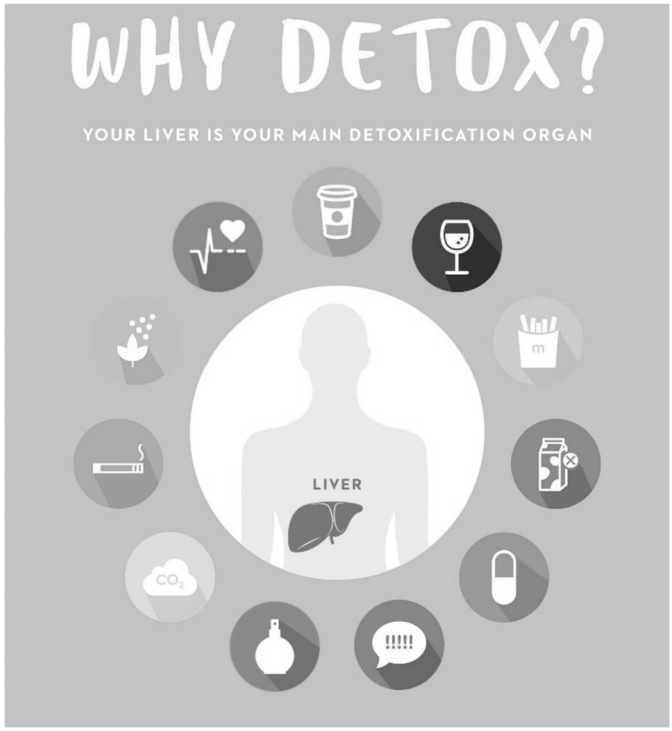


You may have heard that our bodies are quite capable of detoxing on their own.

It's absolutely true that our bodies have a sophisticated and complex detoxification system which includes the liver, kidneys, lungs, skin, and lymphatic system.

And if we were living in a more perfect, less stressful and toxic world, those systems might be enough to keep our bodies bright and energized.

But we don't live in a perfect world which is why a seasonal detox can be helpful.

- If you're feeling sluggish, bloated, anxious or tired.
- If you've put on weight that just won't budge
- And if you're not sleeping or feeling as focused as you'd like, you can benefit from a seasonal cleanse.

This detox is not a weight loss program. This cleanse is about giving your body a chance to rest and renew by giving it the nutrition and lifestyle support it needs to heal.

By focusing on the problem (what is causing us distress), the process, (our body's natural detox systems), and the practices (what we can do support those processes), we will learn (and by motivated) to become more aware of our daily choices.

The power to live fully, healthfully, and joyfully is ours. Making the time to stop, assess, and pivot as needed is a good seasonal practice. Welcome to your Spring Cleanse.

THE PROBLEM

STANDARD AMERICAN DIET: Trans fats, chemical additives and artificial flavours. The Standard American Diet is full of things your body may not even be able to recognize as food, and also doesn't have nearly enough fibre to help your digestive system get those toxins out quickly.

POLLUTION: From off-gassing from paint, to new furniture, to perfume, pollution inside the home is an average 2-5 times higher than outside, and in some homes up to a 100 times!

PESTICIDES: These chemicals are specifically designed to kill things! Even the most careful washing will still leave traces of pesticide residue on conventional produce.

PERSONAL CARE PRODUCTS: So many conventional personal care products are full of potential allergens and hormone-disrupting chemicals that taking a break and going natural can really help lessen your toxic load.

STRESS: Even low-level chronic stress can keep your body in flight-or-flight mode, meaning it never gets to enter the rest-and-digest phases long enough to allow your body to properly conduct important healing and repair processes.

PRESCRIPTION DRUGS: There are going to be times when you might need a prescription medication, but many of these drugs stay in your system, potentially causing undesirable side effects, long after the problem they were meant to solve is cleared up. Additionally, antibiotics can wipe out the good gut bacteria that's so important for digestive and immune systems.

COFFEE: Your liver – your main detoxification organ – draws on several different nutrients to get caffeine out of your system. Giving your body a break from this addictive substance gives your liver a break, and your body a chance to replenish important nutrient stores.

