

# Cleanse Philipstown!

## Your Cleanse Manual

To Heal & Live Deliciously



By Stanzi Allan Pouthier, chhc, aadp  
Functional Health Coach & Healing Foods Chef

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## Welcome To Your Transformation!

You're now entering an awesome adventure to create the vitality you were born to have. Its time to pay attention to yourself, your innate potential, and make the change you want to see in yourself.

You can heal yourself, become stronger, more energized, more resourceful and more powerful than you ever thought possible.

Can you imagine what your life would be like if you had all the tools to create the extraordinary life full of vitality that you so deserve...right at your fingertips?

This 10-day program is one of those tools! Its the powerful way to jumpstart the changes you desire in your health and bypass any roadblocks you're experiencing.

Your life has the potential to be energized, rich, and rewarding in every way!

**“A mind once stretched by a new idea, never goes back to it's original dimensions.” -Oliver Wendell Holmes**

### Let's get started...

First, mark the cleanse dates in your calendar now: June 1 - 10, 2013 ! It will take priority in your life. Clear out your schedule for the 10 days as much as possible. After all, this IS a cleanse and you will need to slow down your pace a bit and rest. Yes, you actually have permission to REST. Cleansing is more than food.

This is it. This is the jumpstart you've been waiting for. Give this the attention it and **you** deserve.

You now may be asking, “What can I expect during this transformational journey?” The list of benefits you'll experience from cleansing is very long. But remember about bio-individuality - that is, each person is different, so benefits and experiences will vary from one person to the next.

I like to call these “side effects”. Side effects can be good, you know!

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## Common Benefits

- Weight loss - water retention loss and fat loss - often around 3 to 10 pounds in these 10 days (because toxins are stored in fat)
- Energy increase (due to your system being cleaned out, nutrients being more assimilable in your body, and your body becoming more alkaline and less acidic)
- Overcoming cravings and psychological addictions to food
- A boost of your immune system
- More energy and desire to exercise
- More acute mental focus
- Symptoms of chronic diseases start to fade away
- Renewed happiness
- Sinuses cleared
- Lowered LDL cholesterol levels
- Allergy relief
- Vision improvement
- Sexual energy renewal and increase
- Improved blood sugar metabolism
- Improved complexion/skin
- Improved sleep

## The Challenges

You may face some challenges during the cleanse, and symptoms of "detox" that can vary from one person to the next. Your detoxification symptoms will depend on how your diet was before you started the cleanse. If you had a lot of acidic foods like caffeine, sugar, alcohol and processed foods regularly, then you can expect the detoxification symptoms to be greater.

Get balanced with your understanding of the cleansing process. Set specific goals and intentions. Any detox symptoms will be temporary, and when you look at it in this way the process will be much easier. Join a good support group and understand every day will bring you closer to feeling awesome!

Common detox symptoms include:

1. Low energy
2. Cravings for unhealthy foods
3. Thirst
4. Self-doubt and fear
5. Headaches (usually from caffeine withdrawal)
6. Mental "fogginess"
7. Sweating, bad breath, body odor, foul taste
8. Nausea, on occasion

***Remember that these symptoms are always temporary. You gotta get the bad stuff out so that your soul can shine!***

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As you get further into the cleanse, you'll feel empowered to hurdle these roadblocks, and develop innate skills and techniques that will help you stay on track while revitalizing your personal health and inner power.

Detoxification symptoms should be minor. If you experience major symptoms, please use me as a resource. I can guide you to ease your symptoms very quickly. The most important thing to remember is to get the toxins out as quickly as possible. I will give you the techniques and tools to do this step by step. They may not always be what you think, so be prepared and open to trying new things!

## The 8 Foundations of Awesome Health

These 8 Foundations will be explained, in detail, throughout the 10-day cleanse with exercises to put them into practice. The last two days will be focused on integration.

### Foundation #1: Alkaline Food

This is the basis of this cleanse. The scientific study by Dr. Robert O. Young, of live and dried blood analysis has proven that when the blood is maintained at 7.365 pH (mildly alkaline), the body is in a state of vital health: weight, cholesterol and blood pressure are normalized; the aging effects of the skin reverse; allergies are alleviated; and viruses, bacteria and parasites cannot live in this state. Specific foods and liquids bring the blood to an alkaline state quickly (along with the other foundations stated below).

