

PURE  
*Complete*  
**CLEANSE**

BODY | DIET | HOME | LIFE



*Sharlene Styles*

# PURE Complete Cleanse

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PURE Natural Health & Wellness

St. Catharines, ON

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The authors have made their best efforts to ensure the information in this book is accurate, however they make no warranties as to the accuracy or completeness of the contents herein and cannot be held responsible for errors or omissions.

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# Who We Are

We are natural health care practitioners at **PURE Natural Health & Wellness**, a holistic wellness centre where we help you nourish your mind, body & soul. This Workbook is a compilation of research, experience and resources that we have collected throughout our clinical practice to help you achieve optimal wellness.

SHARLENE STYLES, NNCP, RYT, CMT, CCP

**Holistic Nutritionist, Registered Yoga Teacher, Certified Meditation Teacher, Certified Coach Practitioner, Owner & Visionary of PURE Natural Health & Wellness**

As the owner, manager and founder of PURE Natural Health & Wellness, Sharlene focuses on providing a holistic wellness centre that helps individuals balance their mind, body & soul. She graduated from the Institute of Holistic Nutrition in 2011 and has been consulting and educating individuals, groups and corporations on natural health, nutrition and well-being ever since. Sharlene believes that a true holistic approach to life incorporates everything that nourishes you, including food, honest and open relationships, a meaningful spiritual practice, work that inspires you and physical activity that you enjoy. She has a keen interest in natural health and energy healing techniques. Sharlene combines her knowledge, expertise and coaching skills to help her clients understand that their own power lies in a healthy and balanced mind, body & soul. She works with individuals and groups, supporting them as they implement small, effective, practical and sustainable changes gradually in to their lives.

ELLY JENKYNS, B.SC, ND

**Naturopathic Doctor at PURE Natural Health and Wellness**

Elly has been a licensed ND and member of the Ontario Association of Naturopathic Doctors since 2004. Her primary goal as an ND is to address and treat the cause of illness. Her passion is empowering patients to take responsibility for their own health with a focus on education and prevention. After several years in clinical practice, she knew that to effectively address the root cause of her patients' symptoms, she needed to learn more about assessing and treating the impacts of our increasingly toxic environment. In 2009, Elly completed post-graduate certification in Environmental Medicine, taught by Dr. Walter Crinnion. Since then, she has been using accredited medical labs to help her patients assess their toxicity, and medical detoxification protocols, including custom compounded supplement formulas, to help them reduce it.



# Why We're Doing This

We would like to provide our clients with a single resource that provides all of the information required to cleanse as effortlessly as possible. There are many cleansing programs available out there, many of which are not based on research and have the potential to cause harm. We would like to provide clarity and a research based approach to cleansing.

## Disclaimer

This workbook is meant to accompany one-on-one consultation with a natural health care provider. As holistic practitioners, we customize our cleanse programs to address bio-chemical individuality, genetic differences in liver detoxification enzyme function, toxin exposures, immune system balance, medications and other factors involved in creating an individualized program. As such, this workbook will not be about specific prescriptions, but will cover generalized cleansing advice that we believe is beneficial to everyone.

If you are currently taking any medications, enhancing detoxification can affect how that medication is metabolized and should not be done without physician supervision.



# Why Cleanse?

If you think about it, everyday you spend time cleaning something; your teeth, hair, body, kids, dishes, car, house, etc. But how often do you think about cleaning your insides?

Research continues to reveal how everyday toxins in our environment increase our risk of hormonal imbalance and associated conditions, as well as common symptoms like fatigue and headaches. Most of the toxins we're exposed to are a result of choices we've made in the materials and cleaning products used in our home, our personal care products, and the foods we eat. There are many resources to help us make choices that limit our exposures and reduce our risks.

After entry into the body, the majority of toxins undergo metabolic changes in the liver, whereby fat soluble compounds are converted into water soluble products and excreted from the body. What happens when the amount of toxins entering circulation exceeds the liver's ability to metabolize and excrete them? Since most toxins are fat-soluble, they dissolve in our fat cells and remain there.

The breakdown of fat (lipolysis) takes place daily but increases when you're dieting, exercising, or experiencing high stress. When your lipolysis rate increases, a higher than normal amount of toxins are also released in your bloodstream along with the fats.

Although our kidneys and bowels eliminate waste, they're designed to recycle fats because they're valuable nutrients needed for survival. So when a pesticide tries to leave your body through one of these standard routes of elimination, the recycling system grabs the fat-soluble toxins and puts them back into circulation.

You spend every day cleaning something, but why not cleanse your insides?

**The purpose of a cleanse is to assist your body's own natural detoxification systems by decreasing the toxins you take in & increasing the toxins you excrete.**

## COMMON SYMPTOMS OF TOXICITY

- Fatigue, Insomnia
- Brain fog, Poor memory
- Anxiety, Depression
- Headaches, especially migraines
- Skin rashes
- Balance problems

## DISEASES ASSOCIATED WITH TOXICITY

- Respiratory illnesses: asthma, bronchitis, emphysema, and lung cancer
- Immune dysfunction: allergies, chronic infections, several forms of cancer, autoimmunity (rheumatoid arthritis, lupus, Hashimoto's / Graves disease)
- Reproductive disorders: endometriosis, infertility, birth defects, testicular dysgenesis syndrome (hypospadias, undescended testes, poor sperm quality, and testicular cancer)
- Neurological disorders: Parkinson, MS, ADD, Autism
- Metabolic dysfunction: Obesity, hypothyroid, diabetes
- Chronic Fatigue Syndrome, Fibromyalgia

## ARE WE ALL TOXIC?

A combination of harmful toxic chemicals was detected in every person tested in a 2006 cross-Canada study of pollution in people conducted by Environmental Defense.

*Toxic Nation: A Report on Pollution in Canadians* confirmed that, no matter where people live, how old they are or what they do for a living, they are contaminated with measurable levels of chemicals that can cause cancer and respiratory problems, disrupt hormones, and affect reproduction and neurological development.

## TOXICANTS FOUND IN EVERY CANADIAN TESTED:

| CHEMICAL:                          | SOURCE:  | HEALTH EFFECTS:   |
|------------------------------------|--|---|
| PBDEs: brominated flame retardants | Furniture, carpets, mattresses, curtains, some clothing and electronics (televisions, computers, etc)  | Hormone disruptors, can cause cancer and reproductive and developmental disorders, damaging to the thyroid (which controls brain development) and, as a result, may cause neurodevelopmental disorders such as learning disabilities and behavioural problems.                          |
| Perfluorinated chemicals: PFOS     | Used as a stain repellent on clothing and other fabric products, such as carpets. This chemical is also used in food packaging, particularly in microwave popcorn bags and packaging for fast food.                        | Studies have shown that perfluorinated chemicals can cause cancer and disrupt hormones.   |
| PCBs                               | Have been banned in Canada since 1977, PCBs are persistent chemicals that build up in wildlife and people through the process of bioaccumulation. Through the diet, conventional dairy and farmed fish are common sources. | PCBs cause many types of cancer, as well as reproductive and developmental disorders. These chemicals damage the nervous, immune and cardiovascular systems, leading to birth defects, brain damage and decreased immune function. PCBs are also suspected of being hormone disruptors. |
| Organochlorine pesticides          | Mainly used on agricultural crops-the fruits and vegetables we all eat.  | Organochlorine pesticides as a group of chemicals are recognized carcinogens and reproductive/developmental toxins; they are also suspected hormone disruptors and respiratory toxins.  |

Heavy metals in our environment include lead, mercury, arsenic and cadmium

Most exposures to arsenic come from CCA-treated wood still found in playgrounds, fences, decks and other constructions done prior to 2003. Exposures to lead come from lead paint and emissions from industrial facilities such as metal smelters. Coal-fired power plants are the major source of mercury, which is also found in batteries, fluorescent light tubes, thermometers and dental fillings. The major sources of cadmium are paint pigments and cigarette smoking; emissions also come from industrial sources such as lead and copper smelting and municipal waste incineration. A common source of exposure to metals is food.

As a group, heavy metals are known to cause cancer and reproductive and developmental disorders such as autism and ADD. Many heavy metals are also suspected hormone disruptors and respiratory toxins.

## WHY SOME PEOPLE RETAIN MORE TOXINS THAN OTHERS

- Genetic differences in the liver's detox enzymes
- Nutrient deficiencies (Magnesium, Selenium, Vitamin B6)
- High sugar, low protein diet
- Stress, trauma, emotional repression
- Toxic metal presence (especially mercury)
- Exposure to chemicals, including medications

Resulting in increased toxic burden and potential cancers, addictions, environmental illnesses (Multiple Chemical Sensitivities)

# Measuring Your Toxic Burden

## HOW TO MEASURE YOUR TOXIC BURDEN WITH LABORATORY EVALUATIONS

- Doctor's Data: Urine Toxic Metals [www.doctorsdata.com](http://www.doctorsdata.com)
- Rocky Mountain Analytical: Environmental Pollutant Profile: volatile solvents, phthalates, parabens [www.rmalab.com](http://www.rmalab.com)
- Metametrix: Toxic Effects Profiles: Porphyrins, Phthalates & Parabens, Chlorinated Pesticides, Volatile Solvents, Organophosphates, Bisphenol A [www.metametrix.com](http://www.metametrix.com)

Your naturopathic or conventional doctor can provide you with a requisition for the above tests.

## How to Reduce Your Toxic Burden

### AVOID SOURCES OF TOXINS

#### Indoor Air

- x Don't wear outdoor shoes inside your home
- x Remove carpeting in your home
- x Don't smoke indoors
- x Don't use scented laundry detergent, fabric softener, air fresheners, or strong cleaning supplies
- ✓ Change furnace filters every 6 weeks with high quality pleated filters (MERV 7), professional duct cleaning annually
- ✓ Use VOC-free paints
- ✓ Use nontoxic laundry detergent, dryer balls and solvent-free dry-cleaning
- ✓ Use nontoxic cleaning products (see appendix for recipes and resources)
- ✓ Buy an air purifier that has both charcoal and HEPA filters for your bedroom
- ✓ Fill your home with common indoor plants, as they provide a natural way of removing toxins such as benzene, formaldehyde, and trichloroethylene from the air. Include some of the top toxin removing plants of the NASA Clean Air Study: Mother-in-Law's tongue, Peace Lily, Pot Mum, Gerbera Daisy, English Ivy. Common indoor plants provide The Water We Drink & Bathe in



## Water

- x Don't drink chlorinated tap water
- ✓ Drink only filtered or reverse osmosis water
- ✓ Install a chlorine filter on your shower head or better yet, a whole home water filtration system

## Personal Care Products

- x Your BODY: NO Triclocarban, Triclosan, Retinyl palmitate, Retinol
- x Your HAIR: NO Fragrance, PEG, cetareth, polyethylene, Parabens, DMDM hydantoin
- x Your TEETH: NO Triclosan in toothpaste
- x Your LIPS: NO Retinyl palmitate, Retinol
- x Your NAILS: NO Formaldehyde or formalin, toluene, dibutyl phthalate (DBP)  
*Compliments of Environmental Working Group (EWG)*
- ✓ Use self care products that have been rated non-toxic by EWG's Skin Deep Cosmetics Database
- ✓ Use homemade natural products (refer to appendix for recipes)

## Medications

- x Discuss weaning off medications that are making up for poor diet and lifestyle choices with your health care provider
- x Find alternatives for unnecessary medications like hormonal birth control methods
- ✓ Use only essential medications
- ✓ Use natural strategies to restore function and address the root cause of illness

## Foods That We Eat

- x Stay away from processed, packaged, fried, fast or junk foods
- x Remove the most common allergenic, inflammatory foods (see Protocol Section)
- ✓ Chose real, whole foods without an ingredient list
- ✓ Consume Clean Fifteen foods from EWG's Shoppers Guide to Pesticides in Produce
- ✓ Choose organic as much as possible
- ✓ Use a vegetable peeler to remove the skin from conventional varieties of produce or an acid wash soak to remove chemical residues

## Toxic Lifestyle Choices

- x Overwork, overbusy
- x Overbuying
- x Sedentary lifestyle
- x Poor sleep schedule
- x TV/music/books/radio that are not promoting anxiety rather than harmony

### **Mental / Emotional Toxins**

- x Relationship stress, job stress, not living your truth, not speaking your truth, negative self talk, not maintaining personal boundaries
- x Living with fear, guilt, shame or anger
- x Self-image issues
- x Being co-dependent, a victim or a rescuer in relationships
- ✓ Be aware of emotional toxins that can limit your ability to cleanse or that can be released while cleansing
- ✓ Have the courage to live a life true to yourself, not the life others expect of you
- ✓ Aim to balance your professional and personal life; don't work too hard!
- ✓ Have the courage to express your true feelings, constructively
- ✓ Stay in touch with friends that bring out the best in you
- ✓ Choose to be happy

# Reduce Your Toxic Burden

Cleansing is a time to notice what burdens you and what supports you. Enhance the function of our organs of detoxification with:

## Diet

- Filtered water
- Rooibos, matcha green, oolong, licorice tea
- Turmeric, rosemary, ginger, onions, garlic
- Brassica family: raw broccoli, broccoli sprouts, cabbage, cauliflower, kohlrabi, and Brussels sprouts
- Beets, brown rice, berries (blackberries, red currants, raspberries, blueberries)
- Organic seaweed: nori, wakame
- Chlorophyll – chlorella, organic spinach & kale

## Supplements

Nutrients needed & helpful herbs for toxin metabolism & excretion, repair & protection:

- Thiamine, vitamin B6, vitamin C, vitamin E, Magnesium, Selenium, Choline, Green tea extract, NAC, MSM, Milk thistle, Curcumin, Broccoli extract, Dandelion root, Alpha-lipoic acid, Rice bran fiber, Probiotics, Bentonite clay
- Hydrochloric acid and digestive enzymes with meals to aid in digestion & absorption of nutrients

## CHELATION

Chelation is the pharmaceutical mobilization of toxic metals from storage in the body.

