



CLEAN EATING — PROGRAM — STEP BY STEP GUIDE



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WELCOME TO THE CLEAN EATING PROGRAM.

I love that you have chosen to put yourself first. You are probably like everyone I know: trying to stay young, feel young, and look young but too busy to make this goal a reality. Am I right? You probably don't have the time to go to a retreat in the French countryside, take a week-long trip to a spa in Arizona, or trek the Swiss Alps, although this all sounds amazing, right?

The truth is we all need a break; a vacation from the stresses of life and this toxic world to recharge, refresh, reboot, and cleanse the body naturally. By cleansing the body, you will naturally release toxins that lead to wrinkles, fog brain, and exhaustion.

I created this program for real people like you who have demanding schedules, jobs, and a full life. I wanted to create a program for you filled with anti-aging secrets based on centuries-old practices that slow the aging process.

Some of the basic principles of the program include:

- Ridding the body of toxins that lead to cellulite and wrinkles.
- Eliminating foods that create imbalances in your digestive system that lead to bloating, exhaustion, skin issues, allergies, and more.
- Learning to eat foods that are not only nourishing to the body but can reverse the aging process.

The food you eat matters in this toxic world. Cleansing your body should be a daily habit if you want to feel your best. That's why I'm so passionate about teaching you how to make this program a part of your daily life.

WHAT ARE THE BENEFITS OF CLEAN EATING?

Clean eating is not about self-deprivation. Instead, clean eating is a way to reduce aging, have more energy, and eliminate toxins that are directly linked to several health challenges.

When you cleanse your body, you'll look and feel better. You'll begin to awaken your senses and vibrate at a higher energetic frequency, increasing your desire to live life to the fullest. Clean eating gives you more energy, improves your sleep, and makes your skin radiant.

You'll also get rid of familiar aches and pains. Even the symptoms of tiredness, headaches, and digestive disorders can be reversed after clean eating.

You'll start to lose weight once your body starts to cleanse. Once you remove inflammatory foods like wheat and soy, processed foods, and foods that are high in sugar, you will find that weight loss happens naturally.

Clean eating is also a great way to hit your body's "reset" button. Our busy lives sometimes force us to make unhealthy food choices. Seasonal clean eating is the perfect time to hit the reset button. This program gives you a step-by-step plan to incorporate self-care into your daily routine, identifying the right foods to help you reboot and beautify your body.

Clean eating speeds up the functioning of your digestive system and makes it more efficient. You will find that you have more energy because your body is better able to absorb essential nutrients.

The benefits of clean eating are undeniable. It is the perfect solution for common health problems in men and women in a fast-paced world.

REMOVING MENTAL AND PHYSICAL BLOCKS THROUGH SEASONAL EATING

When I began to cleanse seasonally with the foods provided by Mother Nature, I naturally lost weight, gained more energy, and noticed fewer wrinkles. Think of it as eating according to Mother Nature's blueprint. The summer is about slowing down and taking a vacation from the hectic pace of life.

In Chinese medicine, we celebrate cleansing the heart and the small intestine during the summer months. A healthy heart is a healthy body. When the heart is not pumping blood properly, circulation is poor and constipation occurs. You also tend to develop varicose veins, headaches, and have low energy.

In addition to eating seasonal foods, the summer is a great time to rid yourself of emotional and physical blockages that are preventing you from living your best life. Blockages that aren't serving you include anger, resentment, self-doubt, fear, or anxiety. As you work through this program, make it your intention to release those mental and physical blocks that are keeping you from moving forward.

Think about five areas where you feel emotionally blocked and write them down.

- 1.
- 2.
- 3.
- 4.
- 5.

Now, think about five areas where you feel physically blocked and write them down.

- 1.
- 2.
- 3.
- 4.
- 5.

Think about these emotional and physical blockages as you practice the emotional and physical clean eating habits in your plan. These habits will help you release these blockages in the heart and help your body come back into balance.

We cannot forget to honor the small intestine as it is responsible for absorbing nutrients. If there is damage to your small intestines, such as leaky gut, then nutrients can't be carried to your cells and transformed into energy. You may also experience dry skin, bacterial or yeast infections, hormonal imbalances, and fatigue.

