



# 10 Day Reset

## Welcome to the 10 Day Reset!

*Nutrition is 80% of the battle when it comes to lifestyle change!*

Even when you try your best to eat well, it's difficult to know everything about nutrition. I often talk with clients who believe they are making good choices and don't realize that little oversights stand in their way of optimal health. Here is a quick start, 10 Day Reset program that will give you a re-boot to your system and start you on the right track to "cleaning up" your diet, specifically by introducing Green Smoothies which are full of nutrients and minerals your body needs to get started cleansing!

Here we go!

Green Smoothies are quickly taking the health world by storm! Green Smoothies are surprisingly simple, consisting of raw fruit (organic if you choose but not necessary) and raw leafy greens (again, organic if you choose but not necessary) with water. Despite their simplicity, green smoothies provide a ton of nutritional benefits that lead to a healthier lifestyle.

Benefits of a Green Smoothie include:

- Improved Digestion
- Increased Energy
- Reduction of Food Cravings
- Clearer Skin
- Release of Inflammation and so much more.

The 10 day Reset program using Green Smoothies is a truly transforming experience. Do note before getting started that you should follow the recipes as described, you may substitute fruits with vegetables and add in Power Shots (Power Shots are any one or more of these nutrient supplements in their raw form - 1 tsp of each: moringa/maca powder, collagen, protein powder (just no whey protein), chaga (mushroom powder), cinnamon, turmeric, chia seeds, bee pollen or other power nutrient you like.

## 10 Nutritional Things You Need To Know About Green Smoothies:

### 1. Flax Seeds

Flax seeds are filled with omega-3 fats, fibre and lignans (antioxidants) which all benefit heart health. But whole flaxseeds may pass through the intestines undigested, which means you'll miss out on the health benefits inside the seed. **Buy ground flex seeds** instead.

### 2. Smoothie Serving Size

It's easy to throw super food combinations into a blender. Blueberries, bananas, spinach and other sources of nutrient's sound like a dreamy breakfast, lunch or dinner elixir, but these concoctions can quickly become calorie bombs. Keep smoothies in the 300-calorie range (about 250-375 milligrams), using more veggies and fruits and going easy on the high calorie nuts and seeds (use the recipes in the program as prescribed and you will be fine).

### 3. Caffeine

Caffeine from **coffee can hinder your body's ability to absorb some of the vitamins and minerals** in your smoothie, including calcium, iron, B-vitamins and vitamin D. And it's not just coffee – beverages such as tea and cola contain caffeine, too. If you are going to have coffee, have it about an hour before your smoothie or try a coffee substitute from the handouts provided.

### 4. Sugar

The top source of sugar in the North American diet is sweetened beverages, not fruit. Sugary soft drinks have no beneficial nutrients, while fruit has fibre, vitamins, and protective antioxidants. Plus, **we don't tend to overeat fruit**, but do tend to drink too much soda or sweetened drinks. Consider how much easier it is to down a 600-millilitre soda or juice, as opposed to eating six bananas at one time. Both pack 16 teaspoons of sugar. Choose fruit and skip the soda or juice ☺

### 5. Meatless Option

Although the program is not a meatless dietary change, it is nice to add in a meatless day. For your snacks or meals outside of the smoothies, use regular canned beans for your meatless meals (tip: for those experimenting in reducing animal protein, a great way to start is with "Meatless Monday's"). Beans are an amazing source of fibre and protein, but canned varieties may have close to 1,000-milligrams of sodium per cup – that's two thirds of what you need in an entire day! **Look for cans that say "no-salt-added" or "low-sodium". If you can't find them, drain and rinse** your canned beans, which will eliminate about 40 per cent of the sodium.

## 6. Choose “NO” Labels

For many years, we've relied on label claims that tell us what our food doesn't contain: fat, sugar, gluten, etc. But it's more important to look at what the food does contain. Ultra-processed foods may be fat-free or sugar-free, but also loaded with preservatives or refined ingredients. Read ingredient lists and **choose foods that are as close to natural ingredients as possible.**

## 7. Milk Alternatives

Milk alternatives made from almonds, cashews, rice, etc., are often fortified with calcium and vitamin D but the added nutrients don't stay in the liquid very well and tend to sink to the bottom of the container. If you drink without shaking first, you can't reap the benefits of the added vitamins and minerals. **Shake well before serving.**

## 8. Salads

For salads, vegetables contain fat-soluble vitamins A, E and K, and a host of antioxidants that require fat to be absorbed. If you skip the oil and vinegar, you miss out on key nutrients from the salad. **Serve your greens with oil-based dressing, nuts, seeds** (this is why each smoothie recipe has flaxseeds) to dramatically boost your body's ability to soak up the veggie's beneficial nutrients.

