



Faith Canter

CLEANSE

THE HOLISTIC DETOX PROGRAM



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PRE-TOX INFORMATION

I have listed below some things you might wish purchase Cleanse program.

Essential:

Grapefruit seed extract (not to be confused with grape seed oil) - From a health food shop or Amazon

Oregano oil (preferably the oil and not the capsules) – From a health food shop or Amazon

Coconut oil (unrefined and organic)

Ginger (dried and/or fresh)

Garlic (in any form)

Desirable:

A large selection of fresh vegetables (not fruit)

Various dried seaweeds (especially kombu/kelp)

Quinoa / Oats (gluten free) / Gluten free pasta / Gluten free oat-cakes / Brown rice crackers

Brown, black or red rice / Himalayan or sea salt / Flax seeds / Chia seeds

Olive oil (a good quality one) / Sesame seed oil

Dandelion and/or nettle tea bags (unbleached and organic)

Epsom Salts (Amazon)

To Consider:

Dried wormwood (Neals Yard or online)

Dried walnut leaf (Neals Yard or online)

Dried cloves (Neals Yard or online)

Zeolites (liquid clay)

Magnesium supplement (preferably a spray – but any kind is better than none at all)

To Dust Off:

Rebounder (mini trampoline)

Water filter

Soft body brush (although you can just use your hands)

Smoothie maker (or blender of some description)

Pre-Toxic Advice:

1. As soon as you have any of the above supplements start taking them.
2. Cut out or cut down caffeine, alcohol, processed sugars, fizzy drinks and processed foods in general.
3. Drink as much water as possible.
4. Eat as much fresh food as possible.

HEALING THE DIGESTIVE SYSTEM

One of the main things we are aiming for during this program is to heal the digestive system.

When we heal the digestive system, the rest of the body will follow suit as it supports most functions within the body. Good digestive health is fundamental to a well-functioning body and here are some of the reasons why:

1. With a fully functioning digestive system, toxicity of the body will be greatly reduced: the digestive system will be able to eliminate more of the toxins from food and drink consumed. A balance of good and bad bacteria in the digestive system will be achieved. When the bad bacteria get out of hand, they create more toxins as they grow, raising the body's toxicity levels.
2. Many digestive-based illnesses like IBS and food intolerances completely heal when you take time to heal this system of the body.
3. Your digestive enzyme levels will be higher, enabling the body to process foods and absorb nutrients from your food.
4. Most of your immune system is based in your digestive system, so when you heal the digestive system you'll also heal your immune system.
5. Most of the serotone (one of our happy hormones) in the body, is produced in the digestive system. Thus a happy digestive system often means a happy head.
6. Inflammation in the body will be greatly reduced, which helps a whole host of other health complaints, including arthritis, joint and muscular pain.
7. If you are looking to improve you memory, have better mental clarity or even sleep better then these can all be significantly improved through healing the digestive system.
8. If the body isn't using lots of energy trying to process foods and drinks that it's struggling with, then that energy becomes available to you for day-to-day things instead. This means that by healing the digestive system, you'll also increase your energy and vitality for life.

Starting the process of healing the digestive system is really quite simple. We can do this by adding in some simple foods and drinks to help nurture the ecology of the digestive system and that also gives us more of the nutrients we require for repairing, replenishing and strengthening the body.

In my opinion, one of the best things we can add into our diet for digestive health and generally body well-being is fermented foods and drinks.

Fermented foods encourage good gut health. By fermented food I don't mean pickled foods, as these have a minimal amount of goodness left in them. By fermented, I mean cultured (food and drink traditionally made with a cultured starter) or lacto-fermented (traditionally made with salt and water). Both of these processes are highly nutritious and also help you to absorb the nutrients from other foods and drinks. They are full of millions of beneficial yeasts and bacteria and are wonderfully detoxifying for the digestive system.

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They also help to address any imbalance of good and bad yeasts within the body. Different types of fermented foods have slightly different strains of probiotics, so having a good range of these foods prepared in different ways is highly beneficial to your body. They can all be prepared at home very cheaply and easily, or you can buy most of them from any good health food shop, or even online. When purchasing them from a health food store make sure they are unpasteurised, so they are still full of all the health benefits that pasteurised options often lack. For the next few weeks please do not consume kombucha or water kefir (two fermented drinks), because unless you know what you are doing you may find they still have too much sugar in to consume during the cleanse.

