

REBOOT AND RESET YOUR BODY



# CLEANSE GUIDEBOOK



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**DISCLAIMER:**

*The contents of this booklet are based on the knowledge, opinions, and experience of Emily Chan-Norris unless otherwise noted. The information in this handout does not replace a one-on-one relationship with a qualified health care professional and should not be considered medical advice. Emily encourages you to make your own health care decisions based on your research and in partnership with a qualified health care professional. And most importantly, make sure to listen to your body.*

## Welcome to the “Reboot & Reset Your Body” Guided Group Cleanse!

This guidebook is designed to give you the basic knowledge upon which to build a strong foundation for your health and achieve a natural state of radiance, energy, and balance.

I created this program because of my own experience with **weight gain, bloating, depression, unhealthy looking skin, high stress, sugar cravings, emotional eating** and **feeling insecure** about my body as a result.

By making healthier food and lifestyle choices, I've been able to manage and overcome my health conditions without the use of medication.

This program is based on what I've learned from health and nutrition experts as well as my own personal experience.

Every time I feel like I need to cleanse and bring my body back into balance, this is the program I follow.

Many of us set aside time to deep clean our homes, our yards, and our cars, yet we often neglect to do the same for our body!

Let's change that. Get into the habit of deep cleaning your body several times each year so that it may function at its fullest potential.

If you're suffering from **allergies, stress, fatigue, headaches, hormonal imbalances, digestive issues**, and **skin problems**, these symptoms are your body's cries for help! It's asking for time to rest, rejuvenate, be deeply nurtured, and get “tuned up.”

During this program, you will need to make some changes to your normal routine and put a little extra time and attention into incorporating new habits into your day, but the benefits will be well worth it.

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**Remember: If you keep doing the same thing you've always done, you're going to get the same results you've always gotten!**

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I invite you to approach this program with an open mind. Try something you've never tried before, whether it's a new food or a new way of thinking.

**I will not tell you to try anything I haven't tried myself.**

This plan and the techniques I share are very effective and if you commit to this program fully and do the work, you WILL experience a noticeable improvement in your health.

You'll be able to think more clearly, have more energy, your clothes will fit you better, you'll sleep more soundly, you'll look healthier, and you'll feel more balanced. Get ready to experience a happier, healthier you!

## Why Should You Do a Cleanse?

Imagine if you lived in a very small space. What would it be like if you could only removed 20% of the trash you brought in? What would it feel like to be in that space after a week? What about a month? Now imagine a year! How does it feel to be in that space now?

This is how your cells feel when they cannot release waste.

**Cleansing your cells will improve your ability to absorb nutrients and eliminate waste.**

It will also stabilize and improve your energy. During this program you will improve your health, increase your energy, and eliminate waste that causes disease, weight gain, and cravings.

**When your body cannot eliminate waste properly, it become acidic and toxic.**

When it becomes acidic and toxic, your blood and your cells slow down. When this happens, your body starts to slow down and break down.

**There are three reasons why toxins build up in your body:**

1. You take in more than you can eliminate.
2. Toxins in your food, your environment, and even your thoughts create waste in your body.
3. An overly acidic diet that allows micro-organisms (yeasts, molds, fungi, etc.) produces mycotoxins in our body, which produces even more toxins.

Toxins are stored in your cells and the quality of your life comes down to the quality of your cells.

Because cells are vital to all life, they have basic needs for their survival.

**Essentially, there are four things cells need to not only survive, but thrive:**

1. Oxygen
2. Water (the most abundant substance in the body)
3. Nutrients
4. The ability to eliminate waste

Your blood transports oxygen and nutrients to your tissues and eliminates waste. Your lymph system works closely with the circulatory system as it cleanses and returns tissue fluid to the blood and destroys toxins that enter your body. Your body has three times more lymph fluid than blood.

This program is designed to help you improve the quality of your cells by improving how your cells receive oxygen, water, and nutrients, and how your cells eliminate waste.