While a number of oral supplements are touted as having the ability to clear heavy metals from the body, only the following 3 have been scientifically validated.

- **NAC** – N-acetyl cysteine – an amino acid that's been shown to increase the excretion of mercury.
- **DMSA** – meso-2,3-dimercaptosuccinic acid - thoroughly studied over the last couple of decades and proven both safe and effective for the mobilization of lead and mercury.
- **DMPS** – sodium salt of 2,3 – dimercapto – 1- propane sulfonate – is a well-studied molecule very efficient at enhancing the clearance of mercury from the body.

DMSA & DMPS are only available by prescription through a physician; these compounds need to be used as part of a comprehensive toxic metal reduction protocol. The protocol should be overseen by a naturopathic or conventional physician who's familiar with supporting people who are mobilizing powerful toxins in their bodies.



# Mind/Body Cleansing Therapies

**Emotional toxins are as as damaging as environmental toxins and sometimes are the primary toxin burden. Clearing physical toxins will lead to mobilization of emotional toxins (and vice versa). Suppressing emotions impairs the detoxification process. As part of your self care program, we recommend examining your thoughts and emotions daily while embarking on this cleanse.**

## JOURNALLING

During your cleanse, take a couple of minutes each day to write down how you are truly feeling, what is going on, what frustrates you, what makes you happy, what you are grateful for, your aspirations, desires, etc. Journaling does not have to be a tedious chore, it can be as simple as a one line entry in your notebook or on your computer or tablet or even in your smart phone. Choose a method that works and is convenient for you. Plan to make it part of your daily routine, perhaps a few minutes of solitude before bed to overview your day.

## FEED YOUR SOUL

We have included a sheet in this workbook for you to make a list of all of the things you have to do for the week on one side of the paper (grocery shopping, banking, cleaning, etc) and on the other side of the paper side list of all the things you do to nurture yourself (yoga, meditation, exercise, time outdoors, art, reading, etc). Start by adding one of the things that feeds your soul to the weekly to-do list. You may also shift your mindset with this exercise, realizing that exercising actually nurtures you rather than being just one more thing you have on your to-do list.

## EMOTIONAL HEALING

Working with a professional counsellor can help with emotional healing that will facilitate the detoxification process. Specific therapies can help your mind & body release old traumas. Check your area for local experts or consult your health care practitioner for suggestions and referrals.

## YOGA

We have included yoga as part of this cleanse program to create stillness in the mind and body and to help facilitate the removal of physical & emotional toxins. You do not have to be a yogi, flexible or athletic to garner the many benefits from practicing yoga. Yoga can provide powerful tools for balancing, cleansing and transforming oneself to lead a healthy life full of vitality. There are many styles of yoga available suitable for all kinds of bodies and abilities, whether you're in a wheelchair or an adrenaline junkie. Explore the many options and find a class, style, and teacher appropriate for your taste.

Yoga helps three main systems responsible for the elimination of wastes: circulatory, digestive & lymph, by stretching and compressing every part of the body. The yogic breath also promotes detoxification by taking in more oxygen and expelling more carbon dioxide when we exhale as well as stimulating the organs of digestion.

## BREATHING EXERCISES

Deep breathing enhances the detoxification process and the relaxation response by turning on the parasympathetic nervous system (relaxation response to “rest and digest”) and turn off the sympathetic nervous system (stress response to “fight, flight or freeze”) Incorporate deep cleansing breaths throughout your day to turn OFF the ON. Instructions in the Appendix

## MEDITATION

The mind and body respond to each other. What happens in the mind affects the body and vice versa. Meditation is a form cleansing for the mind and energetic body, benefiting overall energy, concentration and stamina.

## WALKING OUTDOORS

Research shows that exposure to nature promotes lower concentrations of the stress hormone cortisol, lower pulse rate, lower blood pressure, greater relaxation response activity, and lower stress response activity than do city environments. Walk outside daily with a view of nature. Hike in the forest each weekend.

 REFER TO THE APPENDIX

## CASTOR OIL PACKS A

Castor oil has been shown to increase circulation and promote elimination to tissues and organs beneath the skin it's applied to. Place pack over the liver to enhance metabolization and excretion of toxins.

## INFRARED SAUNA

The infrared sauna is an effective device to promote circulation and the mobilization of toxins in the body. Infrared therapy increases the rate of fat cell breakdown. Fat-soluble toxins in subcutaneous fat pads are released through the skin, but toxins from the majority of body fat stores go into circulation.

## COLONICS

Colonic hydrotherapy uses water to gently cleanse the large intestine. Once the liver has metabolized toxins that have entered the body, it dumps them into bile, stored in the gall bladder until we eat our next fatty meal. During digestion, the bile enters the large intestine to emulsify fat. However, about 94% of bile is reabsorbed from the bowel back into circulation with normal bowel action. Colonics clear compounds dumped from the liver, in bile, into the intestines.

## DRY SKIN BRUSHING

Dry skin brushing helps to open the pores of skin and facilitates the discharge of toxins from the body by promoting lymphatic drainage. The skin is the largest organ of the body and is responsible for 25% of the body's daily detoxification. The lymph system also plays a major role in detoxification. When waste by-products or toxins leave the cells, they are exported out by either the blood or the lymph. While the heart acts as the circulation pump for the blood, the lymph system does not have a pump, and therefore moves more slowly. Dry Skin Brushing will help stimulate the lymphatic system during your cleanse.

## CONTRAST SHOWERS

After dry skin brushing in the shower, start the water with 2 minutes as hot as comfortable, follow with 30 seconds of cold as comfortable water and repeat this cycle 3 times (7 1/2 minutes in total). The contrast of the water temperatures helps increase circulation and facilitates detoxification. Be sure to end the cycle and your shower on cold to invigorate yourself.

## EPSOM SALT BATHS

Sprinkle 1 - 2 cups of Epsom salts into your bath water and soak for 20 minutes. Epsom salts are a great source of magnesium to aid in detoxification as well as muscle relaxation.

## LYMPHATIC DRAINAGE MASSAGE

Our lymphatic system is a waste removal system that has to be stimulated by movement to drain. A lymphatic drainage massage is effective in promoting circulation and removing wastes.

## REBOUNDING

Jumping on a mini trampoline is another effective way to promote lymph drainage and removal of toxins. Rebound daily for a few minutes or for as long as you're enjoying yourself. If you feel discomfort or heaviness in your pelvic floor that make rebounding unenjoyable, see a pelvic physiotherapist.

## PELVIC PHYSIOTHERAPY

Elimination of waste primarily takes place through the kidneys and bowels, whose exit points are housed within the pelvic floor. If you are experiencing any pelvic health issues like incontinence, urgency, constipation, pelvic pain and/or sexual dysfunction, a pelvic physiotherapist can help.

## OSTEOPATHY

This subtle manual adjustment to the entire body promotes its self healing and self regulating abilities. The benefits of osteopathy include lymph drainage and realignment of the internal organs to restore vitality.

# Getting Ready

## BEFORE YOU START

**If you smoke, see your health care provider for a cessation protocol before embarking on a cleanse**

## ONE WEEK BEFORE STARTING, ELIMINATE:

- **Caffeine from coffee, black tea & pop.** For the first 3 days, decrease your usual consumption by half. On the fourth day, substitute with green, licorice and/or holy basil tea.
- **Sugar.** Use natural sweeteners instead, like maple syrup, honey, dates and fruits. A sugar addiction is very real and difficult to overcome; the most effective way to deal with the cravings is to stop completely. Even a little bit will make you crave more. Rip that bandage off! You can do it!
- **White Flour.** You'll feel so much better when you kick this bad-boy to the curb. Eating whole foods makes this task much easier. White, processed flour is not found in whole food products, however it's found in all kinds of processed foods. Stick to whole foods.

## PLANNING CHECKLIST

- I am committed to PURE's Complete Cleanse Program for \_\_\_\_\_ weeks
- I have revised my schedule to include only necessary activities during the cleanse
- I have a dedicated space to practice yoga or have chosen local yoga classes to attend
- I have cleared my cupboards, fridge and freezer of all processed foods
- I have replaced all chemical cleaners and personal care products with natural non-toxic products
- I have all the foods, supplements and essentials that I need for the first week of the cleanse

## HELPFUL CLEANSING ITEMS

- Yoga mat
- Dry skin brush
- Journal
- Epsom salts
- Castor oil & pack
- Household cleaners: Baking soda, vinegar, borax
- Outdoor wear for walking; shoes, coat, gloves, hat, etc.



## WORDS OF CAUTION

- Many people believe that detoxification means starving yourself, having diarrhea, racing to the bathroom, feeling fatigued, experiencing headaches and breaking out in rashes. While conventional programs focus on flushing and/or fasting, our program is about nourishing & supporting your mind, body & soul. If you are experiencing any adverse symptoms that means that your body is not excreting toxins effectively. Please contact your health care provider for strategies to address the cause of the symptoms.
- It is important that you are prepared mentally before starting a cleanse program. You will be spending more time than usual preparing your own food and meals, which means more time in the kitchen. Use this time as your meditation. Be mindful of what you are doing as you infuse joy and love into your preparation activities. Understand that this cleanse is temporary and that you will encounter challenges. It is both appropriate and inspiring for you to bring your own food to social gatherings while cleansing. It can be a great conversation starter, and may even motivate others to start their own cleansing journey. It is also acceptable to eat before you go to gatherings so you won't feel tempted to sway from your plan.
- Ensure proper hydration, balanced meals and adequate sleep during your cleanse.
- Replacement of electrolytes and healthy flora is important during infrared sauna & colonic hydrotherapy.
- Many products available on shelves today cleverly use the terms “natural” or “green” to convince you to buy. Be sure to read labels and ingredients before making your decision. Consult with [ewg.org](http://ewg.org) for a list of safe vs. toxic products from their extensive database.

## HELPFUL/HARMFUL DETOX FOODS

**To decrease the total toxic load of foods, eliminate the most common allergens from the diet & increase foods that aid the liver in its detoxification pathways:**

| HARMFUL  | HELPFUL   |
|--|---|
| Sugar – Sugar is a common allergen, and suppresses the liver’s ability to clear toxins.  | Turmeric, rosemary, ginger, garlic, onions  |
| Dairy – In addition to being one of the most allergenic food groups, dairy is also one of the most contaminated with chemicals such as PCBs.   | Brassica family: organic kale, broccoli, broccoli sprouts, cabbage, cauliflower, kohlrabi, Brussels sprouts |
| Wheat  | Brown rice  |
| Eggs   | Organic berries (blackberries, red currants, raspberries, blueberries)                                      |
| Corn   | Organic seaweed: nori, dulse, wakame  |
| Chocolate  | Chlorophyll – chlorella, spinach  |
| Coffee   | Rooibos, matcha green, oolong, licorice tea   |
| Beef   | Beets   |
| Citrus: grapefruit, oranges  | Lemon, lime   |
| Soy  | Carrots   |
| Peanuts  | All other raw, organic nuts and seeds   |
| Alcohol  | Pure filtered water   |
| Avoid high mercury content fish: Go to <a href="http://www.cfsan.fda.gov/%7Efrf/sea-meing.html">www.cfsan.fda.gov/%7Efrf/sea-meing.html</a> for a list of the 20 most and least mercury toxic seafood. While farmed Atlantic salmon is highly toxic, | Alaskan and Pacific are available as Kings, Silvers/Chinook, and Reds/Coho.                                 |

# Sample Day

## UPON WAKING

- Drink 8 - 16 oz of lemon water (fill container before bed with the juice of 1/2 of lemon & keep on your bedside table)
- Meditation/Breathwork - 10 minutes minimum
- Dry skin brush in the shower, follow with contrast shower
- Sample Breakfast: Muesli
- Take required supplements

## THROUGHOUT THE DAY

- Consume remaining 6 - 8 glasses of water
- Sample Lunch: Split Pea Soup with Turkey
- Take required supplements
- Lunchtime or mid-day stroll outdoors
- Sample Snacks: Hummus and veggies
- Infrared sauna and colonic if scheduled

## WINDING DOWN

- Sample Dinner: Poached Salmon, Tomato Salsa, Green Beans & Sweet Potato Fries
- Take Supplements
- Yoga or Walk
- Castor oil pack (20 minute - 1 hour) while reading, watching an uplifting movie or TV show
- Epsom salt bath
- Journal before bed
- Fill container of water & fresh lemon juice to take to bed with you for the morning

# Meal Suggestions

Although we have divided the categories into traditional meal headings, feel free to interchange any of the meals at any time of the day. Why not have pancakes for supper or soup for breakfast?

**It's really okay!**

In an effort to reduce the amount of time you spend in the kitchen during your cleanse, feel free to cook recipes in larger batches and make enough for a couple of meals so that you don't have to cook every time you're hungry.