CLEAN EATING FROM A CHINESE MEDICINE PERSPECTIVE

Summer is also an optimal time to restore the balance to your body's yin and yang. According to Chinese medicine, the yin, or the "dark side," and the yang, or the "bright side," have an interdependent relationship and should be equally balanced to experience optimal health. If this relationship falls out of balance, that is when illness can occur.

When you eat the wrong foods during the warm summer season, the body can become yin deficient and cannot cool itself. The body will begin to "overheat," which can lead to inflammation, rashes, agitation, and depression. It is not uncommon for my clients who are yin deficient to have sleepless nights or wake up at 4 AM.

During your summer clean eating program, you'll consume cooling yin foods and practice emotional cleansing that will allow you to bring your yin and yang back into balance. As a result, you'll cool your body down, lose weight, experience greater energy, and develop fewer wrinkles.

SLOWING THE AGING PROCESS THROUGH YOUR GUT

Everyone likes to appear younger than their actual age but very few address it from the perspective of food and diet. It is important to add a few key foods to your daily diet due to their anti-aging properties. The following foods can play a key role in creating wrinkle-free skin.

We've already mentioned how aloe vera boosts natural collagen production which results in a youthful, healthy and wrinkle-free complexion. Water is a basic part of fighting cellulite. Drinking lots of water contributes to fat loss. Moreover, water flushes out toxins that are associated with the formation of cellulite. Not drinking enough water can trigger cellulite formation, which is essentially the body's attempt to retain extra water to compensate for the deficiency.

Most people don't realize just how important gut health is to overall health. Gut health affects the quality of your skin, sleep, mood, level of serotonin, how much inflammation you experience, digestive issues, and so much more. In fact, 70% of your immune system is in your gut. If your gut health is poor and out of balance, chances are you're probably not feeling very well.

Recently, scientists have discovered even more proof that supports the significance of gut health. Scientists have discovered that "the brain of our gut," or the enteric nervous system (ENS), consists of two thin layers of more than 100 million nerve cells lining your gastrointestinal tract from the esophagus to the rectum.

According to John Hopkins School of Medicine, "Hidden in the walls of the digestive system, this 'brain in your gut' is revolutionizing medicine's understanding of the links between digestion, mood, health and even the way you think." Astounding, isn't it?

However, due to our intake of antibiotics and prescription pills, high levels of stress, poor nutrition, increased intake of toxins and other factors, bad bacteria can compromise your gut flora and your health can deteriorate. When bad bacteria thrive, we get sick, tired, bloated, and experience weakened immune systems, allergies, and depression. In fact, gastrointestinal disorders are responsible for many of the health problems we face today.

If your gut health is suffering, you can reverse it with a few basic steps. The most important step is taking a probiotic supplement, which will help restore the good bacteria in your gut and prevent the bad bacteria from thriving.

There are many probiotics on the market but here are my favorites:

1. Prescript Assist is a soil-based organism and contains many strains. The most important are lactobacillus plantarum, which has been shown to reduce wall permeability in patients with leaky gut syndrome.
2. Gut Pro is a fabulous probiotic for people who have an overly sensitive digestive system and tend to have a reaction to probiotics. Many of my clients use this in conjunction with a probiotic such as Klaire, Custom Probiotics CP-1 or Renewlife50billion.

You will find the blueprint for your probiotic health is as important as the blueprint for discovering what foods are right for you. Some of my clients only need to take one probiotic a day while others with a more compromised system, autoimmune disease, or leaky gut need to take a combination of probiotics.

In addition to probiotic supplements, you can also consume probiotic-rich foods. In fact, the best natural sources of probiotics are food-based.

My favorites are:

1. Coconut water kefir, such as Kevita
2. Coconut milk yogurt or coconut milk kefir
3. Inner-Eco probiotic drinks
4. Body Ecology probiotic drinks
5. Bubbie's cultured foods
6. Cultures for Health cultured and fermented foods
7. Kombucha

You can learn how to make Kefir at culturesforhealth.com.
Speak to your doctor before adding any supplement to your diet.

CLEAN EATING PROGRAM

The program is broken down into three phases. Be sure to use your food diary as your secret weapon for discovering what foods give you energy, better sleep, a better sex drive, and make you feel confident, calm and clear-headed. Conversely, you'll identify what foods make you feel tired, agitated, and make your hair dry or cause weight gain.

