

A woman with long brown hair, wearing a dark blue floral dress, stands in a field of tall, dry grass. She is looking up towards a clear blue sky with her arms slightly outstretched. The lighting is warm, suggesting a sunset or sunrise. The text "The 14-Day Reset & Energize Cleanse" is overlaid on the left side of the image in a large, white, sans-serif font.

The 14-Day Reset & Energize Cleanse

Here's to...

Releasing the OLD Pressing RESET

Feeling energized EXPANDING your lungs

Oxygenating your cells Loving the skin you're in

DELICIOUS MEALS inspiring conversations

Amplifying gratitude LETTING GO of judgment

Embracing beauty Unplugging

ENGAGING THE SENSES

Meditate Play GIGGLE

attuned with your body

Enjoy your aliveness

First off, Congratulations!

Applaud yourself because you just made an exciting and healthy commitment to yourself. This cleanse will release toxins and excess bloat from your tissues, rest your digestive system and renew your baseline of wellbeing. You will notice how food affects the way you feel, think with more clarity, burst with energy, become attuned to your body's unique needs and activate your natural healing potential.

"You will not know how bad you feel until you feel so good – and you will not want to turn back!"



You know it's time for a cleanse if...

- ☐ Do you get bloated after eating?
- ☐ Do you tend to gain weight easily especially in your belly?
- ☐ Do you have extra pounds that won't come off with diet and exercise?
- ☐ Do you have headaches more than occasionally?
- ☐ Do you frequently belch or feel gassy , constipated or gurgling in your belly?
- ☐ Do you tend to feel lethargic during the day?
- ☐ Do you have cravings for sugar or starchy foods?
- ☐ Are you always hungry?
- ☐ Do you experience mood swings or anxiety?
- ☐ Do you get depressed, sad or cry easily?
- ☐ Do you have difficulty focusing or experience foggy brain?
- ☐ Do you have allergies or hayfever?
- ☐ Do you experience pain, muscle achiness, or stiffness in your joints?
- ☐ Do you feel addicted to foods that you know aren't good for you... and yet you can't stop?
- ☐ Do you feel anxious, upset, nervous, or downright cranky?

_____ **Total up the marked items.**

To find out if you are ready a cleanse, see your score

If you answered "Yes" to any of these questions, you would greatly benefit from this cleanse, but before you get started, take a look at the score result recommendations on the next page!

Ready? Get started...



If you scored...

Less than 3

If you marked less than 3 of the items then your body is in pretty good health. However, you can cleanse to improve any of the symptoms and experiment with how you react to different foods. You can also learn which foods keep you energized and which foods take away energy.

3 - 7

If you marked off between 3 and 7 items, your body is a little stressed and is not operating the way it should. You can benefit from the cleanse and revamp your body - both in & out!

8 or more

If you marked off more than 7 items your body could be at risk for far greater problems. You could increase risks of high blood pressure, blood sugar issues, extreme fatigue, adrenal exhaustion, toxicity, headaches, foginess, etc. If these habits and eating patterns are not tended to, you can develop more extreme diseases and even cancers in the future, especially Alzheimer's disease.

This cleanse will be a great start for you to turn your health issues around. You will notice how good you can feel, and just from that you will want to keep eating healthier going forward.

If you have more specific questions and want to chat, contact me via my website www.lynnshhealthspike.com

Scoring is an estimate of what your recommended next steps should be. This is not a diagnosis or medical examination. Simply putting healthy foods in your body can make your body's processes operate properly and make you feel a whole lot better as a person - inside and out.



Why cleanse?

Here is some science; if you like that sorta thing.

Why cleanse? Our world today is completely packed of toxic chemicals – they easily find their way into our body through the air we breathe, the food we eat, and the water we drink. We also ingest foreign chemicals when taking medication drugs, or when using alcohol or tobacco.

Yes, the body is naturally designed to self-clean and expel toxins, but with today being so overloaded with toxins in our environment, our bodies cannot keep up with its cleansing process. When these toxins and chemicals stay in us for an extended period of time, our fat cells and membranes become internally toxic.

