is because unreleased toxins and food particles can cause bacteria and mucus to ferment and form in the colon. This causes toxins to be absorbed into the bloodstream and also stops the proper digestion of key nutrients.

Until now, you may have thought that the chief function of our gut is to digest food, but there is so much more that this amazing organ does! By doing a cleanse like the 7 Day Food Matters Cleanse, you are optimizing your gut function and eliminating the common food allergens that are harming your body’s natural detoxification capabilities.

## PART 1.9

# How To Cleanse Safely

A cleanse can be safe and beneficial if done properly.

**Below are our 5 tips for cleansing safely:**

### Honor your body

When you're doing a cleanse, you might notice your level of exhaustion goes up. As discussed in chapter 1.8, this is because your body is working on overtime to eliminate all the unwanted toxins from its system. If you find yourself wanting a nap during the day or just to take things slow and rest, honor it! Set more time aside for yourself during a cleanse to rest and recoup. Do not push yourself too hard. Strenuous exercise and a full schedule are not ideal when cleansing, however they are still possible. But if you can, try to turn back the "busy" switch a couple of notches and take things slowly.

### Do a nutritionally-rich cleanse

Do yourself and your body a favor and skip the extreme detoxes that restrict you to only a handful of ingredients (sometimes only 2!) and will be depriving you of essential nutrients unless under the close eye of a health care expert for unique situations.

A great way to safely experience the benefits of a cleanse is to do it with a nutritionally rich program. The 7 Day Food Matters Cleanse is filled with a rich variety of natural, real foods that not only help assist your body's natural detox mechanism but also increases your nutrient intake.

### Just eat real food

There are a lot of processed shakes and bars out in the market that promote quick and easy detoxes. Next time you see one of those products, read the label and see what's in it. Most will contain an unnecessary amount of ingredients that you can't pronounce and with all sorts of codes (things like Maltodextrin, Butylated Hydroxyanisole, Blue #2, Monosodium Glutamate, Red #40). Although they are convenient, we suggest you stick to whole, natural foods that are made by Mother Nature and not in a lab. Making a smoothie can take as little as 10 minutes, and the bonus is you know exactly what went into it!

### Drink plenty of filtered water

Hydration is key when doing a cleanse because you're starting to stir up a lot of toxins that have been stagnant in your body. Drinking plenty of fluids (especially filtered water) is going to help flush the toxins out of your body quicker. Why filtered? A lot of public water has additives and fluoride in it. If you're ingesting these substances, you can actually counteract all the great work you've been doing with your body's detoxing. We realize not everyone has access to filtered water, so even a simple on-the-tap filter can support you during your cleanse and ongoing success.

## IMPORTANT

### Consult with a holistic health professional

Safety comes first! If you have any pre-existing health conditions, we highly recommend you first consult with your health care practitioner and a holistic health care provider for any suggestions and precautions they may recommend.

# Preparing For A Cleanse

You could start a cleanse the very next day after you decide to join one, but we don't recommend this unless you're a seasoned detoxer. In order to have a successful cleanse and truly enjoy the process, we like to focus on some basic preparation in four areas of lifestyle:



## 1. Foods

When you're getting ready to start a cleanse, we recommend cutting back on as many processed and packaged foods as possible BEFORE you start cleansing. Things like junk food, fried food, take out, refined sugar, refined carbohydrates like wheat, flour, bread and pasta, red meat (especially processed meats like ham, salami, chorizo and sausages), and dairy products.

Start to incorporate more plant-based foods like vegetables, fruits, nuts and seeds, beans and legumes, gluten-free grains and fermented foods. This will ease your body into the detoxification process and help minimize the amount of side effects you feel while cleansing. A few days of preparation is great, and a week is even better. Try to stick to light and fresh meals, and step away from the buffet!

## 2. Unhealthy Habits

If you have a few habits that may not be serving your health such as smoking or drinking large amounts of coffee and alcohol, we recommend starting to pay attention to the frequency of these habits and reducing as much as you can before your cleanse.

Again, if you are going cold-turkey on all of the above stimulants as well as the combination of removing existing toxins from your body, you are likely to feel some pretty crummy side effects in the first few days of cleansing. Fewer "cravings" and withdrawals you have to overcome during a cleanse, the easier and more enjoyable you will find the whole experience. But even if you can't reduce these habits, don't beat yourself up - you can still join the cleanse and your body will receive benefits.



### 3. Emotions

To experience the greatest benefits from your cleanse, it's important that you are emotionally invested and mentally focused on making the commitment towards your health. Understanding WHY you are doing the cleanse is really important. Setting an intention or doing a visualization before a cleanse can really help keep you focused and have a clear mindset as to "why" you have decided to do a detox and the benefits you hope to achieve from it.

As discussed in chapter 1.3, doing a cleanse can also stir up a lot of feelings, including emotions that you might have been unaware of. It can bring up negative relationships with food, personal frustrations, or doubts. Taking a holistic approach while cleansing to not only release chemical toxins, but also emotional toxins, can release an enormous weight you might not know you've been carrying!

### 4. Time

Clear your calendar! Detoxing and cleansing can be extremely difficult to stick to if you have back-to-back social commitments and parties to attend. If you're at work, that's not a problem at all!

Although you might feel a few side effects in the initial days, such as agitation and lethargy, these are all manageable. Just honor your current state of mind. If you're feeling moody, just make sure to steer clear of any situations that could spark up your frustrations.

In fact, cleansing while at work may even help you, as it will keep your mind occupied from not thinking about cravings! Just make sure to select a cleanse like the 7 Day Food Matters Cleanse that is designed with working people in mind.



As an FMTV member, there are hundreds of resources to support you during the emotional part of this cleanse. Check out different yoga flows, interviews with experts, and meditations or visualizations to offer added support.

# Why Do We Use Smoothies, Soups & Juices For Cleansing?

When we are cleansing, we are trying to reduce the digestive load on our system and eliminate common irritants and allergens. We do this by increasing our fresh vegetable and fruit intake.

By using juices, smoothies and soups, we are able to flood our bodies with macro and micro nutrients in a simple and easy way for our bodies to digest. This, in turn, liberates our digestive energy and allows our body to use the excess energy to cleanse and revitalize the body.

Replacing a diet that was full of processed foods and refined carbohydrates with plant-based liquid nutrition is like sending our cells on the nutrient express train!

**Here are some of our key tips for keeping your liquid food healthy:**

- Make green vegetables the base of your juices, smoothies and soups. Green vegetables are Mother Nature's gift to the human form, helping alkalize the blood, cleanse the cells of the body and provide a low GI nutrient source to the cells.
- Add in some superfoods to boost your nutrient intake.
- Add vegetables that are low in natural sugars.
- Although we recommend limiting the amount of sugar (natural included) during a cleanse, if you must add some fruit for flavor profile, try to stick to fruits that are lower in sugar and only add a very small amount. Fruits like berries are lower in sugar and not only pack a lot of flavor, but also have the bonus of antioxidants. Citrus is another great alternative that is lower in sugar but will really provide a lot of flavor with just a squeeze. It is also filled with great nutrients such as Vitamin C and potassium.
- If you need to add liquid, make sure it's a clean source. If you're using water, make sure it's filtered. If you're adding a nut milk, we recommend making your own or using one that doesn't have additives. If you're using coconut water, make sure it's 100% pure and natural. Try to steer clear of traditional dairy sources when cleansing.



# Juices vs. Smoothies vs. Soups - What's The Difference?

Although juices, smoothies and soups are all liquid forms of food, they each have a special function when it comes to providing us with nutrition and helping to cleanse our bodies.



## Juices:

- ✓ Nutrients easily absorbed
- ✓ Fiber is removed

Nutrients are much more readily absorbed into your body if the fiber content is removed from juice, making it a great option for a quick boost of nutrition!

This is why it's very important to drink juices high in vegetables instead of fruit, as the sugars enter the bloodstream quicker than if they were bound with the fiber. It's also easy on digestion, so your body will need to expend less energy to extract the nutrients and won't fill you up too much. So you can get more nutrition without feeling like you've eaten an entire garden.



## Smoothies:

- ✓ Naturally contain fiber
- ✓ Nutritionally dense

Smoothies naturally contain fiber, unlike juices, which help keep our digestive system moving, our gut bacteria happy, and cause waste that can otherwise stick around in our digestive tract to flush out of our system. Due to the fiber content, you'll also find smoothies to be much more filling. Additionally, they allow you to add even more goodness in because some things you just can't juice - like delicious nut butters! A mix of low-sugar/savory smoothies and those without fruit are suggested during the cleanse. If you want something a bit sweeter in the morning, make sure to balance with a savory (low-sugar) smoothie for lunch & dinner.



## Soups:

- ✓ No ingredients are wasted
- ✓ More digestible state

Using fresh, whole-food ingredients in soups can create an exceptionally powerful bowl of goodness for cleansing.

Unlike juicing, no ingredients are wasted when using the stockpot. The heat of the pot also slowly breaks down the nutrients to leave them in a more digestible state and bursting with flavor. Just one simple bowl of soup can revitalize your body and soul.

# How To Make The Perfect Green Smoothie

*Are you ever guilty of posting photos of green smoothies to social media?  
We certainly are!*

To us, a green smoothie is something so beautiful! However, not long after posting one of our green beauties we often get asked, "What the heck is in that and why would you drink that?!"

