
Start the Day with Lemon Water

This is a gentle yet effective way to support and cleanse the liver, kidneys, and colon, and will help alkalize your body. Drinking lemon water will assist in breaking up mucus and will provide energy via enzymes, vitamin C, potassium, and trace minerals. **Use fresh, ripe lemons, NOT prepared lemon juice.**

Squeeze the juice from a half or a full lemon into a mug with room temperature water or, better yet, almost-hot water. Drink this first thing in the morning to help “move things along” – yes, you may experience a bowel movement within an hour of drinking it (that’s what we’re aiming for). This is a good thing!

Drink More Water Throughout the Day

Your Daily Goal: Make sure the number of ounces of water you drink per day is equal to *at least half* of your body weight (e.g. 150 lbs body weight = drink at least 75 oz water per day).

NOTE: If you are active or outside sweating in the heat, drink more than that.

Take the “Yellow Test” to Gauge How Much Water You Need:

Notice the color and the smell of your urine. If it's pale yellow and mild in odor, you are drinking adequate amounts of water. If it's dark yellow and has a strong odor, you are dehydrated and need to drink more water.

Two Easy Ways to Drink More Water:

1. Get a reusable, BPA-free water bottle (e.g. stainless steel or glass) and carry it around with you so that water is accessible to you throughout the day.
2. Set a timer or schedule an email reminder to go off every hour as a reminder to drink your water.

NOTE: You will have to pee more. That’s just how it goes. On the plus side, you’ll have more energy, fewer cravings, lose excess weight, and feel better overall!

Move Your Body Every Day

Tune into what kind of exercise you ENJOY and feels appropriate for you, rather than doing what you usually do or what you think you *should* do.

Walking, running, cycling, swimming, yoga, dancing, tai chi, hiking, biking, and strength training are some great ways to get moving.

If the word “Exercise” intimidates you or if you are new to it altogether, that’s okay! Just start wherever you’re at. Taking a 20-minute walk first thing in the morning or after your meals is a great place to start. Once you get into the habit of doing that, increase the time and intensity. The important thing is that you get into the habit of moving your body and that you find a type of movement that YOU enjoy. If you dread exercise, it’s because you haven’t found something you like yet. Keep looking...you’ll find it!

Eat More Fiber

Getting additional fiber as we cleanse is vital to supporting the colon in its role of toxin elimination. **You should be eliminating at least 2 times per day.** In addition to eating lots of fresh vegetables, incorporate ground flax seeds and chia seeds.

End the Day with a Relaxation Detoxification Bath

Place 1-2 cups of Epsom salts, 1 cup of baking soda (optional), and 10 drops of lavender oil (optional) into a bathtub with water that’s hot, but still comfortable. Soak for 20 minutes (no more or else you run the risk of re-absorbing the toxins) and allow yourself to sweat.

Use this opportunity to relax. Dim or turn off the lights, light some candles, turn on some soothing music, enjoy this time you have to yourself. Drink water before, during, and after your bath to help facilitate detoxification.

When you are finished bathing, get up slowly. You might feel a bit light-headed at first, but this feeling will pass. Rinse off in the shower with cool water. Do not use any harsh soaps or shampoos, as you don’t want your body to absorb any of the chemicals in these products.

Drink plenty of water afterward. You should feel very relaxed and sleep soundly. The best time to do this is at night before going to sleep. **It is NOT recommended to take this bath right after or just before eating.**