I suggest keeping a journal throughout the program as well. The more you write down how you feel after you eat, and how you feel during the day (happy, motivated, stressed, depressed).

Here are the foundational pillars of this program:

- Eliminate toxins
- Remove common food allergens
- Reintroduce common food allergens
- Discover the foods that give you energy and those that make you bloated and give you bags under your eyes.

Let's get started.

PHASE 1: THE PRE-CLEAN EATING/PREP PHASE

During this phase, you'll prepare your body for a successful cleanse and begin eliminating foods on the Do Not Eat list. There are no meals for this phase but you're encouraged to choose meals from your Recipe Guide.

My anti-aging tip: Begin to eliminate caffeine, sugar, processed foods, and foods that have un-pronounceable ingredients that you'd need to Google. If you cannot pronounce an ingredient, then your liver probably can't process it. Those toxins get stored in fat which causes cellulite.

If you crave sugar all day or are addicted to sugar, start with the basics. Make sure you are eating enough protein throughout the day for your body type. Start eating mini meals to keep your blood sugar balanced. Make sure you are getting your daily dose of minerals by drinking coconut water or adding colloidal minerals to water. Find a good probiotic as candida overgrowth in your digestive system can lead to sugar cravings. Also, you can get your blood sugar tested by your doctor or buy a blood sugar testing monitor at CVS, Walgreens or Target. Test your blood sugar when you wake up and 2 hours after a meal. You may find your blood sugar is out of balance. Many people need to take supplements or eat chromium-rich foods to naturally balance their blood sugar. Speak with your doctor if you feel like you crave sugar all the time.

Lastly, I want you to start paying more attention to your breath. Before you begin Phase 2, start breathing more consciously in your busy life. If you are serious about reversing aging, you need to make space in your day to stop and breathe. Create space for yourself to just *be*. Start with 2 minutes when you wake up and move up to 10 minutes. If you want beauty that endures, you need to create the space for your body to relax and regenerate. This cannot happen in a busy life filled with work and endless appointments. There is nothing wrong with being driven, but you also need to slow down and give yourself space, oxygen and the time to reset your body.

PHASE 2: THE CLEAN EATING PHASE (DAYS 1-7)

During this phase, you'll begin cleansing your body by following the Suggested Meals outlined for you. You will not consume foods or drinks on the Do Not Eat list.

Tip: Wrinkles disappear when the body is hydrated. But water lacks the minerals needed for proper hydration, since most of us are drinking water from the tap. That is why we need to supplement the body with minerals. Minerals are key for your hormonal health, metabolism, and clean eating. They are also key for flushing fat, balancing sugars, reducing wrinkles and eliminating cellulite.

Drink 1 green juice a day with 4 ounces of coconut water. The coconut water will mineralize your body, and the green juice will alkalize your body, reducing acid waste that leads to aging.

If you do not have a juicer, you can buy chlorophyll at the health food store and add 1 teaspoon to 4 ounces of water and 4 ounces of coconut water. Consider this your new beauty drink.

Note: This clean eating includes seasonal beans and grains. If you want to avoid beans or grains, I suggest you choose another meal or make the meal without the beans/grains and add your favorite protein.

PHASE 3: THE TRANSITION PHASE (DAYS 8-14)

During this phase, you'll reintroduce common food allergens and pay close attention to your body for symptoms that may signal an allergic reaction or food sensitivity. Too often we think foods are good for us just because we are told they are good for us. Food allergens can cause histamine reactions and dehydrate your body, leaving you tired, constipated, and with dry skin. If you know you are intolerant to a food that is suggested during this time, exchange it for another meal or introduce another common allergenic food.

If you have a chronic autoimmune disease or digestive issues, you may need to extend this phase and reintroduce a new food every 4 to 6 days.

Beauty and Digestive Wellness Tip: Many of my clients found that when they added high quality probiotics to their daily diet, drank the cleansing teas, used the clean eating support tools and used the food diary to see how food and stress affected them, they felt like a new person. They realized nuts were causing inflammatory reactions. They realized they were intolerant to cheese. They suddenly had increased energy and were not craving sugar anymore. They noticed their skin glowed. Make sure to listen to your body and your intuition. Keep a detailed journal.

Don't forget to refer to your list of Suggested Meals.

