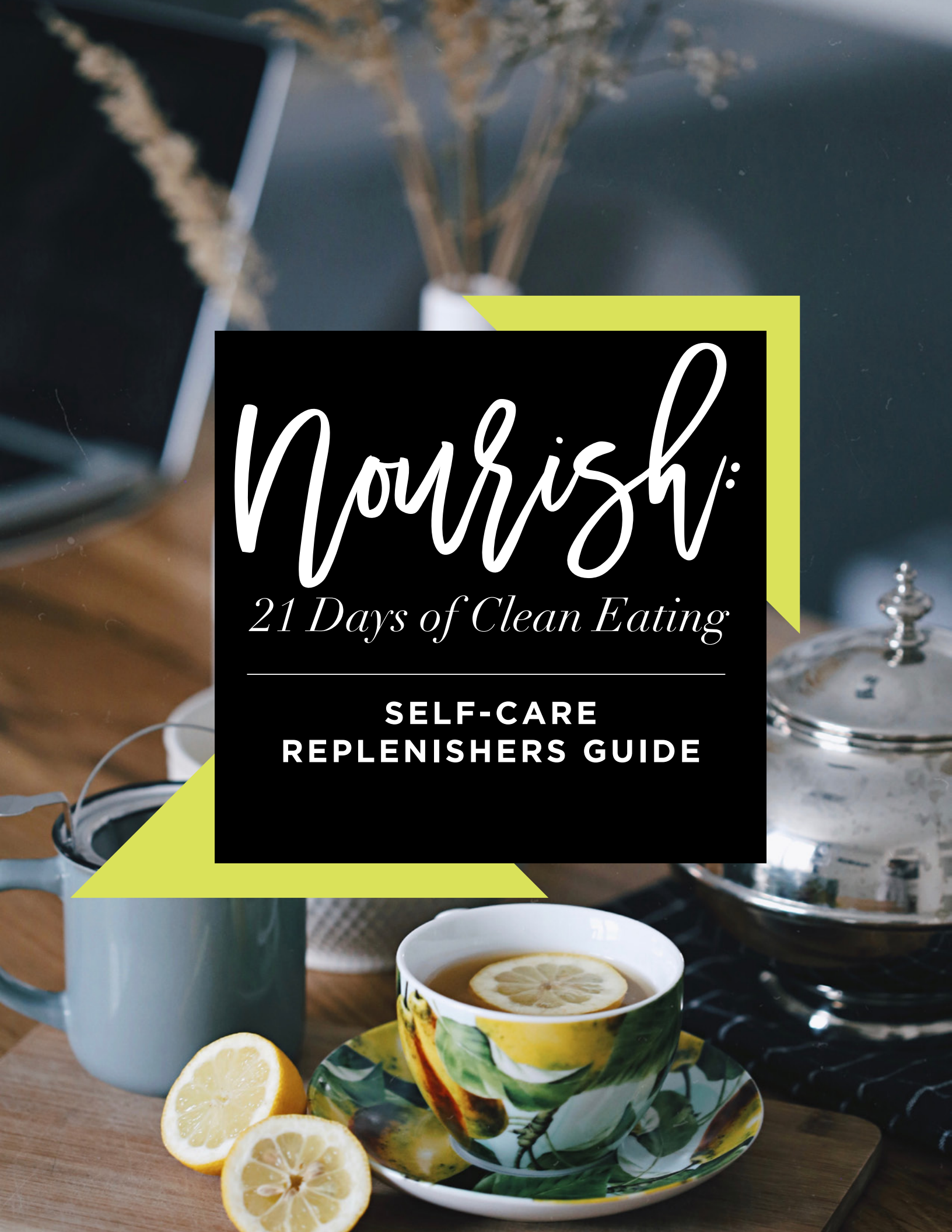

Nourish:

21 Days of Clean Eating

SELF-CARE REPLENISHERS GUIDE



SELF-CARE: NOURISH REPLENISHERS

WATER: Be sure the number of ounces of water you drink per day is equal to at least half of your body weight. (i.e. 150 lbs. body weight = 75 oz. water per day). In the autumn and winter, it can be especially helpful and detoxifying to drink warm water.

LEMON WATER: This is a gentle yet effective way to support and cleanse the liver, kidneys, and colon, and will help to alkalize the body. It will assist in breaking up mucus and will provide energy via enzymes, vitamin C, potassium, and trace minerals. Please use fresh, ripe lemons, not prepared lemon juice.

BODY BRUSHING: This is one of best ways to stimulate the lymphatic system. This is beneficial because it assists the lymph nodes in keeping blood and other vital tissues detoxified. It is energizing, assists in breaking up cellulite, removes dead skin, stimulates circulation, and strengthens the immune system. To do this, you will need a natural bristle brush, which you can find on Amazon or Target. Start at your feet and work up the body in long strokes towards your heart. Be sure to cover the whole body, but skip the face and the breasts. Do not feel like you need to spend a tremendous amount of time on this, 2–3 minutes prior to your shower is fine.

NOURISHING BATH: Place 2 cups of Epsom salts and one cup of baking soda in the tub, run the hottest water you can stand, and add 8 drops lavender oil. Soak for 20 minutes and allow yourself to sweat. You should feel very relaxed and sleep soundly.

EXERCISE: Tune into to what kind of exercise feels appropriate, rather than just doing what you usually do or what you think you should do. Walking, yoga, swimming, tai chi, hiking, biking, and strength training are all great ways to get moving. A powerful exercise for removing toxins is using a mini-trampoline or rebounder to help enhance you lymphatic system. This is called Lymphasizing.

FIBER: Getting additional fiber as we begin to eat clean is vital to supporting the colon as it's eliminates waste and toxins. In addition to lots of fresh vegetables, ground flax seeds and chia seeds are recommended. You should be eliminating 1-2 times per day.

Self-Care Ideas

GET IN TOUCH: Get a hug, hold someone's hand, give your pet a rub, hug your kids, kiss your spouse.

LIVE IN THE PRESENT MOMENT: Get present to conversations, practice not letting your mind wander. Yoga and meditation are great ways to train your mind to stay present.

BE FRIENDLY: Smile at strangers, look people in the eyes. Treat people with kindness and feel how this lights you up from the inside out.

TAKE A TIME OUT: Step away and enjoy some fresh air; go for a short walk outside and take in some nature or listen to music.

TAKE A STARE BREAK: Place a flower in a vase and stare at it for 5 minutes. Examine the tips of the petal and the heart of the flower. Move down the stem of the flower until you reach the bottom. Now go back to work.

TAKE A SMELL BREAK: Essential Oil aromatherapy has been around for thousands of years. Choose an oil that pleases you and carry a small bottle in your purse or leave it at your desk. Rub the oil into your palms and breathe the scent in deeply and slowly.

BREATHE DEEPLY: For instant relaxation, take 3-4 deep, belly breaths in, and slowly exhale out. This is a mini-tranquilizer for muscles and your mind.

LAUGH AND GET INTO YOUR HEART: Share a giggle with a friend, colleague, or your kids. Watch a comedy show on Netflix or my favorite, watch animal or puppy videos on Facebook!

BREW SOME TEA: The process of boiling water, steeping tea and drinking it slowly can is very calming and soothing to the mind and the body.

READ: Take your mind off of stress by getting lost in a great book or reading one to your child.