There's lots of fermented vegetable recipes in the back of this book that you can choose from. I highly recommend the sauerkraut or the kimchi as a starter. Start with a small amount (maybe a teaspoon's worth) and slowly build up, otherwise you may find the detox symptoms are a lot stronger than you would like.

Seaweed

Seaweed is highly nutritious, easily absorbable and we simply don't eat enough of it these days. Different seaweeds have slightly different nutritional contents, so having a good selection of them in your diet is a great idea. Seaweed has a high protein content as well as being high in calcium, iodine, magnesium and vitamin B and C. It also helps blood sugars levels, liver function, brain health, thyroid health, diabetes, is anti-bacterial, anti-inflammatory, and anti-viral and assists the body with detoxing. You can get more nutrients from a single serving of seaweed than from many other things you eat day-to-day. What's more it's super easy to get more of this wonder food into your diet. Even if you don't like the taste of seaweed you can use one of the many organic seaweed shakers you can pick up in health food stores or online to sprinkle some seaweed into most meals, in a way you really don't taste.

A little seaweed and some sesame seed oil makes a great and healthy alternative to soya sauce in any dish, hot or cold.

Start adding this nutrient dense food into your diet today, to improve the level of nutrients you are consuming right from the beginning of this holistic detox program.

Smoothies

Dust off the smoothie maker and check out all the healthy, yet yummy smoothie later in this handout. Start today with adding in at least one green smoothie a day. Smoothies are a great way to get a lot of nutrients into our diet in one go. Keeping them as green as possible helps balance the blood sugar levels (too much fruit sugar may counteract this, which is also the reason we won't be juicing in this time either).

The more nutrients you get into the body the better it will function, the healthier it will be, the more energy you will have and believe it or not, the more likely it is you'll lose weight.

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Supplements

As a general rule of thumb, if your digestive system isn't working as effectively as it should be, then you won't be absorbing the nutrients you require from the food and drink you consume. If you clean up the digestive system and eat a good balanced diet then you'll get what you need from what you consume.

If you feel your digestive system needs cleaning up, you could be deficient in something and are not likely to be getting it from your diet. I recommend that you invest in a good quality supplement in a drop, patch, lozenge or spray, as these won't rely on the digestive system for absorption.

There are a few supplements which I feel are beneficial to detoxing, health and healing. These are:

Magnesium: Most people I come across are magnesium deficient. Magnesium helps the body to detox, soothes the sympathetic nervous system and helps aid sleep (which is when we do much of our detoxing). Epsom salt baths are a great way to draw out toxins and put in magnesium. Try having several of these a week over the next few weeks or at least foot baths with them in if you don't have a bath. Add at least three mugs of salts to each bath and try to sit in it for at least 20 minutes.

B12: This vitamin is essential to good health, both mentally and physically, and is very hard to absorb enough of naturally. It helps with energy levels, mental function, mood and digestive function. It also assists against stroke, cholesterol, high blood pressure and Alzheimer's.

Zinc: Many people are deficient in zinc. Zinc is a great antioxidant, helps us sleep and increases energy levels, as well as aids the immune system and a whole host of other things throughout the body.

Zeolites (liquid clay): Clays are a great way to assist the body with detoxing. Liquid clays, unlike many other clays are easier to use and consume. Zeolite clay re-mineralizes the body, supports the immune system, rebalances the pH level of the body, increases serotonin in the body and removes many toxins, including heavy metals.

THE FOOD SWAPS

So, this week lets swap out the naught for the not so naughty, but also remember to be a conscious consumer moving forward and pick natural of 'healthy' or 'low fat/sugar etc'.

White rice – Brown rice or quinoa

White rice (like most of the white carbs and foods high on the GI index) helps to spike our blood sugar levels, thus interfering with our mood, energy levels, hormones and feeds the bad yeasts within the digestive system. Swapping white rice for a slow releasing carb will not only give you a more balanced release of energy, but will assist in balancing all the above mentioned systems of the body. If you don't like brown rice or can't be bothered waiting the extra time it takes to cook then try black or red rice and know that you can buy many of them precooked these days. I personally like to batch cook my and then freeze it down into portion sizes and take out just what I need when I need it. And if you haven't tried quinoa yet then I highly recommend this and just like rice it comes in various colours, so if you don't like one, try another. It's cooked in the same way as couscous, but unlike couscous it's not a wheat, it's actually a carb and a protein in one and helps to clean the sides of the digestive system as it works it's way through it. It's a super little superfood indeed!

