FREQUENTLY ASKED QUESTIONS

WHAT DO I SAY TO MY FRIENDS OR FAMILY IF THEY THINK I'M WEIRD?!
Everyone that has decided to take the ‘beaten path’ has initially been seen as crazy or absurd. However it takes people who will risk living at the fringes of societal thinking that eventually break the mold from the coma out of which much of humanity is living when it comes to eating. We have become so out of touch with our bodies that we are having to figure out what to eat from books or from food labels!! This program is all about giving you back your own authority and reconnecting you with your own instincts, so that you can live in resonance with what makes sense for you and your physical requirements, and not those dictated by commercials or food companies.

If you are out with friends or family and you are experiencing as being judgmental:
- Consider that they may be confused and scared about your dietary changes and are coming out of concern for your health and wellbeing
- Consider sharing the program with them
- Consider that they might still be buying into the myths of protein from meat, calcium from dairy, beauty from lipsticks!
- Consider sharing by example rather than preaching

It is ultimately your body and your life and you can take this opportunity to notice where these comments affect you, and notice your desire for being liked and approved, which you can ultimately fulfill by loving and being approving of yourself and your dietary choices.

Lastly on a practical note:
- Plan ahead. See the menu and if there is absolutely nothing you can eat suggest a different restaurant
- If you’re dining at someone’s house bring a salad or dish that you can be shared with others
- Take some chlorella tablets with you that will balance your blood sugar and provide you with bio-available protein, and consider eating a little before leaving the house

And be kind! It’s our motto here at the 21-Day Essential Cleanse! We are all doing the best we can!
CAN I KEEP TAKING MY SUPPLEMENTS WHILE CLEANSING?
You do not need to stop taking your supplements whilst on the cleanse except during the 5-days of the juice fast if you are participating at level 1.
In which case you would stop taking your regular supplements during the 5-day period of the juice fast only.

HOWEVER IF YOU ARE TAKING PRESCRIBED MEDICATION, WE REQUIRE YOU TO CONTINUE TAKING THIS DURING THE ENTIRE COURSE OF THE PROGRAM.

I HAVE A COFFEE HABIT, CAN I DRINK COFFEE ON THE CLEANSE?
No. Kick the coffee habit by starting your day with a 8-16 oz of fresh green vegetable juice with 1 teaspoon of chlorella or spirulina. You can get your juice from your local juice bar or make it yourself in a Breville juicer (recommended): 2 celery sticks, 2 cucumbers, 2 leaves of kale or romaine lettuce, ½ apple, and some ginger and lemon to taste. This is a powerful way to start your morning.
Alternatively you can drink a cup of green tea or yerba mate which, although caffeinated, also have incredible mineralizing and phytonutrient benefits.

CAN I JUST JUMP RIGHT TO THE FASTING PART OF THE CLEANSE, OR DO I NEED TO START WITH THE 7-DAY PRE-CLEANSE DIET FIRST?
This is a very important step because the more processed foods as well as coffee and alcohol you have consumed in the past years, the more toxicity your body has accumulated. The 7-Day pre-cleanse diet before the fast prepares your body so that your detoxification symptoms won’t be as severe. Additionally, this allows you to integrate the changes in lifestyle in a more sustainable way so that you may experience more long lasting results.
By removing the major allergen-causing foods while continuing to eat solid foods you won’t detoxify too quickly. Detox symptoms may include headaches, bloating, constipation, or diarrhea. We’ve found that people who ease into the cleanse and follow the first week’s guidelines have an easier time on the program and overall get more results.

HOW OFTEN SHOULD I CLEANSE?
Due to the toxicity we are perpetually exposed to in the modern world, it is important that we maintain a healthy balance and therefore recommend you cleanse a minimum of 2 times per year. Some people
chose to cleanse at the change of each season.

**CAN I SNACK ON THE CLEANSE?**
If you find that yourself hungry or thinking about food all the time, increase the amount of green juice you are drinking and add 1 tablespoon of chlorella or spirulina powder to each 16oz glass you drink. Alternatively you can also take 5 chlorella tablets every 3 hours. Chlorella and Spirulina are high protein foods that will help balance your blood sugar levels and curb your hunger. As a general rule of thumb during the first week it is best you focus on getting good food during your meals rather than snack all day.

**WHAT CAN I SNACK ON?**
- Avocado with Celtic sea salt
- Trailer mix of goji berries & cacao nibs
- Blueberries
- Apple and nut butter
- A green smoothie
- A superfood smoothie
- Chlorella tablets
- A small handful of seeds or 3-4 Brazil nuts
- Small square of raw chocolate (“Fearless Chocolate” is a great choice: www.fearlesschocolate.com)

**WILL I LOSE WEIGHT ON THE 21-DAY CLEANSE?**
Weight-gain is a result of consuming foods that do not work for the body and that result in poor digestion and a toxic overload. This program helps you regain pH balance and ground a new lifestyle that will certainly help you in achieving your optimal weight. During the 21-Day Essential Cleanse many have experienced losing weight: an average of 14 pounds (7 Kilos) is what is common. However weight-loss occurs differently for each of us. We each have a different level of toxicity, a different genetic history, and different hormonal patterns. It is therefore advised that you follow the program and set your mind to learning how to make this a way of life rather than a crash diet.

**CAN I PARTICIPATE IN THE 21-DAY ESSENTIAL CLEANSE IF I AM PREGNANT OR NURSING?**
It is **not possible** or safe to do this program while pregnant or nursing, or
actively trying to conceive a child.
Research has shown that a pregnant or nursing mother can release her toxic overload into the womb and breast milk during a cleanse. It is therefore important you DO NOT participate in this cleanse if you are pregnant, looking to become pregnant, or nursing.