When the body is under stress, it releases those toxic waste products from the fat to circulate in the bloodstream. Even worse, these toxins can damage the protective intestinal lining, literally corroding the body from the inside out; making it a less effective filter for the good nutrients we might be bringing in.

The more it is damaged, the less effectively it absorbs nutrients, and the more toxins pass into the blood and lymph systems.

The goal is to eliminate these toxins during the cleanse. Your body will feel like it has reset itself and you will physically feel the difference. One of my favorite results is being able to think clearly and having more energy. This REALLY helps out a TON when I'm at work!

What Are Symptoms Of Toxic Overload?

- headaches
- nausea
- constipation
- diarrhea
- belly bloat
- painful gas
- frequent belching
- joint and muscle aches
- muscle tension
- soreness or cramps
- itching
- insomnia
- fatigue
- acne
- warts or other skin eruptions
- inability to concentrate
- foggy brain
- irritability
- depression
- mood swings •
- cardiovascular irregularities
- weight gain or loss
- lethargy
- flu-like symptoms
- allergic reactions including hives, stuffy or runny nose, sneezing, and coughing

It is believed by nutritionally oriented health care practitioners that specific food allergies are related to metabolic toxicity. Symptoms from apparent food allergies may result from reduced enzyme concentrations and from intestinal bacterial endotoxins.

One classic approach to eliminating or minimizing symptoms associated with food allergies is using a hypo-allergenic diet or elimination diet (which is the approach we'll be using in this cleanse.) Common foods that cause symptoms of a food allergy or toxicity are gluten containing grains, dairy products, eggs, soy, caffeine, yeast, sugar (and it's many forms), dried fruits, citrus fruits and sometimes poor food combining.

When you avoid these foods, you will notice relief of any symptoms. It is important to slowly, and individually, bring back these foods into your diet so you can track which foods give you reactions after consumption.

This gentle, yet effective approach is designed to support the liver's detoxification pathways and to improve intestinal health so that the body can clear out excess toxins and operate at its highest potential. You'll discover spikes of energy, boosts in our metabolism and your body's natural healing abilities will strengthen and self-correct.

Ready? All these nutrient dense and high fiber foods are conveniently planned for you. This is everything you need - it is now your choice to start!

DETOX

14-Day Reset & Energize Cleanse program in just 3 simple phases:

PHASE ONE: PRE-CLEANSE PREP (2 DAYS)

The Pre-Cleanse is about making the commitment, setting your intentions, shopping for cleanse friendly ingredients, ditching the bad, and beginning to ease your body into the full cleanse, mentally, emotionally and physically.

Coaching Session #1: Intro, goal setting, anchoring, Q&A, accountability, prep for phase II. **60 Minutes**
(Coaching is available in the Cleanse Coaching version)

PHASE TWO: CLEANSE (7 DAYS)

During the cleanse you will follow the simple cleanse diet plan and body practices. WIN WIN - you can get real creative with these foods and still satisfy your sweet tooth.

Coaching Session: Check-in, what is going well, habit changing exercises, Q&A, prep for phase III. **30 Minutes**

PHASE THREE: RE-INTRODUCTION (5 DAYS)

In the Re-Introduction phase you will re-introduce foods back in to your diet one by one to identify food sensitivities, intolerances and create a maintenance diet that best serves your unique body.

Coaching Session: Discuss your results and if any food sensitivities popped up, discuss future goals, Q&A, how to maintain a healthy lifestyle. **30 Minutes**

Look Forward To:

- Shed excess weight (especially abdominal weight)
- Boost your energy
- Feel lighter and cleaner
- Decrease your craving for unhealthy foods
- Experience deeper sleep and clearer skin
- Improve your digestion (less gas and bloating)
- Enhance your body's ability to mobilize and excrete toxins
- Decrease congestion and allergy symptoms
- Discover food sensitives
- Create healthy habits that enliven you



It's not just about food and exercise

A little about me:

- I have started being kinder to myself, both with food, thoughts and movement.
- I began to listen more intently to my intuition and body to figure out how to honor what I need, rather than just pleasing others.
- Pushed me out of my comfort zone to try new things, foods and practices.
- Now I want to help others do the same. You have so much potential inside that is waiting to shine.