First, let us tell you why we love green smoothies. They are:

- A great way to naturally boost your energy, making them perfect in the morning or during that 3:00 pm slump
- Packed with disease-fighting nutrients
- A fast and easy way to give your body what it needs when you're in a rush
- Packed with phytonutrients from the greens, your immune system will get a nice boost to help it function optimally

Unlike juices, smoothies consist of the entire fruit or vegetable, skin and all, and contain all of the fiber from the fruits and vegetables.

However, the blending process breaks the fiber apart, which not only makes the fruit and vegetables easier to digest but also helps create a slow, even release of nutrients into the bloodstream and avoids blood sugar spikes.

Smoothies tend to be more filling because of the fiber and are generally faster to make than juice, so they can be great to drink first thing in the morning as your breakfast, or for snacks throughout the day.

We promise this isn't just some trendy fad. Try adding in a green smoothie every day for a week and feel your life explode! They don't have to be complicated either. Follow this simple formula, open your mind, and soon you will be a green smoothie junkie too.

# Our Foolproof Formula for a PERFECT GREEN SMOOTHIE

## STEP 1 *Liquid* **BASE**

- ✓ Nut milk of choice (almond, cashew, coconut, Brazil, hemp)
- ✓ Coconut water
- ✓ coconut or dairy kefir
- ✓ Spring or filtered water
- ✓ Cooled tea



## STEP 4 **HEALTHY FATS**

- ✓ Avocado
- ✓ Nuts / Nut Butter (Almonds, cashews, Brazil nuts, hazelnuts, pecans, walnuts)
- ✓ Coconut Oil (or young coconut meat)
- ✓ Chia Seeds
- ✓ Hemp Seeds
- ✓ Flaxseeds



## STEP 2 **ALKALIZING**

- ✓ Greens (spinach, kale, cucumber, silverbeet, chard, romaine lettuce)
- ✓ Herbs (cilantro/coriander, parsley, mint)

## STEP 5 *Natural ones!* **SWEETENER**

- ✓ Fruit (banana, berries, kiwi, apple, pear, mango, pineapple, peach)
- ✓ Dates
- ✓ Raw Honey
- ✓ Maple Syrup
- ✓ Molasses



## STEP 3 **PROTEIN**

- ✓ Protein Powder (vegan, whey or hemp seeds)
- ✓ Natural Yogurt (coconut or organic dairy of choice)



## STEP 6 *superfood & spices!* **BOOSTERS**

- ✓ Spirulina powder
- ✓ Green Powder (blend of wheat grass, barley grass, spirulina, chlorella)
- ✓ Acai powder
- ✓ Raw cacao
- ✓ Maca powder
- ✓ Mesquite powder
- ✓ Probiotic powder
- ✓ Vitamin C powder
- ✓ Goji berries
- ✓ Cinnamon
- ✓ Ginger
- ✓ Turmeric
- ✓ Vanilla extract
- ✓ Mint
- ✓ Basil
- ✓ Cilantro (coriander)
- ✓ Parsley



## FINAL STEP **BLEND**

- ✓ Add all ingredients to a high speed blender and blend until smooth.





*Part 2*

# The 7 Day Food Matters Cleanse



# Six Tips To Make Your Cleanse Fun

Here are some simple tips to help you through your 7 Day Food Matters Cleanse:

## 1. Create An Intention

Focus on what you want to get out of the detox. Is it about losing weight, having more energy, changing your relationship with food, boosting your immune system, or maybe finding food intolerances? Journal your goals or create a [vision board](#) to get really focused on your intention for the cleanse. Having your intention in mind is a very strong motivator that will keep you on track.

## 2. Detox With A Friend

It's very important that you don't feel like you're doing this alone. Get a friend, your partner, or your whole family on board. This will make it a more enjoyable experience and will set you up for success. As a member of FMTV, there will be many of the other community members who you'll get to share this experience with, as well.

## 3. Focus On Eating What Your Body Loves

Think of this cleanse as 7 days of giving your body the absolute best it deserves. Your body craves to be in balance; eating whole and cleansing foods will give it just that. We often don't think about showering our body with love, but this cleanse is an opportunity to really pamper ourselves with nutrients.

## 4. Hydrate

Hydrating is the key to minimizing some of the effects of the detox that don't feel good, such as achy joints, headaches or moodiness. Keeping yourself properly hydrated will help flush out the toxins in an easier way.

## 5. Pamper Yourself

Pampering during a cleanse is key to your success, and is something that not many programs talk about. Not only will it help you feel amazing, but it will also make the detox a much more pleasant experience that you will want to do every season.

There are certain ways to pamper yourself and aid in the detoxification process such as scrubbing your body with a hot towel, getting a massage, nourishing your skin with coconut oil, or doing detoxing yoga poses.

## 6. Journal

Get yourself a beautiful notebook and make a ritual out of this. Your journal will be your best friend during the detox - a place where you can review your daily detoxing efforts, be aware of your emotions and focus on how you want to feel the next day.

P A R T 2 . 2

# Program Outline

The cleanse program consists of 7 days of delicious juices, smoothies, soups and tea.

The program features 2 recipe lists for the week. One without juice ingredients and one with juice ingredients.

Every day of the program will include some of these powerful ingredients: alkalizing greens / green powder / ginger / protein / coconut oil / detox tea

It is suggested that you have a maximum of 1 - 2 servings of medium/high glucose index (GI) fruit per day. Fruits like dates, watermelon, cherries, kiwifruit, cantaloupe, papaya and pineapple would be considered to be higher on the GI and should be consumed with moderation.

Fruit with a lower GI is okay to have between 2 - 4 servings per day. Fruits like strawberries, plums, grapefruit, peaches, apples, pears, nectarines, oranges, apricots, mango (not too ripe), banana, avocado, lemon, and lime would be lower GI fruit.

## **Here's a quick overview of the suggested daily outline during the 7 Day Cleanse:**

**HYDRATION:** Water, Juice, Green Drink, or Tea

**BREAKFAST:** Smoothie

**LUNCH:** Smoothie

**AFTERNOON TEA:** Smoothie, Juice, Water, or Tea

**DINNER:** Soup

**BEFORE BED:** Tea

## **You can also supercharge your daily cleansing ritual with these optional upgrades:**

- Vitamin C Bowel Flush (p. 63)
- Colonics or Enemas

And remember, drink lots of pure, filtered, or spring water throughout the cleanse at any time you like to stay properly hydrated. Plus, if you're feeling uncomfortably hungry at any time, you can always have more of any smoothie, juice or soup recipe in the program.



# Prep Day Sunday!

Here are a few suggestions of what to do to prepare for the cleanse. We like to suggest to start the cleanse on a Monday, as then you have the weekend to prepare and start the week fresh!

## Prep Day Checklist:

Prepare the Healing Detox Broth. Divide the broth into 2 portions, one of 4.5 cups for the first 3 days and the other of 6 cups for the final 4 days. Store the first portion in the refrigerator (this will be used for the first 3 days of the cleanse). Freeze the other portions of broth in a freezer-proof container or glass jar (this will be used for the second half of the cleanse).

Make your own detox tea blend or buy from the store. (Here are some recommended brands: Yogi Tea, Traditional Medicinals, Triple Leaf Tea, Organic India, Numi Organic Tea.)

Optionally, help to clear the colon out with a vitamin C bowel flush. If you're using vitamin C, take 1 glass of vitamin C powder in water (circa 5 grams of vitamin C) every 30 minutes until you reach bowel tolerance (this is exactly what it means!). For more information see page 63.



