

be.nourished



Spring 2022 Cleanse
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Testimonials:

"My advise to other cleansers is to let go and be present. be.nourished is taking care of your mind and body this week. This is a rare moment to be present, let go and soak in." LC

"Lynn's weekly meals have completely transformed my day to day energy. Having an autoimmune disease and suffering from many health issues, I had a hard time getting through the day. After I participated in the cleanse, I feel so much younger! I have more energy now and I have found more enjoyment in finding a cleaner way to eat and feed my family. I'm so grateful for be.nourished!" EO

"The cleanse was truly amazing. Besides the delicious food and juices, the daily practices and daily texts were a big part of my success. I feel great!" JR

Hiya Butterfly,

Welcome to your be.nourished cleanse! Congratulations for prioritizing your health! This week will be one of deep cleansing, healing and rejuvenation. I am so excited to guide you through it!

The first day of the program will immediately kick off your body's detoxification process. You will remove common causes of inflammation, blood sugar spikes and harmful gut bacteria from your diet. By avoiding these triggers throughout the week, your gut microbiome can completely reset and transform, giving your body the chance to function at it's best.

As you move through the week, you may experience detox symptoms- I experience them every time I cleanse:) The following symptoms are completely normal, quite common and are part of the cleansing process:

- *Headaches or body aches
- *Fatigue, drowsiness and low energy levels
- *Lightheadedness/ irritability
- *Bloating, constipation, diarrhea, nausea

With this in mind, should you ever be concerned about the symptoms that you are experiencing, please reach out and consult your care provider.

Tips for Support

- 1) Each day consider starting with the recommended daily practices to set the tone for your day. See which ones feel true for you. My suggestion is: wake up, take a few deep breaths and think about 3 things for which you are grateful while oil pulling, dry brush, then shower. Warm lemon water to follow in place of a caffeinated beverage. Please find “how to” information at the back of the booklet for oil pulling, and dry brushing.
- 2) Drink a lot of water. Water is your BFF this week. It helps flush out your system and expedites the release of toxins. It also assists in mitigating withdrawal symptoms.
- 3) Stick to the program. Note the numbers on your containers. The order of the food is intentional. For best results and feeling most satiated, please follow. Shake your juices before drinking them and sip them slowly.
- 4) Listen to your body and rest when you need to. Treat your body to extra rest by going to bed earlier than usual.
- 5) Be kind and gentle to yourself. If you workout, dial it back. It takes a lot of energy to cleanse and you are not consuming a lot of calories. Gentle movement, a chill hike/walk or a slow yoga flow will feel good. Reconnect with your intention/ goals. This program is challenging and powerful. Take moments of pause and celebrate the gift that you are giving yourself.

Day 1

Don't make feeling better an option, make it your big dream. Don't make self-care an option, make it your commitment. Don't make becoming who you want to be and loving who you are goals for the future, start right now.
Aviva Romm

Good morning Butterfly! How are you feeling? Today is your first day on your personal cleanse journey. Welcome! Please find day one's menu and schedule. The juices, broth, waters and meals are listed in order by the number in which they should be enjoyed. Each morning take a moment. Breathe, reflect and write three things that you are grateful for in your journal.

Those who practice 3 gratitude's a day for just 21 days report more overall happiness than those who don't....bonus if you complete the day with 3 more gratitudes in the evening. Those who write 3 gratitudes at night before bed sleep more soundly. Goals and thoughts can also be helpful to include.

The first day of the cleanse is typically the most challenging. Be kind to yourself. Sip your juices and soup slowly and enjoy your chlorophyll water, the dark green drink, throughout the day. In the evening, dry brush and run a hot bath with today's mineral soak. Relax and enjoy.