I have transformative tools for gaining loads of “happy”, self-empowerment and growth in your life. I help you tap into your inner guide, so you can gain confidence, love and live a life with endless possibilities. Put a stop to criticizing yourself, end those limiting beliefs that keep you from being who you are, and live to your full potential. Eating healthy is a huge part of this. Having a healthy and loving inside, automatically transforms into a glorious outside. You also have to work on mastering your inner critic.

Are any of these You?

- I eat for comfort and don't have a healthy relationship with food. I eat food when I am not hungry.
- I am too stressed to think clearly and let in the positive opportunities that surround me all day.
- Do you ask yourself, “who am I to make more money?” “Why would I deserve that?”
- “My goals are driven by external sources?” For instance, “I want to lose weight so I can find a significant other.”
- I stand in the mirror and inspect my flaws.
- I live a life with expectations and get let down from those expectations - no matter how small.
- My goals and desires are triggered from external sources and other people's views? For instance, comparing yourself to others, doing things differently because of what others will think, or worried about materialistic things.
- My inner critic tells me I am not good enough.

Look Forward To:

- Silencing your inner critic. Remember you are not your circumstances, experiences, or past. Awareness is key to mastering your inner critic, once you know what you know, you can unknow it.
- Speak and do things from the heart; it will reach other people's hearts. If you speak and do things from the head; you get an egoistic response and it does not open doors for great things to flow in.
- Old ways do not open new doors. Whether you are trying to change your fitness, stress levels, nutrition or lifestyle.
- Do you want to feel in control of your life again? More carefree with less stress? Do you ever find yourself attracted to someone else's energy and wonder where they gained that glow?
- Do you wish you had more time to do the things you love? Do you know what will make you ultimately happy?

Show up 4 yourself, destress and maximize your life!

**Questions about my wellness program?
Email me at healthspike@gmail.com**

Disclaimer

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The information in this eBook is not intended to substitute medical advice. I am not a medical doctor, dietitian, nor nutritionist. I do not hold a degree in medicine, dietetics, or nutrition. I make no claims to any specialized medical training, nor do we dispense medical advice or prescriptions. This content is not intended to diagnose any diseases. It is intended to be provided for informational, educational, self-heal and self-empowerment purposes only. Please consult with your doctor or wellness team if you have any questions regarding this cleanse program and/or services, and then make your own well-informed decisions based upon what is best for your unique genetics, culture, conditions, and stage of life. I do not provide or recommend meal plans. However, I provide the knowledge of eating healthy, change eating & daily habits, and how to maintain a healthy diet.

As a wellness life coach, I serve as a mentor and guide. I'm certified by The Health Coach Institute, and completed the certification April 2015. I draw from my background, training, skills, research, life experiences and support my clients in making sustainable lifestyle changes – spiritually, mentally, emotionally, and physically. This eBook credits authors from The Health Coach Institute, for they have written concepts, information and descriptions of some of this eBook. I have purely revised and added concepts, information and descriptions.

Personal responsibility. No guarantee. By participating voluntarily, you acknowledge that you are fully and personally responsible for your health and the results. There are no guarantees for a particular result and each person's results may differentiate based on the individual, their effort, goals, body type and commitment.

“Create
HEALTHY HABITS,
not restrictions”



Phase 1: Pre-cleanse - 2 days

Identify your goals + support

Set up your schedule for success (very important)

Prepare your kitchen

Go shopping + get everything for the 7 day cleanse

Identify your goals + support

Why do you want to cleanse? What are your expectations and hopes?

What are some of the patterns or habits in your life that you would eliminate?

Focus on how you want to feel as a person when you meet your goal. Think about this deeply and how it will affect your self-empowerment and outlook on the outside world. This alone acts as accountability - a motivating factor for staying on your cleanse and not self-sabotaging. If you work with me you know that it is parts of your brain that makes you want to fall back to old habits. This has nothing to do with you being weak and a lack of personal power.

Having support and accountability is really helpful for staying on track. Do you have a friend, partner, co-worker or family member that might want to participate in the cleanse with you?

Set up your schedule for success

Decide when you will begin your 7 day cleanse and put it on your calendar. While this cleanse can be done in the context of "normal" functioning work life, consider giving yourself permission to be more spacious, to slow down and relax into your body's healing process. It is natural to feel tired for the first few days as your system re-calibrates. It is important to rest when your body is calling for rest.