## BREAKFAST OPTIONS

- Oatmeal & Berries
- Quinoa Apple Bake
- Blender Pancakes
- Granola & Almond Milk
- Smoothies/Protein Shakes
- Muesli
- Protein choice (like chicken or fish) with Breakfast Salad

## LUNCH OPTIONS

- Quinoa Tabbouleh
- Kale Salad with Roasted Lemon Chicken (or chickpeas )
- Split pea soup with Turkey, Chicken (or Basmati Rice)
- Bean Medley Salad
- Poached Salmon and Cold Green Bean Salad
- Spicy Sweet Potato Soup
- Fresh Spring Rolls with Asian Nut Dip



 VEGAN OPTIONS

## DINNER OPTIONS

- Slow Roasted Salmon with Tomato Salsa, Sweet Potato Fries and Green Beans
- Hearty Chili
- Coconut Red Lentil Soup
- Stuffed Peppers with Beet & Apple Salad
- Raw Pad Thai
- Spaghetti Squash with Herbed Meatballs (or Cashew Feta Cheese) & Fresh Tomato Sauce
- Curried Chickpeas, Basmati Rice & steamed broccoli

## SNACKS

- Hummus & veggies (peppers, carrots, broccoli, cauliflower, celery, cucumbers, etc)
- Sweet Craving Buster Spread & apple wedges
- Sushi Rolls with Guacamole and veggies
- Fruit & nuts or homemade trailmix
- Rice cakes & apple butter
- Medjool dates stuffed with almond butter
- Cilantro Dip with veggies or rice crackers

## SWEETS

- Cashew Cheesecake
- Pumpkin ("Rawkin") Cheese Cake

## FLUIDS

Water: Pure filtered, lemon, fruit or veggie infused (cucumber, mint, berries, etc)

Teas: green or herbal

Juices: freshly made in your juicer or blender without sugar



# Recipes

## Stove Top Oatmeal

Oatmeal is one of the healthiest breakfast foods. It's high in fiber, nutrients and omega 3 fatty acids, low on the glycemic index, quick, easy to make and inexpensive. There are a variety of options available today; rolled oats, steel cut oats, kamut oats, spelt oats and quinoa flakes. If you think you'll save time using single serving packages while you nuke your breakfast on your way out the door, think again. There are countless amounts of chemicals and sugars added to these packages along with all the negative effects of microwaving that far outweigh the 5 minutes it takes to make your own. Do it the way your grandmother did, on the stove top.

|                |                       |
|----------------|-----------------------|
| <b>1 c</b>     | <b>oats</b>           |
| <b>2 1/4 c</b> | <b>filtered water</b> |
| <b>dash</b>    | <b>cinnamon</b>       |
| <b>pinch</b>   | <b>Himalayan salt</b> |

- Boil the water on the stove top in a saucepan
- Once boiling, reduce heat to low, add salt, oats and cinnamon
- Cook until all water is absorbed, usually 5 minutes
- Add dried fruit, ground flax seeds, walnuts, fresh berries and/or almond milk to jazz things up (chopped apple and walnuts work well)

## Apple Quinoa Bake

This dish can be used as a quality breakfast dish or as a dessert. Why not try it for dessert one night and use the leftovers for breakfast? This dish is just about as good cold as it is fresh out of the oven. Make a batch big enough to last a few mornings to enjoy as breakfast.

|               |  |
|---------------|--|
| <b>1 c</b>    | <b>quinoa</b>                              |
| <b>2 c</b>    | <b>water</b>                               |
| <b>1 c</b>    | <b>almond or rice milk</b>                 |
| <b>¼ c</b>    | <b>chopped walnuts or nuts of choice</b>   |
| <b>3 Tbsp</b> | <b>maple syrup</b>                         |
| <b>1 Tbsp</b> | <b>ground cinnamon</b>                     |
| <b>1 Tbsp</b> | <b>chia seeds</b>                          |
| <b>3</b>      | <b>apples – thinly sliced then chopped</b> |

- Rinse quinoa well & drain. Combine quinoa & fresh water in a medium saucepan. Bring water to a boil, reduce heat to med/low and simmer covered until water is fully absorbed by the quinoa (about 10 minutes). Fluff with fork and set aside to cool slightly.
- Soak 1 Tbsp of chia seeds in 3 Tbsp of fresh filtered water for about 10 minutes, until chia seeds become gelatinous as they fully absorb the water. This replaces one egg.
- Combine remaining ingredients in a mixing bowl and spread mixture onto a coconut oil greased casserole dish (approx. 11 x 7). Bake at 350 degrees for about 45 minutes.
- Feel free to top with cashew cream and/or berries of your liking. Optional but decadent.
- If apples aren't your thing or you want to change things up, use thinly sliced bananas instead of apples.

## Cashew Cream

Nut milks and creams are quick & easy to make. Just be sure to soak the nuts first and use the soaking water in the recipe.

|              |                            |
|--------------|----------------------------|
| <b>1 c</b>   | <b>raw organic cashews</b> |
| <b>1 c</b>   | <b>filtered water</b>      |
| <b>1 tsp</b> | <b>maple syrup</b>         |

- Soak cashews right in your blender or Vitamix for about 4 hours in 1 cup of water
- Add sweetener & blend on low for about 1 minute, then increase speed to high for another 2 -3 minutes until it becomes a thick creamy consistency.
- You can add vanilla, cinnamon or lucuma to the milk for additional flavour if you like.
- To make a milky version just add more water.

## Blueberry Blender Pancakes

|               |  |
|---------------|--|
| <b>½ c</b>    | <b>short grain brown rice or basmati rice</b>                                    |
| <b>½ c</b>    | <b>quinoa</b>  |
| <b>2 c</b>    | <b>water</b>   |
| <b>½</b>      | <b>ripe pear or apple, cored &amp; chopped or ½ banana, peeled &amp; chopped</b> |
| <b>¼ c</b>    | <b>fresh blueberries</b>   |
| <b>2 Tbsp</b> | <b>shredded coconut, organic</b>   |
| <b>pinch</b>  | <b>sea salt</b>  |

- Rinse grains and soak separately overnight in 1 cup of water for each.
- In the morning, place grains and their soaking water in a blender. Add the pear, apple or banana, coconut & salt.
- Blend into a smooth batter, adjusting the consistency if necessary by adding more water for a thinner pancake or crepe or adding more coconut for a thicker batter. Be sure to blend well.
- Add blueberries, if using, to the batter.
- Using a titanium or graphite pan, heat on medium-high and add a thin layer of batter. Cook until golden brown, then flip the pancake to brown other side
- Top with real maple syrup, or combination of flax & maple syrup, or fresh berries

## Granola

- 3 c**            **rolled organic oat flakes OR spelt flakes**  
**or 1½ cups each of buckwheat & quinoa flakes for a gluten-free version**
- 1 c**            **cashews, walnuts or almonds (or any nuts or seeds of your liking)**  
**coarsely chopped**
- 1 c**            **dry coconut flakes**
- ½ c**            **water**
- ½ c**            **maple syrup**
- 2 Tbsp**        **coconut butter**
- 2 Tbsp**        **olive oil**
- pinch**         **Himalayan salt**  
**any desired spice (ginger and/or cinnamon is great)**

- Bring water to a boil, pour into a large bowl, add in maple syrup, coconut butter, olive oil and salt, blend together.
- Add the oat flakes, chopped almonds and spices to the large bowl with the wet ingredients.
- Mix well to achieve a sticky consistency.
- The sticky moist texture is necessary for clumps to form during drying.
- Place the contents onto a cookie sheet or a large baking pan and dry at 350 F for approximately 30 minutes, remove from oven and stir contents to ensure even baking for another 15 – 20 minutes or until dry and crispy.
- When finished baking, cool, loosen up the clumps, add coconut flakes and transfer into an airtight container.

Top with almond or nut milk, berries, ground flax seeds and/or chia seeds. Enjoy!

## Protein Shakes

Shakes and smoothies are a convenient way to get high quality nutrients into your cells in a short amount of time. Preparation time is minimal, making shakes a great option for those times when you are in a hurry. If your schedule is overloaded and you don't have time to prepare a proper meal of whole foods, consider blending them all into a shake. You can prepare the dry goods the night before by placing all of the ingredients in your blender and adding water and blending the shake in the morning, to make the start of your day a breeze. All you need is a blender or a single serving blender like a Magic Bullet. Any old blender will do the trick, but if you want to invest a gadget that will last a lifetime and likely become a close friend, consider a Vitamix or Blendtec.

The base for shakes is always the same, but feel free to experiment with different ingredients to add a variety of nutrients to your diet and to avoid boredom. Here's what you'll need:

- **Vegetable** - Green leafy vegetables are powerhouse options: kale, spinach, parsley leaves, cabbage, collard greens
- **Fruit** - Fresh or frozen: blueberries, raspberries, blackberries, apples, bananas, cranberries, peaches, pineapples. Choose organic where possible and feel free to freeze your own fruit for ease. Frozen fruit eliminates the need for ice cubes. Peeled bananas can be frozen (and make a great ice-cream replacement when blended)
- **Healthy Fat** - Nut butters, flax oil, ground flax seeds, chia seeds, hemp seeds, avocado
- **Protein** - Protein rich foods like: nuts, seeds, quinoa, collard greens, spinach, chia seeds, spirulina or protein powders (I like Vega the best, followed by Sun Warrior - both are plant based and vegan)
- **Kick Jumper** - Natural flavour enhancers or super foods: ginger, mint, cinnamon, lemon, maca, lucuma, cacao, spirulina
- **Liquid** - Plain old filtered water, coconut water, nut milks (almond, cashew, hemp, etc)

## Green Smoothie Options

Blend all of the ingredients in a blender, add ice if you like and feel free to experiment with your own favourites. Getting used to green smoothies can take some time. Start with higher ratios of fruit and gradually increase the amount of greens as your palate adjusts. You can always add protein powder to these if you like; unflavoured or vanilla are great options that go with just about anything.

### CHOCOLATE MONKEY

2 kale leaves  
1/2 frozen banana (you can keep  
peeled bananas in the freezer)  
1 Tbsp almond butter  
1 scoop chocolate protein powder  
1 - 2 c filtered water

### TROPICAL

2 kale leaves  
1/2 banana  
1/2 c strawberries  
2 c water  
1 Tbsp hemp and or flax seeds

### MIXED BERRY

3/4 c baby spinach  
1/2 banana  
1/2 c frozen fruit (blueberries,  
raspberries, strawberries,  
mango, etc)  
1 - 2 c water  
1 Tbsp ground flax seed

### PINA

1/2 avocado (peeled & seed  
removed)  
3/4 c fresh pineapple, cubed  
1/2 banana  
1 c spinach  
2 Tbsp unsweetened organic  
shredded coconut  
2 c water

### CHAI

1/2 banana  
3/4 c almond or rice milk  
3 medjool dates  
2 - 3 kale leaves  
1/2 tsp maca  
1 tsp ground cardamom  
1 inch fresh grated ginger

## Muesli

The key to muesli is to think about your breakfast the night before, as it requires overnight soaking. You'll be consuming the oats, nuts and seeds in their raw state for better & easier absorption. This recipe is chalked full of fiber, EFAs & antioxidants.

### Dry Ingredients

|              |  |
|--------------|--|
| <b>2 c</b>   | <b>large flake rolled oats (or spelt or kamut oats) use uncontaminated wheat free oats if sensitive to wheat/gluten although recent studies show good tolerance to oats in Celiacs</b> |
| <b>¼ c</b>   | <b>ground flax seed</b>  |
| <b>¼ c</b>   | <b>chia seeds</b>  |
| <b>¼ c</b>   | <b>pumpkin seeds</b>   |
| <b>¼ c</b>   | <b>unsweetened coconut flakes</b>  |
| <b>¼ c</b>   | <b>walnuts, chopped</b>  |
| <b>¼ c</b>   | <b>raisins (I like sultanas) or dried fruit of choice (cranberries or apricots work well)</b>  |
| <b>½ c</b>   | <b>dates, pitted &amp; chopped (optional)</b>  |
| <b>1 tsp</b> | <b>cinnamon</b>  |

### Wet Ingredients

|              |                                       |
|--------------|---------------------------------------|
| <b>¼ c</b>   | <b>maple syrup</b>                    |
| <b>2</b>     | <b>large apples, chopped</b>          |
| <b>3-4 c</b> | <b>filtered water</b>                 |
| <b>1 c</b>   | <b>almond or rice milk - optional</b> |
|              | <b>fresh berries - optional</b>       |

- Place all dry ingredients in a large size bowl and mix together (this mixture can be stored for a couple of weeks in an air tight container in your cupboard)
- When ready to use, pour enough water (and/or almond milk if using) over the mixture to cover it completely. Mix well, cover and refrigerate overnight to eat in the morning.
- When ready to consume add maple syrup, chopped apples or fresh berries
- The dry & wet mixture can be made in a bigger batch for the whole family or to last a couple of days in the fridge.

## Breakfast salad

Serves 2

|               |   |
|---------------|---|
| <b>3 c</b>    | <b>baby spinach</b>                         |
| <b>1 c</b>    | <b>cooked quinoa</b>                        |
| <b>¼ c</b>    | <b>pepitas (pumpkin seeds)</b>              |
| <b>1</b>      | <b>avocado, chopped</b>                     |
| <b>1 Tbsp</b> | <b>raw honey</b>                            |
| <b>1 Tbsp</b> | <b>fresh lemon juice</b>                    |
| <b>1 Tbsp</b> | <b>extra virgin olive oil</b>               |
|               | <b>Himalayan salt &amp; pepper to taste</b> |

- Slice avocado in half, peel, and cut into wedges, then chunks.
- Whisk together honey, lemon & oil.
- Combine all ingredients together in mixing bowl. Pour dressing over ingredients and toss gently to incorporate.

Serve with your choice of protein; fish makes a nice breakfast protein, but any left over protein will pair nicely to make it a complete meal of protein, good fats and complex carbohydrates.