### Foundation #2: Pure Water

Our bodies are 70% water and our blood is 94% water. When we drink fresh water, void of toxins, that is highly alkaline (with a pH between 9 and 11), the water helps neutralize stored acid wastes and gently helps flush acids from the body. Filtered or spring water is a must. You can buy alkaline drops to add to your water too!

### Foundation #3: True Breath

Performing breathing techniques, or Pranayama, carries oxygen to your blood, detoxifies the lymphatic system, boosts the immune system, clears breathing passages and boosts energy.

### Foundation #4: Lymphatic System Management

Keeping the lymphatic system clear is essential for proper immune system function. The Lymph System removes excess fluid, waste, debris, dead blood cells, pathogens, free radicals and toxins from other body systems and the tissue spaces between them.

The lymph system also works with the circulatory system to deliver nutrients, oxygen and hormones from the blood to the cells that make up the tissues of the body. You will incorporate a simple 2-minute self-massage technique to keep the lymph system moving that should be done at least twice per day - in the morning and at night. It also feels really good!

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### Foundation #5: Aerobic Activity/Oxygenation

Exercise regularly and experience the giant boost in energy that aerobic power brings, including the release of endorphins that help us feel happy!

### Foundation #6: The Holistic Approach

What we eat, when we eat, when and how much we sleep, as well as the quality and quantity of **non-food nutrients** we consume, all dictate if our bodies run at maximum capacity.

Non-food nutrients include sunshine, laughter, fresh air, love, positive relationships, a strong intellect, and spirituality.

### Foundation #7: Maximum Constitutional Strength

We each need unique nourishment within the general guidelines of nutrition to feel energized and balanced. Knowing what your Ayurvedic constitution is will give you an idea of how to balance your whole self.

### Foundation #8: A Focused Mind & Heart

Having a focused mind and heart is a vital part of having an energized vital life. Being relaxed, comfortable, motivated and inspired plays a major role in raising your energy and knowing how to direct that energy to create long-term success. There are 3 areas that aid in the focus: 1. Relaxation and Stress Control (peace, tranquility, spirituality - it has different names for different people), 2. Attainable Goals (in career, finances, and self improvement), and 3. Healthy and Enjoyable Relationships (love, friends and family).

## Preparation For The Cleanse ~ *Start Now*

1. **Decrease and eliminate processed food (candy, crackers, cookies, cereal etc.)** By now, we all know that processed foods are void of essential nutrients and are filled with artificial preservatives and chemicals. Be a label reader. Be scrupulous. If you don't know what an ingredient is, or its not a natural ingredient, then just don't buy it.
2. **Begin to eliminate acidic drinks like soda, coffee and caffeinated teas, flavored waters, bottled or box juices and alcohol.** This step is for many the hardest step to take. By eliminating these things before the cleanse starts, you'll feel better during the cleanse. Further down in the guide you'll read how to decrease and eliminate caffeinated drinks from your diet. Follow the guidelines and **don't quit cold turkey** UNLESS you only drink 1 cup a day.
3. **Decrease and eliminate processed sugars: white sugar, cane juice, agave, beet sugar, etc.)** Sugar in any form is acidic. Yes, including fruit to some degree (the fiber in fruit slows down sugar absorption, so fruits are safer to eat than other sugars). Our goal in this cleanse is to get your body to an alkaline state to boost your immune system, release toxins, clean the liver and radiate your brilliance!

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4. **Decrease and eliminate dairy (milk, cheese, yogurt, ice cream)** Dairy is mucous forming and can be acidic in the body. Dairy is also a common cause for allergies. We therefore eliminate it during cleansing. Delicious recipes for alternative alkaline milks (like almond milk) are in the recipe book. No, they don't taste like cow milk, but are really tasty in their own right!
5. **Decrease and eliminate all other animal products\*** Since animal products have the ability to be acidic in the body, take a long time to digest and may contain parasites and high levels of hormones, we eliminate them while cleansing. We're going to focus on high fiber alkaline foods to clean out the digestive system and detox and heal your body.
6. **Buy pH test strips** They run approximately \$10 for a plentiful supply. Look for pH strips for urine which is a little more accurate than saliva test strips. Test your pH before the cleanse begins in the morning (before any food is consumed). You will then test yourself again midway through the program, and at the conclusion of the program. Its cool to see it change!
7. **Create your cleanse pantry.** Your shopping list is at the end of this guide. Print it out and bring it to the store with you to make shopping easy. Stock your pantry with these foods, and start the transformation of your Vitality Kitchen!