Prepare your kitchen

Throw away any foods that are toxic, such as breads, chips, sugar drinks and foods. The "do not eat" list is a great list to look at if you are questioning what to throw away. If you live with someone that eats these foods, put them in a special area in the kitchen, like a different shelf, and just do not look or reach for those foods. Consider them off limits.

You will also want to block time in your schedule for shopping and prepping foods ahead of time so you are not urgently hungry and tempted to veer off the cleanse for a quick hungry

Go shopping + get everything for the 7 day cleanse

There is a list of foods further in this document. Take that list while you go shopping and fill up your cart to last you the full seven days. It is a tougher challenge when you run out of the cleanse food and unhealthy foods are available.

One more thing before I forget...

Set your intentions + script your set-backs

There always seems like a bad time to cleanse. Weddings, parties, work munches pop up in your life unexpectedly. It is a great idea to script what you will say when someone offers you a sugary treat. This way you know what to say - "No thanks", opposed to, "maybe just one bit", and then you eat the whole treat.

It's still OK to go out to eat with friends, but stick to the foods for this cleanse and try to eat clean.

Phase 2: Pre-cleanse - 7 days

“What the heck do I eat?”

This cleanse focuses on simple, clean, easy to prepare + digest foods

Designed to eliminate major food that cause inflammation and digestive issues

Plenty of foods to choose from PLUS get creative and make delicious foods

Here is a SNAP SHOT of what to eat and what not to eat during the cleanse. You may start to think this is not even a cleanse with all the yummy foods on the list.

EAT (these foods are fuel! Should be organic too)

Whole vegetables, leafy greens
whole fruits, berries, lemon water
brown rice, quinoa
beans, legumes, lentils,
nuts, seeds, nut butters,
avocado, coconut oil,
green tea, yerba mate
fish, chicken, turkey*
Stevia**



DON'T EAT

all gluten (wheat, corn, oat, spelt, rye)
dairy, beef, pork, sausage, cold cuts,
eggs, corn, soy, tomatoes, eggplant,
peppers, bananas, strawberries,
oranges, grapes, dried fruit,
coffee, soda, alcohol,
sugar including artificial sweeteners, honey



*This cleanse is primarily designed as a plant based hypoallergenic diet. If you prefer to include animal protein, stick with fish and poultry only.

**Use stevia in moderation. No other sweeteners are permitted.



Phase 2: Cleanse Time - 7 days Continued

People shy away from cleanses because they think it is about starving yourself or eating really bland foods. The truth is that there is a long list of delicious foods you get to eat. The main strategy here is to think about the foods you GET to eat opposed to the foods you DO NOT get to eat. This cleanse is to eliminate the major foods that cause inflammation and digestive issues. Print this page and take to the store.

Protein Ideas - Should be organic

ANIMAL:

Chicken
Turkey
Cod
Halibut
Wild Salmon
Sole Trout

DRIED BEANS:

Adzuki
Black Beans
Garbanzo (chickpea)
Kidney
Lentils
Pinto
Split
Peas
Mung Beans

NUTS & SEEDS INCLUDING NUT BUTTERS:

Hemp, Pumpkin & Flax
Sunflower Seeds
Almonds
Walnuts
Brazil Nuts
Pine Nuts

VEGGIES & FRUITS:

Mushrooms
Avocado
Acai
Olives

GRAINS:

Quinoa
Rice Protein Powder

SUPERFOODS:

Spirulina

OTHER SOURCES:

Sea Veggies
Adzuki Bean
Miso

Cooking Methods:

Raw, steamed, sautéed & bake

Misc. useful condiments:

ume vinegar or paste,
apple cider vinegar,
nutritional yeast

OILS/NUTS/SEEDS (ORGANIC, RAW ONLY, DO NOT COOK!)

