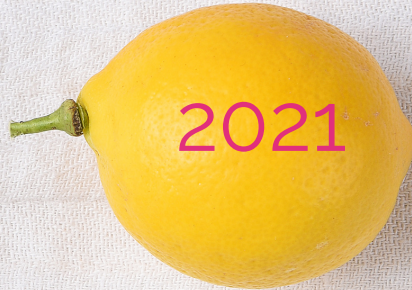


Spring Cleanse



a 30-day
guided detox





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3 Phases

PHASE 1 – ACTIVATE

The first 10 Days will be used to activate our cleansing organs and channels by strengthening them. This will allow them to detox appropriately in the next phase.

30 Days

PHASE 2 – RESET

The second 10 Days will be used to Cleanse the Digestive System. This is the part of the cleanse that can sometimes cause a little discomfort as our cleansing and purging is the most active.



You got this!

PHASE 3 – RENEW

The third and final 10 Days will be used to renew our system. We will add probiotics to our Digestive Tract to fill any areas of bad bacteria and toxins that may have left. We will continue to take other organ supporting supplements to help our body renew at its greatest capacity.



Cleanse Elements



juice



epsom salts



infrared sauna



supplements



turmeric



smoothies



essential oils



dry brushing

Cleanse Shopping List

Add the following items to your Loyalty Rewards order



dōTERRA

- LIFELONG VITALITY {LLV} – \$79.50
- TERRAZYME * – \$20
- PB ASSIST* – \$20
- ZENDOCRINE SOFTGELS – \$24
- TURMERIC DUAL CHAMBER CAPSULES – \$35
- GX ASSIST – \$26
- ZENDOCRINE DETOXIFICATION COMPLEX – \$24.50
- DDR PRIME SOFTGELS – \$55
- LEMON ESSENTIAL OIL – \$11
- PINK PEPPER ESSENTIAL OIL – \$22

*Customize your supplement kit and maximize your savings by adding these two items to your LLV.

Cleanse + Restore Kit Now Available:
Item #60206864

Optional Cleanse Shopping List

Optional food and beverage items to add to your shopping list

01

PHASE 1

Order prior to start

Himalayan Sea Salt
Project Juice

- Liver Flush Shot
- D-Tox
- Deep Green
- Get Your Greens
- Immunity
- Alkaline Elixir
- Vitality Shot

Extra Virgin Coconut oil
Raw Apple Cider
Vinegar
Black/Green Tea
Rooibos Tea
Honeybush Tea
Dandy Blend

02

PHASE 2

Cold-Pressed Juices

- Make your own at home if possible or choose to purchase/order from a reputable company {Project Juice, Pressed Juicery or a local option}

Chia Seeds
Coconut Milk
Vanilla
Cinnamon
Soaked Nuts -
Almonds/Walnuts

03

PHASE 3

Fermented Vegetables -
Kimchi or Sauerkraut
Cold-Pressed Juices

- See notes in Phase 2
- Sprouts- Buy sprouting seeds and a jar or sprouts in your local health food store
Kale
Raw Sliced Almonds
Sunflower Seeds
1/4 Cup Alfalfa Sprouts
1/3-1/2 cup soaked and sprouted chickpeas, black beans, lentils or a combination
Nori Paper
Avocado
Lime Juice
Garlic
Chili Flakes
Kombucha

**Check smoothie recipe pages {22, 23, 24} for additional grocery items you may need to purchase if you plan to make smoothies.*



Optional Cleanse Shopping List

Continued

PHASES 1-3

Dry Brush

dōTERRA Slim & Sassy Essential Oil

Extra Virgin Coconut Oil

dōTERRA Peppermint Essential Oil

dōTERRA Ginger Essential Oil

dōTERRA Turmeric Essential Oil

Epsom Salts

Infrared Sauna

Roller Bottle Blends Recipes

- See which oils are needed for these in the recipe section- if you would like to include these for additional support for your body throughout the Cleanse

Cold-Pressed Juices

- Project Juice {national delivery}
- Pressed Juicery {national delivery}
- Local Juice Shop
- Made at home

**Check smoothie recipe pages {22, 23, 24} for additional grocery items you may need to purchase if you plan to make smoothies.*



Phase 1 Breakdown

DAYS 1-10

UPON WAKING

1 TerraZyme - Enzymes break down food but when taken on an empty stomach they combat inflammation in the body.

BREAKFAST

Eat a nutrient dense meal and take the following supplements:

- LLV - Part 1 {1/2 dose of our daily nutrients}
- 1 Turmeric Capsule - Liver Support
- 1 TerraZyme {Enzymes to break down food}
- 1 Zendocrine Complex {Support + strengthen the cleansing organs}
- 1 Zendocrine Soft Gel/Oil {Cleansing oils for the organs such as liver, kidneys, lungs and skin}

LUNCH

Eat a nutrient dense meal and take the following supplements:

- 1 TerraZyme {enzymes to break down food and utilize nutrients}

DINNER

Eat a nutrient dense meal and take the following supplements:

- LLV - Part 2 {1/2 dose of our daily nutrients}
- 1 TerraZyme {Enzymes to break down food}
- 1 Zendocrine Complex {Support + strengthen the cleansing organs}
- 1 Zendocrine Soft Gel/Oil {Cleansing oils for the organs such as liver, kidneys, lungs and skin}

BED

1 TerraZyme- Enzymes break down food but when taken on an empty stomach they combat inflammation in the body.

ALL DAY

1 drop of Lemon oil in 8oz of water 5x/day- Detox aid to flush toxins from the body through the urinary tract

OPTIONAL ADD-ONS

Upon waking drink your shot of apple cider vinegar with 1 drop ginger oil and 1 drop lemon oil or warm water with lemon oil, ginger oil and a pinch of sea salt. Alternate these to assist the liver and alkalize the body.

Oil Pulling- do this every day - see recipes section for 'how to'- Oil Pulling helps prevent cavities, bad breath, and is linked to helping with inflammation in the body.

Drink your Project Juice add ons - one a day for the first 5 Days of Phase 1.

Add in your tea of choice - Black, Green, Rooibos or Honeybush

Drink Dandy Blend to support liver and cleansing organs.

Dry Brushing

Over loaded Liver + Kidneys Roller Bottle Blend - Roll over kidney area, liver and stomach.



Phase 1 Checklist

DAYS 1-10

UPON WAKING - 1 Terrazyme

Optional: Shot of apple cider vinegar with ginger + lemon oil or warm water with lemon oil, ginger oil and a pinch of sea salt.

Roll Overloaded Liver + Kidneys Roller Bottle blend on stomach, kidney and liver area.

BREAKFAST - 1/2 Dose LLV + 1 Turmeric Capsule + 1 Terrazyme + 1 Zendocrine Complex + 1 Zendocrine Softgel/Oil

Optional: Oil Pulling
Project Juice Add-On

LUNCH - 1 Terrazyme

Optional: Tea or Dandy Blend

DINNER - 1/2 Dose LLV + 1 Terrazyme + 1 Zendocrine Complex + 1 Zendocrine Softgel/Oil

BED - 1 Terrazyme

ALL DAY - 1 drop of Lemon oil in 8oz of water 5x/day

Check it off!

Place an "X" over each day once all items on checklist have been completed.

01

03

05

07

09

02

04

06

08

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08



Phase 2 Breakdown

DAYS 11-20

UPON WAKING

1 TerraZyme - Enzymes break down food but when taken on an empty stomach they combat inflammation in the body.

BREAKFAST

Eat a nutrient dense meal and take the following supplements:

LLV - Part 1 {1/2 dose of our daily nutrients}

1 Turmeric Capsule - Liver Support

1 TerraZyme {Enzymes to break down food}

1 Zendocrine Complex {Support + strengthen the cleansing organs}

1 GX Assist {Optional} - Optional because some people, especially those doing their first cleanse, just need 1 per day while others can tolerate up to 3 per day.

LUNCH

Eat a nutrient dense meal and take the following supplements:

1 TerraZyme {enzymes to break down food and utilize nutrients}

1 GX Assist {Optional} - See above note on why optional

DINNER

Eat a nutrient dense meal and take the following supplements:

LLV - Part 2 {1/2 dose of our daily nutrients}

1 TerraZyme {Enzymes to break down food}

1 Zendocrine Complex {Support + strengthen the cleansing organs}

1 GX Assist

BED

1 TerraZyme- Enzymes break down food but when taken on an empty stomach they combat inflammation in the body.

ALL DAY

1 drop of Lemon oil in 8oz of water 5x/day- Detox aid to flush toxins from the body through the urinary tract

OPTIONAL ADD-ONS

Upon waking drink your shot of apple cider vinegar with 1 drop ginger oil and 1 drop lemon oil or warm water with lemon oil, ginger oil and a pinch of sea salt. Alternate these to assist the liver and alkalize the body.

Oil Pulling- do this every day - see recipes section for 'how to'- Oil Pulling helps prevent cavities, bad breath, and is linked to helping with inflammation in the body.

Drink your Project Juice add ons - one a day for the first 5 Days of Phase 2

Add in your tea of choice - Black, Green, Rooibos or Honeybush

Drink Dandy Blend to support liver and cleansing organs.

Dry Brushing

Sauna is important during phase 2 to help eliminate and purge toxins

Cleansing Gut Roller Bottle Support Blend: Roll this on kidney, liver and stomach area daily



Phase 2 Checklist

DAYS 11-20

UPON WAKING - 1 Terrazyme

Optional: Shot of apple cider vinegar with 1 drop ginger + Lemon oil or warm water with lemon oil, ginger oil and a pinch of sea salt.

Roll Cleansing Gut Roller Bottle blend on stomach, kidney and liver area.

Oil Pulling- do first thing in morning!

