

Cleanse

Reboot metabolism.
Aid digestion.
Alkalise body.
Naturally.



Next Generation
Wellness

Why CLEANSE?

REBOOT METABOLISM

Your metabolism is the process of converting consumed calories into energy the body can use for vital functions. Every single system in the body (eg digestive system, hormonal system) require an adequate metabolism in order to prevent poor immunity, degenerative diseases, libido, brain function, muscle production, energy and fertility.

ALKALISE THE BODY

An Alkaline balanced body is healthy, vibrant, and energetic, free of sickness and disease. It's how our body was designed to function. Wouldn't you want to feel like this? Conversely, an Acidic body is one that is degenerating, breaking down, showing many, many symptoms of ill health from the simplest form being a cold or a rash to more serious concerns such as diabetes, heart disease, and cancer.

An acidic environment is reported to be a breeding ground for harmful bacteria and other organisms that can damage organs. The need for the body to release the acid waste can also put pressure on vital organs. Maintaining a healthy pH can definitely assist cellular health.

AID DIGESTION

The truth is that most of us put pressure on our bodies through our stress levels, food choices, lifestyle choices, environment, and chemical toxicity everywhere from our personal care products to the air surrounding us. A cleanse is really about giving your body a well-earned break!

Whilst this cleanse isn't necessary to follow long term, it can be beneficial to participate 2-3 times per year or as needed.

It is essential to note that you should not be hungry (and that means real hunger not boredom or un-mindful eating practices) during this cleanse. Add more snacks from the list if you feel hungry. The ingredients for one serve of each snack is already included in the shopping list but absolutely add more as needed.

Foods

FOODS DEFINITELY OFF THE LIST

- Alcohol
- Dairy
- Coffee
- Soft drink
- Sports drinks
- Processed foods
- Meats
- Cakes and biscuits
- Many grains as specified
- Fruit juices
- Sugar
- Chocolate

FOODS TO ENJOY:

- Fresh vegetables
- Low sugar fresh fruit
- Nuts
- Legumes
- Spices
- Good fats

What to expect

During the first 3 days you can expect symptoms such as headaches, irritability, fatigue, nausea, skin breakouts and unusual bowel movements as your body begins to eliminate the toxins. This is your most testing time so be sure to keep your vision and reasons for choosing health.

From Day 4 you should be feeling much better and that feeling will expand from there.

A few people may experience limited bowel movements and this usually means that this cleanse is very important for your gut health. You can assist by:

- 1: Consuming 1 tsp lemon juice mixed with 1tbs EVOO
2. Consuming 3tbs aloe juice

If the incorporation of a gut health regime is new to you, you may also feel nauseous as the bad bacteria die off. If you suffer badly from flu like symptoms continue with the CLEANSE but reduce the gut healing rituals you have chosen and slowly build over time.

Following the 5-day meal plan you can gradually begin to add in other foods. I encourage you to continue to avoid the foods 'off the List' as much as possible. Focusing on reducing sugar, gluten and additive filled foods is key to long-term sustainable health and weight. Save these foods for special occasions rather than every day choices.

Setting Up

- Go shopping using the shopping list provided. Check to see if you have any of the staple spices, sauces, seeds and nuts sitting in your pantry. It may look like a long list, however most of the ingredients will last a long time past this cleanse and allow you to make many healthy snacks and meals without additive filled sauces and condiments.
- Buy a good probiotic or a fermented food (see shopping list)
- Purified water is best if possible
- Schedule one evening for a bath ritual (Notes provided)
- Prepare your choice of snacks from your snacks list in advance to have on hand mid and late morning throughout the cleanse
- Take a few moments to assess how you want to be feeling and what you are willing to sacrifice this week to achieve it
- Remember to appreciate the positive actions that you make. Sometimes things pop up to send you off course. Take it in your stride.

Additional Rituals To Boost Results

DAILY MOVEMENT

Movement is simply that. Moving the body in a gentle way rather than pushing and stressing it to the limit. Incorporate it regularly throughout every day.

Following your cleanse you may wish to add in more high intensity interval training which involves short bursts of high intensity movements which allows for additional calories to be burnt after the exercise ends.

Ensure that you incorporate strength training consistently into your week at minimum 2 x week.

FRESH AIR & NATURE

Within our homes we expose ourselves to ongoing chemicals that are circulating in the air. Getting into the fresh air is critical for our health physically, and the emotional benefits are always felt.