DAILY CLEAN EATING SCHEDULE

This is a sample daily schedule I recommend following throughout this program. To flush fat, cellulite and hydrate your body, drink half your body's weight in water. For example, if you weigh 120 pounds, drink 60 ounces of water.

UPON WAKING:

- Drink Lemon Water Elixir (see Recipe Guide)
- Do tongue scraping
- Dry skin brush before showering (optional)
- Exfoliate skin in the shower. (see DIY skin scrub recipes here):
<http://www.mindbodygreen.com/0-9296/5-techniques-for-natural-at-home-exfoliation.html>
- Take a probiotic 45 minutes after the Lemon Water Elixir

BREAKFAST:

Eat breakfast

MID-MORNING:

Eat snack of your choice

LUNCH:

Eat lunch

AFTERNOON:

- Drink the Iced Beauty Tea: Ginger, Dandelion, Nettle, Lemon
- Eat snack of your choice
- Write in your food diary

DINNER:

- Say a simple, beautiful prayer
- Take 5 deep breaths
- Eat dinner

MID-EVENING:

- Drink 4 ounces of coconut water or 8 ounces of water with lemon and a dash of sea salt
- Apply a castor oil pack or take an Epsom salt bath three times this week

BEFORE BED:

- Do the Armpit Cleanse
- Write in your food diary or journal

PLEASE NOTE: There are clean eating support tools noted in your protocol; however, you may add any additional clean eating support tools as necessary. This can include oil pulling, colonics, saunas, rebounding, or a juice cleanse.

EAT LIST (ALL PHASES)

These foods and drinks are recommended during all phases of this program:

- Dairy-free milk: almond, coconut, flax, hemp, and sunflower
- All fruits and vegetables (except nightshades; however, you can eat goji berries, which are the only approved nightshade fruit/vegetable)
- Healthy fats: coconut oil, flax oil, grapeseed oil, almond oil, sesame oil, and olive oil
- Seeds: pumpkin, sunflower, sesame (black and white), hemp, chia, and flax
- Seasonal Grains: oats
- Seasonal Beans: adzuki, bean sprouts, fava, garbanzo, kidney, lentils, lima, mung, split pea

Remember to soak your beans to remove phytic acid for optimal digestion. See soaking instructions.

- Drinks: organic coffee (suggested phases 1 and 3 only), coffee substitutes (such as chicory or root blends like Mountain Rose Herbs Herbal Coffee, Dandy Blend, yerba mate, green tea, or herbal tea), filtered or distilled water, mineral water, coconut water, fresh green juices, and smoothies
- Sweeteners: honey, raw honey, and stevia
- Cleanse tea suggestions: Traditional Medicinal Brand – Dandelion Root Tea, Daily Cleanse Tea, Nettle Tea, or Smooth Move Tea
- Elixirs and Tonics: Cranberry Cleanser and Lemon Water Elixir
- Cultured Foods and Drinks: coconut water kefir, kombucha (if no candida present), fermented vegetables (homemade or store-bought)

DO NOT EAT LIST (PHASES 2 & 3)

These foods and drinks are NOT recommended during phases 2 and 3 of this program:

Please note: If you see **, you will add this food back in during Phase 3.

- Coffee (phase 2 only)
- Sugar and other sweeteners (white sugar, brown sugar, corn syrup, agave, or cane juice)
- Artificial sweeteners
- Sugar alcohols (often found in chewing gum, like xylitol, or protein bars)
- Eggs **
- Soy milk
- Yeast
- Nuts **
- Alcohol
- Dairy products
- Corn (grain)
- Cheese
- Gluten **
- Wheat **
- Grains (except seasonal grains mentioned above) **
- Processed foods
- Soft drinks
- Nitrates often found in lunch meats
- Potatoes (except for sweet potatoes or yams)
- Beans (except for the seasonal beans mentioned in the DO EAT LIST)

The Age Defying Secrets Clean Eating is a vegetarian program. Many of my clients add protein to each meal. Here are some general guidelines but feel free to add the protein amounts that work for your body.

- 3-5 ounces of protein to both lunch and dinner (women)
- 5-7 ounces of protein to both lunch and dinner (men)

If you want to omit grains and beans, you can swap any meal in the recipe guide for a grain free meal. The meals are carefully designed to support the natural clean eating process with seasonal eating. Many of my clients are grain free or paleo because they have digestive issues, hormonal imbalances or have more energy without grains.

