



# CELLULAR CLEANSE

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# DISCLAIMER

## **Disclaimer**

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# WHY A CELLULAR CLEANSE?

Detox your body naturally with food



## WHY CLEANSE?

Detoxification or a cleanse is the body's natural process of purging potentially harmful impurities or toxins.

## A CLEANSE THAT TRULY WORKS

Detoxification is the body's natural process of purging potentially harmful impurities or toxins. Certain foods provide fatty acids, fiber, minerals, vitamins or other nutrients that can stimulate this process. Organic foods, herbs and spices are particularly useful when it comes to detox.

Toxins affect the body's natural ability to burn fat, leading to weight gain. Diabetes, heart disease, and high blood pressure are directly linked to weight issues. Detoxing rids the body of toxins stored in fat cells and increases metabolism.

By promoting a healthy liver, bowels and urinary tract, warming herbs and spices help to naturally cleanse the body. They also boost function of the lymphatic system and skin, which provides further cleansing potential.



ARE YOU READY TO HEAL YOUR BODY?

# Let's get started!

## First things first!

A food cleanse or detox is the process of eliminating processed junk foods, alcohol, meat, dairy, and caffeine out of your system to cleanse the body of impurities by faster cell regeneration, boost metabolism, and overall helps your systems to run more efficiently so you can look and feel good. But, with any cleanse, there are side effects of detoxing.

### **SYMPTOMS OF DETOXING**

We all know when we go from binging on processed foods to portion sized real whole foods our body goes through withdrawals. We freak out with mood swings, get cranky, and we don't feel like ourselves. Much like a drug addict, your food, alcohol, and caffeine stash has been taken away. Watch out! Now all you can think about is food. When you eliminate or cut back on certain foods, your body eliminates toxins. Your body will try to expel toxins in any way it can: from your liver, via bowel movements, and through your skin's pores.

Here are some common detox symptoms:

- Skin breakouts
- Bloating, stomach pains
- Headaches
- Food cravings
- Trouble sleeping, nightmares
- Diarrhea and constipation
- Fatigue, drowsiness, low energy levels
- Irritability
- Congestion or Mucus that feels like a cold

These symptoms are normal. Just hang in there. It is good old fashion willpower that wins in the end!

# Cellular cleanse tips

This will help you be successful through your journey



## 7 day program

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4-5 meals a day

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1 healthy human

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1. Stop drinking alcohol and replace with sparkling water with a lime.
2. Stop drinking coffee and replace with green tea or regular water.
3. Stop drinking soda and replace with sparkling water or regular water.
4. No sugar, fake sugars, breads, anything refined, wheat, or gluten.
5. Try to go organic as you can.
6. Get a calendar so that you can chart your progress.
7. Take measurements, weight, and pictures. Mark calendar to be accountable!
8. Be patient. Take it day by day. You will have good days and you will have bad days. Stay strong. It will be worth it in the end.

**YOU GOT THIS!**

# DO'S AND DONT'S

## ELIMINATE

- Meat
- Dairy
- Eggs
- Sugar
- Salt/sodioum
- Alcohol
- Caffeine
- Nuts
- Oils
- Processed foods
- All grains (every gluten-free ones)
- Gums and mints

## EAT

- All Fruit
- All Vegetables
- All Seeds
- All Beans and Legumes
- All herbs and spices (Fresh is best if available)

## EVOLVE

This plan is similar to the *WTF Where's The Fiber* nutrition guide but even cleaner. We eliminate grains, nuts, and treat meals.

### **Why no grains?**

Certain grains upset the gut flora. We want to add healthy gut flora back. So eliminate all grains for all 7 days.

### **Why no nuts?**

Nuts are an allergen food and can cause inflammation to certain people. We want to reduce inflammation. Hold off on the nuts till after the cleanse.

# DO'S AND DON'T'S

## ENJOY

Give your taste buds time to adjust to new foods without all the additives. You will truly appreciate the real foods once the cleanse is over. When you go back to your normal foods you may find that they taste sweeter or saltier. Do not count calories on this cleanse. Eat when hungry and eat as much food as your body needs at each meal from the foods on this menu.

## EXPLORE

After your cleanse, pay attention to certain foods when you add them back and how they make you feel. Really do soul searching and explore how you feel. It may be a food that you would not even think that your body is sensitive to,

## ENERGIZE

### **Benefits of a Cleansing Detox**

- Clearer sinuses
- Weight loss
- Build lean muscle
- Clearer skin
- More energy
- Regular bowel movements
- Mental Clarity
- Emotional stability/eliminated depression

**Caution:** Do not detox on a regular basis like it is a diet or way of life. Once a quarter is fine with some time in between them. The point is to be healthy and nourish your body with plant-based foods as a lifestyle.

After you have completed the 7 day cellular cleanse program you should continue to eat a healthy whole food balanced nutrition similar to this right after but with more variety, like adding grains and nuts back. If incorporating any "don't" foods after the detox, be careful not to binge on them and pay attention to how you feel. Be mindful.

