

How do I 'cleanse'?

Things to know

This cleanse will not be 28 days of deprivation - it's a chance to come alive, you and your taste buds.

It is a plant based regime, therefore high in alkaline producing foods, and intended to flood your body with nutrients. Alkaline foods are very cleansing for the body.

I favor an approach that ADDS IN, which means it CROWDS OUT the 'bad' stuff.

(I have clients who have had very good results with this approach.)

We will be ditching 5 things from your current diet for the duration of the cleanse.

(I will refer to these as the famous five)

Alcohol

Caffeine

Wheat (gluten)

Dairy

Sugar

- More on this later - but note, (this is a **LKITP** moment - loving kick in the pants) if you feel reactive towards this idea and are already thinking "Oh no!", "No way!", "Well I can't!", then my friend - your body or brain is chemically addicted to that 'thing'. Yes-siree-bob it is!

My approach to detoxing and changing your diet is, at its' heart about awareness. Like child rearing, you know, once your child learns a swear word, you can't get them to un-learn it!- it's the same with what you eat. Once you know what is de-vitalizing to you it's much easier to make better choices more often from there on in.

Back to the famous five...you get to choose at the end of 21 days how much you allow back in. Like unruly house guests, they may not be welcome all that often!

So to reiterate, the nuts and bolts of this cleanse are as follows:

1. 10-plus portions of vegetables and fruit per day - in that proportion, more vegetables than fruit.
2. 2 litres of water per day - (more or less - there is a little calculation you can do to work it out.)
3. Up grading your daily habits

Why I do it like this...

There is much confusion out there regarding diets and it needs to be simple.

The truth I know after many years of dieting for either weight loss or for my health is:

- YOU ARE WHAT YOU EAT (I could stop here, this is all you really need to know)
- High plant based eating works for everyone. (vegetarian or non vegetarian- you get to choose)
- Eating is about more than just what goes in your mouth.

What can you expect at the end of the program?

- You will feel different, in a good way, guaranteed.
- Little aches and pains and seemingly un-noticibles will be gone.
- Your mouth will taste better, food will taste better and your taste buds will be awake
- Your digestion will be more efficient and you may have better poop - there I have said it!
- More energy, zip and zing.
- Better sleep, Clearer thinking and more - you will tell me about that at the end!

Finally...

Most days you will get an email - you may get a recipe, helpful tips, general encouragement and things of interest within.

A Facebook group to 'discuss' matters arising with your fellow cleansers (don't worry if that is not for you, you can still ask me questions).

There will be relevant articles on my website (www.corevitalityyoga.com) that may help and links to sources of interest you can investigate when you need a boost.

I am available to answer your questions by way of email (with in reason and sociable hours) and will get back to you within a few hours or sooner.