# Daily Schedule

# 7 Day Food Matters Cleanse

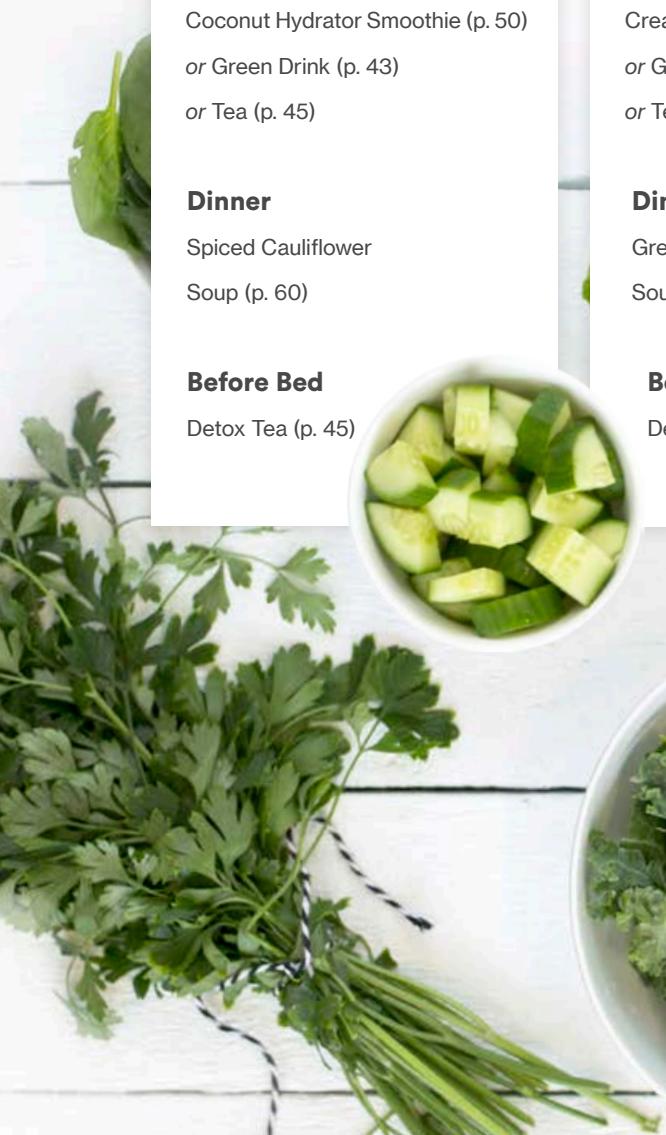
PREP DAY	SUN	DAY 1	MON	DAY 2	TUE
	<p>We like to suggest to start the cleanse on a Monday, as then you have the weekend to prepare and start the week fresh!</p> <p>Pick up all your groceries for the week</p> <p><b>Broth</b> Healing Detox Broth (p. 57)</p> <p><b>Tea</b> Make your own detox tea blend or buy one from store (p. 45)</p> <p><b>Optional</b> Vitamin C Bowel Flush (p. 63)</p>	<p><b>Hydration</b> Green Drink (p. 43) or Super Detox Green Juice (p. 43)</p> <p><b>Breakfast</b> Signature Green Smoothie (p. 48)</p> <p><b>Lunch</b> Clean and Green Smoothie (p. 49)</p> <p><b>Afternoon Tea</b> Coconut Hydrator Smoothie (p. 50) or Green Drink (p. 43) or Tea (p. 45)</p> <p><b>Dinner</b> Green Vegetable Soup (p. 58)</p> <p><b>Before Bed</b> Detox Tea (p. 45)</p>	<p><b>Hydration</b> Ginger Lemon Detox Drink (p. 44) or Ginger Turmeric Shot (p. 47)</p> <p><b>Breakfast</b> Green Choc-Mint Smoothie (p. 51)</p> <p><b>Lunch</b> Turbo Charge Smoothie (p. 52)</p> <p><b>Afternoon Tea</b> Creamy Detox Latte (p. 54) or Green Drink (p. 43) or Tea (p. 45)</p> <p><b>Dinner</b> Ginger Lemongrass Pumpkin Soup (p. 59)</p> <p><b>Before Bed</b> Detox Tea (p. 45)</p>		



# Daily Schedule

# 7 Day Food Matters Cleanse

DAY 3	WED	DAY 4	THU	DAY 5	FRI
<b>Hydration</b> Green Drink (p. 43) or Super Detox Green Juice (p. 43)		<b>Hydration</b> Ginger Lemon Detox Drink (p. 44) or Ginger Turmeric Shot (p. 47)		<b>Hydration</b> Green Drink (p. 43) or Super Detox Green Juice (p. 43)	
<b>Breakfast</b> Signature Green Smoothie (p. 48)		<b>Breakfast</b> Green Choc-Mint Smoothie (p. 51)		<b>Breakfast</b> Signature Green Smoothie (p. 48)	
<b>Lunch</b> Heavy Metal Detox Smoothie (p. 53)		<b>Lunch</b> Clean and Green Smoothie (p. 49)		<b>Lunch</b> Turbo Charge Smoothie (p. 52)	
<b>Afternoon Tea</b> Coconut Hydrator Smoothie (p. 50) or Green Drink (p. 43) or Tea (p. 45)		<b>Afternoon Tea</b> Creamy Detox Latte (p. 54) or Green Drink (p. 43) or Tea (p. 45)		<b>Afternoon Tea</b> Creamy Detox Latte (p. 54) or Green Drink (p. 43) or Tea (p. 45)	
<b>Dinner</b> Spiced Cauliflower Soup (p. 60)		<b>Dinner</b> Green Vegetable Soup (p. 58)		<b>Dinner</b> Ginger Lemongrass Pumpkin Soup (p. 59)	
<b>Before Bed</b> Detox Tea (p. 45)		<b>Before Bed</b> Detox Tea (p. 45)		<b>Before Bed</b> Detox Tea (p. 45)	



# Daily Schedule

# 7 Day Food Matters Cleanse

## DAY 6 SAT

### Hydration

Ginger Lemon Detox Drink (p. 44)  
or Ginger Turmeric Shot (p. 47)

### Breakfast

Green Choc-Mint Smoothie (p. 51)

### Lunch

Clean and Green Smoothie (p. 49)

### Afternoon Tea

Creamy Detox Latte (p. 54)  
or Green Drink (p. 43)  
or Tea (p. 45)

### Dinner

Spiced Cauliflower  
Soup (p. 60)

### Before Bed

Detox Tea (p. 45)

## DAY 7 SUN

### Hydration

Green Drink (p. 43)  
or Super Detox Green Juice (p. 43)

### Breakfast

Signature Green Smoothie (p. 48)

### Lunch

Heavy Metal Detox Smoothie (p. 53)

### Afternoon Tea

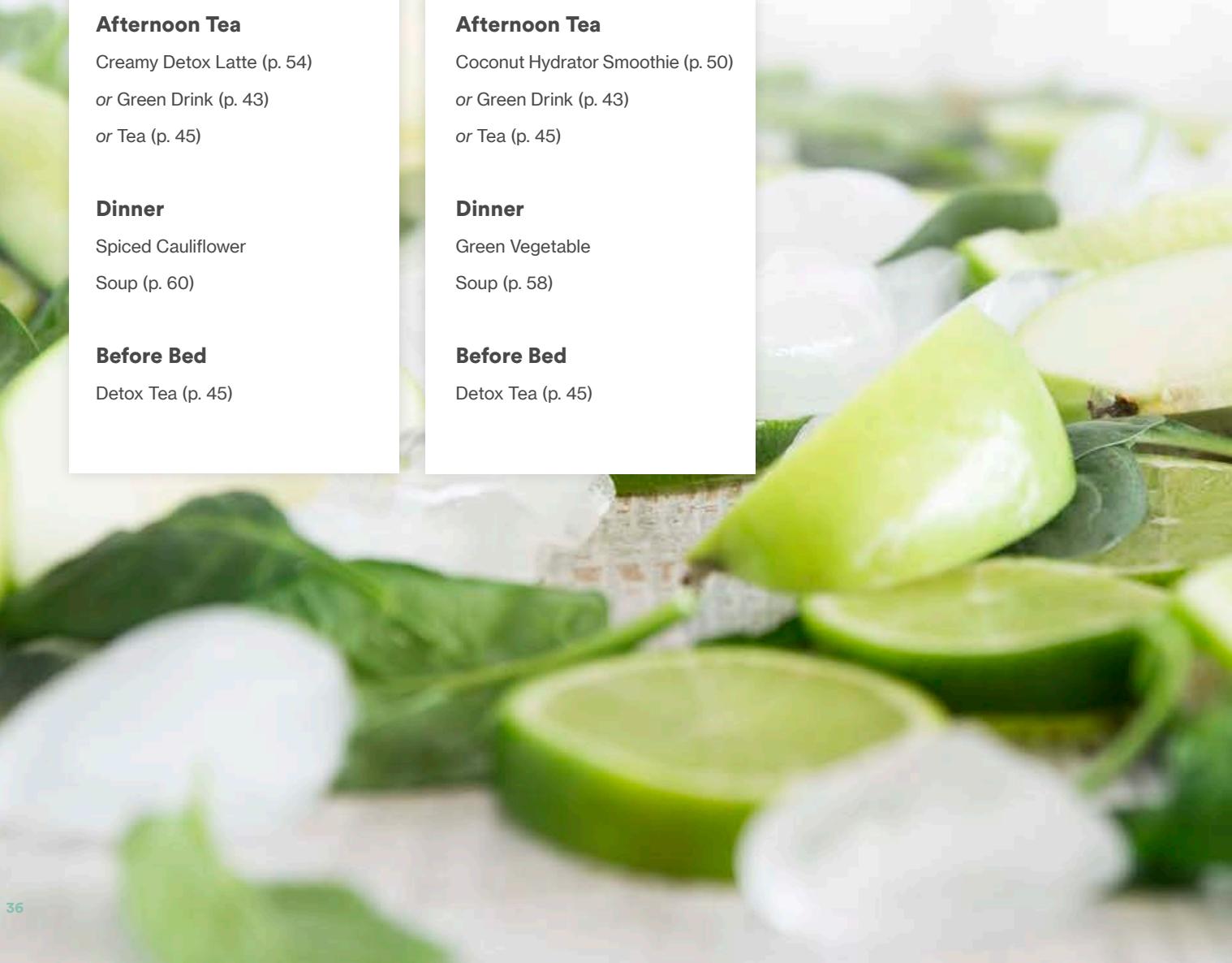
Coconut Hydrator Smoothie (p. 50)  
or Green Drink (p. 43)  
or Tea (p. 45)

### Dinner

Green Vegetable  
Soup (p. 58)

### Before Bed

Detox Tea (p. 45)



# Daily Schedule

## 7 Day Food Matters Cleanse

Pick up all your groceries for the week!