## 9. Yogurt Fact

Yogurt is fermented milk, and fermented foods contain probiotics, so logic would dictate that all yogurts are probiotic-rich, but unfortunately that's not the case. If yogurt has been heated or pasteurized, probiotics are destroyed and may not be added back in. **Look for the words “live active cultures” or check ingredients lists for names of specific probiotics** (Lactobacillus acidophilus, L. bulgaricus, etc) to ensure you're getting these beneficial bacteria, which aid digestion and support the immune system.

## 10. Sport/Workout Drinks

Sports drinks are meant to replace fluid and electrolytes that are lost when you sweat excessively and are suitable after endurance sports such as a soccer game or marathon. But the extra sugar and salt in sports drinks are not needed for casual exercise with minimal perspiration. These **sports drinks also contain a great deal of sugar** (Gatorade has a minimum of 40 grams/bottle, that is almost as much as the 60+ grams in cola). Water is the best for hydration or look up natural sports drinks you can make yourself (see the Recipe Alternatives handout).

## LET'S GET STARTED.....

### Here is "How To Do" the 10 Day Reset Program:

#### 1. Two Smoothies per Day

Each day drink two smoothies, always one for breakfast and then the second for lunch or dinner. Please start your day with a smoothie for breakfast and then the second can always be reversed depending on your day and convenience. For example; have 2 Smoothies per day-1 at breakfast and 1 at lunch OR 1 at breakfast and 1 at dinner. Simply prepare the days' worth in the morning or night before and pack it up to take with you. Keep it refrigerated as much as possible. Drink the lunch smoothie 3-4 hours after the breakfast smoothie and be sure to sip them very slowly to avoid getting hungry. Each smoothie recipe makes 2 and a half smoothies so there is room for error and slippage.

#### 2. Snacks

You may snack on apples, celery, carrots, cucumbers, and other crunchy veggies. Other high-protein snacks include unsweetened peanut butter, almond butter or nut butter alternative, hard-boiled eggs and raw and unsalted nuts and seeds (but only a handful).

#### 3. Water

Drink at least eight glasses of water (64 ounces) per day, green tea or another alternative on the Coffee Substitute/Additional Recipe handout is also permitted.

The equation for the ideal amount of water to drink each day is:

Your Body Weight \_\_\_\_\_ lbs divided by 2= \_\_\_\_\_ ounces you need per day.

#### 4. Colon Cleanse (*ONLY* if necessary)

Perform one of the two methods of the colon cleanse (see page 15).

#### 5. NO Refined Sugar & Avoid Caffeine

DO NOT CONSUME refined sugar, red meat, milk, cheese, liquor, refined carbs (rice, white bread, pastas, donuts, muffins, etc). Avocado's may be eaten minimally on the Cleanse. Eliminate or reduce caffeine.

#### 6. Fitness Daily

For improved success add in Fitness training with a walk, workout or any form of movement you enjoy. However, be aware a rest day is extremely beneficial. Add in meditation and journaling is also a highly effective tool.

## 7. Open Mind

Have an open mind. This is a big change and adventure for many of you. It is very tough in the beginning (especially the first 3 days) but it will get easier as each day goes by.

**Let's jumpstart getting healthy! Keep reading!**

## 10 Reasons to Go Green!

1. **NUTRIENT-RICH:** The ingredients in smoothies are all raw and thus more nutritious. The extremely high temperatures often used during cooking destroy many of the nutrients in our food. Green Smoothies are loaded with beneficial vitamins, minerals, antioxidants, anti-inflammatory substances, phytonutrients, fiber, water and more! They are also full of chlorophyll, which is similar in structure to the hemoglobin in human blood. So, drinking Green Smoothies is much like receiving a cleansing blood transfusion.
2. **WEIGHT LOSS:** First off, it is important to note that I do not use the word "Lose" when referring to weight loss. I believe language is powerful and by using the word "Lose" or "Loss", it has a negative context. When saying the word "Lose" it is also as if you have lost something and you want to get it back, or that you lost and did not win. I always use the word "Release", try saying, "I am in the process of releasing weight", immediately by changing this one word you change the meaning of the message. It has a lighter context and sounds like you have released the weight and it will not come back. Release just sounds easier and makes it seem possible to accomplish. It is amazing how changing just one word can change how you feel and react to the process. In the program you will be pleasantly surprised to learn that Green Smoothies are an excellent way to release weight. They have a high content of water and are filled with green leafy veggies, which you can eat in abundance and still not gain weight. They also have a high fibre content that will help you stay full and reduce cravings. But please note that the 10 Day Reset has not been created for weight release purposes. It is for improved digestion, super nutrient-based diets and to cleanse your digestive system.
3. **DETOXIFICATION:** Our bodies naturally try to eliminate toxins but overexposure to any of them will slow down the body's detoxification process. The reality is that you can only assist the body in detoxification and eliminating toxins that can cause weight gain and harm your health. You can and should detoxify and cleanse the body if you want to live better and live longer. After your body utilizes nutrients from the food you eat, it must dispose of the unused food particles and waste produced by the digestive process. Without proper and complete elimination, undigested food can back

