



# 3 Day Detox, Debloat and Decompress

*Welcome to The RawganicVegan 3 Day Detox! We are so happy to have you join us on this 3 day mini-cleanse to help you reset your body and achieve your health goals!*

Imagine waking up without an ache or pain, going through your day with abundant energy, and ending your day with a refreshing night's sleep. Then, imagine waking up to do it all over again!

Think it is impossible? It is not! Toxic build up can leave you feeling sluggish, achy, heavy, and out of shape. It can also lead to disease in the form of cancer, arthritis, diabetes, allergies, and many other serious illnesses. When you eliminate the toxins in your body, you will feel better in your daily life.

Three days is a GREAT start to a healthful and vibrant new beginning. Of course it is not nearly enough to completely detox your body, rid your body of candida, parasites, food allergies, experience significant weight loss, or be truly cleansed. Most of us have accumulated a lifetime of toxins that our bodies are showing effects of. Many people go to detox centers and spend thousands of dollars to truly cleanse their body, and it is worth **every** penny.

I have clients who come to Hawai'i and spend thousands on personal fasting retreats, and the results are incredible and truly life changing. No amount of money in the world can replace the vibrant health you experience when your body is truly functioning at its optimal level. Great and optimal health is literally priceless.

Our goal with all Rawganic Programs is to provide you with sound, sensible, effective and simple solutions for your wellness. Enjoy this cleanse, and thank you for being a part of the growing Rawganic Community.

On the next page is the Rawganic Toxicity Quiz. It can help you determine how toxic you might be, and how important a detox is for your body at this time.



## The Rawganic Vegan Detox Quiz

Do you need to detoxify? Take the following quiz to find out. Score one point for every habit or symptom you have experienced within the last year.

Tired in the morning or during the day even after sleep	Mood changes
Disrupted sleep	Depression
Ordinary activity leaves you feeling exhausted	Memory lapses
Mental and Emotional	Feeling restless or shaky
Feeling agitated or nervous	Difficulty understanding new concepts
Confusion	Mentally sluggish
Unexplained feelings of anxiety or sadness	Clumsiness
Excessive anger or irritability	Difficulty making decisions
Negative outlook	Itchy ears
Sensitivity to noise	Dark circles or bags below eyes
Itchy or watery eyes	Swollen or inflamed eyelids
Bloodshot eyes	Sensitivity to light
Sneezing fits or chronic cough	Runny or itchy nose
Itchy palate	Coating on tongue
Speech problems	Dull-colored, pale, greyish or yellowish skin
Acne or other blemishes	Eczema or psoriasis
Hives	Cellulite
Diarrhea or loose stools	Water retention or bloating
Belching or gas, especially after eating	Foul-smelling bowel movements
Bloating or abdominal discomfort	Heartburn or indigestion
Certain foods irritate your stomach	Less than one bowel movement per day
Have intense cravings for foods	Drink alcoholic beverages
Eat fast foods, packaged or frozen foods	Drink coffee or tea
Consume sweets (including any sweetened foods: juices, carbonated beverages, condiments, or desserts)	Consume white flour products (bread, pasta, cakes, cookies)
Consume fried foods or margarine	Aching or painful joints
Joint stiffness	Headaches or migraines

## *How Did You Score?*

Score one point for every habit or symptom you have experienced within the last year.

### YOUR SCORE

#### **0–5—Excellent**

You are probably experiencing great health. Keep in mind that being symptom-free doesn't guarantee a lifetime of great health. If you are detoxifying regularly, keep up the good work. If not, you may want to consider doing a more extensive plan annually.

#### **6–10—Good**

You need to detoxify to improve your health. You will likely find relief from many of the symptoms you experience by limiting your exposure to toxins and conducting a detox.

#### **11+ —Time to Detox**

You are experiencing many symptoms that will improve by detoxifying. Energy you invest in healing will pay tremendous benefits.

## *What Are Toxins and What is the Process of Detox?*

### **What are Toxins?**

Toxins are substances that disrupt the normal healthy flow within our bodies. Literally thousands of toxins and harmful synthetic chemicals are in our food, air, water, clothes, homes, and workplaces. The things that should nourish our bodies or comfort us often make us sick. Things like unhealthy foods, cleaning products, beauty and hygiene products, cooking oils, food additives, pesticides and herbicides, industrial chemicals in our air, negative emotions, sugar, and much more.

