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10 Day Clean Living Cleanse

**Burn Fat, Enjoy Endless Energy &
Experience Radiant Health
(in Just 10 Days)**

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Disclaimer

This program is for informational purposes only.

The information presented herein is in no way intended as medical advice or to serve as a substitute for medical counselling. Rather, as a nutritional and lifestyle guide. It is intended only to supplement, not replace, medical care or advice as part of a healthful lifestyle. As such, the information should be used in conjunction with the guidance and care of your physician.

You must consult your physician before beginning this program as you would with any health program. If you choose not to obtain the consent of your physician and/or work with your physician throughout the duration of your time using this program, you are agreeing to accept full responsibility for your actions.

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Introduction

More and more people in today's busy, stressful world are suffering with **low energy-levels** and a general **feeling of 'below-par'**. In addition symptoms such as **skin problems**, persistent **headaches**, **PMS** and **difficulty controlling weight** are common.

It is also not always easy to get help for these kinds of non-specific symptoms, as Western medicine tends to be better at dealing with more clearly defined illnesses.

We might try taking medication - painkillers to treat headaches, or the Pill to regulate period problems for example. However, this is only treating the symptoms, it is not treating the underlying *cause* of the problem, so as soon as you stop taking the medication, the problem will come back.

The root of the problem is often a combination of taking in too many toxins in our diets and environments, in combination with not getting enough of the beneficial nutrients the body needs to function optimally. If we address these problems, by making some dietary and lifestyle changes, many common symptoms simply drop away without even being dealt with specifically.

The following program is therefore designed to help anyone struggling with a lack of energy and vitality to regain their sense of wellness, take control of their own health, and get back on track. We want you to be feeling and looking as great as you deserve and want to be!

This program uses a whole food, plant-based diet, eliminates toxins, and puts your body through a gentle, natural cleanse.

This will enable you to get your health and energy back without the need for fad-diets, deprivation or expensive supplements.

This is not an extreme detox, where you have to starve yourself or survive only on suspicious looking green juices!

There is nothing scary or unpleasant like colon cleansing involved either! It is a gentle, natural cleanse and involves satisfying, delicious meals that will not leave you feeling deprived or hungry.

The program is also designed to fit in with a busy lifestyle and to be easily followed while working full-time. You don't have to be a skilled cook or spend hours juicing and blending, you will just need to devote a little extra time and effort each day to yourself and your health.

The kind of amazing benefits you can expect to experience by following the program are as follows: -

- √ Improved energy levels
- √ Enough energy to power you through your entire day, with no afternoon 'energy slump'
- √ Clearer, glowing, younger-looking skin
- √ Weight-loss if overweight
- √ Improved concentration, focus and mental performance
- √ Improved mood
- √ Reduced bloating
- √ Improved digestion
- √ Improved sleep
- √ Reduction in other common symptoms such as headaches and PMS

IMPORTANT: How to Get Started:

Have You Liked Us On Facebook Yet?

You'll find special tips to help you get started & maximize your results.

Get Free Help & Support From Our Cleansing Coaches

Our cleansing coaches are on Facebook 7 days a week – waiting to answer your questions and provide help/support

<https://www.facebook.com/bodycleansediet>

This guide explains the overall program and includes a daily schedule. Accompanying this guide is the meal planner, recipes, grocery list.

(If you didn't receive these documents please email info@timetocleanse.com and we'll send them to you)

- **Step 1:** Read this short guide
- **Step 2:** Read the Cleansing and Clean Living Guide (special hints & tips get make *LASTING CHANGES* to your diet and lifestyle).
- **Step 3:** Print out the meal planner & stick on to your Fridge
- **Step 4:** Print out the recipes (or save to your computer)
- **Step 5:** Print out the grocery list and go shopping!
- **Step 6:** Start Your Cleanse

Step 7: Enjoy a clean, lean & healthy body!

Take the Test

If you are still not sure if this program is for you, take the following short test, to see if you could benefit from following our cleansing program.

Do you suffer from any of the following?

Abdominal bloating
Acne/skin problems
Constipation
Aches and pains
Headaches
Fatigue/low energy
Cellulite
Unable to digest fatty/rich foods
Food sensitivities
Inability to maintain correct weight
(score 1 point for each)

How many times a week do you eat processed foods

none = 0
less than 3 x week = 3
more than 3 x week = 6

How many times a day do you drink caffeine (tea, coffee, cola, energy drinks)

1-3 cups = 3 pts
4 cups or more = 6 pts

How many units of alcohol do you drink per week

1- 3 = 3 pts
4 or more = 6 pts

Scoring:

0-5=unlikely
6-12=possible
over 12 =likely to be symptoms of toxicity

If you are interested in reading more about how detoxing and nutrition actually work in the body to give these amazing benefits, please refer to the Background Section.