WHAT CAN I EAT?!
Some of you may be wondering what kind of foods you have left to eat. Please consult the approved list of foods and carry that list with you when you go grocery shopping. It is absolutely normal to feel this way at first. Many of us that have changed our eating habits have gone through a period of reorganization, realizing that many of the grocery stores and restaurants that we previously went to, don’t have the foods we are now being asked to move towards. Take it step by step and follow the guidelines that are given to you each day on the tutorials. You will see that by the end of the 21 days a whole new world of possibilities will have opened-up to you. Something that as you began this cleanse, you would have never imagined.
Additionally, for more recipes and ideas you can purchase the complementary book to this cleanse “Reset” - packed with recipes and ingredient resources.

SO, WHY CAN’T I EAT PEANUTS?
Peanuts are laden with chemicals and mold (called alfatoxin) and even can cause allergic reactions and simply do not support the detoxification process.

CAN I CHEW GUM DURING THE CLEANSE?
The answer is… preferably not. Unless this is something that really supports you in not overeating, it is preferable that you don’t chew gum as it is sending a signal to the body that you will give it some form of sustenance through food, which you are not.

WHAT DOES EACH WEEK LOOK LIKE ON THE CLEANSE?
Principles during elimination GREEN week: Week one is elimination week and is designed as a foundation for the rest of the fast and program. You add more green food, start drinking green juices and smoothies, you eat three solid meals a day that do not include processed sugars, dairy, meat, or gluten.
Principles during the cleanse CLEAN week: Week two is where you cleanse the body from accumulated toxins. You drink only liquids and depending on your chosen level of participation this will look like green juices or green smoothies or a combination of both.

Principles during the reintroduction LEAN week: Week three is lean and raw week. You will break your fast properly (very important!) as guided in the tutorials and eat mostly a raw foods diet with the introduction of some new foods that rebuild your body.

I’M ALREADY TOO THIN AND DON’T WANT TO LOSE WEIGHT – SHOULD I STILL DO THE PROGRAM?
Cleansing is important for your health. You may experience some weight-loss, which you can strategically put back by eating an appropriate superfoods, high in protein, and good fats diet, as well as doing weight-bearing exercises that will give you the right muscle tone after the cleanse. It is advised that during the cleanse you do not engage in strenuous athletic activity however. Moderate exercise is recommended, but the mind-set during this cleanse is one of eliminating toxins and allowing your body to engage in rebalancing and rebuilding on a cellular level.

CAN I USE ANY SWEETENERS IN MY TEA?
The best and only sweetener that will not spike your blood sugar levels at all is stevia. You can find stevia in powder but also liquid forms of various flavors that can make a great addition to your tea or smoothie. We recommend the vanilla crème flavored stevia by “SweetLeaf”.

I HAVE DIABETES, CAN I STILL DO THE PROGRAM?
You should NOT do this cleanse if you have Type 1 Diabetes. You can discuss the principles of week one and the materials shared in the cleanse with your health care practitioner and apply some of the principles under his/her supervision.
If you have Type 2 Diabetes, your diabetes symptoms can be reduced via a cleanse, however you should also do this only with supervision of your health care practitioner.

SHOULD KIDS BE ON THIS PROGRAM?
No. If you are under 18 years of age, you should NOT do this program.
### WHAT FOODS DO I INCLUDE AND EXCLUDE THE FIRST WEEK?

<table>
<thead>
<tr>
<th>Food Group</th>
<th>Include</th>
<th>Exclude</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>FRUITS &amp; VEGETABLES</strong></td>
<td>Low glycemic fresh or frozen fruits like berries and green apples, coconut meat, sea vegetables (seaweeds), avocados, olives, steamed, sautéed, or raw vegetables, spirulina, bee pollen, chlorella, blue-green algae</td>
<td>All fruit juices, soybean products like soy sauce or soybean oil</td>
</tr>
<tr>
<td><strong>NON-GLUTEN GRAINS &amp; STARCH</strong></td>
<td>Brown, red, black and wild rice, millet, amaranth, buckwheat, quinoa, split peas, lentils, legumes</td>
<td>Wheat, corn, white rice, barley, spelt, kamut, rye</td>
</tr>
<tr>
<td><strong>NUTS &amp; SEEDS</strong></td>
<td>Sesame, pumpkin, and sunflower seeds, hazelnuts, pecans, almonds, walnuts, cashews, macadamia, pistachios, brazil, nut and seed butters like almond or cashew, cacao, hemp.</td>
<td>Peanuts and/or peanut butter</td>
</tr>
<tr>
<td><strong>OILS</strong></td>
<td>Cold-pressed olive, coconut, sunflower, safflower, sesame, almond, flax walnut, and pumpkin.</td>
<td>Shortening, processed oils, margarine, mayonnaise, canola oil, salad dressings, spreads</td>
</tr>
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</table>
WHAT FOODS CAN I HAVE FOR BREAKFAST?
Here are some ideas....

Glass of chlorella with water is recommended to start off the day
Non-gluten grains (steamed quinoa, rice cereal, etc.)
Fruit & avocado
Coconut Kefir / yogurt
Sprouted bread (such as “Mana” bread or “Ezekiel” bread brands) with almond or cashew nut butter
Brown rice and miso
Sprouted buckwheat or other raw cereal you can find at the store with almond milk
**Greens, Fruit & Water**
Sliced apples with almond or pecan butter
Chia pudding (You can find this video recipe on Day 5 of your program)

**Breakfast of choice: A nutrient packed green smoothie (please find the recipes in the recipe section)**

**WHY AM I EXCLUDING SOME FOODS FROM MY DIET?**
You are undergoing a cleanse program and so we ask you to eliminate the foods that would not be supportive to your detoxification process. The foods that we are asking you to remove often are foods that cause inflammatory or allergic reactions in the body. Many are acidifying and would not support the balancing of your pH. Some foods are mucus forming, and others contain chemicals that make it difficult to shed weight. We ask you that you remove the foods that are more difficult or slow your digestion down, so you can relieve the burden of digestion and allow the body to use that energy to heal and repair.

