

Spring & Winter Tune up,

Replenish, Refresh, and Revive Your Body With Reasons & Recipes for Taking a Shower From With-in

I trust you have all listened to the accompanying audio if you have not go backright now and listen then come back and read the rest of these directions. This fasting tuneup is very unique with the intention of trying to make you aware of the statement given by Paracelsus the 15th century physician and father of body chemistry who said *“Fasting is the greatest remedy, the physician within.”* Although this is not a 100% pure water only fast, it does give you a taste of how the body can feel after the garbage has been taken out! So, without further ado let’s get you started preferably on a Friday if at all possible that way you have the weekend to relax and give focus to your healing. If you work weekends then whenever your Friday is that is when you should start.

Fasting could not have a better definition than this “ nature’s way of performing surgery” When you fast you are shutting it all down (digestive system) so that all your energy that usually goes to digesting food is now going to go towards healing your body at a cellular level. That means activating the bodies waste management system and taking out the trash! Your body was and is designed to heal itself, but is not often given a chance to do so. You are always busy meeting your family, social and work calendar and filling it full of all kinds of foods and drinks forcing it to spend the energy on many of your life’s stressors other than healing you.

One of the things clients always talk about with me is their busy lives and their very busy schedules. They really want to try the fasting thing but can’t find the time. I always give them this analogy you are the president of you incorporated are you not? Then you need to make and executive decision for the health of it and find a way to set some time aside. You are responsible for your results no one else has that power but you so make a decision..

This is about you, your life, and the body that you occupy to live this life. So make this a fun experience! If you have a friend or particular family member in mind who needs a tune up too why not enlist them to share the experience with you? Could open up all kinds of possibilities and fun! This is more than just a not eating food thing. It is a chance to get in touch with you again. So, why not embrace it for what it could and will be.

Most of you who have never done this before will have some doubt at your ability to go without the food for 10 hours let alone 24. This need not be a dull and lonely experience. Something wonderful is about to happen to every aspect of your mind, body and spirit. This break from all the food that has been clogging you for months and for some of you years will have the most amazing and positive effect on you and your life. Your body is going to get the chance to

actually do what it is designed to do. Take out the trash. So you have to take the time to plan your inner tune up, read up on what you need to buy, make the necessary appointments and get ready to have a high like you have never experienced. Let's get started with a pre game plan. Do not eat any meat, processed or fast foods 2 days before you begin. Read through all the links and order or purchase your products depending on which level you choose.

Level 1 Fast

1. First thing things first. On your first day give yourself a good brushing over with your dry brush. From your head to the bottoms of your feet, everywhere
2. After the body brushing, take a nice shower to rinse of all the dead skin and other toxins. Make sure to take your cup of Flora gentle detox tea in with you and sip it during and after your shower
3. Within the hour have 32 ounces of water mixed with your powdered orac greens, Musashi BCAA aminos, and then sweeten with a little Stevia.
4. Schedule a colonic if you can or you make take an enema either one is going to be very helpful. Ideally have a colonic.
5. Around mid morning will be the time to drink your freshly made green lemonade drink or perfect 10
6. Do something at lunch that you really enjoy doing. Get a massage, take a long bath, catch up on a project, take a yoga class, organize a section of your closet, and clean your car. Continue to drink water mixed with your greens and Stevia.
7. In the early afternoon it will be time to relax for an hour sipping on a glass of freshly made vegetable juice. Just be still and enjoy the view.
8. Get back to whatever project you were working on, maybe a nice easy hike or long relaxing walk? Practice Qigong, or do a yoga or Tai Chi class.
9. Drink some more water with your green super food and Stevia in it.
10. At dinner go for a nice long walk after your second cup of Flora Essence Detox tea
11. Drink a nice bed time herbal sleeping tea, journal your thoughts for the day and enjoy the success of a great night's sleep.

Level 2 Fast Plus Level 1 Activities

Drink # 1: Upon rising drink a cup Flora Essence Gentle Detox Tea. Use this tea only twice day and please make sure to read about it on their website so you have a thorough understanding of how amazing this tea really is.

Drink # 2 Organic ORAC-Energy Greens or New Chapters Berry Greens and add some fresh squeezed lemon juice or some Stevia for a little sweetness I also add Musashi's lemon flavored amino acids so my cells get all the aminos just like eating good proteins.

Drink # 3: Fresh Vegetable Juice 7 to 20 ounces of grandmas' green style apple lemonade or Ingo's perfect 10 or green feast

Drink # 4: Same As # 2

Take digestive enzyme 10 min before lunch. Taking one or two will work just fine, and this will help digest whatever you have hanging around as well as the following meal.

Lunch - Vegetable Juice any choice from the 3 on the list here or 1 large bowl of Fresh Organic Soup you make or buy, nothing from a can please.

