



Clear the Toxins 10 Day Plan

Cleanse your Body,
Cleanse your Mind!

by Cynthia Howard RN, CNC, PhD

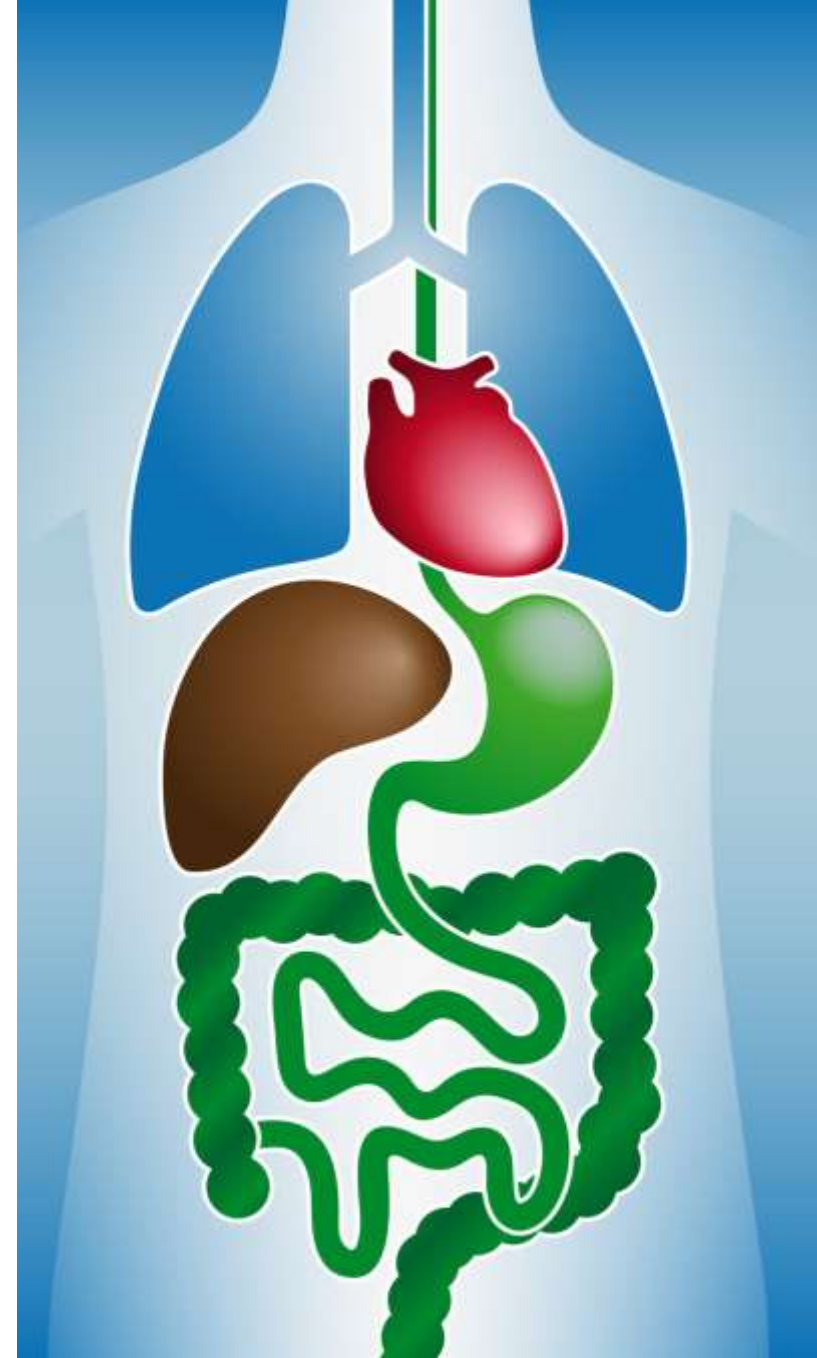
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Your Road to Success!

- 1. Prepare, Prepare, Prepare.** You have to have your pantry and refrigerator stocked with the foods on the plan.
On hand and easy to grab.
- 2. Choose a few of the recipes** before you start your cleanse and test out 3 that you like. When you start the cleanse, prepare ahead of time when possible.
- 3. Before you jump** into the 10 or 20 day program you may want to follow the plan for 1 day to 3 days to prepare your system (and your self) for the 20 days. Once you “start” the 10 or 20 days – you want to *go for it* for optimal results!