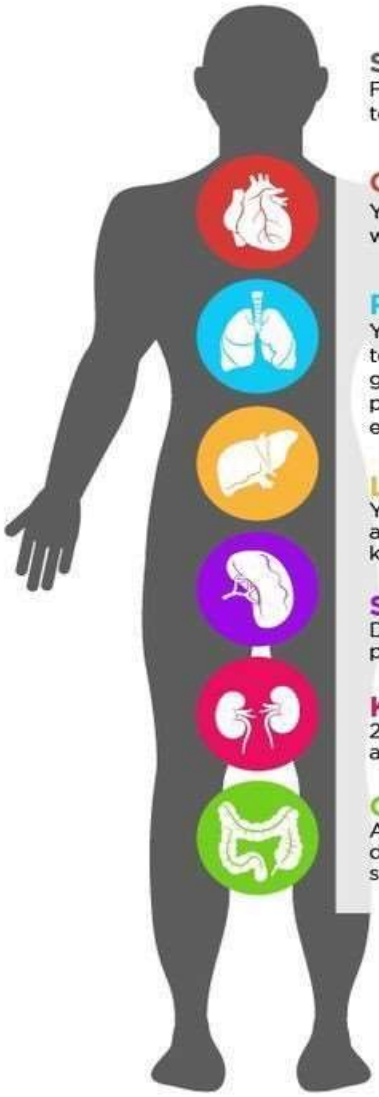
ALCOHOL: Alcohol is a toxin and one of the worst substances you can subject your liver to long-term. That's why hangovers feel so awful, your body's working overtime to get things back to normal after you've had a poisonous substance in your system.

LACK OF EXERCISE: Regular exercise is essential for getting your blood and lymph circulating, which is an important part of the detoxification process.

SMOKING: You just need to look at the graphic warnings on cigarette packs to know how toxic smoking is, and second-hand smoke can be just as dangerous.

THE PROCESS

YOUR NATURAL DETOXIFICATION SYSTEM



SKIN.
First defense against environmental pollutants. Sweat also takes toxins from the inside, getting out through your skin.

CARDIOVASCULAR SYSTEM.
Your blood carries toxins from your tissues back to your heart where they can be sent to your lungs.

RESPIRATORY SYSTEM.
Your mouth and nose are filters that keep a decent amount of toxins, dust and pathogens out of your body. What does get in goes to your lungs or your digestive system. Your lungs can produce mucous, which can be coughed out, in addition to expelling CO2 and other waste gases when you exhale.

LIVER.
Your blood circulates through your liver, which pulls toxins out and breaks them down so that they can be excreted via your kidneys and your digestive tract.

SPLEEN.
Detects bacteria, viruses and other pathogens in your blood and produces white blood cells to kill them off.

KIDNEYS.
200 quarts of fluid move through your kidneys every day. Waste and toxins are extracted from that and expelled as urine.

COLON.
Absorbs the water and minerals left over after the rest of your digestive organs have taken what they need. The remainder is solid waste that your colon pushes out as poop.

THE PRACTICE

THE YES LIST

THE NO LIST

SAMPLE MEAL PLAN

DAY ONE

Breakfast

- Hot Lemon water
- Green Protein Detox Smoothie

Lunch

- Easy Detox Quinoa Salad

Dinner

- Super Herb Slow Roasted Chicken
- Salad or Roasted vegetables
- Sliced cantaloupe

DAY TWO

Breakfast

- Hot Lemon water
- Oatmeal Pudding with Berries

Lunch

- Easy Lettuce Wraps

Dinner

- Moroccan Lentil Soup
- Salad
- Ranch Roasted Carrots
- Mixed Berries

DAY THREE

Breakfast

- Hot Lemon water
- Chai Chia Seed Pudding

Lunch

- Beet salad with Arugula

Dinner

- Quinoa crust pizza
- Salad
- Baked apples

DAY FOUR

Breakfast

- Hot Lemon water
- Berry Delicious Detox Smoothie

Lunch

- Veggie bowl black beans, shredded carrots, diced beets, avocado, and lemon vinaigrette (or make up your own)

Dinner

- Instapot Thai Chicken Curry
- Cauliflower rice
- Apple crisp

(Baked sliced apples with pecan crisp topping (¾ cup chopped pecans, ½ cup unsweetened coconut flakes, ¼ cup almond flour, ¼ teaspoon ground cinnamon, 2 tablespoons pure maple syrup, optional: 2 Tbsp coconut oil or ghee)

