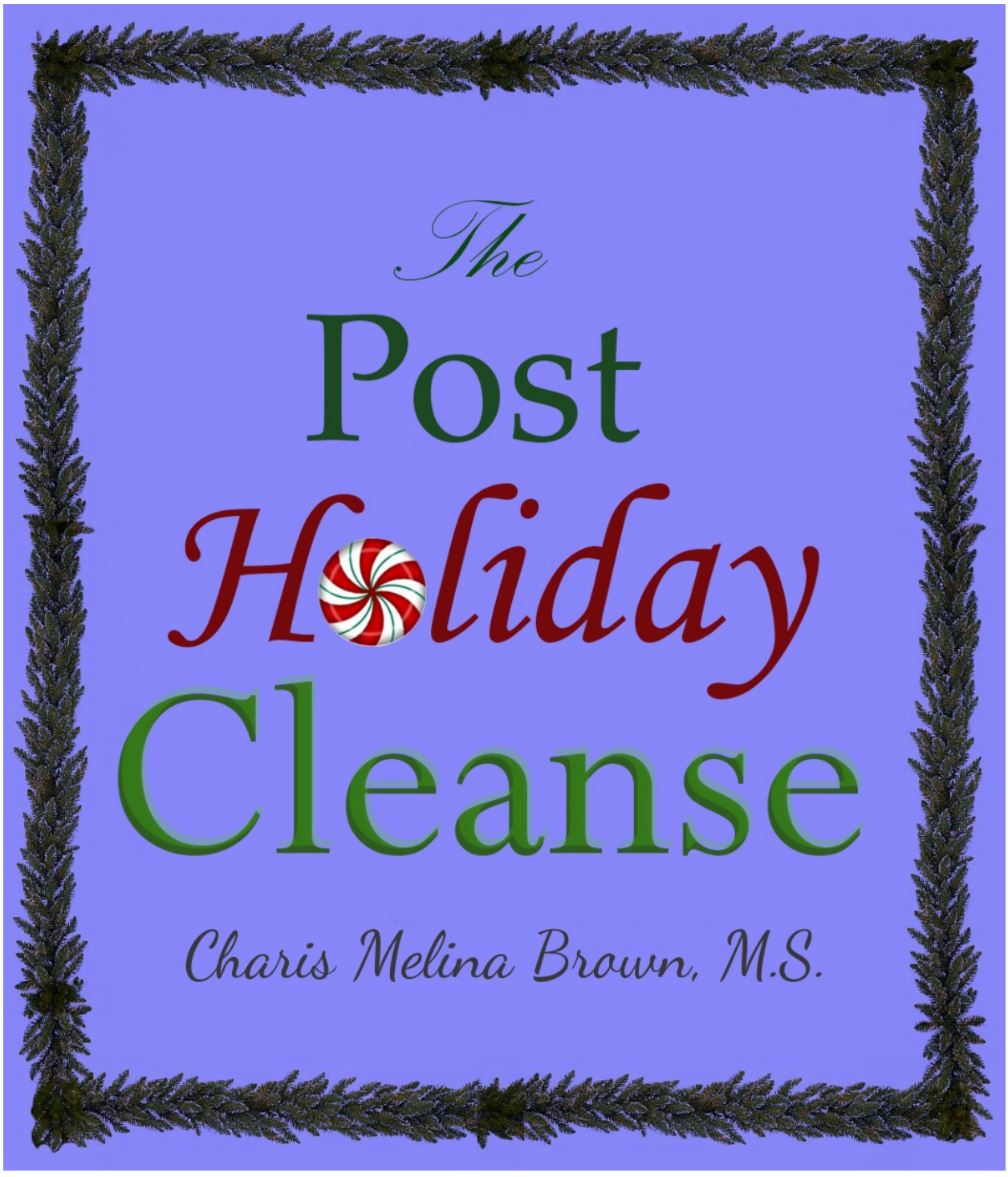

Enjoy this preview of The Post Holiday Cleanse…

Chapter 1: Introduction

Each year, the holiday season comes around bringing us good cheer, time with family and friends, reasons and opportunities to reconnect, and hearty, luscious, decadent food.

Currently, we find ourselves in a global pandemic. The year is 2022 and we have been affected by germs in the air in ways that none of us would have predicted three years ago. While this means that perhaps there weren't as many after dinner coffees and plates of cookies passed around in recipes that span generations (and you had better not say no to, when you're offered that plate that your aunt or whomever spent all weekend kneading, rolling, and baking...) on the other hand, this has meant that we have spent more time alone. With store bought cookies.