Many people take both over the counter and prescription drugs. You may take one pill for pain, but it causes digestive upset. So then you take a pill for upset stomach. Soon, the pills stop working, so stronger medications are required. For some people, they rely on many drugs just to get through the day. The idea of detoxification is getting to the ROOT of the problems to begin with, rather than only chasing symptoms.

### **What is Detoxification?**

Detoxification is the process of cleansing the body of harmful substances, and thereby restoring the body's natural healing ability. The process is accomplished with the use of raw juices and foods, herbs, breathing techniques, and other therapies.

### **But Doesn't Our Body Detox Naturally?**

Your body naturally has its own ways of dealing with toxins. In fact, your body is working 24/7 to eliminate all that we are exposing it to through our food, water, air and environment. But our bodies can be overburdened by the volume and type of toxins found in our world. A toxic system will affect different people in different ways, and depending on your own personal health, immune system and metabolic processing efficiencies, you may suffer more or less side effects of toxicity than your friends and family.

In order for detox program to effectively support the body in its natural cleansing processes, it must help you eliminate toxins from your respiratory system, liver, gallbladder, kidneys and urinary tract, skin, fatty deposits (including cellulite), and lymphatic system. Of course, in order to minimize further toxic buildup you must reduce your exposure to additional toxins.

## So Why Cleanse?

Taking part in properly designed cleanses on a regular basis gives your body a well deserved break from dietary and lifestyle habits that may be wreaking havoc on your health. During this time, you internally cleanse your body of waste products that clog its normal metabolic processes. Even people with minor problems or no visible symptoms often have toxic buildup.

Detoxification is kind of like cleaning your home. Imagine what your bathtub or shower would look like if you didn't clean it regularly over twenty, forty, or sixty years? Yet most people allow similar conditions to fester in their bodies, without any form of internal cleansing.

### What Happens When Toxins Build Up?

When toxins build up, the body's healing mechanisms become impaired, preventing them from adequately dealing with naturally occurring cancer cells, excess amounts of hormones, or inflammation.

Toxins primarily affect the body at the cellular level, so many people do not get any symptoms at all. *But lack of symptoms does not mean perfect health.* Many people never experience the symptoms of clogged arteries prior to having a stroke or heart attack. Disease may appear to attack

quickly and without warning. Some people experience pain or fatigue or some other negative symptom but only for a short time prior to the diagnosis of serious problems like diabetes, multiple sclerosis, lupus, fibromyalgia, or chronic fatigue syndrome.

Other people assume that certain symptoms are perfectly normal. I've had a few clients who say they have perfect health and that toxins are not an issue for them. They just want to learn how to eat better. However, after further work, we discover they may suffer with headaches, pms or menopausal symptoms, or low energy. While these symptoms are common, they are NOT normal. They are symptoms of toxicity and signals from the body that something is wrong. If you ignore these early signs of illness, you do so at your own risk.

## *A Healing Machine!*

### **Our Body's Constant Renewal**

Many problems can heal when the body is cleansed properly and rebuilt. The human body is designed to heal—almost anything. Trillions of cells work to remove barriers to health, overcome infection, and heal whatever is affecting your body. Just like when broken bones mend and wounds repair. The human body has been known to overcome even the most serious problems when given the opportunity.

### **New Skin, New Heart, New Lungs**

You may already know that your skin is totally renewed every twenty-eight days. But did you know that you have an entirely new heart in thirty days? And that your lungs take seventy days to completely regenerate?

Your body has specific needs: enzymes, oxygen, nutrients, a proper pH balance, a healthy system of digestion and elimination, electrically charged tissues and cells, healthy emotions, love, and a sense of purpose. If any of these elements are missing, the body will continue with the same diseased pattern.

Likewise, if your body is burdened with chemicals, sugars, rancid oils, and a lack of nutrients and enzymes at many of your meals, it simply cannot function properly. If every breath you take is shallow and laden with airborne pollutants, your body cannot manufacture healthy cells.

If your body cannot manufacture healthy cells, you are vulnerable to ill health. If you slather chemical-laden skin- and hair-care products on yourself, your body cannot use its largest organ of detox (the skin) to eliminate toxins. Instead, it is absorbing more poisons into your cells. If you breathe the harmful vapors of chlorine bleach and thousands of other household products, you are exposing your lungs to poisons they were never designed to eliminate.

