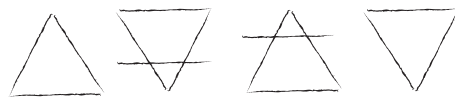


30 DAY SPRING DETOX

for

VIBRANT LIVING



EMILIE PERZ, RYT | KRIPALU | APRIL 2017

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WHY DO WE CLEANSE?

OUR BODIES ARE OUR TEMPLES.

With all of the toxicity in the environment, it's imperative that we cleanse our bodies on a regular basis. Taking a break from our daily routine and the foods we love allows us the opportunity to recalibrate & replenish. With the support of the community, you will begin a journey to optimal health & wellbeing.



CREATING LASTING, POSITIVE CHANGE IS GREATLY INFLUENCED BY THE CHOICES WE MAKE EVERYDAY.

Creating lasting, positive change is greatly influenced by the choices we make everyday and how quickly we choose to bring ourselves back when we get off track. We are always changing, and sometimes we are on an upward climb while other times it feels like a downward spiral. This 30-day detox is about opening up to a new way of being; shifting the relationship with your mind-body & spirit, and creating healthier daily habits that support your optimal health and well-being. Sometimes, it's as simple as finding a practice or routine that resonates with you. But what's for certain is that you're here because you are ready to implement practices of self-love and care. This cleanse will have you looking and feeling better than ever and will tap you back into your true self.



CLEANSING IS NOT A QUICK FIX as it's portrayed in mainstream media. It is about making the commitment to yourself for your current and long-term health. Throughout time, people have been cleansing for many reasons. While the body continuously detoxifies naturally, our bodies have a tendency to become overloaded, overworked and under rested making them less efficient. Prevalent symptoms like allergies, PMS, indigestion, fatigue, headaches or skin problems may start to occur. It's important to cleanse as a way to slow down the digestive process and to bring the body back into balance from the inside out.



This program comes with **long term benefits** that will leave you feeling inspired, motivated, and renewed. We will focus on clean, mindful eating, holistic fitness and a variety of wellness practices for modern living. Think of this retreat as a preventative care plan individualized to suit your needs. Let's **celebrate the sanctuary** that is our body and use this week as an opportunity to revitalize, restore and renew ourselves. Being part of a group is an incredibly powerful experience. I encourage you to **connect, share, and reach out for help or advice** when you need it. I will be partaking in the experience with you and sharing my own personal transformations along the way. I recommend journaling this experience and taking time each evening to write some daily reflections and affirmations. I am available at anytime for a more personalized & focused consulting session.

Remember, we are all in this together!

THE KEY TO THIS WEEK IS TO BE GENTLE WITH YOURSELF.

We are going to focus on eliminating some major things that create imbalance in the body:

sugar . alcohol . caffeine . gluten . soy

[nutrients]

For the next 30 days focus on feeding yourself nutrient dense foods that can help support you getting to your optimum weight, rebalance your blood sugars and hormones, and reset many of the overworked systems in the body.

[movement]

During the cleanse, it's important to engage in physical activity that revitalizes the spirit: hiking in nature, vinyasa and restorative yoga, and myofascial release will be part of our regime this week. Do not push yourself too hard, honor when you need to rest, but do move the body to keep your spirits high.



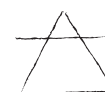
PRIOR TO ARRIVAL

A FEW DAYS PRIOR TO ARRIVAL please eliminate alcohol, processed foods (anything in a box), and acidic foods. Please eliminate gluten, dairy, iodized salt, and sugar from your diet during this time. Please stick to this for the full 30 days. It's also helpful to cut down on animal products, including eggs for a while, but tune into what your body needs. This will make the transition that much easier and the cleanse that much deeper.

SWITCH OUT CAFFEINE. If you are a coffee drinker, begin to switch over to green tea, matcha or yerba mate. Reduce caffeine by cutting down your intake every day until you have stopped altogether. This will lower the release of cortisol (the stress hormone) into the body. It will also help to balance your blood sugar and will help your metabolism re-regulate itself. Try to replace your afternoon coffee with tea, then replace your morning coffee with tea, then try to have just one cup of tea in the morning.

To get the most from your cleanse, I recommend removing caffeine altogether from your diet.

Do your best.