Almond Oil
Almonds
Coconut Oil (virgin, unrefined)
Flax Oil & Flax Seeds
Hazelnuts
Hempseeds
Hempseed Oil
Nut Butters
Almond Butter

GRAINS:

Quinoa
Rice Protein Powder

SUPERFOODS:

Spirulina

OTHER SOURCES:

Sea Veggies
Adzuki Bean
Miso

Pumpkin Butter
Walnut
Olive Oil (extra virgin cold-pressed)
Pine Nuts
Pumpkin Oil
Sesame Seed Oil
Sesame Seeds
Sunflower Seeds
Walnut Oil

GRAINS (ALL NON-GLUTEN)

Amaranth
Buckwheat
Brown Rice
Cream of Rice
Rice Bread
Rice Crackers
Rice Milk
Rice Pasta
Millet
Mochi (no dried fruit-read labels)
Tapioca
Teff
Quinoa

Phase 2: Fruits & Veggies - 7 days Continued

Print this page and take to the store.

WHITE FOODS:

White nectarines
White peaches
Garlic
Jersulam
Artichoke
Jicama
White mushroom
Parsnip

BLUE/PURPLE

Blackberries
Plums
Blueberries
Purple Cabbage

RED

Cherries
Gala Apples
Watermelon
Pomegranate
Beets
Cranberries
Pink/Red
Grapefruit Red
Pears Raspberries
Radishes
Radicchio
Rhubar

ORANGE/ YELLOW

Peaches
Apricots
Lemons
Mangos
Yellow Pears
Gold Beets
Carrots
Squash
Gold bar zucchini
Papaya
Rhutabega
Pineapple

GREEN

Avocado
Kale
Green beans
Scallions
Spinach
Bok choy
Cucumbers
Snap peas
Fennel
Zucchini
Leeks
Sprouts
Kiwi
Green
Pears
Limes
Lettuces
Broccoli Rabe
Celery
Artichoke



What NOT to Eat:

- Oranges, grapes, fruit drinks, dried fruit
- Wheat, corn, oats, barley, spelt, kamut, rye, and all gluten-containing products. Keep bread and cracker products to a minimum.
- Soybeans and soy based products (soymilk, tofu, tempeh, soy sauce)
- Peanuts, pistachios, peanut butter and any roasted or salted seeds or nuts
- Milk, cheese, cottage cheese, cream, butter, ice cream, frozen yogurt, nondairy creamers
- Margarine, butter, shortening, processed and cooked oils (as much as possible)
- Soda, alcohol, coffee (reduce or drink green tea, Yerba Mate, or Teecino), milk, bottled juice
- White or brown sugar, honey, maple syrup, corn syrup, high fructose corn syrup, Nutrasweet, or other artificial sweeteners, sorbitol, and Splenda
- Mayo, croutons, dairy dressings, tamari
- Canned soups, bouillon, powdered and packaged mixes

“It’s not a
SHORT TERM diet.
It is a **LONG TERM**
lifestyle change.”

Not sure what to eat during the cleanse?