## Cleansing Tips

- Drink plenty of good quality water (preferably spring, filtered, reverse osmosis or well water) to hydrate your body. This means drinking **at least** 3 liters of water per day. 1-2 liters between breakfast and lunch and 1-2 liters between lunch and dinner. More in the morning than in the afternoon. Increased fiber can cause constipation if adequate water isn't consumed. You'll get more info about water during the program.
- Drink plenty of vegetable juice and/or blended soups with a little water added. I'll show you how!
- If you're sensitive to sugar and yeast, limit/avoid fruits and fruit juice and sweet vegetable juices like carrot and beet, unless its diluted with green juices.
- Probiotic supplements are recommended for people who have been on medications such as antibiotics or corito-steroids or who have constipation, diarrhea or yeast overgrowth.
- Eating foods in their raw state has the highest nutritional value, enzymes and life force. If you crave the warm stuff, make some hot tea (ginger is nice!) or lightly steam some veggies.

## Testing Your pH (Acid/Alkaline Balance)

pH is the measure of acidity or alkalinity of a liquid like water, saliva, urine and blood. In a human, to test for true pH in the body, a blood test is needed to get accurate results. This can be done by going to your doctor. A common substitute is taking a saliva or urine pH test. These are not as accurate, but can give you a general status of where you are on the measuring system. A urine test is more accurate than a saliva test. During cleansing, test your pH as often as you like! Its fascinating to see the color change.

## What To Do When You Say "I feel horrible!"

During a cleanse, toxins are brought from where they've been stored in the tissues and fat to the blood so they can be eliminated. That means your blood may be dirtier than it started out for a little while (i.e. you may feel worse before you feel better). Due to bio-individuality and differences in diet, different people experience different degrees of unpleasantness or sometimes none at all.

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These can include constipation, diarrhea, nausea, weakness, dizziness, headaches, lightheadedness, rashes, bad breath, flu-like symptoms and fatigue.

There are several things you can do when this happens:

- Drink lots of water with lemon or lime squeezed into it throughout the day. This helps flush the toxins out quickly and alkalizes the body.
- Take Activated Charcoal. It sucks up toxins and eliminates them naturally.
- Enemas or Colonics. Yup. I went there! this is absolutely the FASTEST way to get the toxins out. Its a little strange the first time you do it, but its totally easy and worth it.
- Reach out for help. I can give you tips to feel better!

A healing crisis (mentioned above) is actually a good sign! But if it gets intense, you may want to fine-tune your protocol. You are your best judge. Mild discomfort is expected, but should be short-lived.

There is no medal for who can cleanse most intensely, so don't push your body. Have fun!!! You should feel successful however deeply you're able to cleanse. I'm here to help, so reach out.

Below are tips for common detox symptoms:

### **Constipation**

- Drink more water on a regular basis throughout the day.
- Drink green juice and/or a green smoothie every morning (at least once per day) and add a green powder to your water throughout the day. My favorite is Vitamineral Green by HealthForce Nutritionals ([www.healthforce.com](http://www.healthforce.com)). You can also try Amazing Grasses in the local health food store.
- Aloe vera juice is another cleansing aid. add one tablespoon of it in your green juice or take with a meal.
- If none of the above are working, you can use a mild, herbal laxative. These can be found in any health food store. Don't take any from a common drug store. They're too harsh.
- ENEMA! I know, I know. But it WORKS!!!

### **Diarrhea**

- Since your body might be adjusting to new high-fibrous foods or releasing excess acid, be patient.
- Stay hydrated and drink extra water.
- Activated charcoal may be taken two times daily until symptoms improve if its too much.
- Supplement with probiotics and/or raw sauerkraut daily on an empty stomach throughout the day before meals. Healthy intestinal bacteria are many times flushed out by bouts of diarrhea. Probiotics play a major role in the state of our health.

### **Nausea**

Nausea could be caused by liver congestion, toxin overload or slow-moving bowels.

- Take 4 capsules of activated charcoal two times daily until better.
- Drink 1 to 2 cups of fresh ginger root tea. Slice an inch long piece of fresh ginger and add to boiled water for 10 minutes.
- Enema. Yup, it gets stuff out fast!