HYDRATE. Increase your water intake. Drink at least 1/2 your body weight in ounces daily with or without lemon to keep your body systems regulated. Add more water after lots of sweating or intense workouts.

GET EXTRA SLEEP. The body regenerates itself at night, shoot for 8 hours a night! Always before midnight – shoot for 10-6 or 11-7. A full sleep cycle will help boost your immune system, boost your metabolism, and regenerate your body.

CULTIVATE A POSITIVE AND SUPPORTIVE VOICE inside your head that cares about you and is there for you every step of the way.



It is important to be aware that even a 'healthy' or "cleansing" diet may cause you to experience some physical symptoms. These symptoms tend to be greater for those transitioning away from lots of caffeine, sugar, or alcohol.

Everyone will have a difference experience depending on his or her state of health. Cleansing symptoms may include headaches, fatigue, irritability, body odor, and lack of drive.

Remember, they generally only last a few days.

Once you get through the headaches or cleansing symptoms, you will begin to feel pretty fantastic! Again, make sure you are eliminating every day; if you're not, be sure to reach out for further advice. Just remember, it takes a little while to notice dramatic changes.

Be gentle with yourself & don't give up.

Keep this commitment to yourself!!



NOURISHMENT PLAN

This week of our program will focus on cleansing the digestive system by decreasing toxic substances like caffeine, alcohol, sugar, wheat and dairy and increasing our sleep, activity and awareness.


- Step 1 - Eliminate Toxins
- Step 2 - Make healthy choices
- Step 3 - Rest and Restore

Having a stressful day, eating poorly, and not getting enough rest or exercise all weaken our internal state and immunity. If the body is strong, our immune system stays strong and makes us less susceptible to disease. Cleansing the body of heavy foods and toxins will result in more energy and strengthens our immunity. Optimally by removing toxins, our body begins to function at its best. We will find our cravings for sweets or heavy foods decrease as we use the energy from the food we eat more efficiently. This leads to a vast improvement in how the body absorbs nutrients and makes us stronger and more resilient to both physical and emotional stress.



TO GET YOUR DETOXIFICATION UNDERWAY, you'll need to do the following everyday for our week together

1. Take a tablespoon of Brags apple cider vinegar and drink a lemon beverage in the morning.
2. Take a fish oil supplement
3. Eliminate caffeine, alcohol, sugar, wheat and dairy
4. Practice yoga daily



Drinking **warm lemon water** first thing in the morning on an empty stomach stimulates digestion and elimination. Lemons make your skin radiant, help you lose weight and also offer a healthy serving of magnesium and potassium. I like to combine Bragg's Apple Cider Vinegar with lemon water, a pinch of cayenne pepper and cinnamon as a replacement for caffeine drinks. As a detoxifying agent, lemon juice aids the liver in flushing out toxins and is high in vitamin C, which is vital for cleansing and cellular repair.

Apple cider vinegar is one of my top two natural remedies that I use every day along with coconut oil. I recommend it to my patients and take it personally for several reasons including detoxification, improved digestion and for a quick burst of energy. Apple cider vinegar has been used for over 2000 years and has massive medically proven health benefits. Because Apple Cider Vinegar is fermented meaning the PH has been changed, converting the sugars in Apple Cider into organic enzymes and probiotics that are super great for you. 1 Tbsp. can naturally lower cholesterol, increase bile production in the liver, lower blood sugar, increase energy, and support your metabolism for optimal weight loss. Apple Cider Vinegar is full of enzymes and good bacteria. It contains acetic acid, which has been shown to lower blood pressure up to 6 percent. It can also help eat up the starches if you do eat grains in your diet. (I use Bragg's Apple Cider Vinegar.)

Lemon juice helps balance blood sugar and has an alkaline effect on your body helping to regulate PH. It also contains vitamin C.

Cinnamon is one of the best antioxidants on the planet. It's the number one herb/spice for balancing blood sugar.

Cayenne pepper has been shown to drop blood pressure, increase metabolism.

Coconut water is one of nature's most hydrating drinks. It is low in fat and sugar and is filled with amino acids, antioxidants, enzymes, growth factors, minerals and vitamins.