**The approach used in this program relies on three basic principles:**

1. Cleanse the body of toxins that have built up in the cells, tissues, organs, and metabolic systems.
2. Reduce further exposure to toxins.
3. Help the body to rebuild through proper nutrition and healing therapies, with particular emphasis on weakened or damaged areas.



# Creating Goals and Setting Intentions

Having clear intentions and measurable goals are both important steps align with the life you truly desire.

**Intentions: What your mind will set up for you. Intentions can be things like:**

- ~ I am excited and joyful about this detox process.
- ~ I am open-minded to new ideas and willing to examine truths that may confront my current daily structure.
- ~ I am willing to make changes that may seem unfamiliar to me.
- ~ I am willing to make changes in my life that may scare my own or other's paradigm.

**Goals: Concrete and tangible, results-oriented with an outcome. Examples of goals:**

- ~ I am going to be free of pain and suffering by taking control of my health starting right here in 2014. I am not going to wait. I will gain health by making better choices with each meal this month. I am not going to get discouraged if I slip up and eat something unhealthy. I will easily get back on track and make the healthiest choices at my very next meal.
- ~ I am going to lose 20 pounds within 6 weeks from today. I am doing this by making healthy food choices, getting healthy levels of activity, and getting adequate sleep. I am not going to crash diet, deprive myself, only to binge and regain the weight. This time, any and all weight loss will be permanent.
- ~ I will kick my dairy addiction to the curb by adding in foods that nourish my body, while simultaneously eliminating foods that I know are toxic. I am more powerful than cheese will ever be, and I have stopped allowing it to be my master as of today. It only had power because I gave it power.

# Goals Should be SMART

**S Specific** -- clearly state what is to be achieved, by whom, where and when it is to be achieved.

**M Measurable** -- Measurability applies to both the end result and the milestones along the way to attaining a goal. It answers the question of quantity – how much, how often, how many? The milestones are signs along the way that will tell you that you are on the right track to achieving your goal.

**A Attainable** -- You should ensure that the goals you set are achievable for you. You must believe that you can manage to do what you are setting out to do. If you set goals that are unbelievable to yourself it is very unlikely you will achieve them.

**R Relevant** -- Your goals must be relevant to what you want to achieve in the short term and the long term. Understanding your personal vision, mission and purpose is critical in this respect. Sometimes you can be tempted to do something simply because it is easy and sounds great, only to discover later on that it has no long term importance to what you want to achieve as an individual or a family. Do the things that are most important and in line with your long term vision and mission.

**T Time Based** -- This may be part of your “specifics”, and makes sure that you put a time-frame to your goals. Simply deciding by when you want to achieve something can be a good motivator. It can prevent you from procrastinating because you know that you are working to a deadline.

## Your Top 3 Goals For This Detox

**List the top three goals that you want to achieve to make the most of this 3 Day Detox:**

**Goal 1:**

**This goal is important to me because:**

**Some barriers in my life that might get in my way of achieving this goal are:**

## Your Top 3 Goals For This Detox

**List the top three goals that you want to achieve to make the most of this 3 Day Detox:**

**Goal 2:**

**This goal is important to me because:**

**Some barriers in my life that might get in my way of achieving this goal are:**

## Your Top 3 Goals For This Detox

**List the top three goals that you want to achieve to make the most of this 3 Day Detox:**

**Goal 3:**

**This goal is important to me because:**

**Some barriers in my life that might get in my way of achieving this goal are:**

# 10 Detox Foods Used in this Cleanse

We will be utilizing all 10 of these liver/kidney and digestive system cleansing powerhouses over the course of our three day detox. We will be consuming other foods as well, but these foods are highlighted for their strong cleansing effects. Each food has specific properties that can assist your liver in ridding the body of toxins.

## **1. Garlic**

Just a small amount of garlic can activate liver enzymes that help your body flush out toxins. Garlic also contains high amounts of allicin and selenium, two natural compounds that aid in liver cleansing.

## **2. Grapefruit**

High in both vitamin C and antioxidants, grapefruit increases the natural cleansing processes of the liver. Fresh grapefruit can increase the production of liver detoxification enzymes that help flush out carcinogens and other toxins.