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## Headaches

Some people get headaches the first couple days of a cleanse due to caffeine withdrawal or toxic overload.

- Drink more water
- Get plenty of sleep and be patient
- Get some sunshine minus the sunscreen.

## Flu-Like or Cold Symptoms

These symptoms can range from a sore throat to full body aches. The best thing to do when these symptoms appear is to keep cleansing, drink plenty of water and get plenty of rest.

- Take a warm bath with 2 cups of epsom salts to help detoxify your body and get you feeling better faster.
- Hit the hay.

## About Caffeine

If you drink coffee or other caffeinated drinks and you give them up during the cleanse (which is HIGHLY recommended), you might experience more detox symptoms than people who don't drink them. Actually, most of your detox symptoms may come from caffeine withdrawal.

If you currently drink more than 2 cups of coffee/caffeine per day, I don't recommend that you drastically cut your caffeine intake during the cleanse. Instead, I recommend a coffee withdrawal program using the products Dandy Blend (from [www.amazon.com](http://www.amazon.com)) or Teecino, available in your local health food store (but note they are NOT Gluten Free), or a tea withdrawal program using green tea and rooibos tea. The "Kick The Caffeine Habit Program" is described here:

[http://teecino.com/building\\_optimal\\_health/134/Kick-The-Caffeine-Habit-Program.html](http://teecino.com/building_optimal_health/134/Kick-The-Caffeine-Habit-Program.html)

So if you drink more than 2 cups of coffee per day you should start weaning RIGHT NOW using a 14 to 21 day transition. If you drink more than 3-4 cups a day, then your goal will be to cut at least 50% of your caffeine intake by the end of cleansing. And if you're someone who drinks only 1 cup a day, you can go cold turkey starting today, or go on a quick 5 day transition.

Don't think that cleansing isn't working for you. If you're dealing with caffeine addiction, the cleanse will really help you handle that. But please be aware of the issues related. I've had clients completely eliminate their major coffee addictions in days. Its totally do-able!

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## Cleansing Your Liver and Gallbladder

Why Clean the Liver & Gallbladder? The liver is responsible for cleaning our blood. Its the center for detoxification.

It synthesizes protein and produces biochemicals necessary for digestion. This organ plays a major role in metabolism and hormone production as well. It stores glucose in the form of glycogen, vitamins A, B12 and D.

The liver is essential. Without it, you wouldn't be here. BUT, most people in our culture over abuse their livers on a daily basis with their diets and activities. Take this time to gently cleanse your liver and give it the much deserved break it most likely needs. The liver can then function at top capacity.

### Electrolyte Lemonade (Gentle Liver Cleanser)

Ingredients:

- 3 Tablespoons raw coconut oil
- 1 apple or pear, skinned and cored or 1/2 cup freshly pressed apple juice, room temp
- 1 medium-sized lemon, skin removed, room temperature
- 1/2 inch piece of fresh ginger, chopped
- If you need it sweeter, add a few drops of liquid stevia or a spoonful of raw local honey

Blend all ingredients on high, pour and drink immediately at room temperature. Its delicious!

Drink one glass preferably after dinner during cleansing. To attain the best results from this liver cleanse, don't consume any fats for dinner. Drink this smoothie every day or every other day.

If you want to skip it, that's a-okay. Either way, you will experience great results.

## Meal Planner

You have 3 mealplans to choose from. Choose your mealplan or create your own using the template that will be provided. You even have shopping lists for them! I love making it easy for you!

Print out the mealplan you choose (or create your own), and post it on your refrigerator. At night of each cleanse day, take a few minutes to plan the next day's meals. You may find you have leftovers that need to be eaten the next day. You'll also need to prepare some of the food the night before, like soaking nuts and seeds, so be sure to take a few minutes at night to plan ahead.

A BONUS mealplan template is included to use for life. Planning your meals is an essential tool when following a healthy lifestyle. It eliminates the frantic "what do I make for dinner" syndrome when you can end up ordering pizza or making a frozen dinner.

