

# **WHOLE FOOD CLEANSE**

REMOVE THE TOXIC BUILDUP FROM YOUR BODY WITH THIS CLEANSE.

**“Everything is energy, and that’s all there is to it. Align your frequency with the reality you desire, and you will inevitably attract it. This is not mere philosophy; it is physics.” - Albert Einstein.**

Everything is energy, meaning everything vibrates at a specific frequency.

If you transform your vibration, you transform your life. Much like fueling a car with the high octane gasoline, we need to fuel our bodies with high octane foods.

How can you elevate your own energy and vibration?

- Through your thoughts and feelings, which lead to actions.
- Through your food, water, environment, emotions, and actions.
- By cultivating mindfulness and staying present in the moment.

When we talk about food, what does it mean to vibrate at a higher frequency? We will explore that in this cleanse.

High vibrations foods are foods that are as close as possible to their natural state. Foods found in their natural state vibrate at a higher frequency, whereas highly processed foods have a lower vibration.

Since your body is made of up energy, and your cells vibrate at a specific frequency, you want to fuel yourself to allow a vibration at a frequency that you want to operate at.

A few examples of high vibrational foods:

AVOCADOS, DARK CHOCOLATE, KALE, RAW NUTS, SEAWEED

A shopping list of high vibration al foods can be later in this cleanse.

All foods discussed in this book adhere to the highest vibrational standards:

- 1) Being organic
- 2) Grass-fed
- 3) Pasture-raised (minimizing harm or suffering to all beings involved).



These two charts below were borrowed from the book Power vs. Force: The Hidden Determinants of Human Behaviour by David R. Hawkins, M.D, Ph.D. It shows how emotions relate to a vibratory level.

Level	Log	Emotion	Life View
Enlightenment	700 – 1000	Ineffable	Is
Peace	600	Bliss	Perfect
Joy	540	Serenity	Complete
Love	500	Reverence	Benign
Reason	400	Understanding	Meaningful
Acceptance	350	Forgiveness	Harmonious
Willingness	310	Optimism	Hopeful
Neutrality	250	Trust	Satisfactory
Courage	200	Affirmation	Feasible
Pride	175	Scorn	Demanding
Anger	150	Hate	Antagonistic
Desire	125	Craving	Disappointing
Fear	100	Anxiety	Frightening
Grief	75	Regret	Tragic
Apathy	50	Despair	Hopeless
Guilt	30	Blame	Evil
Shame	20	Humiliation	Miserable

Power vs Force: the hidden determinants of human behaviour; David R. Hawkins, M.D, Ph.D.

	Level	Scale (Log of)	Emotion	Process	Life-View
POWER	Enlightenment	700-1,000	Ineffable	Pure Consciousness	Is
	Peace	600	Bliss	Illumination	Perfect
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	Love	500	Reverence	Revelation	Benign
	Reason	400	Understanding	Abstraction	Meaningful
	Acceptance	350	Forgiveness	Transcendence	Harmonious
	Willingness	310	Optimism	Intention	Hopeful
	Neutrality	250	Trust	Release	Satisfactory
	Courage	200	Affirmation	Empowerment	Feasible
FORCE	Pride	175	Dignity (Scorn)	Inflation	Demanding
	Anger	150	Hate	Aggression	Antagonistic
	Desire	125	Craving	Enslavement	Disappointing
	Fear	100	Anxiety	Withdrawal	Frightening
	Grief	75	Regret	Despondency	Tragic
	Apathy	50	Despire	Abdication	Hopeless
	Guilt	30	Blame	Destruction	Condemnation (Evil)
	Shame	20	Humiliation	Elimination	Miserable

As newborns, infants and small children, we are influenced by feelings that emerge as emotions, which then motivate our actions. As we mature into adulthood, we navigate life through conditioned 'survival' thoughts shaped by our experiences with emotions, ultimately guiding our behaviors through our actions (this includes reverting back to low vibration foods when you feel scared, hurt, anxious, stressed).

With this in mind...

When setting your goals, visualize the feelings you wish to cultivate.

Envision yourself as the person who has already achieved these feelings and goals.

- What thoughts and mindset does this new version of you possess?
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- How does this new you spend your day? How do you use your time?
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- What type of language do you use? Consider both your communication with others and your internal self-talk. What messages are you relaying to yourself?
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How do you feel upon waking and throughout your day?

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Now, close your eyes, take a deep breath, and hold onto these elevated feelings.

Next, reflect on the differences between this future version of yourself and your current self. What changes can you implement? What changes will you commit to?

Keep your goals and commitments at the forefront. What is your vision for embracing this healthier lifestyle now? Consider aspects like mental clarity, energy, strength, stamina, weight management, optimal body composition, health, happiness, self-esteem, confidence, and restorative sleep. Highlight or circle the ones most important to you.