Couscous – Quinoa

A lot of people have moved over to couscous thinking it's a healthy option, however if you are trying to go wheat free then I'm sorry to tell you it's not for you. Opt for quinoa instead and you won't regret it. It can be purchased everywhere these days, even precooked and packaged if that takes your fancy. It can be eaten hot with meals instead of rice, as a porridge or cereal and also cold in salads etc. For the vegetarians out there it's also a great source of protein.

White flours – Wholemeal flours (or gluten-free flours)

As with the white rice above, white flours etc spike the blood sugar levels, thus upsetting the same areas of the body and mind that white rice does. So if you can't bare to be without your toast in the morning then best option is to swap with white bread for wholemeal, which won't spike your blood sugars in quite the same way.

Bread – Sourdough

And whilst we are on the subject of bread, lets discuss sourdough. Sourdough is a great breadly option, especially if it's sourdough you have made yourself or that has been more traditionally made. This is because it will have been allowed to rise naturally and not forced with yeasts like many shop purchased breads. This means it's not had naughty's added to it and it will also have less or even no gluten in it (depending on the sourdough). It's heavier bread because it's naturally risen but it's a much better bread for you and much closer to how we would have made bread many years ago.

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White potatoes – Sweet potatoes

Once again we are swapping a white carb for a slow releasing and healthier carb. Not only won't sweet potatoes spike your blood sugars in the same way as white potatoes but they are also jam packed full of goodness. They can also be eaten raw as a pasta substitute. And sweet potatoes wedges allows you to feel you are still having some comfort food.

Margarine – Organic butter

Unfortunately, even though we have had many years of being told margarines are better for us than butters we are now realizing this is simply not true. Margarines are generally processed trans-fats and as such they are not very well recognisable to our bodies. As such our body stores them in our fat cells, thus making us fatter rather than thinner like first thought when these fats first were produced. Butters are less processed, so the body can absorb and digest them in a natural and healthy way. Unfortunately, many dairy items these days have added hormones, anti-biotics and other chemicals added into that food chain at source as these are what many dairy cows are given these days when producing them. As such organic butter and dairy in general is a much better option for overall health.

Sunflower and vegetable oils – Coconut or olive oil

Sunflower and vegetable oils are also trans-fats and as such the body cannot process these items normally as it does not recognise them, so it stores them in our cells, which then leads to a whole host of health complaints. Where possible it's best to avoid items cooked in or containing trans-fats. Coconut oil is an amazing fat to cook, it's the only oil that retains its nutritional content when heated to high temperatures and boy does it ever have a lot of nutritional content! A good quality olive oil is great for lower temperatures and salad dressing etc and sesame seed oil makes a great salad or stir-fry dressing (especially with a bit of seaweed – making a great alternative to soya sauce as well).

Monosodium glutamate (MSG) – Just about any other herb or spice

MSG is a flavour enhancer that is also the thing that makes you fill very full up on moment and then starving again the next. It's found in most processed foods and a lot of take-always. It's a really not very nice chemical that it's a bit like a slow releasing mild poison on the body, so it should really be avoided whenever possible. It's so easy to flavour foods without this item and there are lots of foods out there now stating they are MSG free, as more and more people are becoming aware of this food substitute. The problem is that it's often not referred to MSG in the ingredients list as it has about another 40 names it's known by. You can look this list up online really easily to familiarise yourself with it or you can simply avoid processed foods as much as possible and then by default you won't be consuming it anyway.

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Tap water – filtered water

Most people's tap water is full of heavy metals, bacteria and lots of not very nice chemicals. Considering investing in some sort of home filtration system would really benefit your health and also make you water taste nicer (hopefully meaning you would drink more of it). You will find a filtration system out there for every budget, they range from £10.00 for a table top plastic jar type system to thousands of pounds for an all singing all dancing system that will produce water to every pH level you will ever need and more. As I am not keen on the idea of filtering water through plastic and I know many people don't have the spare cash for the more expensive option I have a recommendation for one that fits somewhere in between. My recommendation is the Berkefeld system (or a similar brand). This system can be picked up for a little under £100 and if you purchase their all singing all dancing filters for it (which takes the price to a little over £100 instead), then this system will filter heavy metals, bacteria and all the chemicals you can probably think of. It's amazing value for what it does and it's set in a large metal table top system. That means no filtering through plastic, no need to constantly refill it, as it holds about 8 litres and also the filters can last for many years rather than weeks like many smaller and cheaper options.