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## Toxins and Inflammation

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To achieve health, radiance, energy, balance, and permanent weight loss, it's helpful to understand the underlying causes of diseases and obesity: **Toxins and Inflammation**

### **What Make Us Toxic?**

Here are just some of the things we're exposed to every day that make us toxic:

- Environmental chemicals in solvents, plastics, and adhesives
- Toxins in makeup, moisturizers, nail polish, hair dyes, and shampoos
- Pesticides, herbicides and parasites in soil, food, and water
- Ingestible chemicals in junk and processed foods
- Toxins released by our bodies when under consistent stress
- Toxic thoughts and words that we subject ourselves to on a daily basis

### **What Creates Inflammation?**

The following can create inflammation in the body:

- Refined sugar
- Sunflower, safflower, soybean, corn, and cottonseed oil (you'll find these oils in most processed foods)
- Lack of exercise
- Toxins (see above)
- Foods you're allergic or sensitive to (common ones include gluten, dairy, and soy)

**Inflammation causes weight gain and prevents weight loss.**

Being inflamed makes you fat and being fat makes you inflamed. It's a vicious cycle!

## **Problems That Can Result From Toxic Overload and Inflammation Include:**

- Bad breath
- Bloating, gas, constipation, and diarrhea
- Canker sores
- Difficulty concentrating
- Excess weight or difficulty losing weight
- Fatigue
- Fluid retention
- Food cravings
- Headaches
- Heartburn
- Joint pain
- Muscle aches
- Puffy eyes and dark circles
- Post-Nasal drip
- Sinus congestion
- Skin rashes and acne
- Sleep problems

Toxins can also block thyroid function, impair female hormones, and may account for depression, anxiety, and fatigue.

## **Amazing Results You May Experience During this Program**

- Weight loss
- More energy
- Better digestion and elimination
- Fewer symptoms of chronic illness
- Improved concentration and mental clarity
- Less congestion and fewer allergy-related systems
- Less joint pain
- Less fluid retention
- Increased sense of peace and relaxation
- Enhanced sleep
- Better looking skin
- Brighter eyes

## Benefits of Cleansing

I'm guessing there were a few reasons why you decided to sign up for this program and cleanse your body.

As you go through this program, you'll notice an improvement in areas you didn't even realize were issues to begin with! (This is why I encourage you to take the quiz on page 4 of the Cleanse Workbook so you can get present to what these are.)

### Benefits of Cleansing and Detoxification Include:

- Increased energy
- Mental clarity
- Improved digestion
- Allergy relief
- Weight loss
- Hormonal balance
- Radiant skin
- Improved physical appearance
- Longevity and disease prevention
- Relief from minor health conditions
- Clarity in life path and goals
- Tissue regeneration
- Increased general well-being
- Personal confidence and empowerment

This is a relatively short cleanse designed to jumpstart your journey to health.

The food guidelines may seem fairly restrictive compared to the modern day Standard American Diet, but you should not feel hungry, as **this is NOT a fast**.

Eat abundantly from the foods that are listed on page 13 and use the sample meal plans and recipes as guides to help you make the most of your experience.

This cleanse is designed to be **gentle yet effective**.

It's also intended to be **flexible** so you can customize it to fit your individualized schedule, activity level, and other needs that are unique to your life and your body.

In this program, you will gain **awareness** about how different foods make you feel physically, emotionally, and energetically. Your taste buds will begin to change and you will begin to understand how your body responds to the foods you are consuming.

There are thousands of different dietary recommendations and philosophies, and new ones come up every day.

With that said, the best way to figure out *your* personalized diet is to **pay attention to how you feel** as you explore different ways of eating and being.

In the process of cleansing, you will begin to recognize which foods may not be serving you, despite what you have read or have been told.

The best "diet" for you is simple: Eat more of what makes you feel light, energized and satisfied. Eat less of what makes you feel heavy, tired, and unsatisfied.

## Cleansing and your Liver

Every toxin that you come into contact with must be filtered through the liver. **The liver is the second largest organ in the body and it is also the most overworked.**

Given that we now understand the degree to which we are exposed to toxins on a daily basis, it's easy to see how the liver is being put into overdrive.

When the liver becomes overburdened, it loses its ability to function efficiently. This leads to a cascade of potentially serious health consequences and uncomfortable reactions.

### **What happens when the liver isn't functioning properly or is overburdened?**

Toxins make their way into other organs, skin, fatty tissues, and the blood. This is when we begin to see and feel the manifestation of some of the common ailments described above.

This basic cleanse will help cleanse your liver and will also provide support to other systems in your body, such as your colon, skin, lymph, lungs, kidneys and bladder, mind, and emotions. As the liver starts the process to release toxins, these other organ systems will also provide pathways to efficient elimination.