DAY FIVE

Breakfast

- Hot Lemon water
- Butternut Squash Cereal

Lunch

- Apple Walnut Coleslaw
- Pork loin or chicken breast

Dinner

- Slow Roasted Spinach, Coriander & Lemon
- Brown rice or quinoa
- Green salad
- Chocolate Chia Seed Pudding

DAY SIX

Breakfast

- Hot Lemon water
- 5 Ingredient Detox Smoothie

Lunch

- Detox Tomato Soup

Dinner

- Ground Turkey Chili
- Green Salad
- Cinnamon Apples

DAY SEVEN

Breakfast

- Hot Lemon water
- Buckwheat Blueberry Breakfast

Lunch

- Lentil, Kale and Pepper Salad

Dinner

- Perfect Air Fryer Chicken Breasts
- Pesto Grilled Vegetables
- Mixed Berries

DAY EIGHT

Breakfast

- Hot Lemon water
- Chai Chia Seed Pudding

Lunch

- No cook Italian Chopped Salad

Dinner

- Grilled Chicken or steak
- Roasted Root Veggies
- Salad
- Blueberries

DAY NINE

Breakfast

- Hot Lemon water or tea
- Berry Delicious Detox Smoothie

Lunch

- Veggie bowl black beans, shredded carrots, diced beets, avocado, and lemon

Dinner

- Jumbo Baked Potato
- Stuffed with onions and mushrooms
- Apple crisp

DAY TEN

Breakfast

- Hot Lemon water
- Butternut Squash Cereal

Lunch

- Apple Walnut Coleslaw
- Pork loin or chicken breast

Dinner

- Slow Roasted Spinach, Coriander & Lemon
- Brown rice or quinoa
- Green salad
- Chocolate Chia Seed Pudding

This meal plan and recipes is providedas an example of how well you can eat during this detox!

It's my hope that you'll want to continue eating these fresh, whole foods long after your 3–10- day cleans. The recipe and shopping list are in a separate resource PDF in your course.

Please use the meal plan as a startingpoint for finding your own favorite meals.

Don't kill yourself trying to prepare everything on this list. It's easy to "assemble" your own meals without recipes.

Here are some good detox recipes resources to peruse at your leisure.

- ***JOYOUS DETOX COOKBOOK***
- ***INSTAPOT CLEANSING RECIPES***
- ***10 DELCIOUS DETOX DINNERS***
- ***FOUR SLOW COOKER DETOX SOUPS***
- ***20 HEALTHY MEALS TO PREP ON SUNDAY***

CLEANSE TIPS

Drink half your body weight in ounces of water per day. Start the day with a hot tea or lemon, ginger toddy instead of coffee.

Crowd out unhealthy sugar, gluten, caffeine, alcohol, fake and processed foods to Crowd in delicious nutrient dense foods to restore your body.

Fill your plate 3/4 full of vegetables and the rest with select protein, one serving of starch and healthy fats. Eat more vegetables than fruit.

Your detox will be more productive if you limit your fat intake but eat enough for satiety.

Use the sample meal plan and recipes as guidelines. Don't kill yourself trying to prepare everything. It's very easy to "assemble" meals without recipes.

Support digestion by drinking lemon water or apple cider vinegar in the morning or before meals. Limit water consumption at mealtime.

Digestion is stressful on the body. Try not to overeat at meals and space meals apart without snacking in between if you can manage it. Drink water before you reach for a snack. It you do snack, try almond butter with apple slices or celery or a handful of walnuts.

Try not to eat dinner within 3 hours of going to bed. I know this might mean eating a bit earlier, but your body will rest better if it's not busy trying to digest all night.

If you are eating earlier, try giving your body 12 hours before you eat again. This extended "fast" is a good break for your body. Less energy digesting- more energy living!

Focus on sleep hygiene by establishing a sleep routine. Begin winding down about an hour before you lie down. Take a bath, read a book, have a nice cup of tea or golden milk. Leave your devices outside the bedroom, cool down the house (63 degrees is ideal), and close the blinds to black out as much light as possible. Prioritizing your sleep is taking a revolutionary stand for your health.

With better sleep you'll wake more refreshed and ready for the day. But to make sure you, create a simple morning ritual to help you get in front of your day (create) instead of behind it (react). Setting a quiet intention for your day while sipping your hot tea is a transformational practice. Do NOT start with emails, the TV or the newspaper. Ease into your day. All of that will be there in another few minutes.

