



## **10 day body~mind~spirit reset**

Learn how to create the habits you want...reset your body in order to feel its guidance

Understand how we sabotage our own greatness with hidden programming

Connect to your inner wisdom and feel the depth of your soul

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~THANK YOU FOR THIS OPPORTUNITY TO FEEL FREE~

### **The 10 day Food & Mind Regimen**

Cut out all nuts, grains, seeds, dairy.

Use fresh organic vegetables for salads and/or veggie stir fry

Prepare BoneBroth before beginning cleanse (directions below)

AM: 20 ounces of water with 1 tablespoon apple cider vinegar

20 ounces of bone broth (must be sipped)

16 ounce green drink (amazing grass or Nutriharmony make great powders or juice fresh greens)

20 minutes of chi gong or moving meditation

Noon: 20 ounces of water (30 minutes before food)

Big salad with all the organic veggies you want (apple cider vinegar and olive oil for dressing)

5 maps, 1 tablespoon fermented cod liver oil,

1 cup of yogi tea with collagen (shilajit optional)

10 minute mini nap or chi gong

PM: 20 ounces of water (30 minutes before food)

20 ounces of bone broth

Big salad or veggies cooked in bone broth or a veggie stir fry

Evening tea and cleansing bath (or shower)

Foam rolling and Self myofascial release work

Snack: If you feel tired or hungry start with a glass of yogi cleanse tea to regulate your blood sugar and follow up with 20 ounces of water. if you are still hungry then feel free to snack on fermented veggies, salad or bone broth.

### **How to's**

~All food should be eaten in a quiet environment where you can relax and focus. "Chew your water and drink your food". This means that you should never chug any liquids this does more harm than good. Mastication (chewing) is the first step in digestion. This cleanse was designed to give your digestive system a break. Although we do not stop eating it is important to thoroughly chew your food until it is almost a liquid in your mouth. This will lighten the digestion load for your intestines.

~Eat with your hands! Enjoy a kinetic connection with the plants that you are eating. Eat with your mind! Giving thanks to every bite and all the people, land, sun and anything that made it possible to be on your plate now. Eat

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with your feelings! Feel the sun that grew the food, feel your mouth salivate, feel the air on your skin. By being present and giving thanks for what you get to eat you will focus less on what you're not getting during this cleanse. Appreciate what is!

~Do the breathing and Chi gong. This step is vitally important! Take the time to connect with your soul. As your body becomes clean your inner dialogue will share some truths and insight with you that will feed your soul. As we go without and move within you will begin to understand that you need to be fed not only by food but by spirit. If we only focus on the body without connecting to our soul we are only doing half of the work on this holistic journey.

~Before beginning to breath or do chi gong set an intention. This could be anything but some examples are...

~I appreciate my souls wisdom and choose to quiet my mind to listen to any messages it has for me now

~I choose to release all tension and stress from my body and connect to the flow of life

~Now is the time I dedicate to me...I want to feel the love that exist in my body, heart and spirit

Do not try to manage your mind, just become a witness to your thoughts. Allow them to flow through and give you insight. Meditation is not about clearing it all out...it is about become a witness to what it.

**~Cleaning the skin.** Dry brush your skin every evening and apply coconut, olive or almond oil before stepping into a hot relaxing bath (add a bag of epsom salts for the extra bonus of cleansing and a good dose of magnesium). The skin is the largest organ of the body and will be releasing a lot of toxins during your cleanse. You can help it along by running a dry brush in circular motions towards the heart. This brings the blood to the surface and helps rid of cellulite. By applying an oil and letting it sit for 15 minutes before your bath it will float toxins to the surface to be rinsed clean.

### **~Supplements:**

I choose to add some supplements during this cleanse because as I give my digestive system a break from animal protein I do not want to loose muscle or feel weak as I go about my day. This cleanse was designed to be done with daily living in mind. By adding amino acids in the form of bone broth, collagen and Master Amino Proteins plus fermented cod liver oil I will be able to keep the balance of proteins, fats and carbohydrates even though I am not eating meat.

~It is common to not feel well during a cleanse. However this is a sign that you are doing it right! When the body has a rest from digestion it can begin to turn its attention outward of the digestive track and clean toxins. Toxins can be stored in fat, organs and skin. As the toxin begin to move from your body they get into your blood stream and this can create the sensation of sickness, headache, body aches or brain fog. When this happens don't give up! Drink more water is the best solution to body pollution! Allow the river of fresh water to carry the toxins out of your body. Take a rest if you need to. Be gentle with yourself cleansing is more then a "eat this don't eat that"

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process. If it feels overwhelming take a minute to quiet your mind and have some inner dialog with yourself. See what there is to learn from this pain teacher. By going without we can go within.

