

PREPARING FOR YOUR CLEANSE

Clear Your Calendar

To support and prepare our body for a cleanse, we will need our body to start their natural healing process. This can be done through good sleep and a clean green diet. So, clear your calendar of (too much) work and social engagements and treat yourself to a week of awesome self care. It's always easiest to do a cleanse when your social calendar is clear!

Prepare Your Body

If your normal diet consist of carbs, red meat and lots of snacks, it's time to cut down and eventually do away with them nearing the start of your cleanse. This will include bread, rice, meat, dairy products, refined sugar, caffeine, alcohol and nicotine. Cutting down on the above food will make the transition a lot easier and help jump start the cleanse process. In the week(s) leading up to your cleanse, curb your cravings and cut down on your intake of the following items, and slowly eliminate them completely from your diet to make your cleansing journey as smooth as possible. Just keep in mind how good you will feel in a few days if you can make it through these hurdles.

- Caffeine – If you are the person that needs at least a cup of coffee every day, this might be a little challenge for you. To lessen the withdrawal symptoms which include headaches and fatigue, slowly reduce your daily intake to no intake at all. Start early and you will be thankful that you did it. You will be surprised at how energetic you can feel with our juices.
- Salt and processed food - Processed food typically have high quantities of preservatives, saturated fats, salt and low levels of nutrition and fibre. This can slow down the digestive process and salt can dehydrate the digestive tract, which can result in constipation and other digestive conditions. The presence of these conditions will greatly affect the kind of cleansing effect we aim for in the first place.
- Refined sugars - Sugar is almost present in every packaged food we eat today. Crackers, cereals, breads, pasta, chocolate etc. are highly processed carbohydrates and full of sugar. It is difficult to avoid these food but keep in mind to reduce the consumption of these items, including sweetened bottled drinks to make the cleanse easier.
- Meat & animal products –Similar to processed food, meat and animal products e.g. eggs take a longer time to pass through the intestine. Having these in your system will obstruct the cleansing process and impede the cleansing effect we aimed for. We encourage you to eliminate the consumption of red meat 4 days before your cleanse, and all meat 3 days before your cleanse if possible.



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- Alcohol & nicotine – Alcohol is bad for the liver and it is best to eliminate this from your diet on the week before your cleanse. This is so that the cleanse will not be focused only on cleaning up your liver. Nicotine pollutes your lungs and by cutting off from it, will give your lungs a chance to be able to 'breathe' again and at the same time, get rid of toxins.

Kick Start Your Cleanse

Replace all the above food with lots of fruits and vegetables, preferably organic. This is especially important 2 days prior to the start of your cleanse. Load up on fresh greens and fruits like carrot, celery, beetroot, spinach, broccoli, cabbage, tomatoes, banana, lemons, melons and the list goes on. You can have them in many ways; for example, as a salad, or you may steam the vegetables and eat it as a snack.

Eliminating Your Toxins

During the cleanse process, you should continue to have regular bowel movement every day as it is part of the cleanse and detox process. Stored toxins released during your cleanse should be released out of your system or they can be reabsorbed into your system. To aid the elimination process, you may also try doing light exercise or consuming more water.

Stay Hydrated

Water by nature is a great cleansing element by itself and by adding water into your cleanse, it adds additional and important cleansing strength. It is needed to flush out the toxins from your body effectively. For days leading up and during your cleanse, try to drink at least 2 litres of water every day. A hydrated body will help to curb and prevent any withdrawal symptoms you may experience during the cleanse.

Your Last Dinner

To ease transition for your body, try to eat only raw food for the last meal before your cleanse. You may prepare a simple green salad and a steamed vegetable as a side if you like. Water, lemon water and herbal teas are also recommended.

Sincerely yours,

Ashley L
Head Concierge

the lighter side

