

The Abundant Nutrition Cleanse

Good News! With a little help, your body has the ability to detoxify and heal itself.



The full Abundant Nutrition Cleansing Diet is an easy to follow 3 week program designed to provide gentle, deeply effective support for your body's cleansing and healing process.

As a gift and promotion, you have received the instructions for the first 7 days of the cleansing diet. This week long program stands on it's own and is a wonderful way to refresh your life.

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The statements herein have not been reviewed by the Food and Drug Administration and are not intended to diagnose treat or cure any illness or disease.

Congratulations. Deciding to do a cleanse, even considering one, is a big step. I am confident that if you follow the Abundant Nutrition Cleansing Diet guidelines, and your own inner wisdom, you will find that you have taken one of the best steps of your life.

This booklet includes instructions for the 7 day version of the Abundant Nutrition Cleansing Diet. The full cleansing diet is a 21 day process you may find yourself interested in after reviewing this week long phase. However, this part of the diet, the first 7 days, stands on its own and is truly a gift to give yourself.

I believe that our bodies are made to cleanse themselves with the help of the beautiful, natural foods that come to us from the earth. We have only to un-burden and support the process. This simple diet, based on natural healthy foods, is all you really need for a great cleanse. It detoxifies the colon and the liver, cleansing blood and body tissues and rejuvenating your cells. Some people may be interested in enhancing the cleanse program with supplements. If so, you will find notes on that in the beginning of this booklet. While they can enhance the process, especially for repeat cleansers, supplements are not necessary for a wonderful cleanse.

Your job is to follow the Abundant Nutrition Cleanse directions as best you can. If you have any health issues, you may want to consult your health care practitioner before beginning. Each person is unique and bodies respond differently to foods and supplements. Pay close attention to what is right for you at each step. It's OK to back off a little if the cleanse is going too fast; it is also OK to go a little deeper as you are ready.

Thank you for choosing the Abundant Nutrition Cleanse. Cleansing is a time when much deep healing can take place, not just in the physical body, but in the spirit too. I hope that as you take this time to tune into your body, you will find that your inner life is supported and nourished too. I think you will.

*Yours in Health,
Marguerite Ogle,*

For cleanse coaching, wellness coaching and more information go to compassionatewellness.com

GREAT REASONS TO CLEANSE

1. Detoxify cells and organs
2. Give the body a chance to heal itself
3. Have more energy
4. Feel lighter
5. Mental clarity
6. Establish good self care habits
7. Get a fresh start
8. Rejuvenate the digestive system
9. Feel closer to self—spiritual inspiration
10. The *Best* reason to cleanse is *your* reason, write it here:

Put this list in a place where you can see it and be inspired by it!

A NOTE ABOUT SUPPLEMENTS FOR YOUR CLEANSE

The Abundant Nutrition Cleansing Diet is a complete cleanse program that does not require the use of extra supplements. If you follow the dietary guidelines of this cleanse, your body will have a wonderful opportunity to detoxify. You will be amazed at how good you feel. However, people enjoy, and sometimes need, the added support of detoxification supplements.

The Abundant Nutrition Cleansing Diet is compatible with any quality cleanse products like those sold in health food stores.

If you would like to explore wellness coaching for a cleanse that includes specialized cleansing supplements, get more information at compassionatewellness.com

The LIVER	The COLON
Leafy Greens	Fiber
Ginger	Ground Flax Seed
Ginseng	Aloe Vera
Turmeric	Cayenne
Lemon	Goldenseal
Red Clover	Vitamin C and other antioxidants
Milk Thistle	Probiotics
Burdock	
B Vitamins	

Great Ways to Support Detoxification -

- **Exercise:** The value of exercise cannot be overstated. From a cleansers point of view exercise stimulates the detoxification pathways of the body through circulation, respiration, perspiration, lymphatic drainage, and the sympathetic and parasympathetic nervous system. Pilates, gyrotonics, yoga and walking are excellent choices of exercise while cleansing.
- **Enemas:** Many people feel that enemas are essential for a good cleanse. They help remove old waste from the colon. They also stimulate peristalsis. If you have never done an enema, rest assured it is not difficult. Buy a regular water enema bag and follow the instructions. Do not use a pre-mix enema solution.
- **Colonics:** A colonic is a professionally administered hydration and flushing of the colon and large intestine. It is more thorough than an enema. Many people feel that colonics help them get rid of waste that they were unable to expel otherwise.
- **Deep Breathing:** O₂ in, CO₂ out! Deep breathing gets rid of stale air in the lungs and refreshes the body and spirit with new energy.
- **Sauna and Skin Brushing:** The skin is the largest eliminative organ of the body. Both sauna and skin brushing help slough off old skin and open the pores as detox pathways.
- **Meditation:** Many cleansers find that the process of cleansing refines the senses and settles energy. Cleansing time can be a good time to initiate or re-establish a meditative practice in one's life.
- **Life Review:** This is a perfect time to review what is nourishing you and what might be robbing your energy.
- **Sleep:** Sleep is rejuvenation time. You may find that you need more sleep than usual as you cleanse. If you can give yourself this gift, it will aid your cleanse and renew vitality.

