



# POST CLEANSE TIPS

## DIET

- Start each morning with a warm or room temperature glass of water with freshly squeezed lemon.
- Focus on warm, easy to digest, plant based meals for the first three days after the cleanse.
- Make sure all veggies are cooked for the first few days, hold off on raw salads.
- Introduce proteins slowly. Eggs, fatty fish and well cooked legumes are great!
- Initiate healthy fats like extra virgin olive oil, avocado, and ghee. For the first few days choose nut butters over solid nuts.
- Re-introduce caffeine slowly, organic decaf coffee, green tea and/or matcha, and cacao are excellent coffee substitutions.
- Aim for a minimum of 90oz per day post-cleanser, and always.
- Avoid all processed sugars entirely. If consuming sugar, choose natural sugars such as coconut sugar, raw local honey, maple syrup, or agave.
- Avoid alcohol for the first week post-cleanser.

## LIFESTYLE

- Be sure to get adequate sleep and take time to rest in order for your body to function efficiently.
- Move your body, get your heart rate and temperature up. This increases circulation and the detoxification through your blood and skin.
- Make time for practical self care: time with self and good friends, meditation, journaling, nature, baths, massage, reading, running, music, anything that lights you up and makes you feel connected!
- Get outside! A quick walk outdoors does wonders to keep stress levels down and detoxification up!
- Breath. Whether it's a meditation practice or three deep breaths in and out, focus on your breath which will allow the body to achieve homeostasis.