### **Does Your Liver Need Some Attention?**

#### **Do you wake up at night?**

If you wake up consistently between 1:00am and 3:00am, your liver may be asking for some support. While we sleep, the liver becomes more active and works on cleansing and detoxification. Waking up around this "liver time" can signal that the liver is exhibiting signs of toxicity and needs some cleansing. Many times this happens from eating either too much sugar in the evening or animal protein.

#### **Do you have eye problems?**

Conjunctivitis, lots of mucus, itching, macular degeneration, dry eyes, and cataracts indicate liver weakness. Another physical clue is a vertical line between the eyebrows.

#### **Do you have skin issues?**

Eczema, psoriasis, rosacea, skin rashes, acne and dry skin are clues.

#### **Do you experience angry emotions?**



If the liver is congested and being forced to work too hard, it becomes “hot,” causing excessive anger and irritation.

### **Do you suffer from hormonal imbalances?**

PMS, hot flashes, and pre-menopausal symptoms are increased due to a congested liver.

### **Do you experience constipation?**

This condition can often be caused by a congested and toxic liver or even stressed adrenals. The colon should still be addressed, but it is often not the root cause.

## **7 Ways to Support Your Liver**

1. Eliminate toxins from your diet (eliminate processed foods, eat organic as often as you can)
2. Avoid smoking and drinking alcohol
3. Drink pure (filtered) water throughout the day to flush toxins and waste from your body
4. Drink lemon water first thing every single morning
5. Eat dark leafy greens, cruciferous vegetables, healthy fats, and protein.
6. Eat dinner at least 2-3 hours before bedtime.
7. Sweat! Saunas and exercise are a good way to get toxins out through the skin. Another way is the Relaxation Detoxification Bath (details provided in the **Toxin Reduction Tips** handout), a relaxing pre-bedtime activity you should try at least once during this program.

## YOUR CLEANSE

I have outlined the basic cleanse program below and will go into each phase in more detail in the next few pages.

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### The Program is Divided into 2 Parts:

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#### **2 WEEKS OF PREP**

**Week 1:** Prepping your mindset

**Week 2:** Prepping your kitchen

#### **2 WEEKS OF CLEANSING**

**Week 3:** Cleansing your body

**Week 4:** Cleansing your body

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### How to Optimize Your Cleanse

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- It's ideal to space your meals 3-4 hours apart. This allows the body to tap into and begin to burn fatty tissue that is storing toxins.
- Eat your evening meal at least 2-3 hours before going to bed (ideally at least 3 hours). Eating too close to bedtime can reduce the quality of your sleep and interfere with your body's fat burning capabilities. If you must eat right before bed, choose protein over a fat- or carbohydrate-based meal.

## WEEKS 1 & 2: PREPPING WEEKS

During these preparation weeks, you'll learn how to make the mindset shifts necessary for lasting change, how to identify and bust through barriers that are keeping you stuck, and prep your kitchen for success.

Focusing on these topics before making any diet changes will help you be completely present without the distraction of changing how you eat.

However, feel free to use any or all of this preparation phase to gradually transition into the program if the way of eating in Weeks 3 & 4 is brand new to you.

If you currently consume a diet high in processed foods, using these 2 weeks to ease into the cleanse will help minimize your withdrawal symptoms as opposed to going into the cleanse cold turkey.

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### Here's How You Can Utilize These 2 Weeks of Prep if You Need it:

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- If you currently drink more than 1-2 servings of coffee, soda or alcohol every day, use this time to reduce the quantity that you drink before you eliminate it completely.
- If gluten, dairy, and sugar are staples of your diet, gradually reduce the amount you eat in this preparation phase. For instance, you may designate just one meal per day where you consume them or you may choose to use the first week to eliminate gluten and wait until the to eliminate dairy and sugar.
- If you currently don't eat a lot of fiber-rich foods, like fruits and vegetables, start adding these in slowly (such as starting off your day with a smoothie)

Otherwise, it's perfectly okay to wait until Week 3 to focus on the food component.

If you already feel "prepared" or if you've participated in this program in the past, challenge yourself by using any or all of these 2 weeks to dive into the cleanse earlier so you can extend the duration of your cleanse.

## WEEKS 3 & 4: CLEANSING WEEKS

In this phase, you will eliminate foods that are highly addictive, known to cause inflammation and that many people have a sensitivity or intolerance to.