I encourage you to purchase a **fish oil supplement** prior to our retreat to help boost levels of omega-3 fatty acids. Fish oil is essential to optimal health and helps lower pain and inflammation

Eliminating the major three sugar, alcohol and caffeine can be quite hard. Sugar is highly addictive and regrettably is hidden in so many things including salad dressings, sauces, breads, pastries, rice and juice. Most of us eat large amounts of grains and sugars that generate large amounts of insulin circulating in our blood. When we stop eating these our body make incur side effects such as dizziness, headaches, and low energy. Sugar wreaks havoc on our immune and endocrine system and exacerbates inflammation, arthritis, osteoporosis, diabetes and triggers hormonal responses. Caffeine is a powerful stimulant that even in small doses blocks neurotransmitters for sleep and depletes the liver, kidneys and adrenals from working efficiently. Caffeine also masks our true energy levels and our ability to really feel what our body needs. Alcohol wreaks havoc on our liver and interferes with our ability to sleep well and it is a huge hidden source of sugars and calories.

A cleanse is not a diet. It's a way to bring the body into equanimity through nourishment. This means stoking the metabolic fire without overloading the digestive system. Well-balanced meals will be the focus of the week along with eating slowly and recognizing how you feel after each meal as a way to observe food sensitivities, energy levels and mood.

SIMPLE RULES FOR OPTIMAL NUTRITION

1. Eat a balanced meal of protein, fats and carbohydrates. Choose your food wisely and pick the foods you feel will satiate you as opposed to what you immediately see or crave.
2. Chew your food slowly and give your body time to ingest the meal. Chew your food to liquid form before swallowing as this releases enzymes in your saliva for optimal digestion.
3. Stop eating when you are 75 percent full. Try not to stuff yourself. Allow the food time to hit your stomach and if you are still hungry 30 minutes later then eat a bit more.
4. Eat small meals every three to four hours.
5. Eat when you feel relaxed, not rushed so that your digestive enzymes increase and can break down the food properly.
6. Only drink a small glass of room temperature water with your meal
7. Avoid chewing gum





MINDFUL EATING

Mindful eating is a yogic practice in which we bring a strong sense of awareness to the ritual of eating. When you gather foods for a meal, begin to open your awareness to how the colors, textures, and scents of these nutrient dense foods makes you feel. Ignite all of your senses every time you eat and connect to your food and the source from which it came, savoring the richness, flavors, and qualities of each meal. Slowing down and taking the time to enjoy your food allows you to become attuned to what your body needs and to notice when it's satiated. Mindful eating is a clear, elevated awareness without criticism or self-judgment. Offer yourself loving thoughts as you eat and remember the incredible gifts this food is offering you.



TIPS FOR MINDFUL EATING

Breathe deeply before you eat.

do several rounds of diaphragmatic breathing (especially if you are feeling emotional or stressed). This relaxes the nervous system and enhances blood flow to the digestive organs.

Sit down and unplug.

Rushing through meals or eating mindlessly can often create gas, bloating, and digestive issues. It is crucial to take a moment and give your mind and body a break. Give yourself this time & allow food to replenish you.

Chew well.

Digestion begins in the mouth; saliva contains enzymes that help break down food particles before entering the digestive tract. The longer food is exposed to saliva (through chewing), the easier it moves through your intestines and the less gas it creates. Try to chew each bite 30-50 times before you swallow.

Drink away from meals.

It's best to drink water 15 minutes before you eat and 30 minutes to an hour after you eat. Drinking during meals dilutes digestive enzymes and hydrochloric acid, slowing down the digestive process. Drinking away from meals helps to reduce excess gas and bloating.



Yoga consists of a set of physical exercises (known as asanas or postures), skillfully designed to align your muscles, tissues and bones. The postures are also designed to open the many channels of the body called **chakras** which run along the main channel of the spine so that our energy can flow freely. Compared to other popular forms of "exercise," yoga is more holistic in nature because it combines physical movement with controlled breathing techniques. **Pranayama**.

TOGETHER THE UNITY OF BREATH TO MOVEMENT CREATES
A MEDITATIVE FOCUS AND DEEPER SENSE OF RELAXATION.

This is why yoga devotees report benefits of improved musculoskeletal conditions and mental health.



