

# CLEANSE!

The 3-Week  
Ultimate  
Detox  
Challenge



JOVANKA CIARES

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**JOVANKA CIARES**

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The Cleanse! 3-Week Ultimate Detox Diet is not meant to be a medical program nor is it designed to treat any health conditions. It is designed to help readers make informed decisions about their health and lifestyle, both of which are critical to overall wellness.

The information contained in this book should not be used as a substitute for treatment by or the advice of a physician. Always seek competent medical help for any health condition.

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The author wanted to present the most complete and accurate content possible. However, she cannot offer any kind of warranty due to the fast changing world we live in.

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## INTRODUCTION

Congratulations! You are reading these pages because you are committed to becoming healthier, looking younger and living longer!

We are living in a new exciting era where people are finally realizing that feeling achy and being sick is not our natural way of being. Many people just like you are taking steps to take control of their destiny, and are now determined to fight, prevent disease and change their lives for good!

The Cleanse! 3-week Ultimate Detox Challenge will take you through a journey where you will encounter abundant energy and vitality, become stronger, have beautiful skin, enjoy a slimmer body, have great sleep and better sex (Yay!).

This journey is taken one step at a time, and I'm thrilled to be there with you every step of the way!

Be well,

A handwritten signature in black ink, appearing to read "Louisa". The signature is fluid and cursive, with a long horizontal stroke at the bottom.

# CHAPTER 1

## A Diet Or A Cleanse?

If you put fresh ingredients in a dirty, rusting cooking pot, the food will turn bad and will be inedible. The same theory applies to your body. In order to have a healthy body, you must first get rid of an excess of accumulated toxins and prepare it to absorb nutrients more efficiently.

Eating more fruits and veggies and regular exercise are great things to do, but it is not enough. You must remove debris that is causing stagnation, inflammation and disease, while at the same time, learning what foods work, how to eat, and why.

Achieving optimum wellness is not just about having a healthy body. Wellness involves your entire being: body, mind and spirit. It also includes developing inner peace and a strong sense of responsibility for the choices we make.

Understanding and focusing your efforts on how you eat as well as your thoughts and feelings will create positive and long-lasting change. You will inevitably become fabulous inside and out!

The Cleanse! 3-week Ultimate Detox Diet is not quite a diet but rather a start-up guide to a lifestyle that promotes a nutrition regimen of mostly organic fruits, organic vegetables and whole grains in order to cleanse, detox, reduce inflammation, boost the immune system and prevent disease.

It is a diet and lifestyle that I - and countless others - follow with outstanding results. It is the most successful at helping you lose the weight and keeping it off. And it is the best way to spiritual wealth, peace and happiness I know.

The information in this book will surely help you stay healthier and younger longer. You will be compelled to pass on this invaluable wisdom to your friends and family, effectively becoming a powerful example for many others. The world will be a better place for it!



## My Story

My journey into wellness began about 10 years ago, in my mid-20s. I had just moved to New York City filled with excitement, dreams and high expectations. I was young and ready to take over the world. I was also a student, which meant that I was broke and surviving on a diet of Kellogg's Frosted Flakes, Burger King Whoppers and Snickers Bars. I liked fruits and vegetables, but I just didn't have the time, money or interest to shop and cook. Plus, I was strong and incredibly healthy, so I could do without. That was, until I no longer could. A couple of years after arriving in New York I was a mess - constant pain, fatigue, PMS, ulcers, the works. I went to half a dozen doctors, took a few dozen tests and got a few pills to help with my symptoms.

The medication helped for a while, but what in the name of all that's holy is a 20-something year old girl doing taking four different pills a day just to feel OK? I was angry, frustrated and completely confused. The answers that doctors gave me were unacceptable: you're getting older, or, you're stressed out, you're an overworked overachiever! My

favorite one was: “Yeah, you have a few hormonal issues, some gastro-intestinal problems and suffered from fatigue and muscle pain, but don’t we all”?

These answers were definitely not good enough for me. So I went on a mission to find some answers. Could it be something I am putting in or on my body? And if so, could changing what I eat change how I feel? I had a lot to learn, so I went for it.

Soon after, I changed my diet, started working out, practicing yoga and meditating. Within weeks most of my symptoms started to fade and eventually disappeared. I had tons of energy, slept better, looked younger, and my skin was softer. I started to feel normal again. This lifestyle became my passion and the passion became activism. I became the de facto “wellness coach” to my friends and colleagues. I would tell anyone who wanted to hear the benefits of this new lifestyle. Best of all, I had a blast helping people out.

I wanted to pay it forward, so I left a lucrative career in Corporate America to become a Holistic Wellness Coach and help people like you regain their energy and vitality - to look and feel their best.



## Why Detox?

Humans have been cleansing or doing detoxification rituals for thousands of years. From the ancient Egyptians and Greeks to the native peoples of the Americas, people have been engaging in rituals that purify their bodies, clear their minds and help them attain various levels of spirituality.

In the 21st century there has been a renowned interest in detoxification programs because we are living in a highly toxic environment. In fact, we are exposed to tens of thousands of pollutants; 60,000 more toxins today than our grandparents ever were.

We are exposed to toxins everywhere...

- The air you breathe is highly polluted
- The food you eat is grown with pesticides and other chemicals
- Our water sources (drinking, bathing, cleaning) are contaminated
- Products like lotions, perfumes, deodorants and cosmetics include toxic substances
- The household cleaners you use are made from harmful chemicals



## We Are Imploding

If being exposed to pollutants and chemicals every day wasn't enough, those of us who live in the industrialized world are falling prey to disease and dying of preventable diseases at a faster rate than ever before.

The statistics are grim:

- 1 in every 3 people will suffer from cancer
- 8 of every 10 people over 25 pounds overweight
- #1 cause of death: Preventable heart disease (17 million strong per year)
- Our children will not live longer than we will
- The cost burden of all this unhealthiness in the US is in the 100s of billions of dollars

This is not the problem of just those who are sick -this problem affects you and me alike!

The Standard American Diet (SAD) is highly processed, too high in animal protein and deprived of nutrients. We are in fact, what we eat. If you eat donuts, muffins, coffee, soda, steaks, burgers and milkshake all day long, you should expect to look and feel like someone who might be ready to kick the bucket!

This diet causes inflammation, poor digestion and constipation, so not only are you eating crap with no nutritional value, but your body cannot properly eliminate all the waste created by this diet. All these toxins are sitting in your body causing your immune systems to weaken, and causing you to age prematurely, get sick and die before your time.

A detox program that includes foods to help balance the body's pH, reduce inflammation and promote elimination is the way to go. Lots of fruits, veggies, whole grains, nuts and seeds combined with vegetable juices and smoothies are your best weapons against disease and would play a key role in your overall health and well-being.



## Who Should Detox

Most of us can and will benefit from a detox program. If you suffer from allergies, fatigue, muscle pain, PMS, frequent colds, acne, infertility, poor concentration, anxiety, mood swings, indigestion, insomnia, stress, headaches, irritability, digestive issues, difficulty losing or gaining weight, you may have a toxic body and will surely benefit from a cleansing and detoxification program.

Even if you have no symptoms and feel great, your body may still be toxic, as there are far too many toxins and pollutants present to assume that your system can metabolize and eliminate them all without help, and there is no way that you can fully avoid them.

The Cleanse! 3-week Ultimate Detox Diet is safe and easy because it emphasizes natural foods that have been proven to be the best types of foods for your body. It is designed to work well for most people. Please consult with your doctor before starting any kind of detox or cleanse, especially if you take prescription drugs, suffer from a chronic disease/condition or are under any kind of special care.

## CHAPTER 2

### Key To Success: Prepare!

I have done dozens of cleanses for myself and through my wellness coach practice, and I have found that the key to success is to prepare. The preparation will include planning ahead and organizing your calendar so that you don't end up sabotaging yourself with endless parties, business travel, holidays and activities that will make the process harder than it really is. You'd also want to do a little cleaning and organizing in the house as well as get ready emotionally for the wonderful journey you are about to begin. Ideally, you'd want to start preparing a full week before Day 1 of your cleanse.

#### Clean The Kitchen

How many times have you walked into your kitchen after a particularly trying day, opened the refrigerator, grabbed some ice cream or frozen pizza and stuffed yourself silly? And what do you think would have happened if instead of

ice cream in the fridge, the only thing available were fruits and perhaps some nuts or rice crackers in the pantry?

Most people agree that it is a lot easier to remain disciplined and stick to better eating habits if the foods available at home were healthy ones. Stop undermining your own efforts and clean out your refrigerator, counters and drawers of:

- Cans or boxes with ingredients that do not exist in nature
- All frozen foods (including ice cream)
- Anything with a high sodium content (even if labeled as “all natural”)

Take a trip to the local farmers market and re-stock your pantry and fridge with healthy food options (see the market list section of this book for details).

## Clean Out The Closet

Do you know that most of the pollutants and chemical ingredients that you come in contact with are from things you voluntarily bring into your own house? From the paint in your walls, and the detergents you use to clean your clothes, to the products you use every day (deodorants, shampoo, toothpaste), you and your family are living among tens of thousands of chemicals and pollutants that can make you really sick. Most of them haven't even been tested to see if they meet any safety standards, so the best thing to do is to

reduce your exposure to these toxins. Here are some things you can do to help:

- Look at the labels and throw away any products with toxic or harsh chemicals. Replace them with ones free of toxic chemicals (your local health food store will have some alternatives).
- Select products made from plant-based materials, products that are labeled bio-degradable or made from renewable sources.
- Use creams and soaps without sulfates or parabens or any known carcinogen or neuro-toxin.
- Use vinegar and water to clean surfaces and counter tops. Water and lemon is a great disinfectant, anti-bacterial and deodorizer.
- Don't microwave food in plastic containers. In fact, avoid using the microwave as much as possible.

### Prepare Physically

A few days to a week before the start of the Cleanse, you should start preparing mentally for this new journey. Start a new journal or diary, set your intentions, do your research to schedule appointments like colonics, massages and sauna, set time aside for quiet contemplation, and meditation. In addition, make sure your body is ready by slowly weaning yourself off certain foods:

- Cut back on coffee, carbonated drinks and alcohol. Ideally, you'd want to be completely off of these at least 2 days before the start of the Cleanse.
- Avoid The 5 Whites: Sugar, fat, flour, milk and salt. Use agave or maple syrup as a sweetener and stick to whole grains. White flour, saturated fat, salt and milk should be completely avoided.
- Reduce your animal product intake to about once per day. Ideally, there should be no animal products (eggs, milk, beef, poultry, fish, etc.) at least 2 days before the start of the Cleanse.
- Avoid processed foods, additives and preservatives. Read the labels, if the product includes more than 7-9 ingredients, and if most of them are not found in nature, stay away from it.
- Drink up to  $\frac{1}{2}$  your body weight in ounces of water. For example, if you weight 130lbs., you need to consume 65 ounces of water a day, or around 8 glasses of 8 ounces each.
- Increase your intake of fruits, vegetables and whole grains. You'd want to double your intake of these foods a few days before the start of the cleanse.

