

## CLIENT PREPARATION

1. Stop eating and drinking all dairy products specifically milk, yoghurt, cheese, ice cream. Substitute almond, coconut and rice milk products instead. Read the sugar content on the package of all products and go with the lowest number per serving. A large percentage of the population is lactose intolerant. There are other sources of calcium. You may also explore goat or sheep products instead.
2. Stop drinking anything cold including soft drinks, iced teas and ice water. This inhibits the digestive system and makes it work harder. Try room temperature water with lemon or hot tea with your meal. Make sure your tea is herbal as you stoke your digestive fires.
3. Drink filtered or spring water. Tap water is full of chemicals! A guideline is to drink half of your body weight in ounces between meals. So, if you weigh 120 lbs., you need a minimum of 60 oz. of water per day and more if you work out or have a strenuous job that makes you sweat. Remember, Gatorade is full of sugar Coconut water is a very effective electrolyte replacer.
4. Substances like alcohol, caffeine and nicotine are all neuro-toxins. This means they challenge the nervous system as well as the organs. It's best to stop these during your cleanse. We found a special herbal tea that will guarantee no caffeine headache or withdrawal. Please ask us about this if you are interested.
5. Explore wheat free reads, pasta and cereals. Be sure to look for "WHEAT FREE" and YEAST FREE" on the package.
6. Try simmering whole grains for a nice hot breakfast like millet, quinoa, buckwheat, basmati brown rice, and amaranth. . Use what's leftover as a complement to your lunch or dinner menu. Grains are full of fiber, protein and they make you feel full. If you want them sweet, add maple syrup, berries and cinnamon. If you want them savory, add herbs, vegetables and spices. Remember to drizzle good oil over the food to help lubricate your digestive tract.
7. Good fats include organic extra virgin olive oil, grape seed oil, safflower oil, sunflower oil, pumpkin seed oil, flax, toasted sesame oil, red palm oil and coconut oil.
8. Increase your consumption of leafy green vegetables like raw spinach, steamed kale or Swiss chard. They are full of chlorophyll, magnesium, and other essential nutrients and have a natural stimulating effect on the bowel.
9. Avoid fruits with the exception of papaya and avocado. These blend well together with a squeeze of lemon or lime over a nice plate of salad greens. Sprinkle shredded coconut over top for a delicious treat.
10. Substitute red meats with fish, chicken, turkey, buffalo, tofu, veggie burgers, tempeh, seitan and beans.
11. Buy organic whenever possible to be sure your food is high in nutrient content and without any added chemicals.
12. Eat complete meals so you feel satisfied. Each meal must have a protein, a complex carbohydrate (grains), good fat and a fruit OR vegetable mix.
13. Become aware of what foods make you bloated or uncomfortable and avoid them for at least 10-14 days. Then reintroduce and observe which the offending foods are.
14. Go slowly with all of this. If you start throwing away everything in your kitchen, you'll have a family mutiny. Remember small changes will make a big difference.