## Almond Milk

Easy & quick to do at home and you'll know what's in your glass; no chemicals, additives or preservatives.

|               |  |
|---------------|--|
| <b>1 c</b>    | <b>raw organic almonds</b>                     |
| <b>4 c</b>    | <b>filtered water</b>                          |
| <b>1 Tbsp</b> | <b>maple syrup</b>                             |
| <b>1 tsp</b>  | <b>alcohol free vanilla extract (optional)</b> |

- Soak & cover almonds overnight in about 3 cups of water
- Once soaked, peel skins from almonds. You can skip this step if you're in a hurry as it takes a bit of time & patience but I prefer the taste when skins are removed
- Rinse the almonds and place in blender or Vitamix with 4 cups of pure water.
- Blend on low for about 1 minute, then increase speed to high for another 2 -3 minutes until it reaches a smooth liquid consistency.
- Add natural sweetener and vanilla (if using) and blend again to incorporate.
- Strain using a mylk bag, fine metal strainer or cheese cloth into a glass storage container and keep in refrigerator for up to 1 week.
- Add vanilla or cinnamon to the milk for additional flavour if you like
- Keep the stained pulp to add to energy bar recipes or to your muesli mix

## Quinoa Tabbouleh

|               |  |
|---------------|--|
| <b>3 c</b>    | <b>parsley, finely chopped</b>   |
| <b>3-4</b>    | <b>green onions, finely chopped</b>  |
| <b>½ c</b>    | <b>bell pepper, finely chopped</b>   |
| <b>4</b>      | <b>medium tomatoes, chopped or ¼ C sundried tomatoes soaked, drained &amp; chopped</b> |
| <b>¾ c</b>    | <b>cooked quinoa</b>   |
| <b>¼ c</b>    | <b>lemon juice</b>   |
| <b>2 Tbsp</b> | <b>olive oil</b>   |
| <b>1 tsp</b>  | <b>oregano</b>   |
| <b>1 tsp</b>  | <b>basil</b>   |
|               | <b>salt &amp; pepper to taste</b>  |

Combine all ingredients in a large bowl and toss. This salad will keep in the refrigerator for about 2 days.

## Kale & Avocado Salad

|               |   |
|---------------|---|
| <b>1</b>      | <b>bunch of kale, de-stemmed, chopped into bite size pieces</b> |
| <b>1</b>      | <b>avocado</b>  |
| <b>1/2</b>    | <b>lemon, juiced</b>  |
| <b>1 c</b>    | <b>grape tomatoes or diced field tomatoes</b>                   |
| <b>1 Tbsp</b> | <b>sesame seeds</b>   |
|               | <b>salt &amp; pepper</b>  |

- Prepare & wash kale and tomatoes
- Place washed and chopped kale in large mixing bowl
- Cut avocado in half, scoop half into the large mixing bowl with the kale
- With clean hands, massage avocado into kale
- Add lemon juice
- Season with salt & pepper and let stand for 10 minutes to soften the kale leaves
- Meanwhile, dice remain avocado into cubes
- Cut tomatoes in half or dice if using field tomatoes
- Once kale is softened add remaining avocado, tomatoes and sesame seeds.

## Lemon & Garlic Roasted Chicken

Using a whole chicken is more economical than buying parts and creates less waste. Use the leftover bones to make a simple bone broth (Soup Stock recipe). This recipe is for roasting a whole chicken, however, if you'd like to speed up the cooking time, cut the chicken into parts and rub seasoning onto the parts. You may need to add more oil if you are not cooking the chicken whole.

- 1 whole naturally raised chicken**
- 1 Tbsp olive oil**
- 4 Tbsp fresh thyme, rosemary, sage combination**
- 4-6 cloves garlic**
- 2 tsp sea salt**
- 2 lemons; zest and juice of one lemon for coating, 1 for stuffing the chicken**

- Preheat oven to 400 F.
- Remove giblets & neck and rinse inside of chicken. Pat chicken dry and place in a large roasting pan.
- Salt and pepper the inside of the chicken.
- Stuff the cavity of the chicken with half of the herbs, one lemon cut in half and 2 garlic cloves.
- Combine oil, remaining garlic, herbs, lemon juice and zest. Coat chicken with the herbed mixture.
- Let chicken roast uncovered for 1.5 hours or until meat is tender and skin has browned nicely. Cut chicken will cook faster than a whole chicken (check after 1 hour of roasting).

## Split Pea Soup

Split peas are filled with helpful fiber, trace minerals, and they're a good source of protein making them one of my favourites. I like to use coconut oil for cooking & baking as it is easily absorbed by our bodies. Two-thirds of the fat in coconut oil are medium-chain saturated fatty acids. It also contains large amounts of lauric acid, making it a heart-protecting fatty acid. Its high smoke point (450 °F) makes it ideal for frying, sautéing and baking.

|              |   |
|--------------|---|
| <b>1/3 c</b> | <b>coconut oil (or grape seed oil)</b>  |
| <b>3</b>     | <b>carrots, peeled &amp; coarsely chopped</b>   |
| <b>2</b>     | <b>parsnips, peeled &amp; coarsely chopped</b>  |
| <b>2</b>     | <b>leeks, white &amp; light green parts only, washed &amp; chopped</b>                      |
| <b>½ c</b>   | <b>fresh parsley, chopped (1/3 cup if using dried)</b>                                      |
| <b>3 tsp</b> | <b>dried thyme</b>  |
| <b>2 tsp</b> | <b>dried savory</b>   |
| <b>3</b>     | <b>bay leaves</b>   |
| <b>5 c</b>   | <b>vegetable stock or chicken stock</b>   |
| <b>5 c</b>   | <b>water</b>  |
| <b>3 c</b>   | <b>dried split green peas</b>   |
| <b>2 c</b>   | <b>cooked free range organic chicken or turkey breast (or substitute with basmati rice)</b> |

- Heat oil in a stock pot over medium/low heat. Add root vegetables & herbs and cook until all veggies are soft (about 20 minutes). I find leaving the lid on creates a steam bath to help tenderize those veggies.
- Add vegetable stock, water and peas. Simmer until peas are tender and start falling apart. This will thicken the soup. It takes about 1 hour.
- Add cooked chicken or turkey to warm through.
- Season with salt & pepper and serve.

## Soup Stocks

Soup stock is a pantry staple to use as a base for stews, sauces, soups and many other dishes. Once you see how simple, easy and cost effective it is to make your own, you won't have to use any more sodium laden commercial stocks. Purchase organic veggies, and don't worry about peeling them.

### VEGGIE SCRAP STOCK

Use a variety of vegetable scraps and peels from onions, celery, carrots, parsley stems, tomatoes, broccoli, mushrooms, zucchini, etc.

Seasonings like salt, pepper, garlic, bay leaves, thyme etc.

- When ready to use, place all veggies and seasonings in a large pot and cover with water
- Bring to a boil
- Reduce heat and simmer for at least an hour
- Strain the vegetables from the broth
- Store in glass mason jars in refrigerator for up to a week or freeze in ice cube trays for future use

### CHICKEN STOCK

Left over bones from 1-2 carcasses of naturally raised chickens

**2 Tbsp apple cider vinegar (helps extract minerals from the bones, releasing them into the broth )**

|             |  |
|-------------|--|
| <b>1</b>    | <b>onion, quartered</b>                |
| <b>1</b>    | <b>carrot, chopped</b>                 |
| <b>1</b>    | <b>stock of celery</b>                 |
| <b>1 c</b>  | <b>parsley stems</b>                   |
| <b>5</b>    | <b>garlic cloves, crushed</b>          |
| <b>6</b>    | <b>black peppercorns</b>               |
| <b>2</b>    | <b>bay leaves</b>                      |
| <b>10 c</b> | <b>filtered water</b>                  |
|             | <b>Himalayan or sea salt, to taste</b> |

- Heat oil in large soup pot. Add onions and sauté until soft. Add remaining ingredients; bring to low boil. Lower heat and simmer 45 minutes or longer. Once you're satisfied with the flavour, let cool. Remove chicken, strain stock into glass jars, and store in refrigerator for up to a week.

## Bean Medley Soup

|      |  |
|------|--|
| 3 c  | various beans of your choice: black beans, chick peas, kidney beans, black eyes peas |
| 3    | green onions, thinly chopped   |
| ½ c  | fresh basil, chopped   |
| ½ c  | kalamata olives, sliced (optional)   |
| 5    | tomatoes, diced  |
| 1    | cucumber, diced  |
| 2    | red peppers, diced   |
| 4 oz | cashew feta cheese (optional)  |
| 2    | roasted red peppers (diced)  |

## Vinaigrette

|       |   |
|-------|---|
| 1/4 c | balsamic vinegar or lemon juice         |
| 3/4 c | olive oil                               |
| 1 tsp | dried mustard                           |
| 1 tsp | natural sweetener; honey or maple syrup |
| ½ tsp | dried oregano                           |
| ½ tsp | dried basil                             |
| ½ tsp | onion powder                            |
| ¼ tsp | sea salt                                |

To increase protein intake, mix in 2 cups of cooked quinoa with salad or serve over quinoa.

It's simple to make your own beans, but if you're stuck for time, canned beans will work just fine.

- Mix all salad ingredients in large sealable container.
- Mix vinaigrette ingredients together and stir or shake.
- Pour vinaigrette over salad, mix well and refrigerate for 3 hours before serving.
- Enjoy!

## Poached Salmon

Wild caught salmon (amount based on how many you are serving or making for lunches)

Freshly squeezed lemon juice

Fresh dill, minced

Filtered water

Sea salt & pepper

- In a skillet, add enough water to cover the bottom of the pan to measure the thickness of one finger width. Add fresh squeezed lemon juice to flavour the cooking water and heat to a boil.
- Squeeze more lemon juice directly on the flesh of the salmon & sprinkle with salt & pepper.
- Once the water has boiled, turn the heat to medium, add the salmon skin side down. Sprinkle fresh dill on top of fish and cook covered until fish is opaque (about 7 minutes depending on the thickness).

Salmon pairs nicely with tomato/ginger salsa and works as a great addition to salads

## Cold Green Bean Salad

This is a perfect salad to make from left over green beans. The key is to not overcook the beans. You want them crunchy and not soggy. No more mushy green beans from a can. Let's eat live food!

- 3 c** green beans
- 1 Tbsp** fresh herbs (basil, oregano, sage, thyme all work well)
- 1 Tbsp** olive oil
- 1 Tbsp** sesame seeds (optional)

- Lightly steam the beans in water until the water comes to a boil
- Once boiling and you smell the beans, remove immediately from stove top, drain and rinse in cold water
- Let the beans cool and toss with olive oil, herbs & sesame seeds if using

## Spicy Sweet Potato Soup

|            |  |
|------------|--|
| 1 - 2 Tbsp | fresh ginger, grated   |
| 1          | small onion, minced  |
| 1 Tbsp     | coconut oil  |
| 2          | cloves garlic, minced  |
| 1 tsp      | chili pepper flakes (or chili powder)  |
| 2          | large or 4 small sweet potatoes, chopped into chunks                               |
|            | water or stock to cover the potatoes (read labels to ensure no additives or sugar) |
| 1/4 c      | almond butter  |
| 1/2        | lime, juiced   |

- Scrub and chop sweet potatoes into chunks. There is no need to peel organic veggies.
- Add vegetables and water and bring to boil.
- Once boiling, lower heat to simmer on med/low and cover.
- Cook until sweet potatoes are tender (about 10 minutes).
- Add almond butter and lime juice.
- Remove from heat and puree in blender or with hand held blender
- Season with parsley and salt & pepper, if desired.

## Fresh Spring Rolls

Serves 4 as a Main Dish or 12 as Appetizers

|       |  |
|-------|--|
| 12    | rice paper wrappers (available in most Asian food stores)                      |
| 1/2 c | rice vermicelli, soaked in boiling water for 10 minutes, until soft (optional) |
| 1 c   | bean sprouts   |
| 1     | avocado, sliced length wise  |
| 2 c   | leaves of green or red leaf lettuce or baby spinach                            |
| 2     | carrots julienned or grated  |
| 1     | cucumber, seeds removed, julienned   |
| 1     | bell pepper, sliced lengthwise   |
| 3     | scallions, juilenned   |
| 1/4 c | any combination of Thai basil, mint or cilantro, minced                        |

### ASIAN NUT DIPPING SAUCE

|         |                                       |
|---------|---------------------------------------|
| 1/3 c   | almond butter                         |
| 1/4 c   | maple syrup                           |
| 1 - 2   | cloves garlic, minced                 |
| 1/2 tsp | fresh grated ginger                   |
| 1/4 c   | sesame oil                            |
| 1 Tbsp  | apple cider vinegar                   |
| 1/4 c   | water                                 |
| 1/2 tsp | Asian red chili paste or chili flakes |

- Immerse each rice wrapper in a shallow plate of warm water for 1 minute. Carefully remove the wrapper from the water, pat dry & lay on a plate or cutting board
- Begin with a small handful of lettuce in the bottom third of the wrapper, and add approximately an equal amount of rice noodles, if using. Top with the remaining vegetables in a neat row. Sprinkle the herbs on top.
- Fold up the bottom of the wrapper, then the two sides; continue rolling up, keeping the wrapper firmly around the ingredients to get a good roll, but being careful not to pull too tightly to avoid tearing the wrapper. Place the roll seam side down on a plate or container.
- Continue making the rolls until all ingredients are used.
- Serve with dipping sauce

## Slow Roasted Salmon & Tomato Salsa

|        |  |
|--------|--|
| 4      | salmon filets  |
| 1/4 c  | lemon juice, freshly squeezed                        |
| 1 Tbsp | olive oil  |
| 1      | zest of 1 lemon                                      |
|        | Himalayan or celtic sea salt & fresh pepper to taste |

### TOMATO SALSA

|        |                               |
|--------|-------------------------------|
| 2      | tomatoes, diced               |
| 1 Tbsp | fresh ginger, grated          |
| 2 Tbsp | scallions, minced             |
| 1 tsp  | fresh mint, minced            |
| 1 Tbsp | lemon juice, freshly squeezed |

- Preheat oven to 275°F. Line a baking sheet with parchment paper.
- Place salmon fillets, skin side down, on prepared baking sheet. Mix oil, lemon juice and zest in a small bowl. Spread mixture over salmon fillets, dividing equally. Season with salt and pepper. Let stand 10 minutes to allow flavours to meld.
- While salmon is roasting, prepare salsa by combining all ingredients together in a bowl and let sit to incorporate flavours.
- Bake salmon until just opaque in center, about 15-18 minutes. Serve with lemon wedges.
- Top with salsa and serve.

## Sweet Potato Fries

|        |                |
|--------|----------------|
| 4      | sweet potatoes |
| 1 Tbsp | grape seed oil |
| 1 Tbsp | cumin          |
| 1 tsp  | chili powder   |

- Wash & dry sweet potatoes.
- Cut potatoes length wise into quarters, then into thin strips or wedges.
- Toss potatoes with remaining ingredients.
- Bake on cookie sheet or stone cookware for about 40 minutes at 375 degrees.