### Feeling Overwhelmed By The Process?

At this point, some of you are thinking: "This is too much, I couldn't do it, it's too hard"! Some people would hesitate,

look scared, be a bit confused or plain skeptical about their ability to follow through any kind of changes in their lives.

If you are one of those, please stop! Think for a second: Do you want to lose weight and feel strong, flexible and sexy? Do you want to have energy and vitality? Do you want to know the secret to preventing diseases and feeling whole again? Are you tired of feeling ill, sluggish or depressed all the time?!

If you want to continue on a path to discomfort, pain and preventable diseases, by all means pull out the burgers, soda and TV dinners. If you are serious about changing your life for the better, put your fears aside and read on. The next pages will help you understand why this is so important to us all.

### Focus On The Outcome While Enjoying The Process

There will be moments when you feel like it is too much, you don't think anything is necessarily wrong with you and you don't even understand why you're taking up this challenge. The best way to stay the course and succeeding is by focusing on the wonderful, positive, long-lasting outcome. A healthy lifestyle is not just about changing your diet but about feeling strong, full of energy and vitality, and knowing that you are making a difference in this world for you and your loved ones.

Making the process a fun one will strongly depend on your attitudes and ideals. Just like you can change your mind

about almost everything with knowledge and will power, you can choose to see this process as a fun, interesting one. And if looking at the big picture instead feels daunting and overwhelming, break it down. Then, think of the synergy between all aspects of wellness; how everything is a part of a whole.

## CHAPTER 3

### Let's Go Shopping!

This is a sample list of the foods that should constitute 80% to 90% of your diet during these next 3 weeks. Nobody can argue that the healthiest diet in the world is one where whole grains, fruits and vegetables are the primary ingredients. And if these ingredients are low in fat, anti-inflammatory and pH balanced, you can bet that you are doing a great thing for your body. There are literally dozens of fruits, vegetables, legumes, nuts, whole grains and seeds to choose from and combine into yummy recipes.

You should always aim to have at least a serving of raw fruits and vegetables in every meal. In their organic raw form, fruits and vegetables have 10 times the amount of vitamins, minerals, phytonutrients and enzymes as their cooked, non-organic counterparts.

This list is not all-inclusive, instead it is meant only as a stepping stone. In an ideal scenario, you will buy produce in season, organic and from local farms.

## FRUITS

- Oranges
- Grapefruit
- Tangerines
- Tangelos
- Lemons
- Pears
- Papayas
- Pineapples
- Mangoes
- Cherries
- Apricots
- Watermelon
- Strawberries
- Tomatoes
- Cantaloupe
- Cherries
- Blueberries
- Peaches
- Kiwi
- Raspberries
- Plums
- Avocadoes
- Grapes
- Pomegranates
- Cranberries
- Apples
- Bananas
- Dry fruits

## VEGETABLES

- Cabbages
- Leeks
- Broccoli
- Cauliflower
- Lettuce
- Red peppers
- Yellow peppers
- Zucchini
- Rhubarb
- Asparagus
- Okra
- Spring peas
- Corn
- Cucumbers
- Tomatoes
- Summer squash
- Green beans
- Eggplant
- Pumpkins
- Spinach
- Winter squash
- Sweet potatoes
- Mushrooms
- Celery

## LEGUMES

- Adzuki beans
- Black beans
- Black-eyed peas
- Fava beans
- Butter beans
- Calico beans
- Cannellini beans
- Chickpeas (garbanzo beans)
- Edamame
- Great northern beans
- Yucca
- Italian beans
- Kidney beans (or red kidney beans)
- Lentils
- Lima beans
- Navy beans
- Pinto beans
- Soy beans
- Split peas
- White beans
- Alfalfa
- Batata

## WHOLE GRAINS

- Amaranth
- Barley
- Brown rice
- Buckwheat
- Chia
- Couscous
- Flax
- Kamut
- Millet
- Oats
- Oatmeal
- Quinoa
- Rye
- Sorghum
- Spelt
- Teff
- Wild rice
- Whole wheat pasta
- Oatmeal
- Gluten free pasta

## NUTS AND SEEDS

- Almonds
- Filberts
- Hazelnuts
- Peanuts
- Chestnuts
- Pistachios
- Walnuts
- Cashews
- Pecans
- Macadamias
- Pine nuts
- Pumpkin seeds
- Sunflower seeds
- Hemp seeds

## STAPLES

- Vegetarian stock
- High quality oils (extra-virgin olive oil, flax oil, grape seed oil)
- Nut, rice or hemp seed milk
- Coconut milk yogurt
- Tamari sauce (for seasoning and cooking)
- Raw sea salt
- Herbamare (seasoning)
- Agave nectar (sweetener)
- Nut butters (raw)
- Whole wheat bread
- Flax or rice crackers
- Pita bread
- Nutritional yeast (for thickening, baking and sauces)
- Organic pasta sauce
- Bragg liquid aminos (soy sauce substitute, seasoning)

## CONDIMENTS

- Garlic
- Onions
- Ginger
- Herbs (parsley, oregano, basil, chives, rosemary, thyme, cayenne, turmeric, bay leaves, cloves, dill, mustard seeds)
- Raw apple cider vinegar
- Wasabi
- Mustard

## SNACKS

For special occasions only or when traveling. Otherwise, snack on dry fruit, nuts and seeds or celery sticks with nut butter.

- Lara bars
- Raw vegan ice cream
- Kale or teriyaki chips
- Dagoba dark chocolate (70% cacao or more)
- Raw granola
- Gluten free crackers and cookies

## SUPPLEMENTS

While doing a cleanse you'll be simultaneously taking out debris and nourishing your organs at a cellular level. Supplements are added to the cleanse to help support the detoxification and elimination organs: liver, pancreas, intestines and the skin. They can also help reduce inflammation and help alleviate withdrawal symptoms, which normally show up in the first few days after stopping additives like coffee and refined sugars.

As I've always said, dietary supplements are not meant to replace the real thing; whole fruits and vegetables are the best way to get most if not all the nutrients your body needs.

### Probiotics

Probiotics are live organisms (bacteria) that live in your bodies but that are beneficial to you. They live mostly in your small intestines and are in charge of killing or inhibiting toxins and disease-causing bacteria. They aid digestion, help alleviate inflammation in the intestines, and prevent some cancers.

A probiotic supplement, taken on an empty stomach about 30 minutes before a meal will help you get your levels back to normal. Take an enteric-coating capsule with at least 5 billion count.

## Vitamins and Minerals

Vitamins are substances that help us sustain strong, healthy bodies for all life functions. Minerals are chemicals that help create enzymes in the body that in turn regulate cellular activity, metabolism and structure. Without minerals, your body cannot properly use vitamins so they often go hand in hand. Both vitamins and minerals are essential for life and the proper function of your body and your body cannot produce them on its own; they must be consumed in food.

A multi-vitamin with antioxidants will also help you compliment your diet and fight free radicals, which damage the cells and are linked to stroke, heart disease and cancer!

## Chlorophyll

Powerful blood builder and anti-inflammatory, chlorophyll helps plants get energy from the sun and turns plants and algae green. Chlorophyll also helps the blood carry much needed oxygen more efficiently. It cleans your system of pollutants we breathe every day and helps you absorb calcium and other minerals.

## Magnesium And Other Elimination Aids

Elimination is critical while cleansing. If you don't have regular, full bowel movements during the cleansing period your time and efforts will be wasted. The whole purpose

of a detox cleanse is to remove toxins out of your system. Dumping toxins back into your bloodstream will make you feel pretty ill if you don't remove them. Lots of water is key as well as colon elimination aids like an enema or a colonic (colon hydrotherapy). These will be explored more in detail later. For everyday use, I use a magnesium supplement in pill form. Take a 500mg pill every evening with the last meal of the day.

## KITCHEN APPLIANCES

The following equipment will be essential in your kitchen during your cleanse and beyond:

- **Juicer**

Juicing will be an important part of the 3-week Cleanse and hopefully for the rest of your life. There are many juices to choose from. I've been using one of the Breville Juicer ([www.Breville.com](http://www.Breville.com)) for many years with excellent results.

- **Blender**

The Vita-Mix blender is the top of the line as it is powerful and durable. The price is high so if you are on a budget, try any of the Cuisinart blenders sold at department stores or on [Amazon.com](http://Amazon.com).

- **Steamer**

Aim for a steamer made with stainless steel, not plastic.

- **Knives**

Knives are important in any kitchen. The Japanese brands tend to be stronger and more durable

- **Kettle**

For boiling water and teas. It will help you avoid the microwave as much as possible.

- **Cooking utensils**

These include salad spinner, spoons, spatulas, jars and cutting boards. Avoid plastic, especially for the cutting board and storage bowls.

## CHAPTER 4

### Juicing For Detox

The Cleanse! 3-week Ultimate Detox Diet includes a 3-day juice-only fast roughly at the halfway point in the program. It has been designed this way to give you time to adapt to the new foods and give you clear directions of what to expect before, during and after the fast. Juicing is in my opinion the best thing you can do every day for detox and beauty in general. I am convinced that, when I found juicing 8+ years ago, I found the fountain of youth! Juicing fruits and veggies will help carry large amounts of nutrients directly into your blood stream, helping reduce inflammation, balance your pH, cleanse your organs, helping you lose weight and stay healthier, longer. It's a win-win!!!

Fasting has a lot of benefits and little to no drawbacks. It provides a rest to your digestive organs, allowing the extra energy to work on restoration and healing; it gives a boost to the immune system, improving other symptoms like high blood pressure, allergies and skin conditions. It helps you

jump start your weight loss goals, increase your energy levels, mood and libido!

Our bodies are designed to fast when we feel ill. I'm sure you've noticed how you'd lose your appetite when you're getting a cold or don't feel well. That's your body asking you to slow down, detox and allow it to heal.

The longer the fast, the deeper the detoxification and cleansing will be. In the 3-Week Ultimate Detox Diet we will focus on a 3-day Cleanse (some juices fast can be done for longer time), which will get rid of excess waste and clear your liver and lymph nodes.