It will be much clearer to you after you complete the 21-Day Cleanse how exactly these foods have been affecting you, your health and your mind, and you will be able to chose more consciously what foods you want keep in and which foods you want to keep out.

**WHAT PORTION SIZES SHOULD I EAT?**
This cleanse focuses on you coming home to your innate authority regarding what and how much to eat. Each tutorial emphasizes this point so that by the end of the 21-Day Cleanse you will always know what and how much to eat.
For now as a rule of thumb, it is thought that a portion is what you can hold if you cupped your hands together. On week 3 however the portion size may be a lot smaller as your stomach will have shrunk and you will feel satiated with less food. To learn how much food is 'enough' it is always a good idea to wait about 20-minutes before going for second helpings. This is about the time it takes for the brain to receive the signal that it's had enough to eat.

**WHAT SHOULD I EAT DURING THE 21-DAY CLEANSE WHILE DINING AT A RESTAURANT?**
Ideally you will look at the menu of the restaurant before dining out and will be able to chose what restaurant best accommodates your cleanse requirements.

Often times traditional Italian, Japanese and Indian restaurants have a greater selection of approved menu items than say, Mexican restaurants. However you can find options there too.

If you are having a difficult time finding something to eat look at the ‘side orders’ section for more options.

Eat foods that do not contain meat, processed sugars, gluten, or dairy. You want to ideally start with a salad and the move onto the main course. Avoid dessert and have a tea instead. If needed, bring your own raw chocolate bar and take a small piece of that as a treat instead.

If nothing works for your cleanse! Don’t eat! Really… it is best to have a simple salad and then eat at home!

**Italian Menu Options:**
- Braised arugula
- Mixed salad
- Gnocchi

**Japanese Menu Options:**
- Miso soup
- Seaweed Salad
- Vegetable Nori Maki
- Rice & Veggies
- Glass noodles soup

**Mexican Menu Options:**
- Rice and beans
- Vegetarian Corn tortilla

**WHAT KIND OF THINGS WILL I NEED ON THE PROGRAM?**

**For the adjunct therapies:**
- Dry Skin brush
- Rebounder (optional)
- Enema bag/bucket (optional)

**For the cleanse:**
- Blender
- Juicer (optional)

**Additional recommended products and supplements:**
- Probiotic
Digestive enzyme
Triphala (optional)
Superfoods

Lot’s and lot’s of veggies!

RECOMMENDED BOOKS AND MOVIES

MOVIES
May I Be Frank
Water
Forks V Knives  Food Inc.  Food Matters  The Future of Food

BOOKS
Reset by Jasmine Scalesciani C.N.
Food Rules: An Eater’s Manual by Michael Pollan
The Yoga of Eating by Charles Eisenstein

I’M EXPERIENCING FLU-LIKE SYMPTOMS. IS THIS NORMAL?
It is common and quite normal to experience some discomfort at some point during the cleanse. Symptoms should clear up within a few days. Should the symptoms persist please consult your health care practitioner and stop the cleanse.
Flu-like symptoms like a runny-nose, low energy, etc. are indicators that the body is working hard in expelling toxins. You can alleviate these symptoms by:
Drinking more green juice & expelling the toxins through one of the adjunct therapies described in the tutorial
Taking a hot bath with Epsom salts and dead sea salt (one cup of each)
Resting
Sweating by doing an infra-red sauna or wet sauna
Getting a colonic or enema

WHAT IS A COLONIC? SHOULD I GET ONE?
A colonic can help your body in getting rid of toxins. The procedure requires a colon therapist. The therapist inserts a plastic hose connected to a colon hydrotherapy unit and infuses water into the rectum. This cleanses and flushes out the waste that’s built up in the colon during years of incorrect eating.
You may experience some mild discomfort during your session but it is one
of the best ways to remove waste from the body. People with Crohn’s disease or severe hemorrhoids should consult with the colon hydrotherapist before undergoing this treatment.

**WHAT IS A COFFEE ENEMA?** (For educational purposes only. Do not engage in this procedure without consulting your primary care physician)

**Basic Coffee Enema Procedure and Recipe**

The very last part of the colon, before reaching the rectum, is in an “S” shape and called the sigmoid colon. By the time stool gets to this part of the colon, most nutrients have been absorbed back into the bloodstream. Because the stool contains products of putrefaction at this point, there exists a special circulatory system between the sigmoid colon and the liver. There is a direct communication of veins called the enterohepatic circulation. Have you ever felt sick just before having a bowel movement, when stool material has just moved into the rectum for elimination? As soon as the material is evacuated, you no longer feel sick. This is due of the toxic quality of the material and the enterohepatic circulation coming into play. Because of this, it is important to evacuate when you have the urge. The rectum should usually be empty. This circulatory system enables toxin to be sent directly to the liver for detoxification, rather than circulating them through the rest of the body and all of its vital organs including the brain. This system of veins carries rectal / sigmoid toxins directly to the liver for detoxification.

