THE PINK AND GREEN CLEANSE GUIDE

By Patricia Barrett, with Dr. Lissa Rankin

Edited by Laurie Erdman, HHC
Module 2
The Pink & Green Detox Cleanse Guide

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By Patricia Barrett, with Dr. Lissa Rankin
Edited by Laurie Erdman CHHC, AADP

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section four
PLANNING FOR YOUR CLEANSE

Planning for Your Cleanse

In this Section, you will find all the information you need to plan your cleanse, including

- The Length and Structure of the Cleanse
- A List of Equipment and Supplements You Will Need
- Grocery Lists for Each Cleanse
- Planning For Your Cleanse
Cleansing is about honoring your body and your spirit. Cleansing is also an opportunity to become more sovereign, more you. Do keep that in mind when you’re planning your cleanse. If you are traveling or will be eating with friends, plan ahead and bring a little cooler with you. And if it’s easier for you, plan to skip parties or dinners out while you’re cleansing (though we think being around the things that might tempt you to cheat while you cleanse is an awesome exercise—not just in proving to yourself that you can do ANYTHING you set your mind to, but in facing up to any food issues that might challenge you). Do whatever YOU think you need to do in order to set yourself up for success. Take care of yourself, regardless of your circumstances.

**Stages and Length of The Pink & Green Detox Cleanse**

In general, a cleanse has three phases and may take 5 to 21 days to complete. We are recommending the following schedule:

- Seven days for the pre-cleanse — to prepare your body, gradually, for the cleanse
- Seven days of the cleanse itself
- Seven days of post-cleanse to deepen and support permanent cellular change
NOTE: Tricia has been at this with people for a *long* time now, and many of her clients do not do the pre-cleanse. Which is fine. The cleanse itself still gets the job done. But she still recommends pre-cleansing. Our goal is to offer you a superior program with oodles of support. But just to reiterate, it’s your call. Just please cleanse that super body of yours!

Depending on your needs and commitments, you can adjust the length of these stages and play around with eliminating the pre-cleanse. If 21 days just ain’t gonna cut it for you, that’s fine. Go straight to the seven day cleanse, and your cells will be doing the cha-cha a week later.

The purpose of a **pre-cleanse** is to gradually prepare your body for the cleanse. The seven days of The Pink & Green Detox pre-cleanse are designed to support the changes you are about to embark upon so you’re not ditching everything your body is accustomed to consuming overnight, which makes the cleanse easier on your system. Your body is a perfect machine, brilliantly designed, and it will absolutely adore the changes you’re about to make, but it may be a bit hard on you if you jump straight to the seven day cleanse. If you’re a five cappuccino/day coffee drinker and you’ve ever gone a day without caffeine, you know what I’m talking about, my dear!

During the **cleanse**, your body is going to be eliminating toxins that may have been building up in your body over the course of months or even years, depending on your current eating habits.
The pre-cleanse will help to make this elimination more gradual and, therefore, more comfortable for you by minimizing your detox symptoms.

For the *post-cleanse*, most of you will feel better than you have ever felt before, so breaking the cleanse is just as important as the cleanse itself. You don’t want to go out for a steak dinner to celebrate completing the cleanse. Your body will rebel if you do. Plus, that sort of defeats much of the purpose of going through this process. The cleanse can give you a new lease on life, providing you with more drive and focus. It’s like pushing the reset button, not just on how you eat, but on your whole freakin’ life. The world is full of opportunity for you to make permanent shifts in how you choose to live your life. We at Owning Pink cheer you on in making these permanent shifts! Be mindful, your body is still cleansing as you re-integrate.

**Pink Reading:** Get Ready For Detox & Cleansing

With this schedule in mind, let's go shopping . . .
The Pink & Green Detox Cleanse Shopping Lists

Below is a list of items you will need depending on the cleanse you choose. Each item is marked for which cleanse it is intended. Of course, feel free to mix things up if that is easier for you. (A) = All Cleanses, (M) = Max, (G) = Gentle, (OR) = Optional for Radical Cleansers, (GS) = Grocery Store, (O) = Optional for all

Equipment
- Juicer (M), (G), (OR) (see page C1 for information on selecting a juicer)
- Natural bristle dry skin brush (A)
- Tongue Scraper (O), but we wish you would
- Rebounder (O)

Supplements
- Chlorella (M), (G), (OR)
- Systemic enzymes (M), (G), (OR)
- Choose one (for all the cleanses):
  - Benifiber
  - Phillips Milk of Magnesia—ONLY the mint flavor, the cherry has red dye in it!
  - Metamucil-clear and natural

All green juices may be substituted with dehydrated juice or grass powders. Teas, broths and hot lemon water may be consumed any time throughout the cleanse.
Other Supplies

- Containers for your juice — something made of glass, with airtight lids, such as canning jars (M), (G), (OR)
- Enema bag and/or pre-packaged enemas. If using prepacked get enough for one each day (M), (G), (OR)
- Choose one of these and get enough for one each day:
  - Fleet enema
  - Any saline enema
- Epsom salts (A)
- Candles (O)
- Fresh flowers (O)
- Journal (O), but we really wish you would.

Possible Supplies

Dehydrated juice powders
(if not making fresh juice, it’s a great substitute)
Dehydrated grass powders
E3Live

Food

Turn the page for the yummy ingredients you may be using to nourish your body for the next 21 days.
# Grocery List

Here is a checklist of foods and spices you may need for all phases of your cleanse. Also check out the recipes in Appendix A and B.

<table>
<thead>
<tr>
<th></th>
<th>Pre- &amp; Post-Cleanse</th>
<th>Max Cleanse</th>
<th>Gentle Cleanse</th>
<th>Rad Cleanse</th>
<th>Grocery Store Cleanse</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cucumbers</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
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</tr>
<tr>
<td>Kale (or Dark Green Leafies)</td>
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<td>Lemons</td>
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<tr>
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<td>X</td>
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<td>Sprouts/Micro-greens</td>
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<tr>
<td>Olive Oil or Udo's Oil</td>
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<td></td>
<td></td>
<td></td>
<td>X</td>
</tr>
<tr>
<td>Avocado</td>
<td></td>
<td></td>
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<td></td>
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</tr>
<tr>
<td>Stevia</td>
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<td></td>
<td></td>
<td></td>
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</tr>
<tr>
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<td></td>
<td></td>
<td></td>
<td>X</td>
</tr>
<tr>
<td>Organic fruits</td>
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<td></td>
<td></td>
<td></td>
<td>X</td>
</tr>
<tr>
<td>Organic veggies, your choice</td>
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<td></td>
<td></td>
<td></td>
<td>X</td>
</tr>
<tr>
<td>Legumes</td>
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<td></td>
<td></td>
<td></td>
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<tr>
<td>Nuts (soaked)</td>
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<td></td>
<td></td>
<td></td>
<td>X</td>
</tr>
<tr>
<td>Wheat grass (or powder)</td>
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<td>X</td>
<td></td>
<td>X</td>
<td></td>
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<tr>
<td>Cayenne pepper</td>
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<td>Herbal Teas</td>
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<td></td>
<td>X</td>
<td></td>
</tr>
</tbody>
</table>

See next page for your cleansing foods.
section four
PLANNING FOR YOUR CLEANSE

Grocery Store Cleanse Shopping List

Healthy Grocery Store Juice List

• LOW SODIUM V-8
• Sunsweet Prune Juice
• Mott’s Natural Fresh Pressed Apple Juice
• Naked Juices – Green Machine
• Naked Juices – Juice Smoothie
• Naked Juices – Berry Veggie
• Odwalla - Green Smoothie
• Odwalla - Carrot juice
• Bolthouse Farms juices
• Bolthouse farms Carrot juice
• Bolthouse farms –Green Goodness smoothie
• Bolthouse farms-Berry boost
• Bolthouse farms-100% Pomegranate juice
• Glaceau – Vitamin water
• Zero - Vitamin water
Healthy Grocery Store Tea

All Celestial Seasonings Herbal Teas, Tricia recommends:

- Echinacea Complete Care Wellness Tea
- Ginseng Energy Wellness Tea
- LaxaTea Wellness Tea
- Metabo Balance Wellness Tea
- Sleepytime Extra Wellness Tea
- Sleepytime Sinus Soother Wellness Tea
- Sleepytime Throat Tamer Wellness Tea
- Tummy Mint Wellness Tea
- Detox A.M. wellness tea

Bigalow Mint Medley tea

Fact: Some companies like Lipton put cornstarch in their tea.
### Healthier Grocery Store Cleansing Foods List

#### VEGETABLES
- Alfalfa Sprouts
- Avocado
- Artichokes
- Asparagus
- Bean Sprouts
- Beets
- Bell Peppers
- Burdock root
- Bitter Melon
- Broccoli
- Brussels Sprouts
- Cabbage
- Carrots
- Cauliflower
- Chicory
- Chillies, dried
- Cilantro
- Collard Greens
- Dandelion
- Endive
- Fennel
- Garlic
- Ginger
- Green Beans
- **ALL green leafy vegetables**

#### SPICES
- Anise
- Asafoetida
- Basil
- Bay Leaf
- Chamomile
- Caraway
- Cardamom*Cayenne
- Cinnamon
- Clove
- Coriander
- Cumin
- Dill
- Fennel
- Fenugreek
- Garlic
- Ginger
- Horseradish
- Marjoram
- Mustard
- Nutmeg
- Oregano
- Peppermint
- Poppy Seeds
- Rosemary
- Saffron
- Sage
- Spearmint
- Thyme
- Turmeric

#### FRUIT
- Apple
- Blueberries
- Grapefruit
- Lemon
- Lime
- Papaya
- Pear
- Pomegranate (sour)
- Raspberries
- Strawberries
- All Berries

#### NUTS & SEEDS
- **SOAK ALL NUTS AND SEEDS**
- Almonds
- Filberts
- Pumpkin
- Sunflower

#### HERB TEAS
- All herbal tea

#### BEVERAGES
- Broth
- Herbal Tea
- Water with lemon

#### SWEETENERS
- Stevia

#### LEAGUES
- All Sprouted Beans

#### GRAINS
- Amaranth
- Millet
- Quinoa

#### OILS
- Olive - No more than a tablespoon a day
- Udo brand oil
- Yes brand oil
You Have the Education.
You have the Supplies.
You have the Food.
WOO HOO! It’s time to PAR-TEE!

In this Section, you will find

- The Details for the first 7 pre-cleanse days of your 21-day cleanse
- Helpful pre-cleanse hints
Pre-cleansing Details

Yee-haw! It’s time to get down to the nitty gritty of the pre-cleanse and start this big green boogie. If you’re doing the Max or Gentle cleanse, pre-cleansing is HIGHLY SUGGESTED for your own comfort. If you’re doing the Rad or Grocery Store cleanse, we recommend at least two days of pre-cleansing before starting.

As we said before, pre-cleansing is about preparing your body for the cleanse and ensuring a positive cleansing experience. By eliminating addictive and mood altering foods and drinks, you can go through any withdrawal you might experience from these substances before you begin the cleanse. This is the most comfortable way to begin the detoxification process, but we understand that you may choose not to pre-cleanse. Which is fine. Do what you can and go along for the ride, wherever it may lead.

Day 1 (or 7 days before the cleanse)

- Remove ALL processed foods and preservatives. We’re talking about pretty much anything in a box, a can, or containing chemicals you can’t pronounce. During this pre-cleanse, you’re best off shopping on the edges of the grocery store, rather than in the aisles. This in and of itself will start your body saying a huge thank you.
• Remove alcohol and any illegal drugs today. (If you abuse alcohol or drugs and plan to quit for the cleanse, consult your doctor about this, since alcohol and drug withdrawal can lead to seizures and other dangerous withdrawal side effects.)