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## MEALPLANNING TIPS TO LAST A LIFETIME:

- If you have leftovers of blended soups and sauces, eat them for lunch, snack or dinner the next day. Don't let them sit more than a day.
- Green smoothies are usually best fresh, but last up to 3 days in the refrigerator.
- Make a large batch of almond milk. This can last 3-4 days in the refrigerator and be used in many smoothies and in granola. Its also a filling quick beverage snack.
- Take it easy on the sweet treats. The dessert recipes are totally fun, but eating greens is where its at! Eating large amounts of sugar creates acidity in the body and leads to decreased immune function, cloudy brain, weight gain, candida, you know what I mean.
- Some recipes can't be stored as leftovers. These include zucchini noodles and raw tomato sauce, sweet tomato slices, nori rolls, assembled burritos (although the separate parts can be stored...separately). Said foods will get soggy and inedible.
- If salads are left over, eat them for breakfast or lunch the next day.

### **Here are some basics to meal planning and this cleanse:**

- Have green juice and/or green smoothie for breakfast every morning.
- Consume green drink (green powder in water) mid-morning and mid-afternoon every day if you wish to see faster results. You should be drinking at least 1 liter each time.

## Recipes

The cleanse recipes are all contained in the recipe book. Have fun with them! Take photos of your food and you enjoying your food and share them on our Cleanse Philipstown Facebook page! Share recipes that you create and lmk if you like or dislike any recipes OR please request a recipe for a knock off of your favorite comfort food! :)

## Eating Out While Cleansing

Local restaurants around Philipstown will feature "Cleanse Approved Meals" on their menus during the cleanse for your enjoyment! So, go out and socialize and keep on cleansing!

## Shopping List

The shopping lists are provided! Yea!

## Specialty Items

Green Powders, pH Strips, Juicers and other optional cleanse-supporting items are available for sale at your local health food store or online. Ask questions for specifics as I can guide you to websites with great deals and superb products. If you don't want them, you can totally and successfully cleanse without them! None of them are necessary for the cleanse - just perks!

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## Equipment/Appliances

The only true equipment you will need for this program are knives and a blender.

If you own a juicer and a food processor, you'll totally use them. If you want to invest in a juicer, there are different pricepoints. Below are the best juicers in each pricepoint and you can purchase them online:

- Low Pricepoint:** **Breville BJE200XL 700-Watt Compact Juice Fountain** (Good for fruits and vegetables, but does not juice greens well) this runs around \$99.
- Medium Pricepoint:** **Omega J8005 Nutrition Center Single-Gear Commercial Masticating Juicer** (a GREAT home juicer that juices everything including wheatgrass and makes nut butters, baby food and comes with a pasta making attachment) This juicer runs around \$255.
- High Pricepoint:** **Green Star GS-1000 Juice Extractor** (the mack-daddy of all juicers. Does everything and lasts forever!) This juicer costs approximately \$450.

If you'd like to invest in a high speed blender, two are recommended. The Vitamix is numero uno. Its an investment but will last a lifetime. The second is the Blendtec. Its also high powered and a awesome blender. Search the internet including Craigs List and EBay for used equipment. I bought my Vitamix, used, in 2002 and it still works perfectly today. I use it every single day!

## Your Questions

There are a few ways to ask questions during the cleanse.

1. Our private Facebook group.
2. Pop into the pop-up shop in SkyBaby Yoga Studio during shop hours.
3. email [hello@stanzivitality.com](mailto:hello@stanzivitality.com)

## Daily E-mails

During the cleanse, you will receive one email per day. It's important that you read the emails thoroughly to get the most out of this cleanse. Included will be answers to your questions, exercises, videos, breathing and detoxification tips, encouragement and inspiration, photos, and more!

## Online Community Forum

Our online community forum is located on Facebook and named Cleanse Philipstown. Its where you can connect with others for support, recipes and beyond. If you're doing this alone, this is essential to feel connected, inspired and motivated to continue. The web address is [www.facebook.com/cleansephilipstown](http://www.facebook.com/cleansephilipstown).

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## Pregnancy and Breastfeeding

This cleanse is not intended for women who are or may be pregnant or who are breastfeeding a child under the age of 12 months.

## Liability

By reading this guide and starting this program, you agree to take all responsibility unto yourself of any physical, mental or emotional reactions that may occur during or after the course of the program. Although we are happy to provide information and services which will help you to improve your health and well being, we do not 'treat', or aim to 'cure' any disease. The information given is for informational purposes only.

**Go! You're deliciously healthy life is waiting!**

XOXO

*Stanzi*

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