Drink # 5 1 hour later a cup of fasting tea or detox tea from Yogi brand

Drink # 6 Same As # 2

Drink # 7 Vegetable juice 8 to 20 ounces of grandmas' green style apple lemonade or Green Feast.

Drink # 8: Same As # 2

Drink # 9: 1 cup of Gentle Detox Tea from Flora make sure it is one hour before you have dinner that you drink the Flora Tea.

Take digestive enzyme 10 min before dinner,

Dinner – Raw Fresh Organic Soup, or Meal Replacer using “Juvo” or “The Ultimate Meal”

Note: *When you make the meal replacer use four to six ounces of Unsweetened Vanilla Hemp Milk or Water. Include A dropper of Stevia or a packet xylitol to sweeten and perhaps a few frozen organic blue or raspberries if you really have too and this is your first time cleansing. I do this with 3-4 ice cubes, but if you are just starting out try the frozen organic berries found at Trader Joe's you'll find the drink amazingly good if you ad the sweetener to them.*

Drink # 10: One Cup Organic Sleeping Tea 2 hours before bed time.

Recommended Activities During Cleanse

- Get a colonic or two if you can. seek out a place where you can have this done
- Sauna at a spa as much as you can see what you can find out there who could help you
- Two 30 -60 Min Brisk Walks A day.
- Mini Trampoline 10 -30 minutes a day “Lymphasizing” nothing is more effective for detoxing than this.
- Meditate, do Qigong or Yoga for 15-20 minutes find a class or do a tape at home or class.
- Keep a journal by your bed and a book about fasting if you need ot stay motivated!
- Baths at night by candlelight and relaxing music.
- In bed by 10:30 no later this will keep your hormones and circadian rhythms balanced
- Buy a dry brush and brush your skin every morning before shower and night before your bath. Dry brushing moves the lymph fluid and is very healthy for you system
- Drink half your body weight in ounces a day of water
- Fast with a friend so you can keep each other motivated, do fun things like shop for the veggies and teas.
- Go to the Spa and get a manicure, massage, sit in the sauna.

If You Have A Juicer here are a couple recipes I like

Ingo’s Grandma’s Green Style Apple Lemonade

Ingredients all organic if possible for every juice

1 head of romaine lettuce or 5 celery stalks

5 Stalks of kale

2 Granny Smith apples for sweetness

2 whole peeled lemons

1-3 tablespoons fresh ginger and some Stevia for sweetness (optional)

Process the veggies through a juicer by admitting one veggie at a time through the juicer. The fiber will shoot out of the juicer into one container while the spout will eject the juice into another container. Pour into

a large glass and drink it up my friend. The lemon will totally cut all the green taste that everyone so desperately wants to avoid!

The Perfect 10!

Ingredients all organic

- 5 Large carrots
- 1 Handful of spinach
- 2 Kale
- 3 Celery stalks
- 4 Pieces of dandelion or organic tomato
- 1 Cucumber
- 6 grapes
- 2 Green Apples
- 2 Lemons peeled do not leave skin on
- 1 Small piece of Ginger

A little Stevia if needed

Process the veggies through a juicer by admitting one veggie at a time through the juicer. The fiber will shoot out of the juicer into one container while the spout will eject the juice into another container. Pour into a large glass and drink it up my friend. The lemon will totally cut all the green taste that everyone so desperately wants to avoid!

The Green Feast!

- 4 Celery stalks
- 1 cucumber
- 1 Handful of spinach
- 1 Handful of kale
- 1 Lemon unpeeled
- 1 Apple green
- 1 Pear
- Small bit of parsley

Links To Guide You and Educate You On What To Buy

- [Paradise Herb company makes an Organic ORAC-Energy Greens](#)
- [New Chapter Berry Greens](#)
- [Berry Greens Product Info](#)
- [Vanilla Hemp Milk from Living Harvest](#)
- [JUVO Raw meal mix](#)
- [Musashi BCAA Amino Acids](#) so you don't get tired and if you are a vegetarian
- [Ultimate Meal](#)
- [MRM Digest All](#)
- [Yogi Brand Detox Tea](#)
- [Flora Essence Gentle Detox Tea](#)
- [Para-Cleanse](#) if needed
- [Stevia](#) The Facts
- [Stevia Products](#) packets
- [Xylitol](#) The Facts
- [Xylitol Product](#)

TOOLS

- [Breville Juicer](#) easiest to use and clean!
- [Dry Brushing](#) A Must Do Activity!
- Bath Tub
- Good Book

Recipies For Level Two Fast

Grandma's healing soup

INGREDIENTS

2 1/2 tablespoons cold pressed organic olive oil
1 large leek, well-washed, white parts only, chopped
1 large carrot, peeled and diced
1 large new potato, diced
1 parsnip, peeled and diced
4 cloves garlic, minced
5 cups organic vegetable stock
Celtic Sea Salt to taste
Handful fresh parsley leaves, chopped
Large handful fresh spinach leaves (around 4 ounces), rinsed and coarsely chopped
Freshly-ground black pepper, to taste

1. In a soup pot, heat the olive oil and add the leeks, carrot, potato, parsnip, and garlic. Cook, stirring occasionally, over medium heat about 5 minutes. Add stock and salt to taste, then bring to a simmer.