Menu for Day 1

1. **Wake up:** Take a few deep breaths. Oil pull for 5-20 minutes. As you are swishing, think about your intentions for the day. What do you hope to accomplish? What are you grateful for? Grab your journal and write it down. Spit. Floss. Brush teeth. Dry brush. Shower.
2. **Warm lemon water-** squeeze 1/2 lemon in 8 oz of warm water-great for elimination
3. **Pre-breakfast:** Apple ginger green juice - rich in energizing chlorophyll
4. **Breakfast:** Raw apple granola with cashew crème - protein rich
5. **Mid-morning:** Detox tea
6. **Lunch:** Farm fresh salad with pumpkin and hemp seeds - plant protein rich
7. **Mid-afternoon:** Cool juice - hydrating
8. **Dinner:** Carrot Ginger Soup - Immunity boosting, cancer preventing, anti-inflammatory
9. Detox tea
10. Dry brush and take a bath with your mineral soak
11. Journal your gratitudes
12. Rest and restore

* Sip on chlorophyll water throughout the day

* Push water throughout the day.

Day 2

Every moment is a fresh beginning **T.S. Elliot**

You are doing great! I hope that you are feeling energized and inspired by your first day. Each day consider starting with breath, oil pulling, gratitudes and dry brushing before your shower.

Push your water to release toxins.

Remember to drink at least 50% of your body weight in ounces of water each day. Give yourself hugs and gentle, kind words throughout the day. Your body is ready for this cleanse and you should feel so proud of rising to the challenge!

A little info about gratitude. Gratitude is the act of giving thanks. In its highest form, its also an orientation- a state of being, in which one is able to recognize good things even during difficult times. Socially, gratitude is the glue that binds us. When we practice gratitude, our body benefits. Gratitude supports our mental health by increasing the feel good hormones in our brain. The more you practice gratitude, the less time you think about the negative stuff, in other words, gratitude down shifts the negative and up shifts the positive.

Menu for Day 2

- 1) Wake up: Take a few deep breaths, oil pull, journal, dry brush and shower.
- 2) Warm lemon water, use the other 1/2 of your lemon
- 3) Pre- breakfast: Good morning green juice: rich in cancer fighting nutrients and plant forward fiber
- 4) Breakfast: Chia pudding parfait- brimming with essential fatty acids, plant forward protein and omega's to maintain energy levels
- 5) Mid morning: Detox Tea
- 6) Lunch: Salad in a cup- this low glycemic juice will support your lunch time energy levels while your body works hard at removing toxins...cilantro is a major chelating agent!
- 7) Mid afternoon: Alkalizing Mineral Broth
- 8) Dinner: Far East kale salad- full of phytonutrients, omegas and immunity boosting hero ingredients, your thyroid, heart and colon are going to love you!
- 9) Detox Tea
- 10) Dry brush and soak in the tub
- 11) Journal your gratitudes
- 12) Rest well

Sip your detox teas and chlorophyll water throughout the day.

Day 3

**Our body's ability to heal is far greater than
we've ever been led to believe**

It may be hard to believe.... you are officially halfway through your cleanse! Now is the perfect time to check in with yourself. - How are you feeling in your body? What have you noticed emotionally, physically, and mentally? How are you sleeping? Are you waking with more energy? Do your eyes and skin look different? Brighter? More clear? These are a few positives that I have noticed during this cleanse.

Continue pushing your water. Drink your detox tea. You are doing great!

Menu For Day 3

1. Wake up: Breathe, take the day off from pulling, journal, then dry brush and shower
2. Warm lemon water- find a lemon in your bag, use 1/2
3. Pre-breakfast: Apple turnover juice- rich in hydration and phytonutrients
4. Breakfast: Greens and ginger broth - anti inflammatory
5. Mid morning: 1/2 an avocado
6. Lunch: Fresh farm salad with lemon quinoa- antioxidant rich to help combat acidity & free radicals from toxic build up
7. Mid afternoon: Detox tea
8. Dinner: Green detox soup - plant fiber with super immune boosters
9. Detox tea
 10. Round out today with your dry brush and bath soak
11. Journal your gratitudes
12. Rest well
13. Push your waters and enjoy your tea.