up and leave toxins and waste in your body. But thanks to Green Smoothies, you can get the fiber you need to cleanse your body, reset your digestive system, and eliminate toxins.

4. **VIBRANT, RADIANT HEALTH:** We have a BIOLOGICAL AGE & CHRONICAL AGE, we cannot change our “Chronical” age (your age by year) however, we can change our “Biological” age (your lifestyle/health age) as a healthy body is vibrant, full of energy and life! I believe that natural, healthy eating is the secret to inner and outer beauty. When you eat raw foods, you simply look and feel better and younger. Once you eat in a manner that keeps your cells clean and healthy, you will begin to look radiant, despite your age. You have a Biological Age and Human beings are designed to eat a diet primarily made up of fruits, vegetables, seeds and nuts. With these types of natural healthy foods, our bodies flourish and receive the necessary nutrients to keep our bodies toxin-free and looking beautiful. When you start drinking Green Smoothies, one of the first places you will begin to see changes is in the quality of your skin. Healthy eating and living will remove years from your face, eliminate wrinkles, fade age spots, and give you a “second youth”. Your skin will become supple, and acne will clear up. Your eyes will become brighter and begin to sparkle. The dark circles and puffiness will diminish as will the yellowness in the white of your eyes. On the inside of your body, your cells will become rejuvenated as well, causing your organs to function more efficiently.
5. **EASY TO DIGEST:** Green Smoothies are much easier to digest and metabolize than solid food. Just because you “eat” the right amount of fruits and vegetables every day does not mean you are automatically getting all the nutrients necessary for your health and well-being. There are many people who cannot effectively digest solid whole food, so the nutrients from the smoothie is completely absorbed by the body. Green drinks, which are in blended, liquid forms are far easier to metabolize. In fact, these delicious smoothies are so bio-available that their nutrients start to get absorbed by the body even while the smoothie is still in your mouth!
6. **IMPROVE DIGESTION:** Today’s standard diet has created numerous digestive issues such as heartburn, acid reflux, colitis, Crohn’s disease, and irritable bowel syndrome (IBS), just to name a few. The root of most digestive issues is low production of hydrochloric acid in the stomach. If enough stomach acid isn’t produced during digestion, much of the food we eat goes through the digestive track largely undigested, creating gas, bloating and other digestive disturbances. Once digested food builds up as plaque on the intestinal lining, it sets the stage for disease. Processed foods, excessive gluten and proteins, fried foods and other unhealthy fats are the main

reasons behind these digestive issues. Since Green Smoothies are thoroughly blended, the majority of the work your digestive system would normally need to do is already done, leaving the rest of the body a better ability to do what it's supposed to do without having to lend energy to the breakdown of foods.

7. **HYDRATION:** Staying hydrated gives you energy and helps ensure that your brain, muscles, digestive system, and immune system all work properly. Being dehydrated can be very dangerous. Drinking alcohol, soda or coffee, eating processed foods, and smoking cigarettes all dehydrate the body. The best way to tell whether you are sufficiently hydrated is to check the colour of your urine. If it is very pale, yellow or clear then you are properly hydrated. You do not want it to be a strong yellow colour. It's easy to forget to drink water throughout the day because of our busy, hectic lives. Many don't like the taste of water, but it is essential to a healthy, functioning body. To improve the taste of water, just add in fresh-squeezed lemon juice. Green Smoothies also allow you to rehydrate your body thanks to their high-water content.
8. **SIMPLY DELICIOUS:** The sweet taste of the fruit in the smoothies offsets the taste of the greens, making for a tasty and filling meal or snack. Many people who turn their noses up at Green Smoothies when they first see them become hooked after they taste them! Even children love the taste.
9. **EASY TO MAKE:** Preparation time is five minutes or less, and clean-up is quick and easy too. If you place all your ingredients in a plastic bag in the evening or before travel, all you need to do is toss them into your blender and go. After you finish blending you simply rinse the blender and that's it. Super easy for travel too. Every hotel room has a sink and electrical plug. You just need to bring along the blender, freeze your pre-mixed ingredients and put in a cooler for travel (not in an airplane of course but anywhere you can drive ☺).
10. **UNLIMITED # OF RECIPES:** There are over 100 Green Smoothie recipes out there. After the Reset program you do not need to follow the ones listed here. Look up smoothies on the internet or in magazines and in books. Ask friends for recipes they have used and enjoyed if you like. Sharing is so much fun when it comes to Green Smoothies! Just keep each day a bit different from the next. The key is variety to receive the benefits of all sources of vitamins, minerals and other nutrients. There are so many possible fruit, greens and liquid combinations that you can literally have a different recipe every day of the year. Try keeping your favourite recipes on index cards so you can use them repeatedly.