We haven't ventured out as much to run errands and visit, so this has meant more time on the couch in front of the television or computer, numbing out to digital entertainment as the holiday spirit was shared along lines of electronic communication and contactless delivery.

Now, in January, once the holidays are over, many of us aren't returning to the regularly programmed schedule of work and school in the way we did pre-pandemic. We are back at it, yes, but from our computers. Sitting still, all day, wondering why we don't have the oomph we need to not just survive our lives, but to enjoy them. It's harder and scarier to get out and about to jump start our year. And while not everyone makes the same decisions about how to spend our days in this landscape of scary germs floating in the air, it has definitely shifted things for many of us and for the world at large. Flights have been canceled. Plans have had to change. People have gotten sick and worse from doing the things that were normal. This added fear makes it harder to

make decisions that put us from a survival state of mind into one that focuses on thriving.

The truth is, whether we are living quietly during these times or normally, this time of year, after we've been indoors in the winter, eating yummy and heavy foods, staying more sedentary than usual and also dealing with the complicated feelings that holiday times naturally bring up (hello, family trauma and drama everywhere,) is one that can feel empty and depressing. It's natural to spend the late and early months of the year in cozy, soft clothes, in comfy spots, munching in hibernation mode. This is natural, and it's great! But when the new year rolls around, we need a little help to enjoy life again and shift up our habits to support ourselves in getting back to a healthy space inside.

We make resolutions to get into better shape when January 1 arrives, which usually last... oh, a few days. Then we feel worse than ever because we let ourselves down.

It's the obvious thing to focus on the purely physical effects of holiday eating and pandemic sedentariness, but the ones that shout at me the loudest at the energetic and mental ones. I hate the sluggish and thick-headed feelings that I have when I've been over indulging for too long. I don't like to have to drag my body around. Being very much a morning person, my productivity falls off when I'm moving slow and finding it hard to arise each day because my digestive system is still working through sugar and decadence from the previous day(s).

So what is it that is needed in order to remove the gunk inside the digestive system and bloodstream to get us running on all cylinders again? How much time is needed? And how can we do it in a way that the process itself

doesn't feel like torture, but like a fun experiment that gives us long lasting results and tools to use anytime afterward, not only after the holidays?

After going to grad school and receiving a Master's Degree in Health and another in Psychology in the early 2000's, I embarked on many journeys of discovery where I experimented with ways to love my body and choose lifestyle options out of a desire to live a life that felt like thriving. The Post Holiday Cleanse was born out of deciding that I wanted to gently slide back into the pace of my life after the holidays. I didn't want to starve myself or have to run to the bathroom all the time. I wanted yummy food that I actually liked to eat. I wanted a workout that I could do in just a few minutes that would jump start my body back into mobility and an awakened metabolism without leaving me moaning and groaning with intense soreness.

When I put all these desires together and started to create a system that took one week and really worked, I began teaching it to friends, family members, and eventually clients. Everyone loved it. The first time we did this was eleven years ago as I write these words. It was the first online class I'd ever taught. I was a few thousand miles from home, and my beloved mother was one of the people who chose to take the journey with me. She has always been health conscious, but also a very busy high achiever who didn't have a ton of time to make food or do long workouts. She was one of my inspirations for creating a system that would work without disrupting life. She loved the cleanse and told me that it had worked for her, which felt great to hear. About three months later, I visited home. I'll never forget that day, it was chilly and as I walked up the front path to her house, she was outdoors wearing an ankle length pea coat that kept her toasty as she was coming back from work for the day. I noticed that her eyes were bright and she was moving differently. "Mom," I said curiously, "open your coat!" When she did, I was shocked. Her

body was more of an hourglass than I'd seen in years, and she looked (I'm not kidding) a decade younger than she had the last time I saw her. My mother is a beautiful woman no matter what, but the happiness that was sparking off of her from the experience of feeling healthy and mobile in her body made her glow in a way that couldn't be denied. She told me that she felt great and had been sticking to the principles of the cleanse, and they were working! Obviously! I couldn't be happier about her results.

This cleanse is the road map to doing the same thing for yourself. Adopting these recipes and practices now will jump start your journey to living a life that feels free and energetic. And if you aren't someone who ordinarily eats lots of fresh, living foods, then this cleanse is likely to not only get you back to your pre-holiday awesomeness, but you may just feel better inside and out than you have in years.

