



Transcript: PreCleanse Call

Hello, everyone. Welcome to Reboot and Cleanse. I'm so excited for you and that you made the decision to take this time for your own health. My name is Amy Lundberg and I'm the owner and creator of Fitness for the Soul -Holistic Lifestyle Coaching!

I sent you a lot of materials. I want to definitely give you the foundation and let you know how we're going to go through this process. I have also given you some information on toxins and inflammation (which is part of the reason why we want to cleanse), and give you an idea of the process.

Please e-mail me as often as you need to while you're going through this process. I'm here to support you. I will also be sending you an e-mail with a link to schedule your one-on-one private sessions with me, which are 30 minutes long.

Let's dive in. I'll start with a quick introduction of myself. I'm Amy Lundberg and my business is called Fitness for the Soul! I called it "FFS" because with my own experiences and working with hundreds of women I honestly believe, that when you nourish your body you also need to nourish you mind and heart/soul as well to truly reach your most vibrant self. My business at one time was known as Aim For It, you may have heard of it, it has been around for a long time. But through the years I and the knowledge I have gained has evolved to so much more that, hence I changed it just last year to Fitness For The Soul-Creating Nourishing Practices to Feed Body and Soul

I started to learn about nutrition and foods back when I was coaching on emotional eating and had a successful practice at that, though my clients were breaking away from emotional eating and losing weight and feeling less stress

around food they still weren't quite losing the weight I knew they could. I spent a very long time in my professional career trying to do what I felt was healthy way but not necessarily right for me. So what I have learned to do is find what is "right" for MY BODY AND YOUR BODY. I went to a 3 day conference on connecting body mind and spirit improving your health many years ago and they asked us to not have any dairy or gluten for those entire 3 days. I was shocked to find out that after just 3 days of going Gluten Free and Dairy Free I lost an entire pant size! What I started to learn was not only about emotional eating but also how food does affect us especially in regards to INFLAMMATION. I had a ton of inflammation in my body and didn't even realize it. Because we are all unique and how we heal and/or prevent health issues for each of us, we can be very different from one another. This is a great start point and to help you discover how food affects you and how it can heal you.

The way I went about it was pretty much cleaning up my diet and changing my lifestyle. This Reboot and Cleanse program is based on a lot of what I did and what I still do. Although I'm not on medications, I do pay attention to how I'm feeling and I base what I understand about the way I'm responding to foods to help me measure what my energy levels are.

So let's jump into where we're at!

The first thing I want to do is a quick review of the materials I sent you. The two things we're going to focus on is going to be the workbook and guidebook. The workbook is going to be the very first thing you will use. I encourage you to print that out, because there's a lot of good stuff in that book and we'll go through it.

The guidebook has everything about the program all the way through all three phases, so you can always read ahead if you'd like. I sent you a smoothie recipes book, a recipe book, a handout on toxin reduction, tips and tools, a shopping list, meal plan and schedule, and a tool on preparing and cooking tips to help you get going.

Let's jump into this.

The number one thing I hear from my clients besides wanting to lose weight is having more energy.

This makes a lot of sense to me. When you think about it, when you have nice, steady energy and you're in a really good mood, you don't overeat. You also

revved up your metabolism, so you have less of a problem with gaining weight and burn fat quicker.

I'm going to spend some time talking about energy. How do we keep our energy going, keep our metabolism going and make sure our cells are healthy?

At the end of the day, energy in our body comes from our cells. We think about energy and a lot of people think of electricity, they think of cars, they think of solar, they think of a number of different things that produce energy.

In our bodies and in all living life, energy comes from our cells, and the quality of our life will come down to the quality of our cells. This is really important.

Just like your home or your car, you clean those out. It is really important to keep your cells clean because your cells are what you are made of. Just imagine if you had a room in your house (or even an apartment or your house in general) and you never really cleaned it, if you couldn't even take the waste out. Just imagine what it would be like to be in that environment. Just thinking about it, I start to feel sluggish. That's what goes on in your cells.

Your cells actually need four things to survive and thrive. That would be oxygen, water, nutrients, and the ability to eliminate waste. Believe it or not, it's not something that just happens. It happens automatically, but there are things that can get in the way of that happening.