When a coffee enema is used, the caffeine from the coffee is preferentially absorbed into the liver where it becomes a very strong detoxifier. It causes the liver to produce more bile (which contains processed toxins) and moves bile out toward the small intestine for elimination. A coffee enema will speed up the detoxification process and minimizes the backlog of yet to be detoxified substances. You will need the following materials:

- An enema bag or bucket, preferably one of clear plastic that you can see through
- A coffee maker
- Organic coffee fully caffeinated
- A source of uncontaminated water

**PROCEDURE**

Make the organic coffee (do not use decaffeinated or instant coffee)
Allow it to cool down to a very comfortable, tepid temperature
Pour into the enema bag or bucket about 1/3 of the coffee made and fill the rest of the bag with lukewarm water
Be sure to test the water and coffee with your finger. It is safer to have it too cold than too warm.

Hang the enema bag/bucket on a doorknob, towel rack or other fixture. Allow the coffee/water mixture in the enema bag to run out to the end of the catheter tip and re-clamp the bag when all the air has been removed from the enema tubing. There should not be any bubbles in the tube.

The solution should flow very gently into the rectum and distal sigmoid colon only. A coffee enema is not the same as a high enema or colonic. Allowing it to go well up into the colon may introduce caffeine into the general circulation as though you had taken it by mouth.

Lie down on the floor on your back or right side and gently insert the catheter. If you need lubrication use a vegetable oil such as olive oil or coconut oil. It is generally a good idea to avoid petroleum products.

Gently insert the tube into the rectum a few inches and then release the clamp and let the first 1/2 of the quart (2 cups maximum) of coffee flow in. Clamp the tubing off as soon as there is the slightest amount of discomfort or fullness.

Try to retain the enema for a minimum of 12 or more minutes. Sometimes there will be an immediate urgency to get rid of it and that is fine. It helps to clean the stool out of the colon so that next time around you can hold more of the enema longer.

Never force yourself to retain it if you feel that you can't. If you feel wired or hyper, or have palpitations or irregular heartbeats after a coffee enema, you should reduce the amount of coffee, usually by half for a few days or weeks.

Always discontinue the enemas if there is any adverse reaction whatsoever, and discuss it with your health care practitioner. If you find the enema helpful, do not use it more than once per day in the mornings for any extended period without medical supervision. Use it as necessary, perhaps several days in a row, but more commonly a few times per week.

**Salt Water Flush**

This technique is an ancient Yogic cleansing method. A salt-water flush will help you to safely and effectively clean out your bowels. The key is to do this first thing in the morning on an empty stomach. Mix 1 Liter (32 oz.) of warm water with 1.5 level teaspoons of unrefined sea salt. Use either “real salt” or pink Himalayan crystal salt. Do not use iodized table salt!

Stir the water and salt well, then drink the entire container. (It may be a little challenging at first, but most everyone I know gets used to it). Be sure
to wait about 30 minutes after you’ve drink the salt-water solution before heading out the door to work as your bowels will start grumbling and you will want to have a restroom close by. Also keep in mind that you might need to go to the bathroom more than once so plan accordingly. Do this flush everyday during week 2 of the cleanse. The method flushes out your bowels because the salt water’s saliency is the same as the body’s saliency and therefore none of the water gets absorbed into the body, and it just passes right through you and out through your colon.

IS IT NORMAL TO FEEL MOODY AND IRRITABLE?
It is very common and normal during the cleanse to feel moody or irritable. Your body is adjusting to eating in new ways and there is a large number of toxins being released into your bloodstream, which can make it difficult to feel comfortable in our own skin at times. Do not worry; it will pass (and you can let the people around you know that as well!). It is a good idea to allow the emotions and feelings to surface and to give them the space they need to be observed, inquired and released. Offer yourself the quality of your attention and treat yourself like you would your best friend or beloved… meaning, watch how you are talking to yourself and ask yourself “How can I be kind with me in this moment?”
For further support please call the helpline or one of the practitioner from The Work of Byron Katie at: www.TheWork.com

WHAT IF I AM NOT GOING TO THE BATHROOM 1-3 TIMES PER DAY AS YOU RECOMMEND. WHAT CAN I DO?
Having daily bowel movements will help make sure that toxins aren’t reabsorbed into your system. It is very important that a cleanse be done with the objective of taking ‘the trash’ out!
Therefore, if you are not having 1-3 regular bowel movements per day on all days except days 11-16, please go to the store and purchase “Triphala” in capsule form (do not purchase the powdered kind as it does not taste good!). Triphala is a non-habit forming ayurvedic herb that will help you increase bowel movements safely and without irritating the colon. Take this as prescribed on the bottle.
Conversely consider making an appointment for a colon cleanse or doing a coffee enema.

DIARRHEA. IS THIS NORMAL?
Yes. As you cleanse it is normal that the body starts detoxifying as best it can. The change in diet can often cause diarrhea for a period of time.
Please be sure to stay well hydrated and if it is very uncomfortable consider using a bulking agent like “Chia seeds”. You can add these to your salads and/or smoothies.

I AM HAVING SEVERE SUGAR CRAVINGS!?! 
On an emotional level if you are craving sugar consider what other sweet you are craving in your life in the form of love, affection, relationship, or self-care? Write down in your journal what these cravings are and find 3 ways in which you can fulfill these cravings this week other than with sugar.

Due to years of inadequate dietary choices, on the physical level we often find that we have an overgrowth of candida in the body. It is often the candida that is looking ‘to be fed' and causes us to crave sugars.

Practice noticing... and being present to what you are feeling...

WHAT IF I HAVE HEADACHES & CAFFEINE WITHDRAWAL?
If your headaches are very strong... it is important you give yourself time to rest, drink lots of water and green juice, and be sure you support the organs of elimination by sweating it out or by getting a colonic.