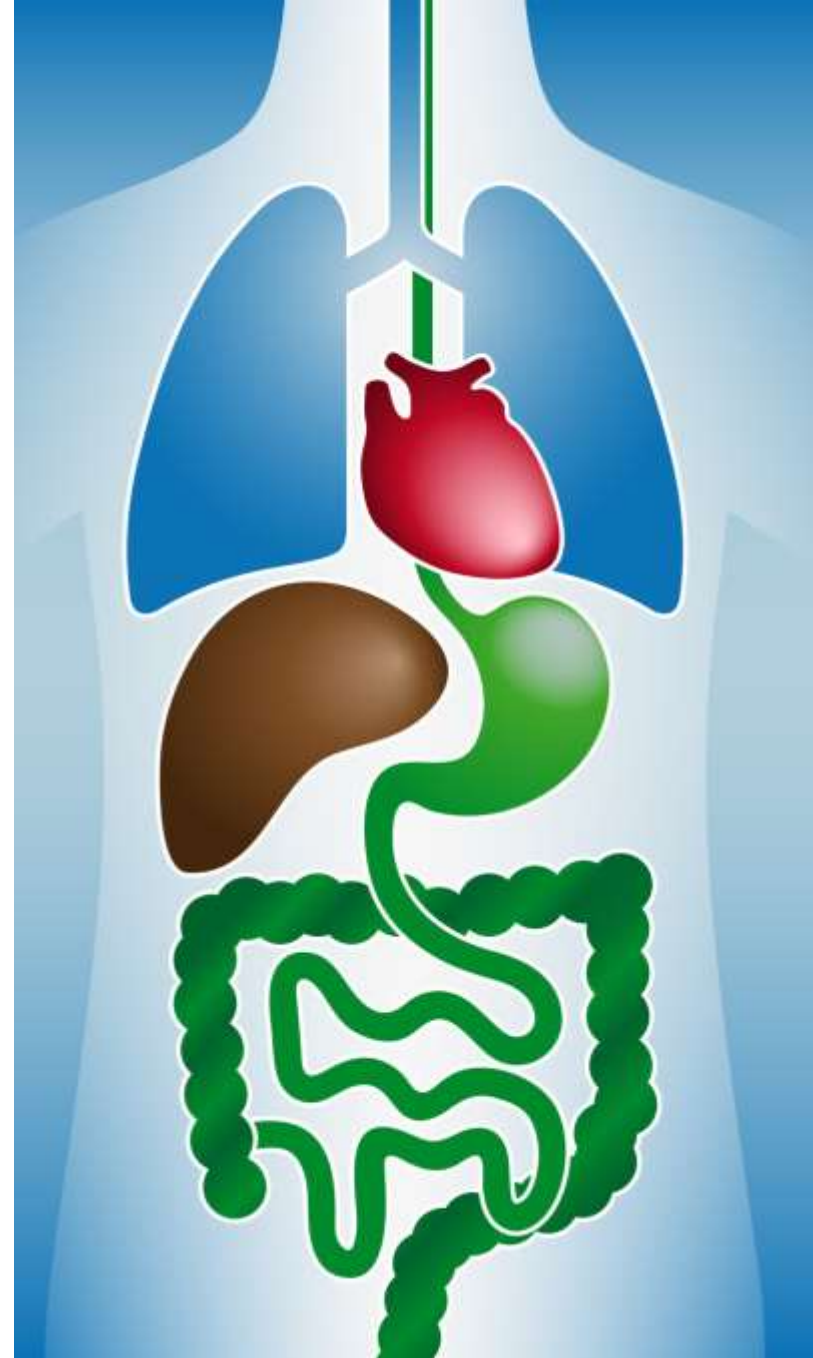


Your Road to Success!

4. **Change of any type is a process.** Detox is change on many levels, physically you are resetting your appetite, metabolism and digestion. Emotionally you are releasing your habits of using food as relief. Give yourself time!
5. **When you do “start” the 10 or 20 day program – stick to it!**
6. **Vary your Smoothies.** Use a variety of frozen (no sugar added) fruit. This makes the powder texture smooth. Also blend with a little almond milk to make it creamier and more nutritious. See the recipes for Smoothies.

Your Road to Success!

- 7. Take your Green Food and Detox capsules with food to avoid any GI upset.** On occasion when chlorella and other green foods are taken in, the body begins to cleanse causing more frequent bowel movements and or bowel activity. You want to have more than one bowel movements daily. We offer suggestions, keep reading!
- 8. Drink ½ your weight in ounces of fresh clean water!** Sip throughout the day vs gulping 8 ounces at a time.