Track your mood. The gut brain connection is real. It will tell you when you don't feel good and when you do. Listen up!

MOVEMENT

WHY POOPING IS IMPORTANT

Digestive health says a lot about overall health. If you're feeling low-energy or sluggish; if you're having trouble losing weight, feeling good, and/or getting in shape, your poo can help us get to the, ahem, bottom of things. (Sorry.)

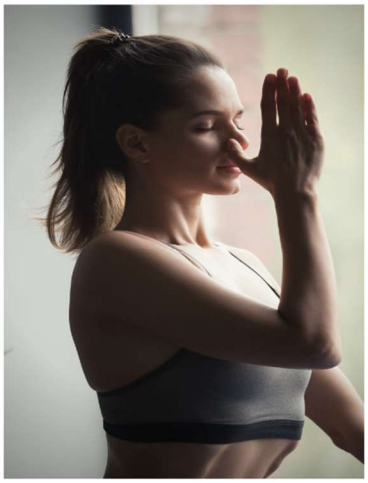
Here are some questions to ask yourself:

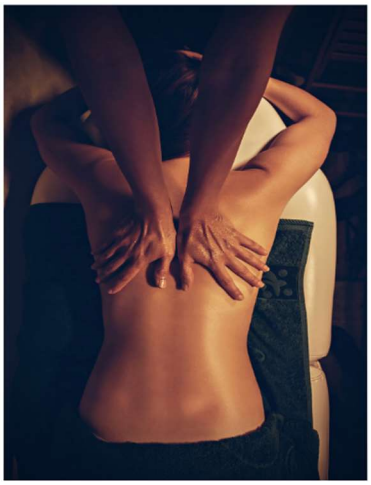
- **How often are you going?**
  One to three bowel movements per day = ideal.
- **How does it feel?**
  Assuming you didn't eat spicy street meat last night, bowel movements should be quick and painless. They shouldn't require straining, a panicked run to the toilet, or sitting long enough to do the entire *New York Times* crossword.
- **What color is it?**
  Healthy poo is brown. The color comes from bile, which emulsifies dietary fat and helps us digest it. However, you may notice some normal day-to-day changes, like green poo after eating leafy greens, or red poo after eating beets.
- **How does it smell?**
  It's never going to smell like roses, but extremely foul-smelling poo can point to underlying issues.
- **Does it sink or float?**
  Healthy poo may do either, but this offers hints as to the fat (float) to fiber (sink) ratio of your diet.

Of course, poo will vary a bit from day to day. One day of rabbit raisins or post-burrito shenanigans doesn't mean there's something horribly wrong with you.

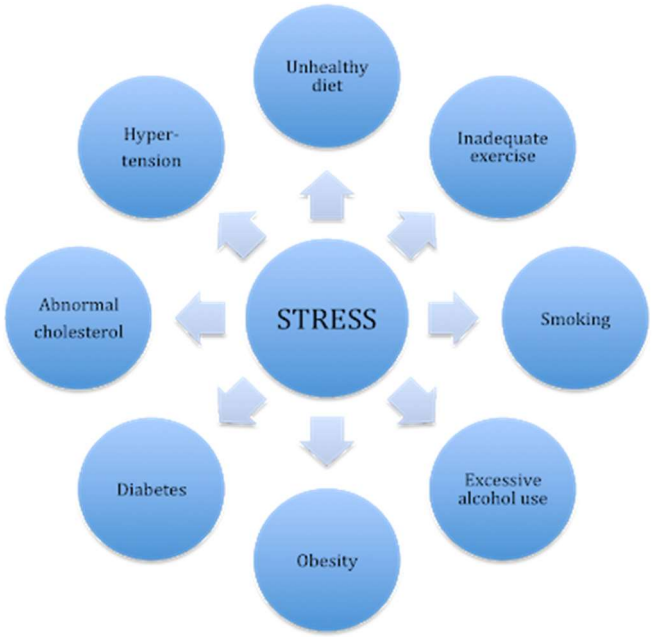
You're looking for the long-term trend—what's common for you.

MOVEMENT





MINDFULNESS



Chronic stress wreaks havoc on your mind and body.