If you struggle to get outdoors into nature, you can focus on bringing the outdoors in but:

- Opening all windows and doors
- Keeping a vaporiser with essential oils to eat up the C20 containing chemicals
- Play a nature music track

SLEEP

There is a proven link between adequate sleep and a positively functioning metabolism. Be sure to get enough for you and your requirements.

SELF-AWARENESS/ POSITIVE ATTITUDE

It is true that we can change the way we feel in a moment. The struggle is in first becoming aware of the thought that leads to the creation of a feeling. Once we master the awareness of what triggers our feelings, we can assess the truth of that thought and decide on a better outlook and action plan.

We can handle most things in life and will always be challenged. How we choose to handle situations and events is entirely our choice.

HYDRATION

Aim for 2.5-5 Litres of room temperature water per day to assist in flushing out the toxins and add a piece of lemon to increase alkalinity of the water ability to fight off infection and illness, and help to regulate our metabolism.

GUT HEALING

There is a balance between good and bad bacteria in our digestive system. This balance is responsible for the way our bowel functions. These microorganisms also aid in the elimination of toxins, influence our ability to fight off infection and illness, and help to regulate our metabolism.

Not having enough of the good gut bacteria is linked to IBS, constipation, bloating, type 1 diabetes, low emotional state, autism and autoimmune disease. Both probiotics and prebiotics are part of this balance and play important roles in our gut health.

Taking a probiotic or fermented food is critical for health. The ingredients in this cleanse plan are natural prebiotics which help to feed the good bacteria in our intestine.

Following the CLEANSE you may wish to focus on creating a gut healing and balancing regime.

STRESS BUSTERS

Stress has an incredibly negative affect on both our physical and emotional health. Incorporating regular meditation (even 3 minutes, 3 x a day in simple stillness), lavender bath, reading an uplifting or personal enlargement book, journaling.



Let's get
started...

YOUR DAILY PLAN

(Tip: print and place on the fridge)

RISE

Drink 500mls water mixed with a slice of lemon and a dash of cayenne pepper

SHOWER RITUAL

Use a body brush for 2 minutes from your ankles to your neck including your groin and armpits. This will stimulate your lymph nodes, circulation and brush off dead skin cells and surface toxins.

Rinse off in the shower with a natural body wash.

Whilst showering, take 10 deep breaths to activate your parasympathetic nervous system and speed up your metabolism. Ask yourself what 3 intentions you have today. These may be things such as:

- Be aware of my emotions
- Be mindful of what I place in my mouth
- Chew slowly
- Complete a work/business task, etc
- Move my body for 40 minutes

DAILY BODY BOOST

Complete this mind and body experience daily following your shower. Your guide to the daily body boost can be found in your Detox & Strengthen E-book.

7AM

BREAKFAST

10AM

Drink 500mls water mixed with a slice of lemon and a dash of cayenne pepper

11AM

Choose one of your snacks

12noon

Drink 500mls water mixed with a slice of lemon and a dash of cayenne pepper

1PM

LUNCH

YOUR DAILY PLAN cont....

2PM

Drink 500mls water mixed with a slice of lemon and a dash of cayenne pepper

4PM

Choose from one of your snacks

5PM

Drink 500mls water mixed with a slice of lemon and a dash of cayenne pepper

6PM

DINNER

7PM

Drink 500mls water mixed with a slice of lemon and a dash of cayenne pepper

8PM

Herbal Tea of choice & small snack from list if hungry

9PM/ BEDTIME

Take your probiotic

Take time to record in a notepad:

How energetic did I feel today 1-10?

What were my feelings and stress levels today?

What did I do well?

Take 2minutes of deep breathing and visualising how you want to be feeling tomorrow.

AROMATIC BATH RITUAL

Once during the cleanse follow the aromatic bath ritual in the Strengthen & Detox Ebook. Add in 1 cup of Epsom salts or 1 cup of baking soda and 2 tbs Apple Cider Vinegar along with 3 drops of your Detox & Strengthen essential oil.

THE CLEANSE SHOPPING LIST

IMPORTANT:

The ingredients in this list is based on 2 people. If you are cleansing solo, please halve the quantities.

