

Getting Started

BIG JOURNEYS BEGIN WITH SMALL STEPS!

Preparing for change

Welcome once again to [Core Vitality Cleanse - The Health Initiation Plan](#).

You really have taken an important step on the path to health.

Any future plans you have or any future you hope for is nothing without good health, a cliché I know, but I have seen so many people thwarted by ill health that I know how valuable good health is and how we take it for granted until it is gone.

The first week is begun!

You know when you decide to decorate your house, you have to prepare, move furniture and do the 'boring' preparation chores that seem a bit dull but give you the best result ... it's the same here ... a little prep is in order to get the best results.

The next 7 days is all about getting ready for change.

It's an important part of the psychology of change not to overwhelm ourselves and set alarm signals going, frightening our reptilian brain and halting the whole process.

Little steps, compounded over time have massive results - boring but true - you want meaningful results don't you? Yes !!

So here we are, at the beginning, and the most important thing to do is ...

Start from where you are!

A little reflection time. Jot down here or on the back of the page or in a separate note book the following:

- What do I want that I don't have now?
- What has been holding you up from getting that up to now?

A little reflection time. Jot down here or on the back of the page or in a separate note book the following:

- What is it costing you not to have that? How does that feel?

- What are your beliefs about what you find most troublesome about your health or life?

Now pick 3 main issues you have from the list below, that if resolved would improve your life.	score 0-10
Sleep	
Digestion	
Immunity	
Mood (irritability/depression)	
Lack of peace/calm	
Headaches	
Other (name it).	

Choose your three issues and score them from 0 - 10

The score reflects the current situation - i.e. how you feel about that issue right now at the start of this program.

Use the space below for any other notes you want to add for your reference.

Remember, nobody else will see this work book except you.

Getting into action

Now some practical steps to get you moving forward to our main event!

1. Start now increasing the amount of water you drink each day. Two litres a day is the aim - that's around 4 pints. To help with this, try to find some way of measuring out that amount so you know how much you have had - or have left! I carry with me, in the car or out and about, a 1litre stainless steel bottle that can be used with hot or cold water. Maybe you have a favorite glass or decanter. Find the capacity of the vessel so you know how many times you have to refill it each day, to keep track.

Water container	volume	refills per day
Example: Water bottle	1000 ml	x 2 (equals 2 Litres)

2. For the next week, track what you eat and when. This can be done quite simply, no need to note exact measurements, just the kind of food you have and at what time of day - without any self judgment, censorship or editing! (Use the chart below)

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Breakfast							
Drinks & Snacks							
Lunch							
Drinks & Snacks							
Dinner							
Drinks & Snacks							

Make a copy to take with you or use a note book if you need more space to write

3. Recognize your 'high dependancy' food that will be omitted during the program. Consider reducing the quantity this week in the run up to starting the plan.
Coffee can be one of the biggest culprits here!
Change to decaffeinated over a number of days so that withdrawal symptoms are minimal when you start the program.

Make a list here of the foods you want to reduce and the substitutes you can replace them with.

4. Find, borrow or buy a high speed blender/liquidizer. I guarantee you have a friend, relative, or a cupboard that has one that is not being used.

If you are planning to invest in one, buy one with the most powerful motor you can afford.

This is one of the best pieces of equipment to have in your kitchen for helping you eat healthily.

Below are just a couple of the models you might choose.

Both these are high end machines and not 'cheap' but do your own research if you plan to invest in something. The better the engine the more likely it will be capable of very finely liquidizing your food That means the creamiest smoothies and the breaking down of hard to release nutrition from the plant cells which are often not made available with economy machines.



The VITAMIX

This is what I have and can recommend them for their power and toughness.

You can look them up online - [here is the link](#) and another one [here](#)



Other models to look for are KRUPS

and this is the one I have - [link here](#)



And ...

a new comer that is becoming popular -



The NUTRI BULLET.

Here is a link to [Amazon](#)

5. Take more time shopping to look at things that have never been on your list before, unusual herbs, ingredients and the like, and look at labels to see and understand what is in your food. What ever is ranked high on the list of ingredients is used in the highest quantity. If it's not food, it's not food! Choose whole, unadulterated foods that look like what they are.

WHAT SURPRISING INGREDIENTS HAVE YOU FOUND IN EVERYDAY FOODS?

6. Build in, make a plan for, a non-food incentive for the end of the cleanse, ie rather than say you will go too MacDonalds for a hamburger how about a pair of new shoes or what ever it may be! Make it really worth the effort.

So, in summery here are some things to do this week!

- Drink more water
- Take note of what you eat each day
- Less 'high dependency' foods - ween yourself off caffeine
- Find a blender
- Take more care and time shopping - get curious - stock up on the good stuff
- Plan a non -food treat for the end of the cleanse