## **3. Beets and Carrots**

Both extremely high in plant-flavonoids and beta-carotene, eating both beets and carrots can help stimulate and improve overall liver function.

## **4. Green Tea**

Green tea is loaded with antioxidants known as catechins, which assist the liver and its functions.

## **5. Leafy Green Vegetables**

One of the most powerful foods in cleansing the liver are leafy greens. Leafy greens are effective when eaten raw, lightly cooked or juiced. They are extremely high in plant chlorophylls, and they have the ability to draw out environmental toxins from the blood stream. Many leafy greens also have the ability to neutralize heavy metals, chemicals and pesticides. Leafy greens help increase the creation and flow of bile, the substance that removes waste from the organs and blood.

# 10 Detox Foods Used In This Cleanse

## **6. Apples**

High in pectin, apples help the body cleanse and release toxins from the digestive tract. This makes it easier for the liver to handle the toxic load during the cleansing process.

## **7. Broccoli and Cauliflower**

Eating broccoli and cauliflower increases the amount of glucosinolate in your system, which increases enzyme production in the liver. These natural enzymes help flush out carcinogens, and other toxins out of our body.

## **8. Lemons & Limes**

These citrus fruits contain very high amounts of the vitamin C, which aids the body in synthesizing toxic material into substances that can be absorbed by water. Drinking freshly-squeezed lemon or lime juice in the morning helps stimulate the liver.

## **9. Cabbage**

Much like broccoli and cauliflower, eating cabbage helps stimulate the activation of two important liver detoxifying enzymes that help flush out toxins.

## **10. Turmeric**

Tumeric boosts liver detox, by assisting enzymes that actively flush out known toxins.

# Your Shopping List

Fruits	Vegetables	Other
<p>8 lemons            4 cups strawberries            (can substitute with other berries if you can't locate strawberries)            2 cups blueberries            (fresh or frozen)            3 red grapefruits            4 green apples            3 red apples            3 cups pineapple            (can be fresh or frozen)            1 whole watermelon            (if you can't find one, you can substitute two smaller melons either cantaloupe or honeydew)</p>	<p>2 bunches of asparagus            3 medium red beets            1 head broccoli            1 head cabbage            5 lb bag of carrots            1 head cauliflower            4 heads celery            1 bunch fresh cilantro            6 cucumbers            6 garlic cloves            2 bunches kale            1 bunch leeks            2 medium yellow onions            2 bunches fresh parsley            3 heads romaine lettuce            4 zucchini            1 piece (1 inch long) fresh ginger            1 bunch watercress            6 cups spinach</p>	<p>green tea bags (6)            mint tea bags (3)            turmeric (if you can't find fresh get dried)            2 kombu strips (can use nori)            cayenne pepper</p> <p><b>SUPPLEMENTS:</b>  <b>Probiotics</b>            I recommend taking a probiotic such as Flora Balance by O'Donnell Formulas. You can substitute any probiotic found in the refrigerated section of your health food store.</p> <p><b>Digestive Enzymes</b>            I recommend Rainbow Light Advanced Enzyme Capsules, they are a powerful plant based enzyme that helps your body digest nutrients.</p>



# A Word About Food Volume

Thousands of people have successfully completed this 3 Day Detox. One of the often repeated questions we get is:

*Do I have to eat/drink all of this? It is so much food!*

**It is very important that you eat what is on the program.**

The closer you follow the program, the better your results will be. You do NOT want your body to go into starvation mode by under eating. It may take some adjustment and this may seem like a large volume, but fruits and vegetables are not calorically dense. This is good preparation to get used to eating larger volumes of fruits and vegetables after the detox. Most people are accustomed to eating smaller volume meals and getting huge numbers of calories and fat.

For example the typical slice of pizza is over 450 calories and has 20 grams of fat. You'd have to eat **15 CUPS of broccoli** to get the same number of calories, and **50 CUPS of strawberries** to get 20 grams of fat. Not that you would do either, but it gives you a good idea of how different eating a high raw low fat diet can be in terms of volume.



# Day 1 Schedule

Times can be adjusted to work with your specific schedule. *Reflect on your written goals, and your reasons for doing a detox at this time before your day gets started.*

**7:00 am** 1 scoop **Flora Balance (or substitute)** mixed with water on empty stomach.

**Dry brush your body.** Dry brushing stimulates the lymphatic system, one of the body's primary detox mechanisms. Using a soft-bristled brush, lightly brush your skin, starting from your fingers and toes and moving in toward your heart. Brush your legs upwards from the ankles, towards your liver. Follow with a warm shower to help circulation and move lymphatic fluid.