HEALTH FOOD SHOP

- ☐ L-Glutamine
- ☐ Probiotic or a fermented food such as kimchi, sauerkraut, or additional coconut yoghurt (choose one)
- ☐ Organic coconut aminos sauce OR organic tamari sauce (substitute soy sauce)
- ☐ Rice malt syrup (this is your sweetener)

SUPERMARKET

FROZEN

- ☐ Peas
- ☐ Berries (your choice) – 2 cups
- ☐ Edamame Beans 300g (can substitute with broad beans)

SPICES

- ☐ All spice or mixed Spice
- ☐ Cardamon
- ☐ Cinnamon
- ☐ Organic vanilla extract
- ☐ Licorice root powder
- ☐ Turmeric
- ☐ Cayenne pepper

SEEDS/NUTS

- ☐ Sunflower seeds – 2 cups
- ☐ Almonds – 4 cups
- ☐ Chia seeds – 200g
- ☐ Dried goji berries – 150g
- ☐ Pumpkin seeds – 1 cup
- ☐ Pistachio nuts – 100g
- ☐ Pine nuts – 20g
- ☐ Coconut chips or shreds – 2 cups

SAUCES/ CONDIMENTS

- ☐ Cold pressed coconut oil
- ☐ Tahini
- ☐ Apple cider vinegar
- ☐ Cold pressed extra virgin olive oil

OTHER

- ☐ Quinoa – 1 box or 2 cups
- ☐ Coconut water – 1L
- ☐ Unsweetened almond milk – 2L
- ☐ Chickpeas- 400g tin
- ☐ Coconut milk – 400ml tin
- ☐ Green or herbal tea

FRIDGE

- ☐ Coconut yoghurt – small

FRESH FRUIT

- ☐ 2 apples
- ☐ 6 large lemons
- ☐ 2 bananas
- ☐ 3 oranges
- ☐ 2 grapefruit
- ☐ 3 limes
- ☐ 3 avocados

FRESH VEGETABLES

- ☐ 2 cucumbers
- ☐ 2 red onions
- ☐ 1 yellow pepper
- ☐ 8 carrots
- ☐ 1 large cauliflower
- ☐ 11 spring onions
- ☐ 2 beetroot
- ☐ 1 large broccoli
- ☐ 6 celery sticks
- ☐ 1 cup pumpkin
- ☐ 3 zucchini
- ☐ 3 bunches kale
- ☐ 250g bag spinach leaves

HERBS

- ☐ Small packet of mixed sprouts
- ☐ 2 bunches basil
- ☐ 1 bunch dill
- ☐ 4 bunches parsley
- ☐ 3 bunches mint
- ☐ 4 bunches coriander
- ☐ 2 cloves garlic
- ☐ 80g fresh ginger

YOUR 5 DAY MENU

PREPARATION DAY

Prepare the snacks below

You can choose to make many of the lunches the day prior to save time on the day.

You may like to make Day 1's lunch on this preparation day.

Kale Chips

1 bunch of kale

1 tsp salt

2 tbs coconut oil, melted

Optional: any other flavourings herbs, chilli, mix garlic into oil.....

1. Heat oven to 180 deg.C
2. Tear leaves off the stem and break into small pieces
3. Mix ingredients into a bowl and mix in kale to coat
4. Place on baking dish lined with baking paper
5. Bake 10 mins or until crisp and crunch (be careful not to brown too much or they will taste burnt)
6. Allow to cool and eat or place in an airtight container to snack on as needed

Grain Free Granola

1/4 cup coconut oil

1 tsp vanilla

2 cups coconut chips/ or coconut shreds

1 cup mixed almonds and seeds

1 tsp cinnamon

1/2 cup goji berries

2 tbs chia seeds

Optional: Rice malt syrup to taste (don't go overboard!!)

1. Mix all ingredients in a bowl until well combined
2. Enjoy as is, or with some delicious coconut yoghurt

Veggie Sticks & Tahini Dip

2 sticks celery, chopped into strips

2 carrots, chopped into strips

Tahini Dip:

2 tbs tahini

1 tsp organic coconut aminos or organic tamari sauce

1 tsp fresh lemon juice

Optional: chilli powder

1. Blend together until smooth and serve with your vegetable sticks as needed through out the cleanse.

DAY 1

Prepare lunch in advance if not already done

BREAKFAST

Avocado & Turmeric Smoothie

1 frozen, peeled banana
½ large avocado flesh
1 cup spinach leaves, washed
2 tsp ground turmeric
1 tbs chia seeds
1 tsp licorice root powder
1 tsp L-Glutamine powder
Knob of ginger, peeled
1 ½ cups coconut water
1 tsp rice malt syrup
6 ice cubs

1. Blend and serve

LUNCH

Chia Porridge w/Seeds, Nuts & Berries

6 tbsp chia seeds
2 cups unsweetened almond milk
4 tbs dried goji berries
2 tsp cinnamon
½ tsp all spice
¼ tsp cardamon
1 tsp vanilla
2 tsp rice malt syrup
½ cup berries of choice
½ cup raw almonds & sunflower seeds for toppings

1. Place almond milk in a bowl and stir in chia seeds immediately.
2. Add goji berries, rice malt syrup, vanilla and spices as you stir along
3. Top with seeds and nuts
4. Cover and refrigerate until lunchtime.