There are studies that have been done that show that your cells can actually live forever if they have the proper amount of oxygen, water, nutrients and can eliminate waste, they will live forever. If they don't have those things, they will either mutate, die, or rupture. The only things that will kill a cell will be the lack of those four things or something cutting into it or rupturing it, which can happen easily if your cells are breaking down. That's really important. We're going to talk about those things to get to our cells and how we can keep the waste from building up in our body.

The way your body gets oxygen is really through your blood. Blood carries the oxygen around our bodies and delivers it to our cells. The way our cells get rid of waste is through our lymph system. There is three times more fluid in our lymph system than in we have blood. It's a transport for helping us eliminate waste. That is how we're going to help keep our bodies from having low energy, from gaining weight, and preventing disease.

The more toxins you have accumulated in your blood stream, the more your energy will decrease, increasing symptoms, even illnesses. There are four avenues that your body actually uses to eliminate toxins. We'll talk about all of them today and that will be part of the Cleanse. The way your body eliminates them is through your skin, breathing through your lungs, through your bowels, and your urinary tract. Those are the exit points for toxins.

If you think about toxins, there are three main causes for toxins to build up in our blood stream. One is when you're taking in more than you can eliminate. This can occur as a result of being in a state of making too many demands on your body, being very stressed out, and being nervous. Those types of things will prevent you from eliminating toxins.

Another reason is our environment or the foods we eat. There are thousands more toxins today than there were 20 or 30 years ago. Forget about 100 years ago. It's just amazing the amount of toxins that have been brought into our environment. They get through to us through our food, the air, the products we use, etc. It's really difficult to stay away from toxins, so it's really important to eliminate them from your body so that you can stay healthy and active.

A third reason is when you have an overly-acidic diet. When you have a lot of acid in your body from eating too much of the wrong types of foods and not balancing that with alkalizing foods, your body becomes acidic.

If you think about that, just the word "acid" or "acidity", when I hear that, I think of something just disintegrated. Think about nail polish remover. That's an acid. It goes on your fingernail paint and removes it. Just imagine what could be happening to your cells if you are more acidic than alkalized. We're going to focus on those three things today.

One of the things that was really interesting when I was going through my research and learning about what was making so many women sick, I was shocked to find out the number of signs our body gives to us to let us know that with are toxic or that we have toxins in our body and our body is reacting to it.

In your books, I provided a list of those things, but I'll rattle some of them off: bad breath, bloating, excessive weight, fatigue, fluid retention, food cravings (I never would have expected that to be a sign of reacting to toxins), puffy eyes, sinus, congestion, skin rashes, sleep problems, headaches.

All those things I never connected to being toxic, and I had all of them, pretty much. It's pretty amazing. I thought I was – and a lot of people do – think I was eating a very healthy diet. But we really do need to pay attention to what's in our foods.

What are the things that make you toxic? Sugar, high fructose corn syrups, trans fats, food additives (colorings, flavorings, preservatives), pesticides, hormones that are added to our foods, antibiotics, fish that has a lot of mercury in it, lead.

Not just food in our environment, but also the way we behave, our thoughts, our beliefs. Being chronically stressed will make you toxic because you are stimulating a lot of cortisol in your body and cortisol makes you acidic. It also promotes weight gain, especially around the middle. And increasing your blood sugar and blood pressure. All of these things are building up toxins in your body, and you just need ways to eliminate them and make your body run efficiently.

How do we go about getting rid of toxins? One of the first things we want to do is figure out what's going on and we want to focus on inflammation.

Inflammation is the basis for all of our diseases, all of our ailments, and it also keeps us from helping us eliminate toxins.

Classic signs of inflammation, if you think about getting bit by a mosquito, would be swelling and redness. Other signs of inflammation is you're in pain or it's hot. These are things that are signs of inflammation. They're not something that you always see, but just imagine the size of a cell is so small. When they're inflamed, it is a problem for us. What creates the inflammation is lack of exercise, lack of eliminating toxins. Inflammation creates food allergies and food sensitivities, imbalances in our digestive tract. If you're inflamed, you'll have difficulty sleeping. It will interfere with your body's ability to digest nutrients efficiently. That also creates cravings, because your body isn't getting everything it needs.