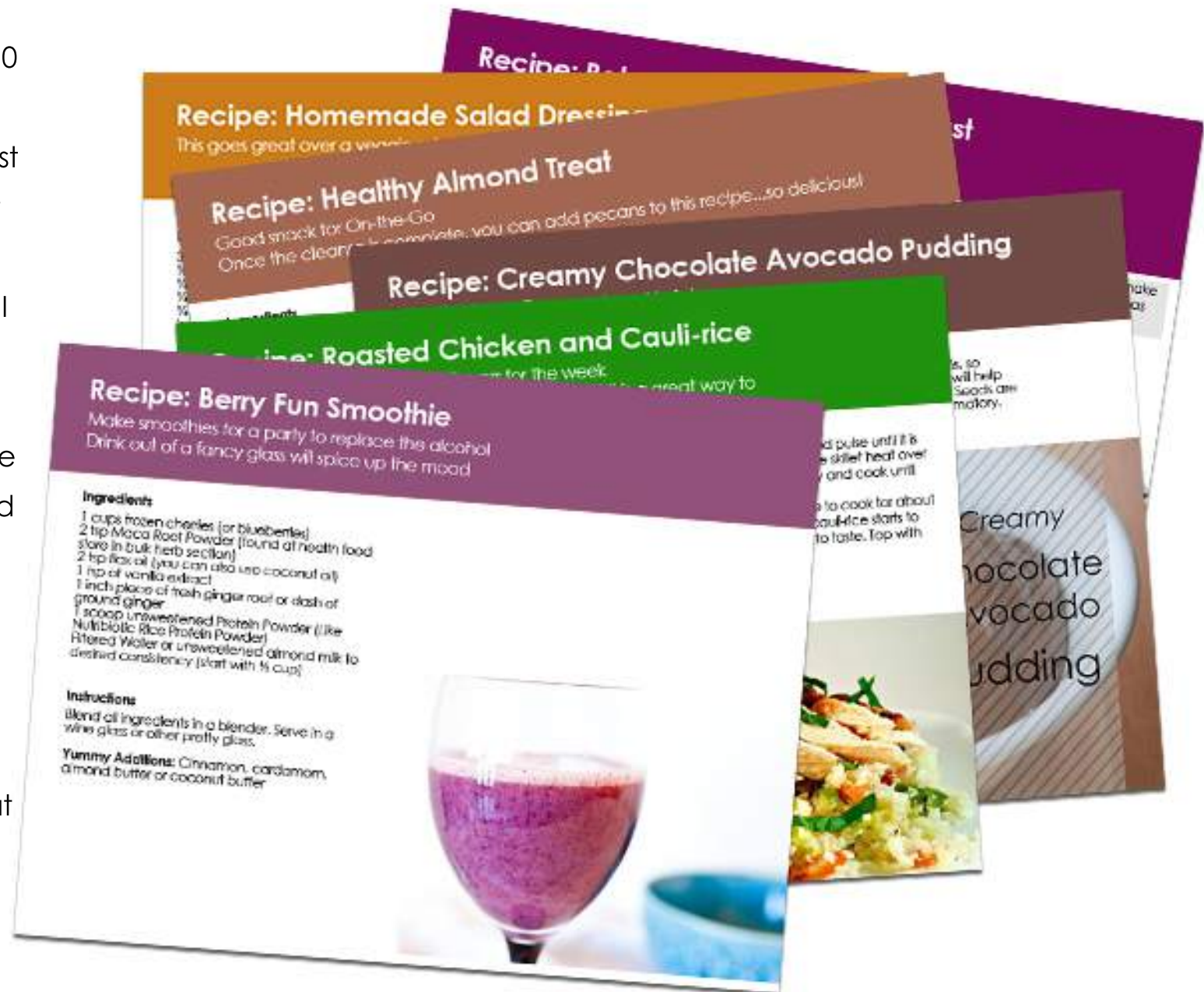
Get 60 recipes with the cleanse.

There are 50 recipes for during the cleanse and 10 healthy & fun recipes for after the cleanse that I just love to share. If you want to see more of a certain recipe, let me know and I will get them for you.

These colorful, easy (some very simple to make), and delicious recipes can be used for any occasion. A lot of them are family favorites.

Family favorites and healthy! You cannot beat that!

Questions about the recipes? Email me at healthspike@gmail.com





There are recipes and meal ideas for everyone.

There are many different foods to choose from. To name a few:

Tuna
Salmon
White Fish
Chicken
Shrimp
Soups
Lettuce Wraps
Gluten Free Pancakes
Smoothies
No-bake cookies
Sweets
Salads
Poke Bowls
Pudding
Cleanse safe quacamole
Grilled friendly foods
Meat balls
So much more!

Many of the recipes are easy to prepare and good to heat up throughout the week for leftovers. Don't see what you like? Contact me for cleanse safe recipes that are more to your liking.

Questions about the recipes? Email me at healthspike@gmail.com

Phase 2 Bonus: Nourishment Activities

Breath & Focus Exercises Diminish Tension or Stress Exercise

Breath & Mental Exercises

This is a simple breathing technique that can be done everyday for 5 minutes. It is a simple and very basic relaxation or meditation. It is a way to become aware of your surroundings and practice living in the present so you can be aware of your mind, body and spirit.