DINNER

Quinoa Raw Salad with Tahini Dressing

2/3 cup quinoa
300g frozen edamame beans (can substitute with lentils)
1 medium beetroot, peeled, julienned
200g broccoli, small florets
2 celery sticks
80g kale leaves, washed and sliced thinly
1 cup almonds, chopped

Dressing:

¼ cup cold pressed extra virgin olive oil
½ cup freshly squeezed orange juice
¼ cup apple cider vinegar
1 tbs rice malt syrup
1 tbs tahini
¼ cup coriander, chopped

1. Boil 2 cups of water and add quinoa. Reduce heat and simmer for 15 minutes or until most water is absorbed. Drain and cool.
2. Make dressing by combining all ingredients in a bowl and whisking until combined.
3. Cook beans in boiling water for 2 minutes and drain. Remove beans from pods and discard pods.
4. Combine all ingredients into a bowl and serve between 4 bowls (1 each for lunch in Day 2)

DAY 2

BREAKFAST

Grapefruit Juice

4 carrots
2 Grapefruit
250mls coconut water
6 ice cubes

1. Wash carrots
2. Peel grapefruit
3. Blend it all up and serve

LUNCH

Left over Quinoa Raw Salad with Tahini Dressing

DINNER

Whilst preparing your dinner below, also prepare your BURGERS for Day 3 & 4 (see recipe day 3)

Cauliflower Fried Rice

1 large cauliflower, grated or processed to look like white rice
6 kale leaves, finely chopped
2 tbs grated ginger
1 tbs cold pressed coconut oil
1 tsp ground turmeric
1 bunches coriander, chopped into roots and leaves
3 spring onions, chopped
1 bunch parsley, chopped
1 bunch mint, chopped
1 tbs coconut water
2 tbs almonds, chopped
2 tbs pumpkin seeds
1 tbs organic coconut amino sauce
1 tsp lime juice

1. Heat the coconut oil in saucepan over a medium heat and add turmeric, ginger, and coriander ends over a medium to high heat
2. Add kale and cauliflower and stir fry for a few minutes
3. Place 1 tbs coconut water in the saucepan and add spring onion, coriander leaves, parsley, mint, and coconut amino sauce.
4. Stir in almonds and pumpkin seeds and lime.
5. Serve

DAY 3

BREAKFAST

Green Ginger Juice

2 cucumbers
1 apple
2 celery stalks
4 stems of mint
4 stems of parsley
½ cup leaves of spinach,
1 large knob of ginger
2 limes, peeled
handful of ice

1. Blend and serve

LUNCH

BURGERS (x 3 each person)

100 g pistachio nuts, peeled
1 x 400 g tin chickpeas, drained
1 cup frozen peas
2 bunches coriander, chopped
50 g baby spinach leaves, chopped
4 spring onions, finely sliced
2 tbs tahini
black pepper
2 tbs organic amino sauce

1. Process pistachio nuts coarsely
2. Add in the chickpeas frozen peas, spinach leaves, coriander, spring onions and pulse until well combined
3. Add the tahini, pepper and coconut amino sauce and pulse
4. Create 10 burgers and coat with pumpkin seeds
5. Spray with olive oil and bake 180C for 20mins or until golden brown

DINNER

PREP for tomorrow- steam pumpkin and choose to make your Cinnamon Quinoa Lunch ahead if short of time in the morning.

Rainbow Salad with Lemon Dressing

2 handfuls baby spinach greens, washed
1 beetroot, peeled & grated
2 carrots, washed & ribboned with a peeler
1/4 red onion, thinly sliced
6 slices yellow pepper
Bean sprouts
1 avocado, sliced
Chopped or slivered raw almonds

Dressing:

2 lemons, juiced
1 avocado
1 1/2 tsp chopped red onion
6 basil leaves
6 stems fresh dill
1/3 cup cold pressed extra virgin olive oil
1 tsp rice malt syrup

1. In each salad bowl place a handful of baby spinach, then top with the other vegetables finishing with bean sprouts and almonds.
2. Blend all the dressing ingredients until creamy and pour to taste over salad.

