



eat well
live simply
be happy
feel awesome



Cleanse Guide

10-Day Cleanse
for a healthier,
brighter YOU!

Be
Vibrant

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My Be Vibrant Cleanse is complete!

Now what do I do?

After completing the Be Vibrant 10-day Cleanse program, the first thing you should do is congratulate yourself!! Give yourself a huge pat on the back, because you deserve it!! You have successfully begun to clean all the toxins out of your body by eating a healthy, plant based diet.

You are AMAZING!

The second thing you should do is share your experience with your friends, your family and even your online community! Open up and share your ups, your downs, your successes...all of your ah-ha moments and your overall amazing accomplishment of finishing the cleanse! You did it!! And guess what? Your story may help others in ways that you have never imagined.

Transitioning out of the cleanse is a ***very, very*** important stage of your program. You have spent the past 10 days eliminating the extra waste and flooding your body with nothing but incredible whole, plant-based fresh food. **You have a squeaky clean slate and now it's time to do the work and determine what parts of your old routine may no longer work for this revitalized, fully tuned, vibrant version of YOU!**

So, even though you have successfully made it through the past ten days and the most



challenging parts are behind you. The next couple of weeks (or even longer, depending on which foods you choose to reintroduce) will still require work and dedication. You will need to pay a tremendous amount of attention to your body and how you are feeling as you reintroduce certain foods back in.

Remember your “Why”:

What I really want you to do at this time (before reading any further) is to revisit your 'WHY'. Remember why you made this commitment and what it meant to you to make the changes that you have with your new lifestyle! I can't imagine that you want to go back to feeling the way you did prior to beginning this journey. So let's embrace your vitality! The *Be Vibrant Cleanse* is about far more than what you cook and put into your mouth. **It is about reconnecting, realigning and recommitting to who you are at the healthiest, clearest, and most empowered YOU!** I hope that you not only gained confidence from completing the program, but also an incredible sense of appreciation for your body and how it operates being fueled by absolute health. From today forward, I want you to carry on with your head held high, presenting yourself as the absolute best version of YOU! You deserve it....and so does the world!

Now that you have completed the cleanse, it's time to identify what foods were making you unhealthy and how to avoid them creeping back into your new, healthy diet.

Coffee:

Oh coffee....this is one that goes either way with people when they are done with a cleansing program. Many people find they no longer NEED or want coffee. Hopefully, you too will have rediscovered your natural energy and will no longer feel the desire to rely on caffeine. If, however, you do choose to begin drinking coffee again, you should



wait for a couple of days (or even a week) after your *Be Vibrant Cleanse*. Even then, start with a mix of half caf/half decaf. Remember, your nervous system has been soothed and restored during your cleanse and your body is far more sensitive now. Coffee is an intense stimulant that often stresses, or "amps up", the nervous system. And, it is also highly acidic!! If you don't want coffee, continue drinking your warm lemon water, or herbal tea.

- o **Coffee Alternatives:** There are solutions to providing your body with a boost of energy in other natural ways. Such as, eating an apple (equivalent to 1 cup of coffee), a handful of nuts or trail mix (nuts provide sustained energy because, thanks to their mix of fat and protein, they're a "slow-burning" food), fresh or dried fruit (full of natural sugars and healthy carbs for sustained energy), and of course lemon water (which you know I love!). And don't forget about your Be Hydrated water, yummy and so many healthy benefits.

Alcohol:

Alcohol is another one that most people think about throwing immediately back in, even raising a glass to their success! But alcohol, in general, is very tough on the body. Like coffee, it is highly acidic and places a lot of stress on the liver (which is a key organ in detoxification and the breaking down of fats) and often dumps a high level of toxic sugar into your system. If you are going to reintroduce alcohol into your life post-cleanse, as with coffee, please wait about a week to do so. Remember to go slowly and start with drinking weaker drinks (mixed with water or club soda) or stick to just a half of glass of Cabernet! Just as with coffee, you can expect to be far more sensitive to alcohol now, so you will likely feel the effects much more quickly...be aware of this! I also recommend

that if you do decide to indulge, drink a LOT of water with your beverage. This will help you from being dehydrated and regretting it the next day!!