Things to Completely Avoid Throughout Your 3 Week Cleanse

Sugar and anything with sugar added

white sugar*, brown sugar, raw sugar, fructose, sucrose, corn syrup, high fructose corn syrup, dextrose, maltose

replace with a little honey or maple syrup

Artificial Sweeteners* – aspartame, splenda

replace with stevia or xylitol

Table Salt* (sodium chloride)

replace with small amount of iodized sea salt, kelp, other pure salts

Trans-fats* – hydrogenated, partially hydrogenated

Anything with ingredients on the label that you can't pronounce

Red Meat

Hard Cheeses

All Processed Foods including: breakfast cereals, processed meat, processed cheese

Junk "Foods" – chips, candy

Carbonated Drinks – especially soda pop

Caffeine – coffee, tea, soda

Chocolate

White Flour

Baked Goods like bread, muffins, pastry

Refined Grains

Fried or Charred Foods

Cow Milk and milk products (other than organic fermented – week 1,3)

Drugs and Cigarettes*

Alcohol

WEEK 1 - SET THE FOUNDATION FOR YOUR CLEANSE

This is the first phase of your cleanse. You might think of it as the warm-up period. Here, the focus is on a basic alkalizing diet; free of overt toxins like trans-fats, soda, junk food, and heavily processed foods, as well as foods that create an overly acidic environment in the body like red meat and milk. See the notes on alkaline eating at the end of this booklet.

You may be letting go of some favorites and habitual foods, so you will want to nourish yourself as much as possible with delicious whole food choices. Try to eat light and bring more raw fruits and vegetables into your diet.

Recommended Food Selections for Week 1 of Your Cleanse

Try for organic – if you don't have organic, use a fruit and vegetable wash

Vegetables – ALL YOU WANT focus on variety and colorful veggies

- Fresh vegetables
- Vegetable juices
- Vegetable broth
- Lightly cooked – steamed, baked, sautéed

Fresh Fruits – no more than 5 per day, fruits are sources of sugar

- Fresh whole fruit
- 100% Fruit Juice – small amounts, dilute with pure water
- Lightly cooked – ex. baked apples, raisins in hot cereal

Grains – up to 3 servings per day

- Millet
- Rice
- Quinoa
- Amaranth
- Buckwheat (kasha)
- Corn (common allergen)
- *Spelt
- *Oats
- *Barley
- *Rye
- *Wheat

*gluten containing

Legumes (beans) up to 3 servings per day

- Lentils
- Dried peas – black eyed
- Aduki beans
- Butter beans
- Garbanzo beans
- Black Beans
- Red Beans
- Soy (common allergen) – use fermented only – tempeh, miso, natto

WEEK 1
FOOD
SELECTIONS

Week 1 Food Selections Continued

Nuts and Seeds –

Seeds – 1-2 tbs. per day

Chia
Flax
Sesame
Sunflower
Pumpkin

Nuts up to ½ cup per day

Almonds
Walnuts
Hazelnuts
Brazil Nuts
Chestnuts
Peanuts

Dairy— cultured and organic only:
yogurt, kefir, low fat cottage cheese

Eggs – organic: up to 3 times per
week

Organic Fowl

Fish – 3 – 4 servings during the week

Wild Salmon
Halibut
Sardines
Mackerel
Tuna

Fats and Oils – organic cold pressed

Up to 2 Tbs per day.

Flax Oil
Walnut
Olive
Corn
Safflower
Sesame
Coconut Oil (1 TBS)

Beverages

Master Cleanser (see recipes)
Water 8 glasses per day
Vegetable juice
Vegetable broth (see recipes)
Herbal Teas
Fruit Juices – counts as a piece of
fruit, dilute with water

Organic Herbs and Spices –

use liberally—include:
cayenne, turmeric, ginger, angelica,
cilantro

Booster Foods

sea veggies, chlorophyll, wheat grass,
barley grass, mushrooms, garlic, gin-
seng, aloe vera

For cooking:

Canola
MacNut
Coconut
Olive (low heat)

HELPFUL RECIPES

RECIPES

The Master Cleanse Lemonade:

mix together and drink:

- 2 tbsp organic lemon (about 1/2 lemon)
- 2 tbsp of pure grade B maple syrup
- 1/10 tsp cayenne pepper
- 12 oz of purified water (room temp or warmer)

Note that the maple syrup is a source of minerals but also sugar. If you are still eating regular meals, even if they are small, you should reduce the amount of maple syrup by at least half.

Vegetable Broth

All veggies should be organic or washed with a vegetable wash. Using the following recipe as a guide, you can use any vegetables you like.

- 2 quarts pure water
- 3 medium potatoes, - cut in chunks
- 4 carrots—cubed
- 2 medium onions—in chunks
- 2 cups of greens like kale, cabbage or spinach—chopped
- 1 or two small beets—in chunks
- 3 stalks celery—chopped
- ¼ cup parsley—finely chopped
- 2—3 cloves garlic- minced or pressed

Place all ingredients in a stock pot and simmer for two to three hours. Add the more delicate vegetables, like the greens, later in the cooking process. Strain and drink broth when cooled. Vegetable broth can be stored for a day or two in the refrigerator.

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Finishing a cleanse is the beginning of a new cycle of life. You are refreshed and your body is stronger. Now it's time to continue and build upon the healthful patterns that you have created over the past week!

The cleanse you have done is a wonderful gift to give yourself and it does stand on its own. However, you may want to go deeper into cleansing with parts two and three of the Abundant Nutrition Cleansing Diet.

If you would like to experience the full 21 day Abundant Nutrition Cleansing Diet or get support for your next steps in being a fully vital person, Cleanse Coaching and Wellness Coaching with me, Marguerite Ogle, is available to you. Get more information at CompassionateWellness.com

Live Well!

Marguerite

Marguerite Ogle, M.S.

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She is a wellness coach, nutrition educator, and natural fitness educator specializing in Pilates.

Marguerite has published hundreds of articles on Pilates and wellness. Her Pilates website, Pilates.About.com, is the largest Pilates information website online.

Learn more about Marguerite and sign up for her free wellness newsletter at compassionatewellness.com.