You're making a commitment to yourself. We are (re)building your foundation. Let's take a closer look at your lifestyle and what motivates you:

Take time to think about the following questions:



**Mindset:**

- What daily actions are you willing to take to reach your goals?

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- What weekly practices will help you stay on track?

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- What is your core motivation for embarking on this new lifestyle?

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**Foods:** (begin to make the connection between your food and your energy)

- That Comfort you:

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- That uplift you:

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- That slow you down:

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**Exercise:**

- What type of exercise will you commit to?

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- How often will you work out, for how long and for how many days each week?

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- How many hours will you dedicate to exercise each day?

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- What challenges might arise, and how will you overcome them?

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What does meeting, or even exceeding, your goals mean to you? How will your life shine brighter by achieving these goals?

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Who else will benefit from your journey toward improved health and happiness, and what impact will it have on them if you don't reclaim your well-being?

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Your "why" is the fuel that will keep you motivated at the start. Once your body aligns with your new habits, your taste buds and metabolism will adapt, and your energy levels will rise, leading to a joyful new state of being. What is your why?

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Research indicates that accountability boosts success. Consider techniques such as journaling, partnering with a friend or family member, or hiring a coach.

Tune into guided hypnotic meditations available online to help synchronize your body and mind for optimal success.

Sign and date your commitment.

Signature \_\_\_\_\_

Date: \_\_\_\_\_



## **Whole Foods Cleanse:**

Prepare to detoxify your body and retrain your taste buds and metabolism.

1. Enjoy various vegetables, preparing them into three meals per day plus snacks. Refer to the food combining notes and shopping list to keep things exciting.
2. Limit fruit intake to three servings per day, as it converts to sugar even in its natural form.
3. Avoid nuts, seeds, avocados, and any fatty foods, including oils or butters.
4. Steam or roast your veggies using broth or water.
5. Start each day with a glass of warm lemon water, which can also help alleviate gas and bloating throughout the day.
6. Spice your meals with your favorite seasonings or try new ones, being cautious of sodium levels in pre-mixed seasonings. Healthy choices include low-sodium mineral sea salt (gray or pink) pepper, raw apple cider vinegar, and mustard.
7. Replace caffeinated beverages, sodas, and soft drinks with water.

Please note that you may experience fatigue, headaches, irritability, or an upset stomach as your body adjusts. These are natural detox symptoms. Some may feel these effects immediately, while others might notice them later in the week, but remember: the worse you feel, the more your body needs this cleanse.

You can start gradually with a one-day cleanse per week, then increase to a three-day cleanse, then five, and ultimately a full seven-day cleanse, or you can dive directly into the complete seven-day cleanse.

After successfully completing the seven-day cleanse, you can choose to do a one-day cleanse weekly, a weekend cleanse monthly, or repeat the full seven-day cleanse quarterly.

## **Happy cleansing!**

Pro tips to support you through the process:

1. Spend time in nature, take walks, enjoy Epsom salt baths or foot soaks, breathe deeply, meditate, read a good book, or practice gentle or restorative yoga to help you unwind.
2. Delay starting any new intense workout routines; if you already have a routine, continue with it.
3. Do not skip meals or eat less than suggested. Keep your body fueled with food at all times, as you will burn through vegetables quickly. Soups are unlimited, and remember to drink more water or lemon water.
4. Chopping your salad greens makes it easier for you to digest, remembering that digestion starts in the mouth!



5. Avoid protein and fat sources during the cleanse. If you find your energy lagging or brain fog persists while on the seven-day detox, you may incorporate a small amount of clean white protein, such as chicken or egg whites. Start with three ounces and adjust as needed. Each time you cleanse, aim to reduce that amount by three ounces.
6. Continue any supplements or medications you are currently taking. Do not introduce anything new at this time.

Consider adding a fiber supplement to help eliminate toxins and enhance feelings of fullness. Incorporating magnesium can also help calm your nervous system, relax your muscles, and improve your sleep quality.

Detoxing is all about giving your body the love it deserves. Whole foods like fruits and vegetables are rich in antioxidants and essential nutrients that aid in detoxification.



### **Sample Menu:**

Start each morning with warm lemon water. If using a microwave, heat the water first, then squeeze the juice of half a lemon into it.

Hydration is key to curbing cravings. Sip on water, lemon water, detox tea, or herbal tea with every meal and snack throughout the day.