BREAKFAST - 1/2 Dose LLV + 1 Turmeric Capsule + 1 Terrazyme + 1 Zendocrine Complex + 1 GX Assist {Optional}

Optional Project Juice Add-Ons {see list on page 6}: Drink through the first 5 Days. Use Liver Flush on the first day

LUNCH - 1 Terrazyme + 1 GX Assist {Optional}

Green/Black Tea or Rooibos/Honeybush or Dandy Blend

DINNER - 1/2 Dose LLV + 1 Terrazyme + 1 Zendocrine Complex + 1 GX Assist

Optional: Infrared Sauna 30-40 mins

BED - 1 Terrazyme

ALL DAY - 1 drop of Lemon oil in 8 oz of water 5x/day

Check it off!

Place an "X" over each day once all items on checklist have been completed.

01

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Phase 3 Breakdown

DAYS 21-30

UPON WAKING

1 TerraZyme - Enzymes break down food but when taken on an empty stomach they combat inflammation in the body.

BREAKFAST

Eat a nutrient dense meal and take the following supplements:

- LLV - Part 1 {1/2 dose of our daily nutrients}
- 1 Turmeric Capsule {Liver Support}
- 1 TerraZyme {Enzymes to break down food}
- 1 Zendocrine Complex {Support + strengthen the cleansing organs}
- 1 DDR Prime Oil/Soft Gel and/or Pink Pepper Capsule {Cellular Support}

LUNCH

Eat a nutrient dense meal and take the following supplements:

- 1 TerraZyme {enzymes to break down food and utilize nutrients}

DINNER

Eat a nutrient dense meal and take the following supplements:

- LLV - Part 2 {1/2 dose of our daily nutrients}
- 1 TerraZyme {Enzymes to break down food}
- 1 Zendocrine Complex {Support + strengthen the cleansing organs}
- 3 PB Assist {Replenish gut with healthy bacteria}

BED

1 TerraZyme- Enzymes break down food but when taken on an empty stomach they combat inflammation in the body.

ALL DAY

1 drop of Lemon oil in 8oz of water 5x/day- Detox aid to flush toxins from the body through the urinary tract

OPTIONAL ADD-ONS

Upon waking drink your shot of apple cider vinegar with 1 drop ginger oil and 1 drop lemon oil or warm water with lemon oil, ginger oil and a pinch of sea salt. Alternate these to assist the liver and alkalize the body.

Oil Pulling- do this every day - see recipes section for 'how to'- Oil Pulling helps prevent cavities, bad breath, and is linked to helping with inflammation in the body.

Drink your Project Juice add ons - one a day for the first 5 Days of Phase 3

Add in your tea of choice - Black, Green, Rooibos or Honeybush

Drink Dandy Blend to support liver and cleansing organs.

Dry Brushing

Sauna is important during phase 3 to help eliminate and purge toxins

Rebuilding gut roller bottle support blend: Roll this on kidney, liver and stomach area daily

Add naturally fermented vegetable + sprouts to your diet.



Phase 3 Checklist

DAYS 21-30

UPON WAKING - 1 Terrazyme

Optional: Shot of apple cider vinegar with 1 drop ginger + Lemon oil or warm water with lemon oil, ginger oil and a pinch of sea salt.

Roll Rebuilding Gut Roller Bottle blend on stomach, kidney and liver area.

Oil Pulling-do first thing in morning

BREAKFAST - 1/2 Dose LLV + 1 Turmeric Capsule + 1 Terrazyme + 1 Zendocrine Complex + 1 DDR Prime Oil/Soft Gel and/or Pink Pepper Capsule

Optional Project Juice Add-Ons {see list on page 6}: Drink through the first 5 Days. Use Tummy Tonic on the first day

LUNCH - 1 Terrazyme

Green/Black Tea or Rooibos/Honeybush or Dandy Blend

DINNER - 1/2 Dose LLV + 1 Terrazyme + 1 Zendocrine Complex + 3 PB Assist

Optional: Infrared Sauna 30-40 mins, eat fermented veggies + sprouts as often as you can in Phase 3.

BED - 1 Terrazyme

ALL DAY - 1 drop of Lemon oil in 8oz of water 5x/day

Check it off!

Place an "X" over each day once all items on checklist have been completed.

01

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Cleanse Supplements Explained



WHY SUPPLEMENT?

Depleted soils, GMO foods, processed foods. This is the reality of the fast paced world we live in. Our nutrient dense diet of the past is fading with the ease of pre-packaged meals. One way to combat this reality is to fuel our bodies with whole food supplements.