When you encounter a perceived threat — such as a large dog barking at you during your morning walk — your hypothalamus, a tiny region at your brain's base, sets off an alarm system in your body.

Through a combination of nerve and hormonal signals, this system prompts your adrenal glands, located atop your kidneys, to release a surge of hormones, including adrenaline and cortisol.

The body's stress-response system is usually self-limiting. Once a perceived threat has passed, hormone levels return to normal. As adrenaline and cortisol levels drop, your heart rate and blood pressure return to baseline levels, and other systems resume their regular activities.

But when stressors are always present and you constantly feel under attack, that fight-or-flight reaction stays turned on.

The long-term activation of the stress-response system and the overexposure to cortisol and other stress hormones that follows can disrupt almost all your body's processes. This puts you at increased risk of many health problems, including anxiety, depression, digestive problems, headaches, heart disease, sleep problems, weight gain, memory and concentration impairment.

That's why it's important to learn healthy ways to cope with our life stressors. Stressful events are facts of life. And you may not be able to change your current situation. But you can take steps to manage the impact these events have on you.

You can learn to identify what stresses you and how to take care of yourself in the face of stressful situations. Eating clean, moving regularly, and sleeping foundational. So is creating the mindful awareness to continue those practices and keep stress at bay,

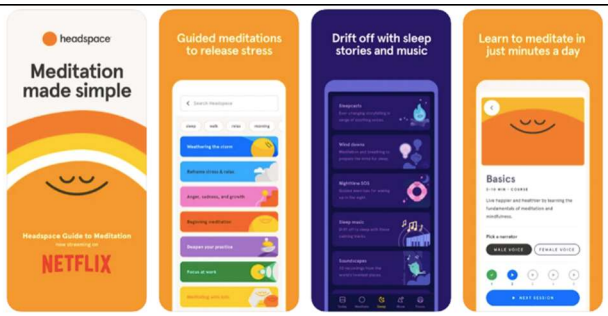
Mindfulness can seem like another chore if you're already burning the candle at both ends. But it doesn't have to be. You don't have to meditate like a monk to become more mindful; a simple walk in nature, a good conversation with a friend, reading a good book, or putting your devices away for the weekend are all simple and powerful ways to destress and renew.

Starting your morning off with a few minutes of silence and setting an intention for your day is an easy but transformational practice. Simply extending your breath on the exhale stimulates your parasympathetic nervous system for a quick dose of calm and spending time in nature is nurturing and healing for the mind, body, and soul.

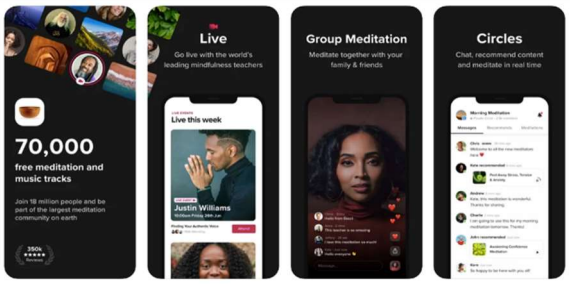
RESOURCES

Mindfulness is such a hot topic that there are a plethora of helpful apps to help you practice. I've curated a few of my favorites for you to review. Click on the pics to access and see if any of them resonate with you. Many offer free access with paid upgrades.