Each morning we will wake up to do a big practice of the following:

1. Pranayama - breathing techniques
2. Yoga Postures - Standing, seated and myofascial release poses
3. Meditation practices

Did you know yoga is a natural remedy for anxiety? While traditional exercise is also great for the body, it may not be your best defense against anxiety and stress. Yoga bumps up our brains natural GABA production helping us to relax, focus and concentrate. New studies prove that yoga improves the gray matter of our brain which includes muscle control, memory, pain tolerance, self-control and emotions. Yoga is therapeutic to a cleanse on many levels. The beauty of this practice is that it heals us from the inside out by helping us develop a deep sense of awareness and compassion for our bodies. Physically it allows us an opportunity to move our bodies through full range of motion creating elasticity, strength and balance. Internally the deep breathing and different postural movements detox our internal organs creating less stress on the nervous system.



The practice of meditation has numerous brain-changing health benefits including lowering stress and cortisol levels, lowering risk of overeating, reducing pain and headaches and improving our quality of sleep. Although meditation has been around for centuries, more studies have scientifically proven that guided meditations can help many people suffering from all sorts of health conditions and personal problems, even people whose health has not improved from traditional treatments. Meditation teaches us that it's possible to take responsibility for the patterns and habits that drive our destructive or negative behaviors, and helps us to relate to stress in a healthier, less anxious way.

Studies have shown that meditation reduces activity in the sympathetic nervous system (responsible for the fight or flight response and anxiety) and increases activity in the parasympathetic nervous system (responsible for emotional control, feelings of calm and clear decision making). One study found that women who took a six-week course of meditation and mindful yoga experienced significantly fewer over-eating episodes and a reduction in symptoms related to compulsive behavior, stress and depression. "Mindfulness-based eating awareness training" is one type of meditation program designed to address this — controlling responses to varying emotional states, making conscious food choices, developing an awareness of hunger and satiety cues, and cultivating self-acceptance.



Yoga and deep breathing can also improve confidence in someone's body by increasing appreciation and gratitude for what our bodies are capable of, regardless of weight.

- Increased attentiveness to one's body functions and feelings (including appetite and fullness signals)
- Improved mood and decreased irritability, plus greater sense of connection and well-being
- Improved body image and self-confidence
- Healing from physical tension and pain (greater muscular strength, cardiovascular function and flexibility)
- Improved ability to focus, sleep, diminish impulsivity and avoid irrational thoughts/behaviors

We will be playing with a mix of different yoga sequencing and styles including **Vinyasa, Hatha, Iyengar and Yin.**



In addition to classical yoga techniques we will also be experimenting with myofascial release techniques known as ART.

Relieving tight muscles and trigger points can make a big difference in reducing joint stress and inflammation. It is important to address this tension during a cleanse as a way to dissipate adhered regions of the body. Adhesions limit the normal range of motion of joints and muscles because they cause abnormal binding between muscle groups and are very tough and inflexible compared to healthy tissue.

The reason that adhesions form is to bind injured tissues and keep them stable. Adhesions act like a strong "glue" and can often compress or pinch nerves. Nerves sometimes become entrapped by scar tissue, which causes trigger points and pain to develop. The more that scar tissue forms, the more joints or tendons become strained and nerves become compressed.





One of the key tools I'll be providing you with this week as a supplement to our program is a protein powder and Supergreens powder.

PROTEIN IS ESSENTIAL, EVEN WHILE CLEANSING,
TO HELP THE BODY REPAIR

The amino acids in our collagen protein will help restore the body and satiate cravings as we cut back on carbohydrates and refined sugar. This specific protein powder chosen has enzymes that help heal our gut lining, support flexibility in our joints, boosts vibrancy of skin and tissues and supports our metabolism as we clean up our eating habits.

In correlation with our Organic Superfoods, you will begin to restore your intestinal tract, improve your digestive system and nourish yourself with essential enzymes and probiotics to boost immunity, better sleep and more energy. These powders can be combined together in a smoothie you may have first thing in the morning and that you may supplement with throughout the day if you are feeling sluggish or hungry. Healthy smoothies act as a great meal replacement because they provide dense, drinkable nutrition that is easily broken down and absorbed by the body.

I recommend sticking with this smoothie routine for 30 days to help bring the body back to optimal health.