The really crummy thing about inflammation is it causes weight gain and prevents weight loss. When you're inflamed, it makes you fat and being fat makes you more inflamed. It's a really vicious cycle and it's something you really have to work on by cleansing to get in front of that.

When you have toxic overload and inflammation, you get all of those symptoms that I talked about with the bloating, headaches, and joint pain. They tie together. What we're doing in this cleanse is focusing on reducing the

inflammation, giving our cells what they need and getting the toxins out of our body.

While you're going through this program, the results you should experience are weight loss and an increase in energy. Most people will have some type of weight loss. It varies depending on where you are. The one thing that everyone sees a big significant increase in is their energy. Not only that it goes up, but it's an energy that is more stabilized. You get clearer in the way you're thinking. I've had people tell me that they have been able to sleep more and go to bed earlier, but they're getting more done during the day because they're getting mental clarity, thinking better, their memory improves, they're getting better sleep, their skin looks better, feeling less joint pain especially if you are arthritic. This program works very well with that.

We're going to focus in this program on cleaning out your digestive system in a nice, gentle way, in a way that you'll be building up the good bacteria in your system to help your body absorb all the good nutrients you're going to put into it. When that happens, your body starts to show the benefits of being able to receive those nutrients. That's where you'll end up with better looking skin, increased energy, and reduction in the inflammation in your body.

The solution to more energy and weight loss will be (1) decreasing the toxins in your body and (2) improving your ability to absorb nutrients.

The four steps to removing toxins and improving your energy are:

1. Increase the oxygen to your cells
2. Hydration (we'll talk about that)
3. Maximizing your nutrition
4. Improve your toxin and waste elimination

Let's start with oxygen. Optimal oxygenation for your cells through proper nutrition, fluid intake, exercise and stress management will improve your results and your health. That's significant. If you're familiar with Dr. Andrew Weil, he actually has been quoted as saying if there was only one thing he could tell his patients to do to help them reduce inflammation or take care of themselves, it would be to start with your breath, to spend time working on your breath and bringing more oxygen into your body and into your cells. That's pretty amazing, but it's true.

There are quite a few studies that show with meditation and breath work, you can do a lot with reducing the stress in your body, reduce the cortisol in your body, and bring down your heart rate. I have a few videos on this and you can find them on YouTube my channel is Aimforit1.

In your handouts, I have provided you with some breathing exercises. There are so many different ways you can go about this. If you are already doing yoga or into meditation, you already know a lot about breath work. But for many people who work very, very busy lives and don't have time to meditate, they say to me, "I'm just not going to do that meditation thing. 30 minutes is ridiculous." There are in my book ways to do 30-second or 1-minute meditations. If you break that down to 10-15 times a day, you're going to get an awful lot of quick meditations to help you reset your body. This is going to be really important in helping you get oxygen to your cells and get your body more relaxed and start eliminating toxins – and also feeling great.

Number two was dehydration. We all heard it's important to drink eight glasses of water and keep your body hydrated, but there are a lot of ways to keep your body hydrated. There are a lot of ways that our body will become dehydrated and we may not even be aware of them.

First of all, during the day, just on an average day, you lose about 2.5 liters of fluid, which is usually, for most people, replaced by eating or drinking. However, if you exercise, if you have a very active day, if you sweat, if you're sick (you have a temperature or diarrhea), that's going to cause dehydration.

Also, if you go out into a high altitude, you need to pay attention to dehydration. This is important to know because you want to keep your cells hydrated and keep your body happy. If we keep our cells happy, we'll have all the energy and be more efficient.

Sometimes we know when we're dehydrated and sometimes we don't. If you have a dry mouth, that's an obvious symptom that you are feeling dehydrated. It's also a sign there is acid buildup in your system. Being dehydrated isn't just a matter of not having enough fluids in your body; it's also putting your body in a state of acidity and that will work against your cells and break them down.

If you're already thirsty, that usually means you've waited too long, so try to keep getting water into your system not just by drinking water, but by eating foods that contain water. We'll talk a little bit about that.

