



HOW TO PREP FOR YOUR CLEANSE

1. Food. A few days before you begin the cleanse, eat plant based foods. If this way of eating is new for you, pick one meal that is plant based and slowly increase to two and then three before you begin.
2. Flush. Start to increase your water intake. This begins the flush of toxins so that when you start the cleanse, your body has a “trash takeout” system ready.
3. Plan. Make sure you know when you are starting and stopping the cleanse. Have everything in place before, and know your post cleanse regime. This is crucial. You may experience low energy and lethargy on the cleanse and knowing your frame workout ahead of time is a huge support.
4. Know thyself. If having certain foods and beverages in your home or work environment is torturous to resist, make sure you remove them. But, if you are like me and find it comforting to know they are there, don't get rid of them!
5. Schedule. It is helpful to know your cleanse schedule. Make sure to tailor the cleanse to your daily schedule. In addition, plan times for rest and light movement to optimize the cleanse benefits.
6. Support. If you are feeling uncomfortable or experiencing pain, please reach out to us, we are here for you!