3 PHASES | 4 GOALS

- PHASE 1 - FOUNDATIONAL SUPPLEMENTS
- PHASE 2 - CLEANSING SUPPLEMENTS
- PHASE 3 - REBUILDING SUPPLEMENTS

OVERARCHING GOAL - WAGE WAR ON UNHEALTHY CELLS





Foundational

LIFELONG VITALITY

doTERRA's LLV targets three core areas by providing your cells with essential nutrients and metabolic factors to help them perform optimally. Key benefits of making them a daily habit:

- General wellness and vitality, antioxidant and DNA protection, energy metabolism, bone health, immune function, stress management, cardiovascular health, hair/skin/nail health, eye/brain/nervous system health, liver function and digestive health, lung and respiratory health
- Gentle on the stomach, non-GMO, dairy-free



TERRAZYME

Enzymes are needed to break down food, to convert food nutrients to cellular energy, and to support the metabolism of enzyme deficient processed food. Our diets lack enzymes and we make less as we age, relying on those we can consume or supplement.

When we take enzymes with food they help us to break down the food and uptake nutrients properly. When we take TerraZyme on an empty stomach it helps to reduce inflammation in the body. Inflammation is the root cause of all disease. Therefore this should be one of our foundational products.



LEMON

One of the simplest additions to our daily regime is lemon oil. It is purifying and cleansing to the body, helping with digestion in the stomach and acting as pac-man against toxins. Lemon also helps improve respiratory function by breaking up mucous and easing sore throats when added to local honey.

Adequate hydration will help cells destruct properly while the addition of lemon will enhance the purging of toxins. Be sure to drink 1/2 your body weight in ounces of water with Lemon oil [i.e. 150 pound person should consume 75oz of water daily].



Cleansing

ZENDOCRINE OIL CAPSULES

A blend of cleansing oils in an easy to take softgel makes cleansing the liver + kidneys a breeze.

TANGERINE PEEL - Rich in limonene, known for purifying benefits*

ROSEMARY FLOWER/LEAF - Supports healthy liver function*

GERANIUM PLANT - Supports the body's natural ability to rid itself of unwanted substances*

JUNIPER BERRY - Supports healthy kidney function*

CILANTRO LEAF - Supports the body's natural process of eliminating toxins*

ZENDOCRINE HERBAL

Herbs + enzymes contained in this capsule strengthen and assist the cleansing organs to filter properly.

LIVER- Barberry root and bark, Milk thistle seed, Burdock root, Clove bud, Dandelion root, Garlic bulb, Red clover flowering tops

KIDNEYS - Turkish Rhubarb stem, Burdock root, Clove bud, Dandelion root

COLON- Psyllium husk, Turkish rhubarb stem, Acacia Gum bark, Marshmallow root

LUNGS - Osha root, Safflower petals

SKIN - Kelp, Milk thistle seed, Burdock root, Clove bud, Garlic bulb

GX ASSIST

GX Assist contains a proprietary blend of 6 oils - Oregano, Melaleuca, Lemon, Lemongrass, Peppermint, and Thyme. The GX Assist blend was formulated to improve microbial balance.* This proprietary blend helps purify and cleanse the digestive system.*





Rebuilding

PB ASSIST

Your gastrointestinal (GI) tract is approximately 25 feet long and is responsible for digesting and absorbing the nutrients in the foods you eat, while also helping eliminate waste products from your body. Beyond these important functions, your GI tract, particularly the intestines, also performs very important immune functions in the body, but this delicate balance can be affected by the use of antibiotics and other medications.

In the cleanse we will be using GX assist. While GX Assist is not an antibiotic, it does target bad bacteria. When that bad bacteria is removed, pockets are left open. We don't want any more bad bacteria to fill the void so replenishing with beneficial bacteria {like those found in PB Assist} ensures the foundation of a healthy immune system and gut.



TURMERIC CAPSULES

The power of Turmeric resides in its concentration of two unique families of compounds, curcuminoids and turmerones. Typical turmeric supplements offer high concentrations of curcuminoids (in the extract) or turmerones (in the essential oil), but not both. The doTERRA Turmeric Dual Chamber Capsule combines the curcuminoids and turmerones in a revolutionary new oral delivery system, which takes advantage of the best nature and modern science has to offer.

Add a natural one-two punch in the fight against free radicals and the inflammation in the body with this staple supplement.





Cellular Health Wage War

PINK PEPPER

You may have noticed if you have completed the doTERRA cleanse before that there are two additional products added! With the additions of some new products since the Cleanses creation we can now enhance the Cleanse. One of the products to kill unhealthy cells is PINK PEPPER!

Unhealthy Cells are cells we don't want duplicating. In fact we want them to commit suicide. Our toxins are stored in our fat cells, which is actually how our body protects us from them. In order to get them out of our fat cells we need to somehow release them. Pink Pepper will help our bodies do this. Phase 3 is all about rebuilding our bodies, so the addition of Pink Pepper + DDR Prime will help encourage that apoptosis {aka cell suicide} we need!



DDR PRIME SOFTGELS

Cellular health is the foundation of health. When the normal process of cellular growth, replication, and regeneration is altered, all body systems and functions are affected.