**7:30 am** 8 ounces of warm water with ½ lemon squeezed in. Also use 1 teaspoon of the lemon rind (no white pith). Warm the water with the rind already in it, so the limonene and other important components will be released. *Drink through a straw to avoid enamel erosion of teeth.*

**8:00 am** **Breakfast: “Green Vibration” Juice taken with one enzyme**

**9:00 am** 8 ounces water with ½ lemon squeezed in.

**10:00 am** One cup of *organic* green tea, nothing added.

**12:00** **Lunch Strawberry-Grapefruit Smoothie taken with two enzymes.**

Make sure that you “chew” your smoothie, and let each mouthful swish around in your mouth. Do not gulp through a straw or you will be blocking a critical digestive process. Do not drink water with meals.

**Go for a walk.** If possible, after lunch go for a brisk walk to get your blood and lymphatic fluid circulating.

**2:00 pm** **Snack “Green with Enzy” Juice taken with one enzyme.**

**3:00 pm** 16 ounces water with ½ lemon squeezed in.

**4:00 pm** One cup of *organic* green tea, nothing added.

**DINNER CONTINUED ON NEXT PAGE**



# Day 1 Continued

**5:30 pm Dinner Salad:** ½ head romaine lettuce with lemon squeezed on top. Make sure to thoroughly chew your lettuce.

**Follow with Cleansing Soup and Steamed asparagus (1 bunch) taken with two enzymes. NO SALT on soup or asparagus.**

Have at least two bowls of soup. Your soup should roughly divide into three portions, because you will have it each night at dinnertime, so make sure not to have more on one night and then not enough on the last night. Also make sure that you “chew” your soup, and let each mouthful swish around in your mouth.

**6:30 pm** 8 ounces water with ½ lemon squeezed in. Can be room temperature or cold. Doesn't need to be heated.

**7:30 pm Snack Bowl of watermelon. No enzymes needed.**

**Evening:** One cup of mint tea, nothing added. Try to spend some time journaling about your day. How you feel, how you are going to continue after the detox is over. Try to avoid watching television and being over-stimulated by ads for food and other things. This is a three day respite from the regular routine, and a perfect time for you to recharge yourself, set yourself up for making changes you wish to see in your life, and to truly nurture and care for your body. Your body works for you 24 hours a day 7 days a week, now is a great time to be respectful and loving towards your body, and all it does for you.

**Before Bed:** Dry brush your body.



# Day 2 Schedule

**7:00 am** 1 scoop Flora Balance mixed with water on empty stomach.  
Reflect on your written goals, and your reasons for doing this program.

**Dry brush your body.**

**7:30 am** 8 ounces of warm water with ½ lemon squeezed in. Also use 1 teaspoon of the lemon rind (no white pith). Warm the water with the rind already in it, so the limonene and other important components will be released by the heating process.

**8:00 am Breakfast:** **"Plant New Roots" Juice taken with one enzyme**

**9:00 am** 8 ounces water with ½ lemon squeezed in. Can be room temperature or cold. Doesn't need to be heated.

**10:00 am** One cup of green tea, nothing added.

**12:00 Lunch** **"Blaze a Trail with Blueberry Kale" Smoothie taken with two enzymes.**

Make sure that you "chew" your smoothie, and let each mouthful swish around in your mouth. Do not gulp through a straw or you will be blocking a critical digestive process. Do not drink water with meals.

**Go for a walk.** If possible, after lunch go for a brisk walk to get your blood and lymphatic fluid circulating.

**2:00 pm Snack** **"Zucchini Martini" Juice taken with one enzyme.**

**3:00 pm** 16 ounces water with ½ lemon squeezed in. Can be room temperature or cold. Doesn't need to be heated.

**4:00 pm** One cup of green tea, nothing added

**DAY TWO CONTINUED ON NEXT PAGE**



# Day 2 Continued

**5:30 pm Dinner Salad:** ½ head romaine lettuce with lemon squeezed on top. Make sure to thoroughly chew your lettuce. Follow with Cleansing Soup and Steamed broccoli (1 bunch) taken with two enzymes. NO SALT on soup or broccoli. Have at least two bowls of soup. Make sure that you “chew” your soup, and let each mouthful swish around in your mouth. Do not drink water with meals.