• Cut down your caffeine intake by 1/4th, meaning if you drink 4 cups a day, you can have 3. (Even 1 cup of coffee per day can cause caffeine addiction, and many people experience headaches as they withdraw from caffeine. But the slower you get off caffeine, the less you will suffer. If you consume more than two cups of coffee or its equivalent, Lissa strongly recommends that you begin to cut back on your caffeine intake a few weeks earlier than you begin the cleanse. If you take a month to withdraw from caffeine, consuming just slightly less caffeine than you did the day before, you can eliminate caffeine symptom-free and start the pre-cleanse free of caffeine.)

• Add in more liquids in any form other than caffeine and alcohol. By doing this, you begin flushing out your system and allow your adrenal glands to rest, recuperate and strengthen themselves for your upcoming cleansing experience.

• Increase your water consumption to half your body weight in ounces:
  For example: a 200 pound person would need to consume at least 100 ounces of water a day.
Increased water intake maximizes hydration and allows cells to transfer waste products more efficiently throughout the body.

**Day 2 (or 6 days before the cleanse)**

- Cut your caffeine intake in half.
- You have already eliminated all processed food and preservatives.
- Today, eliminate sugar. Yes, we know you love it. And we’re not trying to be the Grinch. But it’s time to cut out sugar—you know, the white stuff. The acid-forming, health-robbing, over-processed, havoc-wreaking white stuff. Yes, this means cookies, ice cream, and muffins etc.
- Add in more greens—raw or steamed lovely veggies. Be sure to get vegetables in any form, more than you thought you wanted, needed or liked! If you can, drink some juice today: carrot, apple, or freshly made green juice.

**Day 3 (or 5 days before the cleanse)**

- Cut your caffeine by another quarter today. So if you were drinking 4 cups before this program, drink no more than 1 cup today. Yes, we are weaning you off of that acid-forming, health robbing, yummy java. One cup of coffee will cause a body chemistry imbalance that lasts more than 24 hours, tak-
The Pink & Green Detox Cleanse Guide

The details for the first 7 days of your 21 day cleanse

section five

THE PRE-CLEANSE

ing vital nutrients from your body and bones to satisfy the pH imbalance.

- Now eliminate white flour. Sorry, but just say no to pasta, bread, and all those other carbs you love.

- Add in some super green foods, such as spirulina or chlorella, along with your water (half your body weight in ounces), and yummy salads, soups and veggies!

**Day 4 (or 4 days before the cleanse)**

- Use your Caffeine ONLY as medicine for the next day or two, and then you’re off of it! (Phew! You didn’t really need that stuff anyway.)

- You are off sugar, flour, and processed foods! We are well on our way!

- Add in some meditation each day, a few minutes of positive thoughts and love for your body.

- Add in something for just you—read a good book, get a massage, take a yoga class, take a walk with a dear friend.

- Add in a daily bath if you can. If you only have a shower, sit in it if you can and let the water run on your head and body as you rest deeply.
Day 5 (or 3 days before the cleanse)

Eliminate ALL animal products. This means cheese, milk and eggs, as well as that hamburger. Sorry, but milk does NOT do a body good. (Lissa’s good friend Kris Carr calls meat “flesh” and milk “pus,” which just cracks us up.) These mucous and acid forming foods inhibit detoxification in the digestive tract, preventing your body from efficiently releasing toxins through the colon. When your digestive tract is free of excess mucous, it is more able to absorb the peak level of nutrients provided during the cleanse, as well as achieve a more alkaline pH.

Add in more love! Along with your greens, add in soups, salads, veggies, water and a few more juices if you can!
Day 6 (or 2 days before the cleanse)

You are now off caffeine, sugar, dairy, eggs, meat, flour, and preservative-laden and processed foods. You are drinking more water, and eating more raw foods.

You may be having some juices in any form and using some chlorella, spirulina, dehydrated greens, or other superfoods.

If all this is not happening, use this day to either fine-tune or smooth sail.

Day 7 (or the day before the cleanse)

Congratulations! (Blare trumpets!) You made it through the pre-cleanse, and what a great job you did, sweetheart!

Use this day to rest, stay on the pre-cleanse and get ready spiritually and emotionally for your cleanse.

Be mindful and engage in the opportunities that come as a result of cutting out mind and mood altering foods, drinks, or drugs. Devote a bit of time to the re-birth, the healing and rejuvenation of the amazing God Pod Bod you get to live in. Take this new-found energy and harness it to visualize your successful, life-changing cleanse experience. Tomorrow, you begin your cleanse, which is just another day in this thing called life.
As you can see, if you are able to get your body running at peak performance by getting through any withdrawal symptoms you might experience, supporting your adrenal glands, removing mucous and acid forming foods, and getting fully hydrated before you even begin the juice portion of the cleanse, you reduce a large amount of stress to your system. This prepares you for a deeper and more fulfilling cleansing experience.

**Pink Reading:** Prepare To Cleanse
OTHER PRE-CLEANSING HELPFUL HINTS

- Start your day with the juice of one lemon on an empty stomach, which flushes out the accumulation of the night’s natural toxins. Mix it with water, stevia, and a dash of cayenne for kick-in-the-pants morning lemonade.

- Try eating “PINK.” That means 80% alkaline foods (think veggies, non-citrus fruits), 20% acidic foods (think grains, beans, legumes, nuts, seeds).

- Avocados add healthy fats and start to lubricate your detoxification channels.

- Try meditation, even if it’s just one minute a few times per day. Your body’s stress levels decrease during meditation, reducing the stress that acidifies your body.

- Increase your oil consumption — Udo’s oil or YES OIL are great full-spectrum oils and can be found at natural foods stores.

- Drink slippery elm tea. It’s a mucilaginous herb and will start to coat all your membranes, which will allow for release. Plus, it will soothe your system.

- Start the alcalinizing process by starting to take the chlorella, spirulina, and dehydrated or fresh wheatgrass in your morning hot water with lemon.

- Set intentions for what you hope to accomplish with your cleanse. Are you doing this for detoxification? Weight loss? General health? Healing from an addiction? Are there other things that need cleansing in your life? What might you need to release? Start preparing your mind and spirit, as well as your body.

- Pray if you like, or ask the Universe, Jesus, Buddha, your Inner Pilot Light, or a wheatberry sprout to support you as you cleanse. Cleansing is like going to church. Eating like your body is a temple is being in a state of grace, so enjoy it, darling!
Congratulations, Baby! It’s PAR-TEE TIME!

In this section you will find

- Detailed cleanse schedules for each of the 4 cleanse programs
- Cleanse tips
- Detox symptoms to be aware of and how to address them
LET'S CLEANSE!

Congratulations, my love! You made it through the pre-cleanse and prepared your body for what’s about to happen—which is marvelous. By the time you have completed this cleanse, you’re going to feel energized, empowered, inspired, and oh-so-proud of yourself. Plus, I’ll bet you anything you drop a pants size or two because your belly fat will just melt right off. So keep that in mind as you go along, especially if you get frustrated or experience any detox symptoms.

You will feel SO much better when you are finished, but the process of cleansing can often be uncomfortable. You may feel tired, achy, dizzy, or emotional. You may have headaches, cold or hot spells, altered sleep patterns, diarrhea, increased energy and vitality, or loss of appetite. You also may feel amazing. These things are all normal signs that your body is doing exactly what you want it to do this week! Your enema or colonic will rid you of most of these symptoms, so don’t skip this part, even if it freaks you out.

**The Pink And Green Cleanse Posse**

For all you ROCK STAR cleansers, we have the most AWESOME gift for you! We’ve started a private posse, the **Private Pink And Green Cleanse Posse**, so you can get support, ask questions, tell your stories, share your experiences, and alleviate any loneliness you might feel if you’re doing this cleanse by yourself. You were given instructions for joining when you signed up for this program, but if you’re having trouble, email Melanie@OwningPink.com and she’ll get you squared away. You’ll be in good company as you do this cleanse. Even if you’re not timing it with one of our group cleanses, you’ll have other friends who have cleansed before who will keep you company.

We also recommend signing up for the **Daily Flame** during your cleanse. These messages from your Inner Pilot Light (written by Lissa) will remind you why you’re doing this, encourage you on your journey, inspire you to stick with it, and remind you that you already have all that you need to have all that you want. **Sign up here.**
The cleanse is designed to keep your blood sugar extremely stable. However, as your body generates more energy to repair and improve your tissue and organ function, toxins begin to be released from fat tissue and circulate through the bloodstream before they are finally eliminated by the liver or kidneys and excreted through the skin, colon or bladder. During the time that the toxins are circulating through the body, we can experience aches, pains, headaches, fatigue and dizzy spells. This is normal and a sign that your body is cleaning itself. So notice these symptoms, feel your body, and jump up and down to celebrate. It’s means things are a-humming, baby!

**PINK READING:** Cleanse Day One

---

**All green juices may be substituted with dehydrated juice or grass powders. Teas, broths and hot lemon water may be consumed any time throughout the cleanse.**
**Tips To Keep In Mind For All Cleanses**

- **Rest.** Give yourself extra time to sleep—8+ hours per night. Take naps if you can. The more you sleep, the more your body can repair itself.

- **Drink water.** During a cleanse we’d like you to drink *at least* 2 quarts (64 ounces) of water a day, in addition to your soups, juice, and broths.

- **Be kind to yourself!** Treat yourself to a massage. Write in your journal. Don’t be harsh with yourself if you fall off the cleanse wagon. Be loving. Send your inner critics (aka The Gremlins) to time out. There is no place for judgment on your cleanse.

- **If you have trouble sticking to the Max or Gentle cleanse, take it down a notch and fall back on the “Rad” cleanse.** You’ll still be cleansing, so go easy on yourself!

- **Timing.** Try not to eat anything after 8pm, and don’t consume solids before 11 am (liquids are fine). This is to let your digestive system rest during its natural circadian process.

- **Liquids.** You may consume herbal tea and potassium broth any time throughout the day. Feel free to heat your broth and tea, since you may feel cool while you cleanse.

- **Chlorella tablets** are taken throughout the day to regulate blood sugar and further alkalinize your body. If you cannot
find chlorella, packets of Emergen-C powder, electrolyte powder, or steamed veggies can be used to regulate blood sugar.

- **Do your dry skin brushing before bathing** – Ideally before your nightly 20-minute soak!

- **Daily enemas** are mandatory in ALL the in-house integrative medical facilities that cleanse bodies. So we know they may feel icky to you, but pretty please do your enemas. You should do a **minimum** of two enemas for a five day cleanse, but daily enemas are ideal (or a Fleet enema daily). You could also get a colonic, which eliminates the need for enemas. (If you haven’t already, please refer to the information on page D1 (Appendix D.)

- **These cleanses are designed to keep your blood sugar even, give your body the nutrition it needs to remove the toxins and uncover your health.** In all the years Tricia has been cleansing people, less than 50% adhere to their schedule. So relax, consume liquids every few hours, trust your body and enjoy the ride.
## Cleanse Schedule For The Maximum Cleanse

You can use the checklist below as a tracking tool.

