

21-Day Whole Life Detox

On-going Assignments

Daily Meditation

While the health benefits of meditation are well documented, most of us have had a hard time incorporating a daily mindfulness practice into our lives. If you do not already have a daily practice, follow these guidelines.

- Meditate at the same time every day
- Meditate when you wake up in the morning. If you need to set your alarm clock earlier, do so. This is a beneficial time, for not only do our busy schedules always give us new excuses to postpone the practice, it also is the best time to achieve optimal brainwave states.
- Meditate in the same place. Best to be seated somewhere comfortable, not lying in bed.
- For the purposes of this program, your meditation will consist of closing your eyes and envisioning all of your cells filled with golden, healing light.
- Each day meditate for 1 minute more than the previous day. Day 1, you will meditate for 1 minute. Day 2, 2 minutes. Set a timer. By the end of the course, you will be meditating for 20 minutes. Maintain the 20 minute practice or increase per your experience.

Daily Journaling

While there will be specific journaling assignments in this course, the daily practice is to allow you to tap into your subconscious mind through what some call automatic writing. This is best done hand-written, not on a computer or electronic device.

Right before bed, when you are tired and your brainwaves begin to slow down, begin writing. Just write whatever flows out for as long as it flows. Usually this only lasts a few minutes as your mind transitions toward sleep. Do not worry about spelling, punctuation, grammar etc.

Balancing Your Circadian Rhythm

- Morning: After meditation each morning, or as soon as you are able, get 15 minutes of direct sunlight on your face.
- Evening: About 30 minutes to 1 hour before bedtime, dim lights or turn off lights and light candles, turn off TVs, computers, and cell phones (if possible). Try to avoid lights until you wake up the next morning—use nightlights if necessary. Try to make your room as dark as possible—use a sleeping eye mask if necessary.

Ground to the Earth's Electric Field

For 15-20 minutes each day, stand, sit, or walk barefoot on the earth. You could choose to stand barefoot in the grass and get your direct sunlight at the same time.

Day 1 Assignments

Detox Diet Assignment

Food toxins are foods that have little to no nutritional value, that activate an immune response, and that leave behind a toxic residue in the body. A toxic residue can be chemical (from pesticides or processing), biochemical (such as in the case of too much sugar or rancid oils), or even from other organisms (like peanut butter and the mycotoxins associated with it).

Begin by removing sugary or carbohydrate-dense snacks (Such as candy, chips, etc.). Substitute with fruits, citrus, soaked and sprouted nuts, carrot sticks, and other similar whole foods.



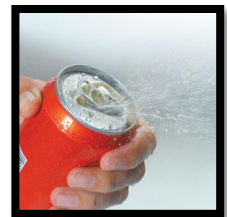
Mental/Emotional Assignment

Prepare Your Meditation Space. Often this is referred to as sacred space, but it is important to create a special area that your mind will associate with the healing work of the meditation. Choose a quiet area. Use a “Do Not Disturb” sign on the door if necessary. Place a candle or plant or a beautiful object in the space.

Day 2 Assignments

Detox Diet Assignment

Remove all unhealthy beverages. Such as soda, energy drinks, sweetened beverages, wine, beer, and caffeine. Remove pasteurized and homogenized dairy, especially reduced fat / non-fat dairy.



Mental/Emotional Assignment

Journal. What are your goals for this course? What would you like to get from it?

Day 3 Assignments

Detox Diet Assignment

Remove all food containing artificial flavoring, “natural flavoring,” or dyes.

Mental/Emotional Assignment

Begin News Fast. For the rest of the course, avoid all news—whether it be tv/magazine/blog, political or entertainment, gossip etc.

Day 4 Assignments

Detox Diet Assignment

Remove all food containing added sugars. This hits a wide spectrum of foods, ranging from store-bought salad dressings to deli meats.

Mental/Emotional Assignment

Clean Your Kitchen. Time to throw out/donate all the old, unhealthy foods. Anything with high fructose corn syrup, artificial colors, artificial sweeteners, chemical preservatives, and vegetable or canola oil.

Day 5 Assignments

Detox Diet Assignment

Remove all bread and flour products from the diet.



Mental/Emotional Assignment

Clean your closets/drawers. These tend to collect the most clutter. Time to throw away/donate all the old stuff that you don't use and has been taking up space.

Day 6 Assignments

Detox Diet Assignment

Remove all things wrapped in plastic, canned, or sold in a box. Eat your own food. This means cutting out fast food, restaurant food, and convenience food.

Mental/Emotional Assignment

Clean out your car.

Day 7 Assignments

Detox Diet Assignment

Remove all non-organic produce.

Mental/Emotional Assignment

Clean out your emails and phone. Delete old contact information and emails/messages you no longer need.

Day 8 Assignments

Detox Diet Assignment

Begin each morning with two large glasses of water. A third glass of water can have fresh lemon juice (sweetened with stevia if desired). Or put 1 tablespoon of apple cider vinegar into a large glass of water and drink that to help alkalize your body. We wake up dehydrated, acidic, too contracted and needing energy. Start your day with plenty of fluids.

Eat only vegetable-based meals and gluten free grains (millet, quinoa, buckwheat, amaranth). Include: Salads with a small amount of olive oil and lemon juice and raw vegetables, if you digest raw vegetables. Half of an avocado could be a good snack or can be added to a salad. Your meals will consist of cooked and fermented vegetables, sea vegetables, and soaked quinoa or millet. If you feel you need a protein softly scramble two pastured-raised eggs.



Mental/Emotional Assignment

Journal. How do you describe yourself? How do your family/friends/co-workers describe you as a person? Is there a difference?