The power of DDR Prime Softgels is in the proprietary blend of essential oils. Alone, all of the individual oils have been shown to provide support of cellular integrity, but the synergistic effects they provide when combined together is even more powerful.* Frankincense, Wild Orange, and Clove oil have all been shown to promote a healthy response to free radicals.* Thyme and Niaouli essential oils support cellular immunity and overall cellular health.* Summer Savory has been shown to support our body's natural mechanisms to deal with oxidative stress.* Lastly, Lemongrass oil can protect against environmental threats.*

Combined, this exclusive combination of essential oils offers unparalleled support of the body's natural free-radical defense systems.*





DIY LIVER ACTIVATOR

First thing upon waking in the morning, combine 1 drop ginger, 1 drop lemon, and a pinch of sea salt in glass filled with warm water first thing upon waking.

Every other day, alternate with a shot of apple cider vinegar plus one drop each of ginger and lemon oils.

SWEAT | EXERCISE

Jumping on the trampoline for 5-10 minutes will activate the lymphatic system



PROBIOTIC AVOCADO SALAD

- 2-4 cups of organic kale, chopped, with the thick stems removed
- 2 Tbsp raw sunflower seeds
- 1 Tbsp soaked raw sliced almonds
- 1/3 - 1/2 cup of shredded purple cabbage
- 1/4 cup alfalfa sprouts
- 1/3-1/2 cup of soaked and sprouted chickpeas, black beans, lentils {or a combination}
- 2-4 Tbsp sauerkraut
- 1 sheet of nori paper, sliced into smaller pieces

DRESSING

- 1 mashed avocado, juice from 1 lime or 2 drops Lime oil, pepper, chili flakes, garlic {to taste}
- Massage dressing into the kale and let it sit for at least 5 minutes {up to 12 hours!}
- Add other ingredients and toss.



3 INGREDIENT CHIA PUDDING

2 tablespoon chia seeds
1/2 cup almond milk or milk of choice
1 teaspoon honey or other sweetener of choice

Optional: Strawberries or other fruits for topping

INSTRUCTIONS

Pour ingredients into a small jar and mix well.
Let settle for 2-3 minutes then mix again very well until you see no clumping.
Cover the jar and store in fridge overnight or for at least 2 hours.
When you're ready to eat it, top with your favorite fruit and enjoy cold!

<https://feelgoodfoodie.net/recipe/3-ingredient-chia-pudding/>





PB+J SMOOTHIE {JAMBA JUICE COPYCAT}

This smoothie tastes better than a peanut butter and jelly sandwich! Made with healthy fruit and no added sugar, it's a delicious meal replacement or snack. Vegan & Dairy-free.

- 1 cup water or almond milk
- 1 soft Medjool date, pitted
- 2 tablespoons natural peanut butter
- 1 frozen banana
- 1 cup frozen strawberries (about 8 whole strawberries)
- 1/4 cup frozen raspberries
- Pinch of sea salt

INSTRUCTIONS

In a blender, combine the water or milk, date, peanut butter, banana, strawberries, and raspberries. Add a pinch of salt, if using unsalted peanut butter.

Blend until very smooth, stopping to scrape the blender if needed. You can add more liquid if your blender struggles to process the mixture, but added liquid will dilute the flavor slightly, so use as little extra as possible. Serve right away and enjoy!



CHOCOLATE AVOCADO SMOOTHIE

This Chocolate Avocado Smoothie tastes like a rich chocolate milkshake, while being dairy-free and naturally sweetened with fruit. I love that it's made without bananas!

- 3/4 cup water
- 4 Medjool dates , pitted {substitute with honey if you don't have a high-speed blender}
- 1/4 avocado
- 1 heaping tablespoons cacao powder
- 1/2 teaspoon vanilla extract
- 1 handful fresh baby spinach (optional)
- 1 heaping cup ice cubes

INSTRUCTIONS

In a high-speed blender, combine water, dates, avocado, cacao powder, vanilla, and spinach, if using, and blend until very smooth. Taste the pudding-like mixture to make sure there's enough sweetness and chocolate flavor and adjust to your taste. Keep in mind that the flavor will be diluted a bit more once you add the ice.

Add ice and blend again, until the smoothie has more of a milkshake-like texture. Serve right away.





PEANUT BUTTER BANANA SMOOTHIE

This Peanut Butter Banana Smoothie tastes like a milkshake, but with no added sugar! It's a healthy breakfast or snack on-the-go or can be used as a meal replacement {especially if you add spinach}!

- 1/2 cup water (or dairy-free milk of choice)
- 1 frozen banana , cut into pieces
- 2 tablespoons all-natural peanut butter {Substitute with almond or sunflower seed butter if you prefer them}
- 1 tablespoon ground flax seeds
- 1/2 teaspoon vanilla extract
- Ice , if needed to thicken

INSTRUCTIONS

In a blender, combine water, banana, peanut butter, flax seeds, and vanilla. Blend until very smooth, stopping to scrape down the blender as needed. If you need a little more liquid, add it just 1 tablespoon at a time so the smoothie will have a thick, milkshake-like texture. Taste the smoothie and adjust any flavoring to taste. If you need a sweeter flavor, you can add one pitted Medjool date or a tablespoon of honey. Serve right away!