What It Is

The Post Holiday Cleanse is a 5-day nutrition, self-care, and exercise program. I'll be assuming that you'll be doing this cleanse from Monday to Friday, simply because of the convenience of it (with planning, this takes less time than your ordinary food prep or driving-through each day for meals,) but feel absolutely free to consider Monday as Day 1, Tuesday as Day 2, and so on, substituting in whatever day you begin the cleanse on.

Exercises are done for less than 15 minutes each day beginning on Tuesday morning. I usually recommend that you exercise in the morning, because it is easier to fit into your schedule that way without having to do anything but set your alarm clock a bit earlier. That 15 minutes won't make

much of a difference at all in your energy level for the day, and the exercise, in fact, stimulates your metabolism so you're actually likely to be *more* energetic than you would be, had you slept in those extra 15 minutes.

On Monday and Friday (or Days 1 and 5,) you will be going into and emerging from the cleanse. Buffer days on either end make any cleanse more gentle. I once recommended an intense apple juice fast to a friend who regularly ate fast food and also had a good amount of caffeine in her diet. By the second day (out of three,) she was racked with headaches and nausea. This cleanse won't give you any of those symptoms (unless you're a major caffeine junkie, and in that case, have a cup of decaf, which is actually half-caf, if you feel a headache coming on and are following the cleanse already.) Although it's gentle, giving yourself those buffer days is still a nice thing to do for your digestive system and mood. The blood sugar differences alone will make you glad you did. The cleanse officially ends on Friday afternoon, so after your afternoon drink, you can have whatever you like for dinner. Post cleanse recipes are included in the back of this book in case you plan on using The Post Holiday Cleanse as a jump-start to a new, healthier way of living (which I would absolutely recommend.)

Tuesday through Thursday are the actual cleanse days. Let's move on to discussing how the cleanse works, so you can understand what's happening to your body during those main days.

How It Works

Most health problems come from either a buildup of toxins in the body or a lack of the building blocks that your body needs to function at its best.

Imagine that you were building your home and you had gorgeous blueprints with all the form, function, and beauty you could imagine. You had a complete design in those blueprints. You had a capable, skilled builder. All you had to do was provide him with the supplies. If you give the builder cardboard boxes, scotch tape, and paperclips to build with, then it doesn't matter how gorgeous and complete those blueprints are. You'll wind up with a shack made of cardboard, scotch tape, and paperclips. This is what we do to our bodies in our Western culture of the moment. We have these beautiful, functional blueprints in our DNA. Yes, sometimes predispositions for diseases are included but they never have to come into fruition, just like a beautiful house can have a drafty quality, but not if you keep the right windows blocked. In the summer, that draft may even be a blessing. Yet, no matter how perfect our DNA *intends* for our bodies to turn out, we only give ourselves shoddy food imitation products and poisons in the form of artificial everything, many of which actually have illness-causing qualities about them. And we are surprised when we get sick, and complain that we can't lose weight.

The weight loss issue also includes the fact that most of us never use our bodies the way they were meant to be used. We weren't supposed to spend hours of our day sitting. Every body is different, but most of them are underused. If you start to actually give yourself the activity that your physiology craves, it is easier for your body to heal and renew. You'll also feel better all the way around. Allowing and encouraging your blood and lymph to flow wakes you up and reminds you that you’re alive on a deep, primal level. Stretching out your connective tissue allows it to be more limber and flexible, which makes life just feel better.

Finally, optimal health is maintained by regularly detoxifying the body. The digestive organs, lungs, and skin are the heaviest detoxification avenues.

Hydration during the cleanse helps the digestive organs, deep breathing helps the lungs, and skin brushing and oiling aids the skin in purging your body's toxins.

This cleanse works by giving you the nutrients your body has been asking for all along, without making it work much at all to extract them. Hence all the blending and straining that you'll be doing

If liquid can get absorbed right away by the digestive system, then that same system can work to clear itself out rather than just having to concentrate on pushing everything through which is ordinarily what happens in the general Western diet of eating for *volume*, rather than for *nutrition*.

One of the difficulties of doing a cleanse is the hunger involved. This cleanse gets around that issue by making sure you're nearly almost full (or partially full) of *something*, usually liquid. This gives you the full feeling and makes cravings less likely.

The things you'll be eating and drinking over the course of The Post Holiday Cleanse week will encourage your body to renew and detoxify naturally. The simple, repetitive foods will let your body do minimal work to digest, leaving energy to be used cleaning, clearing, and rejuvenating your entire system. The exercises you'll be doing will wake your body up each morning and get it to start moving on the inside as well as on the outside. The solid foods you'll be eating are full of fiber, which will keep your digestive system working and moving things along especially the gunk that is still left inside of your lower digestive tract from the holiday season, and maybe before. Ew. You'll see.