~**Cravings!!!** This will be a big one! When you are ready to quit and drink that cup of coffee, smoke a cigarette, eat that chocolate bar or have that steak and a glass of wine just stop for one minute. Go to your breathing and ask why do you feel you are feeling like this. Most of the cravings you will have will dissipate within one minute of breathing. Your body creates anti-bodies for the substances that we are allergic to and when we use those things on a daily basis. Your body will create the antibodies before you even ingest the substance. This means that when you don't eat the offending foods that your body created anti-bodies for then it puts the messages out as a craving. Your body is very efficient and does not want to waste good antibodies. By the end of the cleanse you will notice a significant drop in cravings and when these things are reintroduced your tolerance will not be the same as it once was. In fact you will begin to truly feel the ravaging effects of things like caffeine and sugar when you first begin to put them back into your clean body. Try to continue without some of the more harmful things you use allow your body to slowly integrate back into daily life without being inundated by toxins right away.

## Shopping List

**It is important to have all the items you will want for your cleanse stocked and ready to use. All of the items I am listing here I use myself. Feel free to make adjustments according to what you feel you want to integrate during your cleanse.**

- Apple Cider Vinegar
  - Green Drink (Amazing grass or Nutriharmony are two companies I have researched and trust. I think that Amazing grass has a more palatable taste and Nutriharmony has more nutrient dense greens if you like that green taste.)
  - MAP's (master amino proteins)
  - Great Lakes Collagen
  - Fermented Cod Liver oil (Green Pastures)
  - Yogi Fasting Tea
  - Dry brush and body oil of your choice (almond or coconut works for me)
  - Bones (from grass fed cows or free range chickens for bone broth recipe included below)
  - Good source of fresh spring water
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## Bone Broth

For thousands of years there have been traditional foods like fermented vegetables and cultured dairy that have been touted for their health benefits.

But one common healing food that is now being recognized for its incredible health benefits is bone broth. Bone broth benefits are numerous and extensive so let me share a few ancient secrets with you.

**I have found bone broth to be the #1 thing you can consume to:**

- Heal leaky gut
- Overcome food intolerances and allergies
- Improve joint health
- Reduce cellulite
- Boost immune system

Chicken soup isn't just good for the soul: there's a reason that it's prescribed by doctors and mothers alike when you're feeling under the weather. All bone broths beef, chicken, fish, lamb and more are staples in the traditional diets of every culture and the basis of all fine cuisine. That's because bone broths are nutrient-dense, easy to digest, rich in flavor and-they boost healing.

Bone broth or stock was a way our ancestors made use of every part of an animal. Bones and marrow, skin and feet, tendons and ligaments that you can't eat directly, can be boiled then simmered over a period of days. This simmering causes the bones and ligaments to release healing compounds like collagen, proline, glycine, and glutamine that have the power to transform your health.

Nutrition researchers Sally Fallon and Kaayla Daniel of the Weston A. Price Foundation explain that bone broths contain minerals in forms that your body can easily absorb: calcium, magnesium, phosphorus, silicon, sulphur and others. They contain chondroitin sulphates and glucosamine, the compounds sold as pricey supplements to reduce inflammation, arthritis and joint pain.<sup>1</sup>

A study of chicken soup (broth) conducted by the University of Nebraska Medical Center wondered what it was in the soup that made it so beneficial for colds and flu. They found that the amino acids that were produced when making chicken stock reduced inflammation in the respiratory system and improved digestion. Also, research is proving it can also boost the immune system and heal disorders like allergies, asthma, and arthritis.<sup>2</sup>

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Sally Fallon explains that most store bought “stock and “broth” today aren’t “REAL”. Instead, they use lab-produced meat flavors in bouillon cubes, soup and sauce mixes. Also, manufacturers began using monosodium glutamate (MSG), which is recognized as a meat flavor but in reality is a neurotoxin.

If you want real bone broth you can make it yourself at home which I will explain at the end of this chapter. You will need to get grass fed bones from your local farmers market or from a online health food store like Wise Choice Market.

### **The Magic of Collagen and Gelatin**

Real collagen is the source of stock’s immune-boosting properties. You’ve probably seen this jiggling layer atop the broth in your cooling roasting pan and discarded it but think again next time-this is the good stuff.

Collagen is the protein found in connective tissue of vertebrate animals. It’s abundant in bone, marrow, cartilage, tendons, and ligaments. The breakdown of collagen in bone broths is what produces gelatin.

Gelatin (the breakdown of collagen) was one of the first functional foods, used as a medical treatment in ancient China.

