

Daily Protocol

Nourishing Foods Cleanse Summer 2016

This is the protocol to follow to get the most from your cleanse. Do the “**One Minute Breathing Meditation**” before each meal to turn on your digestion. Ideally you want to provide a natural fast in between meals to give your small intestine some time off but snack if necessary to support your blood sugar. Take your meals in a relaxing environment with friends and family. Talk about the food you’re eating: what it reminds you of, how it makes you feel, food combinations you enjoy. When you do have to eat alone, do it meditatively, with appreciation and attention. Eating is a time to enjoy being alive. Savor it! The mind, body and spirit processes are optional but will enhance your cleanse. Drink lots of water.

Wake Up

Scrape tongue brush teeth
12 oz water with juice of ½ lemon
1000 mg L-glutamine (optional)
empty caps to dissolve on tongue
Heat Opening Meditation
Body brushing before shower
Tapping For Being A Great Receiver and/or Yoga

Breakfast

8 oz water with 2 Tb aloe vera juice
1 probiotic with breakfast
Morning meal: (Smoothie or other selection)

Late Morning Snack

(2 hours after morning meal if needed)
Stand up, walk around for a few minutes
Green Juice or Green Drink
or snack from list (optional)

Lunch

1 Minute Breathing Meditation
½ lemon in 8 oz water before lunch
Lunch – salad, soup or left overs
1-4 Tb fermented vegetables
5 minute walk to help digestion

Mid Afternoon Snack

(2 hours after lunch if needed)
Stand up, walk around for a few minutes
1,000 mg L-Glutamine (optional)
Green Juice, Drink or Snack (optional)

Dinner (by 7pm)

1 minute Breathing Meditation
½ lemon in 8 oz water before dinner
Dinner selection
2 Mucosagen (optional)
1-2 probiotics w/dinner
1-4 Tb fermented vegetables
5 minute walk

Bed Time (ideally before 10 pm)

herbal tea
Detox Foot Bath