

Nourishing Foods Cleanse

5 DAYS OF EASY & NOURISHING FOODS FOR YOUR BODY, MIND & SPIRIT

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Remember to do the “**Before Eating Breathing Process**” before each meal to relax and wake up your digestion. This process will also bring you back into your body so you are aware of what you are eating. Digestion begins in the mind. When you are aware of what you are eating you have more satisfaction. You do not want to go hungry nor do you want to eat too much. Stop eating when you are 80% full leave 20% empty for digestion. Don’t top off your tummy. Snack to support your blood sugar.

Daily Protocol – Fall 2013

Wake Up

Meditation 5-10 minutes

12 oz water with 2-4 oz aloe vera
1-2 probiotics
4-6 chlorella tablets (1000 mg -
1500 mg)

Tapping to Clear Resistance to Change
Body brushing before shower

Pre-Breakfast

8 oz water with juice of 1 lemon
Morning Latte with ¼ tsp gelatin

Breakfast

(1-3 hours after pre-breakfast)
Before eating breathing process
Morning meal

Mid-Morning

1 minute breathing meditation
Snack(optional)

**Drink Lemon Water Throughout
The Day**

Lunch

¼ tsp bitters 1 dropper full
8 oz water 15 minutes before lunch
Before eating breathing process

Lunch

1- 4 oz fermented vegetables
10 minute walk to help digestion

Mid-Afternoon

(2 hours after lunch)

1 tsp Intestinal Draw in 10 oz water
snack (optional 45 minutes after ID)

Dinner (by 7pm)

Yoga before dinner or before bed
¼ tsp bitters 1 dropper full
8 oz water 15 minutes before dinner

Before eating breathing process

Dinner

1-4 oz fermented vegetables
1-3 probiotics

Evening

Alkaline Bath
Herbal tea with ¼ tsp gelatin

Bed Time (10pm if possible)

Gratitude Journal **Snack if you need
to support your blood sugar**