Another sign that you are dehydrated would be your urine, if there's color to it. The more color, the more it means that you need to hydrate more.

We all seem to have heard about dehydration and know a little bit about it. It's pretty important. A lot of times you don't even know that you're dehydrated. Some of the side effects, just like with being toxic, are kind of interesting. Dehydration has been linked to increasing stress in your body, headaches, back pain, allergies, weight gain, asthma, high blood pressure, Alzheimer's disease. There are a lot of things associated with being dehydrated.

There was study back during one of the major wars (I think World War I). There was a doctor in a prison and he had no medications to treat the prisoners but he was told, "You need to take care of your people." He decided to feed people when they were sick water and bread pills, but he didn't tell them that is what it was. He actually told them it was medicine.

Think about the mind-body connection. What he found very fascinating was a lot of people were able to reduce their symptoms or heal themselves based on those two things, which goes to show a lot about not just the mind connection, but also how water really does help replenish your cells and keep them alive. It was a pretty interesting study, because after the war was over, he continued to do this and had 20 years of research behind him to show how important hydration is for our cells.

Your diet in general should contain at least 70% of water-rich foods. During this cleanse, we really want to focus on that because we want to be able to bring up our hydration. Most people do not come close to eating 70% of water-rich foods. The lower that number, the more your energy is going to decrease, so it's really important.

What are water-rich high-content foods? Greens, fruits, vegetables, soup, water. You want to look at increasing those. Your lower water content foods, if you are eating these at any point, you want to pay attention to it because you should balance it out. Those would be your breads, pastas, nuts, dairy, animal proteins, cakes, cookies, pastries, cereals, oils. All of those are low water content and something for you to keep in mind because it does prevent you from hydrating your body.

What are the vital nutrients that you will need to support yourself through this? One is greens. Greens I think are the most amazing food out there. They alkalize

your body and help reduce the acid. If you ever think about greens in general, if you look at a kale leaf or collards, it grows upward. It has its own little spine in it and it looks like it has its own circulatory system with veins and everything. It's just full of energy. Greens are incredibly nutritious for your body. Like I said earlier, they help reduce the acid in your body. The more greens you can get into your system over the next few weeks, the better your results will be. My two favorite greens are wheatgrass and watercress, because those two greens alone will make your skin look amazing.

The other nutrients that we need to support our body through a cleanse and pump up our energy would be digestive enzymes. Digestive enzymes are really designed to help your body break down the food in your stomach so that as it goes through your digestive tract, you start absorbing the nutrients better and it makes it easier on your digestive system.

Your digestive system takes up a lot of your energy. The easier it is for your food to digest, the more you can use the energy for other things like thinking, working, playing, enjoying your family, etc.

Another vital nutrient would be omega-3. I always recommend fish oil ~~or krill oil~~. However, if you're a vegetarian and you don't want to do that, there are other good sources for omega-3. There's an omega-3 oil called Udo's oil. It's high-quality. And option for you.

You want to use a probiotic to help with nutrients get to your body. Probiotics will help build up the good bacteria in your body. When you build up the good bacteria, it's going to help squeeze out some of the bad bacteria, and the bacteria is really what's going to help your digestive system be more effective.

I recommend you use a probiotic. However, if you don't want to, you don't need to. But during this program, one of the things you'll be eliminating is dairy and I know a lot of people like to use yogurt as a way of getting good probiotics into your system, which is an excellent way to do that. If you are doing that now, you do want to look at a probiotic because you're going to be taking the yogurt out of your diet for a week or two, so you want to be able to keep probiotics in there.

I don't have a particular brand I use. It's kind of difficult to keep up on all the supplements. What I always tell my clients to do is go to Whole Foods or your

local health food store (one that you really like) and talk with the people that work there.

Stay away from your probiotics from the supermarket, CVS, or those giant warehouse shops where they really don't know what they're selling and stick with your Whole Foods or local health food store. I also don't recommend going to GNC or Vitamin Shoppe. I honestly don't feel comfortable that they know what they're talking about. Same things goes with your vitamins. Multivitamins and Vitamin C are excellent to take as well.

How do you improve your toxic elimination? How do you get rid of it?