#### **Breakfast options:**

- Grapefruit or berries with warm broth
- Kiwi with a green vegetable juice
- Honeydew with steamed peppers, green beans, and onions

#### **Snack ideas:**

- Green vegetable juice with carrots and steamed beets
- Cucumber slices with sea salt and red or yellow peppers, or more green juice or bone broth
- Snap peas with bone broth or green juice

#### **Lunch options:**

- Veggie burger (no bun) on a bed of mixed greens with a side of soup
- Cucumber salad paired with steamed spinach
- Veggie soup served with a mixed green salad including olives, peppers, cucumber, celery, and artichoke hearts

#### **Snack time:**

- Enjoy a juicy pear, plum, cherries, or a banana as a sweet treat



- Snack on steamed broccoli, raw carrots, celery, or peppers
- Always have green juice or a warm bowl of bone broth available

Dinner options:

- Vegetable soup accompanied by a vibrant mixed green salad drizzled with fresh lemon or raw apple cider vinegar
- Grilled vegetable platter featuring eggplant, onion, peppers, and zucchini with a side of bone broth
- Roasted vegetables served with bone broth or your favorite green juice

Evening snacks:

- Cooked spinach in broth with a pinch of sea salt
- Snack on green beans or raw carrots
- More bone broth or your favorite green juice
- Colorful fruits or a salad drizzled with fresh lemon juice.
- Enjoy a crunchy apple



## Food Shopping List:

### VEGETABLES

- Artichoke
- Arugula
- Asparagus
- Avocados
- Beets/Beet Greens
- Bell Peppers
- Bok Choy
- Broccoli
- Broccoli Rabe
- Brussels Sprouts
- Cabbage
- Carrots
- Celery
- Collards
- Cucumbers
- Eggplant
- Garlic
- Green Beans
- Jerusalem Artichoke
- Kale

- Mushrooms
- Olives
- Onions
- Parsnip
- Peppers (all kinds)
- Pumpkin
- Radish
- Romaine Lettuce
- Sea Vegetables
- Spinach
- Squash
- Tomatoes
- Turnip Greens
- Watercress
- Wheat Grass



## CONDIMENTS

- Raw Apple Cider Vinegar
- Balsamic Vinegar
- Coconut Vinegar
- Coconut Aminos
- Cocoa
- Extracts (Vanilla/Almond)
- Mustard (Stone Ground)
- Salsa
- Pink HIMALAYAN Sea Salt
- Tamari
- BEVERAGES
- Medicinal Teas
- Herbal Teas
- Kombucha
- Raw Vegetable Juices
- Sparkling Water
- Spring Water (or Filtered)
- SWEETENERS
- Stevia SUPPLEMENTS
- Green Powder
- Magnesium
- Omega-3 Fish Oil
- Plant Based Protein Powder
- Probiotics (50 billion, minimum 10 strains)



## FRUITS

### Preferred:

- Blackberries
- Blueberries
- Cranberries
- Goji Berries
- Raspberries
- Strawberries

### In Moderation:

- Apple
- Apricot
- Banana
- Cantaloupe
- Camu-Camu
- Cherries
- Coconuts
- Figs
- Grapefruit
- Grapes
- HoneyDew
- Lemon
- Lime
- Mango
- Nectarine
- Orange
- Papaya
- Peaches
- Pears
- Pineapple
- Plums
- Pomegranate
- Rhubarb
- Watermelon
- all other fruits

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## SPICES AND HERBS:

- Basil

- Black Pepper
- Cayenne Pepper
- Chili Pepper
- Cilantro
- Coriander Seeds
- Cinnamon
- Cloves
- Cumin
- Dill
- Fennel
- Garlic
- Ginger
- Mint
- Mustard Seeds
- Nutmeg
- Oregano
- Paprika
- Parsley
- Peppermint
- Rosemary
- Sage
- Tarragon
- Thyme
- Turmeric



#### **SAUCES:**

- Raw apple cider vinegar
- Low sodium tamari
- Braggs amino acids



## **Soup Recipe**

Whenever you get hungry, eat more soup!



**INGREDIENTS:**

2/3 C SLICED CARROT

1/2C C DICED ONION

2 GARLIC CLOVES, MINCED

2 C FAT FREE, LOW SODIUM BROTH (VEGETABLE PREFERRED OR BONE BROTH OR STOCK)

1/2 C GREEN BEANS

1 TBSP. TOMATO PASTE

1/2 TSP DRIED BASIL

1/2 TSP DRIED OREGANO

1/4 TSP SALT

1/2 C DICED ZUCCHINI

***COOKING INSTRUCTIONS:***

COVER BOTTOM OF SAUCE PAN WITH VEGETABLE BROTH, ADDING THE CARROTS, ONION AND GARLIC ON LOW HEAT, COOKING UNTIL SOFTENED - ABOUT 5 MINUTES

ADD BROTH, GREEN BEANS, TOMATO PASTE, BASIL, OREGANO AND SALT.

BRING TO A BOIL, LOWER HEAT AND COVER, SIMMERING FOR 15 MINUTES OR UNTIL BEANS ARE TENDER

STIR IN ZUCCHINI AND HEAT FOR 3-4 MINUTES. SERVE HOT

ENJOY!