Day 9 Assignments

Detox Diet Assignment

Continue to eat only vegetarian meals as described above. Remove nuts (but homemade nut milk can be consumed in small quantities), legumes, nightshades (red, yellow, orange and green peppers, potatoes, eggplant, tomatoes), coffee (if not already eliminated), refined and processed oils, refined sugars.



Mental/Emotional Assignment

Discovery Walk. Walk for 30 minutes to 1 hour. Do not talk on phone or text. Focus on the following questions: When things don't go your way, what are your immediate thoughts and reactions? Jot down your ideas when you return home.

Day 10 Assignments

Detox Diet Assignment

Eat only vegan meals, which means no animal product such as eggs and dairy.



Mental/Emotional Assignment

Journal. What do you not like about yourself—both physical attributes and personality? What do you think you need to work on the most as a person?

Day 11 Assignments

Detox Diet Assignment

Eat only vegan meals.

Mental/Emotional Assignment

Discovery Walk. Walk for 30 minutes to 1 hour. Do not talk on phone or text. Focus on the following questions: How do/did your parents respond to difficult situations? What do/did your parents think of the world? What does your partner or closest friend(s) think of the world? Jot down your ideas when you return home.

Day 12 Assignments

Detox Diet Assignment

Consume only whole food blended drinks. This is like juicing, except that the fiber of the vegetable is still intact. Blended salads and raw soups are pre-digested and can nourish the friendly bacteria in the intestinal tract. Include small amounts of ginger to every blended drink if possible.



Mental/Emotional Assignment

Journal. What relationships are unbalanced in your life? Who does not support your goals and lifestyle? Do you have close friends or family that you always feel bad after talking to/being with? Are there people in your life who are always having drama and leave you drained? What would happen if you decided to limit your interactions with them or cut them out of your life altogether?

Day 13 Assignments

Detox Diet Assignment

Consume only whole food blended drinks.

Mental/Emotional Assignment

Detox Bath. First write down a list of your biggest regrets. Then take a 20-30min warm bath.

Optional: Dissolve 2-3 cups of sea salt/Epsom Salt and add 12 drops of essential oil--sage, patchouli, chamomile, or geranium. Allow regrets to melt away into the water. If bath is not available, take another discovery walk.

Day 14 Assignments

Detox Diet Assignment

Consume only whole food blended drinks.

Mental/Emotional Assignment

Journal. Write at least 2 forgiveness letters to other people and one forgiveness letter to yourself. These letters are NOT to be sent. After completing the letters, burn them, shred them, rip them into tiny pieces, while saying to yourself, "I let go completely. You are forgiven."

Day 15 Assignments

Detox Diet Assignment

Begin adding warm, cooked foods back into the diet in the form of blended vegetable soups. Add small amounts of ginger, garlic, and other fresh herbs to soups.



Mental/Emotional Assignment

Affirmations. Include each of the troubling physical attributes/personality traits you wrote down on Day 10, in the following affirmation:

Even though I _____, I deeply and completely love and accept myself.

Example: Even though I feel like a failure, I deeply and completely love and accept myself.

Repeat 10 times while looking at yourself in the mirror. Continue daily for rest of the week.

Day 16 Assignments

Detox Diet Assignment

Consume warm, blended vegetable soups.

Mental/Emotional Assignment

Journal. What brings you joy? What makes you laugh? Pictures of babies? Thinking of your pet? Calling that old friend? That funny youtube video? A favorite movie? That song from the 80's? Create a list that will become a reference for you in the future.



Day 17 Assignments

Detox Diet Assignment

Incorporate steamed non-starchy vegetables, fermented vegetables, and sea vegetables into diet. Eat with coconut oil or a small amount of raw butter or ghee from pasture-raised cows. Use olive oil as a topping, not to cook with. If planning to add grains back into diet, begin soaking them today.

Mental/Emotional Assignment

Journal. Your goals. Where would you like to be in 3 months, 6 months, 1 year, 5 years, 10 years? Be as detailed as possible.

Day 18 Assignments

Detox Diet Assignment

Add properly soaked quinoa and millet and starchy vegetables back into your diet.



Mental/Emotional Assignment

Journal. Imagine you were just given a check for \$5 Million. How would you spend it? Write \$5,000,000 at the top of the page and deduct for each expense until you reach zero.

Day 19 Assignments

Detox Diet Assignment

Incorporate vegetarian proteins and protein fats back into diet. Begin with those that are easy to digest. These are foods such as raw egg yolk (not the white), soaked and sprouted almonds, but only if you digest them.

Mental/Emotional Assignment

Discovery Walk. Walk for 30 minutes to 1 hour. Do not talk on phone or text. Focus on the following: envision the idealized version of yourself. How would you walk, who would you be meeting, what would you say? How does it feel? When you return home, jot down words to describe how it feels to live the idealized version of yourself.



Day 20 Assignments

Detox Diet Assignment

Add raw, full-fat dairy from pastured cows back into the diet. If dairy is difficult to digest, do not add back in or eat only truly fermented dairy in the form kefir and yogurt. If you feel bloated, sleepy or there is too much mucous in your throat you may not be a good candidate for dairy foods. Many people are not.

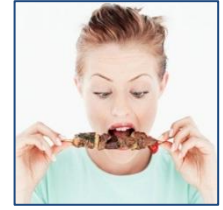
Mental/Emotional Assignment

Journal. Gratitude list. List all of the things you are grateful for and express gratitude for all of the wonderful things that are coming.

Day 21 Assignments

Detox Diet Assignment

Reintroduce small amounts of animal proteins. Do not overcook animal proteins.



Mental/Emotional Assignment

Try something new and expand your neural-net. Register for that class you've been meaning to or visit a museum. Take a new hiking path or sign up to learn a language.