- 1. Sit or lay down comfortably.** Straighten your back and lightly close your eyes.
- 2. Notice and relax your body.** Notice the sensations your body experiences, the touch, and the connection it has with the floor, chair or bed. Scan your body from head to toe and notice where in your body you're holding onto tension or stress.
- 3. Tune into your breath.** Feel the natural flow of your breath. Inhale through your nose and exhale through your mouth. Keep the cycle going; when one breath ends, the next breath begins. Each time you breathe in and out, notice how much lighter and relaxed you feel.
- 4. Notice where that tension or stress stays in your body.** With the next exhale simply release the tension or stress with your breath.
- 5. Your mind may start to wander.** This is completely natural; just simply notice it and bring your mind back - center yourself.
- 6. Stay in this state for at least 5 minutes.** When you get lost in thought, bring it back and focus on your breath again. Let yourself relax even more deeply and then offer yourself some appreciation for doing this practice today.

Diminish Tension or Stress

- 1. Start with the 6 steps from the exercise on the left.**

Imagine yourself being more calm, peaceful and focused.

- 2. Your next inhale, imagine directing your breath to the areas of tension or stress.** Breathe in and out; keep focusing your breath on these areas. You can focus on these areas one at a time. These tense areas are your body's way of storing worries and stress as physical tension.

- 3. Now imagine a golden light shining down on you.** While you breathe, you carry this light to those areas. This light is diminishing the tension or stress each time you inhale. Imagine each breath bringing in a bit more relaxation, and taking away a little more tension.

Your exhale will release the tension or stress from your body.

- 4. The light fills your body with positive energy.** Little by little these areas are more and more relaxed. Feel the light tingle throughout your body while you grow more relaxed.

- 5. Where is your body the most relaxed?** Notice the feeling of relaxation, and allow it to grow...gradually filling your whole body. The golden light has cleaned out all your tension or stress. Right now your only job is to relax, feel calm and peaceful; the rest of your tasks today can wait.

- 6. Begin to notice the room and your surroundings.** Start to hear the sounds, smell the room and feel your body against the floor, chair or bed. Wiggle your fingers and toes, and then start to slowly move the rest of your body. Begin to bring yourself back into an awakened state.

Phase 3: Post-cleanse - 5+ days

Identify potential food sensitivities + intolerances

Foods before the cleanse may have caused toxic reactions

The cleanse removed the most common irritants to human bodies

The cleanse gave your digestive + immune system a reset

Common irritants + intolerances

Dairy
Soy
Citrus
Beef
Refined sugar + alternatives
Wheat/gluten
Eggs
Potatoes
Tomatoes
Eggplant
Peppers
Corn
Bananas
Coffee
Chocolate
Alcohol

These foods may taste great, but could leave you feeling horrible. They can cause mood swings, digestive upset, bloating and fatigue. Getting clear on which foods trigger toxic symptoms will help you steer your health.

Everyone is different, so that is why this experiment is perfect for finding the diet and which foods to eat to make you feel good.

This phase is all about reintroducing the most common irritants to see how your body reacts. The most common are gluten and dairy. Let's get started.

Step 1: Re-introduce gluten 2 to 3 times a day for 2 days

Consume gluten two to three times a day, for two days, and then notice how you feel over the next forty-eight hours.

You'll still be following the cleanse diet, the only difference is that you'll be adding in gluten to see how your body reacts to it.

How: Try adding whole wheat bread to your breakfast, and then some whole grain pasta for lunch or dinner. Don't include any dairy or other excluded items yet. The goal is to isolate one excluded food at a time to determine if you are intolerant or sensitive.

Step 2: Record your results, if any, in a journal

I recommend this even if you do not like to write stuff down. The journal is to record any reaction you might have to gluten. This may include bloating, gas, skin breakouts, foggy mind, or constipation. Not everyone will react to gluten in the same way.

Some people may notice their reactions immediately. Others might notice their reactions the next day. That's why it's important to test gluten over the course of two days. The following questions will help guide you:

Right after: Pay attention to how you feel shortly after eating it. Do you have a runny nose or mucus in the throat (typical of milk), or fatigue, bloating, or a headache (typical of wheat)?

Phase 3: Post-cleanse - 5+ days Continued

Energy: How are your energy levels? A bowl of wheat pasta at night, for example, may make you feel very tired immediately after eating it or upon waking the next morning.

Bowels: How are your bowel movements the next day? Were they as frequent and as easy to eliminate as they were during the cleanse or do you feel cramping, pain or gas, constipation or diarrhea?