Sugar:

This
or
That?

Here is something pretty awesome....you may no longer crave sweets, soda, and junk food...woohoo!!! If you do, be cautious about adding this one back in and wait as long as you can to indulge. At that point, be smart and make natural choices, avoiding the processed crap made with tons of sugar, high fructose corn syrup, chemicals, and refined sugars.

ð **Sugar Alternatives:** When you crave sugar, go for healthy natural sugars such as fruits (apples, dates, berries, etc.), fruit smoothies, vegan desserts, honey, maple syrup, and agave. Stay away from artificial diet sugar substitutes, such as aspartame and saccharin. To help your success, I have a whole slew of amazing recipes for vegan desserts that will knock your socks off, and I are more than happy to share them with you!! And guess what, your vegan and non-vegan friends alike will rave about the amazing flavors and have no clue what they are missing. So there is no reason AT ALL to ever feel deprived!

Eating Habits & Patterns:

You may have noticed during your *Be Vibrant Cleanse* how much of **what and when** you eat and drink is tied to emotion, habits and patterns....rather than to actual hunger! Who would have thought, right? Now that you have had 10 days to really reflect and have not allowed yourself to eat crap and use food to curb boredom, soothe you or make you "feel better", you can go out in the world and really pay attention to how you truly feel and make smart choices...keep it going! If you AT ALL feel triggered to return to an old eating or drinking habit; notice it. Grab the bull by the horns and be aware of



your OLD patterns, identify it as a pattern that you used to be in, but no longer are in. Rather than reengaging in this vicious cycle, you can now confidently identify it as an old impulse that no longer serves you and that you no longer need.

If need be, combat it by grabbing something that adds to your health, strength, and overall well-being. Or, pick up the phone and call one of your amazing Cleansing Coaches for some motivation, encouragement and engaging, healthy conversation. You know we would LOVE to hear from you!!

Food:

Remember how well had you prepare for your *Be Vibrant Cleanse*? By phasing out certain food groups until you were eating nothing but incredible whole, plant-based foods on the program. Now you will essentially be doing the same thing in reverse. You will SLOWLY and CONSCIOUSLY add certain foods and food groups back in. Keep an open mind, an AWARE mind because I really want you to pay attention here! This is when you really have to listen to your body. Pay very close attention to how each new food makes you feel (and don't add something in just to add it in....be sure it is something that your body really does in fact desire). Even in the short 10-days, much has changed during the course of your cleanse. So, you may notice that flavors and foods that you enjoyed before, no longer appeal to you. Or, you might find that your eyes want something familiar from your old way of eating, but your body says NO! This is so awesome...embrace this and listen to your body, honor it! You have learned so much about yourself over the past 10 days and now it is time to stick with expand on what you have learned.



Immediately following your *Be Vibrant Cleanse*, carry on with all of your fruits and veggies and plant-based meals that you have enjoyed. I even encourage you to try all of the recipes that you may have been unable to prepare during the program. Stay plugged into the Facebook page too, because I will continue to post new and delicious recipes for you to help you continue to succeed.

Adding in Grains and Beans:

At this time, if you desire, you may slowly add whole grains back in, keeping your portions small (about 1/2 cup). Although I am saying this is ok, I do not recommend running to the whole grains every day!!

Adding a different whole grain about every other day is optimal. This will allow you to see how your body reacts. Pay attention and even write down in your journal how you are feeling, reactions you may be having, etc.

Be mindful and honor your body! If you feel fine and have no reactions like gas, bloating or sleep disturbances, then you can go ahead and reintroduce legumes as well. Again, remember as with the whole grains, only stick to small portions!! And only one at a time so you can identify any trigger foods, if necessary!! **You were completely gluten free during the cleanse, so be extra aware of how you feel when eating anything containing gluten (think white foods: bread, pasta etc.)** You may have been suffering from a gluten intolerance before the cleanse which can cause symptoms such as fatigue, headaches, stomach distress and foginess. Gluten free grains are best such as brown rice, quinoa, and buckwheat. As you did during the *Be Vibrant Cleanse*, I really encourage you to eat mindfully, choosing small portions, chewing your food well and practicing conscious eating.