**6:30 pm** 8 ounces water with ½ lemon squeezed in.

**7:30 pm Snack** Watermelon Breeze Smoothie.

**Evening:** One cup of mint tea, nothing added

**Before Bed:** Dry brush your body.

“By recording your dreams and goals on paper, you set in motion the process of becoming the person you most want to be. Put your future in good hands — your own.”

—Mark Victor Hansen

## Write about your experiences on day two.

Are you more confident? Are you proud of yourself? List **three specific things** about yourself that you feel are your best traits. One must be physical (you love your hair) one must be heart based (you are a dedicated mom) and one must be a talent (you are a great piano player, or you are great at learning new languages).

Ask someone who loves you to name three of your best qualities and ask them to tell you 1 that is physical (ie you have beautiful skin) 1 that is heart-based (you go out of your way to help others) and 1 that is their choice! (can be anything, but it needs to be specific, not like "you're a great person", that is too general).

Once you have these 6 great qualities (your three and the person you asked) type them out on your computer in large nice font, and print it out. Laminate it or put it in a sheet protector if you can, and put it where you will look at it daily, on a bathroom mirror, a calendar you open daily, Examples:

**I LOVE my beautiful Hair!**

**I LOVE how I Am Such a Dedicated and Loving Mom!**

**I LOVE my Piano Playing!**

**People LOVE my Eyes!**

**People LOVE that I am so Kind to Animals!**

**Other people LOVE me because I am loveable!**

This is a very strange practice for many people. It can be very challenging for us to truly feel love for ourselves and to recognize our own amazing qualities. By focusing on what you love about yourself, and what other people love about you, your energy will be driven to create more wonderful things. Too often we focus on what we don't like or are unhappy about. The negative self talk only creates more of the same. We are so used to that, that often in my retreats when I have participants do exercises like this, they are often embarrassed. *Many people truly have a block to appreciating and loving themselves.* This is a great exercise to open the doors to a healthier life for you, internally and externally.



# Day 3 Schedule

**7:00 am** 1 scoop Flora Balance mixed with water on empty stomach.

Now is a great time to decide if you will end your detox today, or continue with a raw foods cleanse for a longer period of time. Don't wait until tonight or until you are hungry to make a choice.

**Dry brush your body.**

**7:30 am** 8 ounces of warm water with ½ lemon squeezed in. Also use 1 teaspoon of the lemon rind (no white pith). Warm the water with the rind already in it, so the limonene and other important components will be released by the heating process.

**8:00 am Breakfast:** "Pristine Green" Juice taken with one enzyme

**9:00 am** 8 ounces water with ½ lemon squeezed in.

**10:00 am** One cup *organic* green tea, nothing added.

**12:00 Lunch** Strawberry Grapefruit Smoothie (same as day one) taken with two enzymes. Make sure that you "chew" your smoothie, and let each mouthful swish around in your mouth. Do not gulp through a straw or you will be blocking a critical digestive process. Do not drink water with meals.

**Go for a walk.** If possible, after lunch go for a brisk walk to get your blood and lymphatic fluid circulating.

**2:00 pm Snack** "Say Yes to the Watercress" Juice taken with one enzyme.

**3:00 pm** 16 ounces water with ½ lemon squeezed in. Can be room temperature or cold. Doesn't need to be heated.

**4:00 pm** One cup of green tea, nothing added.

# Day 3 Continued

**5:30 pm Dinner Salad:** ½ head romaine lettuce with lemon squeezed on top. Make sure to thoroughly chew your lettuce. Follow with Cleansing Soup and Steamed cauliflower (1 bunch) taken with two enzymes. NO SALT on soup or cauliflower. Have at least two bowls of soup. Make sure that you “chew” your soup, and let each mouthful swish around in your mouth. Do not drink water with meals.

**6:30 pm** 8 ounces water with ½ lemon squeezed in.

**7:30 pm Snack** Steamed Asparagus. Plain or with lemon.

**Evening:** One cup of mint tea, nothing added.

**Before Bed:** Dry brush your body.

“Knowing trees, I understand the meaning of patience.  
Knowing grass, I can appreciate persistence.”

