



# Core Vitality Cleanse

Getting Ready...  
with some  
Pre Cleanse *ACTION*

## MAKING IT EASIER

1. start increasing your water intake
2. reduce caffeine and alcohol
3. go to bed earlier
4. arrange your 'space'
5. get a notebook



**Water** - is the foundational piece for cleansing your body.

To calculate how much you need to drink, convert your bodyweight into lbs, half that number and whatever that is drink in fluid oz per day. So..ten stone is 140 lb = 70 fl oz.

**Caffeine and alcohol** - these both rob you of fluids in your body, but more importantly make your body needy for them! If you have tried before and have given up because of cravings then start reducing your intake so that it will be less demanding on you when you give up completely.

**Getting to bed** - getting enough sleep is an underestimated asset for staying fit and healthy. It is especially hard if you are over-stimulated with caffeine to keep you going and give you an energy boost during the day and then use alcohol to relax and wind down at the end of the day. Also, its a not true that you need less as you age!

**Arrange your space** - find, buy or borrow a liquidizer! I guarantee you have a friend, relative or cupboard that has one not being used right now. If investing in one, buy one with the most powerful motor you can afford. Also, run down your supply of trigger foods, or hide them. 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 its not food, its not food!

**Get a notebook** - make a note of all the little niggles you have with your health right now. This can range from trouble waking up, or getting to sleep, poor digestion, irritability, lack of inner calm, ongoing medical issues, gum disease, skin problems, asthma, eczema etc etc. Also, longterm success if easier if we can measure results and track areas that are challenging.

You may want to journal how you are feeling throughout the 21 days and make a note of food intake