Your Road to Success!

9. **Your body HAS to have enough water to eliminate toxins.** You may find yourself going to the bathroom a lot initially because you are releasing toxins. Keep drinking the water and you will eventually stabilize.
10. **Water is also a great energy generator.** Thirst is often the reason you *feel* hungry! Do keep your water handy.

Your Supplements



Ultimate Supplement Powder

is an ideal formula with 75 beneficial nutrients along with brown rice protein.

This is a cornerstone of your program.

Use twice daily in a fruit smoothie mixed with a non dairy milk like rice milk, almond milk, hemp milk, coconut milk along with frozen organic berries.



Your Supplements



We recommend frozen berries because they are picked at peak of ripeness and have high nutritional content.

Frozen berries also help blend in the powder and makes for a tasty smoothie.

[Check out the Smoothie Recipes!](#)

Your Supplements

We recommend using half water and half non dairy milks.

Because this process is to help you reset your appetite, use the unsweetened milks.



The Green Foods and Detox Capsules are taken twice daily with food!



10 Days to REVIVE and Rejuvenate Yourself!



Here is your schedule for the next 10 days.

**For optimal benefits,
once you start – stick to it!**

Use the audio meditations and guidance from Dr. Cynthia to keep you going!

**Have you signed up for the
monthly Revive Yourself
Support call?**

Your First 5 Days: What you can eat . . .

Eat all the veggies you want.

Keep your ratio of veggies to fruit, 2:1 (2x more vegetables than fruit).

Only grain is **Quinoa** (pronounced keenwa).

1 cup per day.

- High in protein
- non wheat
- does not cause inflammation or retain fluid.

Make ahead of time. Check out the recipes!



Your First 5 Days: What you can eat . . .



Yams (sweet potatoes) 1 per day
Eat half at a time.

- Naturally sweet
- High in nutrients
- Beautiful orange color!

Yum!

Tips

- ✓ Eat 3 meals.
- ✓ Plan your meals.
- ✓ Prepare ahead of time.

Seasonings: Keep it Simple

- ✓ Olive Oil (soak cloves of garlic for added flavor)
- ✓ Sea Salt
- ✓ Pepper
- ✓ Spices (dill, garlic, basil)
- ✓ Non salt based seasonings
- ✓ Lemons, limes
- ✓ No sugar added, organic salad dressing
- ✓ Basil, Fennel, Dill ...



Follow these Tips



Tips

- ✓ Lightly steam your vegetables making it easier to digest
- ✓ Raw veggies are fine also
- ✓ The frozen fruit you put into the Smoothies count in your veggie to fruit ratio

Off Your List!

- Dairy
- Butter
- Cheese
- Milk
- Yogurt
- All breads
- Crackers
- Pastas
- Rice
- Eggs
- Corn
- White Potatoes
- Tomatoes
- Eggplant
- Beans
- Green peppers
- Bananas
- Grapefruit/Orange
- Dried fruits
- Nuts
- Meats
- Fish
- Soy
- Canned, processed foods
- Alcohol
- Coffee
- Soda
- Fruit juice



Recommended Veggies!



- ✓ Alfalfa sprouts
- ✓ Arugula
- ✓ Asparagus
- ✓ Avocado (limit 1 per day)
- ✓ Bamboo shoots
- ✓ Bean sprouts
- ✓ Beets
- ✓ Beet greens
- ✓ Bok choy
- ✓ Broccoli
- ✓ Brussel sprouts
- ✓ Cabbage
- ✓ Carrots
- ✓ Cauliflower
- ✓ Celery
- ✓ Chives
- ✓ Collard greens
- ✓ Cucumber
- ✓ Garlic
- ✓ Green beans
- ✓ Hearts of palm
- ✓ Kale
- ✓ Leeks
- ✓ Dark lettuce
- ✓ Mushrooms
- ✓ Okra
- ✓ Olives
- ✓ Onions (red)
- ✓ Parsley
- ✓ Radishes
- ✓ Snow peas
- ✓ Spinach
- ✓ Summer squash
- ✓ Water chestnuts
- ✓ Zucchini

Beverages

Water. Water and more Water.