--Hal Borland



# Reflection

As you complete day three of your detox, whether you plan to continue on or conclude your cleanse, reflect on your success.

Reflect on the things you have learned about yourself, the things that kept you motivated, the struggles you faced. Reflect on how you were able to handle your challenges with the support of the group, and how supportive you were for others.

If you joined the detox group and didn't participate, or didn't do the detox, ask yourself why. Then answer honestly. There was a reason you joined. Your answers will reveal a lot to you about yourself and the strength of your internal motivation for change.

Patience and persistence are two important characteristics in achieving your goals. We must have patience with ourselves.

Some changes can and do happen overnight, others take much longer with good reason. When you persist on your path, with heart-guided intuition, know that you **WILL** achieve your ideal life.

# Day 1 Recipes

**Note:** All Juices and Smoothies can be made in the morning, and stored in an airtight container in the refrigerator or a cooler if you need to take it to work. Do not worry about making it right before consuming, unless you are home and that is convenient for you. DO NOT ADD any ingredients that are not specifically listed, this includes salt and pepper. Salt interferes with detox, and even a tiny amount will cause you to retain water and toxins.

## Green Vibration Juice

8-10 stalks organic celery

3 cups organic baby spinach, washed (loose measure, not tightly packed)

2 organic green apples, skins on if organic, removed if not organic

2 cucumbers, skins on if organic, removed if not organic

Juice all ingredients in juicer, or use your blender and a strainer (milk bag, cheese cloth etc).

## Strawberry-Grapefruit Smoothie

1 grapefruit, peeled, seeded, and chopped

2 cups fresh or frozen strawberries

1 organic red apple, chopped

½ inch piece fresh ginger, peeled and chopped

½ head romaine lettuce

1 cup ice

½ cup water

Blend together in blender, enjoy!

## Green with Enzy Juice

3 cups pineapple

*If your pineapple is frozen you will need to blend it with a little water first and then strain it, or you will get pineapple ice cream instead of pineapple juice!*

1 handful fresh cilantro

Juice all ingredients.

# Day 1 Recipes

## Cleansing Soup

Makes a large batch which will be part of your dinner for each of the three nights. Best if you can make this in advance before you begin, and then store it in the refrigerator for when you need it.

- 2 onions, peeled and cut in half
- 1 bunch leeks, cut down the middle and be sure to wash inside the leaves where dirt is often trapped
- 3 zucchini, washed and cut in half (peeled if not organic)
- 2 cups cabbage, shredded
- 2 kombu strips (can use nori)
- 6 garlic cloves, whole
- 3 lbs carrots, juiced in your juicer (or use the blender/milk bag method)
- 1 head celery, juiced in your juicer (or use the blender/milk bag method)
- 1 bunch fresh parsley, washed
- Cayenne pepper, about ¼ teaspoon
- 1 inch piece fresh turmeric, or 1 Tablespoon dried
- 8 Cups pure water

Place water in very large pot on medium heat. Add in onions, leeks, zucchini, cabbage, kombu and garlic. Cover. Allow it to cook on medium for about 15 minutes. Add carrot juice, celery juice, parsley, turmeric and cayenne. Stir and cover. Lower heat to simmer, and allow soup to cook until vegetables are very soft. About 30 minutes more at least.

Once vegetables are soft, scoop the vegetables and broth into your blender and blend until purified. It will not all fit at once, and be VERY CAREFUL not to fill your blender too high, and then turn it on high. I did that once and hot soup went flying everywhere. Learn from my mistake! Once you have a blender full of blended soup, pour it into a large bowl, scoop out more from the pot, and repeat. Then all the blended soup can go back in the pot. You are done cooking now.

# Day 2 Recipes

## Plant New Roots Juice

2 cucumbers, skins removed

1 whole beet, peeled

8 carrots, peeled

½ lemon, no skin

Juice all ingredients in juicer, or use your blender and a strainer (milk bag, cheese cloth etc).

## Blaze A Trail with Blueberry Kale Smoothie

2 large handfuls kale

2 cups blueberries

6 stalks celery

1 cup water

1 cup ice if fresh blueberries, ½ cup ice if frozen

Blend all ingredients in a blender and enjoy.

## Zucchini Martini

1 whole zucchini, skins on if organic, no skins if not organic

½ head romaine lettuce

1 green apple, skins on if organic, no skins if not organic

½ inch piece of ginger

Juice all ingredients.