These pair nicely with fish and green veggies like green beans for a healthy twist on the 'Ol Fish & Chips. Your heart & waist line will thank you.

## Hearty Chili

|          |  |
|----------|--|
| 2 Tbsp   | grape seed oil                                     |
| 1 large  | onion, peeled & chopped                            |
| 1        | red bell pepper, chopped                           |
| 1 medium | zucchini, chopped                                  |
| 12       | tomatoes, chopped (or 28oz can of canned tomatoes) |
| 1 c      | chickpeas cooked (or 240ml can)                    |
| 1 c      | black beans cooked (or 240ml can)                  |
| 1 c      | black-eyed peas (cooked or 240ml can)              |
| 2 c      | cooked turkey or chicken (if desired)              |
| 2 Tbsp   | cumin  |
| 3 Tbsp   | chili powder                                       |
| 1 tsp    | curry powder                                       |
| ¼ tsp    | red pepper flakes                                  |
| 1 pinch  | cayenne pepper (or more to taste)                  |
|          | salt & pepper to taste                             |

- In a large saucepan or soup pan, warm oil over medium heat. Add onion & red pepper and sauté until softened.
- Add spices and zucchini. Stir to incorporate ingredients. Cover & cook over low heat for 10 minutes, stirring occasionally.
- Add all remaining ingredients and blend well. Cover and simmer for 45 minutes. Remove from heat & serve immediately. Adding quinoa or brown rice will make it a completely nourishing meal full of protein.

## Coconut Red Lentil Soup

|        |                           |
|--------|---------------------------|
| 2 c    | red lentils               |
| 2      | carrots, diced            |
| 1/2    | onion, minced             |
| 2      | cloves garlic, minced     |
| 2 Tbsp | fresh ginger, grated      |
| 2 Tbsp | curry powder              |
| 2 Tbsp | coconut oil               |
| 6 c    | water                     |
| 1      | 14oz can coconut milk     |
|        | salt and pepper, to taste |

- Rinse & drain the lentils.
- In a large saucepan, heat the coconut oil and sautee the garlic, onion and ginger for a few minutes until golden brown. Add the curry and carrots and cook for another few minutes until carrots become slightly soft.
- Add water and the red lentils and bring to a boil. Reduce to medium-high heat and cook for twenty minutes, or until lentils are soft.
- Once the lentils are cooked add the coconut milk to warm it only. Heating coconut at high temperatures will make it separate.
- Serve with chopped cilantro and green onions on a bed of quinoa (if desired).

## Stuffed Peppers

Serves 4 - 6

|             |   |
|-------------|---|
| <b>2 c</b>  | <b>cooked quinoa</b>                    |
| <b>6</b>    | <b>peppers (any colour you like)</b>    |
| <b>1</b>    | <b>large carrot, grated</b>             |
| <b>1</b>    | <b>zucchini, grated</b>                 |
| <b>1</b>    | <b>onion, minced</b>                    |
| <b>2</b>    | <b>garlic cloves</b>                    |
| <b>1 lb</b> | <b>ground turkey/chicken if desired</b> |
|             | <b>salt &amp; pepper to taste</b>       |

## TOMATO SAUCE

|                |   |
|----------------|---|
| <b>8</b>       | <b>tomatoes, cut in half</b>  |
| <b>1/4 c</b>   | <b>sundried tomatoes, soaked in warm water for 10 minutes &amp; drained</b> |
| <b>2</b>       | <b>garlic cloves</b>  |
| <b>1/4 c</b>   | <b>extra virgin olive oil</b>   |
| <b>1/2</b>     | <b>lemon, juiced</b>  |
| <b>1/3 c</b>   | <b>fresh basil</b>  |
| <b>1/2 tsp</b> | <b>cinnamon (secret ingredient)</b>   |
|                | <b>sea salt to taste</b>  |

- Preheat oven to 375 degrees
- In a skillet, sauté the onions and garlic in 1 Tbsp of water, then add ground meat (if using) and cook until no longer pink. Season with salt & pepper.
- While the meat is cooking, prepare the tomato sauce by placing all the ingredients into a food processor and pulse until the sauce is still a little chunky to maintain some texture.
- Once the meat is cooked, drain any excess juices from the meat, set aside and cool.
- Add cooled cooked meat, quinoa, carrots, zucchini and enough sauce to coat the mixture well (about 1 1/2 cups). Stir until everything is well combined. Reserve some tomato sauce to drizzle on top of the stuffed peppers and to coat the bottom of your casserole dish.
- Chop off the tops of the bell peppers and clean out the seeds. Stuff the quinoa mixture into the peppers.
- Lightly coat the bottom of a casserole dish with some of the reserved tomato sauce. Place the stuffed peppers in a casserole dish and top with remaining tomato sauce
- Cover and bake in oven until peppers are a little soft but still crunchy (about 35 minutes)

## Beet & Apple Salad

- 2 apples, coarsely chopped with peel left on
- 2 medium carrots, finely chopped or grated
- 3 beets, scrubbed & grated
- 1 shallot, minced
- 1 fresh lemon, juiced
- 3 Tbsp olive oil
- 1 tsp natural sweetener (maple syrup, coconut nectar or coconut sugar work well)
- 1/4 C walnuts, chopped
- 1 tsp red pepper flakes (optional)
- salt & pepper to taste

When grating fresh raw beets, it's best to wear gloves to avoid staining of your skin. A food processor will work equally as well to coarsely chop the beets.

- Toss all ingredients together in one bowl to incorporate flavours.
- Let stand 10 minutes, then serve on a bed of sliced endive or greens of your choice.

## Raw Pad Thai

*You can serve this for lunch on it's own or as a side dish.*

- 1 package of Kelp Noodles (soaked in warm water for ½ hour)
- 2 zucchinis, sliced into strips with a vegetable peeler or spiralizer
- 3/4 c chopped nuts (almonds, or cashews)
- 1 small red pepper sliced into thin strips
- 1 small yellow pepper sliced into thin strips
- 4 spring onions finely chopped
- 1 1/2 c bean sprouts
- 1 small mild chili, de-seeded and finely sliced or use hot pepper flakes
- 1/2 c fresh chopped cilantro, if desired

### DRESSING

- Juice from one lime
- 1 Tbsp cold pressed oil (like almond, olive, macadamia, avocado)
- 1/4 tsp sea salt
- 1/4 c coconut milk
- 1 tsp coconut sugar or natural sweetener like maple syrup
- 1 Tbsp coconut aminos (a substitute for soy or tamari sauce)

- Prepare all salad ingredients and toss in a salad bowl.
- Pour dressing over salad and coat well.
- Let flavours merge before serving if you have time (1 hour up to 1 day is fine)

## Squashed Spaghetti & fresh tomato sauce

Spaghetti squash is an excellent substitution for pasta. It's low on the glycemic index, meaning it will not spike your blood sugar and it's loaded with beneficial nutrients.

**1 spaghetti squash**

### TOMATO SAUCE

**8 tomatoes, cut in half**  
**1/4 c sun dried tomatoes, soaked in warm water for 10 minutes & drained**  
**1/2 c pumpkin seeds**  
**1 tsp nutritional yeast**  
**2 garlic cloves**  
**1/4 c extra virgin olive oil**  
**1/2 lemon, juiced**  
**1/3 c fresh basil**  
**1/2 tsp cinnamon (secret ingredient)**  
**Himalayan or sea salt to taste**

- Pre-heat oven to 375 degrees.
- Cut the spaghetti squash in half length-wise and use a spoon to take out the seeds. Place the squash flesh side down on a baking sheet and bake for 30-40 minutes.
- Meanwhile, prepare the tomato sauce by placing all of the ingredients in a food processor and pulse until a chunky sauce is formed. Avoid over processing to a smooth sauce.
- Warm the sauce on the stove top in a saucepan.
- When the squash is finished, the skin will be very soft (a fork should be able to puncture the skin easily) Set aside to cool.
- After the squash has cooled, take a fork and strike the squash from top to bottom. The squash will fall very easily and will look like strands of spaghetti noodles.
- Top the squash noodles with the sauce and combine until the squash is nicely coated. Feel free to add a protein of your choice or cashew feta cheese.

## Herbed Meatballs

|        |  |
|--------|--|
| 1 lb   | ground turkey or chicken   |
| 1/4 c  | rolled oats, ground into fine flour                              |
| 2 Tbsp | chia seeds, soaked in 6 Tbsp water for 10 minutes (egg replacer) |
| 1 Tbsp | fresh thyme, finely chopped                                      |
| 1 Tbsp | fresh basil, finely chopped                                      |
| 1 tsp  | oregano  |
| 1 tsp  | cumin  |
| 2      | cloves garlic, minced  |
|        | salt & pepper to taste   |

- Preheat oven to 400 F degrees and line a baking pan with parchment paper.
- Soak chia seeds in water to become gelatinous.
- Grind oats into a fine flour using a coffee grinder, blender, food processor or mortar & pestle.
- Combine all ingredients into a large bowl & mix thoroughly with clean hands.
- Roll small balls out of the mixture with your hands. Adjust consistency if required by adding more ground oats to make the mixture firmer.
- Lay meatballs onto lined pan and bake for about 15 minutes, or until cooked through.
- Serve with tomato sauce or sauce of your choice.

## Cashew Feta

A dairy free option for feta cheese that works beautifully on Greek salads, portobello mushroom stack or a dip all on its own with various veggies.

|        |   |
|--------|---|
| 2 c    | raw organic cashews   |
| 1/4 c  | extra virgin olive oil  |
| 2 Tbsp | dried spices (oregano, basil, rosemary and/or thyme work well separately or combined) |
| pinch  | Himalayan or sea salt   |

- In a food processor, blender or Vitamix process cashews until chunky. Add oil & spices and continue to process until well combined.
- You want to retain some of the chunky texture of the nuts so that the mixture resembles feta cheese.
- Can be stored in the refrigerator for about one week.

## Curried Chickpeas

|               |   |
|---------------|---|
| <b>2 c</b>    | <b>cooked chickpeas (use canned if you like or prepare your own by soaking &amp; cooking)</b> |
| <b>2 Tbsp</b> | <b>grape seed oil or coconut oil</b>  |
| <b>1</b>      | <b>onion, diced</b>   |
| <b>3</b>      | <b>cloves garlic, minced</b>  |
| <b>1 tsp</b>  | <b>turmeric</b>   |
| <b>1 tsp</b>  | <b>coriander seeds</b>  |
| <b>1 tsp</b>  | <b>cumin seeds</b>  |
| <b>½ tsp</b>  | <b>curry powder</b>   |
| <b>1 tsp</b>  | <b>mustard seeds</b>  |
| <b>bunch</b>  | <b>swiss chard or kale</b>  |
| <b>pinch</b>  | <b>sea salt</b>   |

- Grind spices together in coffee grinder
- Heat oil in pan over medium heat and onion & garlic, sauté until transparent.
- Add mustard seeds. Cook until the seeds pop, then add the other spices and sauté on low heat until fragrant
- Add chickpeas to the pan to incorporate spices and heat through.
- In the meantime, chop the chard (or kale), separating the stems & the leaves. If using kale, discard the stems but use the swiss chard stems.
- Add the chard stems if using and salt when chickpeas are warmed through. Cook covered for 2 minutes and add the chard leaves (or kale leaves) and steam on top of the dish for another 2 minutes.
- Stir thoroughly and serve over rice or quinoa.

## Hummus

An old standby to have on hand for wraps, sushi rolls, rice paper wraps or to accompany vegetables. You can soak and cook your own beans, or feel free to use canned beans for convenience when necessary. Just be sure to rinse them well first.

|               |   |
|---------------|---|
| <b>2 c</b>    | <b>cooked chickpeas</b>                       |
| <b>¼ c</b>    | <b>tahini or olive oil (or combo of both)</b> |
| <b>1/3 c</b>  | <b>lemon juice, freshly squeezed</b>          |
| <b>1½ tsp</b> | <b>ground cumin</b>                           |
| <b>½ tsp</b>  | <b>celtic sea salt or Himalayan salt</b>      |
| <b>¼ tsp</b>  | <b>cayenne powder</b>                         |
| <b>1</b>      | <b>garlic clove, mashed</b>                   |

- Process all the ingredients except the chick peas in the a food processor or blender.
- Add chick peas and continue to process.
- If the consistency is too thick, add some more liquid - a little water or oil will do.
- Empty contents into serving bowl or storage container.
- If using as a dip, decorate with paprika, cumin or chopped herbs.

## Sweet Craving Buster Spread

A spin on the traditional nut butter to help with sweet cravings. Spread it on rice cakes, apples slices, celery sticks or anything else that you can imagine.

|               |   |
|---------------|---|
| <b>1 c</b>    | <b>almond butter</b>                      |
| <b>1/4 c</b>  | <b>organic coconut oil</b>                |
| <b>2 Tbsp</b> | <b>raw honey</b>                          |
| <b>1 Tbsp</b> | <b>ground pumpkin and sunflower seeds</b> |

- Combine all ingredients together in a bowl. Mix well and store in an airtight container in the refrigerator for up to 2 weeks.

## Vegetable Sushi Rolls

- 6** Nori sheets to wrap sushi
- Coconut aminos for dipping (optional)**
- Pickled ginger (if you want the full sushi effect)**

### FILLING OPTIONS

Guacamole, hummus, sprouts, spinach, avocado, cucumber, zucchini, shredded cabbage, bell pepper, carrots (all thinly sliced or julienned) sautéed or raw mushrooms, finely chopped nuts.