### 1st Sunday - PREP DAY

- Broth:** Healing Detox Broth (p. 57)
- Tear:** Make your own detox tea blend or buy one from store (p. 45)
- Optional:** Vitamin C Bowel Flush (p. 63)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Hydration	Breakfast	Lunch	Afternoon Tea	Dinner		
Green Drink (p. 43) or Super Detox Green Juice (p. 43)	Ginger Lemon Detox Drink (p. 44) or Ginger Turmeric Shot (p. 47)	Green Drink (p. 43) or Super Detox Green Juice (p. 43)	Ginger Lemon Detox Drink (p. 44) or Ginger Turmeric Shot (p. 47)	Green Drink (p. 43) or Super Detox Green Juice (p. 43)	Ginger Lemon Detox Drink (p. 44) or Ginger Turmeric Shot (p. 47)	Green Drink (p. 43) or Super Detox Green Juice (p. 43)
Signature Green Smoothie (p. 48)	Green Choc-Mint Smoothie (p. 51)	Signature Green Smoothie (p. 48)	Green Choc-Mint Smoothie (p. 51)	Signature Green Smoothie (p. 48)	Green Choc-Mint Smoothie (p. 51)	Signature Green Smoothie (p. 48)
Clean and Green Smoothie (p. 49)	Turbo Charge Smoothie (p. 52)	Heavy Metal Detox Smoothie (p. 53)	Clean and Green Smoothie (p. 49)	Turbo Charge Smoothie (p. 52)	Clean and Green Smoothie (p. 49)	Heavy Metal Detox Smoothie (p. 53)
Coconut Hydrator Smoothie (p. 50) or Green Drink (p. 43) or Tea (p. 45)	Creamy Detox Latte (p. 54) or Green Drink (p. 43) or Tea (p. 45)	Coconut Hydrator Smoothie (p. 50) or Green Drink (p. 43) or Tea (p. 45)	Creamy Detox Latte (p. 54) or Green Drink (p. 43) or Tea (p. 45)	Coconut Hydrator Smoothie (p. 50) or Green Drink (p. 43) or Tea (p. 45)	Creamy Detox Latte (p. 54) or Green Drink (p. 43) or Tea (p. 45)	Coconut Hydrator Smoothie (p. 50) or Green Drink (p. 43) or Tea (p. 45)
Green Vegetable Soup (p. 58)	Ginger Lemongrass Pumpkin Soup (p. 59)	Spiced Cauliflower Soup (p. 60)	Green Vegetable Soup (p. 58)	Ginger Lemongrass Pumpkin Soup (p. 59)	Spiced Cauliflower Soup (p. 60)	Green Vegetable Soup (p. 58)

Everyday before bed you should have a detox tea!

# Shopping List

## FRUITS & VEGETABLES

- 7 bananas
- 1 green apple
- 1 cup pineapple
- 3 cups frozen blueberries
- 5 avocados
- 10 dates
- 3 lemons
- 3 limes
- 1 large bag or 2 bunches of baby spinach
- 5 small - medium cucumbers
- 1 bunch parsley
- 1 bunch cilantro (coriander)
- 1 bunch mint
- 5 inch knob ginger
- 1 large onion
- 6 celery stalks
- 3 carrots
- 1 head broccoli
- 3/4 cup green beans
- 2 small - medium zucchinis
- 1 small bunch kale
- ½ pumpkin of choice (butternut, Kent, squash, etc.)
- 1 small head cauli lower
- 2 lemongrass stalks
- 4 cloves garlic

## PANTRY

- 1 bay leaf
- 1 tbsp mixed dried Italian herbs (thyme, rosemary, oregano etc.)
- 4 pinches cayenne pepper
- 2 tsp cumin powder
- 2 tsp coriander seed powder
- 3½ tsp cinnamon
- 2 tbsp sea salt
- 3 tbsp virgin, cold-pressed coconut oil

- 2 tbsp apple cider vinegar
- 2 tbsp garam masala (black peppercorns, cinnamon, clove, cardamom, nutmeg)
- 1 tsp turmeric powder (or 1 tbsp fresh turmeric, chopped)
- 1 tsp ginger powder (or 1 tbsp fresh ginger, chopped)
- 1 tsp pepper (ground or whole)
- 3 tbsp raw honey
- 3 tbsp raw cacao powder or nibs
- 5 tbsp chia seeds
- 10 servings protein powder of choice (vegan, whey, hemp seeds)
- 1 pack of green powder of choice (wheat grass, barley grass, spirulina, and chlorella or a blend of these)
- 1 pack of detox tea or make your own

**Optional:** peppermint essential oil

high dose vitamin c powder (sodium ascorbate or calcium ascorbate)

## FRIDGE/FREEZER

- 102 oz (3 litres) unsweetened plant-based milk of choice (coconut, hemp, almond, rice)
- 108 oz (3.2 litres) coconut water
- 16 oz (½ litre) canned coconut milk
- 1 large organic free-range chicken or carcass (omit for vegetarian plan)

## ADDITIONAL JUICING INGREDIENTS

- (if you have a juicer and you wish to boost your cleanse)
- 1 bunch celery
  - 4 small cucumbers
  - 1 bunch kale
  - 4 small lemons or limes
  - 4 pears or apples
  - 3 small green apple
  - ¾ inch knob ginger (¾ -1½ tsp powdered)
  - ¾ inch knob turmeric (¾ -1½ tsp powdered)

# 7 Day Food Matters Cleanse FAQ's

## What if i'm feeling hungry on the cleanse?

The core premise of this program is about adding more beautiful, healing, plant-based foods into your diet. We highly recommend you listen to your body and make sure you're not depriving yourself.

Suggested serving sizes of the juices, smoothies and soups are merely a guide. We encourage you to adjust your intake based on the varying nature of your individual needs and preferences.

If you are finding that the serving sizes are not enough, then feel free to increase the amount so that you are not left feeling hungry. If you feel short on healthy fats, protein or greens, add them into your smoothies. After all, this cleanse is about nourishing and cleansing, not deprivation or restriction.

If you find that you just want to 'chew' something or still feel the need for something else to feel satiated, we have come up with a list of approved snacks which we highly recommend you consider, especially if you are new to cleansing, or if you simply have a healthy appetite.

- Vegetable sticks (e.g. celery, carrot, peppers (capsicums), cucumbers, green beans)
- Sauerkraut or fermented vegetables
- Low sugar fruits like avocados, grapefruits and fresh or frozen berries.
- Steamed green vegetables with olive oil and lemon juice (broccoli, asparagus, carrot, beans and other non-starchy green vegetables)
- Miso soup with eschalots and green vegetables
- Any fresh fruits or vegetables that you have around!

## What about exercise on the cleanse?

We recommend that when cleansing you keep your exercise routine as gentle as possible. This is a time for your body to heal and rejuvenate. Think breathwork, walking, gentle yoga and stretching.

## What sort of detox symptoms should I expect?

Detoxing and cleansing is unique for everyone. However, there are a few common symptoms that are often experienced by many people that we wanted to highlight to you.

- If you're feeling extremely hungry or constantly light-headed, please refer to the "what if I'm feeling hungry" question above.
- If you're suffering from headaches or aches and pains, it could be that you're going through withdrawal symptoms from eating a large amount of sugar, processed foods or caffeine.
- You may also notice your bowel movements change. The way each person's body reacts is completely unique; however, you can expect some changes in frequency, color, and consistency during the cleanse.
- If your symptoms are more severe, then please see your health practitioner. This cleanse shouldn't be about toughing it out. It's about respecting your body.

The most important part to this cleanse is about respecting your body and tuning in to what your emotions and feelings could be telling you. We are intelligent beings and our bodies are continuously communicating to us – if we are willing to listen.

## **What if I want to quit?**

It's ok to feel like you want to quit. Honor that feeling and don't beat yourself up. Here are a few suggestions for when the going gets tough:

- Make another smoothie, soup, or juice
- Try some gentle exercise or breathwork to oxygenate and alkalize your blood
- Drink some more water
- Finally, if you're still feeling stuck have a snack from the section above

Be proud of yourself for participating in this cleanse and be kind to your body, both physically and emotionally. You're doing an amazing thing for yourself even just by reading this book. This is a journey towards vibrant health. Try to find a playful spirit in exploring the challenges that come up and learning more about yourself.

## **If I "cheat" and eat something, have I failed?**

**Please remember - you can't fail at this!**

Although we recommend you give the full liquid cleanse a try, if you need more food, that's okay.

Even if you continue eating your normal food intake and simply add these juice and smoothie recipes to your day, you'll be providing your body with a huge influx of nutrients..

There is no losing in this cleanse. Do what feels right for you and your body. Experiment with trying these recipes and you will still get huge benefits! You are doing something wonderful for your body by providing it with all this beautiful liquid nutrition.

## **What foods should I try my best to absolutely avoid on the cleanse?**

This cleanse is designed to be free from refined sugars, wheat, grains, dairy, meat, and many other common allergens (like soy, peanuts, eggs, and seafood). It's best to avoid these foods when on the cleanse.

Additionally, everyone's body is different. We all process foods differently and we have different tolerances to individual ingredients. You are completely unique and we need to respect that. If there is something that doesn't sound good or you know it's an ingredient that you don't tolerate very well, please don't include it. You have not failed by listening to your body. In fact, that's a huge success!

## **What if I'm currently taking medications?**

If you're taking any medications, make sure you consult your physician or health care professional before taking part in the 7 Day Food Matters Cleanse program.