# CHAPTER 5

## The 3-Week Challenge

These 3 weeks will be all about starting to make room in your life for new, healthier habits while leaving old habits that do not serve you behind. Knowing why you're doing this is not as important as knowing how you should feel at the end of the process. You are a shining star and you are ready to let that light shine bright through knowledge, hard work and the power of positive thinking.

Every day of each week, for 3 weeks, you will have a daily routine that will include a specific focus on Body, Mind and Spirit. An example of these will be learning to dry brush (Body), be graceful (Mind) and grateful (Spirit) for the blessings you enjoy.

Every day, you will follow roughly the same simple beautifying detox routine, which can look something like this:

Wake up and find your way to your favorite corner for a 15-20 minute meditation or contemplative practice of your choice. Follow with a glass of filtered water with lemon. Proceed with your regular workout routine (my favorites are

yoga and dancing) or get up on your rebounder (trampoline) to get your blood moving.

Follow your routine with an alkalizing green juice or other veggie juice combination of your choice.

Mid-morning is time for a piece of fruit. I always eat fruit in season, making sure that the fruit is fully ripe.

Lunch and dinner will essentially follow the same principle: No less than half of your plate should include veggies, raw and lightly cooked. Make sure that there is always at least one vegetable in its raw state (a slice of avocado, cucumber and tomato slices, etc.). The other half will include whole grains (brown rice, quinoa, etc.) and/or vegetable proteins such as beans.

After a long day, I always dry brush my entire body and then shower the craziness (and dirt) of the day away.



## What To Expect

The process of detoxifying will invite new experiences and learnings into your life. As your body starts to release and eliminate toxins you will learn which foods you may be most sensitive to and which ones make your body feel wonderful. And the process will be similar for your mind and soul. There will be a lot going on, most of it great, some of it a bit strange.

Your experience will vary depending on your state of mind, your disposition and outlook as well as the level of toxicity in the body. But in general, here are some of the good and not-so-good on what to expect from the 3 week cleanse.

## THE GOOD

- Better sleep
- Increase energy levels
- Improvement of mental focus
- Less mood swings

- More positive outlook
- Increase sense of peace and wellbeing
- Reduction in “aches and pains”, including muscle and joint pain
- Reduction of bloating and gas
- Regular bowel movement
- A flatter tummy and lighter body
- Weight loss
- Reduction in cravings of processed or unhealthy foods
- Brighter, clearer, softer skin
- Increase in flexibility
- Reduction in constant feelings of hunger

## THE NOT-SO-GOOD

- Overall discomfort
- Headaches, irritability
- Withdrawal (coffee, soda, sugar)
- Hunger pangs
- Flu-like symptoms
- Changes in body temperature
- Constipation and/or diarrhea

- Bad breath
- Body odor
- Congestion and allergy-like symptoms
- Light-headedness

It is important to note that the Not-So-Good symptoms are temporary and will go away after 2-3 days. They are a sign that your body is working hard for you at releasing and expelling toxins. You have been putting crap in your body for years; it is only natural for your body to take a few days to undo years of bad habits.

If the symptoms persist or you feel worse after two to three days, consult with your medical practitioner, especially if you have an existing medical condition. Listen to your body and trust your intuition.



## Sample Weekly Meal Plan

Here is a snapshot of what a weekly meal plan would look like. This is meant to be a guideline, so feel free to experiment with different combinations of ingredients from the market list on this book, follow the recipes at the end of the book or modify at will. Portions are not an issue here; you can eat as much as you want of all of these foods, until you are satisfied, without being stuffed. It may sometimes look like a lot of food and most likely it will be. Take your time with each meal and adjust accordingly.

## MONDAY

- *Before breakfast*  
8 ounces of purified water with lemon
- *Breakfast*  
Green juice
- *Morning snack*  
2 kiwis  
Herbal tea
- *Lunch*  
Chickpea Salad
- *Afternoon snack*  
Gluten-free bread with avocado slices
- *Dinner*  
Butternut Squash  
Quinoa

## TUESDAY

- *Before breakfast*  
8 ounces of purified water with lemon
- *Breakfast*  
Red veggie juice
- *Morning snack*  
1 small pear  
Herbal tea
- *Lunch*  
Split Pea Salad
- *Afternoon snack*  
Celery sticks with almond butter
- *Dinner*  
Gluten Free  
Pasta Salad

## WEDNESDAY

- *Before breakfast*  
8 ounces of purified water with lemon
- *Breakfast*  
Green juice
- *Morning snack*  
½ cup of pineapple  
Herbal tea
- *Lunch*  
Sweet Spinach Salad
- *Afternoon snack*  
Bunch of raw nuts
- *Dinner*  
Carrot Ginger Soup

## THURSDAY

- *Before breakfast*  
8 ounces of purified water with lemon
- *Breakfast*  
Tropical Green Smoothie
- *Morning snack*  
1 cup of blueberries  
Herbal tea
- *Lunch*  
Beet/Kale Salad
- *Afternoon snack*  
Gluten-free crackers with hummus
- *Dinner*  
Black Bean Burrito

## FRIDAY

- *Before breakfast*  
8 ounces of purified water with lemon
- *Breakfast*  
Red veggie juice
- *Morning snack*  
½ cup of papaya  
Herbal tea
- *Lunch*  
Potassium Soup
- *Afternoon snack*  
1 gluten-free Lara bar
- *Dinner*  
Pad Thai Noodles

## SATURDAY

- *Before breakfast*  
8 ounces of purified water with lemon
- *Breakfast*  
Green juice
- *Morning snack*  
1 cup of strawberries  
Herbal tea
- *Lunch*  
Hearty Vegetable Stew
- *Afternoon snack*  
1 cup of baby carrots
- *Dinner*  
Potassium Soup

## SUNDAY

- *Before breakfast*  
8 ounces of purified water with lemon
- *Breakfast*  
Refresh Smoothie
- *Morning snack*  
1 small peach  
Herbal tea
- *Lunch*  
Sweet Spinach Salad
- *Afternoon snack*  
Rice cakes with raw cashew nut butter
- *Dinner*  
Oven-Roasted Root Vegetables

# CHAPTER 6



Let's Go!!!

You are ready to go! For the next 3 weeks, you will be receiving lots of light, love and inspiration to help make you stronger, healthier and happier. Your journey will include wonderful things like learning how to shift your mentality, keep a positive attitude and build self-esteem while giving your body the best nutrition on earth.

## WEEK ONE

### Day 1

#### TODAY'S FOCUS – Review Your Goals

You are organized, energized and ready to go! These next 21 days will change your life for good and that is something to look forward to. Today's focus should be on reviewing your action plan and go over anything that needs fine tuning. Perhaps you have to get a few more items at the market, or want to edit your list of affirmations. Take also a few moments

to remember why you are doing this and the positive impact that this will have on your life and the world around you.

### YOUR MIND – Ease Your Way Into It

You will be taking yourself out of your comfort zone and the best way to manage these next 3 weeks is to take it one step at a time. Remember that Rome wasn't built in a day. You've been gradually making changes to prepare for this moment. Trust that it is possible.

### YOUR BODY – Dance!

Dancing is a wonderful way to burn calories, oxygenate your blood and lift your spirits at the same time. Even if you have no rhythm, I can bet that dancing to a really cool song makes you feel great. Celebrate the next 3 weeks by blasting your favorite music, and dancing 'til your heart's content. If you can do it alone in the house and in your undies, that would be even better! Try it, you won't regret it.

\*Note: While the daily "Your Body" section will not always include a specific physical activity, you must move your butt every day during the 3 weeks of the Cleanse! 3-week Ultimate Detox Diet for a minimum of 30 minutes. This is non-negotiable! Break a sweat, every day, my friend!

### YOUR SPIRIT – Realize Your Connection To The World

Today's spiritual focus will be on remembering that we are not alone in this world. Besides the obvious people in your

life (friends, family, lovers, colleagues), you have a connection with all the people, all the living creatures, flora, fauna and beyond through the creative force that is making all of this possible. Honor that connection today.

## **Day 2**

### **TODAY'S FOCUS – Concentrate on the Positive**

Yay! You made it through the first day of the cleanse and you are here to see another day. You may be a bit emotional as things start to shift in your body, mind and soul. At this point, you can choose to see the glass half empty or glass half full. Remember why you embarked in this journey and know that you are capable of achieving this and anything else you put your mind to.

### **YOUR MIND – Stop Trying**

Have you ever tried to do anything? I mean, just try to do it, not actually do it? So often I hear people say that they are “trying” to lose weight or “trying” to eat right. Most of them stay in the “trying” stages simply because they focus too much on “trying” and not enough on actually “doing”. So today, eliminate the word “try” from your vocabulary and replace it with “will or won’t”. If you say: “I won’t stop eating Twinkies” or “I will stop poisoning my body” you will see the actual truth behind your intentions.

## YOUR BODY – Yoga

With yoga you can get a really great workout while learning to quiet the mind. In addition, yoga will help increase flexibility and endurance, helps lower your blood pressure, increases cardiovascular efficiency and normalizes gastrointestinal function. Perfect workout for a 3-week cleanse!

## YOUR SPIRIT – Create Self-Worth

Self-acceptance, self-love and freedom to be who you are will be your spiritual focus for today. Observe yourself today, love every piece that makes you, you. Respect it, and appreciate it. Mastering self-worth will help you have the confidence to get stronger and reach for the stars.

## Day 3

### TODAY'S FOCUS – See The Big Picture

Day 3 is starting with a bang. Hopefully you've already gone through the worst part of the withdrawal symptoms and are already regaining your sanity. Remember to sip on herbal tea and drink tons of water to help ease any potential discomfort.

Focusing on the big picture is important to help you achieve a total state of wellness, including long-lasting changes in all areas of life. It is about creating a balance and strengthening the connection between your physical, mental and spiritual self. This journey is not just for your wellbeing;

conscious changes will positively affect the world around you as well.

### YOUR MIND – The Ripple Effect

The ripple effect refers to the notion that your thought process can have an impact on your well-being. Every thought and every word you utter carry on a power that will help shape your present and your future. Both conscious and unconscious thoughts are sent out into the universe and bounced back in similar fashion. So if your thought process is negative or judgmental, that is the energy that you are sending out and receiving. If instead you shift your thought process to a positive one, you can eventually shape your life by attracting the experiences you are longing for.

### YOUR BODY – Bouncing

The benefits are countless, from increasing circulation, to cleansing your lymphatic system to getting rid of the pesky cellulite, bouncing is fabulous! Some bouncers come with handles, to help those with balancing issues.

Bounce for about 20 minutes today and for 10 minutes every day for the rest of the cleanse.