Day 4

Stepping onto a brand new path is difficult, but not more than remaining in a situation which is not nurturing to the whole person

Maya Angelou

Get ready to take on today! You will be consuming primarily liquids to give your digestive tract a break. This gives your gut time to rest and heal. Enjoy each juice every 3 hours. Your chlorophyll can be consumed throughout the day. Make sure to shake and sip your juice slowly and drink lots of water in between. You are consuming a lot of plant forward fiber (your colon is loving you), and the hydration supports flushing the toxins out.

Take time to pause, check in and feel. You are in the drivers seat of your own health.

Enjoy this day.

Menu for Day 4

1. Wake up: Breathe, take the day off from pulling, journal, then dry brush and shower
 2. Warm lemon water- find a lemon in your bag, use 1/2.
 3. Green goddess juice - with EzLive - our foundation of plant fiber and phytonutrients
 4. Greens and ginger soup- loaded with phytonutrients, minerals and vitamins
 5. Cool juice - hydrating
 6. Detox tea
 7. be.nourished fortifying nut mylk
 8. Detox tea
 9. Dry brush before your soak, think about your gratitudes and jot them down
 10. Rest well
- Chlorophyll water + herbal tea

Day 5

Good morning! How are you feeling? Grateful for your amazing body, I hope. Today is your final day of your cleanse. I hope you woke up today feeling light, bright and energized after this week of deep, total body cleansing. I want your transition to your regular routine to go as smoothly as possible so you continue to feel great and benefit from the full effects of your cleanse.

Please take note of the transition guide which includes a safe, mindful and healthy transition. Tonight reflect back to the beginning of the week and what your intentions were when you began your cleanse. Take a moment and reflect on your gratitudes that you feel after completing the cleanse and having the courage to change habits and patterns that perhaps were not serving you. Notice the difference in your skin, your energy, your sleep and your waistline.

This cleanse has the potential to kickstart a new lifestyle with new habits, new patterns and new rituals. We believe in the power of food as medicine and it's profound impact on extended healthy living and vitality. Congratulations, Butterfly! You are in the driver's seat of your own health and well being!

Menu for Day 5

1. Complete your morning ritual
2. Warm lemon water
3. Pre breakfast: Green goddess juice- phytonutrients, Ca⁺⁺ rich
4. Breakfast: Overnight oats with apple, flax crumble- fresh fiber to the max with plant protein and omega's
5. Mid morning: Detox tea
6. Lunch: Moroccan sunset salad with greens - liver fortifying
7. Mid afternoon snack: Liquid IV green juice - energizing
8. Dinner: Probiotic Miso Ginger Carrot Soup - Supports a healthy gut bacteria to build a healthy microbiome.
9. Detox tea
10. Complete your evening ritual with a celebration honoring YOU!

What next? Helpful hints to transition from your cleanse:

I suggest following these guidelines over the next couple of weeks and beyond to maximize your results and ensure a safe and healthy return to your routine.

- 1) **Eat clean.** For best results, keep your diet as clean as possible...that means plenty of greens and plant forward food. Keep sugar, gluten, meat and dairy and any processed foods to a minimum. Consider ordering from the be.nourished program. We'll take the stress out of meal planning, shopping and cooking.
- 2) **Reintegrate the eliminated foods slowly.** You can begin to introduce the eliminated plant foods- including grains, nuts, fruit and night shades. Just be sure to choose whole, minimally processed versions of these foods.
- 3) **Reintroduce caffeine slowly.** Take it slow. Consider adding green tea as a caffeine source instead of coffee. It's super high in cancer preventing antioxidants.

- 4) Be careful with sugar. This may be the first time in a long time that you've gone without refined sugar for 5 days! Introduce it slowly and consider natural sugar instead of white refined sugar. Avoid high sugar processed foods and drinks and un-natural sweeteners. Aim for low glycemic fruits like apples and berries if you're craving something sweet.
- 5) Ease into exercise. Listen to your body and do what feels comfortable to you.
- 6) Listen to your body, particularly your appetite. Be mindful when you sit down to eat. Your sense of satiety may have changed. You may find that you'll feel full faster, so eat slowly and breathe deeply at mealtime.
- 7) Keep up the dry brushing. This is a favorite of mine before showering. It's great for lymphatic drainage and firm, smooth, youthful skin from head to toe
- 8) If pulling calls to you, keep it up. This is a great addition to your dental hygiene.
- 9) Gratitude journaling can play such a profound role in your mental health. It may

be one of the least costly and most accessible forms of natural medicine that every one of us has the ability tap into.

