

A
START-YOU-UP
Gentle Cleanse



A detox is a great way to give your system a tune-up so that your body runs more efficiently.

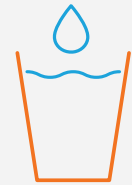
Here's a simple five-day detox to cleanse the body from the inside out and give the digestive system a break. It allows the body to clear out any toxins that have built up in the system and will stoke the body's own natural mechanism to heal and repair.

During the detox, try to eliminate sugar, caffeine, alcohol and bread completely if you can. For your snacks and meals, concentrate on the foods to eat mentioned above. If you think you are intolerant to a specific food group like dairy, eliminate it completely as well. Don't skip meals or snacks, even if you're not hungry just eat a little of something. This will keep the blood sugar level constant and help you feel better all the way through the day. If you happen to miss one observe how you feel later so that you can start to notice how to take care of your body by recognising how it responds. Since you'll be eating every few hours try not to eat to fill yourself, instead just eat a small portion to stoke your energy sources.

Make sure you're drinking plenty of water during the detox to help flush the toxins out of the body. Make sure you get plenty of sleep to allow your body more time to detoxify as well as heal and repair itself from the inside out. Try to make some time for reflection, a detox is a great way to bring some clarity to your life. Journaling or meditating are great ways to do this or even just finding time in your day to be silent and see what happens.

If the plan below seems too extreme for you, modify it to make it something you can stick with. No matter what you do any changes will help but you also want to challenge yourself. Part of the process of a detox from the yoga perspective is to look at our attachment to food and to see how little we actually need. So, do the best you can and enjoy it even if it's tough, as a way to look deeply at what drives you.

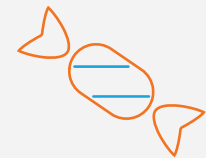
**DRINK PLENTY
OF WATER**



ELIMINATE:



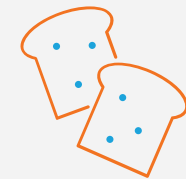
Coffee



Sugar



Alcohol



Bread

This detox starts out with a green smoothie to fuel your body with some fresh produce first thing in the morning.

It continues through the day eliminating sugar, caffeine, alcohol and bread. On day two dinner will be replaced with a green smoothie to give the digestion a rest so that a deeper detox can take place that evening as your body rests. Day three is the most intense and asks you to really look at your attachment to food. We will eliminate the meals and have a smoothie for breakfast and lunch and veggie juice or broth for snacks and dinner. This will be a strong detox for the internal system but still give you some sustenance to keep you going through the day. Day four will add lunch back in and day five will add dinner back in so that on day six you could potentially continue along a similar outline to day five for as long as you like.

DAY 1 AND 5	DAY 2 AND 4	DAY 3
BREAKFAST Green Smoothie (see recipes)	BREAKFAST Green Smoothie (see recipes)	BREAKFAST Green Smoothie (see recipes)
LIGHT SNACK Fruit, nuts or celery and nut butter, etc.	LIGHT SNACK Fruit, nuts or celery and nut butter, etc.	LIGHT SNACK Veggie juice or broth
LUNCH Light lunch: salad or steamed veggies, maybe fish with a little olive oil and lemon	LUNCH Light lunch: salad or steamed veggies, maybe fish with a little olive oil and lemon	LUNCH Green smoothie (see recipes)
LIGHT SNACK Fruit, nuts or celery and nut butter, etc.	LIGHT SNACK Fruit, nuts or celery and nut butter, etc.	LIGHT SNACK Veggie juice or broth
DINNER Same as lunch, staying away from sugar, caffeine, alcohol, bread and adding in lots of fresh produce	DINNER Green smoothie (see recipes)	DINNER Veggie juice or broth

GREEN SMOOTHIE *Recipes*



You can create all sorts of variations on these smoothies depending on what's in season or what sort of taste you like. You will need some sort of liquids which could be plain water, coconut water, veggie juice or any combination of those. Adding a protein powder will provide you with extra protein to give you a steadier fuel source. Try whey, hemp or pea protein, these are more hypoallergenic and generally easy to find. Adding a small handful of nuts or a quarter of an avocado will give it a creamy texture. Then you can add whatever fruits and veggies you like or other additions to give it a boost. Since fruits can be high in sugars we recommend limiting them to half cup but see what works for you. With the veggies start with the milder tasting ones like spinach, cucumber or celery and just add in a quarter cup to start then you can work up to a cup or whatever tastes good to you. You can also add in things like probiotics or greens powders, bee pollen, maca, wheatgrass or anything else you like to give it an extra boost.

BASE SMOOTHIE

1/2 cup fruit (fresh ideally or frozen)
1/2 cup veggies
Small handful of nuts and/or 1/4 of an avocado
Protein powder optional
Water or liquid to desired consistency

PEANUT BUTTER SMOOTHIE

1/2 cup spinach
1/2 cup strawberries/mango/banana
1/4 of an avocado
1 tbsp peanut butter (or almond butter)
Protein powder optional
Water or coconut water to desired consistency (a little ice possibly)

REFRESHER

1/2 cup spinach, kale or other leafy greens
1/2 cup melon
4-8 fresh basil leaves (to taste)
Protein powder optional
1/4 of an avocado
Water or liquid to desired consistency

SUPER CHARGER

1/2 cup greens
1/4 cucumber
Stick of celery
1/2 cup fruit of your choice
Small handful of nuts and/or 1/4 of an avocado
Protein powder optional
Favourite greens powder or wheatgrass
Water or liquid to desired consistency