<table>
<thead>
<tr>
<th>Time</th>
<th>Day 1</th>
<th>Day 2</th>
<th>Day 3</th>
<th>Day 4</th>
<th>Day 5</th>
<th>Day 6</th>
<th>Day 7</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:00 AM</td>
<td>Hot water w/ juice of a lemon, 1 serving of fiber powder in water</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>8:00 AM</td>
<td>12+ oz. green juice (or powder), 1 systemic enzyme</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>8:45 AM</td>
<td>2 oz. wheat grass or E3 live or 1 serving of grass powder (may be substituted with large cup of tea or broth)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10:00 AM</td>
<td>12+ oz. green juice, 1 systemic enzyme</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>11:00 AM</td>
<td>5 Chlorella tablets</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Noon</td>
<td>12+ oz. green juice, 1 systemic enzyme</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1:00 PM</td>
<td>5 Chlorella tablets</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2:00 PM</td>
<td>2 oz. wheat grass or E3 live or 1 serving of grass powder (may be substituted with large cup of tea or broth)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3:00 PM</td>
<td>12+ oz. green juice, 1 systemic enzyme</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3:30 PM</td>
<td>5 Chlorella tablets</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4:00 PM</td>
<td>Lemon water</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Before 7:30 PM</td>
<td>Juice, broth and/or tea</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Before Bed</td>
<td>1 serving of fiber powder in water</td>
<td></td>
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<td></td>
</tr>
</tbody>
</table>
### The Maximum Cleanse (continued)

<table>
<thead>
<tr>
<th></th>
<th>Day 1</th>
<th>Day 2</th>
<th>Day 3</th>
<th>Day 4</th>
<th>Day 5</th>
<th>Day 6</th>
<th>Day 7</th>
</tr>
</thead>
</table>
| Whenever               | Daily enema  
Meditation and prayer  
Journaling  
Cardio  
Rebounder  
Pink and Green Cleanse Posse |       |       |       |       |       |       |       |
| Prior to bathing       | Dry skin brushing |       |       |       |       |       |       |
| Whenever, but ideally in the evening | Bath / shower  
(Preferred: Epsom salt/ginger bath) |       |       |       |       |       |       |

---

**What will help support you during the week?**

- Daily Flame e-mail tips
- Sauna
- Steam
- Cardio
- Dry brushing
- Rebound

**The Pink & Green Cleanse Posse**

- Meditation
- Journal
- Candles
Some Maximum Cleansing Tips

- If you have started the Max cleanse and your body is having rapid detox symptoms, if necessary you may slow it down by having half an avocado or steamed veggies. Be your own healer and listen to your body, as it tells you what you need.

- **During the Max cleanse, herbal tea, broth and water can be consumed at any time throughout the day.** You can also continue to drink the spicy lemonade as often as you wish.

- We add the fiber powder to this cleanse to support the body ridding itself of the toxins, rather than re-absorbing them. If you do not like the taste of the fiber powder, add it to prune or apple juice, or take fiber pills. Twice a day is recommended.

- To maximize your potential benefit, adding rebounding or cardio will support toxin release.

- Colonic or enema will also help alleviate a whole heap of detox symptoms.

- This schedule is designed to support your blood sugar and keep it even. And remember, you can add green juice anytime throughout the day, which will boost your blood sugar if you’re feeling weak, jittery, or light-headed.

- If you are using juices other than green ones, stay low on the fruit please. Because they contain fruit sugars, they can put...
your pancreas to work in order to make insulin, and we are trying to rest the organs as much as possible. Remember rest equals vitality.

- Wheatgrass can be substituted with liquid organic chlorophyll, or dehydrated wheatgrass powder, or E3Live. Juice powder will work as well, as long as it has been made from dehydrated juice (i.e., it doesn’t have fiber). Green Vibrancy is a good brand.

- Sleeping all day is okay on this cleanse! Your body is running a marathon twice over!

NOTE: If you select this cleanse, you are likely to lose some weight. You may lose as much as 10 pounds, even. If you want to select this cleanse but weight loss would be unhealthy for you, simply add 1-2 teaspoons to 1 tablespoon of olive oil to each serving of juice and eat an avocado each evening.
## Cleanse Schedule For The Gentle Cleanse

You can use the checklist below to track your progress.

<table>
<thead>
<tr>
<th>Time</th>
<th>Day 1</th>
<th>Day 2</th>
<th>Day 3</th>
<th>Day 4</th>
<th>Day 5</th>
<th>Day 6</th>
<th>Day 7</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:00 AM</td>
<td>Hot water with juice of a lemon</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>(upon arising)</td>
<td>1 serving of fiber powder in water</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>8:00 AM</td>
<td>12+ oz. green juice (or powder)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>1 systemic enzyme</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>8:45 AM</td>
<td>2 oz. wheat grass or E3 live or</td>
<td></td>
<td></td>
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<td></td>
</tr>
<tr>
<td></td>
<td>1 serving of grass powder (may be</td>
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<td></td>
</tr>
<tr>
<td></td>
<td>substituted with large cup of tea or</td>
<td></td>
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<td></td>
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</tr>
<tr>
<td></td>
<td>broth)</td>
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<td></td>
<td></td>
</tr>
<tr>
<td>10:00 AM</td>
<td>12+ oz. green juice</td>
<td></td>
<td></td>
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<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>1 systemic enzyme</td>
<td></td>
<td></td>
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<td></td>
</tr>
<tr>
<td>11:00 AM</td>
<td>5 Chlorella</td>
<td></td>
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<td></td>
<td></td>
</tr>
<tr>
<td>Noon</td>
<td>Small salad and/or small, light</td>
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<td></td>
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<tr>
<td></td>
<td>veggie soup</td>
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<td></td>
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<tr>
<td>1:00 PM</td>
<td>12+ oz. green juice</td>
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<td></td>
</tr>
<tr>
<td></td>
<td>1 systemic enzyme</td>
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<td></td>
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<tr>
<td>2:00 PM</td>
<td>5 Chlorella</td>
<td></td>
<td></td>
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<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3:00 PM</td>
<td>12+ oz. green juice</td>
<td></td>
<td></td>
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<td></td>
</tr>
<tr>
<td></td>
<td>1 systemic enzyme</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>4:30 PM</td>
<td>Quart of broth or 12 oz of juice</td>
<td></td>
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<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>1 systemic enzyme</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>Before 7:30</td>
<td>Raw, live soup or cooked soup OR a bowl</td>
<td></td>
<td></td>
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<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>of steamed veggies with lemon juice &amp;</td>
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<tr>
<td></td>
<td>1 tsp olive oil</td>
<td></td>
<td></td>
<td></td>
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<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>3 systemic enzymes</td>
<td></td>
<td></td>
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<tr>
<td>Before Bed</td>
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</tr>
<tr>
<td></td>
<td>1 serving of fiber powder in water</td>
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</tr>
</tbody>
</table>
## The Gentle Cleanse (continued)

<table>
<thead>
<tr>
<th></th>
<th>Day 1</th>
<th>Day 2</th>
<th>Day 3</th>
<th>Day 4</th>
<th>Day 5</th>
<th>Day 6</th>
<th>Day 7</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Whenever</strong></td>
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<td></td>
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<td></td>
<td></td>
</tr>
<tr>
<td>Daily enema</td>
<td></td>
<td></td>
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<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Meditation and prayer</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Journaling</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cardio</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Rebounder</td>
<td></td>
<td></td>
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<td></td>
<td></td>
</tr>
<tr>
<td>The Pink &amp; Green Cleanse Posse</td>
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<td></td>
</tr>
<tr>
<td><strong>Prior to bathing</strong></td>
<td></td>
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<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Dry skin brushing</td>
<td></td>
<td></td>
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<td></td>
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</tr>
<tr>
<td><strong>Whenever, but ideally in the evening</strong></td>
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<tr>
<td>Bath / shower (Preferred: Epsom salt/ginger bath)</td>
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</tr>
</tbody>
</table>

### What will help support you during the week?
- Daily Flame e-mail tips
- Sauna
- Steam
- Cardio
- Dry brushing
- Rebound
- The Pink & Green Cleanse Posse
- Meditation
- Journal
- Candles
Some Gentle Cleansing Tips

- This cleanse includes the elements of the Max Cleanse, but also includes more broth and more solid vegetables to regulate the detox process.

- **During the Gentle cleanse, herbal tea, broth and water can be consumed at any time throughout the day. You can also continue to drink the spicy lemonade.**

- We add the fiber powder to this cleanse to support the body ridding itself of the toxins, rather than re-absorbing them. If you do not like the taste of the fiber powder, add it to prune or apple juice, or use fiber pills.

- To maximize your potential benefit, rebound or add cardio to your day, this will support toxin release.

- Colonic or enema will help relieve detox symptoms.

- This schedule is designed to support your blood sugar—remember, you can add green juice anytime throughout the day.

- If you are using juices other than green ones, stay low on the fruit please. It puts your pancreas to work and we are trying to rest the organs as much as possible. Remember rest equals vitality.
• Wheatgrass can be substituted with liquid organic chlorophyll, or dehydrated wheatgrass powder, or E3Live. Juice powder will work as well, as long as it has been made from dehydrated juice. Green Vibrancy is a good brand.

• A small glass of coconut water during the day is okay on this cleanse.

• Sleeping all day is okay on this cleanse. Your body is running a marathon twice over!

**VIDEO:** How to Make Coconut Water
The Radical Cleanse

Alright, babe. Are you ready to get RAD?

This cleanse is for those of you who aren’t big on structure or simply can’t deal with the other cleanses, for whatever reason, (scheduling, juicers, cost, logistics, etc.). Since the point of a cleanse is NOT deprivation or fasting, but rather the release of toxic burden and building your nutrition, we designed this cleanse to be accessible, easy, and flexible to offer anyone a cleanse experience.

This cleanse works wonderfully with the support of high end nutrient consumption and the omission of daily toxic processed foods and other foods that lack nutrients!

Ideally, you’ll still do the week of pre-cleansing, but if that’s just not gonna happen, we ask that you prep for one or two days if you can. If not, let’s just go for it! Your body will be oh-so-happy after doing this, whether you prepare or not!

**DO consume the following in any amounts, any time you want, and your body will cleanse.**

- Broth
- Green juice, carrot juice, or any kind of vegetable juice. (Limit the beets or carrots if you have cancer since they contain sugar, and sugar feeds cancer cells.)
- Tricia’s super smoothie—for one or all meals—which can be found in Appendix B
- Small amounts of fresh fruit or fruit juice (unless you have cancer)
- Spicy lemonade
- E3Live
- Tons of water (half your body weight in ounces daily). You can drink less if you are consuming lots of other liquids.
- Steamed veggies. Raw veggies (but don’t get Piggly Wiggly about the whole thing).
- All the herbal tea you want
- Chlorella
- Salads and vegetable soups
- No more than 1 tablespoon of olive oil per day
- Fiber powder, or ground flax seed-2 times a day is cool.
- Warming spices like turmeric, ginger, garlic, fennel, fenugreek, cayenne
**DO NOT consume:**

- Grains
- Sweeteners
- Coffee
- Alcohol
- Flour
- Anything processed

- If you want to add more potential to the Rad cleanse, consume only liquids to 11 am. and only liquids after 7:30 p.m. Then it’s a free for all.
## Schedule for The Grocery Store Cleanse

<table>
<thead>
<tr>
<th>Time</th>
<th>Drink/Meal Descriptions</th>
<th>Day 1</th>
<th>Day 2</th>
<th>Day 3</th>
<th>Day 4</th>
<th>Day 5</th>
<th>Day 6</th>
<th>Day 7</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:00 AM</td>
<td>Hot water with juice of 1 lemon 1 serving fiber powder in water or prune juice</td>
<td></td>
<td></td>
<td></td>
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<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>8:00 AM</td>
<td>12 ounces healthier juice list drink</td>
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<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>8:45 AM</td>
<td>Large cup Hot herb tea or Broth</td>
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</tr>
<tr>
<td>10:00 AM</td>
<td>12 ounces healthier juice list drink</td>
<td></td>
<td></td>
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<td></td>
</tr>
<tr>
<td>11:00 AM</td>
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<tr>
<td>Noon</td>
<td>Lunch of fresh fruit 2 or 3 pieces — or Cleansing foods list</td>
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<tr>
<td>1:00 PM</td>
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<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2:00 PM</td>
<td>12 ounces healthier juice list drink</td>
<td></td>
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<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3:00 PM</td>
<td>Large cup Hot herb tea or Broth</td>
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<tr>
<td>3:30 PM</td>
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<tr>
<td>4:00 PM</td>
<td>12 ounces healthier juice list drink</td>
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</tr>
<tr>
<td>Before 7:30 PM</td>
<td>LIGHT Meal from your Cleansing foods list</td>
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<tr>
<td>Before Bed</td>
<td>1 serving of fiber powder in water</td>
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</tbody>
</table>

**NOTE:** Please drink at least 2 quarts, (64 ounces) of water per day. Feel free to drink tea, broth and lemon water anytime throughout the day.
## Grocery Store Cleanse (continued)

<table>
<thead>
<tr>
<th></th>
<th>Day 1</th>
<th>Day 2</th>
<th>Day 3</th>
<th>Day 4</th>
<th>Day 5</th>
<th>Day 6</th>
<th>Day 7</th>
</tr>
</thead>
<tbody>
<tr>
<td>Whenever</td>
<td>Daily enema</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Meditation and prayer</td>
<td></td>
<td></td>
<td></td>
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<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Journaling</td>
<td></td>
<td></td>
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<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Cardio</td>
<td></td>
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<td></td>
</tr>
<tr>
<td></td>
<td>Rebounder</td>
<td></td>
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<td></td>
</tr>
<tr>
<td></td>
<td>The Pink And Green Cleanse Posse</td>
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<td></td>
</tr>
<tr>
<td>Prior to bathing</td>
<td>Dry skin brushing</td>
<td></td>
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</tr>
<tr>
<td>Whenever, but ideally in the evening</td>
<td>Bath / shower</td>
<td></td>
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<td></td>
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<tr>
<td></td>
<td>(Preferred: Epsom salt / ginger bath)</td>
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</tbody>
</table>

You may also include any/all of the elements from the other cleanses that work for you.