Originating in India over 5,000 years ago, **Ayurveda is considered one of the oldest forms of holistic medicine.** The Sanskrit translation literally means “the Science of Life”, in which the main objective is to preserve and maintain health. Ayurveda is about creating harmony through seasonal eating, emotional balance, and spiritual wellbeing.

There is a strong focus on daily meditation, movement, and proper elimination on this retreat. These ancient practices remind us that health is a balanced and dynamic integration between our environment, body, mind, and spirit.

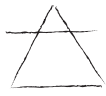
In Sanskrit, there are 3 doshas (body types): **Vata (Wind), Pitta (Fire), and Kapha (Earth).** These elements are responsible for the state of our mind and body. Each of us has a unique dosha that we are born with, which is considered our **Prakriti** (constitution). We also tend towards a secondary dosha called our Vikriti. The secondary dosha becomes most present when we are in a state of unbalance.

Though all 3 doshas are present within us at all times, optimal health is achieved when we are most in alignment with our natural constitution (**Prakriti**). The idea is to nurture your natural constitution to create harmony in body and mind.

Knowing your dosha can be extremely helpful because it allows you to assess what kinds of foods, activities, or rituals are needed for your own self-care and wellbeing. I encourage you to see this week as an experience of fully embodying your being and allowing yourself to intrinsically feel what’s right for you and your needs. Explore different foods, rituals, ideas and allow your body to be a laboratory to which you craft an incredible experiment of self-care and nurturing.



THE THREE DOSHAS



VATA (Air)

Controls Movement, Breath & Circulation.

Constitution: Trim, Athletic, Tends to run Cold & Dry

In Balance: Creativity, Vitality, Fluidity

Out of Balance: Anxiety, Constipation, Insomnia

To Regain Balance: Warming Foods, Breathwork, Regular Meals & Sleep Schedule, Steam Showers



PITTA (Fire & Water)

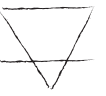
Controls Metabolism, Digestion, Body Temperature

Constitution: Medium build, Toned, Tends to run Hot

In Balance: Confidence, Passion, Determination

Out of Balance: Irritability, Inflammation, Premature aging

To Regain Balance: Cooling Foods, Yoga, Regular Meals, Cold Plunge



KAPHA (Earth & Water)

Controls Body Structure, Lubricates Joints, Maintains Immunity

Constitution: Sturdy, Strong, Athletic, Tend to run Cool

In Balance: Nurturing, Calm, Secure

Out of Balance: Depression, Weight Gain, Fatigue

To Regain Balance: Vegetarian Foods, Spice, Seasonal Cleansing, Regular Exercise, Infrared Sauna



Create tri-doshic balance by: Eating a rainbow of fresh foods and incorporate the 5 tastes (sweet, salty, sour, pungent, and bitter, and astringent) for varied nutrition and satisfaction from meals. Eat regular meals and tune into your body's needs for seasonal cleansing.

Live in tune with Nature - Nature functions with effortless ease and grace. It's intuitive, rhythmic, holistic, and deeply nourishing. Eat seasonal foods and connect with nature daily by hiking and spending some time in the sun.



SETTING INTENTIONS

Step 1: GET CLEAR

The best way to reach our goals is to get clear on why we want to achieve them.

- What does transformation mean to you? What does it look/feel like?
- Begin to visualize what you truly want for yourself.
- What are your top three health goals?

It is better to focus on fewer goals than a long list.

Revisit these frequently throughout the week to connect to your intentions while here.



Step 2: CREATE AFFIRMATIONS

You are what you affirm. Your inner dialogue can have just as much importance as your actions.

Write down affirmations that uplift you when you write them. Writing down statements that feel true to you & where you want to be eventually create a permanent shift in your thinking.

Step 3: CREATE 3 ACTION PHRASES

Write your statements in the present tense, as if they are already happening.

Ex:

I practice self-love & safe-care daily.

I move my body everyday to energize my spirit, ignite inspiration & strengthen my body.

I choose foods, thoughts, activities and people that serve me in a positive way.



DETOX ROUTINES

Following routines integrates the powerful practice of self-care & nurturing rituals into our everyday life.