Two simple things. One is reduce the acid in your body through diet and lifestyle. Two, another way to help keep your body clean is to do a cleanse one or two times a year. I'm hoping from what you learn through this program that you will be able to use this over and over again as you need it. Pay attention to the signs of being toxic. Once you go through this program, you'll start to know when you need to do it again.

I promise you the first time is always the most difficult time. Some people do this program a couple of times a year depending on what's going on. I always do it when I come back from vacation and after a holiday season for sure. But sometimes if I'm working really hard and I'm under a lot of stress, I will do a Reboot and Cleanse to get my body readjusted.

What should you expect during this cleanse?

This week is preparation week. It's phase one of the program and the worst part of the phase. I don't like to sugarcoat anything. It's not terribly bad, but I do want you to be aware of how it's going to work.

This week is preparation week because next week we're going to be fully into the cleanse. You're going to be removing stuff from your system. What you will end up going through is, as you're removing foods from your diet, your body is going to start fighting for you to put it back in. We call that food withdrawal addiction. Some of the signs of this would be bad breath and constipation. You'll feel achy. You might think you're coming down with the flu. You might say, "Oh, my God, my allergies are kicking in." You could feel a lot of fatigue. Headaches are pretty common. Your hunger may increase for a little while. Your moods may get a little irritable. Your skin may get itchy. You might feel nauseous.

These are all signs that your body is starting to detoxify, but also that your body is fighting you and has a food addiction. It's addicted to something that you're eliminating. These are typical signs of withdrawal.

All I can say is for some people it takes a day; other people it takes four or five days. I really don't have people that go past five days. Most are usually within one or two days. Just stick it out. Don't think that you're coming down with something. It really is just food withdrawal. You will come out of it feeling completely different.

I always hear people say, "I think I'm going to die. I've got a headache. This is awesome." Then the next day, they say, "Oh, my God, I feel amazing."

Trust me on this. I don't like to say, "Trust me," but this is the one time I usually do. It has never failed me when I have someone who pays attention and does this program the way they should be doing it that, after a few days, the first good thing they see is their energy starts to stabilize, and they feel really good and clear-headed.

The benefits you're going to receive from this program in general is increased energy and mental clarity. Your digestive system is going to improve significantly, which is going to help bring about all these good benefits. You'll have allergy relief. You'll lose weight. Your hormones will balance out, which is going to affect the way you look and feel. You'll have relief from minor aches and pains. If you have arthritis, you will see a drop in some of the stiffness from that. Overall, you're just going to feel a hell of a lot better.

During this cleanse, I highly recommend that you take this opportunity not only to pay attention to the food part of it, but to also use this as a time to think about where else you can cleanse your house and life. Sometimes it's a matter of cleaning out an office, your car, a room in the house or an attic. It also comes down to maybe there are things that you need to start saying no to, or maybe saying yes to, or relationships that need to have a little bit of cleansing. This is a good opportunity to do it.

It's not just food that weighs us down and what we're taking in. It's the stuff around us. **Take this time to focus on yourself.** Get the opportunity to reduce the stress in your life and calm yourself, but also spend some time cleaning whatever else needs to be cleaned or cleansed.

This program, as far as the physical part, is really focused on helping you clean out your liver. The reason for that is the liver is our second largest organ (our first would be our skin). It really is the filter to the body. Everything filters through the liver and it collects all of the toxins. We really want to focus on cleaning out the liver.

A lot of times people say to me, “Why do I want to do that? I don’t even think my liver is having a problem.”

You may or may not notice it, but there are a couple of signs your liver needs attention. One would be you waking up in the middle of the night. A lot of times that is because your liver is starting to overwork. Either you’ve eaten something late or you’ve eaten something that had a lot of toxins in it. For me, CARBS is a big one. If I eat carbs at night, anything after 7pm, it will wake me up. Sometimes I’ll even be very, very warm because my body is just getting overworked from it. It happens with a lot of my clients.

I highly recommend if you have a problem with waking up in the middle of the night, if you are eating meat, or anything that is simple carbs, try to move eating meat to the middle of the day or not eating anything past 7pm because you’ll be able to give your body more time to break it down and you’ll be able to process it when you’re awake.