### YOUR SPIRIT – Care...

...More than others think is wise. Caring does have to carry worry or a burden. If you are aware, in the know and ready

to love and be loved, you care. Caring opens your heart and your mind to new experiences and opportunity.

## **Day 4**

### **TODAY'S FOCUS – Write In A Journal**

Take time today to write your thoughts, feelings, concerns and experiences during the cleanse so far. Ideally, you would want to write first thing in the morning, when your mind is clear. Watch the language you use as it will reflect your state of mind. Is it positive? Feel free to continue your journal entries beyond the cleanse.

### **YOUR MIND – Create Affirmations**

Affirmations are an incredibly powerful tool to help develop a positive attitude in life. They will also come in handy as you learn to meditate and incorporate techniques like visualization and manifestation. An affirmation is simply a phrase or sentence, written in the present tense and describing a clear intention or objective. An example is: “I am loving and loved, caring and cared for”.

### **YOUR BODY – Brush!**

Brushing is a real simple way to shed dead skin cells and shine! Use a natural bristle brush (which you can find in your local health food store). Brush each area of your body once or twice, starting from your feet and in the direction of the

heart. Avoid sensitive areas and wherever the skin may be broken or healing.

## YOUR SPIRIT – Meditation

Find a warm, comfy corner at home, decorate it with anything that makes you smile and feel great or with anything that you find holy and sacred. Sit in your corner as soon as you wake up, even before going to the bathroom (unless you can't hold it). Your mind is in a relaxed state yet very open right after waking up.

Set your intention for your goals for the day, remind yourself of your ultimate dreams and visualize them. This is also a great time to give thanks and do specific mantras/prayers for yourself and others.

## Day 5

### TODAY'S FOCUS – What Are You Really Hungry For?

At this point, you have settled into a routine, are experimenting with some of the recipes available in this book or online, and are starting to feel like this is totally doable. Physical hunger shouldn't be an issue by now and if it is, I urge you to slightly increase the portions or add an additional piece of fruit or snack to your routine.

However, you may in fact be hungry for knowledge. Take some time to learn about the foods that you normally eat, how they are grown and the effect they have in your body.

Go to the end of this book for a great list of books, videos and other resources.

## YOUR MIND – Visualization

Visualization is another great technique to help you get a clear idea of what you want in life and set your thoughts and intentions to help attract it. Sit in a calm, quiet place and take a moment to look inside yourself and remind yourself of how precious you are. Then close your eyes and feel, see, actually experience something you want in your life, like a dream or a vivid movie. You can even imagine the scents and the sensations of taste and touch. See the colors, the patterns and see yourself in that “movie”, walking in it, experiencing it and being part of it. Experience it in your mind as if it is already happening.

## YOUR BODY – Rest

How are you sleeping? Are you putting in a solid 7 hours, maybe 8? Are you feeling energized and well-rested in the morning? Sleeping is not an option; it is essential to help your body heal, grow and rejuvenate. Lack of sleep can more than double your risk of cardiovascular disease and you will also have an increased risk of weight gain and obesity. Other effects of sleep deprivation includes hallucination, aches and tremors, memory lapses, irritability and an impaired immune system, leaving you at risk for all kinds of potentially serious diseases. So take your beauty rest seriously.

## YOUR SPIRIT – Reflect On Your Values

What are your values? What are the traditions and dogmas you believe in and want to pass on to your children? Do you truly know what they mean and how they affect you and the world around you? Are they your ideals or are you following other people's set of rules?

On today's spirit focus, reflect on your values to determine which ones serve you and which ones are keeping you in a limiting state of mind. Then toss the not-so-great ones and replace them with others that fit your new lifestyle.

## Day 6

### TODAY'S FOCUS – Review Old Feelings

Today's focus is on uprooting old, negative feelings like resentment, sadness, fear from your life. This is hard work but as we work on taking out the clutter from your physical body, we must also get rid of your emotional baggage, one feeling at a time.

Start with a simple question: What are those negative feelings? Can you recognize them? Then go with whom. Are you harboring these feelings against someone in your life, or perhaps even yourself? Keep going through the list of questions (How, Where, When) until you get to Why. Why is the hardest question to answer, as it requires questioning your own values and belief system. If you can honestly answer why, it will become easier to work any issues out.

## YOUR MIND – Manifestations

With manifestation, you are putting in practice the law of cause and effect. You put the word in, with your thought choices, with your daily practice and with your lifestyle choices and you will produce the desired effect in your life. You do not rush a fruit tree from a simple seed to a beautiful tall tree. You won't even consider it; but you know that if you water, nurture and care of it, it will grow steadily as nature intended and will eventually give you tasty fruit, beautiful flowers and wonderful shade. Manifestation is a great compliment to visualization because it allows you to physically take steps towards achieving the goals that you are visualizing.

## YOUR BODY – Sauna

People have been using saunas since ancient times. They are an excellent way to detox, remove chemicals from the body, relax sore muscles and help blood flow to stimulate healing. Saunas use dry heat to penetrate the skin and cause you to perspire, sweating out heavy metals and waste. Most gyms have saunas so try them today and at any other point during the cleanse. 15 to 20 minutes in a sauna will go a long way.

## YOUR SPIRIT – Ask For Help

This wonderful world we live in is full of great people who dedicate their lives to educate and mentor others. Chances are you know someone that you see as a mentor or as someone to emulate. Take time today to reach out to them and ask

them for help on whatever you may need. If your mentor is a public figure, check out their website, buy their book and let their wit, experience and knowledge help you out now and into the future.

## **Day 7**

### **TODAY'S FOCUS – Stay In Control**

Woo Hoo! You've reached the end of the first week. Congratulations! You are a true warrior and should be proud of yourself. While you have the right to celebrate this milestone, you'd want to do it with control. Are you in control?

And while we're talking about control in the food department, how are your mind and spirit hold up? Are you the master of your domain or is someone hijacking your wonderful self?

### **YOUR MIND – Explore Your Creativity**

We are all creative beings. I bet you were really good at drawing, painting or singing when you were little. Somehow as we get older, we forget how much fun it was to loose yourself in something you loved and do it for hours. Rediscover your inner artist and explore your artistic potential. Let inspiration come to you and nourish that talent that has lain dormant for years. Who knows, you may reawaken a potential career

path or the opportunity to help the community through your creative outlet.

### YOUR BODY – How’s The Pooping?

Yeah, I know most people don’t really like to talk about poo but we must. As I mentioned before, we are removing years or toxic waste and debris so having regular, full bowel movements every day is key. If you are not having at least 2 BM’s per day, you may want to use a natural stool softener or laxative. Try 2 pills of Cascara Sagrada at night time or 2 capsules of Dr. Shulze’s Formula 1. Both of them are mild and work like wonder!

### YOUR SPIRIT – Expect Miracles

Today you must remember that you are a divine creature, capable and worthy of all the best things in life. Allow yourself to accept the blessings that are your right. Miracles are everywhere, some already visible, some waiting for you to accept them. Start by believing that is possible and then let the miracles pour right in!

## WEEK TWO

### Day 8

#### TODAY'S FOCUS – Sing, Laugh, Cry

When was the last time you truly let it all hang out? Just let old, and new emotions come to you, indulge in wonderful memories that made you laugh and sing and even cry. Sometimes wearing your heart on your sleeve can help us deal with issues that have bothered us for quite some time. When I'm ready to let my emotions loose, I find a few songs that I know will set the mood, and start to sing out loud and dance around the room. Don't force anything. You may realize that everything is great and that you truly feel like laughing and dancing in joy. And if the tears roll, cry like you haven't cried since you were a kid. You may be exhausted in the end but you will feel oh so good!

#### YOUR MIND – Be Curious

Today's mind task is all about curiosity. Remember when you were a child and pestered your parents with questions. Children are naturally curious because they are still learning about the world. Unfortunately, as we grow up, our curiosity is stifled by well-meaning parents that can't handle the bombardment of questions or by our teachers and leaders, who expect us to follow their rules and traditions without ever questioning them.

Take a moment today to wonder about any aspect of your life, your values or beliefs and curiously ask yourself how those rules came to be. Who came up with these ideal and why? And more importantly, are they still serving you? The goal is to realize that there are two sides to every story and that the new you will always get the full picture in before following any particular path.

### YOUR BODY – Colonics

Yesterday we talked about poop and how important elimination is during and after a cleanse. Colonics or colon hydrotherapy will kick the cleaning process up a notch, helping you remove pounds of old, compacted fecal matter that has been stuck in your intestines for years. A colonic will also help remove bile, bad bacteria as well as old beneficial bacteria that is no longer serving you. It is a safe, painless procedure with enormous benefits. Make sure to replenish the intestinal flora after a colonic with an alkalizing green juice or take some probiotics and a green salad soon after. You will feel like a million dollars.

### YOUR SPIRIT – Believe (It Is The Hardest Thing To Do)

Yep, sometimes you try to be a positive soul, telling yourself that losing weight (or keeping it off), having energy and being healthy is possible while deep down your mind plays tricks on you and tells you to get real. Has that happen to you? Believing in yourself is probably the hardest thing to when

you have had years of experience second guessing and failing in your health and wellness goals. That is nothing but your subconscious mind playing tricks on you. We have all done it and so can you.

So today's spirit challenge is to add a few affirmations that will help you re-train your subconscious mind into changing how you feel and what you can accomplish. I love affirmations like: "I am worthy of \_\_\_\_\_ and I allow myself to receive it". You can also use inspirational quotes by your favorite author. The resources section of this book will give you some great ideas.

## **Day 9**

### **TODAY'S FOCUS – What Are You Worthy Of**

Following in the same theme as yesterday's spirit exercise, I pose this question to you: What are you worthy of? Or even better yet: What is your body worthy of? You are a precious creature and your body is a marvelous machine that's ready to work for you in optimum condition, for years to come. This body is worthy of the best ingredients, widest variety of foods, extraordinary and exotic flavors, love, pleasure, and more. Think of this next time you crave a crappy TV dinner or a donut. You deserve better than that.

## YOUR MIND – Living In The Now

You have a past and a future but you live here and now. Thus, you must learn to live in the present. You may make plans for tomorrow but you must execute in the present.

When you think of the past, it sometimes creates uncomfortable feelings of nostalgia or sadness because you are still holding on to those memories as if they were part of the current moment. When you focus too much on the future, a similar thing happens. The unknown, as people call it, creates anxiety and uncertainty. Living in the present will set you free of the part of your mind that wants to hang on to anything else. Now is all you have; use it to learn, work, love and live as happily as you know is possible.

## YOUR BODY – Tongue Scrappers

We are smack in the middle of week 2 and at this point, you are an expert at hydrating, your palate and taste buds are starting to shift and explore new flavors and your butt is feeling happy about of the shaking and moving.