### What will help support you during the week?

- Daily Flame e-mail tips
- Sauna
- Steam
- Cardio
- Dry brushing
- Rebound

**The Pink & Green Cleanse Posse**

- Meditation
- Journal
- Candles
Some Grocery Store Cleansing Tips

This cleanse will rejuvenate you by placing very little burden on your system. You eat light. You have lots of liquid meals. You eat small.

You have no sugar, no wheat, no caffeine, no animal products, and no alcohol or illegal drugs, but lots of juice, superfoods, and digestive rest.

- for a Maximum Grocery Store cleanse — Drink boatloads of water — Follow schedule but OMIT all solid meals and choose only Healthier Grocery Store liquids for the entire day, your meals as well
- For a Gentler Grocery Store cleanse — Follow schedule but OMIT all grains, nuts and seeds from your list
- For a Rad Grocery Store cleanse — consume from any list, anytime! Try to be finished with solids before 7:30 at night!
- Eat as much fresh fruit and vegetables as possible.
- Do not use extra salt.
- We would rather you make your broth, but if you cannot DO NOT USE BOULLON CUBE. Instead put some spices like garlic, onion, ginger, tumeric, cayenne, possibly some seaweed in a cup of hot water as an “INSTANT” hot liquid
section six
THE CLEANSE
grocery store cleansing tips

- Do your dry brushing or go to the drug store and get exfoliation gloves and scrub your body in the shower each night.
- Do a Fleet enema or saline enema each night per the instructions on the box.
- If you can buy some superfood powder or dehydrated wheatgrass, add a teaspoon to each glass of juice.
- If you purchase E3Live, feel free to have an ounce 2 times a day!
- If you are in a position to do so, buy as much organic as you can. If not, you will still make huge gains for your body.
- If you cannot buy organic, you must wash your vegetables rigorously! Try the vegetable wash they sell at the grocery store. They do make one that is all natural!
Addressing Detox Symptoms

**HEADACHES** - Toxins released from your cells can tighten the muscles in the neck and shoulders, which can lead to tension headaches. Massaging the neck and shoulders can help. Plus, who doesn’t like a good backrub! Ask a friend or partner to give your muscles a good kneading or get a professional massage, and this will help relieve the tension. Plus, those toxins floating around in your blood can cause headaches by themselves. Use your enema, and drink more water. If it persists, eat some steamed veggies or a quarter of avocado to slow things down.

**FLU-LIKE SYMPTOMS** - When you detox, you may feel like you are getting the flu, but don’t worry. You probably aren’t. Try doing an enema, drink water, get in the sauna, walk, do some cardio. All will help relieve your symptoms.

**MUSCLE TIGHTNESS** - Toxins may cause aches, pains, and muscle tightness, especially in the legs. Rub your muscles,
The Pink & Green Detox Cleanse Guide

get a professional massage, take a hot bath, stretch, and exercise. All of this will help you release toxins. Be sure to keep exercise light though.

NAUSEA - When waste is released too quickly, some of the toxic overload gets picked up by the liver and secreted with bile into the stomach, which can make you feel queasy. Drinking lots of fluids helps flush the system. For a speedy way to get rid of nausea, add a teaspoon of baking soda to an 8 ounce glass of water and drink it up!

BACK PAIN - A combo of muscle tightness and toxin release in the lower intestines may cause or exacerbate back pain. Plus, the blood vessels that draw nutrients from the colon are very close to the nerves of the spine. Back exercises can help. A heating pad or a cold pack can also help. Massage works too. Using an enema kit will be the best remedy. Remember, this too shall pass.

SKIN BREAKOUTS - Since the skin is your largest organ of detoxification, you may suddenly break out with pimples or boils as those toxins come to the surface. But don’t freak out. Give that giant pimple right between your eyebrows a name, give him some love, and have faith that he’ll be gone before you know it. When it’s all over, your skin will look better than ever.
BAD BREATH - Waste passes through the lungs and gets excreted when you breathe. Brushing the tongue with a toothbrush, using dental floss, and rinsing with an herbal mouthwash will reduce bad breath.

FEELING FAINT - During fasting, the body conserves energy. Cardiac activity slows, blood pressure lowers, and your respiratory rate may slow down. Standing or moving quickly from a resting position will cause the blood to flow to the legs, causing less blood flow to the brain. Plus, certain activities, like doing an enema, can stimulate the vagus nerve, which further lowers pulse and blood pressure and can cause you to faint. If you start seeing spots or feel like a curtain is falling down over your vision, sit down and put your head between your legs. If you do pass out, make sure you notify your doctor.

If your blood sugar drops, it can also cause you to feel faint. If you feel like you’re about to pass out, drink an Emergen-C Lite packet, take some extra chlorella, drink a coconut water, eat a half a piece of fruit, or take a teaspoon of seaweed powder in water and drink up.

ANXIETY/ JITTERINESS - Toxin release can irritate your nerve endings. Try meditation, exercise, massage, Reiki, acupuncture, or other anxiety-reducing techniques. Or eat a quarter of an avocado to slow the fast.
FATIGUE - As your body detoxes, you may feel tired, which is totally normal. Your metabolic processes are running in high gear, which is why you’ll need extra sleep when you’re cleansing. Double your chlorella or take an Emergen-C Lite if fatigue persists. And REST! Take a nap. Go to bed early or sleep late. Your body needs sleep in order to heal. Remember, your body is running it’s own marathon this week on your behalf. It will feel more tired!
SQUEEE!!!! YIPPEE!!! YEEHAW!!!

YOU DID IT, BABY!

Congratulations! You are now ready to break your cleanse and proceed with the Post-Cleanse

In this section you will find

- Detailed instructions on gently transitioning your body out of cleanse phase
- Foods to enjoy in abundance
- Sample day-by-day post-cleanse menu
Congratulations!

Do you hear the celebration? (Cue thunderous applause!) That’s Lissa, Tricia, everyone at Owning Pink, the other Pink and Green cleansers, and your happy cells giving you a standing ovation. You did it, baby! We’re SO excited for you—and oh so proud. Feel free to post on the Posse about your triumphs or your challenges.

If you’re anything like Lissa when she first did this cleanse, you’re going to feel so fabulous about your food choices, your energy levels, and your bad ass self that you’re going to be tempted to continue your cleanse for another week or two. And if you’re on a roll, GO FOR IT! As long as you’re not losing too much weight, there’s no harm in cleansing for a bit longer. Remember, if you break the cleanse mindfully, your body will still be cleaning house.

Things you may want to stay away from for the first 3 days:
- dairy
- caffeine
- alcohol
- unsoaked nuts and seeds
- soy
- wheat
- flour
- sugar
- all animal protein

These things are common food allergens and generally hard to digest. You can sustain your newfound energy and vitality by avoiding these foods and drinks.
But if you made it this far, my guess is that you’re ready to EAT!

You may be so excited about breaking your cleanse that you’ve made a reservation at your favorite fondue restaurant and you’re ready to pig out like nobody’s business. But please, we beg you, don’t do this. Your post-cleanse period not only needs to be handled gently to avoid reentry side effects, it’s also a time to investigate your relationship with food, consider your health and lifestyle goals, and implement some permanent changes. A large meal would be an assault to your system. Do you want to be assaulted?

Now that your digestive tract has rested so your body could focus on cleansing, it’s time to gently wake up your GI tract. (Psst—Oh gut! Hope you had a great nap, but...uh...it’s time to stop hitting that snooze button! Up and at ‘em, baby.)

To ensure there is no shock to your system, you are going to follow up your cleanse with a gentle post-cleanse regimen to avoid cleanse-breaking side effects. Trust us. There’s a reason for this! If you jump right into that fondue dinner or chow down on a steak with béarnaise sauce, you’re likely to wind up in the restaurant bathroom, puking your guts.
out and suffering from diarrhea. Not to scare you. It’s not permanent. But you just can’t shove any ol’ food down your pipes when they’ve been sleeping. Plus, who wants to gum them up so quickly when they’re so squeaky clean and healthy?

**Breaking the cleanse with ease is just as important for your body as the cleanse!**

**Yes yes yes!!**

**Options for your first meal:**

- Just fruit
- Steamed vegetables
- Baked squash, yam or sweet potato

**Other post-cleanse meal ideas**

- Vegetable soup—you can make the broth recipe and keep all the veggies in it, or puree it to make a smooth soup.
- Sprout salad or steamed veggies are another great option! But go slow and don’t eat too much salad for the first meal. Salad can be a bit hard to digest when your gut is just waking up, especially if you’ve done the Max or Gentle cleanse.
section seven
THE POST-CLEANSE
how to gently transition your body out of the cleanse

- Make sure your first meal is light and that you do not consume too much. You may feel very full after a very small portion. You have not had to do any stressful mechanical digestion. Chew well!

Eat any of the great easy recipes we have lovingly provided in the Appendix.

Eat lightly for as long as you can, but for at least 48 hours.

Suggestions for the next week and beyond:

- Warming spices are recommended for waking your gut back up. Fennel seed, cinnamon, cayenne, ginger, garlic, cumin, curry powder, paprika, and turmeric are all warming spices to stoke up and build digestion.

- Steamed yams, sweet potatoes, carrots and winter squash improve digestion.

- Maintaining a diet that is at least 70% raw for the next week can keep you in a rejuvenating mode. This way you can fill your body with vital enzymes, nutrients and energy, replenishing the tissues that you have worked to detoxify. If you do this, your body will still clean itself!

- One meal a day of salad and fresh produce

- At least one glass of fresh green juice per day

- Keep soaked nuts in the fridge for a snack
Things to enjoy with abundance:

- All green veggies (cabbage, eggplant, spinach, chard, asparagus, Brussels sprouts, zucchini, broccoli, green beans, celery, lettuce, carrots, onion, cauliflower, sweet peppers, cucumber, peas, beets and kale)

- Super foods: Chlorella, spirulina, Klamath blue-green algae, wheat grass, chlorophyll, VitaMineral Green, Greener Grasses, Greens Formula

- Add seaweed to your diet. It’s a veritable medicine, offering your body all 44 trace minerals, vitamin B12, a full spectrum of B-vitamins, antioxidants, and essential fatty acids

- Starches: Beans (garbanzo, navy, white, kidney, pinto, split peas), lentils (green, red, brown, French) whole grains (oats, quinoa, millet, amaranth, brown rice), fruits, squash (spaghetti, acorn, butternut, yellow), yams and sweet potatoes,

- Maintain your increased fluid intake, ½ your body weight in ounces
Daily Detox Foods and Teas

This list of foods and teas will support your body in its natural detox process.