The reason why some people don't tolerate even gluten-free grains well is that all grains, nuts, and beans contain **phytic acid**. Phytic acid is a compound that comes from the phosphorous found in plants. Too much

phytic acid can inhibit the thyroid, hamper digestion, and leach vital minerals from the body, such as zinc and iron.

Phytic acid also interferes with the natural enzymes your body needs to digest your food. If you are not digesting a certain food properly, your gastrointestinal system cannot function well.

Be sure to soak your grains, even if you are super busy. Your thyroid and digestive health will thank you.

Be sure to choose healthy and clean protein sources that are organic and grass-fed (ideally), such as those below. My favorite low-mercury fish choices are salmon, sardines, anchovies, shad, and smelt. They are high in omega-3 fatty acids, which are great for fighting free radicals in the body. Learn more about how to choose low-mercury fish:

<http://www.nrdc.org/health/effects/mercury/guide.asp>

ANIMAL-BASED PROTEIN SOURCES (DURING ALL PHASES OF CLEAN EATING)

MEATS (NITRATE-FREE AND ORGANIC IS BEST)

- Chicken, pasture-raised
- Turkey, pasture-raised
- Bison, grass-fed
- Beef, grass-fed
- Lamb, grass-fed

FISH, SEAFOOD

- Canned fish (sardines, anchovies, wild salmon) but look for BPA-free cans
- Fresh or frozen fish such as wild Pacific salmon or non-fatty white meat fish, like Pacific cod, trout, sea bass, mackerel, Dover sole, or albacore
- Shellfish, such as wild shrimp or scallops

PLANT-BASED PROTEIN SOURCES (DURING ALL PHASES OF CLEAN EATING)

These are simple suggestions for vegan protein options.

- Three tablespoons hemp seeds, one-fourth cup sunflower seeds, or one-fourth cup pumpkin seeds
- Avocado
- One cup of green peas
- Coconut meat
- Sprouts
- Two tablespoons of chia seeds or chia gel
- Chia pudding
- Nutritional yeast: one to two tablespoons, if tolerated
- One to two scoops of plant-based protein powder for smoothies, soups or even mixed into a dip
- Miso soup

In addition to the meals outlined, feel free to add two snacks between meals, such as:

- Smoothie with a good quality, dairy-free protein like hemp seeds, hemp protein or pea protein
- Nutrient-dense protein ball
- Apple slices with sunflower seed butter and shredded coconut
- A date with tahini or sunflower seed butter
- Berries topped with three tablespoons of hemp seeds
- Chia pudding with berries, raw cacao, hemp protein, and cinnamon
- Choice of protein with a small salad topped with the juice of a lemon and two tablespoons olive oil
- Green juice with two tablespoons of chia seeds
- Celery with two tablespoons of sunflower seed butter

If you feel tired during this phase, make sure you are:

1. eating enough protein
2. hydrating
3. using the clean eating support tools to flush toxins from the body

PHASE 3 (DAYS 8-14)

During Phase 3, you will slowly reintroduce foods that may trigger a histamine reaction by following the Suggested Meals that have been laid out for you.

Here's what you'll be reintroducing each day along with the recipe name:

Day 8: add eggs: Egg Salad

Day 9: add eggs: Scrambled Eggs with Cilantro

Day 10: add nuts: Strawberry Salad with Almonds

Day 11: add nuts: Almond Butter Chia Pudding

Day 12: add a new grain: Curried Veggie and Brown Rice Salad Bowl

Day 13: add a new grain: Lemon Basil Zucchini Grain Bowl

Day 14: add wheat/gluten: Lentil Burger on Rye Bread

As you reintroduce these foods, watch out for symptoms such as:

- weight gain
- bloating or constipation
- breakouts
- a stuffy nose
- poor sleep
- cravings
- a shift in mood

Be sure to track all your symptoms in your food diary. It is important to write down any physical or emotional changes you experience during this time.

Allergies, histamine reactions and sensitivities are very common for people with imbalances in their digestive system. Adding cultured foods, drinks, and taking a daily probiotic will greatly improve the quality of your hair, skin, and sleep. The condition of your skin reflects the health of your gut.

CLEAN EATING SUPPORT TOOLS

The following tools encourage clean eating, which leads to better skin, more energy, less belly bloat, fewer wrinkles, and less cellulite.

