

CLEANSE YOUR BODY

Rich German – Infinite Energy Workshop

Why cleanse your body?

- To clear out your system and purify your organs and bodily fluids
- To strengthen your immune system
- To rejuvenate your metabolism
- To release environmental toxins from your body (from air pollution, smog, traffic, pesticides, high density living, water contamination and substance abuse)
- To release nutritional toxins (from artificial chemicals, preservatives, fats, processed sugars, salt, animal protein and fast foods)
- To release emotional toxins (from stress, anxiety and self-abuse)
- To reduce risks of burnout, illness and disease, to decelerate the aging process and to prevent organ dysfunction
- To aid the kidneys in re-establishing proper alkaline-acid balance of your over-acidified bodily fluids
- To clean your blood, liver, spleen and lymphatic system and clear out debris in your glands and tissues; to loosen up poisons lodged in your vital organs
- To give you energy and leave you feeling fresh and light!

What should I eat during a cleanse?

Mainly living, uncooked, pure foods like: fresh fruits, raw vegetables, fresh fruit juice and vegetable juices. Consume foods which are high in enzymes and high in alkalinity.

This cleanse is a low protein, low fat, high in simple natural carbohydrate diet. It is designed for general housecleaning. It preserves the energy which normally is used to digest and metabolize protein and uses that energy to clean the liver, spleen, pancreas, kidneys and lymph system.

Typical day of cleansing:

Breakfast: fresh fruit juice or smoothie, fresh fruit and almonds

Lunch: fresh green salad with lots of veggies with sunflower seeds and herbal dressing OR veggie taco with raw vegetables in a corn tortilla with natural salsa

Dinner: Carrot/celery/beet juice, fresh vegetable salad, steamed veggie plate or mixed veggie soup or a baked potato

Foods to eat:

- Seasonal fresh fruits and fruit juices

- Fresh vegetables and raw vegetable juices (leafy greens, steamed broccoli, zucchini and string beans)
- Sprouts
- Nuts (raw almonds are preferred, walnuts, cashews and brazil are acceptable – avoid salted, oiled or commercially roasted nuts)
- Nut butters (unsalted almond or peanut butter on a celery stalk is highly nutritious)
- Seeds (sunflower and sesame)
- Natural starchy carbohydrates (baked potato, corn on the cob, yams, squash – without butter, oil or salt)
- Herbs
- Seasonings (such as red cayenne pepper, fresh garlic, fresh onion, apple cider vinegar and lemon)

Foods to avoid:

- Coffee, soda, diet drinks and alcohol
- All sugar and salt
- Whole grains
- Legumes (beans, soy)
- Dairy products
- Eggs
- Meat

How often should I cleanse?

Cleansing is recommended one full day each week and five consecutive days each season (every 3 months).

What are possible side effects of cleansing?

While many people experience nothing but well-being and even euphoria during a cleanse, it is common to experience the following:

- Fatigue and weakness (this is temporary and can be overcome by adding some protein to your program such as 1.5 tablespoons of brewer's yeast to fruit juice or eat a few celery sticks with almond butter). Following your morning routine of exercise and meditation should help keep your energy high.

- Fear of unknown
- Foul body odor
- Excessive elimination
- Skin breakouts
- Joint discomfort
- Odd taste in mouth
- Headaches (these are from releasing toxins and can be remedied naturally through either hydrotherapy – direct the cold water to your forehead - and/or sleep).

If you are in good health, there are essentially no risks to cleansing. It is common to have as many as 3-6 bowel movements a day (as you purge your intestines). If you have any concerns, it is recommended you consult your doctor prior to cleansing. The most common risk is you may find out within the week just how unwell you really are.

Tips for feeling good while cleansing

- Eat the right foods and eat them in moderation
- Practice under eating
- Earn your meals with hard work or exercise before eating
- Completely relax during meals
- Enjoy your food and have a positive mental attitude
- Instead of overindulging, have intimate conversations, good company and laughter
- Only eat when you are hungry
- Eat only what is prescribed

Golden Rules while cleansing

- Enjoy fruit and almonds for breakfast
- Have a vegetable salad at lunch
- Have a vegetable salad at dinner
- Eat one starchy carbohydrate with dinner
- Drink one glass of raw vegetable juice daily
- Drink 2 glasses of fruit juice per day

- Avoid snacking
- Avoid breads, grains, legumes, dairy and flesh proteins during your cleanse
- Take at least 30 minutes to enjoy each meal
- Drink 6-8 glasses of fluids each day – lots of water
- Between meals drink herbal teas. (Red Zinger, Rose Hips, Lemon Grass, Hibiscus and Peppermint are recommended for cleansing).
- Season your foods with: garlic, cayenne pepper, lemon juice, lime juice, apple cider vinegar and onions.