## **What if I really feel like something warm to drink in the morning or throughout the day?**

You can always have a detox tea, or additionally, try our creamy, delicious, Detox Latte (p. 54). It's a great substitute for coffee, if you're feeling like you need a fix.

## **What if I don't like avocado or if they are out of season?**

You can use coconut oil instead, as this provides a source of healthy fats to the smoothie, that would otherwise be delivered from the avocado.







# <sup>SUPER</sup> Simple Green Drink

SERVES: 1

Get your dose of alkalizing greens in less than a minute! This potent blend lives up to its name, providing a super simple way to get more greens into your diet. As no fruit has been added, it's also fructose free.

#### **Why it's so good for you:**

Green powders such as wheat grass, barley grass, spirulina and chlorella (or a blend of these) are nutrient-dense and help to detoxify and alkalize the body. Spirulina contains copper, iron, manganese, magnesium and potassium, among other minerals. It also contains a healthy dose of vitamins and disease-fighting antioxidants.

#### **Ingredients**

8 oz (230 ml) of spring or filtered water  
1 tsp green powder of choice (wheat grass, barley grass, spirulina and chlorella or a blend of these)

#### **Method**

Stir all ingredients together vigorously.

# Ginger Lemon Detox Drink

SERVES: 1

## Why it's so good for you

There's a reason why so many of us wake up to a glass of warm lemon water! Lemon juice helps flush out toxins and aids digestion by encouraging the production of bile. It is also a great source of essential nutrients including citric acid, potassium, calcium, phosphorus and magnesium.

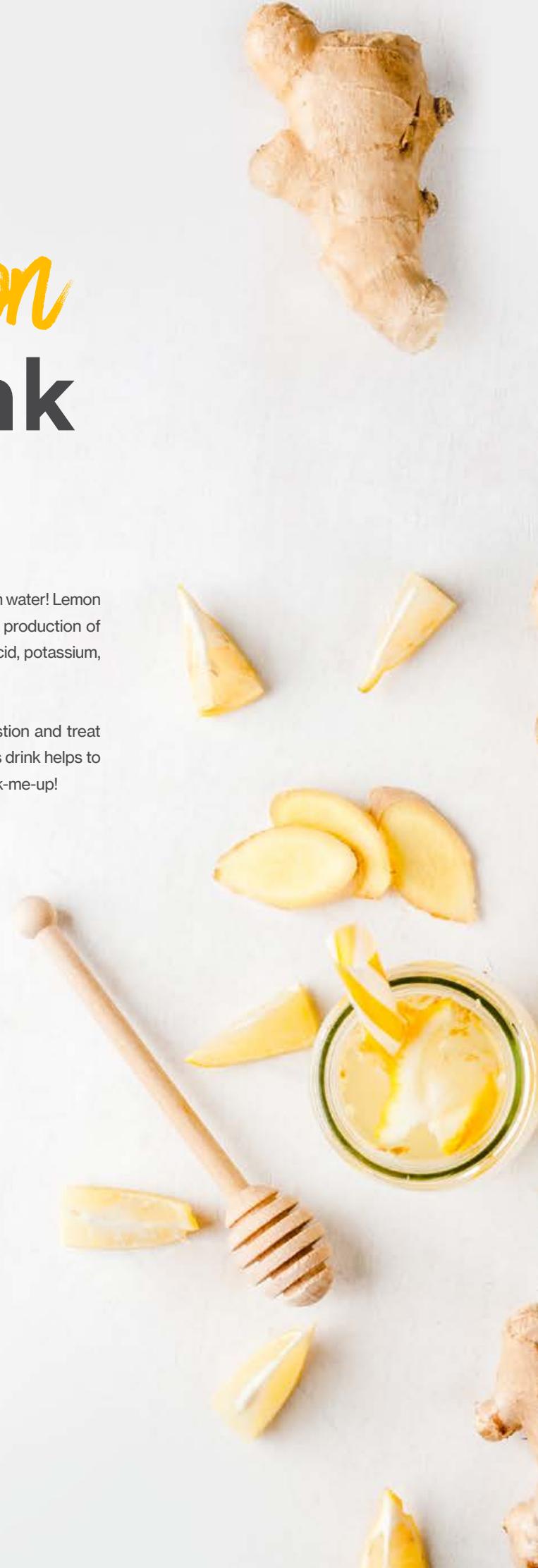
Ginger has been used for over 2,000 years to help support digestion and treat stomach upsets, diarrhea, and nausea. The addition of ginger to this drink helps to soothe the stomach, reduce inflammation, and provide a gentle pick-me-up!

## Ingredients

10 oz (295 ml) spring or filtered water  
½ inch ginger root  
Juice of ½ a lemon  
1 tbsp raw honey (omit for sugar-free option)

## Method

1. Add the lemon and honey to the glass of water.
2. Grate the ginger finely on a chopping board.
3. Squeeze the ginger pieces in your hand, letting the juice of the ginger drip through your fingers and into the glass of water. Alternatively, using a garlic press works well, too!
4. Enjoy at room temperature.



# Herbal Detox Tea

SERVES: 1

Detox teas contain herbs that nourish the liver, an organ responsible for clearing toxins from your body. Detox teas assist the body to get rid of toxic waste, which helps to improve your digestive system and detoxify and cleanse the body.

## Benefits:

- Removes toxins from the body (and cleanses the liver)
- Reduces inflammation
- Aids weight loss naturally
- Promotes skin health and minimizes the signs of aging
- Boosts energy and mental alertness

## Ingredients

1 detox tea bag

## Method

1. Steep the tea bag in a cup of hot water for 3-5 minutes.
2. Enjoy.

## Note:

You can buy detox tea from health food stores, supermarkets and online. Recommended brands include Yogi Tea, Traditional Medicinal, Planet Organic, Organic India.

You can make your own using herbs:

Ginger - Turmeric - Dandelion Root - Chicory Root - Fennel Seed - Licorice Root - Peppermint Leaf - Milk Thistle - Celery Leaf.

Simply mix together equal quantities of the desired dried herbs. Store in an airtight container or jar. When you are ready to make the tea, simply add a teaspoon or two to a teapot and steep for 3-5 minutes.





# Super Detox Green Juice

SERVES: 1

Reduce inflammation of the digestive system and alkalize your body with this refreshing, cleansing juice! Packed with greens to detoxify, hydrate and nourish your cells. It's the perfect pick-me-up or healthy morning kick-start.

## Why it's so good for you:

Celery provides protection against inflammation of the digestive tract. Just one cup meeting more than  $\frac{1}{3}$  of your daily needs for Vitamin K (necessary for bone health and blood clotting).

### Ingredients

2-3 celery stalks, leaves removed  
1 small cucumber  
2 kale leaves  
1 small lemon or lime, peeled  
1 pear or apple

### Method

1. Juice all ingredients except the green powder.
2. Stir in the green powder of choice

### Optional:

1 tsp green powder of choice  
(wheat grass, barley grass, spirulina and chlorella or a blend of these)

### TIP:

If you're making the Super Detox Green Juice on the 7 Day Food Matters Cleanse, make 2 servings at a time and keep the other in the refrigerator for use in 2 days' time.



# Ginger Turmeric Shot

SERVES: 1

A quick shot of goodness that will fight inflammation, ward off colds and flu, and soothe stomach upsets!

## Why it's so good for you:

This juice shot combines two incredibly powerful ingredients that your body adores! The combination of turmeric and ginger offers a potent mix of compounds that are anti-inflammatory and rich in antioxidants, offering huge immunity benefits!

## Ingredients

1/4 inch knob ginger  
1/4 inch knob turmeric  
1 small green apple

## Method

1. Juice all ingredients.
2. Pour into your glass and enjoy.

## TIP:

If you're making the the Ginger Turmeric Shot juice on the 7 Day Food Matters Cleanse, make 2 servings at a time and keep the other in the refrigerator for use in 2 days' time.



# Signature Green Smoothie

SERVES: 1

Starting your morning with a green smoothie is an excellent way to feel invigorated, refreshed, and ready to take on the day.

## Why it's so good for you:

Adding spinach, "the green element", to your smoothie is a great way to get in those extra vitamins. High in vitamin A, C, E, K and bioavailable in iron, manganese, calcium and folate, spinach is truly a powerhouse green that supports many functions of the body.

Discreet in flavor, the avocado in the smoothie is a little powerhouse on its own. Avocados are high in essential fatty acids (monounsaturated fats), a type of fat which is integral in cell function and synthesis of some important hormones. Not to mention, adding this fat into your smoothie helps you feel "fuller" for longer and prevents those post-meal hunger pangs.

We also wanted to say, "Fear not green smoothie newbies." This recipe does include bananas, cinnamon and dates for sweetness!. The combination of these ingredients makes for a delicious blend; not to mention all these ingredients are functional foods as well! Bananas are high in potassium and great for metabolic balance; cinnamon reduces blood pressure; and dates contain fiber!

## Ingredients

Handful of baby spinach (or frozen)  
½ avocado  
1 banana  
1 date, pitted  
1 serving protein powder of choice  
*(vegan, whey or hemp seeds)*  
½ tsp cinnamon  
12 oz (355 ml) unsweetened plant-based milk  
of choice (*coconut, hemp, almond, rice*)

## Method

1. Add all ingredients to blender and blend until smooth.

## Optional Extras

Chia seeds, maca powder, greens powder, nut butter, raw cacao powder, fresh mint, spirulina powder, coconut oil.