Caffeine-based drinks – Riobosh or Green tea

There are some health benefits to drinking caffeine, but again that's when it's consumed in moderation. Most people have a caffeine addiction – if you are addicted then it's unlikely you are consuming it in moderation. Caffeine spikes the blood sugar levels within the body, thus upsetting many systems of the body (as mentioned previously). If you have hormone, mood or energy issues I would highly recommend you try substituting caffeine for another non-caffeinated drink instead, or if not by reducing your caffeine intake with green tea instead. Green tea generally has less caffeine in it than coffee and teas (but not always) and as far more goodness in it. If you have a bad time coming off the caffeine (ie: caffeine withdrawal/detox symptoms) then you know you are definitely consuming too much and it will in that case be messing with your normal bodily functions. Riobosh tea is a great caffeine free tea or of course there are tons of herbal and fruit teas out there now.

Fizzy Drinks – Kombucha or sparkling water

Fizzy drinks often have sugars, sweeteners, colouring and additives in them (among other things), so swapping fizzy drinks (even the ones that say they are sugar free etc) is the best option. Sparkling water and then add your own fresh or frozen fruit. I have had many clients break their fizzy and even caffeinated drink addiction with swapping them for this alternative. It's refreshing, healthier and you also feel like you are still having a treat as it tastes too good to be good for you ha.

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Store-bought juices, Smoothies & Concentrates – Homemade juice direct from the fruit
Unfortunately, many juices, smoothies and concentrates are full of additional sugars, sweeteners and preservatives. A great rule of thumb with this sort of thing and if you can't see anything added within the ingredients list is to see what the best before date is. If it has a long shelf life then it's more than likely got something naughty in it to keep it from going off. Also the longer an item is sat in the fridge/on the shelf the less nutrients it will have in it. Fresh really is best with this sort of thing, otherwise you could find yourself drinking dead calories – which kind of defeats the point of these items really!
Lastly you can also opt for hot or cold water with some ginger, lemon even cucumber in. This will make it more alkalising, tasty and cleansing.

Table Salt – Sea salt or Himalayan salt

Standard table salt is really not very good for you, however we do need salt in our diet, especially if you are suffering from long term stress or anxiety as the adrenals will be drawing additional minerals from the body to help them with the continuous fight or flight response you are in. As such opt for a good quality salt like a sea-salt or Himalayan one as they are packed full of minerals that the body can easily utilize.

Meat, fish & dairy – Always buy organic if you can.

As per the margarine – butter section previously, most non organic meats, fish and dairy are pumped full of chemicals prior to or even during the processing part of the product. For this reason it's always best to purchase organic and where possible wild. This way you aren't consuming these chemicals and also hopefully the animals etc have had a better life prior to being killed – which apparently (I'm veggie so don't quote me on this) makes for a better tasting end product.

Vegetarian meat substitutes – Fermented options like bean curd or tempeh.

It's surprising how many additional (and often unhealthy) things there is in vegetarian food, but unfortunately almost all meat substitutes are full of these. Again try to opt for items in a less processed state. Bean curd is a great option as there's no added extras and it's fermented, so unlike unprocessed soy it's great for the hormones and much more easily utilized within the body.

Cooked – Raw food!

The more raw food you eat the more essential enzymes you will consume. I recommend you aim for around 50% of your daily food intake being raw. This is actually a lot easier than it sounds. If you have a green smoothie for breakfast and/or lunch and a large salad with your dinner with a cooked protein option then you are actually consuming more like 70 or 80% raw on those days. The more raw the more enzymes and also the more nutrients you consume, it's really that simple!



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Ready Meals – Batch Cooking & Freezing

Batch cooking is the way forward! Many people often fall off the healthy wagon due to wanting something quick to eat after a long day at work etc. My advice for this is to batch cook. Every time you cook a health meal cook twice or three times more than you need that evening and then freeze the rest down into single portions. Even if you only do this once a week after a few weeks you'd have lots of different meals frozen down into easily reheated portions in your freezer. Just make sure to keep doing this once a week with a different meal each time and you'll have an endless supply of quick and healthy meals to grab from the freezer at the end of a long day.