- Drink more water. It’s the best way to flush toxins out of the body.
- Chew slowly. Digestion begins in the mouth.
- Avoid overeating. Less is more, especially when breaking a cleanse.
- Keep it simple. Avoid eating too many different foods in one meal to ease digestion.
- Find a good probiotic. Good bacteria keep your digestive tract healthy.
- Pay attention to your elimination habits and listen to your body if it rebels based on what you eat.
- Eat organic and avoid processed foods. Cleaner food means fewer toxins.
- Avoid alcohol. It’s toxic.
- Exercise. You’ll sweat out toxins as you move.
- Take time to meditate. Deep breathing helps cleanse the body.
- Get plenty of sleep. Your body heals itself as you rest.
Everyday Detox Foods

Detoxifying foods that you can add to any diet:

- Hot water with lemon – cleansing
- Dandelion root tea – good for blood and liver!
- Cranberry juice mixed with water – great for kidneys
- Ground flax and chia seeds – fiber, omega 3s, and protein
- Unsweetened yogurt – natural probiotic
- Sauerkraut or kim chee – natural probiotic
- Whey protein or Garden of Life raw vegan protein
- Artichokes – from the thistle family, supports the liver
- Beets – good for the blood
- Celery – great source of healthy sodium
- Asparagus – detox, anti-aging, anti-cancer, anti-viral
• Leafy greens – just great all around!
• Daikon radishes – excellent source of Vitamin C and anti-oxidant
• Onions – anti-viral, anti-microbial
• Garlic – just good all around! Extremely potent medicine
• Cruciferous vegetables (cauliflower, broccoli, cabbage) – vitamins, minerals, and great fiber!
• Broccoli sprouts – anti-cancer

**PINK READING:** I Am Grateful

**VIDEO:** How to make fermented cabbage
Breaking The Cleanse — A Sample Menu

Day 1 and 2 – A few pieces of fruit spread out through the day, or some fresh squeezed or store bought fruit juice, with no sugar added, diluted with water. Raw or lightly steamed vegetables, e.g. spinach, broccoli; try and avoid the more starchy veggies like carrots, beets, squash, etc. You may also have a raw green leafy salad with some vegetables.

Day 3 – Green salads and light soups may be your staple at this point. If you’re craving some more sustenance, you may choose plain brown rice (a small portion), or a yam or sweet potato. Have quinoa and millet mixed with veggies in small amounts.

Day 4 – If you eat meat, you may now incorporate some lightly steamed or poached fish or chicken, with veggies and a salad. For those of you that can, wait until day 6 for the animal products. But this is a very safe day to re-introduce it, just remember—small portions! This is also the day to incorporate soaked nuts and seeds. They are a great form of protein.

Day 5 – Other more “dense” foods are now able to gradually make a comeback. For example, starchy veggies, gluten-free or 7-grain bread, small amounts of nut butters, hummus, tahini, etc.

Day 6 – This is a nice day to evaluate how the past 5 days went. Keep it going! Or re-set, re-think, get back on the horse. Can
some of these changes be for life? Question of the day: what permanent changes am I going to make in my life after this cleanse?

**Day 7** – You go, you Superstar you! You did it—your own way—just perfectly! Use this day to deepen into your choices around your own health. Notice what was easy and fun and where you faced challenges. Remember, it’s not always about not having or omitting. It’s about adding. So add some seaweed, spirulina, juices, wheatgrass shots, great green powders, interesting vegetables, wholesome soups, journaling, meditation, prayer, fresh air, friends, and more love to your life! We here at Owning Pink are extremely proud of you!

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**Claim Your FREE Post-Cleanse, Make Wellness a Habit Gift**

Having experienced the great self-care of a pink and green cleanse, we also want you to continue to have support and fully realize your wellness potential so you can create a life of ultimate wellness. Now would be a good time to book your complimentary **Get Up & Go Breakthrough Session** with Laurie Erdman, CHHC, AADP. This is a thirty-minute free coaching session for all Pink and Green Cleanse participants that could lead you to lasting change, lasting energy and lasting wellness.
What’s Next After Cleansing?
Lissa’s Story

After I finished my first cleanse with Tricia, I thanked her for gently holding my hand through the cleanse experience, and I said, “Tricia, you changed my life.”

Tricia said, “Can you tell me how?”

So I wrote this as my answer to her question.

Sometimes I wonder how my life would have been different had I not gone to medical school. Would I have taken that assistant editor job at that publishing company and lived a Sex and the City life in Manhattan in my twenties? Maybe I would have married my college sweetheart and moved with him to Puerto Rico to be the mother of his four children. Maybe I would have discovered art right away and gone back to school to get my masters in fine arts, before hopping on the tenure track at some small town university. It’s impossible to say, but I can envision my life very differently in each scenario. In all of them, I would have still been Lissa Rankin, but I suspect my lifestyle would differ depending on my choices.
As it came to be, my twenties were filled with deprivation. When my friends were staying up late, sleeping around with cute boys and bar-hopping, I was taking 36 hour call shifts and waking up at 4:00am every day. In some ways, I feel like my life didn’t start until I was 30, and by that point, I had a bit of a sense of entitlement about the lifestyle choices I made. As in, I deserved to finally have fun, even if it meant being unhealthy.

So I went from eating nothing as a resident (who had time?) to eating duck confit and barbecued ribs and truffle fries. And, as you can imagine, I gained about 20 pounds. But God dammit, I deserved it. I had been deprived long enough. And after running around the hospital at warp speed for eight years (the security guard called me Speedy Gonzalez), I decided to take it down a notch. Over time, my regular step aerobics routine downgraded from 4-5 times/week to once or twice a month, until I finally cancelled my gym membership. It just felt like a waste of money.

And somehow, one glass of wine at dinner parties turned into one or two (and sometimes three) glasses on an ordinary night, just so I could take the edge off. Until suddenly, I’m almost 40, eating crap, drinking nightly, and exercising sporadically. Why? I’m not even sure any more. I used to be a total health food junkie, and I never drank
until I was 21, and then only maybe once a month. And my trips to the gym were a great release that really helped me stay centered. So how did I slide from such a healthy lifestyle? I’m really not sure. Laziness, maybe. Or maybe the whole thing has been a form of anesthesia to put me to sleep so I don’t have to think about the patient whose baby died or the pain and shame of my two divorces or the trauma of losing my father. Or maybe it’s just habit.

After the cleanse, I feel strong, brave enough to face the truth about my life and my health, so those choices I made almost ten years ago, when I was ready to break free from the chains of my medical education, no longer serve me anymore. I look at myself through the eyes of my daughter and long to model something better for her. Rather than telling her she can’t drink my wine because it’s “Mommy Juice,” I’d rather have her begging to sip my wheatgrass and getting excited about raw live pizza, instead of cheeseburger macaroni Hamburger Helper.

I guess it’s easy to fall into habits without being mindful about your choices. Take the wine habit, for example. Sure, I love my Russian River Pinot Noirs, and I’ve enjoyed the relaxing ritual of celebrating the end of day with Matt and Siena in our hot tub while indulging in a glass or two. But it definitely numbs me out a bit, and why do I
need to be anesthetized? I have this great life—beautiful family, loving friends, fantastic thriving career, happy childhood, comfortable home in the most gorgeous state in the county. Why would I not want to be fully present in every moment of this life?

So why did the cleanse change my life? Before the cleanse, I feel like my life was the water after a heavy rainfall, just racing along the same paths cut into the earth, rarely varying its course. Or like a movie stuck on fast forward. The cleanse was like a giant PAUSE button. Of course, it helps that all of my routines changed at the same time. Because we just moved, we live in a new town, and I have a new job, everything is different. So my life is ripe for change to begin with. But by taking six days to step out of my life with the specific intention of nurturing my body, I have rerouted the flow of my life, the way water changes directions when a log falls in the path of the water’s outflow. It’s an opportunity for conscious
change, and since I’m Owning Pink these days, I’m very open to that.

It’s been three days now since I finished the cleanse, and I’m still trying to make decisions about what comes next. For three days now, I’ve eaten a vegan, mostly raw foods diet. And my whole family has joined in. Yesterday, for breakfast, we ate Ezekial raw sprouted grain cereal with almond milk. For lunch, we had raw hummus/veggie wraps in sprouted tortillas. For dinner, we enjoyed a big salad with a cup of white bean tomato soup. For the most part, everyone is enjoying it, and no one feels deprived. (Although my five-year-old daughter Siena is begging me for a hot dog.)

I’ve also ordered the Green Star juicer and the BlendTec blender, and I’m trying to decide whether to get a dehydrator, which can be used to make flax seed crackers, raw pie and pizza crusts and other such raw, crunchy delicacies. This comes as a surprise, even to myself. Normally, I’m not much of an adopter. As a teen, peer pressure didn’t influence me much—I chose not to have sex or drink alcohol until I was at least five years older than everyone else I knew, and drugs didn’t interest me at all. I don’t buy clothes based on trends, I buy what I like. I don’t choose music based on what’s in the Top 40. I listen to everything and make my own choices. So I wouldn’t normally be the kind of person who would do a cleanse and then go buy all the gear, just so it could sit under my sink and gather dust. When I commit to doing something, I do it.
So today, post-cleanse, I’m straddling some fences, trying to decide how I want my life to be. I’m sure some people do this cleanse as a way to detox and then jump right back into their old habits, but I’ve been inclined to keep my finger on the pause button for a little while longer, while I figure everything out. Now that we live in this awesome foodie city, will I only eat out at Café Gratitude, the raw foods restaurant? No. Will I quit eating meat and stop using my oven? No. Will I be a raw foods vegan for the rest of my life? Not likely. But I’m rethinking what my family eats, how our food is grown and raised, and how our bodies are nourished. And when Matt asked me last night to share a bottle of wine with him, I shook my head. Not that I won’t ever drink wine again—I probably will. But not yet. I’m not ready. My colon might be cleansed, but my mind has a lot more cleansing to do.

So where do I go from here? I don’t know. How exactly has the cleanse changed my life? I can’t say for sure. But I feel like a transformation is in progress. As I write this in my new
home in West Marin, which lies right over the San Andreas Fault (yikes!), I feel as if the tectonic plates of my life are shifting just so. When it all evens out, I know things are going to be different. I just feel it in every juicy, nutrient-rich, enzymatically-active cell of my cleansed body.

Thank you Tricia for saving my life, for greening my life, and for reminding me how powerful I really am. I adore you, and I will be forever indebted to you, my love.

Pink and Green,

Lissa

That was almost three years ago, although I have periods of backsliding (like that vacation on the Outer Banks with my best friend on her 40th birthday), a cleanse always brings me back to center. And because I cleanse once every three months religiously and have now cleansed 11 times, I never have much time to get too far off base.

Now my hubby and I both drink 4-5 green juices per day (God bless my hubby Matt who makes my juice, what a gift!). Even my daughter Siena has added green juice to her diet in the form of green apple popsicles (we mix half green juice with half apple juice and freeze it in a popsicle mold).
And my raw vegan omnivore diet has pretty much stayed the same since my first cleanse.

A Sample Menu

**Breakfast**
Quinoa with steamed veggies

**Lunch**
Kale salad and a homemade vegan soup

**Snack**
Cashew milk with vanilla and dates

**Dinner**
Spring rolls with raw coconut/cashew sauce
Steamed veggies
Raw key lime pie

Plus 4-5 green juices and 4-5 herbal teas throughout the day (yes, I pee like a racehorse).
But the best news is, my blood pressure is controlled with just a small dose of one of the three pills I used to take. My hubby got off his anti-anxiety meds. We have crazy levels of energy. We’re modeling healthy diet choices for our daughter. And we feel fantastic.
section seven

WHAT’S NEXT FOR YOU?

What’s Next For You?

Now it’s your turn! You’ve done the cleanse, you’ve learned how to radically alter your diet, you know how good it feels to feed your body real nutrition. You’ve demonstrated that you have the willpower to do this. And now you have a choice.

Are you ready to change your life? Are you ready to take the best preventative medicine you can possibly take—good nutrition? Are you ready to maintain a healthy weight, heal your diseases, rev up your energy, keep the pipes clean, and feed your body green foods that aid the body in self-healing?

This is your chance, baby. You’re the boss, and you can do this. I believe in you.

If you made it this far and genuinely want to implement permanent change but you doubt your ability to sustain this kind of radically healthy living, it’s time to get out of your own way.

Sign up now for Lissa’s Get Out Of Your Own Way e-course. Click here to read more about the e-course.