Today we will focus on something that's real easy to do, takes literally 2 seconds and can help in the detox and cleansing process tremendously. It is the use of tongue scrappers. They are used to scrape toxins and debris accumulated in your tongue while we sleep. Your body is working hard to clear out toxins, which are then eliminated through many organs, including the tongue. Toxins in the tongue are known to cause mucous, congestion, bad breath and body odor. So

pick a tongue scrapper up at your favorite health food store today!

## YOUR SPIRIT – Be The Master Of Your Fate

Mr. Nelson Mandela, who spent 30 years in a tiny cell for believing in freedom and equality, would read the words of a poem, “Invictus” by W. E. Henley, which helped empower him and his fellow inmates and helped them master self-control and self-worth. The last 2 lines of the poem read: “I am the master of my fate; I am the captain of my soul”.

You are the captain, the one that controls the ship that is your mind, body and spirit. You can direct it, guide it and take it anywhere you desire. Have faith in your own powers to control your fate.

## Day 10

### TODAY’S FOCUS – What If You Were Certain Of The Outcome?

If you knew with total certainty that you can accomplish whatever you wanted, and all you had to do was to follow some basic rules, would you follow those rules to the tee or procrastinate and do nothing? Contemplate this for a few minutes as it is a powerful motivator. If you believe and are 100% certain that it is possible, there is no need to rush or feel anxious or stress. The goodness you have been asking

for and working hard to achieve is already here and will materialize when you are ready to believe and accept it fully.

### YOUR MIND – Define Success Your Own Way

When your life has a purpose and that purpose is accomplished, you are successful. My purpose in life is different from yours and others you may know. If purpose is different for each of us, then success must be different for each of us as well. You have your own way, your own unique combination of talents, and your very personal ideas about what success is. At this point in your life, other people's opinions about what your life should be should not be important any longer. All that matters is how you honestly and openly define success.

### YOUR BODY – Bath

There are few indulgences in life as enjoyable, easy and inexpensive as taking a long luxurious bath. Men and women alike should enjoy a rejuvenating, relaxing and detoxifying bath during the cleansing process.

I would recommend taking a sea salt bath, which will encourage elimination of toxins through the skin. Add 1 cup of sea salt, a few drops of lemon, lavender and chamomile essential oil to a warm bath and soak in it for at least 20 minutes. Even thinking about it makes my muscles melt away!

## YOUR SPIRIT – The Power Is Within You

The ancient Hawaiian Kahuna people followed 7 basic spiritual principles or secrets (Huna). One of them says that “All power comes from within”. Max Freedom Long, who first identified the concept, discovered that this and the other principles were part of an ancient truth shared by other people and religions through the world.

Somehow in the fast pace of today’s world, you have lost the ability to believe in yourself and that the power to heal, thrive and achieve your life’s goals is already within you. Tap into this today and see the miracles unfold.

### Day 11

#### TODAY’S FOCUS – What Needs Attention Today

Focus today on a task you may have procrastinated on for months. Anything from cleaning out the “everything” closet, learning a new recipe, calling friends you haven’t heard from in years, set aside some time today to start (and finish) the task at hand. You’ll be glad you did!

## YOUR MIND – Developing Perspective

If you are the type of person that find objectivity in every situation, then you have a strong sense of perspective. If not, you may be one of the many that blow every problem out of proportion, and create harsh and difficult consequences for yourself.

Making negative situations more difficult than they have to be creates unnecessary stress. It is important that you learn to spend less time obsessing over all matters, and concentrate your efforts on solving the more serious ones.

### YOUR BODY – Massage

Massages are one of my favorite things in the whole world. And chances are you loved them too! Massages improve circulation, which enhances the effectiveness of a detox. Some massage places offer shorter massages (10, 20 or 30 minutes) but for this cleanse I would recommend to indulge in a 1 hour, full body massage. Arrive 15 minutes earlier and sit in the sauna before your massage (if available). It will help relax and loosen the knots in the muscle for a more effective massage. Enjoy!

### YOUR SPIRIT – The Power of Positive Thinking

The power of positive thinking goes hand in hand with the ability to believe in yourself and understanding that you are capable and powerful. Today, pay attention to any negative thoughts that creep into your mind. So often we let these little suckers in without even realizing what's happening. Soon enough the thoughts will turn into beliefs and we will start undermining ourselves with negativity. Every time you feel one of these thoughts creeping in, snap out of it (it helps to use a word or sound to help “reset” your mind) and replace it immediately with a positive affirmation.

## Day 12

### TODAY'S FOCUS – Do You Have Clarity Of Intention?

Setting clear intentions is incredibly important to achieve anything successfully. Knowledge and awareness, coupled with clarity of intent is one of your most powerful tools. The creative energy will flow, and you will feel confident that you can reach your goals as you have a clear idea of what you want and how to achieve it.

Take some time today to review your desires and intentions for the journey you are embarking on.

### YOUR MIND – Managing Stress

Stress may be unavoidable in some circumstances so learning how to cope with and reduce the amount of stress in your life will be very important. Stress is one of the main culprits of mental anxiety, and can cause your metabolism to slow down, your hormones to go hay-wire and your body to retain toxins.

Learning how to manage stress is as simple as learning to use some of the advice provided in this book. Writing your thoughts and feelings in a journal, meditating, breathing, visualization and manifestation techniques can all help get rid of stress in your life.

### YOUR BODY – Moisturize

Moisturizing is a great way to keep your skin (the largest elimination organ in the body) healthy and strong. You have

been taking layers of dead skin off with your dry brush, allowing your pores to breathe and stimulating circulation.

After dry brushing and a shower or bath, moisturize every inch of your body with organic sweet almond oil (add a few drops of your favorite essential oil). If you choose to use a commercial moisturizer, make sure that you buy one made with organic ingredients and that it does not contain parabens, sulfates or harsh chemicals.

## YOUR SPIRIT – Develop Courage

Courage is nothing but the innate ability we all have to move past our fears and move forward in order to accomplish something that is important to us. It is the strength to face your fears that help you develop the courage to move ahead in life. Take it one step at a time: First identify the fear, then see if you can determine where does it come from. The next step is to take a simple action, something with little to no consequences. Keep going, one step at a time, until you have reached that particular goal.

## Day 13

### TODAY'S FOCUS – Stay Committed

Isn't it wonderful what you have accomplished so far? You are past the half-way point in your quest for a clean, healthy and sexy body, mind and soul. You have stayed in control and continue to gain strength. You probably haven't felt this

light (literally and figuratively) in a while so I encourage you to stay committed to your goals and dreams. Review the work that you have done so far. Go back to your journal and notes, continue to practice meditation, visualization and the other techniques suggested in previous days. Those are there to enhance your life now and for years to come.

You will be pushing the envelope and kicking your body's detox up a notch starting tomorrow with a 3-day juice fast, yay! Don't worry, it's not nearly as hard as it sounds and I know you can do it. Plus I'll be here guiding you every step of the way.

## YOUR MIND – Forget Regret

I have always been afraid of flying. It's not the flying that really bothers me but the height and (let's be honest) the lack of control. Yet I fly quite a lot for work and one of my passions is traveling the world, seeing different cultures, meeting new people, enjoying the world's beauty. In fact, I have been to over 25 countries and plan to visit dozens more in the next few years. How do I do this when I have a fear of flying? I refuse to let my own ego and limitations keep me from living life to the fullest. I don't ever want to look back and regret missing a wonderful opportunity simply because I was afraid.

Regret is an awful thing because it stays with you for years and it often makes you feel bitter and unhappy. You know you had the power to make a different choice and fear

kept you from moving ahead. Well, not anymore. Find one activity, small as it may be, that you've always wanted to do. Is it taking dancing lessons, learning a second language or hike a mountain? Find opportunities in your community, sign up, leave fear behind and get on with it. You won't regret it!

### YOUR BODY – Try A New Raw Food

Have you ever tried a pomegranate or a passion fruit? What about a lychee or a mangosteen? Find an interesting or exotic fruit or veggie you've never tried before and give it a try. Chances are they are sweet and delicious so why not try? Sure, you may have to drive to another neighborhood to find these but that will be part of the fun adventure!

Today you will also be preparing for a 3-day, juice-only fast. More on the benefits of fasting tomorrow but for now, make sure that your main food today is raw fruits and salads, no cooked food. You can drink herbal teas and of course water through the day. If you're planning on making the juices yourself, go to the market and stack up on veggies and fruit, enough for up to 6 glasses of 16-20oz. of juice per day. That's a lot of veggies!

Alternatively, you can order the juices in advance and get them delivered to your door. I like using the Blue Print Cleanse juices because they already have packages for 3-day fasts and since their juices are pressed, you can store them in your fridge for the entire length of your fast. Nice and Easy!

## YOUR SPIRIT – Give In

Sometimes trying to stay in control can cause undue stress and anxiety. Maybe it's fear of the unknown, or perhaps concern about being out there, vulnerable, wearing your heart on your sleeve. Giving in is to trust that unlimited power within you that knows that it will be okay. It is also to allow yourself to be, in the present, and as honest and real as you can be. Give in and let blessing pour over you.

## Day 14

### TODAY'S FOCUS – Healing At A Deeper Level

Yo! It's fasting day 1! Yipee!!! You will be getting rid of lots of stuff these next three days and I promise you at the end of it, your body will be like the well-oiled, newly shined throne that it is meant to be. And since you're focusing on a deeper cleanse, take also a 3-day fast from the TV, email, gossipy friends and the general craziness of the world. This time is for yourself. Read a book, listen to music, take a bath, nurture your soul.

## YOUR MIND – Transform Your Dreams Into Reality

Remember when you were a kid and had all these wonderful dreams. You thought that time was in your hands, you were not afraid to plan for your dreams or share them with anyone that wanted to hear them. Go back to those childhood moments and remember how it felt to be excited about a

dream. It is not too late. In fact, the time is perfect. You are now an independent adult and the master of your fate. There's no one there keeping you from reaching your wildest dreams but yourself. Get out of your own way, sit with a pad, and jot down ideas that will help you move forward with a specific goal or dream you have.

### YOUR BODY – 3-Day Fast

Juice fasts are incredibly beneficial as they will allow your insides to get a much needed rest. It will also allow you to cleanse and detox at an even deeper level. You will be getting all the nourishment your body needs but you won't be digesting as we have removed all the fibers from the vegetables. This allows the extra energy that would otherwise be spent in the digestive process, to be used to heal, restore and replenish.