CREATE A MORNING ROUTINE

The morning is a very important time to set the tone for how you want your day to go. This week, create a new ritual for yourself. Before you look at your phone or computer, roll out of bed and meditate, hike, write a gratitude list, dance for at least 5-15 minutes and see how you feel after! This creates a deep sense of connection right away and allows you to feel out your body. Here are a few things you can do prior to yoga to get grounded and plugged in.

1. Meditate
2. Journal
3. Morning walk (first thing)
4. Say your affirmations
5. Listen to music
6. Take a morning bath/shower



CREATE AN EVENING ROUTINE

Focus on winding down from the energy of the day. This retreat will go by so fast and you may find yourself quite sluggish on day 3-4 due to caffeine and sugar withdrawals.

Create a bedtime routine for yourself - Nothing stimulating 1 hour before bed; i.e. turn off all screens and choose to read, meditate, stretch, practice deep breathing, use essential oils, visit the sauna and pools. I like to have a cup of tea prior to bed. Choose Chamomile tea, which soothes and relaxes the bowel wall and aids in digestion or Peppermint tea & Fennel Tea also help to relieve gas. The evening is a perfect time to journal or write a gratitude list as it helps us release stirring thoughts from our minds.

One of the BEST ways to unwind at Kripalu is to visit the Sauna and Jacuzzi pools. You may also try dry brushing or self-massage - abhyanga.

SUPPORTING YOUR CLEANSE

Drink cleansing teas. Sipping on nettle, burdock, or dandelion tea helps support elimination & liver detoxification. Ginger tea with lemon is another great option!

Add lemon or apple cider vinegar to your water or meals to increase digestive stomach acids. This supports digestion, detoxification, and elimination.

Break from technology. Allow yourself an hour to ease into the day and ground yourself before offering all of your energy to your phone. Give your life space away from technology so that you have more of yourself to offer to the world.

Add alternative healing modalities from Kripalu's spa list -these support cleansing, detoxification, and elimination. Choose what feels best but certainly don't stress yourself financially. Do what you can, with what you have. If your resources allow, add 1 or a few of the following to your retreat. Moving forward, choose something monthly to support your health and wellbeing. Neti pot cleansing is also a supportive way to clear your body during the cleanse.

- Massage - Acupuncture - Infrared Sauna - Dry Skin brushing /Spa Scrub + Lymphatic Drainage



Herbs for liver & cellular detoxification

Milk Thistle - Known as the King of detoxifying herbs; milk thistle is a powerful detoxifier. It helps rebuild liver cells while removing toxins from the body that are processed through the liver. Milk thistle is effective at naturally reversing the harmful effects of alcohol consumption, pesticides in our food supply, heavy metals in our water supply, pollution in the air that we breathe in and even poisons!

Turmeric - Known to be the most powerful herb on the planet at fighting and potentially reversing disease, high in antioxidants that help the liver and gallbladder by reducing liver inflammation as well as GI tract inflammation.

Dandelion - This herb contains compounds like potassium that support the gallbladder in releasing bile which assists the liver in releasing toxins. It also increases urine production and serves as a laxative to increase bowel movements. Dandelion is used for the treatment of muscle aches, loss of appetite, upset stomach, intestinal gas, gallstones, joint pain, eczema and bruises.

Triphala - My personal favorite and an herbal formulation I have been taking for many years. Triphala has been used for well over 2,000 years and is considered a staple of Ayurvedic medicine. Triphala contains gallic acid, ellagic acid and chebulinic acid, which are all strong antioxidants. It also has flavonoids and polyphenols, which have antibacterial, anti-inflammatory and antidiarrheal abilities. Triphala supports intestinal repair, strengthens intestinal muscles to contract to release and helps you naturally lose weight. It's a great addition to a cleanse and very gentle on the stomach.



POST RETREAT

This is a crucial time: your next step, post retreat. You may be tempted to go out and eat a big slice of pizza or you may not. Whatever you choose, stay conscious of your decisions and be gentle with yourself. As you transition back to "real life", the idea is to blend what you were doing before with everything you have learned and integrated over the past week. Stick with the healthy self-care habits you created for yourself this week - including your smoothies, rest and holistic therapies.

Thinking long term habits is the wisdom I wish to impart to you.
How to set yourself up for success is vital and
begins with the shifts you make this week.