WHERE CAN I FIND RECIPES?
On the video tutorials
In the book The Essential Cleanse 2.0 that complements the program
In the recipe section of this site

WHAT KIND OF SUPPLEMENTS SHOULD I TAKE AFTER THE PROGRAM AS MAINTENENCE?
**Digestive enzymes:** It’s a good idea to have these handy if you are going to be eating heavier meals, and if you want to support digestion

**Probiotics:** It is very important that the friendly bacteria in our gut be restored for optimal digestive health. Through the use of antibiotics, chronic overeating, and consuming foods that are laden with toxins we have essentially destroyed the friendly bacteria in our gut, and it is recommended that you take a high-count probiotic supplement to replenish and restore proper balance internally
**Triphala:** If you have been chronically constipated (only use the bathroom once per day) you may consider using Triphala until your bowel movements regulate. Triphala is non habit-forming and safe to use for extended periods of time. We recommend the capsules rather than the powder as it is easier to take Triphala in this form.

**Metabolic enzymes:** Metabolic enzymes, are truly a girls (and guy’s!) best friend when it comes to cleansing and beautifying the body. Metabolic enzymes eat away at all the undigested proteins in your blood and then do the great work of rebuilding the tissues. If you’ve been taking metabolic enzymes for some time, you will notice your eyes becoming brighter, your skin more toned, and even the disappearance of cellulite!

**Multi-vitamin:** This is due to the poor vitamin and mineral content in our soil. We typically suggest you take a multi-vitamin periodically throughout the year as well as continue on a healthy, whole food, organic, eating program. When choosing a multi vitamin supplement be sure it comes from a company that doesn’t isolate the nutrients but rather derives its supplement from the whole plant, fruit and vegetable.

**HOW MUCH WATER SHOULD I BE DRINKING?**
A good rule of thumb is to drink half your body weight in ounces daily. So, if you weigh 150 lbs., you need to drink at least 75 ounces (just a little over 2 liters, or 9 glasses) of water. Drink even more water if you exercise regularly or are very active

**I AM NOT LOSING MUCH WEIGHT YET. IS THE 21-DAY ESSENTIAL CLEANSE NOT WORKING FOR MY BODY TYPE?**
We each lose weight at different speeds. Should you reach a plateau consider upping your juice intake. Be sure to keep your metabolism working at a high level by providing your body with enough calories. Also, consider that the more juice you take in, the more detoxification will occur and the better the results, so be sure you are drinking enough green juice. Secondly notice if you are sleeping. Sleep is an important component that helps us detoxify and release extra weight. And most importantly, be patient: don’t compare yourself to others, or to a scale number you want to reach. Go with what feels good and know you are heading in the right direction. We have taken thousands of people through this cleanse and are confident of the long-term results this program has for you.

**WHAT'S HAPPENING? I'VE GAINED A POUND?!?!!**
Our body weight fluctuates daily. Sometimes during a cleanse the body will go into a period of holding on to the excess waste and our bowels might get overloaded before a big release. So hang in there. Continue on the program and be sure to continue drinking the recommended amount of green juice we have listed for you each day. This is typically a temporary set-back that if you stick to the protocol should soon change.

**Remember that if you ever get stuck:**
- Drink more juice
- Use one or more of the methods of detoxification outlines in the tutorial
- Get more rest
- Consider going to a breathing class such as holotropic breathing or pranayama yoga class
- If you haven’t had a bowel movement that day be sure to take “Triphala”
- Laugh! Find at least one thing each day that makes you laugh out loud! Laughter is one of the easiest and most therapeutic treatments you can give yourself

**SHOULD I EXERCISE DURING THE 21-DAY CLEANSE?**
Movement is very important to keep the lymphatic system moving and expelling toxins out of the system. Some common forms of exercise practices during this cleanse are:
- Yoga
- Pilates
- Brisk walking
- 20-minutes of rebounding on trampoline
- Swimming
- Dancing
- Bicycling
- Thai Chi

**ARE THERE TOXIC BODY CARE PRODUCTS THAT I SHOULD BE AVOIDING?**
It’s not just the food that you ingest that causes havoc to the body but also the products that we put on our skin.

Here is the list of the top 10 ingredients to avoid:
1. PARABENS  2. FORMALDEHYDE  3. PHTHALATES  4. DIETHANOLAMINE (DEA) AND TRIETHANOLAMINE  5. DIAZOLIDINYL UREA AND IMIDAZOLIDINYL UREA  6. SODIUM LAUREL SULFATE/ LAURETH SULFATE;
AMMONIUM LAURETH SULPHATE  7. PROPYLENE GLYCOL  8. PVP/VA COPOLYMER  9. NANOPARTICLES  10. SYNTHETIC FRAGRANCE

Read labels and watch out for these in your everyday detergents, shampoos, cosmetics, deodorants, etc.

WHO SHOULD NOT DO THE 21-DAY ESSENTIAL CLEANSE?
We cannot comment or answer any questions about specific medical conditions or medications and whether this program is right for you. We suggest you consult your doctor or find a doctor in your area that understands cleansing and your overall cleansing or weight-loss goals to receive supervision during this cleanse should you chose to do it. However you should NOT engage in the 21-Day Essential Cleanse if you:

- Are pregnant actively trying to conceive a baby
- Are nursing
- Are under 18 years of age
- Have cancer
- Have liver disease, hepatitis
- Have Type 1 Diabetes
- Are on medications for bipolar disorder
- Have a chronic or degenerative disease

Additionally, if you are taking any kind of prescription drugs, DO NOT STOP taking them during the program without consulting your doctor. There are certain serious conditions that require consistent blood levels of medications. Any change in diet can cause a change in your blood absorption, and an increase or decrease of the concentration of medicine in your blood as a result.