FOR THE STOICS

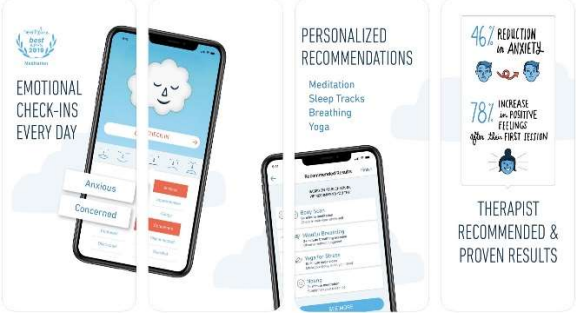


VERY POPULAR

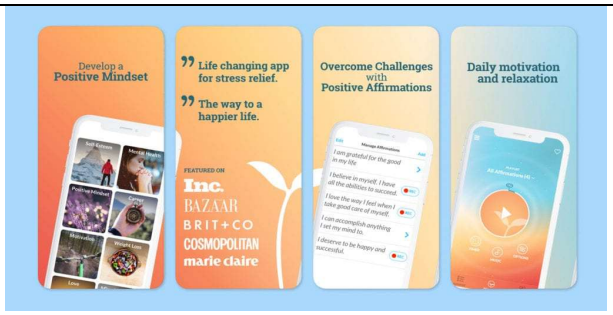


HUGE DATA BASE WITH SUBSCRIPTION

USER FRIENDLY



EMOTIONAL AWARENESS



RECORD YOUR OWN AFFIRMATIONS

RESOURCES

FOR THE HOME

WATER FILTERS

Best Faucet Attachment
PUR Faucet Water Filtration System at Amazon

Best Whole-House System
Aquasana Whole House Water Filter System at Amazon

Best Small Pitcher (6 cups)
ZeroWater 6-Cup Water Filter Pitcher at Amazon

Best Large Pitcher (12 cups)
Brita 12-Cup Stream Filter Pitcher at Amazon

AIR PURIFIERS

Blue Pure 211+ Air Purifier
Its three-part filtration system (one each for fabric, particles, and carbon particles) claims to clear up to 99% of common airborne pollutants. Designed to cover up to 540 square feet, and very quiet.

Mighty Air Purifier
An Amazon favorite, this model has an LED light that constantly indicates how clean or dirty the air is. It's built to purify the air in up to 361 square feet. There are various fan speeds, timers, and an eco-mode that claims to automatically save energy when it doesn't detect air pollution for 30 minutes.

True HEPA Allergen Remover Air Purifier
Honeywell's air purifier comes in five different sizes, to target rooms ranging from small (75 square feet) to extra-large (465 square feet). The largest version claims to remove up to 99.97% of super tiny airborne particles (including viruses). This HEPA-certified air purifier is great for allergies because it can remove fine particles and common allergens from the air.

PERSONAL CARE

Dry Brush via Whole Foods

Tongue scraper via Amazon

Rebounder via Ebay (but can get on Amazon as well)

Local Infrared Sauna @ Centered Spirit

Colon Hydrotherapy Center in Overland Park

Lymphatic Massage with Kim Rash @ Sage Chiropractic

TOP 3 EWG APPROVED SKIN CARE AND COSMETICS LINES

Beauty Counter (Available via Lisa Kiene)

100% Pure Natural Beauty

Rejuva Minerals

And one of my personal favorites, **BLISSOMA BOTANICALS,** is made in St. Louis and available via Monica @ KCFACE in Brookside

THE LOCAL CLEANSE is a great KC handmade custom handmade organic soaps, salts, scrubs, lotion bars, balms, bombs, candles, and more. Text Erin @ 816 616 4197.

GET SMART

EWG Healthy Living App Take inventory of your house and beauty products with this search and scan app.

Water Reminder App This app helps you to calculate, how much water your body needs, track your hydration and gently remind you to drink water to fulfill your goal.

Pillow Sleep App Track the quality and quantity of your precious sleep.

SUPPLEMENTS

Supplements are powerful agents and should not be taken without the care and supervision of your physician or health care professional. They are meant to compliment not substitute the abundant nutrients you access and absorb through eating healthy, whole foods.

Milk Thistle (silymarin)

Available in teas, capsules, powders, and extracts, milk thistle is the most commonly used herbal supplement in the U.S. for liver support. Silymarin has antioxidant and anti-inflammatory effects that may help the liver repair itself after being damaged by toxins. You can purchase in pill form, but I prefer to drink in **teas.**

Turmeric

This spice has been shown to offer several health benefits, including helping liver detoxification. Turmeric is full of essential minerals, including magnesium, potassium, and calcium. It's also an excellent source of fiber, vitamin B6 and zinc, and contains healthy amounts of vitamin C and magnesium. Research also suggests that turmeric may be helpful in treating inflammatory bowel diseases, lowering cholesterol levels, supporting cardiovascular health, relieving indigestion, and improving liver function. A good brand is **Curcum-Evail®** by Designs for Health.