TONGUE SCRAPING

I suggest scraping your tongue daily in the morning and before bed. This method removes the mucus and toxic buildup in your mouth.

Use a tongue scraper or a spoon to reach to the back of your tongue, pull forward, and scrape off the white film, then repeat. My favorite tool is Dr. Tung's Tongue Cleaner. You can buy this on Amazon or at your local health food store.

SKIN BRUSHING

Skin brushing supports your lymphatic system, kidneys, and liver and has been shown to reduce toxins by 25% in the body. You can skin brush in the morning before your shower and at night.

How to skin brush:

- Brush skin with a dry brush made specifically for this purpose before you shower or bathe. My favorite skin brush by Yerba Prima is available on Amazon or at your local natural food store.
- Always brush toward your heart with the flow of the lymphatic fluid.
- Start at the soles of your feet and then move up your legs, brushing in a circular motion.
- Brush your chest and shoulders toward your heart in long strokes, and then start at the fingertips and brush toward your body. Use small, circular strokes in your armpits.
- Move in a circular motion counterclockwise on your stomach to align with the direction of digestion and encourage clean eating.

EPSOM SALT BATH

Epsom salt baths should be a cleansing tool you take advantage of during this program. Epsom salt, or magnesium sulfate, is wonderful for:

- Reducing muscle cramps
- Improving sleep, promoting healthy bowel movements
- Improving nutrient absorption
- Easing stress, improving cognition and concentration

Here's how to make an Epsom salt bath:

Add 1 cup of Epsom salts, ½ cup baking soda, ½ cup sea salt, and ¼ cup Bragg's raw apple cider vinegar (optional) to a warm bath. You can also add a few drops of essential oils, such as lavender or another favorite essential oil. Relax and enjoy your luxurious cleansing bath.

THE ARMPIT CLEANSE

1 tablespoon bentonite clay
3 drops cilantro essential oil
1 teaspoon apple cider vinegar
1-2 teaspoons of water

1. Mix all the ingredients in a bowl until it becomes the consistency of yogurt.
2. Spread the mixture over the armpits and allow to sit for 5-20 minutes.
3. Wash the mixture in the shower with warm water. Apply a small amount coconut oil to the armpit after the shower.
4. Repeat every night for the 14 days of clean eating. If there is any irritation, stop for one night, and then resume. If you find the raw apple cider vinegar causes any irritation, use 1 teaspoon of coconut oil instead.

CASTOR OIL PACK

If you are ready to get rid of cellulite and recharge your lymphatic system, then a castor oil pack is your answer. Castor oil packs work great if you have a belly pouch or cellulite. You can do the castor oil pack around your legs, hips, belly, chest or whole abdomen. The castor oil will pull toxins out of the body. Remember, cellulite is just toxins stored in fat.

There are two ways to do a pack:

Rub castor oil on your stomach, liver (right side) and upper abdomen. Some people prefer to soak a cloth, towel or old shirt in the castor oil. Wrap the pack in plastic wrap (preferably BPA-free) and then apply over the desired area. You can lay a hot water bottle or a heating pad on the top of the pack and relax as you release toxins for about 45 minutes.

OR

Lay on a towel and rub the castor oil on your stomach, liver (right side), and upper abdomen. Then re-apply every 15 minutes until you've reached the 45-minute mark.

OIL PULLING

Oil pulling is by far one of my favorite clean eating tools. Oil pulling removes unwanted bacteria and yeast from the mouth.

I recommend oil pulling on an empty stomach. If you are doing both oil pulling and tongue scraping, I suggest you start with the oil pulling. You can use coconut oil or sesame oil.

Oil pulling routine:

- Put 1-2 tablespoons of a cleansing-approved oil in your mouth. Add 1-2 drops of lemon, clove or peppermint essential oil.
- Swish the oil for 5-20 minutes.
- Spit the oil into the trash to avoid it hardening and clogging up your sink.
- Rinse your mouth with water and sea salt, then brush your teeth.

BENEFITS OF COCONUT WATER

Coconut water has been known for centuries for its amazing health benefits. It is widely used by people residing in tropical regions. A single coconut contains nearly 1,000 milliliters of coconut water in it. Coconut water is delicious and low in calories. However, the water of young green coconuts has more nutrients than mature ones. Coconut water contains amino acids, antioxidants, vitamin C and minerals like iron, potassium, manganese and zinc.