Another sign your liver may need attention is your eyes. If you’re suffering from dry eyes, especially at night or early in the morning, it’s directly related to your liver overworking. If your liver is overworking, you’re also going to see it out on your skin. It could be psoriasis; it could be acne; dry skin.

Also, angry emotions. When you build up a lot of anger, believe it or not, your liver is also building up a lot of that as well. Pay attention where your liver may be overworked.

What you want to do to have a healthy liver is keep it clean by having it be able to eliminate toxins quickly and drinking a lot of purified water.

In the program, I recommend every morning you start your morning with a glass of water with lemon in it. The reason for that is fresh lemon (not the kind that comes in the bottle, but a fresh-squeezed lemon; maybe half or a quarter) and a glass of water, that combination when you drink it first thing in the morning on an empty stomach is going to help trigger bile breakdown in your liver. The first

thing you want to drink is lemon water, and it doesn't hurt to be drinking that throughout the day.

You also want to eat dark, leafy greens. That helps with the liver. I mentioned earlier if you're eating animal protein, to give your liver a break, you want to do that between 10:00-3:00. I also highly recommend that you only eat organic or clean foods to help reduce the toxins going into your body.

That's a lot of background about toxins and how we can get toxic from our environment and foods, and how it affects our cells and liver. What I'd like to do now is start getting into the program. To do that, I'd like to first go through the workbook, because the workbook is really going to help you quite a bit through this process.

The way I designed this workbook is really to help you find out where you're at right now. Some people may have come into this wanting to get more energy. Others may have some ailments they want to reduce and/or lose weight.

Go through the workbook print it out, answer the questions in there and really do an assessment of where you are today. Some of it is about body composition. A lot of it is about symptoms that you may not even be paying attention to.

The reason I want you to take the time to do the test is because you may be very surprised by the end of this process to find out that the symptoms that you thought were normal feelings you should have are actually being caused by foods or something in your environment. That's great information to have. Once you know that, you know how to manage it.

I'll give you an example. I learned a couple of years ago that I have a small intolerance to dairy, if I eat too much dairy a couple of days in a row, I'll have a response to it. I'll cough up phlegm, that is my only sign. I may get irritable if I eat Gluten. I also will bloat every evening after either gluten, or corn.

So use your workbook and see what responses you get. Become your own DETECTIVE.

Toxins are also built up in the way we're feeling and where our intentions are. It's important for you to really think about what you want to get from this program. How do you want to feel when you're done?

I also added a section in there for you to take the time each day to journal. Not going into a long, long journal, but just to keep track of how you're eating and

how you're feeling. Are you doing the program the way it was designed to be done, or if you just can't do it? It's all good information, especially if you have question for me. Then you'll have some type of track record. We can go through and I can help you overcome any struggles you may be having.

The first thing you're going to do is go through the workbook, and then start looking through the materials to help you get organized. There will be some things you'll want to go shopping for. I want to help you create a system that makes this easy for you.

This program is designed in three phases. I call it a 3-week program, but it's not necessarily three weeks. It really depends on how you want to do this.

The first week (the week we're in now) is Phase 1. This is really when we get into preparation for the cleanse by eliminating refined foods and stimulants. This part of the program can be anywhere from 4-7 days. If you're already eating a very clean diet and you have eliminated a lot of these things on the list already, you've probably jumped into Phase 2 pretty quickly.

Some people aren't starting there and take longer than that. Or you may have just realized after you signed up for this program that there's a party coming up this weekend and you don't want to be doing any of this, so you may not start until next week.

All I can say is don't worry about it. I've had clients that have gone through all the classes with me and didn't even start the program until a month later because they started to realize there were events they wanted to attend without being on a cleanse. Life comes up! Do what you can... I myself have joined groups and started on my own time frame, my own terms. I had the info and that is all I needed. This is why I have offered this program as a "go at your own pace format."

If you look at the program and say, "I can't get started right now," I suggest you still add a START date and stick to it. When you are ready to do it, I will support you through e-mail and we'll do your one-on-one then. Just be honest with me and let me know what's going to work for you. This is a really good program. The way it's designed is you should be able to fit it into your life, but sometimes you don't want to have those few crabby days where it doesn't seem like you can fit it in. Trust me, you can.