The fast is pretty simple. Drink a 16oz. glass of vegetable or fruit juice (see the recipe section for ideas) every 2 hours or as often as you need. Ideally you'd want to drink a minimum of 6 glasses of 16 oz. each. You can also sip on coconut water through the day and of course continue to drink water throughout the day. You will probably feel hungry in the afternoon hours, especially on day 1 so I would drink the heaviest juice (the one that may include beets and carrots) for these hours of the day.

## YOUR SPIRIT – Be Generous With Yourself

You are cleansing your body, your house and your mind. Today is all about you so why not cleanse your spirit as well. I love telling my clients to take these 3 days to be generous with themselves. Allow yourself to have: have some time to take a nap, get a massage or sit under the sun in quiet contemplation. Give yourself a bit of yourself. Breathe and love being alive and being in your skin. It is an incredibly healing step that we too often forget.

## WEEK THREE

### Day 15

#### TODAY'S FOCUS – Channeling Your Inner Critic

Very often when I do my 3-day fast, I do some work on channeling my inner critic. When you are taking some time for yourself, your mind tends to wonder and start questioning what you're doing. If you are scheduling a nap, for example, your mind may start to say: Don't you have tons of things to do? What are you doing lounging around like a lazy sack of potatoes? What are you, royalty?!"

When these thoughts start to creep in, I say to myself: "Jovanka, you are a hard-working, responsible professional. You not only deserve but need time to rest, decompress, heal. Your body is a temple, you are a Goddess and what you are doing today is vital to prevent dis-ease and maintain optimum health".

#### YOUR MIND – Embrace Your Differences

As children, we always want to look and be just like our friends or like the most popular kids in school. We carry these with us into adulthood and constantly struggle to look like others, sound like others, be like others. Yet it is the things that make you stand out from the crowd what people tend to admire most. The greatest leaders, scientists, artists, teachers were all people so incredibly different, that they stood out, did

something unique (or perfected something already created) and left their mark for the rest of us to enjoy and learn from.

I encourage you today to embrace the things that make you different and unique. They are beautiful and wonderful so let the light shine on them for the rest of us to enjoy.

### YOUR BODY – Take Water!

Are you drinking enough water, my friend? Are you taking showers with filtered water? Remember that you need  $\frac{1}{2}$  of your body weight in ounces of water. Spread the intake to about 4 ounces of water every  $\frac{1}{2}$  hour so that your body can benefit from the hydration at all hours of the day. Plus it will help as you will take less trips to the bathroom.

If you haven't done so yet, I highly recommend that you invest in a shower filter. We absorb a lot of water during a shower (through our skin) so imagine how many heavy metals and pollutants you are absorbing during a 10 minute shower! Your skin, and the rest of your body will thank you for it.

### YOUR SPIRIT – Extend Your Generosity

You have been working on being generous to yourself. Today you can extend that generosity to someone in need. Perhaps you'd want to go visit a home for the elderly and read to an elderly person or better yet listen to their wonderful stories. You can also donate some time or money to a local shelter, the opportunities to extend your generosity are endless.

While the time during this fast is to dedicate to yourself, sharing a few hours with a stranger in need may in fact be what your soul needs right now. Who knows, maybe giving some of yourself will help you get back tenfold.

## **Day 16**

### **TODAY'S FOCUS – Clear The House Clutter**

Last day of the fast! Albricias!!! (That's Spanish for Woo Hoo!). Today your body is doing some serious excavating, removing and cleaning. Why not do it with your house as well. Go deeper this time. Find those boxes in the back of the closet, open the drawers you haven't opened in years, excavate, remove and clean! Take the excess to the local shelter or Salvation Army, say a prayer for the goods you are donating and the people that will be receiving them and let go! Doesn't that feel great?!

### **YOUR MIND – Patience**

You're on the last day of your fast and if you are like I was on my very first fast, you're wondering when you can start chewing on foods again. It may be a bit harder to be patient on a day like today so I wanted today's exercise to be about reviewing your goals for the day and remembering how much you have accomplished so far. When you slow down and think about the work that you're doing, it will become easier

to wait without frustration. You're almost there, wellness fighter, and you can do it.

### YOUR BODY – Laugh, A Lot!

During your fast, you should have plenty of energy to workout and go about the regular activities of the day. However, you may not feel like taking on a serious kick-boxing, quick-your-butt class. Instead, take a yoga class or bounce on your rebounder for 20 or 30 minutes.

Today's body focus is on laughter. You've heard it before: Laughter is the best medicine. Hearing someone laugh is contagious, it helps us bond at a human level. But humor and laughter do a lot more than that. It strengthens your immune system, reduces stress, boost your energy and reduces pain. It even releases antibodies that help you fight infection. It is truly the best medicine for your heart and soul. So today, go ahead and Laugh Out Loud!

### YOUR SPIRIT – Build Appreciation

When was the last time you received a thank you note from someone? Send yourself a note (really, write one down and mail it to yourself) recognizing the great qualities you have and thanking yourself for being a conscious individual wanting to make this world a better place to live. If you're up to it, take some time to write special people in your life and tell them how much you appreciate them.

## Day 17

### TODAY'S FOCUS – Create A Sanctuary

Yes!!!! The fast is over. But the 3-Week Ultimate Detox cleanse is not so you will continue to extend the great results of the fast for another 5 days!!!! See the “Your Body” section today for tips on how to properly break the fast.

Today's Focus is on creating a space that it's only yours, where you can leave behind the stresses of the day, focus on your goals and dreams and nurture your soul. In my meditation corner I have a Mandala (a type of Buddhist sacred art) and a visualization and manifestation board where I write my goals and dreams and everything I desire. It is decorated with images evoking the life that I envision as well as mantras and motivational quotes from myself and others. Create your sanctuary; give it a lot of love and light. It will bring wonderful creative energy into your life.

### YOUR MIND – Speak Out And Praise Others

Ok, so it's time to turn your attention outward and make today the “Praise Others” day. I'm sure you have friends, family members, or mentors that you truly admire. Why do you think so highly of them? Do they know that you do? Even if they do, let them know today how wonderful you think they are. Also let them know how they make you feel and the lessons that you may have learned from them. This will help them feel great and will also help you remember and

apply some of their valuable lessons. It is also great for your self-esteem so give it a try!

## YOUR BODY – Break The Fast And Probiotics

You are done with your fast and ready to eat a big bowl of gluten-free pasta? DON'T. Easing your way out of a fast is as important as preparing for one. Today's meals will consist of a few pieces of fruit for breakfast and raw salads for the rest of the day. You need to make sure that you reawaken your insides with foods that are easy to digest and will provide fiber as well as the regular micronutrients that are now the staple of your diet.

You should also start taking probiotics to replenish the beneficial bacteria in your intestines. Probiotics will help digestion and will get you ready for heavier foods tomorrow. Read again the chapter on Probiotics in this book.

## YOUR SPIRIT – Has Your Energy Shifted?

You have done an incredible amount of self-work these 17 days. Where is your energy now? Do you feel like you maintain a positive state or are your feelings still controlling you? Today, remember that where you decide to put your attention and thoughts will determine the type of energy that you attract. Negative thoughts attract negative energy and experiences, positive thoughts attract the like. If you are still struggling with negative thoughts, review your list of affirmations, find books in the resource section of this book

and focus on shifting your energy to one where only positive things are possible.

## **Day 18**

### **TODAY'S FOCUS – Don't Underestimate Yourself**

I'm sure you've heard the motivational phrase: "You can do anything your mind sets out to do". Well, my friend, that also includes underestimating and undervaluing yourself. Too often you talk shit to yourself, using phrases like "I can't afford that" or "I don't have any self-control". And even when you accomplish something, you wait until others convince you that you are inspiring to believe it. So today, in everything you do and everything you plan, instead of focusing on being your harshest critic, focus on being your biggest cheerleader.

### **YOUR MIND – Practice Kindness**

Practicing random acts of kindness has been known to raise endorphins (the chemical released when you're happy or in love) in your body, the person receiving the deed and even the random strangers witnessing the event. You've seen it before; in the train when someone gives his/her seat for someone else in need; when another opens the door for you or when people give a heartfelt Thank You!

The 3-Week Ultimate Detox Diet allows you to practice kindness every day. Think about every day that you are eating vegan, cruelty-free foods. You are being kind to the animals

you are not eating, the water sources that are less polluted, the air that's cleaner and the neighbors that benefit from it.

## YOUR BODY – Digestive Enzymes

Today you'll be having cooked foods again and not a moment too soon. Pace yourself with a smoothie for breakfast and then treat yourself to some warming foods like soups and root vegetables. They will be highly satisfying. Start taking digestive enzymes with your meals. Digestive enzymes are a certain type of enzyme (proteins that help enhance all kinds of chemical reactions in the body) that will help you break down the foods that you eat and absorb its nutrients more efficiently. They are called "digestive" because they are found in the digestive system, from the mouth, all the way to the intestines. There are specific enzymes for every type of nutrient: protein, carbohydrates, fats, sugars, etc.

Crappy, fatty, sugary, processed foods will disrupt your digestive system and the production of enzymes, making it a lot harder for your body to use the nutrients in the food. This also means that the body will have to work harder to digest, zapping you of your energy for hours every day. Taking a digestive enzyme with every meal (especially cooked meals) will help you digest better, eliminate more efficiently and boost your metabolism. Digestive enzymes are sold at Whole Foods or any local health food store.

## YOUR SPIRIT - Love

Love. It is the ultimate feeling, isn't it? I would argue that most positive feelings can be summarized by this simple 4 letter word. To love is to have joy, to be at peace, to be kind, to care, to be gentle, to be happy, healthy and hip. I would also argue that to be aware, in the know, and to live consciously and respectfully are great acts of love. Realize today that this journey is your ultimate gift of love to yourself and the world around you. Continue to learn and to love consciously and the gift will be returned tenfold.

### Day 19

#### TODAY'S FOCUS – Say Goodbye To Worry

Don't you think we spend a crazy amount of time worrying? True, some things are important and worthy enough to focus, work on and work hard at accomplishing. But worry makes you focus on what is not rather than what is; creating distress that leads to procrastination and stagnation. And if on top of that, you are the type that worries about all kinds of other stuff, the stress of it all can get you to shut down and even become ill. Get rid of excess and undue burden in your life today. Brighten your day with some of the techniques you've already learned in this book or ask for help.

## YOUR MIND – Pay It Forward

This is one of my mottos. Pay it forward. I strive for this every day. I welcome you to make it your own as well. You have many blessings, many opportunities to be thankful for. Those blessings and opportunities will certainly continue to come your way. Why not give forward, pass on the knowledge, the gifts, the blessings. And in return, just ask that they pay it forward as well.