Coconut water is a popular thirst quencher during the summer because its electrolyte content rehydrates the body. The dehydration caused by vomiting and diarrhea can be successfully treated using coconut water. It also boosts energy levels due to its carbohydrate content. It is a proven hydrator after rigorous exercise.

High blood pressure is a common problem in the contemporary world but coconut water can lower your blood pressure due to the presence of vitamin C and potassium. Simply drink a single cup of coconut water two times a day and your high blood pressure will gradually fade. However, the same is not applicable for bottled coconut water because it may contain a high sodium content.

Coconut water is excellent for helping people lose weight. It is very gentle on the stomach and low in calories. Furthermore, there are a few bioactive enzymes in it that facilitate the digestion process and accelerate the metabolism of fats. The rich potassium content offsets the effects of sodium to prevent water retention.

Headaches and migraines are often caused by dehydration but coconuts are high in magnesium, which helps curb the sudden onset of migraines.

Coconut water is a great heart tonic as well. It protects the cardiovascular system because it is cholesterol and fat free. It reduces the level of low density lipoproteins and enhances the level of high density lipoproteins. This helps to reduce the risk of heart disease. The anti-oxidant, anti-propellant, and anti-inflammatory properties of coconut water facilitate blood circulation and diminishes the formation of plaque in blood vessels.

Coconuts are considered a fruit and they are they are widely available. Hence, it is a natural way to cure many diseases and prevent aging. Frequent consumption of coconut water is a great way to improve your health.

BENEFITS OF FATS

A balanced diet contains macro and micronutrients in appropriate proportions. Along with carbohydrates and proteins, fats are also essential macronutrients for the body. There has been a long-standing belief that consuming fats has only detrimental effects on health but this perception has come under scrutiny in recent years and now fats are considered to have a host of health benefits. However, not all fats are created equal. Fats are classified by their composition and impact on the human body.

“Good Fats” are foods rich in omega-3 fatty acids. These are saturated or mono-unsaturated fats obtained from fish and animal sources. You can also find them in certain plants such as olives, nuts, avocados, and other tropical oils.

“Bad fats” on the other hand, contain a high amount of omega-6 fatty acids. Refined vegetable fats, e.g., corn, peanut, sunflower, soy and canola oil, etc., that undergo oxidation during processing belong to this class of fats.

Now, coming to the surprising benefits of good fats, here we begin with a vital organ in the human body: the brain. Brain tissue is made up of about 60% fat, so consuming good fats has a positive overall effect on the cognitive functions of the brain. Good fats also reportedly alleviate symptoms of depression and reduce the risk of stroke and certain diseases, like Parkinson's and dementia in Alzheimer's patients.

Coconut oil is anti-inflammatory and reduces levels of circulating triglycerides and insulin.

Increasing your intake of good fats will result in better overall body composition because healthy fats improve metabolism, balance hormones, and reduce food cravings. Good fats can also improve your athletic performance.

AFTER THE PROGRAM

Going through this program is a revolution of body, mind and spirit. It is a shift in not only how you consume food, but in how you think. When you eat, you will be more conscious. When you choose foods, you will think about how they affect you. When you feel stressed, you will begin to use tools you have learned here to visualize and do the one-minute meditation.

The tools you have learned here are tools I use every day. I am not perfect but aim for being the best I can every day, and I want you to do the same.

Continue to look for triggers with the foods you add back in. There are common allergens such as wheat, soy, dairy, cheese, eggs, citrus, nitrates, gluten, alcohol, caffeine, grains, beans, nuts, corn, chocolate. Some of these foods may be “healthy” but could still irritate your unique body.

During this program, we eliminate these foods and use our food diary to pay close attention as to how they affect your body, which is why I encourage you to use our food diary after this program. Continue to notice your energy levels, sleep patterns, mood, skin, and quality of hair, bowel movements, bloating and how food affects your physical and emotional state.

Remember you are the food you eat and the thoughts you think. Have fun with this journey - this revolution.

***“Be the change you wish to see in the world”
- Mahatma Gandhi***

DISCLAIMER

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Please consult your doctor or wellness team if you have any questions regarding this whole food program and then make well-informed decisions based on what is best for your unique genetics, culture, conditions, and stage of life.

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