The Program – lets get started!

Preparation

Before you start the program there are a few things you can do to prepare: -

- Gradually cut down on caffeine until you are down to 1 coffee/tea per day – cutting caffeine out suddenly can cause mild withdrawal symptoms such as headaches, so it is better to start doing so gradually the week before.
- Cut down on processed foods, sugar and alcohol if you consume a lot of any of these – again, it will be less of a shock to the system if you do this gradually instead of suddenly.
- Go shopping! – Do a big shop and stock up on the foods you will need using the grocery list provided.
- You may also want to consider getting rid of unhealthy foods from your fridge/cupboards if you think they will be a temptation!
- Choose a relatively quiet time to carry out the program when you can make yourself a priority. Obviously, the week of an impending deadline or big celebration are not ideal.
- Plan ahead – think about any occasions that will/may come up and how you can deal with them – e.g. prepare dinner the day before and take it with you in a Tupperware if you think you might get stuck at work late.
- Write a personal goal – you can refer back to this throughout the program if you are struggling and it will help to keep you motivated.

Your Daily Schedule

The following daily schedule is designed to maximise the benefits of following the diet plan and to detox your mind, body and soul! It is designed to fit in with a typical busy, full-time working day.

Obviously, life may get in the way at times, and you may not be able to stick to the exact timings every day, but use this as a guide and fit in as many of the suggestions as you can. **20 minutes of morning movement** most days will really benefit you, so make this a priority.

Below the daily schedule are explanations for why each component has been included and how to do it.

Daily Schedule

7.00	Get up
7.10	Hot water with juice of ½ a lemon
7.20	Dry skin brushing, shower
8.00	20 minutes morning movement
8.20	Breakfast
11.30	Snack
1pm	Lunch – away from your desk
1.20	10-15 min walk in fresh air if possible
5pm	Afternoon snack
7.30	Dinner
9.00	Relaxation exercises
9.30	Bath – use Epsom salts for extra relaxation
10pm	Calming herbal tea – such as valerian, lavender
10.15	Bed



Dry Skin Brushing

Why?

The skin is the largest detoxification organ of the body, so it is important to look after the skin when following a cleansing program.

Daily dry skin brushing removes the top layer of dead skin cells, which allows the skin to expel more toxins and to breathe.

It also helps to stimulate the circulation, which in turn helps your body to eliminate more toxins. It helps reduce cellulite and makes skin look and feel great, by giving it a thorough exfoliation.

How?

Use a wooden brush with soft, natural bristles and a long handle so you can reach your back.

Simply brush your skin, while dry, before you shower, always in the direction *towards* the heart (as this is the direction of the blood flow).

Start with the legs, brush upwards from the ankles to the thighs, then do the arms from the wrists to the shoulders and then the rest of the body. If you do have cellulite, you can spend more time on those areas.

After you shower, you can massage natural oils into your skin if you wish such as pure almond, sesame, avocado, or jojoba oils. Try to avoid putting chemical-containing products on your skin if possible.

Morning Movement

Why?

Morning movement will help kick-start your whole system after your night's rest.

Exercise and movement are important for detoxification, as movement stimulates blood flow and the lymphatic system, both of which are important for the removal of waste from the body.

Exercise in the morning will also get your metabolism going, so you will burn energy from food more efficiently throughout the day.

How?

Either go for a brisk walk around the block or practice some yoga or Pilates at home for 20 minutes.

If you would like to do yoga or Pilates and have not done it before, you can follow an instructional video on-line.

Sun Salutations are a great yoga sequence to practice in the morning if you know how to do those or can find a video showing you how.

Lunch away from your desk

Why?

Sitting in the same chair, in front of a computer screen, in the same stuffy office for hours on end is bad for your eyes, your posture, your back, and your energy levels.

Your concentration, brain function and productivity will also benefit from regular breaks.

How?

Whenever possible take lunch away from your desk to give yourself a change of scene, your eyes a break from the screen and your back and muscles a rest and change of posture.

In addition, every hour take a couple of minutes to stand up, stretch or take a walk around the room (combine with getting a drink, using the bathroom, photocopying something or anything else that gives you an excuse to get up if it helps!).