A lot of quinoa is on the menu, and in the beginning of this cleanse all those years ago, one of my test clients made a comment to me describing how

surprised she was after she ate quinoa - It came out the same way it went in! I didn't expect that! Think *scrubbing bubbles* for your intestines, I told her. Kinda gross. Very true.

The last major way that The Post Holiday Cleanse works is through aggressively keeping you hydrated. This is no joke! Hydration makes a HUGE difference, and when clearing out the inside of your body, water makes everything easier.

Water is either a main component or a catalyst of every single reaction that takes place in our bodies in order to support life. Most of us are dehydrated most of the time (think back to that cardboard and scotch tape mansion.) Hydrating adequately alone clears your skin, increases your energy, clarifies your thinking, and improves your mood. It also detoxes your body and allows your metabolism to smoothly get moving. You drink so much water during this week that sometimes it can be a challenge to keep up. Good. You want to give your system whatever it needs, aqua-wise. Whatever you don't use will pass right through. For that matter, much of what you *do* use will pass through too, carrying toxins and trash out with it.

Why It's Awesome

There are three main reasons why this cleanse is amazing and deceptively gentle while also being awesomely powerful. Here they are:

· **No bathroom runs.** When most people hear the word cleanse, they will either shudder and change the subject or think about doing it, calculating whether they can afford the time it will take to be constantly running down the hall to the john. This cleanse doesn't do that. In fact, most cleanses that I do and

recommend *don't* force bathroom visits on you. Clearing out your lower digestive system in that spastic way is only **one** method for ridding your body of toxins. In our magic pill culture, however, people want what works best and quickest. This is often a cleanse that dehydrates you, forcing you to lose lots of water weight (a.k.a. those bathroom runs.) That will take a lot of weight off fast, making you feel lighter and look thinner for a short time. The truth is, your body is in starvation mode and when you go back to your former routine, your body will store that food as extra weight because it's afraid that you'll starve it again. Then you put all the weight and guilt right back on and wonder what happened. This cleanse will revamp your system from the inside out which makes it the perfect *first step* to a weight loss program. Clear out the gunk, then only put in good things that your body can benefit from. That's my motto. The weight will fall off as a result. Not miracle-fast necessarily. But if you're carrying extra baggage that you don't need and you stop putting more baggage in and give your body what it needs to clean itself, your weight will drop down. When I first went raw, I lost about 20 lbs without even considering that aspect. I have always been a thin person and wasn't thinking about poundage when I chose to eat living foods. I was, rather, wanting to see how it felt to live in a body that was nourished with life. I wasn't trying to lose weight. The only exercise I did was gentle yoga, a few times a week. I was eating until I felt stuffed, late at night. And yet every day I stepped up on the scale and saw weight dropping off. I didn't look all that different at first. Soon my eyes brightened, my teeth whitened, and my posture improved, however, along with my mood and mental clarity. And after about 15 to 20 pounds dropped clean off, I stopped losing weight on a dime. My body had found its healthy balance. Such is the power of giving your body only good stuff. Going raw isn't for everyone, but my body likes it during the summer, so I do it. Just find what *your* body likes. This cleanse will help you to do that.

· **No mood swings.** When I did that apple juice fast I mentioned before, which actually served as a gallbladder flush, the last day or two was filled with mostly silence, punctuated by the occasional growl. Some say this is because you are purging emotion-laden toxins from your system, and you experience those nasty moods as they pass through you on their way out. Some say it's a result of your lack of a balanced nutrient delivery system. Either way, it's inconvenient and a reason not to do a cleanse. When can we really get away with being a jerk for a day or two? This cleanse doesn't do that. *In fact*, you're likely to feel great after your body gets used to its new energy delivery system. You'll likely think more clearly, feel lighter in mood, mind, and body, and feel more emotionally balanced. You won't notice the highs and lows that you ordinarily would in an average day because you won't have blood sugar highs and lows, which come as a result of our craving and crashing food lifestyle in this culture. The hardest thing here will likely be the habits that you have around food. That's why we only do this for a week or two. That way, you can look at this like an experiment, not a hugely pressuring permanent shift. And you don't know if an experiment is working or not UNTIL YOU DO IT. So, give it a try, really! See how it works for you and adjust once you realize what your unique body does and doesn't like.

· **Not too time consuming.** If you plan ahead, either making each day's smoothies that morning or the night before, depending on your schedule, then the time you take preparing and eating your meals this week will be less than how long it takes you to either cook or go buy prepared food during a normal week. Can't go wrong there not only will you feel more energetic, you'll have more time to actually *use* that energy.