### TO MAKE SUSHI ROLLS

- Place nori sheet down on a bamboo mat.
- Add desired toppings on top of nori sheet, leaving about 1/4 inch seaweed visible at the bottom
- Moisten your fingers with water & rub a bit of warm water on the edge farthest from you. This will help the nori roll stick together.
- Holding the closest edge of the bamboo mat, roll the entire package into a tight, neat roll, rolling away from yourself. Be careful not to make it too tight, or fillings may start to fall out
- Once rolled, you should be able to unwrap the bamboo without the roll coming apart.
- Cover your roll with the bamboo mat and press your hands over it to further pack the roll
- Transfer the roll onto a cutting board. Start with a moist, sharp knife and slice it first down the middle, then to quarters, then to eighths.

## Guacamole

- 3** ripe avocados
- 1** tomato, cored & cut into small cubes
- 1/4 c** cilantro, chopped
- 1 - 2** cloves garlic, minced
- 1- 2** limes, juiced
- sea salt & cayenne pepper to taste**

- Peel & remove seed from avocados and mash in a bowl with the back of a fork.
- Add lime juice & continue to mash until desired consistency is achieved.
- Mix in tomato, garlic & cilantro.
- Season to taste.
- Serve with black bean chips, rice crackers, or fresh cut veggies of your liking (bell peppers, cucumber, celery, carrots, etc)

## Trail Mix

Making your own trail mix is so quick, simple and fun. Experiment by making your own blends by combining ample amounts of nuts, seeds and dried fruit in any combination to your liking and store in an airtight container for quick, easy access. Nuts usually make up the base of the mix, followed by fruit then seeds.

### NUTS

Almonds, cashews, walnuts, pecans, pine nuts, Brazil nuts, filberts

### SEEDS

Sunflower seeds, pumpkin seeds, hemp seeds

### DRIED FRUIT

Dried cherries, cranberries or blueberries, raisins, dates, apple rings, apricots, coconut flakes

## Chelation (Cilantro) Pesto

|        |  |
|--------|--|
| 4      | cloves garlic  |
| 1/3 c  | Brazil nuts  |
| 1/3 c  | sunflower seeds  |
| 1/3 c  | pumpkin seeds  |
| 2 c    | fresh cilantro (packed)                                      |
| 2/3 c  | extra virgin olive oil                                       |
| 4 Tbsp | lemon juice  |
| 2 tsp  | dulse powder   |
|        | coconut aminos (substitute for tamari or soy sauce) to taste |

- Process cilantro & oil in blender until cilantro is chopped.
- Add remaining ingredients and process until blended into a paste.
- Adjust taste with aminos and continue to blend.
- Store mixture in glass jars. The pesto keeps well and can also be frozen.
- Use daily for a couple of weeks to aid in removal of mercury, lead & aluminum.
- Pesto is great as a vegetable dip, on pasta, potatoes, fish, with crackers or wherever else your imagination takes you.

## Almond Butter Granola Balls

|        |               |
|--------|---------------|
| 1/4 c  | almond butter |
| 1 Tbsp | honey         |
| 2 c    | granola       |

- Combine almond butter and honey in a mixing bowl until incorporated well.
- Stir in granola and continue combining ingredients.
- Form small balls with 1 Tbsp of the mixture with clean hands and roll into balls.
- Chill in the refrigerator until firm and ready to eat.

## Cashew Cheesecake

### CRUST

|         |                                     |
|---------|-------------------------------------|
| 1 1/2 c | almond, walnut combination          |
| 1/2 c   | medjool dates, pitted               |
| pinch   | salt (Himalayan or Celtic sea salt) |

### FILLING

|       |  |
|-------|--|
| 3 c   | cashews, soaked for 1/2 hour in 6 c filtered water |
| 1/4 c | fresh squeezed lemon juice                         |
| 1 tsp | lemon zest   |
| 1/2 c | maple syrup  |
| 1 tsp | raw vanilla extract                                |
| 1/2 c | coconut oil (melted or softened)                   |
|       | water to help blending (up to 1 c)                 |

- Drain soaking water from cashews
- Combine filling ingredients together and process in blender or food processor until creamy & smooth, adding small amounts of water gradually to get a creamy consistency.
- Pour cheese cake mixture over crust and refrigerate for 4 hours before serving, or freeze in freezer to speed up the process. If frozen, allow to thaw 20 - 30 minutes before serving.
- Top with fresh fruit, or berries if desired (blueberries, raspberries, strawberries, etc) before serving.

**Options:** For the crust you can substitute walnuts & almonds for pecans, or a combination of any nuts. Instead of a whole pie, you can make mini tarts by filling mini muffin tins.

## "Rawkin" (Pumpkin) Pie

### CRUST

|       |                                     |
|-------|-------------------------------------|
| 1 c   | pecans                              |
| ½ c   | almonds                             |
| ½ c   | medjool dates, pitted               |
| pinch | salt (Himalayan or Celtic Sea Salt) |

### FILLING

|        |  |
|--------|--|
| 2 c    | shredded pumpkin (pie pumpkin) or 1 can pumpkin puree (if you don't mind cooked) |
| 1 c    | cashews  |
| 3      | medjool dates (optional: soaked, pits removed and skin removed if you like)      |
| ¼ c    | coconut oil (melted or softened)   |
| 2 Tbsp | maple syrup  |
| 2 Tbsp | ginger (fresh, grated)   |
| 1 tsp  | cinnamon   |
| ¼ tsp  | allspice or nutmeg   |

- Discard soaking water of dates. Combine remaining ingredients together and process in blender or food processor until creamy & smooth
- Pour pumpkin mixture over crust and refrigerate for 4 hours before serving

**Options:** For crust you can substitute with walnuts or use a combo of your favourite nuts.

Top with cashew cream to make this dish even more decadent.

Instead of a whole pie, you can make mini tarts by filling mini muffin tins.

# Household Cleaners

There are plenty of natural cleaners available on the market today that do not contain harmful chemicals. Please do yourself, your family & your pets a favour and use natural products without chemicals for cleaning your home. Environmental Working Group ([ewg.org](http://ewg.org)) has a database that rates the toxicity of household cleaning products. Here are some recipes that you can make yourself that are effective, simple and easy on your wallet:

## LEMON SOFT SCRUBBER

**1/4 c borax**  
**1 c baking soda**  
**1 Tbsp castile soap**  
**water**  
**10 drops lemon or peppermint essential oil (or a mix of both)**

- In a jar, mix borax, soda and soap. Add water; stir to a thick but pourable consistency. Stir in essential oil. Use on tubs, sinks and counters. Use it to scrub pots and pans too.

## ANTIBACTERIAL SPRAY

**1 c white vinegar**  
**3 c water**  
**10 drops grapefruit seed extract or tea tree oil**  
**1 tsp biodegradable liquid soap**  
**10 - 20 drops lavender or lemon essential oil**

- Combine ingredients in a 1-quart spray bottle. Spray on sinks, countertops or any smooth surface and wipe clean.

## NATURAL DISHWASHER SOAP

|                |                                   |
|----------------|-----------------------------------|
| <b>1/2 c</b>   | <b>liquid soap</b>                |
| <b>1/2 c</b>   | <b>water</b>                      |
| <b>1 tsp</b>   | <b>fresh lemon juice</b>          |
| <b>3 drops</b> | <b>tea tree oil</b>               |
| <b>1/4 c</b>   | <b>white vinegar</b>              |
| <b>1/2 c</b>   | <b>baking soda for every load</b> |

- Combine soap, water, lemon juice, tea-tree oil and vinegar in 12 oz squeeze bottle. Shake well and store in dark, cool place. For each dishwasher load, sprinkle a handful of baking soda over dirty dishes and place 1 Tbsp of the mixture in the soap dispenser of the washer. Run the dishwasher as normal.

## ALL PURPOSE CLEANER

Add 1 Tbsp of borax and 2 Tbsp of vinegar to 2 cups of very hot water into a spray bottle (add a couple of drops of your favourite essential oil if you like). Shake well to incorporate all ingredients. Apply & rinse.

## SHOWER & TUB CLEANER

Add about 5 drops of tea tree oil oil per 1 cup of white vinegar and spray onto mildew stains. To prevent hard-water buildup and mildew from returning, combine 1 part white vinegar, 2 parts water and 10 to 20 drops tea tree oil, shake well and spray shower and bathtub.

## MILDEW & MOLD REMOVER

Spray white vinegar directly onto mildew stains and mold, let it sit for 15 to 20 minutes, then scrub and rinse. (use your lemon soft scrubber for extra cleaning power).

## TOILET BOMB

Pour about a cup of baking soda into the toilet, followed by 2 cups of white vinegar. After the fizzing subsides, scrub the toilet with a toilet brush.

## DRYER SHEETS

Conventional dryer sheets are loaded with chemicals. Use dryer balls or sachets of dried lavender instead, or try adding vinegar to your wash to soften your clothes, naturally.

## ACID WASH (FOR REMOVING CHEMICALS FROM PRODUCE)

- Fill a large bowl with water
- Add a cup of distilled vinegar
- Let the produce rest in the tub for 10-25 mins, then use a vegetable scrub brush to scrub each piece for about 60 sec
- For grapes and cherries, soak for about 60 mins.

*Source: Walter Crinnon, Lean Green & Clean*

# Personal Care Products

There are many chemical free personal care products available to buy today. You can find a list of local resources that supply clean products in our RESOURCE listing. When purchasing nontoxic products, be sure to read the labels for ingredients. Choose products that contain the least amount of ingredients and that contain NO: Sodium Lauryl Sulfate (SLS), Ammonium Lauryl Sulfate (ALS), Parabens, Triclocarban, Triclosan, Retinyl Palmitate, Retinol, PEG, Cetearth, Polyethylene, DMDM Hydantoin, Formaldehyde, Formalin, Toluene, or Dibutyl Phthalate (DBP).

Here are a few of our favourite personal care products along with some Do-it-Yourself recipes. Not only are they easy to make and are inexpensive, they call for ingredients that you likely already have in your cupboard.

## FACIAL SCRUB

**1 tsp**            **coconut sugar**

**1 tsp**            **olive oil**

- Wet face, combine both ingredients and massage into face. Rinse with warm water.



Hilton Tobin (on-line or at Peanut Mill)

## FACE MASK

**1/2**            **avocado**

**1 Tbsp**        **honey**

- Mash avocado and honey together and apply on to wet face. Let stand for 5 minutes and wash off.



Hilton Tobin (on-line or at Peanut Mill)



## IN STORE OPTIONS

### SKIN CLEANSER

**1/2 tsp**      **nutmeg**  
**1 tsp**        **honey**

- Combine both ingredients and gently massage into face and rinse with warm water.



Hilton Tobin (on-line or at Peanut Mill)

### TOOTHPASTE

**1/4 c**        **baking soda**  
**1/8 c**        **coconut oil**  
**1/3 c**        **3% Hydrogen peroxide**  
**1/4 tsp**      **xylitol**  
**1/2 tsp**      **peppermint extract**

- Mix well and store in air tight jar.



EarthPaste Toothpaste (most health food stores & Truly Organic Foods)

### DEODORANT

**1/4 c**        **coconut oil**  
**1/2 c**        **baking soda**  
**20 drops**    **your favourite essential oil (orange, lime, lavender, grapefruit, sweet basil, peppermint, rose work well)**

- Combine all ingredients well and store in a small glass jar.



Salt Crystal (most health food stores & Transitions Studio)  
Hilton Tobin (on-line or at Peanut Mill)

## DANDRUFF CONTROL SHAMPOO

- 1 c**            **castile soap**
- 1/2 c**         **water**
- 1 tsp**         **almond oil**
- 1 Tbsp**       **tea tree essential oil**

- Combine all ingredients in a squeeze bottle and shake well.
- Keep bottle in shower and use as you would any other shampoo.



Tea tree oil bar (most health food stores, Transitions Studio, Bulk Barn)  
Shampoo bars (some health food stores, Transitions Studio)  
Morocco Method (on-line or at Transitions Studio)

## HAIR CONDITIONER

- 1 Tbsp**        **apple cider vinegar or lemon juice**
- 1 c**            **water**

- Dilute apple cider vinegar in water. Store in a spray bottle and keep in your shower.
- Don't worry you won't smell like a salad, the smell washes right out of your hair.



Morocco Method (on-line or at Transitions Studio)

## BODY/FACE MOISTURIZER

### **Organic coconut oil**

- Liberally massage oil into face, arms, legs and whole body.
- Your skin will absorb the oil and will not remain oily as you may think .
- You can use coconut oil to remove makeup too.
- Also makes a great massage oil & lubricant.



Hilton Tobin (on-line or at Peanut Mill)

## BODY SCENTS

Fragrances are a huge source of phthalates which disrupt hormones. You smell great naturally, but if you feel the need to wear a scent, use a drop of a natural essential oil in a carrier oil like almond or coconut.

## HAND SANITIZER

|                |                       |
|----------------|-----------------------|
| <b>2 Tbsp</b>  | <b>aloe vera gel</b>  |
| <b>1 Tbsp</b>  | <b>filtered water</b> |
| <b>1/8 tsp</b> | <b>vitamin E oil</b>  |
| <b>5 drops</b> | <b>Thieves oil</b>    |

- You will need a small 2 oz. squeeze bottle – perfect for keeping in your purse or diaper bag.
- Combine the aloe vera gel, vitamin E oil and the Thieves oil. Add a bit of water to thin it enough to easily coat your hand.