## YOUR BODY – Detox Your Face

Ok, so you know how to exfoliate the skin in your body, brush dead cells away, moisturize and keep it soft, beautiful and touchable. But what about your face? Harsh chemicals present in the make-up you wear for hours are absorbed through your face, potentially causing clogged pores, acne, fines lines, etc.

Even if you wear no make-up (mostly guys), your face is exposed to the same thousands of pollutants and dangerous chemicals available in the air, the water, soaps, etc. So clean your face you must. I like to do a simple face mask made with 4 tablespoons of oatmeal in 4 ounces of water. Mix in 2 tablespoons of honey and apply the paste onto your face, leaving for 15 minutes. Then rinse. This masks works for most skin types, including oily skin.

## YOUR SPIRIT – Respect

I love Aretha Franklin's hit song "R-E-S-P-E-C-T". It's groovy, it's awesome and oh so true. She's asking for respect, commanding it, expecting it. She knows she deserves it and so do you! Nobody will give you respect if you don't respect first. Respect yourself, your body, your mind, your loved ones, your home, your planet and then ask for exactly the same in return.

## Day 20

### TODAY'S FOCUS – Re-Educate

Re-educate! We have lived by the rules of our government and our society for generations without digging deep, learning and taking responsibility for our actions. This is the era of knowledge and now more than ever we need to learn what, how, who and why. Don't take the words in this book (or anybody else's) as gospel. Continue on this quest to educate yourself about the foods that you eat, how they are made, who decides why you should eat them and why. Your health is at stake.

## YOUR MIND – Enjoy The Journey

The quest for knowledge and re-education can be an enjoyable one. This is our burden, but also our joy. Remember when you were a kid and struggled to learn a particular lesson or homework? Let's say it was learning how to add and subtract.

Remember just how liberating it was to finally realize that you know, and imagine how hard your life would be today if you couldn't do simple math. Replicate that feeling in your gut and take it with you through this and all of life's journeys.

### YOUR BODY – Detox Your Hair

Ok, so what about your hair. Best detox hair tip I have is to stop using those crappy over the counter shampoos from well-known brands. They are full of sulfates, parabens and tons of other chemicals that haven't even been tested and may be extremely harmful.

To detox your hair, and help get rid of residue from the products you've been using, wash and condition as always with the new chemical-free products you just bought at your local health food store. Make chamomile tea (4 or 5 chamomile tea bags in a ½ gallon of water), let it cool off and add a tablespoon of rosemary. Let it sit for an hour or so, strain it and pour it over your hair. Rinse with clear water and set as normal.

### YOUR SPIRIT – Be compassionate

The Dalai Lama once said: "If you want others to be happy, practice compassion. If you want to be happy, practice compassion". Compassion is simply understanding someone else's emotional state, even if you have never experienced it. It is what fuels our desire to make a difference or stand up for something or someone who has been wronged. You

can practice compassion by helping reduce suffering or by a simple act of kindness.

There is a lot of pain and suffering in the world and some may feel petrified or stuck, not knowing how to make a difference. Start at home, with your friends, your loved ones, with yourself. Listen with an open heart and you'll find countless opportunities to practice compassion.

## **Day 21**

### **TODAY'S FOCUS – Be The Change**

Mahatma Gandhi said: “You must be the change you want to see in the world”. This is the perfect phrase to mark the end of the 21-Day Ultimate Detox challenge. You are now cleaner, stronger, healthier and ready to keep on going. You can choose to go back to the old way of being and eventually to the aches and pains (and the funk that came with it) or simply move forward with a diet that is based mostly on whole foods, fruits and vegetables.

You have the power to commit to lifelong changes that lead to a conscious, responsible, peaceful, happy and healthy lifestyle. Maintain this level of integrity and success will continue to be yours.

### **YOUR MIND – Give Thanks**

Ah, yes! You are a true warrior! You deserve my thanks for taking this journey along. Go ahead and give yourselves thanks

as well for sticking to the plan and making it the success that it was. Thank the universe for opening a few new doors and your body for working with you to make you fabulous! Give thanks today for what makes you happy and for the blessings coming your way. Today's your day, enjoy!

### YOUR BODY – Take A Walk

Take a nice long walk and let the breeze hit your face, hair and neck, enjoying every moment and every step of the way. Take a friend if you want to, hopefully a buddy you would want to tell about your journey. Alternatively, use this time to practice the thanks-giving exercise above, repeat your favorite mantras or affirmations.

### YOUR SPIRIT – Accept The Gift

Acknowledge and accept the gift of a renewed spirit, along with the healthier body that you enjoy today. The gift of health is the single most precious one you can give yourself and you have work really hard at making it a reality. What you do with this gift is up to you. Cherish it and you will enjoy its benefits for years to come.

# CHAPTER 7



## Making The Leap

You did it! YAY! You feel strong, motivated and energized. You have a cleaner bod, cleaner than today's babies! Your spirits are high, your soul is chanting, life is good, gorgeous, life is great!

Now what, you wonder? Well, you have been armed with 21 days of wellness inspiration, information and motivation. You have are already tapping into some of the books listed in the resources section of this book and videos, and you continue to learn about the benefits of a healthy, conscious lifestyle for your body, mind and soul. Why not continuing this journey, perhaps one day at a time and see where it takes you. You never know, it may become a life-long commitment.

A plant-based, whole foods diet that includes a wide range of options provides all of the protein, vitamins and nutrients that your body needs as well as being the best diet to help in the detoxification process. And if you consider that this lifestyle also gives you the best opportunities to have

a great positive impact on the planet and your neighbors, then it's a win-win.

If you choose to reintroduce old foods to your diet, you can still make an impact by maintaining certain practices learned during this cleanse. You can choose to consume animal protein only once or twice per week or eliminate certain types (chicken or eggs, for example) from the diet entirely. Drinking veggie juices in the morning and having no less than 70% of your plate filled with veggies and grains in every meal are great ways to do right by your body and the world around you.

Regardless of your choice, do your best not to go back to the old habits of sipping through cans of soda and stuffing your face with muffins on a daily basis. You now know better so do better.

# CHAPTER 8

## Recipes

## VEGGIE JUICES

### Jovanka's Red Juice

(makes about 20 ounces)

- 4 medium carrots
- ½ a small beet
- 3 celery sticks
- 1 medium cucumber
- a handful of Kale (or Spinach)
- ½ green apple
- ½ lemon
- 2 inches of ginger root

### Jovanka's Green Juice

(makes about 20 ounces)

- 3 celery sticks
- 1 bunch of parsley
- ½ head of white or green cabbage
- 1 medium cucumber
- a handful of Kale (or Spinach)
- 1 green apple
- ½ lemon
- 1 inches of ginger root

\*Optional add-ons (for both juices): spirulina powder, aloe water, coconut water, cayenne pepper

## SMOOTHIES

### Tropical Green Smoothie

(makes about 18 ounces)

- 1 cup of filtered water
- ½ cup of pomegranate or unsweetened apple juice
- 1 spoonful of Superfood (available at your closest health food store)
- 4-5 organic strawberries
- 1 cup of papaya
- ½ lemon peeled and without seeds
- A small bunch of parsley

*Mix all ingredients in a blender, increasing speed until smooth. For a thicker consistency, freeze the fruit overnight.*

## Refresh Smoothie

(makes about 18 ounces)

- 1 cup of filtered water
- ½ cup of coconut water
- 1 bunch of spinach
- 2 stalks of celery
- 1 organic pear
- A bunch of mint
- 1 cup of watermelon

*Mix all ingredients in a blender, increasing speed until smooth. For a thicker consistency, freeze the fruit overnight.*

NOTE: You can still make some of these great juices and smoothies, even if you lack some of the ingredients from time to time. Feel free to experiment with other fruits and veggies and explore the different flavors and textures.

## ENTREES - SOUPS

### Potassium Soup

(Serves 4)

- 4 large organic carrots, washed with skin
- 2 large potatoes, washed with skins
- ½ head red cabbage
- 1 onion, chopped
- ½ bunch broccoli
- 3 stalks organic celery
- ½ teaspoon parsley
- 1 clove garlic

*Add water to cover the vegetables, bring to a boil and then simmer with lid on for 30 minutes until the vegetables are cooked, but not mushy. Season it with sea salt, pepper and Bragg Liquid Aminos. Eat as is or puree in a blender for more of a broth texture. Eat with a slice of gluten-free bread.*

## Split Pea Soup

(Serves 4)

- 2 cups of dried split peas, rinsed
- 6 cups of water
- 1 tablespoon extra-virgin olive oil
- 1 onion, chopped
- 1 teaspoon salt
- ½ teaspoon pepper
- 2 cloves of garlic, minced
- 2 stalks of celery, chopped
- 2 medium carrots, sliced
- 2 pinches of turmeric
- 1 teaspoon of dried parsley

*Combine the water, split peas, onion, salt, pepper and garlic in a large pot. Bring to boil, reduce heat and simmer for 20 minutes. Add vegetables, garlic, turmeric, olive oil and parsley, raise heat to medium and simmer for another 45 minutes. Stir regularly and add water if needed. Put the soup in a blender and blend to desire texture (this is optional).*

## Carrot Ginger Crème Soup

(Serves 4)

- 2 pounds carrots, cut into pieces
- 1 medium onion, chopped
- 2 teaspoons ground ginger
- 4 cups vegetable broth
- 2 tablespoons grapeseed oil
- 2 cups coconut cream
- ½ teaspoon of salt
- 1 pinch of pepper

*Add oil and onions in a pot over medium heat. Stir until onions are tender (translucent). Stir in carrots, ginger, and vegetable broth, and simmer for 20 minutes or until carrots are tender. Remove from heat and allow to cool. Transfer to a blender or food processor and blend until smooth. Return to soup pot, add coconut cream, and heat until hot. Season with salt and pepper, and serve.*

## ENTREES - MAIN DISHES

### Gluten-Free Pasta Salad

(Serves 6)

- 1 16 oz. bag of gluten free pasta (fusilli or penne)
- large head of broccoli
- 1 cup grated carrot
- ½ cup raisins
- ½ of white beans, cooked
- ¼ cup sliced almonds
- 1 tablespoon of honey
- 2 tablespoons of olive oil
- 1 tablespoon of rice vinegar
- Salt to taste

*Cook the pasta according to package directions. Run water over cooked pasta before draining. Chop broccoli into small florets and steam them lightly until they are soft on the outside but still hard in the center. In a separate bowl, whisk honey, olive oil, vinegar and salt.*

*In a large mixing bowl, mix all ingredients and toss lightly. Add the mixture of the olive oil, vinegar and honey to combine. Put in the refrigerator to cool before serving or serve warm.*