## Watermelon Breeze Smoothie

2-3 cups watermelon chunks

1 small handful of parsley

½ lemon

1 cup ice

Blend all ingredients into a slushie and enjoy.

# Day 3 Recipes

## WATERCRESS!

In September of 2012, scientists from the Cancer Research Centre at Southampton General Hospital's School of Medicine in the U.K. found that watercress stops cancer growth as effectively as—if not better than—conventional cancer treatments.

The study shows that watercress can actually **reduce levels of an important growth factor that spurs tumor development**. Essentially, compounds in watercress halt a process called *angiogenesis*—the technical term for how harmless cells become cancerous.

Watercress is one of the oldest known leaf vegetables consumed by human beings. It is also one of the most nutrient dense vegetables known to man and has been used medicinally since ancient times.

Watercress ALSO helps prevent exercise induced DNA damage that occurs from higher than normal release of free radicals during heavy exertion.

Scientists from Edinburgh Napier University discovered that consuming a small amount of watercress each day can help raise levels of important antioxidant vitamins which allow us to enjoy the rewards of keeping fit.

## Pristine Green Juice

2 cucumbers, skins removed  
2-3 handfuls of kale  
½ lemon, no skin this time  
1 green apple, skin on if organic, no skin if not organic. Juice all ingredients.

## Strawberry Grapefruit Smoothie

 (same as day 1)

1 grapefruit, peeled, seeded, and chopped  
2 cups fresh or frozen strawberries  
1 organic red apple, chopped  
½ inch piece fresh ginger, peeled and chopped  
½ head romaine lettuce  
1 cup ice  
½ cup water  
Blend together in blender, enjoy!

## Say Yes to the Watercress Juice

2-3 small handfuls of watercress (it's peppery!)  
2 cups of spinach (loosely packed)  
1 red apple  
2 cups of watermelon  
squeeze of lemon  
½ cup of water

Juice all ingredients. *Because of the watery nature of melon, this juice usually may work better if you just blend it all in the blender and then strain through a milk bag.*

# A Final Word...

Massages, saunas, steam rooms, or warm Epsom salt baths are all helpful.

If any or all of these detox treatments is available to you, I encourage you to take advantage of them. Also, take naps if your schedule allows that. I understand it is not practical for many people to do this, but if you can find 20-45 minutes somewhere in your day to shut the door and rest, you will benefit greatly.

Forget the laundry, forget the “to do list”, forget the kids (nah, just kidding), but truly, if you can find the time, take advantage of it. This is only three days, but can set you up for a more balanced and healthy lifestyle that will make you a more vibrant, healthy and happy person overall!

Take advantage of the prompts to write and reflect.

Many different emotions come up during a detox. You may be angry that you didn't have coffee and a bagel. You may be upset at 4:00 in the afternoon if you can't have refined carbs and an afternoon pick me up. Is someone annoying you? Is it getting on your nerves that your spouse is eating a bag of Cheetos and you're having green juice? Are you feeling like you're not getting the support you need? Are you second guessing yourself?

Note these thoughts down without judgment in your journal, it will reveal things to you about yourself that will help you grow through this process. Cleansing often allows us to cleanse toxic emotions, along with physical toxins. Take advantage of the process.

# Thank You From Liana and The Entire Rawganic Team

Now that you have completed The RawganicVegan 3 Day Detox, Debloat and De-stress, we hope you feel amazing, empowered and ready to RAWK!

Remember to visit us at <http://www.RawganicVegan.com> and on Facebook at <http://www.Facebook.com/RawganicVegan> for life-changing programs, healthful plant based recipes, nutrition and wellness tips and inspiration, and so much more, brought to you by our compassionate team of nutritionists, naturopaths, psychologists and more!

For more information on the most powerful, fun and innovative health program available anywhere, visit our Health Mastery Page at <http://www.8weekrawbodyreset.com> where we can help you

*Find Freedom in Real Food!*



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Pregnant women should never undergo a cleanse or detox of any kind. If you have diabetes, chronic hypertension, high blood cholesterol, cardiovascular disease, or any other medical condition, you must consult a health care professional for health advice.

If you have been sedentary and are unaccustomed to vigorous exercise, you should obtain your physician's clearance before beginning any exercise program, including walking..

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