## MENSTRUAL PRODUCTS



- Luna Pads
- Naturacare pads
- Diva Cup menstrual cup (most health food stores)

## SHAVING CREAM



- Shaving Bar (Transitions Studio)
- Kiss My Face shaving cream (most health food stores)
- Coconut oil

## MAKE UP



- Zuzu
- Mineral Fusion
- Peacekeeper Cause-Metics
- Suki Skin Care
- Dr. Hauschka
- Zuii

# Resources

## WEB

- [www.colonet.com](http://www.colonet.com) home colonic units
- [www.crinionmedical.com](http://www.crinionmedical.com) updates in Environmental Medicine
- [www.davidsuzui.org](http://www.davidsuzui.org) environmental news and health tips
- <http://www.drhauschka.com> natural skin care and make up
- [www.ecoholic.ca](http://www.ecoholic.ca) based on the NOW magazine column by Adria Vasil
- [www.ehp.niehs.nih.gov](http://www.ehp.niehs.nih.gov) Environmental Health Perspectives: a monthly online journal of peer-reviewed research & news of the interrelationship between the environment and human health.
- [www.environmentaldefence.ca](http://www.environmentaldefence.ca) The Just Beautiful Personal Care Products Pocket Guide
- [www.environmentalhealthnews.org](http://www.environmentalhealthnews.org) reports news on environmental topics
- [www.environmentalhealthtrust.org](http://www.environmentalhealthtrust.org) research and education on decreasing environmental health risks
- [www.ewg.org](http://www.ewg.org) Skin Deep Cosmetic Safety Database, Shopper's Guide To Pesticides in Produce, Cell Phone Radiation Report, Sunscreen Safety Guide, Guide to Healthy Cleaning
- [www.lesstoxicguide.ca](http://www.lesstoxicguide.ca) lists non-toxic products by brand name and provides recipes for nontoxic cleaning products.
- <https://www.morroccomethod.com> natural hair products
- <http://www.natural-skincare-authority.com> natural skin care product reviews
- [www.saunaray.com](http://www.saunaray.com) infrared saunas
- <http://sukiskincare.com> skin care products
- [www.toxicnation.ca](http://www.toxicnation.ca) results of the study of toxicants in Canadians.

## PRINT

- Clean, Green & Lean: Get Rid of the Toxins that make you Fat by Dr. Walter Crinnion
- Dodging the Toxic Bullet: How to Protect Yourself from Everyday Environmental Health Hazards by David Boyd
- Ecoholic, Ecoholic Body, & Ecoholic Home by Adria Vasil Made for Canadians resource for nontoxic products for home and body.
- 8 Weeks to Women's Wellness: The Detoxification Plan for Breast Cancer, Endometriosis, Infertility and Other Women's Health Conditions by Dr. Marianne Marchese
- Raising Elijah: Protecting Our Children in an age of Environmental Crisis by Sandra Steingraber
- Slow Death by Rubber Duck: How the Toxic Chemistry of Everyday Life Affects Our Health by Rick Smith & Bruce Lourie

## LOCAL

- Environmental Assessments (IAQ): [www.grassroots.ca/gashdown.php](http://www.grassroots.ca/gashdown.php)
- Air & Water purifiers: [www.purahome.com](http://www.purahome.com)
- In-home water delivery: [www.H2only.ca](http://www.H2only.ca)
- Chemical-free cleaning: [www.enjo.net](http://www.enjo.net)
- Solvent free drycleaning: [www.arcticcleaners.com](http://www.arcticcleaners.com)
- Personal care products: [www.transitionstudio.ca](http://www.transitionstudio.ca)
- Hormone free & ethically raised meats: [www.thevalligirls.ca](http://www.thevalligirls.ca) [www.churchhillnaturalmeats.com](http://www.churchhillnaturalmeats.com)  
[www.ourgatetoyourplate.ca](http://www.ourgatetoyourplate.ca)
- General shopping: [www.trulyorganicfoods.com](http://www.trulyorganicfoods.com) <http://www.commissosfreshfoods.com>
- Natural health stores: [www.peanutmill.com](http://www.peanutmill.com) [www.bamboonaturalhealthfoods.ca](http://www.bamboonaturalhealthfoods.ca) [www.sangsters.com](http://www.sangsters.com)
- Personal care products: <http://www.hiltontobin.com> <https://www.morroccomethod.com>

## LOCAL FARMERS MARKETS

|                                      |   |  |
|--------------------------------------|---|--|
| St. Catharines                       | Market Square<br>51 King St.                                    | Tues, Thurs, Sat 6am - 3pm<br>Year Round |
| Brock University                     | 500 Glenridge Ave<br>Jubilee Court                              | Fridays 11:30am - 1:30pm<br>June - Sept  |
| Pelham                               | 20 Pelham Town Square<br>Municipal Town Hall Parking Lot        | Thursdays 4pm - 8:30pm<br>May - Oct      |
| Niagara Falls                        | 5943 Sylvia Place Market<br>Behind Niagara Falls History Museum | Saturdays 6am - 1pm<br>Year Round        |
| Welland                              | 50 Market Square<br>Welland Market Square                       | Saturdays 6am - 12 pm<br>Year Round      |
| Ridgeway                             | Ridge Road<br>Municipal Parking Lot at<br>Friendship Trail      | Saturdays 7am - 12pm<br>May - Oct        |
| Port Colborne                        | 66 Charlotte St.<br>Front of City Hall                          | Fridays 6am- 1pm<br>Year Round           |
| Niagara on the Lake                  | 111 Garrison Village Dr<br>Corner of Hwy 55 & Niven Rd          | Saturdays 8am - 1pm<br>May - Oct         |
| Niagara on the Lake<br>Supper Market | 111 Garrison Village Dr<br>Corner of Hwy 55 & Niven Rd          | Wednesdays 5pm - 9pm<br>May - Sept       |
| Jordan                               | 2789 4th Ave<br>Jordan Lions Park                               | Wednesdays 2:30pm - 6:30pm<br>June - Oct |
| Beamsville                           | 4875 King St<br>Great Lakes Christian School                    | Saturdays 8:30am - 1:30pm<br>Jun - Oct   |
| Grimsby                              | Main St<br>Between Christie & Ontario St                        | Thursdays 3pm - 7pm<br>May - Oct         |
| Smithville                           | 136 Griffin St. N<br>Convenience St Parking Lot                 | Saturdays 7:30am - 12:30pm<br>May - Oct  |

# Cleanse Plan

Indicate the number of weeks you are committed to cleansing by circling the appropriate number

|                     |          |          |          |          |          |          |          |          |
|---------------------|----------|----------|----------|----------|----------|----------|----------|----------|
| <b>CLEANSE DIET</b> | <b>1</b> | <b>2</b> | <b>3</b> | <b>4</b> | <b>5</b> | <b>6</b> | <b>7</b> | <b>8</b> |
|---------------------|----------|----------|----------|----------|----------|----------|----------|----------|

Indicate the number of days per week you are committed to do the following:

|                         |          |          |          |          |          |          |          |          |
|-------------------------|----------|----------|----------|----------|----------|----------|----------|----------|
| <b>Journalling</b>      | <b>0</b> | <b>1</b> | <b>2</b> | <b>3</b> | <b>4</b> | <b>5</b> | <b>6</b> | <b>7</b> |
| <b>Castor Oil Packs</b> | <b>0</b> | <b>1</b> | <b>2</b> | <b>3</b> | <b>4</b> | <b>5</b> | <b>6</b> | <b>7</b> |
| <b>Epsom Salt Baths</b> | <b>0</b> | <b>1</b> | <b>2</b> | <b>3</b> | <b>4</b> | <b>5</b> | <b>6</b> | <b>7</b> |
| <b>Contrast Showers</b> | <b>0</b> | <b>1</b> | <b>2</b> | <b>3</b> | <b>4</b> | <b>5</b> | <b>6</b> | <b>7</b> |
| <b>Infrared Sauna</b>   | <b>0</b> | <b>1</b> | <b>2</b> | <b>3</b> | <b>4</b> | <b>5</b> | <b>6</b> | <b>7</b> |
| <b>Colonics</b>         | <b>0</b> | <b>1</b> | <b>2</b> | <b>3</b> | <b>4</b> | <b>5</b> | <b>6</b> | <b>7</b> |
| <b>Walking Outdoors</b> | <b>0</b> | <b>1</b> | <b>2</b> | <b>3</b> | <b>4</b> | <b>5</b> | <b>6</b> | <b>7</b> |
| <b>Rebounding</b>       | <b>0</b> | <b>1</b> | <b>2</b> | <b>3</b> | <b>4</b> | <b>5</b> | <b>6</b> | <b>7</b> |
| <b>Yoga</b>             | <b>0</b> | <b>1</b> | <b>2</b> | <b>3</b> | <b>4</b> | <b>5</b> | <b>6</b> | <b>7</b> |
| <b>Breath Work</b>      | <b>0</b> | <b>1</b> | <b>2</b> | <b>3</b> | <b>4</b> | <b>5</b> | <b>6</b> | <b>7</b> |
| <b>Meditation</b>       | <b>0</b> | <b>1</b> | <b>2</b> | <b>3</b> | <b>4</b> | <b>5</b> | <b>6</b> | <b>7</b> |



# Supplement Schedule

So many nutrients have been shown to support detoxification; collaborate with your health care professional to determine your personalized supplement protocol.

| Supplement | Dose | With /Without Food | Storage         | Duration |
|------------|------|--------------------|-----------------|----------|
|            |      | With<br>Without    | Shelf<br>Fridge |          |

# Weekly Menu Plan

|       | Breakfast | Snack | Lunch | Snack | Dinner |
|-------|-----------|-------|-------|-------|--------|
| Day 1 |           |       |       |       |        |
| Day 2 |           |       |       |       |        |
| Day 3 |           |       |       |       |        |
| Day 4 |           |       |       |       |        |
| Day 5 |           |       |       |       |        |
| Day 6 |           |       |       |       |        |
| Day 7 |           |       |       |       |        |

# Shopping List

Filtered water

## PRODUCE

- spinach
- kale
- swiss chard
- onions
- garlic
- ginger
- parsley
- rosemary
- cilantro
- basil
- oregano
- sage
- mint
- carrots
- celery
- bell peppers
- green beans
- broccoli
- cauliflower
- bean sprouts
- sweet potatoes
- beets
- limes
- lemons
- avocados
- tomatoes
- apples
- pears

- blueberries
- blackberries
- strawberries
- raspberries
- pineapple

## PROTEIN

- organic free-range chicken
- ground organic chicken
- free-range turkey
- ground organic turkey
- wild caught salmon

## GRAINS

- quinoa
- wild rice
- brown rice
- basmati rice
- steel cut oats
- rolled oats
- spelt oats
- quinoa flakes

## NUTS/SEEDS

- almonds
- walnuts
- cashews
- Brazil nuts
- pumpkin seeds
- sunflower seeds

- sesame seeds
- chia seeds
- flax seeds
- hemp seeds

## BEANS & LEGUMES

- black beans
- kidney beans
- adzuki beans
- mung bean
- red lentils
- split peas
- black eyed peas
- chickpeas
- kidney beans

## OILS

- coconut
- olive
- grape seed
- sesame

## VINEGARS

- apple cider
- rice
- balsamic

## NUT BUTTERS

- almond
- hazelnut
- cashew
- tahini (sesame seed)
- pumpkin seed

## DRIED FRUITS

- apricots
- dates
- currants
- raisins
- cranberries
- cherries
- prunes
- goji berries

## MILK ALTERNATIVES

- almond milk
- rice milk
- hemp milk
- coconut milk
- goat cheese
- nut cheese

## NATURAL

### SWEETENERS

- dates
- maple syrup
- honey
- coconut sugar

## MORE GOODNESS

- dried coconut
- Himalayan salt
- celtic sea salt
- organic nori sheets
- dulse
- protein powder (Sun Warrior or Vega brands)
- coconut aminos (substitute for soy or tamari sauce)
- spirulina
- chlorophyll

## TEAS

- green
- matcha
- holy basil
- hibiscus
- peppermint
- jasmine
- licorice

## HOUSEHOLD

### CLEANING SUPPLIES

- borax
- white vinegar
- baking soda
- castile soap
- hydrogen peroxide
- lemons
- essential oils:

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## PERSONAL CARE

### PRODUCTS

- coconut oil
- almond oil
- essential oils
- aloe vera gel
- organic castor oil
- epsom salts

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### OTHER

- yoga mat
- running/walk shoes/boots

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# Appendix A

## CASTOR OIL PACKS

- Heat a small quantity of castor oil in a pan.
- Soak a 2 cm thick cotton cloth in the castor oil so that it's saturated but not dripping.
- Place the saturated cloth on your abdomen.
- Place a heating pad or hot water bottle over the pack on low to medium heat for 30 min - 1 hour. Rest while pack is in place.
- After removal, cleanse area with water or with 1 tsp baking soda in 1 cup water
- The castor oil pack should be stored in a covered container in the refrigerator and may be reused 20 to 25 times, after which it should be washed. Simply add a little oil before reapplication.
- During your cleanse, apply the pack once per day if possible.

*DO NOT USE ON ABDOMEN DURING PREGNANCY OR MENSTRUATION*

## INFRARED SAUNA

Start liver supplements, fiber, and colonics before doing saunas to make sure those liberated toxins are efficiently excreted!

- Do not sauna if you are experiencing a high-risk pregnancy, have severe aortic stenosis, unstable angina, or a recent heart attack. Sauna is safe for uncomplicated pregnancy in women who are accustomed to sauna.
- Exercise 15-20 minutes beforehand.
- Up to 3 one-hour sessions per week with a gentle build up. Begin with two ½ hour sessions, then build up to 45 minute, then 60-minute sessions. Shower after final session.
- Do not stay in the sauna if you're not feeling well in it! Get out immediately if you get a headache.
- Drink purified water with an electrolyte replacement while in the sauna.

## COLONICS

### **What to Expect at your First Visit**

The first visit includes a brief health history to rule out any conditions that are contra-indicated for this therapy. Such conditions include recent abdominal surgery, active rectal bleeding, an acute episode of ulcerative colitis, colon cancer, and possibly pregnancy. A relaxing massage of the lower abdomen will precede the colonic. Abdominal massage increases peristaltic action, help dislodge impactions, and reveals more about the condition your bowels are in to your therapist.