# Smoothies

Any fruit  
Any veggie  
Any healthy fat except oil  
Any seeds  
Plant-based protein powder (optional)  
Any spices and herbs  
Water  
Ice  
(No grains like oatmeal this week)



# Salads

Any veggies  
Any beans and legumes  
Any fruit  
Any healthy fat except oil  
Any seeds  
(No grains like quinoa or rice)  
Any spices and herbs

Dressing: oil free dressing or salsa

# Bowls

Any veggies  
Any beans and legumes  
Any healthy fats except oil  
Any spices and herbs  
(No grains like rice or quinoa this week\_





# Snacks

- Any fruit
- Any veggies
- Any healthy fats except oils and nuts
- Any seeds



# Green juices

- Any combo or veggies
- Minimal fruit in it
- Fresh herbs and spices like fresh ginger

# Soup

- Hot or cold
- Any veggies
- Any healthy fats
- Any beans and legumes
- Any herbs and spices

Low to no sodium soup-canned and restaurant soup is not recommended



# Water

Drink half your body weight in ounces  
Aim for a gallon a day  
Drink water when you wake up  
Drink water when you workout  
Drink water in between meals

Drink water if you feel hungry, you really  
might be thirsty instead



# Tea

Stick with organic tea

Green, black chai, dandelion root, and matcha  
are all acceptable

# Supplements

Eliminate all vitamins and supplements  
Except-  
An organic plant-based protein powder for  
your smoothie is ok to use

Multivitamin is fine to take with food



# Sleep

Establish bedtime rituals that relax

Make sure to get 7-9 hours of sleep

Get off the phone and tv an hour before bed

Replace with TV/phone by reading a book

Make sure room is dark and there are no light

Go to sleep when you truly feel tired

Don't eat 3 hours before you go to bed

Be consistent with sleep



# Exercise

An aggressive exercise regimen is not recommended during this time

Pay attention to how your body feels, if detoxing you may not feel your best to workout at all, that is ok too

Walking, jogging, Pilates, barre, yoga, and lighter circuit trainer is recommended

# Patience

Weight gain and being unhealthy did not happen overnight. It took years of daily bad habits and unhealthy behaviors to get there.

One healthy meal does not make healthy and one workout does not make you fit. It is consistent daily meal choices and consistent daily workouts to make you healthy.

Results are slow so please be patient with yourself as you establish healthy lifestyle patterns.



# BREAKFAST

PICK WHAT WORKS FOR YOU

## CHOICES

1

### GREEN JUICE

2

### SMOOTHIE



#### **Smoothie Example:**

- 1 cup berries
- 1 banana
- 1 tablespoon flaxseeds
- 1 handful spinach
- 1 scoop plant-based powder
- Water
- Ice

#### **Green Juice Example:**

- 1 cucumber
- 1 stalk celery
- 1 apple
- 1 bunch of kale
- Lemon
- Ginger
- Cayenne pepper

# LUNCH

NOURISH WITH A RAW SALAD

1

## RAW SALAD



### Raw Salad Example:

- 2-3 cups greens
- Tomatoes
- Onions
- Chickpeas
- Cucumbers
- Bell Peppers
- Radishes

### Salad Dressing Example:

- 1 avocado
- 1 garlic
- 1 juice of a lemon
- Water
- Lemon
- Blend well
- Pour on salad

# DINNER

EAT A NOURISHING BOWL

1

## RAW AND COOKED BOWL



### **Bowl Example:**

2-3 cups greens  
Black bean  
Sweet potatoes  
Avocado  
Pepitas  
Bell Peppers  
Radishes

### **Dressing option:**

Plain (no dressing)  
Salsa  
Avocado dressing

# SNACKS

PICK WHAT WORKS FOR YOU

## CHOICES

1

GREEN JUICE

2

FRUIT AND SEEDS

3

VEGGIE WITH HUMMUS OR  
AVOCADO



### Snack Example:

1 apple  
2 tablespoons hempseeds  
Cinnamon

### Snack Example:

1/2 cup hummus OR  
1/2 small avocado  
2-3 cups raw veggies

# LIQUIDS

KEEP IT CLEAN

ONLY DRINK THESE 3

1

REGULAR WATER

2

ORGANIC TEA

3

SPARKLING WATER



## **Fruit Water Example:**

You can use real fruit in your water for a sweet taste.

Strawberries

Basil

Lemon

Make night before in mason jar for full flavor

## **Green Tea Brands:**

Numi

Traditional Medicines

Simple Truth

Any organic brand you like



# SUPPLEMENTS

KEEP IT SIMPLE, LESS IS BETTER

ONLY TAKE THESE 3

1

MULTIVITAMIN

2

B12

3

MILK THISTLE



## **Milk Thistle Benefits:**

To help cleanse the liver of alcohol and toxins. Medical research does suggest that milk thistle, combined with traditional treatment, can improve diabetes. Studies have shown a decrease in blood sugar levels and an improvement in cholesterol in people with type 2 diabetes.

## **B12 Vitamin:**

Make sure it is a sublingual tablet or it does not work effectively. Beware of sugar substitutes such as sorbitol, mannitol or sucralose, which can cause gastrointestinal symptoms in some people.

# CONGRATS! YOU DID IT!

CELEBRATE THE NON-SCALE VICTORIES!



## **BENEFITS OF A CELLULAR CLEANSE:**

- Clearer sinuses
- Clearer skin
- More energy
- Regular bowel movements
- Mental Clarity
- Emotional stability / eliminated depression

HOW DO YOU FEEL?

# ROCK OUT WITH YOUR BROC OUT!

JOIN THE FUN ON SOCIAL!

#ROCKOUTWITHYOURBROCOUT

#CRUDITECREW

#WTF



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