## WHICH GREENS AND WHY?

**Arugula:** Great source of folic acid as well as vitamin A, C and K. provides a boost for bone and brain health. It has a zippy, peppery taste.

**Beet Greens:** Leafy tops and are rich in vitamin K. They are known to help improve vision, help prevent Alzheimer's and boost the immune system.

**Boy Choy:** This is a Chinese cabbage that is mild tasting and crunchy. It is full of vitamins A, C and calcium, as well as antioxidants.

**Chard** (aka Swiss Chard): This is a leafy green vegetable that displays red stalks, leaf veins and stems. It has a beet-like taste and a mild texture. It is known to help prevent cancers and is good for cleansing the digestive system.

**Collard Greens:** A wonderful alternative to a grain wrap! They are nutritionally similar to kale but chewier and with a much stronger taste. They are a superior agent for binding to bile acids throughout the digestive tract, which makes them very good at lowering cholesterol.

**Dandelion Greens:** These look like weeds in your lawn but they are yet another great source of vitamin A and K. They help the digestion process and can help constipation issues because they are a natural laxative.

**Kale:** This is a light-weighted ruffled leafy green. It is loaded with vitamins A, C, K and more. It is known for lowering the risks associated with developing prostate, ovary, breast, colon and bladder cancers.

**Lettuce:** This has been a popular staple in salads since the time of the Ancient Egyptians. It contains essential amino acids and vitamins. Be sure to eat lettuces with dark green leaves to get the highest nutritional value. Romaine lettuce has high levels of vitamin C, K and A and is a good source of folic acid.

**Mustard Greens:** Spicy mustard greens are effective in lowering cholesterol and provide a healthy dose of riboflavin , niacin, magnesium and iron. They are a storehouse of phytonutrients that have many disease-preventing properties.

**Parsley:** This is rich in antioxidants, minerals, vitamins and fiber and is known to help reduce aging and regulate blood sugar levels.

**Spinach:** Perhaps the most beloved green leafy vegetable of them all, spinach is mild tasting and not as bitter as other greens. Its dark green leaves really pack a punch with high levels of omega-3s, calcium, magnesium and vitamins A, C, E and K. When most people start drinking Green Smoothies they start with spinach!

**Turnip Greens:** Turnip greens, although slightly bitter, are very flavourful. Turnip greens are effective at providing many numerous health benefits, but they stand out amongst other green leafy veggies in their ability to fight the development of cancerous cells.

## HOW IS BLENDING DIFFERENT FROM JUICING?

Juices and smoothies both have their health benefits, but I feel that in most cases, blending provides a wider range of benefits than juicing. Smoothies have more fibre, fill you up better and are both less expensive and less time-consuming to make.

Smoothies contain whole foods with loads of fibre. In juicing, the pulp is discarded, and you lose essential fibre. The main argument for those who prefer juicing is that the absence of fibre provides easy absorption of nutrients straight into the blood stream with little digestion required, and this allows the digestive system and body to heal. But fibre is critical for slowing the passage of food through the stomach and it keeps sugars from getting into the bloodstream too quickly. This helps regulate blood sugar and aids in weight control. Consuming greens in your smoothies helps to balance blood sugar and the high fibre content of greens helps slow carbohydrate digestion. Smoothies are more filling than juices, leaving us full and satisfied and less likely to overeat throughout the day. This is excellent news for those who wish to release weight. It is very easy to replace a meal with a smoothie and many do this for breakfast every day, even after the 10 day Reset is over. Smoothies are less expensive because it takes less fruit and vegetables to make a smoothie than it does to make the same size glass of juice. When we drink Green Smoothies, we are filled up longer, so this also prevents us from needing to buy a lot of other food throughout the day.

