

Spring Cleanse

Phase 1

Pre-Cleanse Prep - 2 days before actual cleanse

- Vegetarian Diet
- Reduce Sugars. No refined sugars.
- No sodas
- Decaf coffee only
- 1 teaspoon of ghee or coconut oil per day
- Drink hot water and lemon all day!!!
 - Stabilizes sugar modulation
 - Cleanses the lymphatic system

Phase 2

Days 1 - 4 of Cleanse

- Follow the Mucus Free Diet by Dr. Christopher.
<http://herballegacy.com/Recipes.html>
- 3 meals per day
- No snacking at all
- 1 meal per day of Kitchari
- 2 Detox teas (AM/PM)
- Take herbal cleanse kit as directed
- Journal
- Exercise with vigor for 30 minutes
- Bathe with Bath Salts in very hot water (pitta's w/warm)

Phase 3

Days 5 - 14 of Cleanse

The body is in full on cleanse mode, this phase is the longest and the most important. The body is dumping toxins, removing excess ama, removing congestion from body and lymphatic system, clearing the liver and organs and cleaning the blood.

- Fall Only: Increase Ghee to 1 Tablespoon per day
- Eat 3 meals a day
- Use Detox bar soap for personal hygiene
- Use loofah to scrub off toxins
- Use Detox bath salts every couple of days
- Exercise daily (change clothes after exercising)
- Vegetarian Diet
- Drink Detox tea daily (at least 1 no more than 2)
- If you have a rebounder use it
- Stay motivated
- Journal

Phase 4

Day 15

- Congratulate yourself for making it through the cleanse!

- Review your experience with friends and review your cleanse journal.
- Take a photo of your tongue and compare. Bring the before and after photos into the store and the best transformation will receive a special gift
- Do not eat meat for another day.
- Caffeine should be limited
- Coffee should be 50% decaf
- No cold drink but cool drinks ok

Fall Cleanse

Phase 1

Pre-Cleanse Prep - 2 days before actual cleanse

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- Reduce Sugars. No refined sugars.
- No sodas
- Decaf coffee only
- Drink hot water and lemon all day!!!
 - Stabilizes sugar modulation
 - Cleanses the lymphatic system

Phase 2

Days 1 - 4 of Cleanse

- Follow the Mucus Free Diet by Dr. Christopher.
<http://herballegacy.com/Recipes.html>
- 3 meals per day
- 1 teaspoon of ghee or coconut oil per day
- No snacking at all
- 1 meal per day of Kitchari
- 2 Detox teas (AM/PM)
- Take herbal cleanse kit as directed
- Journal
- Exercise with vigor for 30 minutes

Phase 3

Days 5 - 10 of Cleanse

The body is in full on cleanse mode, this phase is the longest and the most important. The body is dumping toxins, removing excess ama, removing congestion from body and lymphatic system, clearing the liver and organs and cleaning the blood.

- Increase Ghee to 1 Tablespoon per day
- Eat 3 meals a day
- Exercise daily (change clothes after exercising)
- Vegetarian Diet
- Drink Detox tea daily (at least 1 no more than 2)
- If you have a rebounder use it
- Stay motivated
- Journal