3 Phases + 3 Rollers

As you work through the Cleanse partner roll-ons to help you mentally push through. Recipes below should be topped with Fractionated Coconut Oil.



OVERLOADED LIVER + KIDNEYS ROLLER BOTTLE BLENDS

PHASE 1

{Two Options}

Rose Touch 1/4 Bottle
 Helichrysum 10 Drops
 Bergamot 15 Drops
 Copaiba 15 Drops
 Juniper Berry 10 Drops

OR

Geranium 5 Drops
 Helichrysum 5 Drops
 Lemon 20 Drops
 Copaiba 10 Drops
 Clove 15 Drops

CLEANSING GUT ROLLER BOTTLE BLEND

PHASE 2

Ginger 20 Drops
 Peppermint 20 Drops
 Rosemary 10 Drops
 Lemon 20 Drops

REBUILDING GUT ROLLER BOTTLE BLEND

PHASE 3

On Guard 20 Drops
 Peppermint 20 Drops
 Siberian Fir 10 Drops
 Black Pepper 5 Drops
 Turmeric 3 Drops



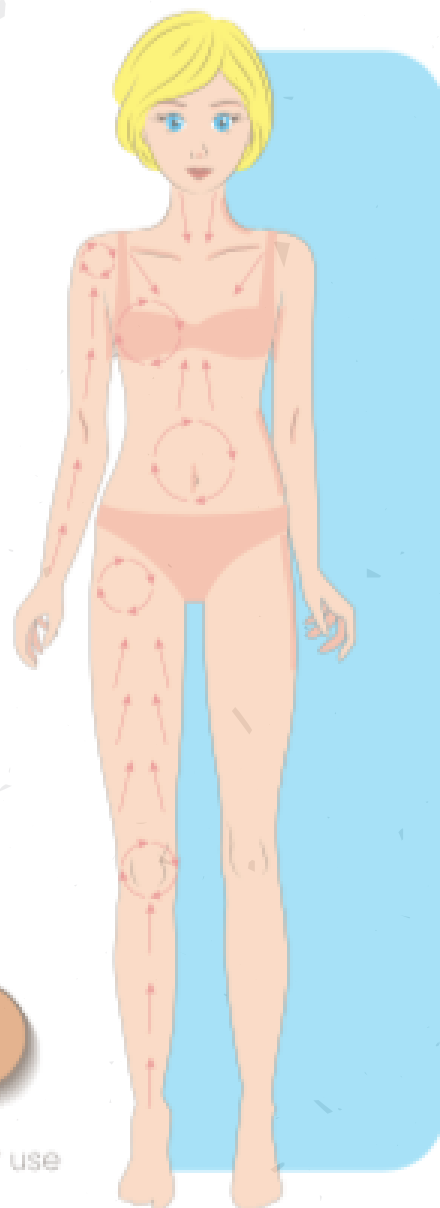
WHY & HOW TO DRY BRUSH



- Dead Skin Exfoliating
- Lymphatic System Stimulating
- Cellulite Reducing
- Pores Unclogging
- Stress Relief

5
MIN

**each day
enough
for good results**



1

Use a natural bristle brush with a long handle

2

Do not wet the skin

3

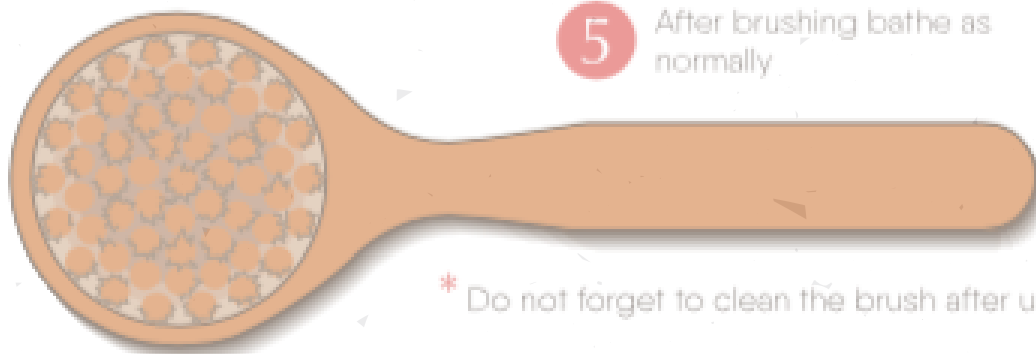
Move in long sweeping motion toward heart

4

Brush each area several times

5

After brushing bathe as normally



* Do not forget to clean the brush after use

WHAT DO THE EXPERTS SAY?

The mechanical action of dry brushing is wonderful for exfoliating dry winter skin. It also helps detoxify by increasing blood circulation and promoting lymph flow/drainage. Dry brushing unclogs pores in the exfoliation process. It also stimulates your nervous system, which can make you feel invigorated afterward.