## NOTE:

Avoid protein powders containing sugar, artificial sweeteners, additives, and artificial flavors. Opt for either plant-based or organic whey protein using only natural ingredients.



# Clean and Green Smoothie

SERVES: 1

This smoothie, packed with alkalizing greens and fiber, is bursting with flavor from the ginger and lime.

## Why it's so good for you:

This refreshing and tangy green smoothie is packed full of nutritious ingredients and will have you glowing from the inside out! The combination of ginger, lime, and fresh herbs makes it extra special!

Ginger has a variety of health benefits and has been used medicinally for centuries. Being widely known for its immune-boosting and anti-inflammatory properties, the addition of ginger in this smoothie adds a new depth of warmth, spice and flavor.

Many green smoothies involve a lot of fruit and sweetener. This recipe is especially designed to include no added fruit sugar to aid with the natural detoxification process and keep blood sugar levels in check. The tangy lime helps to lift the greens and provides a new level of flavor without sugar.

## Ingredients

1 handful spinach  
½ cucumber  
1 tbsp parsley leaves  
1 tbsp cilantro (coriander) leaves  
½ inch knob ginger  
½ lime, peeled  
1 tbsp chia seeds (or less if preferred)  
12 oz (355 ml) coconut water

## Optional Extras

1 tsp green powder of choice (wheat grass, barley grass, spirulina and chlorella or a blend of these)  
1 tbsp coconut oil.  
½ small avocado.  
(if you feel the recipe needs more fat to keep you satiated)

## Method

Add all ingredients to blender and blend until smooth.

# Coconut Hydrator

SERVES: 1

The ultimate thirst quencher and hydration drink packed with electrolytes and antioxidants.

## Why it's so good for you:

Coconut water has so many amazing health benefits. It's packed full of vitamins, minerals and phytochemicals. The star of the show is potassium, but it also contains a small amount of sodium, calcium and magnesium, making it the perfect natural electrolyte drink.

Electrolytes are critical to maintaining hydration and preventing dehydration, as well as maintaining blood volume and heart health. Maintaining electrolyte levels can help reduce dehydration, fatigue, stress, and helps aid muscle relaxation.

Coconut water also tastes delicious and is the perfect base for any smoothie or even on its own with a squeeze of lime. That's what makes this coconut hydrator so good for you.

Of course, coconut water from the coconut is best, but when buying commercial coconut water, choose brands without any added sugar or preservatives.

## Ingredients

- ½ cucumber, chopped
- ½ cup frozen blueberries
- 1 pinch of sea salt
- 12 oz (355 ml) coconut water

## Method

Add all ingredients to blender and blend until smooth.



# Choc-Mint Green Smoothie

SERVES: 1

This green smoothie recipe tastes just like mint chocolate chip ice cream – sans bloating and sugar overload.

## Why it's so good for you:

One of the star ingredients in this smoothie is raw cacao. Raw cacao offers amazing health benefits for your entire body!

Cacao is one of the healthiest foods you can consume. Cacao contains the mood improver anandamide – known as the bliss molecule – which creates a feeling of euphoria. Another mood-enhancing compound found in cacao is PEA or phenylethylamine, which triggers the release of endorphins and pleasurable opium-like neurochemicals.

It also helps protect you against heart disease, prevents premature aging, boosts energy, prevents sunburn, helps improve brain function, and helps improve your metabolism.

## Ingredients

12 oz (355 ml) unsweetened plant-based milk  
of choice (coconut, hemp, almond, rice)  
1 handful mint leaves  
(or optionally 2 drops peppermint essential oil)  
1 serving protein powder of choice  
(vegan, whey or hemp seeds)  
1 tbsp raw cacao powder or nibs  
(or less if preferred)  
Handful of spinach  
1 date, pitted  
½ avocado  
1 banana

## Method

Add all ingredients to blender and blend until smooth.





# Turbo Charge Smoothie

SERVES: 1

There are many ways to enjoy the health benefits of pineapples, including green smoothies! Aside from the delicious taste, this smoothie provides a host of health benefits.

## Why it's so good for you:

Besides the fact that pineapples instantly remind you of being on a tropical island, this amazing tropical fruit can help you get glowing skin, reduce bloating and digestive issues, prevent colds and flu, reduce inflammation, and even strengthen your bones! That tropical fruit with its spiky green leaves and rugged, golden skin is a collection of multiple fruits and a powerhouse of health benefits!

Fresh pineapple provides a host of vitamins and minerals including vitamin A, C, calcium, potassium, magnesium, and manganese! Pineapples also contain the digestive enzyme bromelain, a natural enzyme that supports the digestive system in breaking down and absorbing nutrients from the food we eat. Studies show that the bromelain enzyme in pineapples can reduce swelling, bruising, healing time, and pain associated with injury and surgical intervention, as well as inflammation in the body.

## Ingredients

1 handful spinach	½ lime, peeled
½ cucumber, peeled	12 oz (355 ml) spring water
½ cup pineapple, chopped	or coconut water.
½ avocado	

## Optional:

1 tsp green powder of choice (wheat grass, barley grass, spirulina and chlorella or a blend of these)

## Method

Add all ingredients to blender and blend until smooth.



# Heavy Metal Detox Smoothie

SERVES: 1

This smoothie is refreshing, alkalizing, and delicious. It will also help gently eliminate heavy metals from your body.

## Why it's so good for you:

We are often exposed to products that contain toxic heavy metals. Many of us come into contact with them through the environment, products we use in our daily lives, and even products we cook with such as aluminum cans, aluminum foil, and metal cookware.

Thankfully, removing these heavy metals is simply done by consuming the right foods. This smoothie is designed to pull heavy metals out of your organs where they can accumulate over time.

## Ingredients

½ cup frozen blueberries  
½ lemon, peeled  
1 handful cilantro (coriander)  
1 handful parsley  
½ green apple  
1 tbsp chia seeds (or less if preferred)  
12 oz (355 ml) coconut water

## Optional:

1 tsp green powder of choice (wheat grass, barley grass, spirulina and chlorella or a blend of these)  
1 tbsp coconut oil  
½ small avocado  
(if you feel the recipe needs more fat to keep you sated)

## Method

Add all ingredients to blender and blend until smooth.



# Creamy Detox Latte

SERVES: 1

## Why it's so good for you:

Highlight: No need to miss out on your morning cup of coffee or afternoon pick me up. This Creamy Detox Latte is both delicious and detoxifying and has no coffee in it. Instead it is made on detox tea which makes it so good for you. It's the perfect afternoon pick me up and a delicious warm treat.

Detox teas contain herbs and spices that facilitate the liver to release toxins. You can buy a store bought tea or make your own from a range of herbs such as ginger, turmeric, dandelion, chicory, fennel, licorice, peppermint, milk thistle and celery leaf.

The coconut oil provides a good source of healthy fat which gives it a creaminess and richness while assisting with toxin removal by acting as a carrier for toxins to bind to.

## Ingredients

1 detox tea bag  
6 oz (180 ml) spring or filtered water, boiled  
6 oz (180 ml) unsweetened plant-based milk of choice (coconut, hemp, almond, rice)  
1 tbsp coconut oil  
1 serving of protein powder of choice (vegan, whey or hemp seeds)  
½ tsp cinnamon  
1 date, pitted

## Method

1. Steep the tea bag in 6 oz of hot water for 3-5 minutes
2. Remove the tea bag and add the tea to a blender along with all other ingredients
3. Blend until well blended and smooth
4. Sip and enjoy





# Healing Detox Broth

SERVES: 7

Ever wondered why chicken soup is good for a cold? Chicken broth inhibits neutrophil migration and helps lessen the side effects of colds, flus, and upper respiratory infections.

## Why it's so good for you:

Vegetable broths are rich in alkalizing minerals and perfect for cleansing. These minerals help to alkalize the body and increase the oxygen carrying capacity of your blood which has multiple positive health benefits.

Non-vegetarians can also add in the optional chicken. Chicken broth has the additional benefit of increasing the protein and mineral content. It is also rich in gelatin, which is great for healthy skin and joints and for supporting the healing of the gut wall.

## Ingredients

1 large onion, roughly chopped  
6 celery stalks, roughly chopped  
3 carrots, roughly chopped  
4 cloves garlic, crushed  
1 bay leaf  
1 tbsp mixed dried Italian herbs (*thyme, rosemary, oregano etc.*)  
2 tbsp sea salt  
1 tsp pepper (ground or whole)  
1 tsp turmeric powder  
(or 1 tbsp fresh turmeric, chopped)  
1 tsp ginger powder  
(or 1 tbsp fresh ginger, chopped)  
2 tbsp apple cider vinegar  
1 large chicken or chicken carcass  
(for chicken broth)  
2¾ quarts (11 cups) of water  
(to yield 10.5 cups or 1.5 cups per day for 7 days)

## Method

1. Add onion, celery, carrots, garlic, bay leaf, dried herbs, sea salt, pepper, turmeric, ginger, and water into a pot or slow cooker.
2. If making chicken broth, add chicken carcass also.
3. If you're making the vegetable broth, slow cook or simmer for 2-4 hours. If you're making the chicken broth slow cook or simmer for 6-10 hours.
4. Strain the liquid. Allow to cool.
5. Divide the broth into 7 x 12 oz (1½ cup) portions. Store 3 of the portions in glass containers or jars in the refrigerator (this will be used for the first 3 days of the cleanse).
6. Freeze the other 4 portions of broth in freezer-proof containers or one large portion (*this will be used for the second half of the cleanse*).