THE YEAST/PARASITE CLEANSE

Studies have shown that around 70% of us have a fungal and/or a parasite issue in our digestive system, although I find that by the time clients come to see me it's more like 90%. Fungal issues develop over a period of time, and are caused by long-term stress, bad eating and drinking habits, drug use (both legal and illegal), antibiotics, steroids, oral contraceptive medication or a combination of all of the above in most people.

With years of all or some of the above bad yeasts and bacteria start to take hold, which is often the stage that parasites join the party as well as they love a good imbalanced digestive system to hang out in. Initially, you may not notice any symptoms/side effects of this, but eventually (sometimes years later) you may notice your health isn't quite right, they you have digestive complaints, low energy and/or one or all of the below...

1. Flu / Sinus Problems / Coughs / Sore Throats
2. IBS / Upset Tummy / Constipation / Indigestion
3. Depression
4. PMS / Mood Swings / Irritability
5. Headaches / Migraines
6. Chronic Fatigue / Low Energy Levels
7. Inability to Lose Weight / Weight Gain (especially around the middle)
8. Itchy Skin
9. Poor Concentration / Feeling Generally Muddled
10. Skin Conditions / Acne / Eczema
11. Dizziness
12. Muscle Weakness / Pain
13. Food and Chemical Sensitivity
14. Low Libido
15. Thrush / Athlete's Foot
16. Poor Absorption of Nutrients

The reason for this is because as the yeast/fungus grows, it produces toxins that spread throughout the body. They can affect all areas of the body and especially the immune, digestive, lymphatic and endocrine systems, potentially affecting your hormones, and, for example, thyroid function and insulin production. The more the fungus grows, the more toxins it produces. Your body works hard to try to remove these toxins but without some additional help, the body simply cannot deal with the fungus and its friends, the parasites, and your health can steadily deteriorate.

The good news is that what we are about to embark on over the three weeks will bring the yeast/fungus, parasites and toxins back into balance and allow the digestive system to health. From this point you will not only notice many of the above problems subsiding but you will also be absorbing nutrients from your diet better and thus finding that having a

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healthy, happy and more harmonious digestive system has a direct impact on many other health concerns.

My recommendations for addressing this imbalance within the digestive system are as follows.

There are many yeast/fungus cleansing diets around, some lasting years, some just a few days, some using pills and potions, and some not. The one I recommend, have been through myself and have taken many clients through lasts roughly three weeks (slightly less for moderate cases and slightly more for more severe cases). I have introduced this at this part of the cleanse so that you have already started to make changes to body and mind thus making the detox symptoms of the yeast/fungus cleanse less. If you go straight in and do this part of the cleanse by itself you will often find you have never severe detox symptoms as the body eliminates yeasts/fungus, parasites, toxins and changes its food sources quite considerably. You are still expected to have some detox symptoms during this holistic cleanse, but a lot less than normal and you are not releasing lots of things all at once. In fact when you do release too much at once the body cannot eliminate it all at once and often it's simply moved around the body and then deposited somewhere within it again. So, gentle does it really is the best policy for a nurturing the body through a detox program.

The aim of this part of the program is to starve the yeast/fungus so that it returns to a healthy level within the body. The reason this only takes around three weeks compared to many other programs is because we are supporting the mind as well as the body to let go and because we are starving the yeast/fungus of anything it grows on as well as adding in some natural but strong anti-fungals. As such, anything you eat or drink within this time that feeds the yeast/fungus will start feeding it again and thus lengthen the time you are doing the yeast cleanse considerably.

So, for the next 3 (ish) weeks my recommendations for addressing a yeast/fungus and parasite imbalance with the digestive system:

1. All sugars; this includes fruit sugars, dried fruits and fruits themselves, honey, maple syrup and agave nectar.
2. All yeasts and fungus based foods; this includes mushrooms, vinegars (including in stocks and sauces), blue cheeses, pickled goods and alcohol.
3. On top of this, you need to cut out all items that create a sugary / yeasty effect in the body, so this includes all refined white carbohydrates; like white potatoes, white flour/pasta and white rice.
4. Also reduce your consumption of tomatoes and carrots in their cooked form because they become sugary.
5. Whenever possible when eating meat and dairy purchase organic as non-organic can contain a high number of antibiotics and added hormones that the yeast/fungus love. Any pesticides and preservatives on fruits and veggies are a little gold mine for the yeast/fungus also, so if you can't manage organic, make sure you wash these well.