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### Foods to AVOID

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#### Beverages

- Alcohol
- Caffeine (except green tea)
- Coffee
- Energy drinks
- Soda (regular and diet)

#### Foods

- Gluten (anything made with wheat, rye, barley) and all flour products
- Dairy
- Soy
- Corn (except organic, okay in small amounts)
- Sugar (white sugar, cane sugar, dehydrated cane juice, brown sugar, honey, maple syrup, high fructose corn syrup, sucrose, glucose, maltose, dextrose, lactose, corn syrup, and white grape juice concentrate)
- Artificial sweeteners
- Refined oils and fats (canola, corn oil, grapeseed oil, safflower oil, soy bean oil, sunflower oil, vegetable oil, margarine, anything made from partially hydrogenated fats/oils)
- Dried fruit (dates, prunes, raisins, figs, etc.)
- Peanuts
- Processed foods, food additives, junk food, fast food
- **Optional: Nightshade vegetables (eggplant, pepper, potatoes, tomatoes) –Consider avoiding these if you have arthritis or severe joint pain**

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### I know that seems like a lot, but don't panic!

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As you go through the resources I give you, you'll find that there is actually an abundance of foods to choose from.

## Foods to ENJOY!

*Please choose organic when possible.*

### **Beverages**

- Water
- Non-dairy milk (e.g. almond milk, coconut milk)
- Homemade flavored water (suggested add-ins to your water: the juice of lemon or lime, chopped cucumber, fresh mint, berries)
- Green tea (if caffeinated, avoid drinking in the evenings as doing so may disrupt sleep)
- Herbal tea (caffeine-free)
- Fresh vegetable juice (preferably in the mornings or before/after doing physical activity as these juices can contain more sugar than others)
- Coconut water (recommended for smoothies or before/after doing physical activity as coconut water can be high in sugar – look for 8g sugar per cup or less)

### **Food**

- Vegetables
- Fruit (especially fruit lower in sugar like berries and apples)
- Animal protein
- Nuts (except peanuts)
- Seeds
- Beans/legumes (except soybeans)
- Healthy oils (e.g. olive oil, coconut oil)
- Gluten-free grains

*Refer to the **Shopping List** handout (available during Week 2) for a full list.*

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## What is Toxic Withdrawal?

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During the first few days of Week 3 (cleansing week), you may experience symptoms of toxic withdrawal.

When you start to eliminate substances that your body has become dependent upon (addictive substances), your body will naturally respond and ask for them back.

It doesn't do this in a comfortable or easy way. Only unhealthy, toxic substances are addictive.

If you experience uncomfortable sensations, these are signals that repair is under way and the removal of toxins from your body is occurring.

The more you search for fast, temporary relief with a candy bar, soda, or chips, the more you will inhibit the healing detoxification process.

Embrace the discomfort...it will pass, I promise.

### **Signs You're Experiencing Toxic Withdrawal Include:**

- Headache
- Weakness
- Stomach cramping
- Lightheadedness
- Empty, growling stomach
- Irritability, moodiness
- Fatigue
- Bloating feeling

Depending on your starting point, this could last up to 5-7 days but afterward you will feel so much better!

This will be the most difficult part of the program, but these changes are the most important to getting you started.

Just remember that these withdrawal symptoms are completely normal and they will pass. Focus on drinking lots of water, moving your body, and getting lots of rest.

**Don't give up...you will get through it!**

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## POST-CLEANSE: REINTRODUCTION OF FOOD & AWARENESS

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At this point you will be adding back the foods you eliminated during Weeks 3 & 4.

This can be a difficult time because you will be adding back foods that may have been causing you irritation, so take it slow.

Add in the other food groups we eliminated (e.g. dairy, gluten, soy, or corn) **one at a time** and journal about any symptoms you notice, such as:

- Headaches
- Sore throat
- Sinus pressure or changes with your sinuses
- Dry skin
- Moodiness
- Stomach issues
- Irregular bowel movements
- Gas
- Dry eyes
- Disrupted sleep
- Bloating
- Weight gain
- Acne

Keep track of your symptoms so that you can identify food sensitivities and understand how certain foods affect you. This will help you understand how and why you're feeling a certain way.

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## Food Intolerances – Why Are We Eliminating Certain Foods?

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Do you have a favorite food that you HAVE to have or can't stop eating?

Do you feel tired, bloated, and drained ALL the time?

If so, these may be signs of a food addiction or food intolerance. It takes only ONE food to wreak havoc on your health and your ability to maintain a healthy weight, immunity, and more.