Blending is faster than juicing and easier to clean up afterwards. To make juice, all the fruit and vegetables must be cut up small enough to fit into the juicer and then processed one piece at a time. To make a smoothie, the fruits and veggies can go into the blender all at once. Additionally, a juicer must be taken apart to be cleaned and then put back together, which requires a lot of time and effort. Blenders just require rinsing, with no small parts to disassemble.

It's also easy to add Super Foods such as maca or acai berries to blenders as they will be blended through very evenly.

## THE PROTEIN MYTH

Green Smoothies that consist of 40 percent greens are a great source of protein. Greens provide protein in the form of amino acids, the building blocks of protein. These are easier for the body to utilize than complex proteins like those found in meats and other animal products. Greens supply ample amounts of amino acids, which provide us with all the protein we need.

When one eats foods that contain proteins, the digestive system must break down the proteins into individual amino acids in order for the body to utilize them. The proteins found in animal products are extremely difficult to digest and after being cooked, they are even harder for the body to break down and utilize. The body spends so much energy breaking down these proteins into amino acids that much of their nutritional value is rendered invaluable to the body.

If you feel you need additional protein because of a heavy workout, feel free to add protein powder to your smoothie.

## GETTING PREPARED

Are you ready for one of the biggest challenges of your life?

The 10 day Reset will challenge you spiritually, mentally, and physically. It will transform your life in so many positive ways.

You will learn so much about yourself and your eating habits. You will also learn to have a better relationship with food. The only way to attain a healthy relationship with food is to love it and ensure that the food you put in your body loves you back: it fuels you, nourishes you and supports your optimal health and vitality.

During the 10 Day Reset, you will give your body healthy, nutrient-rich foods that make you feel alive! Know that there will be times when you will feel frustrated or feel like giving up, but if you stick with it, your body will reward you for your efforts. You will be truly amazed at the results!

The first three days will be the most challenging part of your experience. As your body adjusts from receiving its calories from whole foods to the blended, nutrient-rich Green Smoothies, it will initially crave what you were used to eating. This is normal so allow your body to adjust during the first three days even though you may feel uncomfortable at times. After the first three days, your body will become satisfied with the Green Smoothies and the amazing nutrients in them. You will begin to feel energized and healthy, maybe for the first time in years. Because you are eating only blended foods (the Green Smoothies), raw fruits and vegetables, raw unsalted nuts and seeds, your digestive system must do less work. This gives your body a chance to cleanse, heal and do some much needed repair work.

## WHAT TO INCLUDE IN YOUR GREEN SMOOTHIE

### **Here we go!**

For the 10-day Reset, the only acceptable foods to add in your smoothies are green leafy vegetables, fruits and water. Please do not add any starchy vegetables such as sweet potatoes, carrots or any other vegetables that are not leafy greens with fruit. Fruit is normally digested quickly, but when it's mixed with other starchy vegetables, the stomach will let the fruit sit while it digests the other foods that are in there. The fruit will begin to ferment which causes gas and bloating. To avoid this, only add green leafy veggies, fruits and water (as indicated in the 10 Day Smoothie Recipes) in the green smoothies during the 10-day Reset.

### **Be mindful!**

Be sure to only use the darker varieties of green leafy vegetables as they provide chlorophyll and other important nutrients. Some examples of dark, leafy greens are kale, chard, spinach, baby salads greens, arugula, romaine lettuce, dandelion greens, beet greens, and collard greens. Organic produce is superior and important to use during the cleanse. If you are not using organic fruits and vegetables, wash off the pesticides and waxes as best as you can. Waxes are difficult to remove; in fact, they usually can't be removed by simple washing them. You may need to purchase special cleansers from the health food store or be sure to reduce the toxic content on the fruits and vegetables by soaking and scrubbing them in a tub of 10 percent white vinegar and water.

### **Water!**

It is important to use spring or purified filtered water in your green smoothies. Another option is alkaline water, which aids in detoxification and better hydration. Tap water is not recommended for use.

## PREPARING FOR DAY 1

Before you begin, it is important to get mentally prepared for your new journey. Each day, remind yourself of the wonderful benefits of the 10-day Reset. Tell yourself that you can do this and look forward to improving your energy and health in ways you never thought possible.