Dr. Francis Pottenger and other world class researches have found gelatin and collagen to have the listed benefits:

- Gelatin helps people with food allergies and sensitivities tolerate those foods including cows milk and gluten.
- Collagen protects and soothes the lining of the digestive tract and can aid in healing IBS, crohn’s, ulcerative colitis and acid reflux.
- Gelatin promotes probiotic balance and growth.
- Bone broth increases collagen reducing the appearance of wrinkles and banishing cellulite.
- Because gelatin helps break down proteins and soothes the gut lining, it may prove useful for leaky gut syndrome and the autoimmune disorders that accompany it.
- Gelatin provides bone-building minerals in easily absorbable ways, preventing bone loss and reducing join pain.

And here is another incredible benefit from the collagen found in bone broth, it can make your skin look amazing! According to Donna Gates, author of Body Ecology, bone broth makes your skin supple and can decrease cellulite!

She says cellulite comes from a lack of connective tissue and if someone has very smooth skin it’s because their skin is high in connective tissue. Donna explains that consuming

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collagen-rich bone broth can reduce cellulite and tighten your skin making you look younger.

### **Healing Amino Acids**

Gelatin in bone broths contains “conditional” amino acids arginine, glycine, glutamine and proline. These amino acids also contribute to stock’s healing properties.

Conditional amino acids are those classified as nonessential amino acids that are essential under some conditions: you don’t produce them very well if you are ill or stressed.

Kaayla Daniel points out that unhealthy Western diets, heavy on processed carbohydrates, low in quality grass-fed animal products, and devoid of homemade soups and broths, make it likely that these amino acids are chronically essential.

What do these conditional amino acids do?

#### **Arginine**

Necessary for immune system function and wound healing

Needed for the production and release of growth hormone

Helps regenerate damaged liver cells

Needed for the production of sperm

#### **Glycine**

Prevents breakdown of protein tissue like muscle

Used to make bile salts and glutathione

Helps detoxify the body of chemicals and acts as antioxidant<sup>4</sup>

Is a neurotransmitter that improves sleep and improves memory and performance

#### **Proline**

Helps regenerate cartilage and heal joints

Reduces cellulite and makes skin more supple

Helps repair leaky gut

#### **Glutamine**

Protects gut lining

Metabolic fuel for cells in small intestine

Improves metabolism and muscle building

Talk about some incredible health benefits! For these reasons, I have most of my patients consume bone broth as a partial fast, detox, or during meals to help heal their gut and detoxify their cells, gut and liver.

### **How to Make Bone Broth**

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There are a few important basics to consider when making good stock. You can make bone broth with animal components alone but in his chicken soup study, Dr. Rennard found that the combination of animal products and vegetables seemed to have synergistic effects, working together to be more beneficial than either alone.

Sally Fallon says that it's important to use body parts that aren't commonly found in the meat department of your grocery store, things like chicken feet and neck.

**You'll also want to buy animal products that you know are pasture-fed and free of antibiotics and hormones.**

Fallon describes the essentials as bones, fat, meat, vegetables and water. If you're making beef broth or lamb broth, you should brown the meat before putting it into a stock pot. Fish and poultry are fine to put in a pot without browning first. Add a bit of apple cider vinegar to your pot to help draw the minerals from the bones.

### **Cooking Suggestions**

Place bones into a large stock pot and cover with water.

Add two tablespoons of apple cider vinegar to water prior to cooking. This helps to pull out important nutrients from the bones.

Fill stock pot with filtered water. Leave plenty of room for water to boil.

Heat slowly. Bring to a boil and then reduce heat to simmer for at least six hours. Remove scum as it arises.

Cook slow and at low heat. Chicken bones can cook for 24 hours. Beef bones can cook for 48 hours. A low and slow cook time is necessary in order to fully extract the nutrients in and around bone.

You can also add in vegetables such as onions, garlic, carrots, and celery for added nutrient value. It is best to do this in the last hour of boiling.

After cooking, the broth will cool and a layer of fat will harden on top. This layer protects the broth beneath. Discard this layer only when you are about to eat the broth.

### **Bone Broth Benefits as Therapy**

Remember, bone broth is rich in minerals that support the immune system and contains healing compounds like collagen, glutamine, glycine, and proline.

The collagen in bone broth will heal your gut lining and reduce intestinal inflammation. In addition, collagen will support healthy skin and can reduce the appearance of cellulite.

Also, the glycine in bone broth can detoxify your cells from chemicals and improve brain function.

I recommend consuming 8oz 1-2x daily as a soup, a plain beverage, or doing a bone broth fast. I typically drink 8oz upon waking every morning.

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