WHAT FOOD CAN I EAT ON WEEK 1?

FRUITS: all whole fruits, unsweetened, frozen or water-packed. Organic, seasonal fresh fruits are preferred:
- Acai berries, apple, apricot, banana, blackberry, blueberry, cantaloupe, cherry, coconut, fig, grapes, grapefruit, huckleberry, kiwi, kumquat, lemon, lime, loganberry, mango, melon, mulberry, nectarine, papaya, peach, pear, pineapple, pomegranate, prune, raspberry, strawberries, watermelon
VEGETABLES: all vegetables and preferably fresh, raw, steamed, sautéed, juiced, or roasted: Artichoke, arugula, asparagus, avocado, bamboo shoots, beet & beet greens, bok choy, broccoli, brussels sprouts, cabbage, carrot, cauliflower, celery, chicory, chive, corn, cucumber, dandelion, endive, jicama, kale, kohlrabi, leek, lettuce, okra, olive, onion, parsnip, pickle, radish, ramp, red leaf chicory, rutabaga, snow peas, spinach, sprouts, squash, swiss chard, taro, turnip, watercress, yucca, zucchini

GRAINS: amaranth, buckwheat, millet, quinoa, rice: (brown, red, black, wild)

DAIRY SUBSTITUTES: coconut milk, all (unsweetened) nut milks such as almond milk, brazil nut milk, hazelnut milk, hemp seed milk. Mostly avoid rice milk as it’s the most processed and sweetened of the dairy substitutes.

PLANT-BASED PROTEINS: hemp protein, legumes, beans (all except soy), lentils, peas, split peas, brown rice protein, bee pollen, spirulina, chlorella, blue-green algae

NUTS & SEEDS: almond, brazil nut, cashew, chia, hazelnut, hemp, nut & seed butters, macadamia nuts, pecan, pine nut, pistachios, pumpkin, sesame, sunflower, flax, poppy, walnut

FLOURS: amaranth, arrowroot powder, brown rice, coconut, chestnut, garbanzo bean, millet, sorghum, teff

OILS: whenever possible use oils that are unrefined, cold-pressed, extra virgin, and organic: Almond, coconut, cold-pressed olive, flax, hazelnut, macadamia, pumpkin, safflower, sesame, sunflower, truffle, walnut

BEVERAGES: coconut water, spring water, filtered or distilled water, green tea, herbal teas, seltzer or mineral water, spring water, twig tea, white teas, maté

SWEETENERS: stevia, coconut nectar, yacon, fresh or dried fruit

CONDIMENTS: all spices, agar agar, backing soda, basil, bragg amino acids, carob, cinnamon, coconut, cumin, dill, dried pepper, garlic, ginger, miso, mustard, nama shoyu, nutritional yeast, oregano, parsley, raw
cacao, rosemary, sea salt, tamari (wheat-free kind), thyme, turmeric, vinegar (apple cider, balsamic, coconut, red wine), tarragon, ume plum

**SPICES:** allspice, anise, basil, bay leaf, caraway seeds, cardamom, carob, celery seeds, cinnamon, clove, coriander, cumin, dandelion, dill, dry mustard, fennel, garlic, ginger, mint, nutmeg, oregano, parsley, raw chocolate (sugar & dairy-free), rosemary, saffron, sage, salt-free herbal blends, savory, sea salt, stone-ground Mustard (watch for added sugar), tamarind, tarragon, thyme, turmeric, vanilla extract

**SEA VEGETABLES/SEAWEED:** arame, dulse, hijiki, kelp, nori, wakame

**NOODLES/PASTA:** brown rice pasta, 100% buckwheat noodles, glass noodles, kelp noodles, mung-bean noodles, quinoa noodles

**OTHER:**
Mushrooms: all (use sparingly)  
Wheatgrass  
Puffed brown rice  
Puffed millet  
Rice crackers

Always check the ingredient labels!

**WHAT FOODS AM I ELIMINATING AS OF WEEK 1 OF THE PROGRAM?**

All the foods on the “Dirty Dozen” list

Read ingredient labels carefully!
“Natural flavors” usually means it contains MSG

**HOW DO I JOIN THE COMMUNITY OF CLEANSERS DOING THE CHALLENGE WITH ME?**
Go to The Essential Cleanse community site on facebook.
Here you’ll be able to view the posts and forum questions, and make your own posts. Occasionally Jasmine Scalesciani C.N. will join the chats and answer questions here too.

**WHAT INGREDIENTS CAN I USE ON WEEK 1?**

**FRUITS**
Apples
Apricots
Bananas
Blackberries
Blueberries
Cantaloupe
Cherries
Coconut
Figs
Huckleberries
Kiwi
Kumquat
Loganberries
Mangoes
Melons
Mulberries
Nectarines
Papayas
Peaches
Pears
Plums
Raspberries

Please only eat dried fruits in moderation as they are very high in sugar and can be constipating.