-Cleveland Clinic

Pro Tip: Add a drop of slim & sassy oil to the bristles of the brush prior to dry brushing for enhanced effects.



Oil Pulling

WHY SWISH?

Ayurveda hypothesizes that the tongue is connected to various organs such as kidneys, heart, lungs, small intestine, spine, etc. Oil pulling is believed to help in the excretion of toxic heavy metals by activating salivary enzymes, which then absorb chemical, bacterial, and environmental toxins from the blood and remove them from the body through the tongue. Thus, oil pulling helps to detoxify and purify the entire body.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5198813/>

HOW TO

Add 1-2 TBSP coconut oil to your mouth {start small if you've never done it before}, then add 1 drop peppermint oil into your mouth and swish 10-20 mins. Spit oil in trashcan - not down the drain- when your time is up.

Pro Tip: I like to do this while I am in the shower. It creates a habit that's easy to remember.



Epsom Salts

WHY SOAK?

The foundation of any good detox bath is Epsom salts with essentially powdered magnesium, a well-known natural sedative. There are a number of benefits of Epsom salts, including both detoxification and relaxation. Although magnesium has a myriad of benefits for our bodies, it is more easily absorbed through the skin than the digestive track, making a detox bath the perfect way to experience its benefits. Detox baths help remove toxins from the body by stimulating the production of digestive enzymes and juices, which pushes these toxins right out of your body. You'll emerge from the bath feeling cleaner inside and out!

HOW TO

- 1-2 Cups Epsom Salts
- 5-10 drop of essential oils {options below}
- Lavender, Serenity, Rose, Geranium, Juniper Berry
- Add above to water and Soak 20-40 mins, being sure to stay hydrated while you soak!





Infrared Saunas

WHY SWEAT?

Regular sauna use is associated with an increased capacity to generate new cells in the body leading to better memory, blood flow to skeletal muscles and tissues, and higher blood cell counts.

Additionally, a recent study conducted on Utah police suffering from toxicity-related-chronic-illnesses {due to extended exposure to chemical compounds}, has shown promising results when infrared sauna-based therapy was. Infrared dry sauna sessions increased detoxification and helped with immune system deficiency, respiratory, cognitive, gastrointestinal, neurological and emotional issues, as well as neurogenesis {creation of new cells}.

<https://www.healwithheat.com>

Find a sauna at a spa or facility near you if you don't own your own Infrared Sauna.



Caffeinated Tea

GREEN TEA - WHY SIP?

Basically, the benefits are incredible! Not only does it help support our liver, one of the organs we are targeting in the ACTIVATE phase, but it also contains an extreme amount of polyphenols {antioxidants}. These antioxidants can help improve digestive issues, which you could be experiencing if you're introducing Terrazyme and Zendoctrine for the first time, as well as aid in weight management/loss. The warmth of the green tea is soothing to our tastebuds, keeping us from feeling hungry and even boosting our metabolism!

When you feel hungry between meals, make a cup of tea instead of snacking! And don't be afraid to add honey {a superfood} to your brew, Local honey is truly the bomb, especially at the onset of Spring as it can help with seasonal allergies.

BLACK TEA - WHY SIP?

I am such an avid black tea drinker - not only because of it's taste but also because of its numerous benefits! Black tea is high in tannins, which help soothe gastric and intestinal illnesses, generally aid in digestion, and decrease intestinal activity. Black tea combined with honey actually kills H. Pylori Bacteria {the bug that can cause ulcers}, which is especially important for us because our H. Pylori content might be higher than normal with the initiation of some of our supplements. Additionally, black tea helps boost metabolism, increase insulin, regulate blood sugar levels, boost the immune system and balance hormones {including cortisol} - SCORE! However, one thing to note about black tea is that it's a bit acidic so you'll need to be extra careful to drink plenty of lemon water in order to keep your system alkaline.



Non-Caffeinated Tea

▶ ROOIBOS - WHY SIP?

Rooibos tea contains several antioxidants, with the green variety containing higher levels than the red. Some of the most notable antioxidants in rooibos are quercetin and aspalathin, which studies show may improve the antioxidant status of the liver as well as improve heart health. Rooibos tea is a good alternative to black or green tea, especially for people who want to avoid caffeine or tannins.

▶ HONEYBUSH - WHY SIP?

Honeybush tea is made as a simple herbal infusion. One of its early recognized benefits as a tea substitute is its lack of caffeine, which makes it especially suited for nighttime consumption and for those who experience nervousness and want to avoid ordinary tea. As a result, it has a reputation as a calming beverage, though it may not have any specific sedative properties. Like Rooibos, it also has a low content of tannins, so it doesn't make a highly astringent tea - a common problem with some grades of black or green tea or when ordinary tea is steeped too long.

▶ WHERE TO BUY TEA

Local health food store. Organic, loose teas are preferred over bagged tea.