Sleep: Did you have difficulty falling or staying asleep? Did you have intense dreams or nightmares? Did you wake up in the middle of the night?

Emotions: How do you feel emotionally the next day? Are you anxious, angry, moody, depressed or irritable?

Step 3: Eat from the cleanse diet for two 2 days

After you have reintroduced gluten, or any other common irritant, it's important to "clean the slate" and set your body up for testing the next possible irritant - like dairy.

Step 4: Reintroduce dairy 2 to 3 times a day for 1 to 2 days

Eat dairy two to three times a day, for one to two days, and then notice how you feel. To reintroduce dairy try having a glass of milk in the morning and a few pieces of cheese with your lunch or evening meal. It's important to avoid having dairy in combination with other excluded foods.

Stay away from cereal, ice cream, or baked goods. These foods contain other excluded foods like processed sugar, gluten or preservatives. If you have a reaction, you won't know which excluded ingredient was the cause.

Step 5: Review your journal

No reaction: I had no reaction at all to the excluded food.

Mild reaction: I had a noticeable reaction to the food. Examples: I felt bloated and gassy; I felt tired; I felt itchy etc.

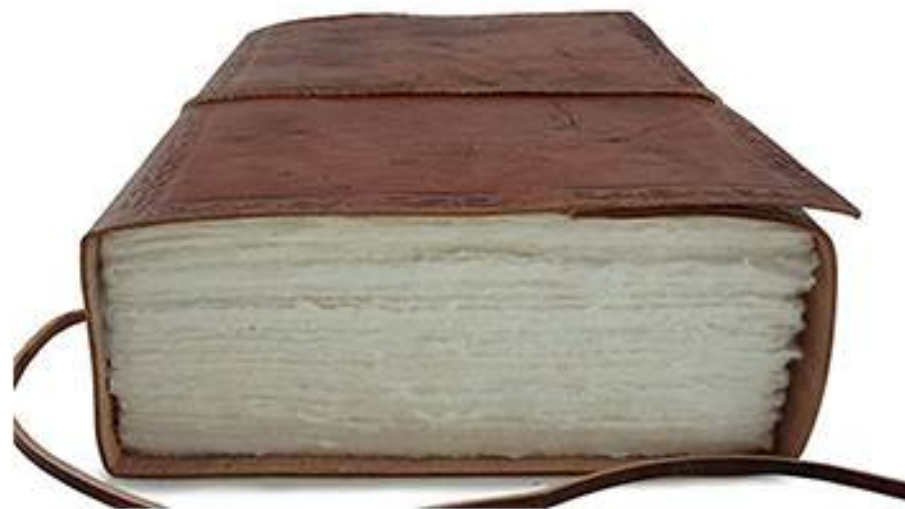
Strong reaction: I had a strong negative reaction to the food.

Examples: I became very angry or upset; I had sharp stomach pains; I felt nauseous etc.

Take a look at your journal. What types of reactions did you have to gluten or dairy? If you had a mild or strong reaction to one or both of these foods, chances are you have an intolerance or allergy.

Step 6: Continue if desired

Extend phase 3 and slowly reintroduce the other common irritants one by one. Start with processed sugar, next try caffeine, then alcohol, and record your reactions.



Congratulations!

You completed your cleanse!

Congratulate your success for completing the cleanse and the process for testing the highly allergenic foods. But what is next? Well, it is time to create a sustainable plan for your personal and optimal health. Working with a health coach can help you create a strategy that incorporates new lifestyle changes and healthy habits that will enliven you.

A plan is crucial! Without a plan, old habits can sneak back in and derail all the great clearing you've done during the cleanse. Too often, I see clients unaware of the psychological/ neurological patterns that creep back in, and before they know it, they are right back where they were before.

There are practices and steps that must be applied in the right order to keep you from snapping back into a lifestyle you do not want. Now that you know which foods make you feel better, there are other corners of your life that can be balanced out so you can become the healthiest and happiest version of yourself.

I recommend rewarding and pampering yourself to celebrate this completed step to becoming a more vibrant person, but I consider non-food forms of reward that continue to promote your ideal health and vitality. For instance, go get a massage!