Begin each morning by drinking one or two glasses of water to replenish what was lost overnight. Follow with a cup of detox tea, which will provide cleansing support for your liver and kidneys. Feel free to add stevia, a natural sweetener, to your detox tea to enhance the taste. It is very important to drink a lot of water each day during the cleanse process. Frequent urination and bowel movement should be expected during the first few days of the reset. If this does not happen, please refer to Colon Cleanse recommendations on page 15.

## Take your Measurements and Photos

If you are not working with a coach/assessor, weigh yourself and take your measurements (shoulders, arms, legs, bust, waist, and hips), and record these numbers along with the date. Some people will release more weight while others will release more inches, so you want to measure both! Most of you (80%) will release 5-10 pounds in 10 days doing the 2 smoothies per day.

Date:	Start	Date:	End
Weight	_____ lbs	_____	_____ lbs
Shoulders	_____ inches	_____	_____ inches
Right Arm	_____ inches	_____	_____ inches
Left Arm	_____ inches	_____	_____ inches
Right Leg	_____ inches	_____	_____ inches
Left Leg	_____ inches	_____	_____ inches
Chest (bust)	_____ inches	_____	_____ inches
Waist	_____ inches	_____	_____ inches
Hips	_____ inches	_____	_____ inches
Total	_____ inches	_____	_____ inches

Next, take photos of your entire body; front, side and back views. This will enable you see the physical changes that take places. Many times, you will see a big difference in the whites of your eyes, along with less dark circles and puffiness. This way you can monitor your progress not just by the weight on the scale but how you look and feel overall.

This isn't just about releasing weight... it's about getting healthy. So, you want to monitor your energy, digestion, mood, mental clarity, and radiance of your skin! Get both the health and weight release benefit! Don't let the scale become your enemy. Remember, weight release can be up and down during a detox.

## FITNESS ASSESSMENT

The assessment is another incredible tool to see the difference a healthy diet can do for your energy/fitness level.

Here's a Personal Assessment you may use:

**Step Ups** (use your stairs or march in place) \_\_\_\_\_ # of step ups in 1 minute

**Push Ups** (full push ups, if possible, otherwise, modified on your knees or a wall)

**Push Ups** # \_\_\_\_\_ (there is no time limit - just don't break form or stop)

**Sit Ups** \_\_\_\_\_ # in 1 minute (do as many as you can do in the minute)

**Stand & Reach**

Circle One Touch Knees/Touch Toes/Fingertips to Ground /Palms to Ground

## TIPS FOR SUCCESS

**Blender size will make a difference.** Use a high – speed blender (around 100 watts), such as Vitamix, Blend Tec, Ninja or Nutra Bullet. With a high-speed blender, you should only have to blend for 30 seconds to one minute until your smoothie is creamy and smooth. However, try not to over blend as this will cause the mix to become warm and effect the nutrients of the blend.

**Add protein to your shake.** Extra protein is not mandatory for this cleanse, which is why you will see it listed as *“Optional”*. I recommend adding one scoop of protein per day *ONLY* if necessary. If you feel you need to help yourself, feel fuller longer and your metabolism revved up then go ahead and add it. The protein can make the smoothies taste slightly pasty though and I cannot say they taste very good with protein. So, try the smoothie first without it and then add the protein to see if it’s palatable to you and if you need it. Since you will be avoiding dairy (cow’s milk) during the cleanse, be sure you use a non-dairy, plant- based protein powder, such as rice, soy, or hemp protein, and not whey protein powder. Which is made from cow’s milk. Other great sources of protein include hard-boiled eggs, raw or unsalted nuts and seeds, especially chia seeds or flaxseeds, and unsweetened peanut butter.

**Cheat your Smoothies.** Try to go through the chewing motion as much as possible, as the saliva in your mouth starts the digestive process. As much as you can, try “chewing” your smoothies. This will also help minimizes gas and bloating.

**Expect your weight to fluctuate.** While detoxing, you may gain on some days, while other days you may release weight on the scale. This is perfectly normal. Weight fluctuates due to three things in the body: muscle, fat, and water. Muscle weighs the most –that’s why you can work out and build muscles and thereby gain weight. But you’re making progress by building muscles because it will help you burn fat all day long. For women, water is the biggest culprit, due to our hormones. Many women gain 5 to 10 pounds of water weight during a menstrual cycle. For some, excess salt and sodium causes water to be trapped under the tissues in the body, making us weigh more and look bloated and puffy! So don’t sweat it, if your scale weight is a little up and down. When it’s up every week, week after week, then there may be a problem but otherwise it’s normal. Also, investigate getting a Tanita scale – it will tell you your weight and percentage of muscles, fat, and water in the body. This is helpful for people who work out!