# Green Vegetable Soup

SERVES: 1

Packed with nutrient-rich vegetables, this vegetable soup will nourish from the inside out!

## Why it's so good for you:

Nutritionally, this vegetable soup is packed full of many water soluble vitamins as well as dietary fiber and a range of minerals. It helps to regulate the digestive tract and includes detoxifying vegetables and alkalizing greens like kale, broccoli, zucchini, green beans, cilantro, and parsley.

### Ingredients

12 oz (355 ml) healing detox broth  
1/4 cup broccoli, finely chopped  
1/4 cup green beans, finely chopped  
1/4 cup zucchini, finely chopped  
1/4 cup kale, finely chopped  
2 tbsp parsley, finely chopped  
2 tbsp cilantro/coriander, finely chopped  
Salt & pepper to season.

### Method

1. Place the broth in a medium saucepan and heat on medium heat.
2. Chop the vegetables and add to the saucepan
3. Allow to simmer for 7-10 minutes until the vegetables are soft and well cooked
4. Add the soup to a high-speed blender and blend until smooth.
5. Serve and garnish with the fresh parsley and cilantro.

# Ginger & Lemongrass Pumpkin Soup

SERVES: 1

## Ingredients

12 oz (355 ml) broth (vegetable or chicken)  
4 oz (120 ml) coconut milk  
1 cup pumpkin, chopped  
1 inch knob ginger, thinly sliced  
1 pinch cayenne pepper  
*or 1 small chili, finely chopped*  
1 lemongrass stalk, roughly chopped  
1 tsp coriander seed powder  
1 tsp cumin powder  
1 pinch sea salt

## Method

1. Add everything to pot and simmer for 7-10 minutes.
2. Remove lemongrass. Add the soup to a high-speed blender and blend until smooth.



# Spiced Cauliflower Soup

SERVES: 1

A simple and delicious Indian spiced cauliflower soup with a warming depth of flavor!

## Why it's so good for you:

Cauliflower is a rich source of potassium, vitamin C, and glucosinolates. Glucosinolates are sulfur-containing compounds that give cauliflower its pungent smell and flavor. Glucosinolates activate the body's detoxification system. Research suggests that they may play a role in preventing various types of cancer.

Garam masala is a blend of spices commonly used in Ayurvedic cooking. Garam masala is said to "heat the body", meaning it raises body temperature and adds a warming component to meals. Health benefits of garam masala include boosting immunity, promoting weight loss, helping with digestive processes, alleviating pain, and lowering blood sugar levels.

## Ingredients

1 cup cauliflower, cut into florets  
12 oz (355 ml) broth (vegetable or chicken)  
4 oz (120 ml) coconut milk or cream  
1 tsp garam masala  
(*black peppercorns, cinnamon, clove, cardamon, nutmeg*)  
1 pinch cayenne pepper  
1 pinch sea salt  
1 pinch freshly ground black pepper  
1 small handful coriander leaves, to serve

## Method

1. Add everything to pot and simmer for 7-10 minutes.
2. Add the soup to a high-speed blender and blend until smooth.







# Vitamin C Bowel Flush

Vitamin C has many important roles in the body, including supporting the production of collagen within tissues. It is one of the most important vitamins your body requires. The only way of obtaining vitamin C is through your diet and supplements.

A vitamin C flush delivers high doses of vitamin C to the point where it totally saturates the system – and in the process, supports the immune system and the healing process. It involves taking as much vitamin C as your body can tolerate. Once you've reached your 'bowel tolerance', the point where your gut can't absorb any more vitamin C, you will experience a sudden urge to evacuate your bowels. Please do not do a flush while on the go! You'll want to be in the comfort of your own home or close to a bathroom for this one.

## Ingredients

3,000 mg of vitamin C (normally 1 tsp of a high strength vitamin C powder) - you can obtain this from any health food shop or drugstore. **Look for:** sodium ascorbate or calcium ascorbate, this helps bring up the pH and make it less acidic, minimizing risks of heartburn or gut inflammation.

8 oz (235 ml) water

## Method

1. In a glass or cup, add the vitamin C powder and water.
2. Stir together until the powder is dissolved.
3. Drink and repeat every 15 minutes until bowel tolerance is reached (when you have the urge to evacuate the bowels.)

## ⚠️ Warning

You can't 'overdose' on vitamin C per se. When you reach your limit of vitamin C absorbency, the remaining amounts will simply pass through the bowel. However, if you have any pre-existing health conditions including IBS or inflammatory bowel disease, it is strongly advised that you speak with your holistic health practitioner first to see if a Vitamin C flush is suitable.



# Detox Enhancers

## Antiparasitic

Parasites are generally obtained by consuming contaminated food or water.

They can cause disease in humans. The foods and supplements mentioned below can help kill off worms and parasites in your system.

- Oregano oil
- Pumpkin seeds
- Clove oil
- Grapefruit seed extract
- Wormwood
- Coconut oil
- Black Walnut
- Garlic
- Onion
- Papaya



## Anti-Fungal & Anti-Candida

Candida overgrowth is one of the most common types of fungus imbalances that you can suffer from. Candida is a fungus that helps with nutrient absorption and digestion, if in proper balance. However, when your body's natural pH levels are upset, it can lead to overgrowth and cause yeast infections in your mouth, intestinal tract, and vagina. The foods listed below can help rid the body of excess candida and help flush the digestive tract.

- Coconut oil
- Garlic
- Seaweeds
- Ginger
- Lemon
- Lime
- Olive oil
- Milk thistle



## Anti-Inflammatory

Inflammation is at the root of most diseases. When the immune system is on overdrive and begins attacking healthy body tissues, it can cause inflammation in the body. The below foods can help reduce inflammation:

- Turmeric
- Green leafy vegetables
- Cruciferous vegetables
- Beets



## Anti-Bacterial

Hippocrates said, "Let food be thy medicine and medicine be thy food." Long before pharmaceutical antibiotics, there were foods and herbs that could help guard us against infection and disease on a regular basis. Below are foods that are regarded as natural antibiotics without the harmful side effects of medication.

- Garlic
- Clove
- Lemon
- Coconut oil
- Honey
- Cabbage
- Raw apple cider vinegar



## Colon Cleansing Foods

Every day we are exposed to a shocking number of toxins. Eating foods that support your body's natural detoxification system can help prevent your body from harmful toxin overload. Below are foods that can help support your body's detoxification organs.

- Aloe vera
- Cruciferous vegetables
- Flax seeds
- Green tea
- Lemon
- Avocado
- Apples
- Apple cider vinegar
- Epsom salts
- Asparagus
- Brussels sprouts
- Cabbage
- Celery
- Seaweeds
- Chard
- Leeks
- Peas



# Daily Detoxifying Rituals

Here are some simple tips to help you through your 7 Day Food Matters Cleanse:

## 1. Hydrate

Try to drink water infused with lemon or lime to stay hydrated, aid digestion and detoxification processes, and provide extra vitamin C and flavor.

## 2. Herbs

Adding some liver-loving herbs to your daily diet is a great way to support your body's natural cleansing abilities. Some herbs we recommend are milk thistle, turmeric, and dandelion root. You might also like to consult the naturopath at your local health food store for additional recommendations.

## 3. Tongue scraping

This is an Ayurvedic oral hygiene practice that removes bacteria, food debris, fungi, toxins, and dead cells from the surface of the tongue. Tongue scrapers are inexpensive and can be found at most health food stores, as well as [online](#).

## 4. Colonics / Enemas

Having regular colonics or enemas is a safe and effective way of cleansing the colon by repeated gentle flushing with warm, filtered water under very low pressure using specialized massage techniques. Benefits include improved bowel regularity, improved digestion, increased immunity, increased energy levels and mood, clearer and brighter skin, and hydration. If you have never done a colonic or enema, you may want to consult your health practitioner to see if this option is right for you.

## 5. Dry body brushing

This powerful, yet simple, technique increases blood circulation and lymphatic drainage, helping to release toxins. Dry body brushing also helps shed dead skin cells (and encourages new cell growth), which results in smoother and brighter skin. Use a soft, natural bristled brush. Dry brush before your shower every morning by using a light pressure in circular motions as you brush. Starting at your feet, brush up towards your chest. Once you have finished, take a shower to wash away the dead skin cells.

**Tip:** While showering, alternate the water temperature between hot and cold to further stimulate blood circulation.

### Additional Supplements to Consider

**Magnesium citrate powder** – helps to bring moisture into the bowel and soften stools for them to pass easier.

**Psyllium husk caps** - Psyllium is a bulk-forming laxative that is rich in soluble fiber. It helps to rid the colon of excess waste naturally.

**Herbal liver formula with dandelion root, milk thistle, turmeric** - This powerful trio can significantly help support liver detoxification. The dandelion root is a natural diuretic that can help your liver to eliminate the toxins quicker and helps soothe digestive issues. Milk thistle helps to rebuild liver cells while simultaneously removing toxins from the body. Turmeric is an incredible anti-inflammatory food and curcumin stimulates the gallbladder, which produces more bile and, in turn, helps aid digestion.



## 6. Daily breath work

Try 10-20 diaphragmatic breaths when you wake up in the morning and before you go to bed at night.