**Many times, the foods we love the most are actually the foods that our bodies have an intolerance or sensitivity to.**

This keeps us from losing weight and making us feel tired and depressed.

When you eat a food that you have an intolerance or sensitivity to, it causes an inflammatory reaction and floods your body with chemicals. And it's the chemicals that your body releases that you can become addicted to and could be keeping you from losing weight, causing you to be tired and starting a cascade of other symptoms.

One reason is that your immune system attacks the food much like it would attack a germ, taxing your whole body and draining your energy.

Food allergies and intolerances are much more common than most people realize.

Millions of adults and children suffer from allergic reactions to food and don't even know it because the symptoms can be hard to diagnose.

The reason a food intolerance is so difficult to identify is that there are so many different symptoms and the symptoms are different for everyone.

Also, there is often a delayed reaction from eating the food, so you may eat wheat one day and feel fine, but then the next day you feel bloated and tired.



**Bloating, poor digestion, headaches, lethargy, depression, and weight gain are fairly common symptoms and yet most people don't think these symptoms are caused by the foods they've been eating their entire lives.**

The most common foods that people have a sensitivity or intolerance to are dairy, wheat/gluten, and soy. (Gluten is the portion of the wheat that causes the problems, and it also found in other gluten grains like rye and barley.) These are the foods that often end up being trigger foods for people, along with sugar.

Once you have eliminated these reactive foods from your life, you will be **AMAZED** at how quickly your energy and health will increase and, if needed, weight will effortlessly fall off. Your body will thank you for returning it to its natural state of radiant health.

## **Common Symptoms Caused by Food Intolerances:**

- Skin Issues (e.g. acne, eczema)
- Anxiety
- Gas/Bloating
- Slow Metabolism
- Depression
- Headaches/Migraines
- Lethargy/Exhaustion
- Weight Gain
- Digestive Issues
- Food Cravings
- Binge Eating
- Irritability, Mood Swings
- Heartburn
- Inflammation
- Muscle and joint aches
- Difficulty sleeping
- Lack of energy
- Heart Palpitations

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## Food Combining to Support Optimal Digestion

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If you are experiencing any digestive distress (or even if you're not), consider following these basic food combining rules:

### Ideal Food Combinations

- Eat melons alone on an empty stomach (do not combine with other fruits)
- Eat fruit alone on an empty stomach (Note: May be eaten with raw leafy greens – does not apply to melons)
- Vegetables + Starches (e.g. grains, starchy veggies like sweet potatoes/yams)
- Vegetables + Protein (e.g. eggs, meat, poultry, fish, nuts, seeds)
- Drink water at least 30 minutes before eating or at least 30 minutes to an hour after eating (drinking during meals can dilute our digestive juices and lead to delayed digestion)

### Why this Works

**EATING FRUIT ALONE:** Fruit breaks down fastest in the body (in and out of the stomach in 20-30 minutes) so eating it alone on an empty stomach ensures that it doesn't get "stuck" behind other foods that take longer to digest. If you eat an apple after a piece of chicken, for instance, the apple will ferment and cause digestive upset. It's recommended that you eat fruit at breakfast over any other meal or at snack time if it's been 3-4 hours since your last starch or protein meal.

**AVOID EATING PROTEINS WITH STARCHES:** Proteins and starches require different environments in the stomach and different enzymes for digestion. When proteins and starches mix, they don't digest properly. When we overload our digestion, we feel tired after eating because our body is directing its energy toward digestion. When we combine foods properly, we facilitate digestion and therefore feel more energized after we eat because the digestion process is significantly more efficient.

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## IN CLOSING

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Depending on what your diet is like right now, the first few days of Week 3 (your first week of cleansing) are usually the most challenging.

Don't worry- it will get easier.

Once you overcome the food addiction withdrawal, you will feel like a new person!

As you stick with this program you will become more aware of your body and how food is affecting you.

Awareness is a HUGE part of the program, so you'll be hearing me talking about it a lot throughout the program.

You will learn how to become your own detective. Having this knowledge gives you the freedom to know what, when, and how much you can eat in order to feel your best.

Once you make the connection of how certain foods are affecting you, you will not miss the foods that were making you feel miserable.

Download and save all of your cleanse materials and emails so you can repeat this cleanse a few times a year or as needed.

***I wish you great success with this program!***

***Let's do this!***