**Remove the stems from your greens.** Many greens such as kale, collards, etc., come packaged without the stems, but if not, be sure to de-stem the stalks from all green veggies, as they alter the taste quite a bit.

**Rotate your Greens.** All greens have certain types of alkaline in them. These alkaloids are in very small, un-harmful amounts, but if you continually take in the same type of greens week after week, you can get a buildup of that type of alkaloid and suffer serious health issues. The easiest way to avoid this is to rotate your greens. One week, buy spinach, the next week, kale, next week romaine lettuce. Or you can buy two greens for one week and then two different greens the following week. The goal is to rotate your smoothies each week. There are plenty of green leafy greens to choose from.

**Use ripe fruit.** Ripe fruit is more digestible because of the live enzymes in it. If you buy it less than ripe, allow it to get ripe before you use it in the blender.

**Frozen fruit.** Feel free to use frozen fruit instead of fresh fruit. Frozen fruit is cheaper and has just as much, if not more, of the nutritional value of fresh fruit. Also, fresh fruit can go bad within a few days, but you won't have this problem with frozen fruit.

**Make it taste good.** The recipes can be slightly altered to taste. So feel free, to add more ice or water if your smoothie is too thick for your taste. Also, feel free to add more stevia or sweetness, if necessary. Stevia is a natural herbal sweetener that won't cause blood sugar spikes. You can add more fruit to sweeten as well. It's important that the smoothie taste good to you so you will continue with the cleanse.

**Drink plenty of water.** Ideally, drink a minimum of 64 ounces per day or your recommended amount (body wt in lbs divided by 2=\_\_\_\_ounces/day), as it helps to flush out toxins. If you're drinking enough water, you will urinate frequently when you begin this detox, which is normal and a good thing! Herbal teas and the water in the smoothies count for part of the 64 ounces.

**Drink herbal and detox teas.** Herbal teas are an important addition to your cleanse. Not only will herbal teas help you feel less hungry, but they can also aid in the detoxification process. Good herbal teas to include are chamomile, peppermint, green tea, dandelion root, ginger, milk thistle, and ginseng. However, a favourite brand designed for cleansing is a detox tea. Triple Leaf or Yogi Brand is good.

**Diabetics, use low sugar fruits!** People with diabetes must closely monitor their sugar intake with each meal. The biggest concern for diabetics is the natural sugar content in Green Smoothies. It is recommended that diabetics or those who suffer

with candida or follow a Paleo/Ketosis diet use only low-sugar fruits such as apples, grapefruits, lemons, limes, cherries, strawberries, cranberries, raspberries, goji berries and blueberries. Moderate-sugar fruits include peaches, oranges, pears, pomegranates, and plums. The high-sugar fruits are apricots, melons, kiwis, mangos, papayas, pineapples, bananas, dates, figs, raisins, and grapes. Be sure to monitor your blood sugar throughout the day to see that the numbers are stable! And, of course, get your doctor's permission before you proceed with the cleanse.

**Colon Cleanse - Keeping your bowels moving.** Your bowels should move one to three times per day, optimally, and never less than once per day. It is imperative that your bowels move toxins out of your system while cleansing. If you haven't had a bowel movement in over 24 hours, there are two methods to get your bowels moving. *Method 1:* Use the saltwater flush (SWF), which involves drinking unionized sea salt with water. To tolerate the taste, you can drink two teaspoons of sea salt in eight ounces of water to make it go down and then follow immediately with three more 8-ounce glasses of water. Do this first thing in the morning while you have an empty stomach, and you will have several bowel movements within thirty minutes. *Method 2:* One product that really works wonders at getting at the fecal matter in your colon is Mag07 for regular colon cleansing. You can also try warm water with lemon. It really helps in keeping the body regular daily. Remember to swish the mouth with fresh clean water after to remove the lemon from the teeth as it is harmful to the enamel.

**Don't starve yourself.** Be sure to snack between smoothies. This is not a starvation diet (or fast). Great snacks are high-protein ones, such as unsweetened peanut butter or hard-boiled eggs. You can also snack on uncooked veggies, fruits and unsalted or raw nuts and seeds (just a handful).

**Go easy on the fruit.** Yes, they hide the greens but too much fruit will spike your blood sugar, cause headaches, and give you an uncomfortable feeling under your skin. Pick a new fruit each day, or if you must, add several different fruits in very small doses. Although it's natural sugar your body doesn't know the difference between nature's sugar and high fructose, other than its addictive properties! So don't overdo the fruit!