DAY 4

BREAKFAST + Prep lunch

Pumpkin Smoothie

1 cup steamed pumpkin
1 cup organic coconut milk
1/4 cup almond milk
1/2 avocado
1 tbs chia seeds
3/4 tsp cinnamon
1/4 tsp all spice
1/2 tsp vanilla
1 tbs rice malt syrup
Ice

- Blend and serve

LUNCH

Cinnamon Quinoa Lunch

1 cup quinoa, rinsed
3 cups unsweetened almond milk
1/2 tsp vanilla
1 tsp cinnamon
1/4 tsp allspice
1/2 cup goji berries
1 apple chopped small
1 tbs rice malt syrup
1/2 cup raw almonds, chopped
4 tbs sunflower seeds
1 cup blueberries

1. Combine quinoa, almond milk, cinnamon, allspice, and goji berries in medium sauce pan
2. Bring to a boil and then place lid on pan and reduce to low heat. For 5 minutes
3. Stir in chopped apple and simmer for 5 minutes mins longer
4. Stir and check for remaining liquid and if most is absorbed then remove from heat, leaving lid on pan and let rest for 5 mins to absorb rest of the milk.
5. Sweeten with rice malt syrup

DINNER

Burgers (1 each from Day 3) + Kale Citrus Salad

KALE CITRUS SALAD

250 g kale leaves, washed and finely chopped
4 spring onions, sliced
1 bunch parsley, chopped
1 bunch mint, chopped
1 tbs fresh ginger, grated
2 handfuls baby spinach leaves
2 oranges, peeled and chopped
1 lemon, juice and zest
1 tsp ground black pepper
1/2 tsp ground turmeric
1 clove fresh garlic, chopped
2 tbs goji berries
2 tbs cold pressed extra virgin olive oil
2 tbs pumpkin seeds
2 tbs sunflower seeds
pepper

1. Place kale into a large mixing bowl.
2. Add pepper, lemon juice, olive oil, garlic, ginger and turmeric
3. Massage into the leaves for until kale has softened
4. Add spinach, oranges, goji berries, sunflower seeds, pumpkin seeds, mint, parsley and spring onions
5. Toss through and serve between 4 bowls (two for lunch day 5) and serve with 1 burger each

DAY 5

BREAKFAST

Zesty Fresh Smoothie

1 handful spinach leaves
1 cup coconut water
1 cup unsweetened almond milk
1 frozen banana
¼ cup frozen berries
1/4 cup almonds
2 tbs coconut oil
2 tbs sunflower seeds
1 tbs chia seeds
1 tsp L-glutamine
1 tsp licorice root powder
Ice
Optional – 2 drops lemon essential oil

1. Blend and serve

LUNCH

Left over Kale Citrus Salad and 1 each remaining burger

DINNER

Zucchini Pesto Linguini

1 bunch parsley, roughly chopped
1 bunch basil, roughly chopped
1 clove garlic
20 g roasted pine nuts
1-2 tbs lemon juice
Pepper
2 tbs cold pressed extra virgin olive oil
500 g zucchini
50 baby spinach leaves

Pesto:

1. Blend parsley, basil and garlic into a food processor until chopped roughly
2. Add pine nuts, lemon juice, pepper and olive oil.
3. Process until a paste consistency

Linguini

1. Slice the zucchini with peeler or a mandolin slicer
2. Add 2-3 tbs of pesto and spinach leaves
3. Saute in a saucepan & serve topped with pine nuts

YOU MADE IT, WOOHOO!

STEPS FROM HERE:

- Give yourself a bit pat on the back!
- Slowly re-introduce foods back into your diet being cautious not to undo all the good work
- Implement a gut healing and gut nourishing regime
- Audit your fridge, freezer and pantry to eliminate and substitute items with harmful additives and chemical toxicity
- Audit your home and personal care products reducing harmful chemicals affecting health and weight, including Obesogens
- Gradually substitute personal care products such as shampoos, cleaning products, moisturisers, deodorants etc
- Work through food dependence levels, strategies and Lifestyle habits that may require support

Simply contact Erin on 0409 809 418, erin@nextgenerationwellness.com.au or at Fernwood Maroochydore to arrange or find out more.

CONNECT

Do you want to keep up to date and join the movement of

#bringingbacktheimportant?

The important being health, connection and healthy relationships, stillness and self-awareness, fulfilment and joy.

Jump over to Facebook or Instagram to follow Next Generation Wellness or join the movement at www.nextgenerationwellness.com.au

I would love to hear your experience with CLEANSE so be sure to send me a line.

Take care and be well,

Erin xx