Phase 2 is when you're really into this program. It can be anywhere from 3-10 days depending on what you want to do. I'll go into it next week because there are some variations you can do depending on where you're at. There's also an option of doing a lemonade fast. Some people like that because it goes really deep into it. Other people like it because it's easy. There are some people that say, "Absolutely no. I'm not doing that." It's up to you. By the time we get to Phase 2, you'll know what you want to do.

Phase 3 is a very important phase. This is where you're going to start adding foods back. It's also where you're going to get a lot of information about how you feel and how the foods are affecting you. Don't take Phase 3 too lightly.

Let's go through some of the foods in the basic cleanse. We're going to start eliminating foods from our diet which will be sugars, refined carbs, processed foods, animal fats (which would include dairy, eggs, and fish). This week you're going to want to try to focus on getting all of these things out of your system so by the time you get into Phase 2 you're ready to go.

I provided you a list of the foods that you do want to focus on and the types you want to eat called the basic cleanse foods. There's also all the foods you want to look at phasing out and avoiding during this process, especially sugars, alcohol, caffeine, dairy products, fermented foods, gluten, nightshades.

Nightshades are really important to keep out of the program for now. I love nightshades. Those would be your tomatoes, peppers, eggplants, potatoes. These are all the things I grew up on and grew in my garden for years. Nightshades do cause inflammation in your body. If you have arthritis or suffer from joint pain, removing these from your diet you will see relief pretty quickly. For the sake of reducing inflammation in our diet, we're going to cut nightshades out of our diet for the next 1-3 weeks depending on how long you want to do this cleanse.

Those are the three phases. This isn't just about food. It's also about how you take care of yourself. In the program I have something called a toxin elimination bath. This bath is amazing. If you could do it every night, you will feel fabulous. It's designed to pull the toxins out of your body and help you start to relax. Most people when they do this bath at night have a really good sleep.

Also to help replenish your body I highly recommend you doing yoga, meditation, breathing exercises. If you have the ability to go to a sauna a

couple of times a week, please do that because the more you can sweat or do Bikram yoga or something like that, the more you're going to help start getting the toxins out of your body.

As you're eliminating these foods that create inflammation, your body is going to start releasing toxins. You want to make sure that your body gets the toxins out of your body instead of finding other places to be stored. Sweating is really important for that. Breathing exercises are going to be a great way for your body to get oxygen to your cells to help them to get stronger.

There's also something called lymphasizing. You can look it up on the Internet. Lymphasizing is a way of doing exercises that get your body to go up and down similar to a mini trampoline or even running and jump rope. With those types of exercises what happens is, because you're going up and down, gravity is working to help pull the toxins. It's kind of like squeezing. If you think about when something is going up and down, because of the gravity, it's kind of making your cells move in way that's helping to squeeze a little bit of those toxins out. You don't have to do a lot of it during this program, but trying to do a little bit each day is going to help.

In Phase 1, we're going to focus on preparing the body. We're going to eliminate the sugar, dairy, refined foods, refined oils, caffeine – especially coffee because it's acidic and it's going to be important you get that out of your system. It may be hard in the beginning, but trust me, it really gets a lot better. You can replace coffee with green tea. Green tea with caffeine you can have, but I would say keep it down to two cups a day. The reason you can have caffeine in green tea versus coffee is coffee is acidic and green tea has polyphenols in it, which are very good for your metabolism.

You also want to spend some time going through what type of foods you need to buy, getting your kitchen prepared, and looking at your schedule and seeing what you need to be able to get through the program as far as organizing your kitchen.

Another thing that's going to help you quite a bit through this is chewing. If you chew more slowly, you will increase the enzymes in your food because digestion starts in the mouth. Your stomach will spend less time breaking down the food and will be more efficient in your intestines.

Staying hydrated is going to be very important. Reducing the stress is highly encouraged in this process. Also, getting out and moving. If you're not doing exercise now, at least start walking. Get your body moving so your blood is circulating and you're getting the oxygen to your cells and you're getting the cells to release/eliminate toxins.