As Mary Oliver says, “Tell me, what is it you plan to do with this one wild and precious life?”

This is your time, honey. You can change your life—starting right now. You can feel this good and this empowered—forever. We are inviting you to step up to the plate.
Radical Self-Care In The Kitchen: An Invitation

How might you eat better, my love? What permanent changes might you implement that will serve as medicine—either preventative or curative?

We’re not suggesting that everybody who does that cleanse should become a raw vegan who is gluten-free, sugar-free, alcohol and caffeine free, and FUN-free. But we are here to invite you to question your choices and be conscious in choosing how to proceed once the cleanse is done. Here are a few suggestions for healthy, vitality-sustaining eating that might get you noodling about how you can change your diet—and with it, change your life.

12 Tips For Permanently Changing Your Diet & Your Life

1. **Add green juice as a daily supplement.** Or if that’s too much work, add it as often as possible.

2. **Eat raw and/or vegan as often as you can.** Be a raw vegan omnivore like Lissa, if you must, but eat raw and vegan whenever you can.

3. **Choose animal products wisely.** Consciously raised animal products can be a nourishing part of a healthy diet. If you eat meat, dairy, and/or eggs, choose wisely. Eat free range, hormone-free meats. Buy eggs from chickens that aren’t crammed into a cage. Drink or eat only organic dairy. Yes,
these foods cost more. But they’re cheaper than cancer. And making choices like this is kinder for the animals who give their lives to be our food.

4. **Eliminate processed foods** and shop primarily on the outskirts of the supermarket, where the veggies, meats, eggs, and dairy lie, rather than where the chips, canned foods, candy, and boxed products live. If you skip these aisles altogether, you’ll be less tempted to dig in.

5. **Clean out your cabinets, refrigerator, and freezer.** Throw out or donate all the old stuff you might be hanging onto—you know, the stuff that might tempt you back into old habits. Make a clean start.

6. **Add superfoods** like chlorella, spirulina, E3 Live, seaweed and wheatgrass to your diet.

7. **Take a good multi-vitamin.**

8. **Cut out white sugar.** Stick with stevia, agave, maple syrup, and honey, and use these (all but stevia) in moderation.

9. **Limit or cut out gluten.** Gluten worsens many of the symptoms those with chronic diseases experience, and many people who fall short of having full blown celiac disease suffer from gluten intolerance. If you’re not sure, cut out gluten for three months and see how you feel. If you feel awesome, you might want to rethink eating wheat flour.
10. **Eliminate or cut back on caffeine.** Caffeine is extremely acidic and makes it hard for your body to stay alkaline. If you’re drinking green juice, you’ll have extra energy, so you won’t need that caffeine, and you can use herbal teas to replace the ritual of drinking coffee.

11. **Eliminate or cut back on alcohol.** Alcohol is also extremely acidic. And while some research shows that red wine can be good for you, the drawbacks may outweigh the benefits. So rethink your drinking habits.

12. **Be compassionate with yourself.** If you implement lifestyle and diet changes and then fall off the wagon, give yourself a hug, send your inner Gremlins to time out, and climb back on the wagon.

**Pink Reading:** Radical Self Care In The Kitchen
Appendices

In the following section, you will find pre- and post-cleanse recipes, cleanse recipes, along with information on selecting a juicer, enemas and colonics, and dry skin brushing.
Carrot Sweet Potato Soup

- 5 carrots
- 1 sweet potato
- 1 bunch leeks
- 1 tbsp fresh tarragon
- 4 cups veggie stock (or water)
- salt and pepper

Boil all ingredients in stock or water until soft, then puree in blender.

White Bean Soup

Soak 2 cups white beans overnight in water

Add soaked beans to 4 cups of veggie stock or water

Then add the following:
- 1-2 cups chopped tomatoes
- 1-2 tbsp fresh tarragon
- fresh rosemary
- 1 chopped carrot
- 1 chopped celery
- Bragg’s liquid amino

Bring to a boil and then simmer until beans are soft.
Lentil Soup

- 2 cups uncooked lentils
- 8 cups veggie stock or water
- 1/2 onion chopped
- 1 carrot, chopped
- 1 celery stalk, chopped
- 1 small yam, chopped
- 2 bay leaves
- 1 tsp cumin
- 1 tbsp red wine vinegar

Cook all ingredients except vinegar until soft. Add vinegar before serving.

Raw Almond Soup

- 1/4 cup almond butter
- 1 cup water
- 2 tbsp lemon or orange juice
- 1 tbsp honey or agave
- 2 scallions
- Cayenne pepper to taste.

Place all ingredients in blender and blend until smooth. Can be served hot or cold.
Vegan Cream Of Mushroom Soup

- Sauté 2 medium sweet onions until caramelized
- Add 3 diced carrots & 1 diced celery
- Add a dash of cayenne, nutmeg, paprika, tarragon to caramelized veggies
- Add one large mason jar of the cleanse seaweed broth (or more)
- Add 2 cartons of portabella or crimini mushrooms and 1 carton of button mushrooms
- Add a package of soaked and strained dried porcini mushrooms (be sure to get the “sand” out)
- Add a few cups of filtered water until you have enough liquid
- Himalayan salt to taste
- Simmer until carrots are soft
- Blend in blender.

The soup is fabulous just as is, but if you want to make it creamy (YUM!) use your VitaMix or Blendtec to make nut cream: add a cup or two of cashews or almonds, add water just to cover and blend, blend until smooth. Add to the mushroom soup!
Raw Cauliflower Mashed Potatoes

- 2 cups cut up cauliflower
- 2/3 sup soaked cashews
- 1/4 cup lemon juice or half large lemon, peeled
- 1 or 2 cloves garlic
- 1 teaspoon rosemary or Italian seasoning
- Salt and pepper to taste
- 1/4 cup olive oil

Blend all the ingredients in blender until smooth. Add water to thin out if needed. YUMMY!!!

Gravy for Raw Cauliflower Mashed Potatoes

- 3/4 cups water
- 1 tbsp organic white miso
- 2 tbsp almond butter
- 1 clove garlic or 1 teaspoon garlic powder
- Pinch of black pepper
- Salt to taste

Make sure the almond butter is room temperature. Put all the ingredients in blender, process until smooth and pour over your cauliflower mashed potatoes.
Lentil Salad

- 1 and ½ cups sprouted lentils or 1 can of drained lentils
- ½ cup chopped tomatoes
- ½ cup chopped onion
- 2 tbsp lemon juice or raw apple cider vinegar
- 4 tbsp olive oil
- 1 tsp honey (optional)
- Salt to taste

Toss everything together serve over our favorite type of chopped lettuce.

Raw Ranch Dressing

- 1 cup soaked cashews
- ½ cup water
- 3 tbsp lemon juice
- 1 tsp apple cider vinegar
- pinch of salt
- 1 tsp Italian seasoning
- 1 glove garlic
- 1 stalk celery

Combine all ingredients in blender and blend until smooth.
**Mint Salad**

1 cup chopped cucumbers
1 cup chopped tomatoes
1/3 cup chopped fresh mint
1/4 cup chopped parsley
2 tbsp lemon juice
2 tbsp olive oil
1/4 cup sunflower seeds soaked for at least four hours

Toss all ingredients together let sit for 10 minutes before serving!!!
**Protein-rich Sunflower Pate**
- 2 cups soaked sunflower seeds
- 2 tbsp raw tahini
- 1/2 cup lemon juice
- 2 tbsp gluten-free tamari
- 2 large garlic cloves or half teaspoon garlic powder
- 1/4 cup chopped scallions
- Pinch of cayenne

Put all ingredients in food processor with S-blade and process until smooth. Put on salads, roll onto nori sheets, or eat on crackers.

**Re-fried Almonds**
- 1 cup almonds soaked for 8 hours
- 1/2 cup lemon juice
- 1 or 2 cloves garlic
- 1/4 cup sun-dried tomatoes - soaked for 15 minutes
- 1/4 cup red onions
- 1 tsp cumin
- Pinch of cayenne
- Salt to taste

Put all ingredients into food processor with an S-blade and process until smooth.
**Rice Milk**

- 4 cups water
- ½ cup uncooked rice (white or brown may be used) or 1 cup cooked rice (white or brown may be used)
- 1 vanilla bean or 1/2 tsp vanilla extract

Cook rice, vanilla bean or extract and water until very soft.

Let cool, remove vanilla bean (if using) and put mixture into blender or food processor.

Blend until very smooth.

Let stand for at least 45 minutes, then strain through cheese cloth.

Voila! Rice milk!

**Hemp Milk**

- 1/4 cup shelled hempseeds
- 1 cup water
- flavorings (vanilla, maple syrup or honey)

Place seeds into a blender and add small amount of water one inch above the seeds. Turn blender on at multiple speeds and agitate seeds so they become a thick hemp cream.

Then add either vanilla, maple syrup or honey or only a ripe banana and serve as a thick drink or add water at a ratio of 4.75 water to 1 part seed for a lighter hemp milk.

A great alternative to soy milk, just remember that during the cleanse don’t add honey or syrup.
Oat Milk

- 3 Cups Very Hot Water
- 1 Cup Rolled Oats

Combine all ingredients in a container with a lid. Cover tightly and refrigerate overnight. In the morning, blend until smooth in a blender or food processor. Keeps for one week. Always shake before serving. Add vanilla and/or stevia – creamy and yummy!!!

Buzz-Worthy Smoothie (or Who Needs Coffee?)

In your blender:
- 3 or 4 dates or 1 cup fresh berries
- 2 cups nut milk
- 2 heaping tbsp raw cocoa powder
- 1 tbsp of spirulina or other green powder or a handful of parsley
- some cocoa nibs if you have them
- 1 tsp bee pollen
- some vanilla powder

Blend and drink, then put your seatbelt on. You will be going for a ride, and a much healthier one at that.
Raw Chocolate Mousse

- 2 avocados
- ¼ cup organic, raw cacao powder
- ¼ cup agave nectar
- 2 tbsp vanilla extract
- 1 tbsp coconut or olive oil

Mix all ingredients in a blender or bowl.

Raw Banana pudding

- 1 ripe banana
- 6 dates soaked for at least a half hour
- 2 or 3 peaches
- 2 tsp vanilla extract or powder or 1 raw live vanilla bean
- 1 tsp cinnamon

Put all ingredients in blender of food processor, blend till smooth. Do not over blend as it will “cook” the pudding!
Yummy Raw Bars

- 4 cups ground walnuts
- 1 cup ground cashews
- 1 cup ground sunflowers or almonds
- 1 cup dried coconut
- 1 cup room temp almond butter
- ½ cup maple syrup
- 1 tbsp Molasses, optional for the iron and yummy taste if you like
- ¼ cup flaxseed oil
- Pinch of salt

Toss the dry ingredients—nuts, seeds, coconut—together.

Separately, whip the almond butter, maple syrup, molasses, oil and salt together.

Using your hands, mash all ingredients together until the nut mixture is completely coated. The warmth of your hands will help this process.

It will be dry when working, so please spend some time mixing together until wet.

Refrigerate and press into a short rectangular pan—after three hours you can cut into bars!
appendix A

PRE- AND POST-CLEANSE RECIPES

VIDEOS:
How To Make Nori Wraps
How To Make Raw Soup
Green Juice

Enough for two days. Make fresh every 48 hours.

Juice the following ingredients:
- About 16 medium cucumbers (if not organic, peel before juicing)
- 2 heads of kale
- ½ bunch of celery (for good sodium, potassium, b-1, and b-6)
- 3 heads of parsley
- 3 peeled lemons (+ or – to taste, it helps take the grassiness away)
- 3 inches of peeled ginger root
- As many sprouts (microgreens such as sunflower, mung bean, or snow pea sprouts) as you can afford

If you have other greens around, such as romaine, broccoli, zucchini, swiss chard, or other veggies, feel free to experiment with what you like.

If you hate the taste, try adding an apple or carrot to sweeten the juice.