Following the massage, you will turn onto your side and a special hygienic speculum will be gently inserted into the rectum. Purified water flows into the colon via a small inlet tube and leaves the colon through an evacuation tube as it carries out excess impacted fecal matter, gas and mucus. Once the descending colon and rectum are emptied, you will turn comfortably onto your back. As the recipient of the treatment, your only job is to relax as much as possible and remember to breathe! The colonic should never be painful – the most discomfort will probably be some cramping, somewhat like you would experience with diarrhea. As the water leaves the colon, the therapist may massage the abdomen to help release its contents, and to relieve any cramping.

Gradually increasing volumes of water are used to flush out waste matter, until eventually the entire colon is clean. Cleansing of the colon lasts approximately 30 to 45 minutes and you can resume your normal daily activities upon completion. We recommend drinking several glasses of water throughout the day after the initial treatment.

We suggest:

**3 treatments in first week**

**2 in second week**

**Continue 2-3 times weekly based on your symptoms and availability**

Expect that within 30 sessions to have reduced chemical reactivity, improved energy and mental clarity, and reduced musculoskeletal pain. Gradually stretch the frequency based on how well you can maintain your improvement. Remember that once weekly keeps your toxic load from increasing, more than once weekly is needed to reduce that load, and that cleansing can last 2 years. For those with genetic polymorphisms (defects in liver detoxification enzymes) and other issues that reduce their clearing ability, cleansing should become a lifestyle.

There are many myths about potential contra-indications to colonics. Talk to your provider if you have diverticulitis, are pregnant, or have a history of sexual abuse.

## WHAT SHOULD I EAT BEFORE/AFTER THE COLONIC?

Light meals of fruits, veggies, & sprouts are best for getting the maximum benefit from cleansing with the greatest of ease. They provide roughage (or bulk), vitamins, and live enzymes for ease of digestion.

Avoid constipating & mucus-forming foods such as meat, dairy, and wheat products.

Some people believe that colonics wash out the intestinal flora and valuable nutrients. Washing out putrefied matter from the colon increases the absorption of nutrients and the growth of good intestinal flora. It is important to restore the natural, healthy balance of intestinal flora, and your physician may recommend taking a supplement with high numbers of *L.acidophilus* with meals after the colonic.

## FOLLOWING THE TREATMENT

Because the bowel has been emptied, it is normal not to have a bowel movement the day after a colonic.

If you're feeling worse after a colonic (typically only with initial colonic irrigations), it's usually because the liver keeps on dumping after the colonic, and the toxic bile get reabsorbed (a couple of hours following the colonic). To treat these symptoms, do 3 colonics in 3 successive days. Try taking activated charcoal capsules to bind up those toxins in the intestines. Buffered vitamin C powder works well to alkalinize the body when toxins have acidified it, and to promote detoxification. Occasionally, feeling worse after a colonic can be due to lowered blood sugar immediately after the colonic; eat a snack with protein.

## DRY SKIN BRUSHING

Technique

Use a natural stiff bristle brush with a long handle (available at most health food stores). Avoid synthetic materials as they may scratch the skin. Keep the brush dry beside your shower. Start with your feet, using long smooth sweeping strokes with light pressure towards your heart. Begin the process from the sole of one foot, work up the front & back of the leg, then continue to opposite foot and leg then move from your hands to your shoulders. Continue to the torso, the abdomen, back, neck & chest, avoiding the nipples, face and genitals. Avoid any areas with broken skin, rashes or that may be sensitive. It is beneficial to bathe or shower after dry skin brushing to wash away residue and impurities from the skin.

While dry skin brushing is beneficial during a cleanse, it would make a great addition to your daily routine to help keep your skin healthy and your lymph moving.

## YOGA

Overall, yoga tones, cleanses and supports the internal organs as you embark on your cleanse program. The practice of yoga will help improve circulation, drainage of lymph, immune system functioning, mind-body-breath awareness as well as calm the mind.

## TWISTS

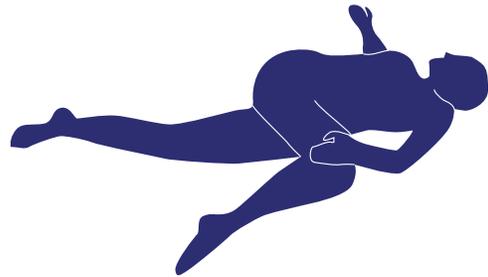
Squeeze and massage the abdominal organs, stimulate digestion and elimination.

### **Supine Twist**

Laying on your back, draw your right knee to your chest and clasp on to your knee or shin with your left hand.

Twist your lower body & knee to the left as you extend your hand right out from your shoulder. Attempt to keep your right shoulder down toward the ground as you twist your torso to the right and lower body to the left.

Hold this position for 5 - 10 breaths.



### **Marichiyasana or Marichi's Twist**

From a seated position, straighten your legs and lengthen your spine as you sit tall & upright. Bend your right knee and bring the sole of your right foot as close to your buttocks as possible.

Place your right hand behind you for support. Breathe in and reach your left hand up to the sky, lift your ribcage and rotate your torso to the right. Bring your left elbow to the outside of the right knee or use your left hand to hold on to your knee to help secure your twisting position. Stay in the twist for 5 deep, slow breaths, using the exhales to slightly deepen the twist. Take your

chin toward the right shoulder if this is comfortable for your neck.



## FORWARD FOLDS

Having the heart above the head reverses the pull of gravity and aids in circulation of blood and lymph, while calming the mind.

## RAGDOLL

Start standing with your feet hip distance apart, keep your knees slightly bent and tuck your chin into your chest and slowly roll down one vertebrae at a time until in a folded position. Once folded forward, keep your knees softly bent and let your head, neck and shoulders hang heavily downward. Let your arms rest down toward the ground or clasp your hands on to either elbow. Allow your body to sway if that feels soothing.

Hold this pose for up to 10 breaths. Keeping your knees softly bent, slowly straighten your spine one vertebrae at a time until you come back to standing.

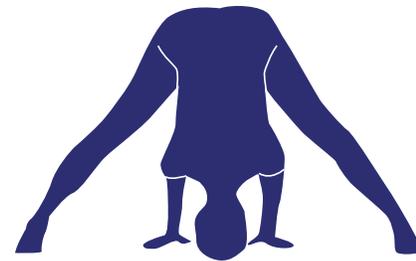


## WIDE LEGGED STANDING FORWARD BEND

### PRASARITA PADOTTANASANA

Take a wide stance, with your feet about 3 - 4 feet apart. Ensure the outer edges of your feet are parallel to each other. Rest your hands on your hips. Stand tall and inhale to lengthen your spine, as you exhale hinge forward from your hips with a straight back until your torso is parallel to the floor. Rest your hands on the ground or a block, directly under your shoulders. Lengthen your spine as you inhale and continue to fold down further to the ground as you exhale. Walk your hands back underneath you and bend the elbows if necessary. Press the hands into the ground and drop the head downward. Stay in this pose for 5 - 10 breaths.

To come up, walk your hands back under your shoulders, pressing into the floor with your feet, inhale and flatten your spine to a flat back position. Take your hands to your hips and inhale, pulling your tailbone down toward the floor and swinging your torso up to standing.

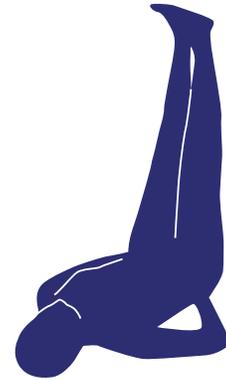


## INVERSIONS

Facilitate circulation of blood and lymph from the feet to the legs by getting the feet above the heart. Soothing for the nervous system, calming for the mind.

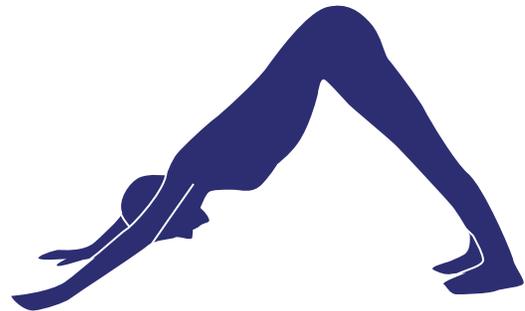
## LEGS UP THE WALL

Sit on the floor as close to a wall as possible with one hip and shoulder against the wall. Keeping your knees bent, roll on to your back and position your buttocks as close to the wall as possible as you extend your legs up the wall. This might take a few adjustments to get close to the wall and comfortable. Extend the legs up the wall with a soft bend in the knees, place your hands on your belly or on the floor beside you with your palms up. Close your eyes and rest in this position for at least 10 breaths.



## DOWNWARD DOG

Starting from your hands and knees in a table top position, spread your fingers wide and press down through the palms of your hands. Tuck your toes under, press your hands forward and lift your hips up and back to an inverted V position. Keep your knees softly bent with heels pressing toward the floor, feet hip distance apart, buttocks reaching up, head relaxed down looking back at your feet, while breathing deeply and calmly. Hold this position for 5 - 10 breaths.



## BREATHING EXERCISES

### **Belly Breathing**

Diaphragmatic breathing is a simple deep breathing technique done by expanding and contracting the abdomen consciously when breathing. Deep belly breathing teaches us how to use the diaphragm (the sheet of muscle that divides the chest from the abdomen) and encourages a full exchange of oxygen and carbon dioxide through the full expansion and contraction of the lungs. Shallow breathing or chest breathing inhibits the diaphragm's range of motion and allows only a small portion of the lungs to get oxygenated air, which can leave us feeling short of breath and/or anxious.

### **Benefits**

Deep belly breathing slows the heartbeat, induces relaxation, calms the mind and lowers blood pressure.

### **Technique**

Deep breathing can be done anywhere at anytime with eyes open or closed. If this technique is new to you, find a comfortable place to sit or lie down away from distractions.

- Slowly close your eyes (if appropriate).
- Gently close your mouth and breathe through your nose.
- Relax your abdomen and take a slow deep breath in through your nostrils, letting your abdomen expand fully.
- Breathe out through the nostrils to deflate the abdomen fully.
- Imagine that your belly is filling and deflating like a balloon with each breath.
- Feel your abdomen expand and contract with each cycle of breath.

Practice this technique of slow, calm, deep breathing for 10 - 15 minutes.

When you become distracted with thoughts (this is normal) gently release the thoughts and return your attention to your breathing and your belly. You can also place one or both hands on your abdomen just below your belly button to feel your hand(s) rise and fall with each breath cycle, to ensure you are engaging diaphragmatic breathing. This technique may take practice as you get used to a new method of breathing deeply, slowly and fully.

## **Alternate Nostril Breathing (Nadi Sodhana)**

A simple & dynamic yoga breathing exercise that can be done virtually anywhere. With this exercise, you breathe through only one nostril at a time. The logic behind this exercise is to regulate and balance mental function by stimulating both hemispheres of the brain when breathing through alternating nostrils.

### **Benefits**

Alternate nostril breathing optimizes function in both sides of the brain: optimum creativity along with optimum logical verbal activity. It also creates more balance overall, since both halves of the brain are encouraged to function equally. This is considered to be one of the best techniques to calm the mind and the nervous system. It helps to clear any blockage of air flow in the nostrils and re-establishes the natural nasal breathing cycle.

### **Technique**

- Close the right nostril with your right thumb and inhale through the left nostril. Do this to the count of four seconds.
- Immediately close the left nostril with your right ring finger and little finger, and at the same time remove your thumb from the right nostril, and exhale through this nostril. Do this to the count of four seconds. This completes a half round.
- Inhale through the right nostril to the count of four seconds. Close the right nostril with your right thumb and exhale through the left nostril to the count of four seconds. This completes one full round.

Start by doing 3- 5 rounds and gradually increase the duration of the technique to 5 minutes of alternate nostril breathing. Alternate nostril breathing should NOT be practiced if you have a cold or if your nasal passages are blocked in any way. In breathing practices (pranayama) it is important to follow this rule: under no circumstances should anything be forced. If you use the nostrils for breath control they must be unobstructed. If they are not clear, practice throat breathing.

## **Breath of Fire**

A cleansing and energizing breathing practice powered by abdominal contractions that charges the nervous system, invigorates your mind and cleanses the blood.

### **Benefits**

Fires up the respiratory system (heart, lungs, blood), digestion, tones abdominals, reduces abdominal fat, and increases core strength. Purges negativity: physical, mental, and emotional. Removes imbalances in energetic pathways. Increases life force & energy (prana).

### **Technique**

- Sitting comfortably, with elongated & straight spine, form hands in Gyan Mudra if desired (index finger to thumb, palms facing up resting on your knees).
- Slowly take 5 deep breaths through nostrils to bring oxygen to blood so you feel relaxed.
- Take a full deep inhale and exhale sharply through nose while pulling abs in.
- Inhale naturally, and passively.
- Visualize any negativity leaving your body on the exhalation.
- Exhale sharply & inhale passively 10 times. That's one round.
- Practice 5 rounds, and increase rounds over time eventually.

## SELF GUIDED RELAXATION MEDITATION

Find a relaxed, comfortable, position. If seated, keep both feet firmly planted on to the floor, spine is tall & straight, yet still relaxed, crown of head lifting upward, chin tucked slightly in, to allow energy to flow through the entire spine. If laying down, avoid laying on a bed to deter from sleeping. Meditation is mindful, relaxed, awareness. While sleeping is relaxing, it is not done in a state of awareness.

Softly close your eyes

Take a few deep slow breaths (5 – 7)

Silently say the following to yourself:

My mind is calm

My right arm is relaxed

My mind is calm

My left arm is relaxed

My mind is calm

My right leg is relaxed

My mind is calm

My left leg is relaxed

My mind is calm

My abdomen is relaxed and warm

My mind is calm

My breathing is smooth & regular

My mind is calm

My heart is beating smoothly & calmly

My mind is calm

My forehead is smooth & cool

My mind is calm

After repeating this meditation regularly, you will be able to say to yourself, “my mind is calm” and your entire body will be relaxed. It is like reprogramming your conscious & subconscious mind to be relaxed and calm. This meditation also gives the meditator the inner wisdom and belief to listen to their own voice, their own instruction and cues.

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