I did provide you a list of foods and some of the stuff I suggest you buy for your pantry or fridge. I highly recommend going with organic, because we're looking at reducing toxins. I also highly recommend when you're doing smoothies to use frozen fruits such as berries because, one, they make the smoothie cool, but also, when you're using frozen berries, they pretty much have been frozen very shortly after they've been picked and you don't get the mold buildup on them.

I also have some recommended supplements for you. One would be the probiotic. We talked about the omega-3. We talked about digestive enzymes, multivitamin, and Vitamin C. The only other thing I'd highly recommend you looking into would be a green food supplement. There's one brand that I really like I use in smoothies all the time or as a quick pick-me-up for energy. If you have a habit right now of needing something in the afternoon to pick you up and you're going to soda, caffeine, iced tea or coffee, this would probably be a good thing for you to look into. There's a product that's definitely at Whole Foods and they have them at many other health food stores. It's called Amazing Grasses. Otherwise I have liked AlkaMind Greens and AlkaMind Minerals. Which you can order of Amazon. These two are a powder form and recommend putting them in your smoothies.

Amazing Grasses is a powder and some come in different flavors. There's berry, chocolate, creamsicle, lime, lemon, and plain. They're all good. I have to say the plain is really green. All of them look disgusting because they're green colored, but the flavoring is good and it's great to add to smoothies. If you have kids that are going to get into this program with you or if you want to share smoothies with them, buy one of the flavored ones. They don't know the difference.

Keep in mind, it's still green. What it does for you is give you some nice energy. It also helps bring down the acid in your body by adding more alkalinity to it. I highly recommend that. If you can't find it, e-mail me.

I provided to you a number of different meditations, but I want to highlight the ones I find have been the easiest for people to do and very effective. Chewing

Meditation you can do any place you are when you're eating. We're all going to be eating, unless you're drinking just smoothies and that's your choice. Chewing Meditation will help you slow down.

The breathing meditations (the quick ones) are really important just to keep rebooting and getting oxygen to your system.

My number one favorite one that really made a difference for me and my clients is the Gratitude Meditation. The best time to do it is typically at night. When you go to bed, a lot of times when you can't fall asleep it's because you are thinking too much or have something on your mind.

If you need to have something on your mind or if that's your habit, a great way to relax yourself and change your state and feel better, do what I call a Gratitude Meditation. It's very simple. The only thing you think of is a list of things that you're grateful for. Sometimes it can be really difficult because you're in a crummy mood. You can just be laying there in bed and think, "I'm grateful I have a pillow. I'm grateful that the lights are turned down." Just keep going as long as you can until you fall asleep and you'll be amazed. One, you'll have a really good sleep. But two, you'll wake up feeling great as well.

Those are my favorite meditations that seem to work well for a number of people. I've also included the breathing meditations. The other thing I highly recommend is getting yourself moving and doing movement to get your blood going and get your lymph fluid moving as well.

In the guidebook I also talk about something called body brushing. If you're not familiar with the body brush, you can get them at your health food stores or at Whole Foods. I believe Bed, Bath, & Beyond carries them now.

Body brushing is fabulous for getting the dead skin cells of your skin and help you start eliminating toxins. It's also a fabulous way to get your lymph fluid moving. There are two ways to go about body brushing. One is an ayurvedic way. That would be when you brush inward from, let's say, your fingertips to your feet towards your torso. What's going on with that is you're encouraging your lymph system to start bringing fluid towards the body so that you can start getting flow and getting in through the glands and cleansing them.

In Chinese medicine, they suggest you do body brushing from the torso out to the hands or feet as a way to release energy. If you're feeling like you have some bad energy that you want to release, I would recommend body brushing

outward. But for cleansing, body brushing inward is a great way to stimulate your lymphatic fluids.

It's also something you can do pretty quickly in the shower. You can do it dry or wet – whatever works for you. If you don't want to invest in a body brush, you can still do the same thing with a towel either dry or with some hot water on it.

I highly recommend you read the instructions and e-mail me your questions as you go along. Also I will e-mail you for your 30 minute Cleanse Session.

To your health,

Amy