Spicy Lemonade Recipe

Juice fresh lemons and mix with cayenne pepper and stevia to taste.

It helps to flush and clean the arteries and heart and acts as a natural blood thinner.

"Rad" Lemonade Variation

Suck on a lemon and drink water when you can.
Cleanse Broth

The recipe for the broth changes with the seasons: in the winter it is made to keep you warmer during your cleanse (we add sweet potato to warm up your digestion, slightly bringing up your body temperature). In the summer, use summer vegetables.

We suggest you heat up your broth and sip on it throughout the entire day, which will continue to add vitamins and minerals to the cells of your body. Providing it with another form of super-food nutrition—seaweed and broth minerals.

Super-food nutrition is getting a maximum amount of nutrition from a very small amount of foods. We use super foods from all three sources, the land, fresh water and the ocean.

The seaweed in your broth is a veritable medicine. Providing your body with all 44 of its trace minerals. Seaweed is the only food source with a measurable amount of B-12 in it. Seaweed contains alginates, which offer protection from environmental pollution and also bind heavy metals, which are then excreted from the body.

If you are interested in adding seaweed to your diet, we highly recommend it. It is needed to maintain health, and is almost the only source of iodine you get these days. Whole Foods has a great selection of seaweeds.
Here is a sample broth recipe. Feel free to experiment with seasonal vegetables.

- 4 medium carrots
- ½ onion
- ½ head of cabbage
- 1 clove garlic
- 1 sweet potato or yam
- 4 stalks celery
- Several pieces of seaweed (hajiki, dulce, nore, or other)
- 1 tsp turmeric
- Fresh ginger
- Pinch cayenne
- 1 tsp healthy sea salt

Chop all veggies and place in a pot covered with a few inches of water. Cover and simmer 30 minutes. Remove from heat and strain. Season with cayenne pepper, Himalayan salt, Bragg’s Liquid Amino, lemon juice, and/or flax oil to taste. You can drink as much of this as you choose.

**"Rad" broth variation**

Go to your refrigerator and grab anything veggie—fresh or almost past. Boil, strain and drink.

**"Rad" cleansing soup**

Go to the store, buy anything vegan and organic that you prefer and heat before eating.
Spinach Cleansing Soup - Cooked

This simple soup will revitalize your system as part of your cleansing diet.

- 1 pound of spinach
- 2 cup diced onion
- 1 cup diced carrots
- 1 cup diced celery
- 1 cup diced leek
- 4 cups water
- 1 tbsp teas poultry season (more if you like lots of zing)
- 2 tbsp olive oil
- 1 tsp chopped garlic or more to taste

Put the onions, carrots, celery, leek in a pot.

Add the water and poultry seasoning, simmer for one hour then leave to cool for a bit.

Puree in a blender. Return the soup to the pot on medium heat.

Add the spinach. Shut heat off immediately. Can be eaten for any of the cleanse meals.
**Broccoli soup**
- 1/2 avocado
- 1 or 2 heads of broccoli depending on size (you want a lot)
- 1 red onion
- 5 celery sticks
- Big handful of spinach
- 2 Inches of root ginger

Lightly steam the broccoli, for 5-6 minutes. Place it and all the other ingredients in a blender. Add garlic, sparing salt and pepper to taste. Add water if the consistency is too thick.

**RAW cleanse soup**
- 1/2 avocado
- 1/2 bunch basil
- 3 cloves garlic
- 1 tbsp olive or udo oil
- Pinch of sea salt
- 1 large tomato (a very ripe one if you can find it)
- Enough water for desired consistency

Blend until smooth.
Easy Raw Avocado Soup

- 2 large avocados
- 1/2 cup water
- 3 tbsp lemon juice
- 1 or 2 cloves garlic
- Salt or Bragg’s Liquid Amino to taste
- 2 tbsp Italian seasoning

Combine all ingredients in blender and blend until smooth!

Easy Half Live, Half Cooked Pea Soup

- 1 bag organic frozen peas (defrosted)
- Half an onion
- 3 or 4 cloves garlic, peeled
- Entire bunch of mint, remove stems
- Cucumber, green juice or water

Blend until smooth. Makes about 3 cups.
Kombu-Squash Soup - cooked

This autumn-winter-spring detox diet soup recipe provides good alkalinity to your cleansing programs.

- 6 cups of water
- 4 cups of chopped butternut squash
- 1 8-inch piece kombu or any seaweed (great minerals!)
- 1 tbsp of extra virgin olive oil
- 1 large onion, chopped
- 4 cloves of garlic, chopped and minced or more to taste
- 1 two inch long piece of ginger, peeled and chopped
- ¼ cup balsamic vinegar
- Sea salt

Put all the ingredients in a saucepan—boil until squash is soft.

Turn off heat, mash with a hand potato masher for a bit or with a hand mixer for just a few seconds.

You can drizzle with a small amount of apple cider or balsamic vinegar before serving.
Fresh Corn Chowder

- 2 cups corn from the cob or frozen organic
- 1 cup water
- ¼ cup almond butter or tahini
- 2 scallions
- Salt and pepper to taste
- Chopped cilantro, parsley, red pepper or sprouts for garnish.

Blend corn, water, nut butter or tahini, scallions until smooth.

Add salt and pepper. Garnish with cilantro, parsley, red pepper or sprouts. Can be served cold or warm.

Raw Tomato Soup

- 4 medium tomatoes
- 1 stalk of celery
- ½ bell pepper
- 2 tsp fresh basil or Italian seasoning
- 2 tsp lemon juice, or quarter of a lemon with skin off
- Salt, pepper and if you like jalapeño to taste

Combine all ingredients in blender and puree. If you want “cream of tomato soup,” add half a cup of pre-soaked cashews and blend until smooth.
Raw, Cool Cucumber Soup

- 2 large cucumbers
- ¼ cup lemon juice
- 1 tsp salt
- Water to make thinner
- 2 tbsp tahini
- 1 scallion
- ¼ cup fresh mint or dill

Combine all ingredients in blender, except scallions and herbs. Blend until smooth. At the end, add scallions and herbs and pulse in blender for just a few seconds.

Raw Avocado Dressing

- 2 ripe avocado
- 3 tbsp lemon juice
- 1 or 2 cloves garlic
- 1 medium cucumber peeled
- ¼ cup chopped scallions
- 1 tbsp Italian seasoning or dried dill

Place all ingredients in blender and blend until smooth.
Raw Summer Cole Slaw

- 3 cups shredded cabbage
- 1 cup shredded carrots
- 2 celery stalks thinly sliced
- 2 tbsp chopped parsley
- 1/2 cup pecans or walnuts soaked for four hours and crumbled, not too small
- 1/4 cup sesame oil
- 2 tbsp apple cider vinegar
- 1 tsp garlic powder
- 1/2 sun dried tomatoes, chopped small (optional, but yummy)
- 1/4 cup chopped fennel (optional)
- Salt and pepper to taste

Toss all ingredients and let marinate for an hour before serving!
Mock Thanksgiving Stuffing

- 3 cups soaked walnuts (soak for 4-6 hours)
- 2-3 tsp of poultry seasoning, to taste (not heaping)
- 1 entire stalk of celery (2 if small)
- 2 tbsp olive oil
- 1 tsp salt
- ¼ cup water

Put all ingredients in a food processor, start the blend process—use just enough water to get it mixing (water also helps you regulate to your desired consistency). Taste and season by adding more poultry seasoning or salt.

This tastes just like walnut Thanksgiving stuffing! Put on crackers, salads, inside wraps, use as dip—great source of protein, fiber, vitamin-b; great antioxidant and good source of Omega 3 fatty acids. Enjoy!
A Word About Blenders and Fiber

The blender is not a juicer in disguise. One of the great advantages of juicing over blending is that juicing removes the fiber, serving you up a straight shot of nutrition that your body can assimilate without having to digest it. That is why juice is so fabulous and medicinal and why it has the potential to heal the “sick-est” of the sick and ramp up those of us who are well to VITAL and kickin’ with mojo.

Juice allows your body to relax and rejuvenate with ZERO digestive effort. Tricia thinks digestion is the single most taxing process your body will do in this lifetime. (Lissa, as an OB/GYN, would argue that being pregnant is WAY harder on the system!) But both of them agree that digestion takes a lot of energy.

Tricia has heard over and over again, “Tricia, but what about the fiber? I read we need fiber and smoothies have fiber.” During the Pink & Green Detox Cleanse, we are not juicing to get our fiber; we are juicing to get and stay well. The good news is that those of you who only have a blender to make your juice can go buy a nut milk bag and strain your blended up veggies, remove the fiber, and enjoy the benefits of juice! (Note: This will not work with wheatgrass.)

**VIDEO:** How To Make Green Juice With A Blender
So How Do You Choose A Juicer?

There are several types of juicers. We will address the benefits and downsides to each.

THE CENTRIFUGAL JUICERS

Juicers in this category include the Juice Man juicer, the Breville, the Pro-variable, the Jack La-Lanne, some Champion juicers and others. Centrifugal simply means the separation of different materials from “centrifuge” force. This looks like a juicer with a metal basket in it. You feed your fruits and veggies into a tube and the basket whizzes around at lightning speed, ripping apart the produce, separating it, and shooting out your juice.

The upside of these juicers is that they are quick to use, they involve less cutting and chopping, and they are generally easier to clean.

The downside has to do with oxygen. The force in which this style of juicing works takes the oxygen molecule in the vegetables and rips it apart, leaving you with a nice juice that will only stay stable and nutrient rich for about 20 to 30 minutes. Not a problem, unless you want to juice ahead of time and store it. This will not work at all with
wheatgrass. And if you try to juice things like kale, parsley, or spinach in a juicer like this—good luck! Most of the kale, parsley, or spinach gets spit out of the dispenser and you wind up throwing away most of your valuable organic produce, without benefitting from the juice of it.

**VIDEO:** *How To Make Green Juice With a Centrifugal Juicer*

**Masticating Juicers**

Masticating juicers include the Green Star and the Omega, as well as any juicer that has two gears that work in opposition and press the produce between the gears. Masticating means that the juice gets pressed into the juicer as if the juicer has teeth, which grind up the produce and prepares it for digestion. The name pretty much says it all. When you masticate the juice, as you do with these kinds of juicers, you keep all the precious enzymes and oxygen intact, providing yourself with a stable juice product that can last close to two and a half days.
However, it must be in an airtight container.

If you’re just getting started and you’re not sure which juicer to get, Tricia recommends trying the Solo-Star. Although it only has one gear, it presses the juice, allowing it to be stable as it uses the sides of the tube to force it through. It’s easy to clean and easy to use. It will also do wheatgrass and nut butters, and it works wonderfully on a frozen banana to make a great instant icecream! Masticating is slowly becoming the favorite in the juicing world.

The downside of masticating juicers is that they are slower and a bit more tedious to clean. We believe the value of the fine juices it produces evens out the labor.

(For her first juicer, Lissa got the Green Star 2000. Now that she and her hubby Matt drink a boatload of juice, they use a combo. Matt juices the kale, parsley and sprouts in the Green Star 2000, and he uses a centrifugal juicer to juice the cucumbers and celery—purely for speed. Yes, it’s more clean up. But it cuts the juice-making time in half. Lissa and Matt envy Tricia and her press juicer... Maybe some day...)

**VIDEO:** How To Make Green Juice With a Masticating Juicer
PRESS JUICERS

The first original juice press was created by Dr. Norman Walker. Here was a man WAY ahead of his time. These ROCK STAR juicers are the ones used in most of the cancer clinics, juice bars, and integrative health clinics throughout the world.

Pressing the juice requires a two-part process. First you have to grind the veggies, then you put them in bags and a Hydraulic machine comes down on the bags and literally presses them, which leaves you with an extremely high quality juice that has zero oxidation. Pressed juice lasts, and it extracts 99 percent of the nutrients. Unlike the pulp left from other juicers, the pulp created by a press juicer will not even be consumed by an animal. They will not eat it, because it has no nutrients left in it. It leaves a block of “blank” fiber.