Chapter 2: Shopping List

You should be able to pick all this up a day or two before you begin the cleanse. Some things you likely already have on hand, others you may never have heard of. If you're allergic to something on the list or in a recipe, feel free to substitute a similar food for that item. For instance, one of my clients was allergic to spinach. Since a cleanse she was doing called for a spinach and blueberry smoothie, I advised her to substitute kale for the spinach since both are dark, mineral-rich leafy greens, one worked just as well as the other.

Non-Food Items

- Blender
- Nut milk bags *(basically non-stretchy mesh bags. You can get these at a health food store, by ordering them online, or making them yourself. Cheesecloth also would do the trick, although not as well, and if you're really in a bind, you can double up a clean pair of pantyhose and use them instead.)*
- Dry skin brush *(you can pick this up at a drug store for about $8.)*
- Large soup pot with lid *(for popping popcorn)*
- Food containers *(for lunches, snacks, etc.)*
- Drink containers *(at least 3, to bring your daily smoothies with you. These can be mason jars, etc.)*

Produce *(go organic and locally grown whenever possible!)*

- Garlic, 1 bulb
- Lettuce, 3 bunches/bags
- Onion, 1 large or 2 small

- Avocados, 3
- Seasonal veggies *(get anything you like - these are for your daily evening stir fry)*
- Lemons, 8
- Oranges, 6
- Apples, 8
- Ginger, fresh, 1-2 roots *(you'll need 6-8 square inches for the week)*

Other

- Spirulina *(in powder form)*
- Sea salt
- Any spices you like *(curry, garlic powder, chili, oregano, etc. - these are for your salads and your daily stir fry)*
- Vanilla extract
- Whole Cloves, ½ cup
- Quinoa, 2 boxes *(find this near the pasta & rice. You can also buy it in bulk at some natural foods stores.)*
- Popcorn *(try to find loose, organic, fresh popcorn - avoid the microwave if you can, as the popcorn comes out WAY better on the stove top. If you don't have a pot, however, go with the microwaveable kind, but without any butter, salt, or other flavorings added - you'll be adding your own.)*
- Chia Seeds (Find these in a health food store or online)
- Nut Milk (you'll be making some of this on your own, but also it'll be nice to have on hand.)
- Nut butter (peanut butter if you aren't allergic, almond, cashew, or sunflower seed butter if you are)
- Cinnamon

- Coconut oil *(organic & unfiltered, if you can get it)*
- Olive oil, sunflower oil, avocado oil, or any cooking oil you like.
- Flaxseed oil *(some folks have a hard time finding this in certain areas - sub in grapeseed oil if you have to.)*
- Raw almonds *(these are for snacking, and you can grab other raw nuts that you like as well.)*
- Honey *(local, raw, unfiltered, and organic is best!)*
- Bragg's amino acids *(tastes similar to soy sauce, but it's better for you with much less sodium.)*

Optional:

Grab a cheap composition notebook and keep a short and sweet journal of how you feel at various points throughout the day. I often tell clients who go on a cleanse to set their cell phone alarms to go off 3 or 4 times throughout the day, and write a couple sentences about how their bodies, minds, and emotions feel each time. This makes it easy to go back later and see any progress you're making throughout the week.

Chapter 3: Monday

Welcome to Monday (a.k.a. Day 1) of The Post Holiday Cleanse!

Even though this is a pretty gentle detox we'll be doing, as detoxes/cleanses go, sliding into and out of proper cleanses is always easier on the body and mind - as it's pretty easy to go from excited to pretty sick if you don't give your body proper adjusting time. Detox shock is no fun, as with it come headaches, grumpy moods, and goodness-knows-what where your digestion is concerned.

For this reason, Monday and Friday are going to involve more solid food, although it will be food that naturally cleanses your digestive system, to prepare on Monday for the more intense cleansing on Tuesday-Thursday and to gently get your digestive system functioning well again on Friday, after the cleanse is technically "over."

When you're easy on your digestion, giving yourself lots of necessary nutrients but having them in a form that doesn't make your body work much at all to extract those nutrients from the food you're eating, your body has energy (and time!) to detoxify itself. A principle that I swear by is that our bodies always **want** to heal and are completely capable of healing themselves. In most cases, all we need to do is encourage them and get out of their way!

Monday will also introduce your new self-care routines. Here they are:

We hope you enjoyed this preview!

Order your full copy of The Post Holiday Cleanse here