

Days 1-10

Cleanse Phase



30 mins Pre-Breakfast

Spark, Fiber, 3 Catalyst,
Probiotic Restore (AM Pack)
+ 8oz Water

Mix together with 10-12oz water
(I add ice)



Breakfast

Meal Replacement Shake
or Eggs with Oatmeal & Fruit
2 Omegaplex



Mid-Morning Snack

Protein & Fruit or Veggies

Lunch

Protein with Veggies or Salad

Mid-Afternoon Snack

Protein & Fruit or Veggies
Optional Spark if needed



Dinner

Protein & Veggies (no fruit)
2 Omegaplex



Pre-Bed

Herbal Cleanse (PM Pack),
3 Catalyst, 8 oz. Water

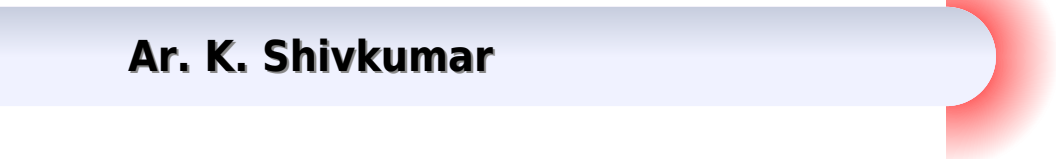
PM
Pack



Avoid:
Dairy
Alcohol
Carbs
Butter
Sugar
Fried Foods
Creamy Sauces
Sugary Sauces
Processed Foods

Fresh Start 2day Cleanse

Ar. K. Shivkumar



Fresh Start 2day Cleanse:

The 2-Day Superfood Cleanse Robin Westen, 2014-02-11 Discusses the health benefits of a variety of superfoods and provides guidelines for following a weekly two day cleanse that supports weight loss boosts immunity and increases metabolism

The 21-Day Healthy Smoothie Plan Sonoma Press, Jennifer Koslo, RD, 2015-04-01 Transform Your Health with One Simple Delicious Daily Smoothie We all have good intentions when it comes to smart eating but making better habits stick can be a challenge Incorporating one nutrient packed smoothie into your daily routine offers incredible benefits and The 21 Day Healthy Smoothie Plan will give you everything you need to make smoothies a delicious part of your healthy lifestyle The 21 Day Healthy Smoothie Plan offers An easy to follow 21 day plan to get you hooked on smoothies A 3 day detox cleanse for when you need an extra smoothie boost Troubleshooting guides for common smoothie snafus Daily inspirational quotes and intentions to motivate you 30 delicious salad recipes to complement your daily smoothie Stick to the smoothie plan and turn your best intentions for healthy eating into reality

To the Fullest Lorraine Bracco, Lisa Davis, 2015-04-07 Lorraine Bracco is one of the world's most dynamic actresses but when she reached her fifties she felt she was losing her luster During the long illnesses of her parents she began to gain weight and felt her energy and self confidence take a dive Watching her parents die within 9 days of each other was her wake up call to take charge of her life She made a commitment to herself to stay healthy In *To the Fullest* Bracco presents her Clean Up Your Act Program a comprehensive plan to help women over 40 look and feel younger The program includes an intensive liver cleanse to reboot the body to start fresh on the path to optimal health by eliminating gluten sugar eggs and dairy Two weeks of meal plans and a varied list of meals and snacks illustrate that hunger is not part of the program and that eating clean has endless flavorful options Her Clean Up Your Act Diet which follows the cleanse will help you lose pounds and deliver supercharged energy Bracco adds her own mouthwatering recipes to ease the transition to clean eating and suggests an abundance of satisfying breakfasts lunches dinners and snacks She gradually lost 35 pounds and has kept it off The book also includes testimonials gathered from women who have participated in Rodale's 6 week test panel With winning honesty Bracco provides the perfect combination of humor comfort and motivational support that women need to rise to life's challenges From attitude adjustments to style tips from finding new passions to making movement a habit her advice and personal insights both inspire and entertain

The 3-Day Cleanse Zoë Sakoutis, Erica Huss, Zoe Sakoutis, 2010-04-02 The founders of the BluePrintCleanse praised in *Elle* *Vogue* and *Every Day* with Rachel Ray offer an at home detox program for everyone Celebrities foodies and media people rely on the BluePrintCleanse for relief from the excess overindulgence and toxins we are all exposed to every day Cleansing allows the digestive system to rest so you can rid yourself of the toxins everyone accumulates whether from unhealthy eating or simply from our environment The 3 Day Cleanse offers a customized program based on your own personal health and lifestyle Unlike other cleanses the BluePrintCleanse includes sufficient calories and natural fats making for an easier yet

incredibly effective cleanse This book guides readers through step by step guidelines for a 1 day 3 day and 14 day cleanse as well as a long term maintenance plan Throughout are sidebars quick tips secrets and advice from people who have successfully done the cleanse In addition to the juice raw and partially raw food recipes in the book the authors include advice on battling the urge to cheat and working the cleanse into a busy lifestyle Prepare to boost your immune system alleviate allergies and PMS improve your mood and sex drive and clear up your skin Finally the juice service adored by many is available for you to create in your own home Praise for the BluePrintCleanse BPC is a manageable enjoyable yummy tasting cleanse It s not torture like other fasts or cleanses it gives me energy Christine Taylor actress I love BPC more than wrapping myself in Saran Wrap and sleeping in a sauna Robert Verdi celebrity stylist and television personality [Ignite Your Faith](#) ,2009-10-01 Christian teens often want to spend more time with God but don t know where to start Or they ve tried to develop a habit of personal quiet time only to be frustrated when they don t keep it up or become bored with it because they re simply going through the motions This devotional from the team at Ignite Your Faith magazine aims to change that with a collection of 365 reflections and activities that turns daily devotions into an adventure Using a variety of approaches to spiritual growth Ignite Your Faith handles topics such as faith friendship family relationships school and church with a relevance and skill that will make this a go to devotional for teens hungry to meet God in new ways each day

