

# **The Art of Spring Cleaning**

## **Introduction:**

1. Welcome to the Art of Spring Cleaning
2. Who I am, what I do, and how I can help you be who you are and do what you do!
3. What we are doing today.

## **Herb and Fiber Cleanses vs. Food Cleanses:**

1. Basic Kit Cleanse pros and cons
2. Food Cleanse pros and cons
3. Why I have switched over

## **The Basic Protocol:**

1. The general sequence: 1234321
2. Permutations on the general sequence: 12321, 123343321, 1223221, etc
3. Weekly Protocols and Lunar Protocols
4. The Secret: You will finish the Spring Cleaning 1 step beyond where you are today!

## **The playing field:**

1. Junk food/ Fast food
2. Processed food: frozen, canned, boxed, pre-made, restaurants
3. Home-Cooked Omnivore
4. Home-Cooked Vegetarian
5. Home-Cooked Vegan
6. Raw Food Vegan
7. Green Smoothies
8. Fresh Veggie Juice
9. Water

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## **Do's:**

1. Apples
2. Kale and other greens
3. Water

## **Don'ts:**

1. Caffeine
2. extremes
3. snacks

## **Extras:**

1. Herbs; Triphala, Ginger Tea, Lemon or Apple Cider Vinegar in morning
2. Blenders
3. Juicers

## **Clean water:**

1. Spring
2. Filtered
3. Distilled

## **Fresh air!**

## **Physical movement:**

1. Take it easy.
2. Listen to your body.

## **Rest!**

## **Reactions!**

1. Headaches, skin rashes, digestive irregularities = back up a step.