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6. If you feel you have a sensitivity to any particular foods, then these should be avoided during this part of the cleanse to help the body heal and the immune system to strengthen.
7. I know this may feel like your diet is becoming restricted, but where possible it is important to vary your diet to assist the replenishment of essential enzymes within the digestive system and to minimise as issues with food sensitivities.
8. Drink at least 2-3 litres of water per day to flush out the yeast/fungus and its toxins and to support a healthy digestive tract. You can make this water more alkaline by adding cucumber, ginger or pH drops.
9. Drinks as many bitter teas nettle and dandelion as possible to support the liver to detox during this time.
10. If you can get hold of them then making a tea up of wormwood, black walnut and clove is highly beneficial to assisting the body to cleanse from the yeast/fungus as they are all anti-fungal and anti-parasite. If you are in any doubt, see a qualified herbalist who will advise you on how and when to take these herbs. Ps – Sorry but they do taste disgusting, but they do, do the trick!
11. Add in as many natural anti-fungal foods as possible, these include oregano, ginger, garlic and coconut oil.
12. Remember the body brushing from earlier in the book? Well if you haven't been doing that regularly then now is the time to start as it's going to assist the lymphatics system to eliminate everything effectively rather than your body just reabsorbing anything you shift during this time.
13. And if you haven't been having regular Epsom or Himalayan salt baths then nows the time to have some long soaks in a nice warm baths with these wonderful salts as they are going to help draw out the toxins created by the yeast/fungus and detox itself.
14. Make sure you are consuming fermented foods like sauerkraut, kimchi and Kavas at this point as long as they are all highly probiotic and will assist in putting lots of good yeasts/bacteria back into the digestive system as well as detoxing you from the bad stuff. Please avoid the fermented drinks like kombucha and kefir during this time as these can often hold quite a lot of sugar unless you know what you are doing with them.

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This bit is important!

I highly recommend the two following natural (yet very strong) anti-fungals. These items will greatly assist with the cleanse and work for both yeast/fungus and parasites.

1. Grapefruit seed extract (not grapeseed extract) is highly recommended. Please read the label, consume only as advised, and start with the minimum dose. This isn't for everyone, so if you find this is too much for you, then please discontinue use.
2. Oregano oil extract is an excellent natural antifungal, but again it isn't for everyone, so if it's too much for you then please discontinue use. Please read the label and consume only as advised. This works better in liquid form rather than capsules.

Neither of the above should be taken long term, but they should be taken for a total of 12 weeks from this point. I know this is way beyond the end of this program but this is because the life cycle of many parasites is 12 weeks, so this will help to eliminate these fully from your digestive system.

Some additional help

There are a few other things that are helpful during this time but are not in any way essential. If you feel you may have quite a big imbalance within the digestive system then you may want to consider some of these, but also you should be able to bring the digestive system back into balance without them as well.

1. Zappers are wonderful little health aids. You wear it next to your skin (on the lowest setting to start with, and never above 12 volts) for 60 minutes in the morning, afternoon and evening (a total of 3 hrs). Zappers draw toxins out, right through the skin, they kill many viruses, bacteria, fungus and parasites in the body. They also help to ground you and reduce the effects of electromagnetic stress, because they are negatively charged. Zappers help alkalise and balance the body and they remove everything from herpes and Lyme disease. These are not recommended for anyone who has a pacemaker or is pregnant.
2. Enemas are very effective at removing yeast/fungus and parasites from the digestive system. Enemas are fairly easy to do at home, but in my opinion they don't get high enough up the digestive tract to completely remove all the fungus and parasites.
3. Colonics, however, do, so are a wonderful additional to your yeast balancing protocol. I highly recommend going to a fully qualified colonic expert, preferably with a medical or nutritional background.

You will know when you have come to the end of your yeast cleanse as you generally feel under the weather during it and on the day it's back to a happy balance again you will wake up feeling much more refreshed (much like you do at the end of the cold). This is always around the three week mark if you have stuck strictly to the program. Some people get there in two weeks if the imbalance isn't as severe and some it's closer to four weeks.

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The following nourishment chart will keep you on the straight and narrow for the next few weeks. I recommend printing out at least three of these charts, one for each week.

