



pre-cleanse etiquette

The basics.

Ideally you can start preparing one week in advance. Abstain or cut down considerably the following:

- Coffee, all caffeine intake, nicotine, alcohol, and all carbonated beverages (including sparkling water).
- You can substitute coffee with green tea or yerba mate tea.
- Avoid all refined sugar, salts and processed foods. If you are not a vegetarian or vegan, greatly limit or omit the intake of meat, fish and dairy.
- Drink plenty of (filtered) water. Hydration is key to a successful detox.
- Continue with your normal exercise routine.

Start getting in the habit of chewing your foods well. Next week you will "chew" your juices to help digest and absorb them so let's get on top of things now.

Have a constipation plan on hand in the event you need one. The cleanse affects everyone differently. If you are comfortable administering an enema - do so. If you are up for a colonic, we can recommend a place. It's very beneficial during and/or at the end of a cleanse. If you have a history of problematic eliminations (and this is a very private matter), you need to tackle it and make a life change. If it's not being eliminated, you are reabsorbing it - prioritise the topic. Talk to us if you feel comfortable or look into it on your own.

Set Intentions.

What do you want to get out of this cleanse?

When we have a clear picture of what we want to lose, gain, and strengthen the odds are we will attain these goals. Cleansing is also about going within.

Two days prior.

Start eating a cleansing diet of fresh fruits and veggies (organic, if at all possible, but not mandatory) raw, cooked, juiced, and blended.

The last supper.

A large gorgeous, green, raw salad sounds amazing. Add any water-containing veggies you fancy (no beans, nuts or seeds, please) along with some steamed veggies if you wish. Avocado is acceptable. The dressing should be simple like olive oil, sea salt and fresh lemon juice.

Eat clean.

Prepare your body for success.

Slow sustainable change...Learn into it.