VEGETABLES
Artichokes
Arugula
Asparagus
Avocado
Bamboo shoots
Beet & beet greens
Bok Choy
Broccoli
Brussels sprouts
Cabbage
Carrots
Cauliflower
Celery
Celery root
Chives
Cucumber
Dandelion greens
Endive
Jicama
Kale
Kohlrabi
Leeks
Mushrooms
Onions
Okra
Red leaf chicory
Sea vegetables/seaweed: arame, dulse, hijiki, kelp, nori, wakame
Radishes
Rutabaga
Snow peas
Spinach
Sprouts
Squash: winter & summer
Swiss chard
Turnip
Watercress
Zucchini

BEANS
Lentils: brown, red, green, yellow, french
Split peas
Chickpeas
All beans, except soy (edamame)

NON-GLUTEN GRAINS
Amaranth
Millet
Quinoa
Teff
Buckwheat
Rice: brown, red, black, wild

CEREALS & PASTA
Puffed brown rice
Puffed millet
Brown rice pasta
100% Buckwheat noodles
Kelp noodles
Quinoa noodles
Rice crackers
BREAD & BAKING
Arrowroot powder
Baking soda
Baking powder (non-aluminum)
Rice bran
Gluten & yeast-free breads
Quinoa flakes
Flours: brown rice, teff, millet, tapioca, amaranth, garbanzo bean, coconut, chestnut, sorghum

OILS
Almond
Flax seed
Coconut (best for cooking at high temperatures)
Olive
Pumpkin
Safflower
Sesame
Sunflower
Walnut
Hazelnut
Truffle

Please use oils that are extra virgin, unrefined, organic and cold-pressed

VINEGARS
Apple cider
Balsamic
Red wine
Rice
Tarragon
Ume plum

NUTS & SEEDS
Almonds
Cashews
Flax seeds
Hazelnuts
Pecans
Poppy seeds
Pumpkin seeds
Sesame seeds
Sunflower seeds
Walnuts
Hemp seeds

You can consume these nuts also as butters and spreads (tahini, almond butter, etc.)
Nuts and seeds are best consumed raw (not roasted) and unsalted.

**DAIRY SUBSTITUTES**
Almond milk (unsweetened)
Hemp milk (unsweetened)
Hazelnut milk (unsweetened)
Coconut milk or water

Do not consume rice milk as it is very processed and often sweetened.

**BEVERAGES**
Teas: herbal, white, rooibos, green, yerba mate
Mineral water
Spring water
Fresh squeezed vegetable juice

**HERBS, SPICES & EXTRACTS**
Allspice
Anise
Basil
Bay leaf
Caraway seeds
Cardamom
Celery seeds
Cinnamon
Clove
Coriander
Cumin
Dandelion
Dill
Dry mustard
Fennel
Garlic
Ginger
Mint
Nutmeg
Oregano
Parsley
Saffron
Sage
Salt-free herbal blends
Savory
Sea salt
Tarragon
Thyme
Turmeric
Vanilla extract (pure)
Raw cacao
Carob (unsweetened)

CONDIMENTS
Mustard
Nutritional yeast
Wheat free tamari
Nama shoyu
Miso

SWEETENERS
Honey  Stevia  Coconut Nectar

SINCE I'M NOT GOING TO BE EATING MEAT OR FISH IN WEEK 1 CAN I JUST EAT PIZZA & POTATOES ALL WEEK LONG?

Nope. It's really not recommended. Remember the focus for week one is GREEN. Green juice, green vegetables, green smoothies... Of course we understand that this week is a week that requires a lot of adjustments, as you are letting-go of a lot of foods and habits that have been part of your life for some time now. However, focus on exploring the vegetable section at your local health food store, fill you cart with a variety of vegetables and steam or sauté these. Whole Foods has great transition food options to choose from. Make a curry by sautéing some onions and adding rice and coconut milk and lots and lots of veggies. Stir-fry some tempeh and eat it with quinoa and a pesto sauce. Be sure to have your super-packed green smoothie with you everywhere you go. If you are eating out chose restaurants that you know have healthy options and try new one’s such as:

www.CafeGratitude.com
www.TrueFood.com
www.Oneluckyduck.com in New York City
http://www.matthewkenneycuisine.com/ Restaurants in Santa Monica, Chicago, Miami
Set your mind on cleansing and on the color GREEN!

**WILL THERE BE ANY SIDE AFFECTS TO FOLLOWING THIS PROGRAM?**
Yes, if by side effects you mean weight-loss, greater vitality and wellbeing. However you may experience some detox symptoms along the way. These are temporary and can often occur during a cleanse.

**WHAT CAN I DO IF I DON'T FEEL WELL?**
Drink! Drink! Drink! More juice, water with lemon, and hot teas…
Engage in one of the adjunct therapies for increased detoxification (such as: skin brushing, sweating via a hot bath, infra-red sauna, steam, etc.)
Get some rest. Symptoms will usually subside in some hours on their own
Drink some ginger and dandelion tea
Use Pure Essential Oils:
If you have a swollen belly, feel nausea, or are experiencing severe gas you can apply a few drops of peppermint oil onto your stomach and temples
Lavender oil can help calm your nervous system down if you are feel jittery or irritable
Rose oil on your chest and temples can soothe emotions like sadness that may arise
Use grapefruit or lemon essential oil if you want to lift the mood and get a little focus

Please remember you are responsible for your own health. If you find that symptoms persist or intensify, or last 3-days discontinue the cleanse and seek the advice of your health care physician

**SHOULD I TAKE A BREAK FROM WORK DURING THE CLEANSE?**
Nope. This cleanse is specifically designed to move right along side you during your normal activities of the day. On the program you can continue your daily schedule just as you typically would. Some day’s you can expect to have more energy, some less… so just take it easy when that happens.

**IS IT HEALTHY FOR ME TO EAT LESS CALORIES PER DAY DURING THE JUICE FAST?**
This is a cleanse and as such you need not concern yourself with the total calories consumed during the fast period as it’s purpose is to cleanse rather than rebuild, and therefore should not be confused with the maintenance eating program you would be doing after this 21 day period. Also, if you consume the amount of juice and smoothies we recommend on the tutorials, you will not slow down your metabolism and will get greater results. This is one of the reasons we recommend you ideally drink a minimum of 3 liters of green juice per day.