Dandelion

Most homeowners hate the dandelion, but this flower, and its root, are actually packed with vitamins and minerals. Dandelion root has a natural diuretic effect, allowing your liver to more quickly eliminate toxins. Burdock root is another option in the same plant family as dandelions that can help detox your system by cleansing the blood, therefore helping to support liver function. Like milk thistle, both dandelion root and burdock root can be taken in both supplement form and, as a **detox tea.**

Glutathione

Glutathione, known as the 'master antioxidant', been shown to help eliminate toxins from cells and to protect against the damaging effects of radiation, chemicals, and environmental pollutants. It also has the ability to enhance the performance of other antioxidants, making it a good idea to sell glutathione with other antioxidants. Glutathione can be depleted by poor diet, pollution, toxins, radiation, and stress. The best form is liposomal glutathione. A good brand is **Pure Encapsulations.**

Best overall: **Liver GI Detox by Pure Encapsulations** (has all of the above or their precursors and more)

SUPPLEMENTS

ELIMINATION SUPPORT

Magnesium Citrate

Nearly 50 percent of Americans fail to eat enough magnesium in their diet. On top of that, our stressful lives and other health conditions may deplete our body of this important mineral. Magnesium is an essential mineral that plays an essential role in over 300 functions in the body including hormone balance, thyroid function, estrogen detoxification, and balancing blood sugar. Taken in the citrate form, magnesium is a gentle way to soften stools and support elimination. **KAL brand** or **CALM powder** are good ones.

SLEEP SUPPORT

Magnesium Glycinate

In this case, the magnesium is combined with an amino acid called glycine. Glycine works alongside many neurotransmitters (chemicals in your brain), like GABA, to promote feelings of calm. Glycine may also improve sleep quality and promote a healthy circadian rhythm. like the **KAL brand** as well via Amazon.

L-Theanine

L-theanine is an amino acid that can positively impact the key neurotransmitters (brain chemical messengers) involved with stress, sleep, mood, focus, and memory. L-theanine enhances the production of the neurotransmitter's dopamine and serotonin, and also appears to play a role in the formation of GABA – a neurotransmitter that acts like a "brake" during times of stress. Because serotonin converts to melatonin in the pineal gland in your brain, improving serotonin levels ultimately results in improved melatonin levels, which in turn supports restful sleep. You can get via green tea, but I take this one before I go to bed: **Theanine Serene.**

Mellow Mojo

Mellow Mojo is a doctor-designed, 3-in-1 sleep drink engineering to boost your immune system, calm racing thoughts and rapidly induce slow-wave sleep; Say goodbye to insomnia and hello to calm sleep! Contains 2 mg of Melatonin - enough to drift off, but not enough to inhibit natural production; Also contains 3 powerful stacks to help provide relief from anxiety, support hormonal & adrenal balance, and induce natural sleep. Designed by a biochemist / molecular biologist, this powder includes GABA, Zinc and Vitamins C & D, which promote healthy sleeping without zapping all of your energy the next morning. You can get it via **Amazon.**

01 STEP 1	Address environmental toxins
02 STEP 2	Eat clean, whole, colorful foods,and drink lots of water
03 STEP 3	Toss the sugar, booze, dairy, dirty protein, and caffeine
04 STEP 4	Exercise, breathe, sweat, use hydrotherapy and dry brush
05 STEP 5	Prioritize sleep, stress relief, and mindfulness activities

YOUR RESOURCES

Home, Beauty and Self-Care Products

Food list, Recipes and Sample Meal Plan

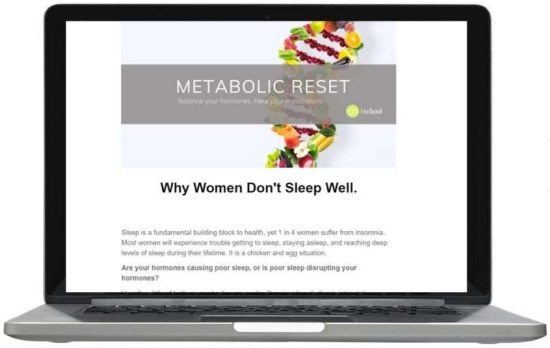
Mindfulness and Detox Supplement Resources

USE THE HELPFUL RESOURCES PDF! NEED OTHERS? EMAIL ME!

Want to learn more?

www.tinasprinkle.com

Free Metabolic Reset Email Series!



Drop me an email at tina@pilates1901.com and I'll add you to my 10-part email workshop on Metabolic health and update you on future course offerings!

Or sign up directly by clicking **this link** today.