NOURISHMENT CHART – WEEK THREE								
		M	T	W	T	F	S	S
Morning	Meditate (or do this whenever it feels right)							
	Practice being in Awareness							
	Body Brushing (or after bath or shower)							
	Green Smoothie							
	Drink 2-3 ltrs of water (throughout the day)							
	Anti-fungals							
	Zinc							
	Magnesium							
	Zeolite Clay							
	B12							
Afternoon	Practice being in Awareness							
	No Caffeine							
	Make a nourishing lunch choice							
	Fermented Veggies							
	No white carbs							
	No Trans-fats							
	Anti-fungals							
Evening	Tapping (or do this whenever it feels right)							
	Practice being in Awareness							
	Make a nourishing dinner choice							
	Fermented Veggies							
	Add some Seaweed to dinner (or lunch)							
	Epsom salt bath							
	Anti-fungals							
	No processed meals today							
	No processed sugars today							
	No alcohol today							

POST CLEANSE

Here are my top take-aways (no not that kind) for maintaining a nourishing and nurturing life-style moving forward...

1. Body-brushing – I honestly believe everyone should be body-brushing daily as it helps to eliminate those pesky toxins when you are naughty and to support the lymphatics with the amazing work this system does.
2. Epsom Salt Bath – Well why not keep something in that not only assists you to detox much is also a bit of TLC?
3. Keep as many of the foodie swaps in your diet as possible, especially any you don't mind. Why go back to something naughty when you can be nourishing instead?
4. Eat as much raw food as possible, even if you can only manage one smoothie a day, every little helps.
5. Fermented Foods and Drinks – I can honestly say if you don't do much else then keeping this amazing foods and drinks in your diet will assist you to maintain a healthy digestive system more than anything else I have mentioned. Have the daily, eat more if you are being naughty and even put them on the side of take-aways (yes the bad ones). They will help you absorb the good stuff, digest the bad stuff and keep the digestive system balanced.
6. Ask yourself when shopping and eating – is this nourishing or nurturing for mind, body or spirit?
7. Really consider replacing some of your cleaning products with either natural one's or some vinegar water, not only does this benefit your own health but it benefits the planet also.
8. Consider doing the same with your skin, hair and dental products as well, less toxins in, less you have to try to eliminate!
9. If you suffer with any sort of regular stress, anxiety or feelings of being overwhelmed then considering staying of the stimulants and the things that spike the blood sugars, your adrenals will thank you for this.
10. Listen to your body and when something feels out use that as an invitation to resolve something else. If you ignore your bodies messages, it will only shout louder next time!
11. Meditate, tap, visualize or use any other mind detox methods you have in your tool belt. Remember - they don't work if you don't use them regularly! And being in a bad state of mind is the first step to being in a bad state of body and to making less nurturing and nourishing choices for yourself.

Faith Canter

Feeling Blue List

My feeling blue list is one of the best things I ever did for myself as it keeps me focused, especially when I'm not feeling in a good headspace. As someone who has struggle with my mental health for most of my life I know how easy it is to slip back into a negative state of mind and to then make poor choices for my mental and physical health going forward.

It's surprising how when we are feeling low we can convince ourselves we are doing everything we could be to make ourselves feel better. When in most cases I'm sorry to say we are not. I can't tell you then amount of times I've not understood why my mood has slipped as I felt I've bene meditating, tapping and doing whatever else is in my tool belt, only to realise later on that my meditating was really me making a shopping list and my tap wasn't actually on what I was internalizing already.

One day after I has been feeling pretty crappy again I asked myself what I could do to break this habit and it suddenly dawned on me something as simple as a feeling blue list was what I could do. So I did it!

My list has evolved over the time I have been using it and I have a version saved to my laptop and my phone, so I always have easy access to it in times of need. And I'm telling you it really, really works!

What you do is create a list (preferably when In a good state of mind) of things you know help you when you are low (before the depression, despair or darkness rolls in fully). The list should be in order of how much each things helps you (the more it helps the higher up the list) and it can include anything from meditating to walking or phoning a friend. The trick to the list is to second guess your low self, but this I mean be aware of how you try to convince yourself you are already doing things when you are low. This is why next to 'are you meditating' in my list I have the question 'really?' because I know when I am low I can convince myself I am. The more honest you are about your pesky side who will to convince you are doing everything you should the more the list will help you.

Whenever you start to feel a little low refer to your own feeling blue list and work your way down the list until you are back on top form again. Allow your list to evolve as you do and as you learn new techniques for better mental and physical health. And if you wish to add it things you know help you physical health as well as mental health then you can call it your first aid gift or something similar instead. But whatever you do, just to it, you won't regret spending 10 mins on this super simple mind nourishing list!

Here's a feeling blue template for you...



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