Thank you for including be.nourished on your wellness journey. If you are happy with your experience, I'd love an insta shout out/testimonial @be.nourished_lynn.

Please reach out if you have questions, concerns and feedback. I am always trying to improve and take your comments and suggestions seriously.

With gratitude,

Lynn

Small habits, lasting change

Dry Brush: Did you know that your skin is the largest detoxification organ? Each skin cell is designed to help eliminate toxins from your body. Dry brushing helps to unclog pores and release toxins that are trapped in the skin. Begin and end the day with a 5 minute dry brush and celebrate the benefits:

1. **Stimulate your lymphatic system:** Dry brushing will kickstart your lymphatic system which helps remove toxins from the body.
2. **Exfoliate dead skin:** this practice will remove dry skin, ensuring that you have silky smooth skin all year round.
3. **Decongest your skin and unclog your pores:** Dry brushing unclogs your pores and helps your skin absorb and retain moisture, while improving elasticity.

Dry brush before showering or bathing. Begin by gently brushing your skin starting at your feet and moving in long strokes, always toward your heart. Brush several times covering your entire body. Follow with a shower or bath to rinse.

Oil pulling: Oil pulling is an ancient Ayurvedic medicinal practice that dates back over 3000 years. It involves swishing one Tablespoon of coconut oil in your mouth on an empty stomach for 15-20 min. This practice draws out toxins from your mouth, improves oral health and can reduce halitosis caused by bacteria.

Simply place a 1/2 pack of coconut oil in your mouth. Swish it around for 15-20 minutes and spit it out in the garbage, (not in your plumbing!), then floss and brush.

We recommend coconut oil because of its anti-bacterial properties and natural whitening abilities. There is no need to use a

lot of force while swishing. If pulling causes pain in your facial muscles, relax. Slowly work your way up to 20 minutes.

Throughout your cleanse, try oil pulling at least 3 of your cleanse days.

Intention Setting with Palo Santo: Your Palo Santo stick is wood from a mystical tree that grows on the coast of South America.

Burning the stick is used to cleanse energy and space. It's also known for its calming effects by supporting the immune system and central nervous system. Prior to setting your intention for your cleanse, light your tea light, then light your stick from that flame. Hold it at a 45 degree angle and point the tip downward toward the flame of your candle. Allow the stick to burn for about 30 seconds, then blow it out. Place your palo santo in your jar with the sand. A stream of smoke will rise and spread into your space. You can gently blow on the embers if you want to revive it. Once you are done, place the lit end of your palo santo into the sand to extinguish it safely.

Medicinal bath/foot soaks: One of my favorite parts of the cleanse is in the evening when I am ready to soak in the tub. Each night you'll receive a medicinal bath soak, complete with detoxifying ingredients to support your body. Aromatherapy oils have been added to ensure an incredible relaxing experience and deep restful sleep, If you don't have a tub, you can use a wide bucket or bowl. Place salts in bucket, add warm water & enjoy your foot soak!

Super B injections: be.nourished offers Super B injections, if you're looking for a little boost! B vitamins are extremely important for maintaining health and supporting energy levels, brain function and overall well-being. B vitamins are water soluble, meaning your body does not store them or make them on its own. It is essential to your body's well being to have a daily supply of B vitamins. B vitamins are in a variety of foods, but it is difficult to eat enough to supply the body with the

necessary vitamin amounts for optimal functioning, particularly if your diet is plant based. Stress can deplete **B** vitamins from the body as well as reduce the body's ability to absorb nutrients from foods and supplements. Supplementation with **B** vitamins does provide support to the body and does help boost the body's available **B** vitamins. A diet rich in plant powered diversity is recommended in tandem with **B** injections to support and increase the benefits you already receive through your daily diet.