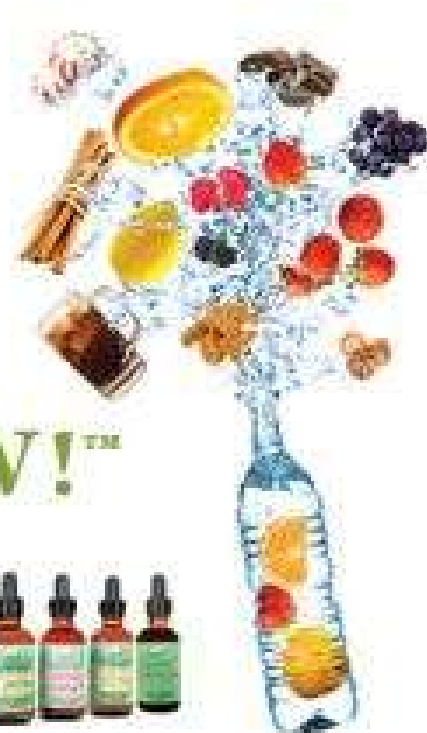
Green Tea is a great way to get some caffeine to keep you from going into withdrawal and it is a major antioxidant!

Start your day with a cup of warm water with fresh squeezed lemon. This helps to detox the liver.



Beverages

From
Water
to **WOW!**[™]



Have you tried flavored Stevias?

Turn your water into a flavor sensation!

Order Here

www.VibrantRadiantDetox.com/colon-cleanse/sweeteners

Dessert

1 square of RAW dark chocolate

- yes chocolate! -

with at least 70% cacao content.

This preparation of chocolate retains the superfood nutrients in cacao and uses less sugar, dairy with minimal processing.

This is optional.

If you stick to this program – you lose many of your cravings in about 3-5 days.

Go for it!



Tune In and Turn Within



Successful people know their weakness, strengths and what their triggers are.

Tuning into oneself is something this process of cleansing can help you do.

**We suggest you journal
EVERY DAY!**

Keep a Journal

Find a time, early morning, at lunch or whenever you have 10 minutes. Check in with yourself and note your energy, appetite and any emotion you experience.

Then write whatever comes to mind. Keep your journal with you.

You will have “Aha” moments as you move through this Detox. Capture these pearls; write them in your journal!

Journal EVERY DAY!



Keep a Journal

Stress, overwhelm, tension and compulsive doing create more of the same – a vicious treadmill of drama, often with little accomplished!

Taking a few minutes, quieting your mind will help you get in touch with what is important. Writing this out helps you de-stress. It is also a great tool when you want to go back and see how far you have come!

**Be Still. Listen to
Your Body.**

Onward to Day 6!

Everything in Days 1-5 PLUS an additional cup of brown rice.

3-5 ounces of fish per day

- ✓ Tilapia
- ✓ Sardines
- ✓ wild salmon
- ✓ Anchovies
- ✓ Flounder/sole
- ✓ Oysters
- ✓ Scallops

The following fish carry more mercury in their tissues:
tuna, king mackerel, orange roughy, Chilean sea bass,
lobster and halibut.

OR

1 piece of free-range organic chicken or turkey per day,
baked or steamed

Water, water and more water!



You Can Do This!

This is a cleanse.

Not the rest of your life!



If you feel deprived, angry, frustrated, sad or just plain bored because you are used to exciting your taste buds with flavor enhancers that actually interfere with healthy processes in your body:

- ✓ Write it out in your journal.
- ✓ Jump on the monthly call
- ✓ Read your daily emails!
- ✓ Listen to your meditation!

Tune in and Turn Within!

There is more going on than ‘just’ a craving for a Double Caramel Mocha Latte with extra whipped cream!

Here is what Rachel had to say:

“I was determined to get this weight off and start feeling like I could do more than drag myself through my day. Before I found this program, I was tired of failing myself and feeling like food was in charge. I used these tools. I shopped and cooked and had my meals set up and ready to go. I have gotten down to my weight of 20 years ago!

Thank you, Dr. Cynthia, for being there. “



Universal Law!



What one person can do
ANYONE can do.

Why not be the next
SUCCESS story!

What Goes In Must Come Out!

Cleansing Reactions

This process of this elimination diet is to reduce inflammation from foods that can cause reactions and fluid build up.

You are also going to give your body minerals and natural enzymes necessary for vibrant health.

As the body release toxins and restores “homeostasis” (healthy balance) some people experience:

- Headaches
- Fatigue
- Irritability
- Constipation
- Cravings



What Goes In Must Come Out

Cleansing Reactions



You are getting PROTEIN in the first 5 days. The Ultimate Supplement Powder has high quality brown rice protein powder as does the Quinoa.