Consider that reducing the amount of calories consumed is the only scientifically validated method to extend life, and that by cleansing 2-4 times per year you are supporting your body in clearing away excess toxicity and literally slowing down the aging process.

Cleansing is a treat.

I'M CONCERNED ABOUT MY METABOLISM. WILL MY METABOLISM SLOW DOWN?
Your metabolism should not slow down on this program, but if you are concerned about this you can be sure to:
- Consume the amount of green juice specified each day
- Consume green tea
- Add a pinch of cayenne pepper to your juice
- Moderately exercise every day

WHAT HAPPENS IF I GET TOO HUNGRY?
- Journal
- Drink more juice
- Chew on 1-2 teaspoons of bee pollen
- Chew on 5 tablets of chlorella or drink a glass of chlorella water
- Be of service instead. Look around and do something for someone
- Connect to your big enough WHY
- Listen to the Theta meditation
- Consider: is it hunger or appetite?
- Be curious on what this sensation feels like… Meet the sensation directly… Allow it to have a life in you… Notice the ways in which you would tend to run from this. Learn and ask yourself “what are other ways I can feed my hunger in this moment?”
- If all else fails… go to bed and sleep!

I HAVE HEALTH ISSUES CAN THEY BE RESOLVED WITH THIS PROGRAM?
The program is for educational and entertainment purposes only. You will certainly experience many successes during your 21-Day Essential Cleanse, and we look forward to reading about your progress in the community forum. However we cannot make any claims that this program will heal any specific condition and the program should not replace the care of your primary health care practitioner.

WHAT DO I NEED TO PURCHASE IN ORDER TO START JUICING?

A juicer (The Breville is recommended: www.breville.com)
Vegetables of your liking

WHY IS MY TONGUE COATED? IS THIS NORMAL? WHAT SHOULD I DO?
Yes. The tongue will often get coated during a cleanse. You will find that it quickly clears-up when the body is done cleansing. For further information watch the adjunct therapies video on Day 8 that shows you how to more effectively eliminate toxins from the body.

SHOULD I DO A COLONIC?
Signs that the colon is congested:
- Poor digestion
- Irregular bowel movements
- Bloating/ gas
- Foul smelling stools
- Bad breath/ coated tongue
- Allergies
- Fatigue/Low immunity
- Inflamed prostate
- Heart problems
- Chronic constipation
- Allergies
- Hay fever or pollen reactions

HOW CAN I LOOSE / GAIN MORE WEIGHT?
You will only lose or gain what you need. If you lose more weight than you would like, you will be able to quickly rebuild it but this time on a clean slate and foundation. The weight-loss on any cleanse is temporary unless you keep to the lifestyle. This is why this program, unlike any other, shows you how to implement and stick to the lifestyle.
CAN I EAT JUST A LITTLE? IT CAN’T REALLY HARM CAN IT?
The digestive system is shutting down during the 3-day fast and so if you want to get the ‘clean-house’ effects that we are describing, you are encouraged to stick to only drinking liquids during this period.

I HAVE SOCIAL EVENTS AND MEETINGS. WHAT DO I TELL MY COLLEAGUES AND FRIENDS?
Well, for one, tell them you’re doing this cleanse and ask them to join you! Also, what we’ve found most effective is to simply share from your direct experience and knowledge. Share about how you are feeling, why you are doing this, and what you are changing. It will either resonate or not for them, and ultimately you don’t need to convince anyone. Most people will question you because it is just something unfamiliar and frightening to them.

WHAT DO YOU RECOMMEND I DO DURING WEEK 2 OF THE JUICE CLEANSE?
Drink plenty of liquid (green juice, fresh water (not from plastic bottles), tea’s)
Get plenty of rest when needed
Spend at least 10 minutes each day giving loving attention to your body any whichever way feels appropriate for you
Walk outside at least 3 times if possible
Take chlorella and/or spirulina throughout the day
Ideally, get a colonic or do a coffee enema at least once this week
If you opt for colonics take probiotics after each colonic treatment
Following your last colonic take double the amount of probiotics indicated on the label
Skin brush on a daily basis
Steam, sauna, or infra-red sauna 3 times in the week
A massage is optional but recommended
A fast is also a fast from media, negative relationships, situations, etc. Be very aware of your inner and outer space. Go to bed early, read things that inspire, listen to music that you love, journal about the song of your
RESOURCES

Wonderful Books

RESET, by Jasmine Scalesciani
(Available exclusively at www.CleanselInc.com)
Food Rules, by Michael Pollan
I am Grateful Recipes & Lifestyle of Café Gratitude, by Terces Engelhart

Inspiring Documentaries

May I Be Frank
Water
Diet For a New America
Forks Vs. Knives
Food Matters
Earthlings

Growing Your Food Essentials

Seeds: www.livingseedcompany.com
Effective Microorganisms for better Soil: www.teraganix.com

Healthy & Lovely Places To Eat

Café Gratitude (California locations)
Pure Food and Wine (New York City)
One Lucky Duck (New York City)
Make (Santa Monica, CA)
AXE (Santa Monica, CA)

Theta Meditations & Podcast Central
Environmental Solutions

www.350.org
Graeme Sait: www.nutri-tech.com.au

The Work of Byron Katie
Recommended Certified Facilitator

Aileen Cheatham
http://www.AileenCheatham.com
Email: forgivingeyes@gmail.com
Phone: 619.866.4616
Skype: forgivingeyes

Photography On This Site

http://www.emilygoodman.com

Original Music On This Site

Custom soundtracks available by contacting:
scottnobriga@yahoo.com