Please find the included **B** vitamins in the **B** nourished super **B** injections:

B1 (Thiamine) Supports energy metabolism and functioning of the nervous system. A key vitamin for brain function.

B2 (Riboflavin) Aids in carbohydrate metabolism. May help prevent fatty liver.

B3 (Niacinamide) Lowers **LDL**, cholesterol, and triglycerides. Increases **HDL**. Improves skin elasticity. Improves brain function. May reduce symptoms of arthritis.

B5 (Pantothenic Acid) - Provides adrenal support. Needed for the production of cortisol, neurotransmitters, and red blood cells. Important for the metabolism of fats and carbohydrates.

B6 (Pyrodoxine) - Used for the metabolism of protein and fats, used to treat water retention and hormone issues related to PMS, menopause and infertility.

B12 (Cyanocobalamin) - Treats fatigue, important for DNA synthesis, normal functioning of the nervous system and immune system.

Gratitudes:

Gratitudes:

Gratitudes:

Gratitudes:

Gratitudes:

Ingredients:

Day 1

Liquid IV- spinach, kale, cucumber, celery, lemon, parsley, green apple, E3Live

Raw apple granola with cashew creme, cinnamon/flax crumble, lemon zest-

Organic apples, raw almonds, raw cashew, cinnamon, almond milk, dates, flax, lemon zest

Butterfly farm fresh salad with pumpkin/ hemp gremolata, citrus dressing- organic spring greens, Easter radish, pumpkin seeds, hemp seeds

Citrus dressing- flax oil, olive oil, lemon juice, Himalayan salt. Pepper

Carrot Ginger Soup - Onions, garlic, ginger, coriander, red pepper flakes, carrots, sweet potato, vegetable stock, coconut milk, cilantro

Day 2

Good morning green juice- spinach, celery, cucumber, kale, ginger, lemon, green apple, mint

Citrus chia pudding with blueberries and lime zest- almond milk, coconut milk, chia seeds, dates, lime zest, blueberries, hemp seeds

Salad in a cup- kale, romaine, spinach, cucumbers, celery lemon

Mineral sipping broth- onions, celery, carrots, Shiitake mushrooms, spinach, kale, white potato, sweet potato, seaweed, Himalayan salt, filtered water

Mother earth salad- organic greens, purple cabbage, rainbow carrots, sesame seeds, olive oil, almond butter, miso paste, lime juice, lemon juice, garlic, ginger, tamari

Day 3

Apple turnover juice- green apples, celery, cucumber, parsley

Greens and ginger soup - sesame oil, ginger, filtered water, celery, carrots, coco aminos, lime juice, bean sprouts, spinach, bok choy, cilantro, basil

Farm fresh salad with lemon quinoa - organic greens, sprouts, sunflower seeds, sprouted quinoa, lemon zest, Himalayan salt, cilantro

Green detox soup- onion, garlic, celery, carrots, filtered water, broccoli, fennel, coconut milk, Himalayan salt, pepper

Day 4

Green goddess juice - spinach, cucumber, parsley, ginger, lemon, apple

Greens and ginger soup - see day 3

Cool juice- cucumber, celery, mint, kale, parsley

be.nourished fortifying nut mylk- coconut milk, almond milk, cashew milk, dates, cardamon, cinnamon, nutmeg, filtered water

Apple turnover green juice- see day 3

Day 5

Good morning green juice- see day 2

Apple cinnamon overnight oats with cinnamon /flax crumble - chia seeds, maple syrup, almond butter, GF oats, almond milk, green apples, cinnamon, flax

Moroccan sunset salad with greens - carrots, beets, lime, olive oil, Himalayan salt, cilantro, beluga lentils, spring greens

Liquid IV green juice -see day 1

Probiotic Miso Ginger Carrot Soup - Coconut oil, onion, carrot, ginger, tamari, salt, miso paste, coconut milk, apple cider.