Vegetables also have protein.

If you have had a diet high in sugars and refined foods, you may experience more cravings, shakiness and or irritability.

You may find you have to gradually introduce the program before you can stick to it for full 20 days. Your metabolic instability gets better and better as you nourish your body and clear the toxins.

If you do add in more protein, use small servings, 2 ounces of lean protein.

Helpful when Detoxing

Dry Skin Brushing

Your skin is the largest organ of elimination. Dry Brushing helps to stimulate release...

Bathing

Water helps your body release toxins trapped in tissues...

Learn even more in a Professionally Guided Detox program as a member of the online Wellness center, Vibrant Radiant Health...



SOL TION

Helpful when Detoxing



SOL TION

Essential Oils

Most therapeutic grade essential oils support the immune system. Some also help in the elimination of excess waste. Grapefruit, Fennel Seed, Geranium, Cypress, Lemon, Mandarin and Rosemary are good choices.

Sauna

Infrared saunas are another way the body can release toxins. If you have access, it is highly recommended....

Learn more ways to assist your body in the natural process of Detoxing as a member of Vibrant Radiant Health...

Helpful when Detoxing

Probiotics and Enzymes

Many people are constipated due to lack of water, fiber and overload of refined foods.

Use Organic Smooth Move Tea to help you get your bowels moving.

It is important to have 1 if not several bowel movements when detoxing. This tea is gentle and it works.

Laxatives will ultimately make your bowel dependant and sluggish. They also overstimulate the action and cramping can be uncomfortable.

**Water, fiber, enzymes and
Probiotics are helpful.**



I did it! Now what?



Take a few days before you gradually introduce more foods into your diet. You have cleansed, rested and toned your digestive system.

Don't stress it with a Blizzard from DQ or a Whopper from the Burger joint.

Maintain your habits!

Continue to eat smaller portions, lower salt, fat and sugar! Add in one new food *every other day*.

For example, if you miss your coffee add in 1-2 cups per day. Don't immediately add in the Double Latte with extra whipped cream.

Think about your choices!

I did it! Now what?

What do you need for fuel? Do you really need to have grains at 3 meals?

Go slow.

- Keep your journal.
- Notice how you feel as you add in more foods.
- Are you more sluggish, bloated, irritable?
- Gaining weight? More cravings?

Listen to your body!

You have done the hard work of clearing the inflammation and can more easily tune in to what your body REALLY needs and wants.



Ongoing Nutritional Support



The Ultimate Supplement powder makes an ideal Daily Vitamin Formula:

75 beneficial ingredients in the formulation including:

- ✓ multiple vitamins and minerals
- ✓ brown rice protein
- ✓ Antioxidants
- ✓ Amino acids
- ✓ Probiotics
- ✓ Phytonutrients
- ✓ Fibers
- ✓ and now organic fruits and veggies

Fortify yourself with great nutrition.

Ongoing Nutritional Support

Use this Smoothie first thing in the morning to get you out the door. Or you can use it in the afternoon when you need an energy boost.

Consider doing this Vegetable Fruit Fast one day a week.

Vegetables give your body so many minerals, folic acid (good for healthy mood), and other great nutrients –

**you support your overall health
this way.**



Smoothie Recipes



(using 2 scoops of the natural vanilla/berry flavored
Ultimate Supplement Powder)

- ✓ Organic blueberries (frozen) with 6-8 ounces of Rice milk and flax seed oil
- ✓ Organic peaches and raspberries with mint along with 6-8 ounces of rice milk
- ✓ Pina Colada flavored shake – organic pineapple and 6-8 ounces of coconut milk
- ✓ Mango Coconut - fresh organic mango and 6-8 ounces of coconut milk
- ✓ Organic papaya and strawberries with 6-8 ounces of rice milk
- ✓ Organic raspberries, chopped apples with 6-8 ounces of almond milk

Smoothie Recipes

Tips:

1. To maximize weight loss, use unsweetened versions of non dairy milks or mix with part water (half non dairy milk and half water).
2. You can dilute the above recipes with water to make it the consistency you like.
3. It's best to use frozen organic fruits because they are picked when ripe and contain more consistent nutrient content. They give the smoothies the best consistency.
4. Experiment with the powder until you find the optimum mix that you like.

**Chef prepared recipes provided by KA formulas , creators of the convenient, and comprehensive Ultimate Supplement Powder and Green Foods and Detox Pack.





For More Information

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for your Detox program

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“Live your life WELL”

Email questions to:

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