2. Simmer soup, partially covered, for about 5 minutes, then stir in parsley and spinach. Simmer, partially covered, about 5 more minutes. Add pepper to taste and serve piping hot.

Immune Boosting Soup

For total immune booster, make this soup with half of the total garlic you desire, and after cooking add remaining cloves with lemon juice in step 2.

Immune System Booster Ingredients

4 cups mushroom or organic chicken broth
1 small onion, chopped

4-10 garlic cloves, to taste, crushed and chopped
1 carrot, grated
4-8 fresh shitake mushrooms, sliced
1-3 tablespoons grated ginger, to taste
1 lemon, juiced
3 tablespoons fresh parsley, chopped

Making Immune Boosting Soup

1. Bring the broth, onion, garlic, carrot, mushrooms and ginger to a slow boil.
2. Reduce the heat and simmer on low, covered, for 15 minutes or until the vegetables are soft.
3. Remove from heat; add the lemon juice and parsley. Cover and steep for 5 minutes.

Ingo's Detox Soup

A bowl of Healing Soup chases away all the bad stuff

Ingredients:

1 tablespoon olive oil
1 onion, diced
2 carrots, diced
2 stalks celery, diced
2 cloves garlic, minced
1 qt organic vegetable stock, or enough to cover vegetables
1 cup green lentils
1 bunch kale, chopped
1 can chopped tomatoes
1 to 2 tablespoons tamari sauce
1/4 cup cider vinegar
1 teaspoon organic Dijon mustard
1/8 teaspoon white pepper
1 teaspoon dried basil
1 teaspoon dried oregano
1 tablespoon miso

Heat oil and add onion, plus carrots, celery and garlic, as they are prepared. Sauté a few minutes, then add stock, kale, and lentils. Cook over medium heat until kale begins to lose its color, about 20 minutes. Add tomatoes and rest of ingredients, except miso. Cook 20 minutes or until lentils and carrots are soft. Turn off heat and add miso, mixed with a little liquid from the soup or with warm water. Serve warm.

*Notes about ingredients: [Green "le Puy" lentils](#) are preferred; they hold their shape better than brown, and are less starchy. Health food stores sell them in bulk, but if you can't find them, substitute plain brown lentils. [Miso](#) can be found at most health food stores or Asian grocers. If you can't find it, leave it out. I've used plain kale as well as the more adventurous [dino-kale](#) (aka Lacinato) or exotic Russian kale for this recipe; any will work.

Organic Broccoli & Spinach Soup



Ingredients:

- 1 1/2 pounds of organic broccolini
- 2 tablespoons extra-virgin olive oil
- 1 cup diced onion
- 1 cup chopped leek
- 1 1/2 tablespoons minced garlic
- Salt and freshly ground pepper
- 1 teaspoon of fresh basil chopped
- 1 teaspoon of fresh marjoram chopped
- 1 teaspoon of fresh Italian parsley chopped
- 5 cups organic vegetable stock (you can also use chicken stock)
- 2 cups of packed organic spinach washed, and trimmed
- 2 teaspoons of freshly grated lemon zest
- 2 tablespoons of Meyer Lemon juice
- 1 cup organic vanilla unsweetened hemp milk

Method:

Cut the stems from the florets of the broccolini. Cut stems into about 1/2 - inch pieces.

Heat the olive oil in a soup pot over medium high heat. Add the onion and leek to pan and season with salt and pepper. Add garlic and cook for about 1 minute. Lower temperature to medium heat and cook vegetables slowly until tender about 10 minutes (you do not want the vegetables to take on any color).

Stir in the basil, marjoram, and Italian parsley. Add the broccolini stems, vegetable stock and salt and pepper to taste. Bring to a simmer and cook uncovered for 2-3 minutes. Add the florets and cook until fork tender about 5 minutes. Stir in cleaned spinach and lemon zest. Once the spinach has wilted into the soup, puree the soup in small batches in a blender.

Return blended soup to pan and stir in lemon juice then soy milk. Taste and adjust seasoning if needed. Serve in warm bowls and garnish with lemon zest.

This recipe can be made ahead up until the point you blend the soup and store it in the refrigerator for several days or up to one month frozen.