The Dermatologists' Prescription for a New You! Debbie Palmer,Jennifer Kitchin,2011 Now more than ever we strive to regain our youth Today s consumers need guidance as to which products to choose and which procedures you should seek out We will educate you on factors that contribute to aging and advise you on how you can prevent and reverse the physical signs caused by these factors This book will empower you with the ability to sort through the products available for purchase and to help you understand and interpret advice received from websites magazines and other sources of information After reading this book you will understand the skin and how it functions and you also will understand the aging process and what you can do to slow it down You will also learn about antioxidant ingredients and using our customized quiz you will be able to determine your antioxidant repair needs This knowledge will help you choose the products that are right for you [A Week to Change Your Life](#) Olivia Audrey,2023-02-21 Do you regularly get the Monday Blues Are you always tired on Fridays even though you want to be excited for the weekend There may be more to it than just a long work week Over the course of a week the human body goes through a cycle of self regulation Our energy levels inflammation levels capacity to focus and even our immunity all fluctuate naturally based on this internal seven day cycle scientifically known as the circaseptan rhythm Now Dr Olivia Audrey reveals how we can tap into the power of this seven day cycle to transform our health and overhaul our mind and mood The key to understanding your own circaseptan rhythm is remarkably from the day of the week on which you were born The birth experience is like a hormonal storm that inflames the body one that is repeated week after week with an ebb and flow of inflammation and repair that lasts seven days This cycle has a measurable impact on mood energy and all the

facets of physical health Dr Audrey s protocol provides instructions for aligning your health goals with your body s natural circaseptan rhythm unlocking extraordinary benefits With her accessible writing and actionable advice Dr Audrey reveals the secret to harnessing your body s natural rhythm in order to heal whatever ails you and boost how you look feel and live This plan can be effective for losing weight gaining focus fighting specific diseases or simply feeling more in tune with your life publisher s website [15 Days to Healthy Eating : How to Boost Energy Improve Immunity and Transform Your Lifestyle](#)

Ranjot Singh Chahal,2025-09-18 Discover the simple practical and effective way to transform your eating habits in just 15 days In this step by step guide Ranjot Chahal takes you on a journey to healthier eating with easy to follow daily meal plans tips and strategies that fit into any lifestyle Each day focuses on specific goals from boosting your energy and improving digestion to strengthening your immunity and creating lasting healthy habits Whether you are a beginner or looking to refine your diet this book provides balanced meals smart snacking ideas and practical guidance to help you feel energized nourished and confident With Ranjot Chahal s expert guidance you will not only learn what to eat but also how to make healthy eating a sustainable lifestyle change Celebrate your journey to wellness and feel the difference in just 15 days

Saptamsidhi Ar. K. Shivkumar,2024-03-29 A Ready Reckoner Reference Handbook on Hinduism Concepts recommending Practical Vedic Approaches for Today s Modern Life This book is an attempt to change your Outlook on LIFE ways of maintaining its HEALTH offering new positive solutions in Vedic context HOLISTIC HEALTH truly refers to a way of living It emphasizes the body mind spirit and emotions in its pursuit for optimal health wellness and well being considering the whole individual and the environment rather than focusing only on illness or specific body parts What is the first the foremost step before getting down from bed PUSHPANJALI How to avoid LIFESTYLE DISORDERS in today s trending Lifestyle AAROGYAM What is your body constitution TYPE as per Vata Pitta Kapha how to balance it AYURVEDA How to determine the Auspicious moments of the days nights SAPTAGYANAM How to awaken our 7 body energy chakras step by step DHAYANAM How to perform SURYANAMASKARA Yogic Kriya and its 360 effects on us PRANAYOGAM How do we perform the ANTHESTI SANSKAAR the death rituals for disposing the body to the Panchatatvas SANSKAARAM SAPTAMSIDHI is a concept related to holistic health approaches through the 7 PGR MEASURES PREVENTIVE GUIDING REMEDIAL in which all topics are interconnected interwoven and interrelated between them and among themselves influenced by the origin of Hinduism Vedic Life Culture It is a SELF HELP GUIDE that instructs the reader to embrace any of THE 7 CONCEPTS of HOLISTIC HEALTH APPROACHES or to combine them all to avoid falling prey to MODERN LIFESTYLE DISORDERS TABULAR FORMATS TF are condensed contents in a table format that give the reader a quick peek at the whole summary and the highlighted key points of each chapter on a single page A total of 23 different tabular formats provides a completely new perspective for knowing interpreting and analyzing the subject matter with much greater clarity and understanding Each chapter contains roughly 245 images diagrams and visual interpretations to provide readers with a

clear concise understanding of the relevant material of each topic discussed The information is documented assessed and presented as an instant ready reckoner for all age groups and it can be used at various times throughout one s important life phases

The Complete Idiot's Mini Guide to Raw Food Fasts and Cleanses Jennifer Rinaldi,2010-11-02 Starting a fast is not something you just jump into but exploring the world of fasts cleanses and healthful foods isn t always the easiest thing to do This guide provides you with the essentials for starting a new fast or cleanse In it you ll find Why eating raw is a natural way to cleanse A list of different types of fasts Tools for the ultimate fast Introduction to the Master Cleanse

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