The most popular press is the Norwalk press. If money is no obstacle, check it out. There are many superb, interesting demonstrations on the internet about them. These juicers are uber-quick and maximally nutritious. But they’re big, bulky, and pricey.

A Note from Tricia on Juicers

If you are ill - for example, fighting or recovering from cancer - you need oxygen. Cancer and disease have a hard time living in an oxygen rich environment, so you need a good quality juice. That being said, my first juice cleanse, 22 years ago, was with a Juice Man Junior, for 33 days. I made all my juices for the day in the morning and stored them in Tupperware containers. I got well, stayed well, and it changed my life. So don’t get all fussy with which juicer you buy. Choose a juicer that you will use, period.
Benefits of Enemas & Colonics

Your health is dependent upon the health of your colon and stomach. In fact, the whole philosophy of naturopathic medicine revolves around the idea that the physical health of your body revolves around the wellbeing of your digestive tract. The colon, also known as the large intestine, is the body’s main channel for eliminating solid waste. Other parts of your bowel—such as the stomach and small intestine—feed into this waste-removal center. After years of eating extremely processed, low enzyme foods, the colon weakens and becomes overworked, resulting in a gradual accumulation of waste along the colon’s wall. Plus, “unfriendly” bacteria that feed off this stagnant waste material build up.

You have 36 feet of intestines, which can store up to 13 pounds of waste material or mucoid plaque, dating back to your childhood. This causes your intestines to lose tone and proper peristaltic action, dramatically altering the ability for your body to assimilate nutrients from what you eat. If you are not eliminating after each meal, then your colon needs the help. Our entire cleanse is designed to effectively eliminate these toxins, and it will. But you must help your body eliminate these toxics or they just get reabsorbed again. A colonic (we suggest 2 or 3 during your cleanse), is an easy and incredibly effective vehicle to remove all your cleanse debris and toxins. A colonic is also quite
effective at cleaning out the colon—more so than an enema. A colonic eliminates the need for administering daily enemas during the cleanse.

Historically, enema bags could be found in most homes. It was one of the first things that people turned to when they became ill, as it helps to quickly eliminate toxins and therefore facilitate healing and recovery from illness. Now, many people are returning to enemas as natural means of helping the body to heal—in addition to or in substitution for “modern” medical solutions such as antibiotics and other drugs.

**Taking a High Enema (preferred method):**

1. Move the enema clamp into the “closed’ position so that it pinches the tube.
2. Fill the enema bag with purified or distilled water that is body temperature.
3. Hold the enema bag over a sink or bathtub and open the clamp until water starts to flow from the end of the catheter. Re-close the clamp, and refill the enema-bag to the top.
4. Hang the bag on a hook or coat hanger from one of the two holes on top of the bag.
5. Lubricate the last 2 inches of the catheter and your rectum with olive or coconut oil (no Vaseline, please).
6. Lie on your LEFT side, straighten your left leg, and pull your right leg over your left leg towards your chest. (This can also be done “doggy style.”)

7. Gently insert the lubricated 2 inches of the catheter into your rectum and open the clamp to start the water flowing. Do not force it.

8. If you feel the need to eliminate, do so, being sure to close the water flow clamp before removing the catheter from your rectum. Then start adding more water into your colon until there is an inch left in bag. This is not an exercise in seeing how much water one can accept; rather, it’s a slow, gentle fill and empty of the colon. If you find you can hold some water in your rectum, AWESOME. If not, no worries. It’s also useful to massage your belly in the area where you colon lives to encourage the release of plaque on its walls.

9. When there is one inch of water remaining in the enema bag, close the clamp and remove the catheter.

**Administering Enemas:**

You can use the store-bought enemas (such as a Fleet, etc.); use as directed, then save the container and follow these instructions to use again:

- Place 1 tsp salt in warm water (about 103 degrees) in the container.
Administer to yourself, and feel free to fill up the container with warm water 4 to 8 times during each enema session, using a gentle in and out method with the water, putting in consecutive filled bottles in if it is comfortable to hold, and releasing when body desires. Release when you need to. THIS IS NOT A MARTIAL ART! Do not push and do not hold the water with any force.

Wash the enema bottles and tubes in warm, sudsy water—then sterilize the tip using a sanitizing soap or a few drops of tea tree oil.

Always dry out before storing!

As long as you wash all of the parts correctly, you may use your empty bottle for as long as it lasts. We prefer that you get an enema bag, but the container works nicely as well.

For more information on colonics, enemas, and on colon health in general, visit these sites:

http://www.fountainofhealth.com/index2.php
http://www.colonhealth.net
http://www.enemainfo.com/faq.html

**Pink Reading:** The Detox Lounge (the story of Lissa’s first colonic!)
Dry Brushing is done daily during your cleanse and it is our hope that you will continue after as well.

Your skin is your largest organ of detox, emitting up to two pounds of waste daily. In keeping your skin properly exfoliated you can support and hasten your body’s ability to eliminate waste supporting its health.

Dry brushing helps the skin eliminate toxins/dead cells and stimulates circulation.

Because it helps to eliminate impurities by stimulating the lymphatic system, it is believed that it helps to prevent and reduce cellulite. It activates circulation and this helps prevent varicose veins. This also helps to tone your body.

Instructions:
Start at the soles of your feet and continue upwards. This will ensure that you are working against the direction of circulation. Using light pressure, you will massage with the brush in circular motion always in the direction towards the heart.

Avoid the face and any areas with cuts, broken capillaries, varicose veins or any sensitive areas.

Rad brushing variation
Just grab your brush and start brush-brush-brushing, anywhere, in any direction, if you’re not into structure.

More information is available here: http://www.naturalhealthtechniques.com/healingtechniques/dry_brushing_technique
What if I can’t get organic produce?

Natural foods stores, including Whole Foods, carry organic produce. Or try your local farmers’ market, but be sure to talk to the farmer first or look for a “certified organic” sign. Not all produce at the farmers’ market is organic.

If you absolutely can’t find organic produce in your area, you can have it delivered! Just Google search “organic produce delivery” and look at all the options that pop up.

Is Stevia okay during the pre- and post-cleanse? And how is it different from other sweeteners?

Not only is stevia okay, stevia is actually good for you! Unlike sugar and other sweeteners like corn syrup, stevia does not convert to glucose and spike up your insulin levels. It also doesn’t contain the calories other sweet substances do. And unlike artificial low-cal sweeteners, stevia isn’t made of dangerous chemicals made in a lab. Stevia is a natural herb with a long history. Stevia also contains Vitamin C, calcium, beta-carotene, chromium, fiber, iron, magnesium, niacin, and potassium. This white powder is SUPER sweet—about 300 times more so than table sugar, so use it sparingly. Because the body doesn’t digest the part of the stevia that makes it sweet, it does not break down into glucose and raise your blood sugar, like most sweet things do. So the good news is that stevia has a glycemic index of 0. This makes stevia a must-try for anyone watching sugar intake because of
diabetes, weight control, or general health. You can find stevia at Whole Foods Market, Trader Joe’s, and natural food stores.

**What should we do with all the cooked veggies we used to make the broth?**

Tricia gives the carrots to her dog and throws out the rest. (Lissa tosses the whole shebang.) We “used” the veggies and their nutrients—it’s just in broth form. After such a long boil, few nutrients remain. What you could do is make a lovely soup base by putting the cabbage, the potatoes, and the onions in the blender with some broth to make a lovely base for a soup. You can bring that mixture to a boil, shut it off, and then add cut vegetables and a few spices of your choice. That makes a lovely cleansing soup—especially if you add fresh herbs! To save money, start putting all your veggie scraps in a bag in the fridge, and at the end of the week, you will have some veggies to add to your broth.

**What kind of sprouts should I buy?**

Sunflower or snow pea sprouts are best for juicing.

**I can’t find kale. Can I substitute?**

Yes. You can use collard greens, swiss chard, or spinach. The juice just won’t taste as good. Plus, kale is a superfood, so use it if you can. Dino kale is the best—easy to juice and dark green.
Will I be starving — literally and/or figuratively?

Tricia always tells people that during the cleanse, your mind may be hungry but your body will be VERY well fed/nourished! But there are those times you may feel hungry, period. If you feel hungry, investigate whether your body is truly hungry or whether there’s some emotional need you’re longing to fill up, some pain you’re trying to sedate, or some feeling you’re hoping to avoid. If you determine that you truly are hungry, no need to suffer or beat yourself up. Steam some greens if you need to. But please be mindful: we are resting our digestive system as much as we can—so use this as medicine, DIVINE medicine. And then get back to your liquids if you can.

Soy products are never mentioned. Are they acceptable for the pre- and post-cleanse phases?

It’s a personal choice, but soy is a hybridized food, disrupts thyroid function and is extremely difficult to digest. Tricia actually believes that eating a small amount of clean meat is better for your body than modern U.S. soy products. Dr. Brian Clement, owner of Hippocrates Health Institute, calls soybeans “little rocks.” Can your body digest a rock?
Does fish count as meat?
Yes! Fish is animal protein—SO please cut it out when you pre-cleanse. Animal products lack fiber so they are hard to digest, among other issues.

What animal products do I need to eliminate during the pre- and post-cleanse phases?
All of them! This includes all meats, fish, dairy products (milk, cheese, yogurt, cream), and eggs.
Lissa Rankin, Founder of OwningPink.com

In addition to being hooked on cleansing and Tricia Barrett’s biggest fan, Lissa is also an integrative medicine doctor, public speaker, consultant for visionaries, founder of OwningPink.com, an artist, and the author of two already-published books, as well as her third book *Mind Over Medicine: Scientific Proof You Can Heal Yourself* (Hay House, 2013).

Discouraged by our broken health care system, Dr. Rankin set out to discover why some patients experience miraculous cures from seemingly incurable illnesses, while others remain sick even when they receive the best medical care. Fueled by a passion to determine what really makes people healthy and what really predisposes them to illness, she dug into the medical literature to study how doctors might better care for patients.

Her research led her to discover that patients have self-healing powers beyond our wildest imaginings, and science proves it. She is now leading a “Pink Medicine Revolution” to help patients heal themselves, while encouraging the health care industry to embrace and facilitate, rather than resist, such “miracles.”
She aims to feminize how health care is received and delivered by encouraging collaboration, reconnecting health care and spirituality, and empowering patients to tap into the mind’s power to heal the body.

When not spreading the word, she chills out, paints, does yoga, and hikes in Marin County, California with her husband and daughter.
Tricia Barrett is an Entrepreneur, Cleanse Authority, and Intuitive Coach

Exuding passion for health and the wisdom it uncovers, Tricia, former CEO and founder of Green Resurrection, a Green Juice and Raw foods cleanse business brings 25 years of Cleansing experience to the table in every cleanse she designs.

As a graduate of the Academy of Intuition Medicine Master’s of Intuition Program, Tricia bridges her natural visionary abilities with professional training, bringing to her work visionary approaches. As a spiritual teacher and sought-after mentor, Tricia’s vision and council provides insight, that creates opportunities to transform lives.

Committed to healthy green living, Tricia is light in the universe.

— In the words of one of her heroes, Art Berg, ”The impossible just takes a little longer.” ... And then it’s HERE!

Feel free to get in touch via email and receive a complimentary 30 minute phone consultation and focus on what’s possible for you before, during and after your cleanse. Offer expires one month after the cleanse.

Thank-you for caring for you—
Tricia@greenresurrection.com
Energy creation and healing instigation is Laurie Erdman’s mission. Not that many years ago, Laurie was a strung out, sugar and caffeine addicted lawyer with adrenal fatigue. She was then diagnosed with multiple sclerosis. Having discovered the power of food and radical self-care, Laurie is now symptom-free and the founder and Chief Wellness Hero at Chronic Wellness Coaching. As a coach, speaker and writer, Laurie helps others transforms fatigue into fabulous, sick into super and lethargic into lively.

Laurie is certified as a health coach through the Institute for Integrative Nutrition in New York City through Purchase College SUNY. Laurie serves the world as a motivational speaker and personal coach. She’ll help you Get Up & Go.