Your body is more efficient now and is able to absorb and assimilate a greater number of vitamins, minerals and nutrients. Therefore, less fuel is needed to carry you through your day! Reintroduce foods slowly and keep track of how you feel. Go back to the "Foods to Avoid" list in your cleansing packet, print it out and keep these in mind as foods to really consider wiping from your radar as you continue beyond the 10 days.

Adding in Meat, Poultry, Fish, Eggs and Dairy:

You can very slowly begin to reintroduce animal products back into your diet. This will be the most telling tale as to how your body will react. Begin by adding organic yogurt or eggs, but only one of these foods at a time. And if possible, wait about 2-3 days before adding the other. Notice any changes that may be happening in your body, including your sinuses and your digestion. If you feel ok, then go ahead and add in a piece of organic grilled chicken or fish. Again, wait about 2-3 days before adding the other.

You may be surprised with how your body reacts to foods which were such a common item in your everyday diet! Please note, if at any time you do find a food to cause digestive issues or discomfort (bloating or gas), skin problems and irritations or other distress, it is likely that you do in fact have a food allergy or common sensitivity to that food. This is a great time to continue with your journal and documenting how you feel. It may be best to either cut that specific food out of your diet completely or cut back and eat as little as possible.

Adding in Exercise:

During your *Be Vibrant Cleanse*, your exercise most likely consisted of walking and/or yoga and gentle stretching. I encourage you to keep this up, but also this is an amazing time to evaluate a workout routine that is best for you and your body! You are primed to reap the absolute greatest benefits from exercising. In the beginning, please just be



sure to go slowly and listen to your body, allowing your body to get used to a more intense routine. Also be sure to pay attention to how you feel AFTER you workout. How are you recovering? How are your energy levels? This is really an exciting time to exercise because everything in your body has been refreshed and renewed! Not only am I here as your Cleansing Coaches, but I can assist you in picking a workout program that is ideal for you. I will work together in evaluating your fitness goals.

Everyday Detox Tips:

- ∂ Drink water every day all day, it's the best way to detox your body.
- ∂ Continue with lemon water in the morning to start your day off right.
- ∂ Ditch the soda and caffeine. Both will dehydrate you.
- ∂ Never, ever use artificial sweeteners! They are addictive and toxic.
- ∂ Make 2/3 of your plate greens and veggies for lunch and dinner.
- ∂ Drink a smoothie or juice loaded with fruits and veggies at least 3 times per week.
- ∂ Add a salad or vegetable based soup to your meals for extra staying power
- ∂ Practice dry brushing once a week.
- ∂ Chew slowly and enjoy your food. Healthy digestion begins in the mouth
- ∂ Avoid overeating. Less is more, especially when coming off a cleanse.
- ∂ Keep it simple. What you eat should be clean, healthy and tasty.
- ∂ Find a good probiotic. Good bacteria keep your digestive tract healthy.
- ∂ Pay attention to your elimination habits. If you're not going every day, let's talk.
- ∂ Eat organic when possible (remember the dirty dozen and clean fifteen).
- ∂ Avoid processed foods (think foods in a box). If you can't pronounce the ingredients, put it back.



- ∂ Exercise! Sweat out those toxins. Yoga, walking and weights are great choices.
- ∂ Take time to meditate. Deep breathing helps cleanse the body.
- ∂ Get enough sleep. Your body needs those zz's to recover and reset
- ∂ Have FUN and laugh every day.
- ∂ Manage stress by learning to say “no” when something doesn't serve you well, no one will think less of you and you will get back your control.
- ∂ Practice gratitude every day. It's good for the soul.

Thank You!

I am so happy that you have taken part in our revitalizing cleanse and have made the commitment to yourself to achieve a healthier, more vibrant you!

***Lynne Dorner Aware of This?
www.CleanEatingPrograms.com***