**Detox family and friends.** Sometimes you need to detox your emotions as well as your body by withdrawing from family and friends who discourage you, tell you "You can't do it" or "You're not ready to do it", blah blah blah! If there is negative talk coming from some people in your life, I would encourage you to limit the amount of time you spend with them. We all have enough negative thoughts on our own without people adding to them. Don't gravitate to people who tell you can't do something. Know that when you start this cleanse, you will want to give up. It's normal. But know that sometimes the only way to grow in life is to be uncomfortable. How else do you grow mentally, spiritually, and physically? When

you cheat or mess up, it's no big deal. I guarantee if you cheat a little bit on the cleanse, you are still eating better than you've been eating most days prior to the cleanse. We call that progress! You are right where you're supposed to be on this journey! Uncomfortable, irritable, doubtful, and cranky. And then one day, the joy, the energy and the feeling of accomplishment settles in. Don't you want that feeling?

**Prepare to be uncomfortable.** For the first few days, you will feel hungry and irritable. Snack until your body adjusts to less food. You can snack to get rid of the hunger. However, if you snack all day, you will not release as much or give the digestive system the rest it needs to work as efficiently as possible on all other days. But don't worry about that. You have to focus on getting your body through this process if you stand any chance of breaking unhealthy eating habits. The body has the natural ability to maintain your ideal weight if you focus on getting healthy. As the days go on, you will want less food and will learn to eat in moderation. You are training your body to have better eating habits. So go through the process, be uncomfortable from time to time and let your body reward you for it in the end. Many of us eat out of habit and boredom. This is a perfect time to learn the difference between the two.

**Follow the 10 Recipes provided for the Reset.** It is a good idea to follow the 10 recipes as they are listed. The ten days of recipes are designed for detox and release. The ten recipes are nutritionally balanced with proteins, carbs and healthy fats. Don't substitute the water with other liquids. As an example, coconut water may make smoothie taste better but it is also high in natural sugar. This means if you are trying to break a sugar addiction, coconut water will slow the process of breaking that addiction. After the ten days, as you continue on your Green Smoothie journey, feel free to add other fruits, oils, veggies and some of the super foods listed. You have a whole lifetime to be creative!

**Focus on Getting Healthy and the Release will follow.** If you are doing the cleanse for fast weight loss, you're totally missing the point! Getting on the scale every day is a waste of time. You will not release a pound every day and guess what, some days you may gain weight because your body is adjusting during the cleansing process. So, prepare yourself for the journey! Don't waste time being discouraged by the scales. Don't let the scale become your enemy! Some people have a release of 5-10 lbs on the cleanse, some none and some 20 lbs. Everyone is different! The focus is on healthy eating and healthy living. Look at your energy level, skin, sleep and digestion. If you focus on weight-loss, you'll be on a diet for life. Be done with dieting! 95% of people who lose weight on fad dieting gain it back plus some in 3-5 years. You need to change your eating habits for life. You will re-train your taste buds and change your palate. You will desire healthier foods and embrace the lifestyle change where you desire and crave healthy foods. You never have to count calories and serving sizes and you truly won't have to diet again! Focus on getting healthy and the release will follow.

## Expect and Welcome Detox Symptoms

This is important to understand and here is an explanation for what you can expect. You may experience detoxification symptoms and their severity will depend on how toxic you were to begin with. You should expect and welcome detox symptoms because although they can be unpleasant, they are signs of progress.

### Typical Detox Symptoms Include:

- **Headaches, Pains, Nausea.** If you drink a lot of coffee, expect headaches during the first few days. You may also experience physical aches and joint pains or even nausea.
- **Cravings.** As your body detoxifies, it craves foods it was used to eating, such as meat, dairy, sugar and caffeine. Cravings may last for several hours or several days, but they will begin to decrease as your body gets rid of its toxic overload.
- **Fatigue.** Allow time to rest during this detoxification phase, as eliminating toxins will drain you and you feel exhausted. Just take it easy and rest. Meditation and walks in the outdoors help a great deal with this.
- **Muscle Aches.** You may also feel achy, as if you're catching a cold or flu. You may get a release of some mucus, so expect a runny nose.
- **Skin Rashes.** Skin rashes or even acne are signs that your body is excreting toxins through your skin, which is the body's largest organ of elimination. By doing colonics, the saltwater flush or taking the colon-cleansing herbs, you can minimize the rashes and breakouts.
- **Irritability.** Not eating some of your favourite foods will make you feel irritable and bored, so expect to be a little cranky. This is a good time to avoid social events as well.

Notes prepared from J.J Smith author of Lose Weight Dieting or Working Out!