You can also do this throughout the day if you are feeling stressed or anxious.

## 7. Oil pulling

An ancient Ayurvedic ritual dating back over 3,000 years, oil pulling involves placing a tablespoon of extra virgin organic cold pressed oil (I use coconut oil, but sesame or olive oil is fine, too) into your mouth and swishing it around for up to 20 minutes (minimum 5 minutes), then pulling it between your teeth before spitting it out.

Benefits of oil pulling include: whitens teeth naturally, increases energy, aids detoxification processes, hormone balancing, reduces headaches, clears skin, and promotes oral hygiene.

## 8. Epsom salt bath

A great way to help flush out toxins, soothe sore muscles, and assist with relaxation. You can find Epsom salts at most health food stores, as well as [online](#).

## 9. Mindful eating and chewing

Though you are mostly on liquids, take a moment to be present with each meal. Be sure to taste and feel the different textures and listen to your body's satiety cues.

## 10. Sleep

Try to go to bed early to ensure you get enough quality sleep. This will help balance your circadian rhythm.

Try to switch off all technology at least an hour before bed and avoid bright (and blue) light in the evening.

This will help with evening melatonin production (sleep hormone). Aim for 7-10 hours.



*Part 3*  
**Post Cleanse**



# Keep The Good Vibes Going Post Cleanse

A big question we get after people have gone through our cleanse and are feeling on cloud nine is, "How do I continue feeling good?"

Unlike an extreme diet, a cleanse is not meant to be a quick fix solution. Think of it as the starter to ignite the fire within you and kick-start your health. It lays the foundation for a cleaner way of eating and establishing new long-term health habits.

One thing to consider post cleanse is which foods you decide to reintroduce back into your diet. During your cleanse you will have eliminated foods that commonly cause allergies, food sensitivities, and inflammation. After finishing your cleanse, if you choose to re-introduce certain foods back into your diet, we recommend you don't add them all at once and really think about whether they are serving you and how they make you feel.

We personally recommend steering clear of the big 3: processed sugar, gluten, and conventional dairy or meat products. This is by no means a rule. However, research has proven that these foods can cause a lot of inflammation within the body and can be the catalysts for chronic illnesses.

A big thing to remember is to never feel guilty about what you eat. The feelings of guilt or shame create a really negative relationship with your food and have actually been shown to dump toxic chemicals into your body. If you have a day where you decide to have cake at a birthday or eat some popcorn while going to the movies with family and friends, don't beat yourself up! Enjoy those treats and approach them as "occasional" foods that you only have once in awhile.

And lastly, listen to your gut! When you've done the cleanse, ask yourself, "What do you think made the biggest difference?". Tap into what your body benefited from the most during the cleanse and try to take that on board for your future way of eating. Whether it was cutting down on stimulants or omitting gluten, everyone's body is different and you are your own #1 expert in knowing what works for you!



PART 3.2

# How To Live A Detoxification Lifestyle

Top 10 Nutritional Tips To Promote A Healthy Body Post Cleanse

We've put together 10 handy nutritional tips to ensure your body gets the proper nutrients it needs to function effectively on a daily basis post cleanse. These aren't rules (because who seriously wants to follow rules!) but guidelines that will help steer you into a healthy way of eating in the long term.

## 1. Eat as Nature Intended

Nature didn't create you to eat ready-made frozen meals with artificial preservatives and chemicals. Our ancestors have always lived in symbiosis with nature. Humankind has always been geared toward natural food. It's simple: eat more "living" food and eat less "dead" food. This means plenty of fresh vegetables and fruits (in season and in a wide range of colors), herbs, seaweeds, mushrooms, sprouted nuts and seeds, natural yogurt, and cultured vegetables. And if you eat meat and animal products, this would also include organic free-range eggs, wild-caught fish, game, and naturally reared animals.



## 2. Choose Organic

Organic fruits and vegetables can often contain more vitamins and minerals than their non-organic or conventional counterparts, particularly if they have been picked ripe and are locally grown. They are also safer to eat because they are grown without the use of chemical fertilizers, pesticides, and genetically modified organisms (GMO's). All of these have been shown to have harmful effects on our reproductive health and hormones and overload the liver.

If you eat animal products, choose natural dairy from pasture-raised cows, organic free-range eggs, and naturally reared grass-fed or wild meats. It is especially important with animal products to ensure they are free from antibiotics, hormones, and GMO feed, as animal fats tend to concentrate toxins.

## 3. Dust Off Your Juicer or Blender

A juicer and/or blender can be your best friend. Let's say you come home from work and you're hungry and lethargic. Instead of reaching for a bag of chips or a chocolate bar, whip up a quick juice or smoothie, both of which are loaded with vitamins, minerals, and enzymes. It's an instant meal that delivers nutrients directly to the cells of your body.



#### 4. Limit Gluten-Containing Grains

Gluten is a protein found in most grains including wheat, rye, barley, and spelt. If you have an allergy to gluten – known as coeliac (or celiac) disease – and a general intolerance to gluten, you can do your body a world of good by cutting back on your gluten intake. Gluten can irritate and damage the intestinal lining and cause inflammation or immune reactions. It is also a major cause of leaky gut. Traditional preparation of these grains – soaking them for at least twelve hours and fermenting or sourdough leavening – helps to remove some of the gluten and renders them less harmful. Great gluten free grain alternatives include buckwheat, quinoa, rice, millet, corn and amaranth.

#### 5. Stay Away from Processed Sugary Foods

Too much sugar or other refined carbohydrates can lead to blood sugar highs and lows causing mood swings and food cravings, if not balanced by fats and proteins. Opt for foods that naturally have a lower glycemic load or glycemic index (GI). Choose vegetables and low-sugar fruits such as grapefruits, lemons, limes, pears, berries, and avocados over starchy grains. If you're going to eat high-GI foods, it's best to combine them with healthy fats to steady the uptake of glucose into the bloodstream. Avoid sweetened packaged foods, particularly those sweetened with high-fructose corn syrup, glucose syrup or artificial sweeteners.

#### 6. Eat Good Fats

People trying to lose weight often try to keep their fat and cholesterol intake to a minimum. This is because fat contains more calories per gram than carbohydrates and proteins. However, good fats and cholesterol are essential for the absorption of most nutrients and for hormone production. Enjoy the healthy and stable saturated fats found in coconut oil, wild-caught fish, organic dairy, eggs, and grass-fed meats, as well as monounsaturated fats like extra-virgin olive oil, macadamia nuts, and avocados. Reduce your intake of unstable polyunsaturated fats such as canola, soy, sunflower, cottonseed, corn, grapeseed, and safflower oils. These oils are often generally labeled as “vegetable oil” and found in products like margarine spreads, commercially baked cookies and potato chips, store-bought mayonnaise, salad dressings, and deep-fried foods.

## **7. Prepare Your Meals with Care**

Ditch the microwave. Eat more raw foods that have not been damaged by heat. When cooking, sauté, steam, or grill foods over low or medium heat with stable fats such as coconut oil, ghee, or butter in an old-fashioned cast iron pot. These stable saturated fats are less volatile and ideal for cooking, especially compared to most unstable polyunsaturated vegetable oils which become toxic to the body when oxidized at high temperatures.

## **8. Start with a Green Salad**

Before your main meal of the day, whether it be lunch or dinner (or both), start with a green leafy salad. Ditch the iceberg. Be adventurous - choose from romaine, arugula, cabbage and kale. Add chopped, mixed, fresh herbs like mint, parsley, cilantro, dill or chive. When you start with a salad, you fill your stomach with nutrient-rich plant foods, leaving less room for overindulging in your entrée or dessert.

## **9. Read Labels**

Chemical food additives can wreak havoc on our hormones and lead to weight gain and addiction. Avoid E numbers and watch out for MSG, the flavor enhancer that tricks our brains into thinking we need to overeat. MSG is often disguised by the following names: E621, monosodium glutamate, glutamic acid, hydrolyzed vegetable oil, yeast extract, autolyzed yeast, sodium caseinate, and mono calcium glutamate. It is also commonly found in ready-made soups, potato chips, sauces, and cookies. When in doubt, remember one simple tip: if you can't pronounce it, or if it includes numbers or codes, don't eat it!

## **10. Eat in a Relaxed State**

Our digestive systems are very sensitive. Rushing through your meal or eating on the run will put your body in a state of fight or flight, which compromises or shuts down your digestive processes, cutting off the assimilation of nutrients into your system. What we don't digest often turns into bacterial fermentation, bloating, or fat. Make sure you are seated and take the time to enjoy your meal in a relaxed state and with good intention.



# Your comprehensive guide to cleansing and harnessing the power of food as medicine.

- ✓ Get back to basics! We've put together delicious and simple recipes using wholefoods to nourish your body and support you on your journey to optimal health and vitality.
- ✓ Includes our fully guided 7 Day Food Matters Cleanse that focuses on using smoothies, juices and soups to gently remove toxins from your body and reset your health.
- ✓ Detailed health information based on scientific research, showcasing the benefits of cleansing, detoxing and how you can take back control of your health.
- ✓ Learn how to increase your energy, lose stubborn weight, stop food cravings in their tracks and finally feel incredible in your body again!
- ✓ Contains hints, tips and tricks to make your pre, during and post cleanse journey as enjoyable and fun as possible!

Let food be thy medicine.