

The following guidelines are intended to give you a sense of how to begin and advance with a holistic cleansing lifestyle.

Begin with Level 1. Review the recommendations and see which ones you have already implemented in your life and which need more support. Take small steps to introduce new cleansing habits into your life. You want to work with habits that are challenging, but which do not overwhelm you or threaten you subconsciously. What you choose to step into should overall feel easy, graceful, and positive in your life.

If you are new to working with your diet and/or cleansing, you may need and want to stay with Level 1 for many months before taking the next step.

You may never do a more advanced level — you may not need to. Your body, and its level of health or disease, as well as what you want from life, will guide you in knowing how far to go.

Rest assured, cleansing happens at every level, so long as it is an upgrade from the lifestyle you were leading previously.

Others may feel drawn to cleanse their cells and tissues deeply, as the benefits build up from regular practice, and you naturally desire to progress along this path at your own pace. If you were to start out at Level 1 or 2 it may take 2-3 years before attempting the protocol as described in Level 6; otherwise your body and mind will simply not be ready to sustain and benefit from that level of cleansing.

If you sink into doing battle with yourself, then back off. The key is to not take yourself out of the game entirely. Instead, ask for support around what's blocking you! This is part of taking full responsibility for your health and your body, rather than looking for the next fad diet or healing technique.

These guidelines also serve to provide options for those who come into our programs with cleansing experience and years of clean lifestyle behind them, so that you can pursue cleansing at a level that will provide a new level of transformation and healing.

Please let me know if you have questions!

Level 1: Anyone can do this! If you're feeling overwhelmed, simply focus on...

- Hydration with 8 / 8oz. glasses of lemon water per day.
- Juice daily or as often as possible; purchase cold-pressed juices or from a juice bar.
- Food combining: Keep meats and grains separate. Enjoy vegetables with grains or vegetables and meat together. Eat fruit by itself.
- Consuming the highest quality ingredients you can get your hands on - as much organic and local fresh foods as possible; gradually working to eliminate all packaged and processed foods.
- Commit to trying new recipes, trying substitutes and upgrades for the things that you love.

Level 2: Beginner (Core Protocol)

- Becoming fully hydrated by drinking at least 8 / 8 oz. glasses of spring water or lemon water per day.
- Daily vegetable juicing 12-24 oz. before breakfast; or purchase as needed.
- Salad-centered lunch; mostly organic / locally-sourced food.
- Switch out all body care products to ones with simple, natural ingredients.
- Dinner that includes both cooked and raw foods.
- Follow food combining for every meal and snack, as well as other cleansing diet principles.
- Weekly enema or monthly colonic for colon cleansing.
- Let go of all but your most critical attachments to acidic foods and behaviors.
- Daily movement.
- Body brushing.
- Once per week try liquid only (water, tea, fresh juice, smoothies, broths or soups, raw soups, etc.) until lunchtime.
- Deep sleep is key for regeneration and healing - work to remedy if not happening.

If the core protocol feels too easy, and you've already been doing some or all of these practices, then you may want to try stepping it up to the next level:

Level 3: Beginner – Intermediate

- Juice until lunch (skip breakfast or switch to smoothie).
- Salad Centric lunch + light late afternoon snack.
- Dinner can include fish / goat cheese / grains; the rest is raw + cooked veggies; (generally avoiding heavier, denser meats and animal products).
- Highest quality Wine / coffee / healthy dessert 2x/week, not daily and non-addictively.
- Switch out ALL household cleaning and laundry products for eco-friendly or homemade cleansers (lemon juice, vinegar, aluminum-free baking soda, etc.). All organic, and as fresh/local as possible; only pure body care products made with ingredients you could eat.
- Ensure high quality water, either from a natural spring, or purchased in glass bottles from a reputable company, Berky filtered water returned to a state of "living water." Drink at least 1/2 body weight in ounces / day, add lemon, sea salt.
- Monthly 3 day juice fast (w/ options to modify) OR 1 day per week juice / liquids only until dinner (intermittent fasting).
- The rest of cleansing practices are the same as Level 2.

Level 4: Intermediate

- Juice (or other fasting liquids) until lunch.
- Raw vegetarian lunch (no meat/fish); can include cooked vegetables.
- Cooked food primarily at dinner only, and always accompanied by raw foods.
- Consistently abstaining from alcohol, caffeine; dark chocolate is primary dessert or raw sugar-free dessert e.g. raw cacao + banana pudding.
- Increase colon cleansing to enemas 2-3 times per week or colonics twice per month.
- 3 day juice fast monthly or 1 day juice fast weekly.
- Drink at least 1/2 body weight in ounces of full spectrum living water with basic enhancements (lemon water, salt, minerals, and/or hydrogen).
- Wheatgrass 2-3 x / week (optional).
- Begin to wean off any pharmaceuticals.
- FIR sauna 2x / month, or regular detox baths.
- Body brushing, movement, sleep, etc. from Level 3.

Level 5: Intermediate – Advanced

- Juice to late afternoon, all organic produce.
- Include raw mid-day meal - raw blended meal / soup, raw veggies, salad, etc.
- Increase amount of darker greens such as dandelion, kale, chard, spinach and collards in diet, especially in raw or juiced form.
- May add wheatgrass a few times per week.
- Plenty of full spectrum living water with enhancements.
- Daily meditation / breathing practice.
- FIR sauna 1 x / week.
- Remove any mercury amalgams from teeth; avoid all pharmaceuticals unless critically necessary.
- Otherwise consistent with intermediate plan, and may some days try the advanced level, doing what feels right for the day.

Level 6: Advanced

- Juice until dinner, all organic produce.
- Daily wheatgrass.
- Plenty of full spectrum living water with enhancements and energetic imprinting.
- Dark green salads as focal point of meals.
- Addition of cooked vegetables as needed at dinner; minimal consumption of animal products or grains.
- 88% dark chocolate in small amounts as ideal sweet treat as needed.
- Daily body brushing.
- Daily movement.
- No sugar, grains, dairy, alcohol, caffeine or rec drugs.
- 2 days/week fasting or 4-5 days/month or 2 months / year.
- Meditation / breathing practice twice (frames the) day.
- Deep, restorative sleep.
- Regular FIR sauna (3 times / week or more).