Dandy Blend

WHY SIP?

Dandy Blend is an herbal coffee substitute that features the smoothness and full-body texture of real coffee. A blend of roasted barley {don't worry, it's still gluten-free!}, rye, chicory root, dandelion root and sugar beetroot extracts, Dandy Blend boasts a long list of health promoting qualities. These qualities include a vast array of antioxidants, anti-inflammatory, and cholesterol-lowering properties {soluble and insoluble fibers}, as well as offering digestive and weight management support.

MY GO-TO RECIPE

Dandy Blend
 Milk of Choice
 Dash of Cinnamon
 Sweetener of Choice {Optional}

Make Dandy Blend according to package instructions and desired strength. Add milk of choice and a few dashes of cinnamon. The natural sweetness of the cinnamon compliments Dandy Blend nicely, so you may want to try it without any additional sweetener first! Sip and enjoy!



Fermented Veggies

WHY CONSUME KIMCHI + SAUERKRAUT + KOMBUCHA?

"If the good bugs in the gut outnumber the bad bugs, you're less likely to develop some of the conditions that we know are highly associated with obesity and certain cancers and a whole host of things," says Cleveland Clinic dietitian Kristin Kirkpatrick. During fermentation, live bacteria break down food components such as sugar, making it easier for you to digest and absorb its nutrients.

WHAT TO LOOK FOR

Not all pickled foods are fermented. It is best to check the label to look for the mention of "live bacteria," "fermented," or "probiotic."

WHERE TO BUY

Make your own or some of my favorite brands to purchase can be found at local grocery/health food stores. Look for Bubbies Sauerkraut, Health-Ade Kombucha or Brew Dr. Kombucha, which both deliver billions of live cultures.



Sprouts

WHY CONSUME?

Sprouts are all about nutrition and digestion, allowing you to get the most benefit out of a plant in the most naturally concentrated form. When you sprout foods, you increase proteolytic enzymes that make both carbohydrates and proteins digestible. While your body produces proteolytic enzymes when you eat foods that don't contain digestive enzymes, your body is forced to manufacture them {instead of making enzymes it should be making}. After a while, your body's ability to produce the right enzymes wanes along with its ability to fight off disease.

HOW TO

When sprouting your own seeds, it's best to ensure they haven't been chemically treated. Soak them overnight {important} in a Mason-type jar, about a third full of clean water and covered with a mesh sprouting screen. Small seeds need to soak for five hours, large seeds and grains for 12 hours. In the morning, drain and rinse them, turn the jar on its side, and repeat three times daily until they sprout {about 3 days}.

Your container should be a quarter to a third full of seeds {they swell to around eight times their original size} and kept at room temperature with good air circulation. Once green tips begin appearing on the sprouts, they can be used immediately or refrigerated for several days.

<https://foodfacts.mercola.com/sprouts.html>

WHERE TO BUY

Mountain Rose Herbs, local health food store. Make sure they are not chemically treated



Cleanse the air you breathe

DIFFUSING = CLEANSING

10 DROPS SANDALWOOD
2 DROPS FRANKINCENSE
4 DROPS GRAPEFRUIT
6 DROPS GREEN MANDARIN

Citrus oils are highly beneficial to the liver and lymphatic systems.

Grapefruit and Green Mandarin are especially high in limonene resulting in being cleansing to the air you are breathing

Sandalwood has been known to clear negativity in spaces and clear and cleanse the body, especially the lungs.

6 DROPS CLOVE
4 DROPS BLACK
SPRUCE
6 DROPS WILD
ORANGE

According to research, Clove has the ability to counter the effects of air pollution, including indoors {where we spend most of our time}!

Spruce contains pinene, which is particularly beneficial to clear and support the lungs {one of our cleansing organs}.

Wild Orange is high in limonene, which is beneficial to the liver and lymphatic systems.

DOTERRA®

2H 6H 12H
MIST LIGHT



Post Cleanse Care

You're feeling amazing after the last 30 days of resetting your body, but you're also wondering how you can continue supporting your body and keeping your cleansing channels functioning properly..



DAILY

- LLV
- Terrazyme
- Zendocrine Herbal Capsules
- DDR Prime
- Turmeric Duo Cap
- Lemon Oil + Water

FIRST 10 DAYS OF EACH MONTH:

PB Assist or PB Assist Jr.
{Rotate every other month}



OPTIONAL

- Order Project Juice once a month, adding one 24 hour juice cleanse
- Drink Dandy Blend and teas under recipes section
- Dry Brush 3 times per week
- Epsom Salt Baths 2-3 times per week
- Infrared Sauna 1-2 times per week

LAST 20 DAYS OF EACH MONTH:

Incorporate Fermented Foods
{Kimchi, Kombucha, Sauerkraut}

Get sunshine on your body as much as possible. Laugh often. Take brisk walks. Hug your loved ones daily and enjoy a tasty indulgence once in a while!