Set an alarm to go off on your phone or computer to remind you to do this, until you get into the habit.

Relaxation Exercises

Why?

Over-thinking and worrying are one of the biggest drains on our energy. Taking 20 minutes out of your day to relax and properly switch off your mind is one off the most beneficial things you can do for your health and energy.

How?

You may wish to simply listen to relaxing music for 20 minutes, or focus on practicing some deep breathing, where you really fill your lungs fully and move your diaphragm downwards as you breathe in.

Alternatively, you could try doing some meditation. Whatever you do, the idea is not to think, plan or worry while you are doing it.

Try to clear your mind and when thoughts do inevitable pop into your head, try to release them, let them float away and gently bring your attention back to the breath or the music. There are more detailed instructions on relaxation techniques in Section 3.

Sleep

Why?

It is important to prioritize sleep during the program as your body carries out the majority of healing, repair and re-energizing while you are asleep.

Some of the changes you are making to your diet may also make you more tired for the first 2 or 3 days, so it is important to get extra sleep on those days if you need it.

How?

If you are tired, listen to your body and rest when possible; don't push yourself to keep going.

Aim to go to bed an hour earlier than usual during the program and start winding down by turning off computers, phones and TV at least an hour before you go to bed - this will help you get to sleep more easily and improve the quality of your sleep.

You might also need to get up a bit earlier during the program to prepare breakfast, do your 20 minutes of movement etc. so going to bed earlier will help with this as well!

The Diet

Foods to eat in abundance

- √ **Water**
 - preferably filtered or mineral water
- √ **Herbal teas**
 - fennel, milk thistle, dandelion, burdock, ginger or peppermint
- √ **Fruit**
 - all fruits, especially pomegranate, blueberries, blackberries, raspberries, apples, papaya. Limit bananas to 1 every other day.
- √ **Vegetables**
 - especially artichokes, beets, broccoli, Brussels sprouts, cauliflower, Kohlrabi, cabbage, kale, fennel, leeks, onions, radish, turnip, watercress, alfalfa sprouts, avocado, spinach, asparagus
- √ **Herbs**
 - garlic, ginger, chilli, parsley, cilantro, basil, black pepper
- √ **Nuts**
 - pecan nuts, walnuts, cashews, almonds, Brazil nuts
- √ **Seeds**
 - pumpkin, sesame, sunflower, flaxseeds
- √ **Pulses**
 - lentils, beans, chickpeas

Eat as many raw fruits, vegetables and salads as possible, as they will contain the most nutrients and live enzymes, which are destroyed by cooking. Otherwise lightly steam unless specified otherwise.

Foods to eat in moderation

- √ **Oily fish and white fish**
- √ **Tofu**
- √ **Oat cakes**
- √ **Grains**
 - quinoa, brown rice, oats, buckwheat, millet, brown rice noodles
- √ **Olive oil**
- √ **Dried fruit**

Foods to Avoid Completely

- × **Alcohol**
- × **Caffeine**
- × **Wheat**
- × **Meat**
- × **Dairy products**
- × **Eggs**
- × **Salt**
- × **Food additives**
- × **Processed foods**
- × **Fried foods**
- × **Sugar**
- × **White potatoes**

Extras

- ❖ If you get hungry at any point, snack on an apple and a few almonds but you should be ok with the snacks provided.
- ❖ An optional green tea has been included in the afternoon of Day 1. This is for anyone struggling without caffeine, as green tea contains enough caffeine to ease withdrawal symptoms such as headaches and low energy. You may also have another one on Day 2 if still struggling, but try to do without after that.

- ❖ Chew your food slowly and eat in a relaxed atmosphere whenever possible with no distractions (no TV, computer, reading etc.) as this will help your digestion.

What to expect

In addition to all the amazing benefits described in the introduction, some but not all people may experience mild discomforts in the first couple of days of following a cleansing program.

These are nothing to worry about and totally natural when undertaking a change in your diet.

Many symptoms will be due to caffeine withdrawal, so if you are a caffeine addict you are more likely to experience some of the following.

If you do experience any discomfort, just hang in there with the knowledge that it will soon pass and will be worth it for the benefits you feel after a day or two. Rest and take it easy on yourself if you feel tired whenever possible.

Some people may experience: -

- **Change in bowel movements**
 - increase/decrease in frequency, change in consistency
- **Change in energy levels**
 - mild fatigue during first few days is common and will pass
- **Headaches**
 - caffeine withdrawal can lead to headaches for a day or two.
Having a cup of green tea can help with this (see later).