## Hearty Vegetable Stew

(Serves 4)

- 3 medium potatoes unpeeled, cut into chunks
- 4 cups mushrooms cut into quarters
- 1 cup carrot cut into slices
- 1 cup celery cut into slices
- 2 cups cooked kidney beans
- 1 tablespoon vegetable oil
- 1 ½ cups sliced onions
- 2 garlic cloves minced
- 1 8 ounce can tomato sauce
- 1 cup water
- ¼ cup red wine
- 1 teaspoon dried thyme
- 1 bay leaf
- salt and pepper to taste

*Heat oil in a large, heavy saucepan over medium heat. Add onions, garlic, carrots, celery, and mushrooms. Cook 10 minutes, stirring frequently. Add small amounts of water, if necessary, to prevent sticking. Add remaining ingredients, except wine. Cover, reduce heat to low, and simmer 30 minutes, or until vegetables are tender. Stir occasionally while cooking. Add wine to stew. Cook, stirring, 5 more minutes. Remove and discard bay leaf before serving. Serve with brown rice or quinoa.*

## **Black Bean Burrito**

(Serves 2)

- 2 cups of black beans
- 1 medium to large onion
- ½ cup water
- 1 tomato, cubed
- 1 avocado, peeled and cubed
- 1 cup of lettuce, cut in small slices
- 2 tablespoons apple cider vinegar
- 1 clove of garlic, minced
- ¼ teaspoon cumin
- 1 pinch of cayenne pepper
- 1 pinch black pepper
- Gluten-free tortillas

*Cut onion into rings, place in a pan with the water, stir and cover. Strain and rinse black beans, then mash them into a puree. Add apple cider vinegar and spices and mix.*

*Add beans to onions and mix. Remove from heat and cover. Use tortillas to wrap up the beans and add avocado, tomato and lettuce before wrapping the tortilla into a burrito.*

## Pad Thai Noodles

(Serves 4)

- 1 pound Asian-style rice noodles
- ¼ cup soy sauce
- ½ cup lime juice
- 2 tablespoon almond butter
- 2 tablespoon hot sauce
- 1/4 cup agave nectar
- 1 block tofu, diced
- 1 onion, diced
- 4 cloves garlic, minced
- 2 tablespoon sesame oil
- ½ cup bean sprouts
- ¼ cup chopped or crushed cashews (optional)
- 4 green onions (scallions), sliced

*Cook noodles according to package instructions. Whisk together the soy sauce, lime juice, hot sauce and agave. In a large wok or skillet, sautee the tofu, onion and garlic in sesame oil for a minute or two, stirring frequently. Allow to cook for another minute or two. Add the cooked noodles and the almond butter and soy sauce mixture. Stir well, and allow sauce to thicken as it cooks for about 3 minutes. Top with cashews, bean sprouts and green onions and serve hot.*

## Butternut Squash Quinoa

(Serves 4)

- 4 cups peeled and diced butternut squash
- 6 cloves of minced garlic
- 3 shallots, minced
- 1 tablespoon olive oil
- 1 cup of quinoa, rinsed
- 1 ½ cups vegetable broth
- 1 tablespoon sea salt
- 1 bunch fresh sage
- ½ teaspoon black pepper
- ¼ teaspoon cayenne pepper
- ½ cup of Egg Replacer
- ½ cup almond milk
- 1 cup Vegan cheese, shredded
- ½ cup glut free bread crumbs

*Preheat oven to 350 degrees. Roast diced squash for 15 minutes. Heat olive oil over medium heat. Add shallots and sage and cook for 10 minutes or until shallots are tender. Add in garlic and cook for another 30 seconds. Add in quinoa and squash and stir for another minute. Add in broth, black pepper, sea salt and cayenne pepper. Bring to a boil and then reduce the heat to medium low. Cover and cook for 15 minutes or until most of the liquid is absorbed.*

*Move the quinoa mixture to an oven safe pan. In a small bowl, combine almond milk and eggs replacers and pour over the quinoa mixture. Top with cheese and then bread crumbs. Bake at 350 degrees for 30 minutes. Broil for two minutes to brown the top.*

## Oven Roasted Root Vegetables

(Serves 4)

- 1 medium sweet potato (white or yellow), cut in slices
- 1 large butternut squash, cut, seeded and peeled
- 2 large gold potatoes, scrubbed
- 3 medium beets, trimmed
- 1 medium red onion
- 2 large parsnips
- 8 cloves of garlic
- 2 tablespoons extra-virgin olive oil, plus more for drizzling
- 1 ½ teaspoons sea salt
- Pinch ground black pepper

*Place a baking sheet in the oven and preheat to 425 degrees F. Cut all the vegetables into 1 ½-inch pieces. Cut the onions in chunky pieces. Toss all the vegetables with garlic, olive oil, salt and pepper in large bowl. Carefully remove the heated baking sheets from the oven, brush or drizzle with olive oil. Spread the vegetables evenly in the pan. Roast the vegetables until tender and golden brown, stirring occasionally, about 45 minutes. May need 2 pans in order to spread the vegetables evenly.*

## Potato Burgers

(Serves 8)

- medium potatoes, boiled
- 1 teaspoon olive oil
- 2 large stems of kale, chopped (or spinach or parsley, chopped)
- 2 carrots, grated
- 1 small onion, diced
- 1 clove garlic, pressed
- 1 teaspoon dried wakame (sea vegetable), soaked in water and then chopped
- 1 teaspoon ground coriander
- ¼ teaspoon cayenne
- 1 teaspoon sea salt
- black pepper, to taste
- 2 Tablespoon olive oil

*Cook the potatoes in boiling, salted water for 15-20 minutes. Drain, then mash with enough of the cooking water to make it creamy. Heat a large pan to medium, and sauté the onion and garlic in the oil until soft. Stir the onion, garlic, grated carrots, kale and wakame into the potatoes. Season to taste. Add the additional olive oil to the batter. Shape the mixture into 8 small rounds, and put them on a lined baking tray. Bake at 350 degrees F for 25-30 minutes.*

## SALADS

### Chickpea Salad

(Serves 4)

- 1 cup cooked chick-peas
- 2 bags of arugula salad
- 1 scallions, sliced
- ½ cup diced sweet red pepper
- ½ cup of sweet peas
- 1 Haas avocado
- ½ cup of yellow pepper
- ½ cup of raw cucumbers, thinly sliced
- ¼ tsp. basil
- ¼ tsp. oregano

*Combine all ingredients in a large mixing bowl. Dress with the juice of half a lemon, olive oil and Bragg apple cider vinegar if needed. Toss gently and serve.*

## Sweet Spinach Salad

(Serves 4)

- 2 bags of organic baby spinach
- 1 cup of dried unsweetened cranberries
- 1 cup of string beans
- 1 cup of sliced almonds
- 2 avocados
- 2 teaspoons of sesame seeds
- 1 teaspoon of hemp seeds

*Combine all ingredients in a large mixing bowl. Toss gently and serve. For dressing, mix Bragg apple cider vinegar, olive oil, dried mustard and agave nectar to taste, mixing until properly blended.*

## **Beet and Kale Salad** (Serves 4)

- 2 bags of kale
- 1 cup of mushrooms
- ½ cucumber, thinly sliced
- 1 cup of beets
- 1 tablespoon sunflower seeds
- ⅓ cup cut walnuts

*Wash and shake off extra water from the kale. Remove the center ribs and stems; discard. Chop the leaves until fine. Mix all ingredients in a large salad bowl. Season with sea salt and lemon juice. Dress with a mixture made with olive oil, Bragg liquid aminos and a pinch of honey and toss.*

## RECOMMENDED READING



### Detox

*Detox for Life* by Loree Taylor Jordan

*The Raw Food Detox Diet* by Natalia Rose

*Clean* by Alejandro Junger

### Healthy Lifestyle/Food Choices/Diets

*The China Study* by T. Colin Campbell and Thomas M. Campbell, II

*Diet For A Small Planet* by Frances Moore Lappe

*Diet For A New America* by John Robbins

*Becoming Vegan: The Complete Guide To Adopting A Healthy Plant-Based Diet* by Brenda Davis and Vesanto Melina

*The Acid-Alkaline Diet for Optimum Health* by Christopher Vasey N.D.

*Crazy, Sexy Diet* by Kris Carr

*Conscious Eating* by Gabriel Cousens M. D.

## Health Guides

*Perfect Health* by Deepak Chopra

*Eat More, Weigh Less* by Dean Ornish, M. D.

*Quantum Wellness* by Kathy Freston

*The Omnivore's Dilemma* by Michael Pollan

*Food Matters* by Mark Bittman

## Juicing

*The Complete Book of Juicing* by Michael T. Murray, N.D.

*Power Juices, Super Drinks: Quick, Delicious Recipes to*

*Prevent & Reverse Disease* by Steve Meyerowitz

*The Joy of Juicing* by Gary Null Shelly Null

## Manifesting

*The Power of Intention* by Wayne Dyer

*Manifest Your Destiny* by Wayne Dyer

*Creative Visualization* by Shakti Gawain

## Recipe Books

*This Crazy Vegan Life* by Christina Pirello

*Vegan Soul Kitchen* by Bryant Terry

*The Gluten Free Vegan* by Susan O'Brein

*Ani's Raw Food Kitchen* by Ani Phyo

*Ani's Raw Food Desserts* by Ani Phyo

## **Self-Improvement Books**

*Awaken the Giant Within* by Tony Robbins

*Yesterday, I Cried* by Iyanla Vanzant

*The Power of Now* by Eckhart Tolle

*The Four Agreements: A Practical Guide to Personal Freedom* by Don Miguel Ruiz

## **Spirituality Books**

*Anatomy of the Spirit* by Caroline Myss

*Messages from the Masters* by Brian Weiss

*A Return To Love* by Marianne Williamson

## **Videos**

Food Inc., Robert Kenner, Director, 2008

Food Matters, James Colquhoun, Lauretine ten Bosch, Directors, 2008

Earthlings, Shaun Monson, Director, 2007

The Future of Food, Deborah Koons, Director, 2004

## ABOUT THE AUTHOR

Jovanka Ciales is an author, wellness coach, speaker and blogger, with a focus on health, nutrition and conscious living. She works tirelessly to teach people to live rich, live healthy and feel great. Jovanka's message of "power through knowledge" helps improve the quality of life of people around the world. Her blog focuses on adopting a new, healthier way of life, primarily through diet, exercise and the power of positive thinking. It also emphasizes the importance of personal responsibility and teaches the public about the impact of our diet and lifestyle choices and how those affect the world around us. Visit her on the internet at:

*JovankaCiales.com*

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