



The Cleanse

An overview and guide to the vacation-for-your-body diet

by

Stephanie Cirihał

www.stephaniecirihał.com

Are you feeling sluggish? Have you reached a weight-loss plateau? Would you like to have more energy? Are you ready for a breakthrough in your life?

If the answer to any of these questions is “YES!” then the Cleanse may be the thing for you. It is a jump-start for any of the above, providing a foundation for small and major changes. A cleanse is a short-term fast in which you give up certain foods for a period of time. Often, we think of cleansing or fasting as something difficult and exotic, and in fact you may have heard a lot about detoxing lately, as it seems to be a trend.

But this cleanse is neither extreme nor leaves you hungry. It is based on removing temporarily (for 3-21days) 5 foods known to be difficult for your body to process:



- Alcohol
- Caffeine
- Sugar and artificial sweeteners
- All animal products and
- Gluten

You can learn more about the science and rationale behind the Cleanse in Kathy Freston's book, "*Quantum Wellness*" or her daily cleanse guide, "*Quantum Cleanse*." Just know that it is NOT a radical diet that requires juicing or fasting. Medically, it's unassailable, but please check with your doctor before beginning.

The Cleanse is based on the premise that removing toxins from your body leads to feeling better FAST. This makes sense on several levels:

1. When you put certain foods on the back burner for a bit, your body has a reprieve from its normal everyday chore of digesting things and it begins to process and release stored toxins, extra fat, and accumulated waste (let's face it – isn't it about time to get the rest of that cupcake completely OUT of your system???).
2. A reprieve of hard-to-digest foods gives your body a vacation (which it could probably use if you've been on vacation recently), which accelerates any healing and allows you to return to optimal capacity.
3. Any disruption of eating patterns for any amount of time creates an enormous space for a quantum leap to happen in other areas too! You clear the way for new energy and new awareness to come in.

Some of the benefits of this temporary diet are:

- Weight loss
- Clearer skin
- More energy
- Consistent energy
- Relief from a variety of aches, pains, and digestive ailments
- Break from addictive habits
- Deeper self-awareness

My own experience with the Cleanse began in the summer of 2008 when I was experiencing digestive symptoms like bloating and gas. I went to my doctor who shared her opinion with me that it was likely diet related. I wanted to feel better fast, so I did some research and found Kathy's book. I enlisted my friend to partner with me in the Cleanse, for support and we decided to try it for 7 days.

Before starting, I felt panicky about what to eat. I had never given up anything on this list before! I was not familiar with any of the foods. So I gave myself a few days to do some research and to shop for foods on the diet. Then we started the Cleanse on Monday morning. The first day I didn't feel any different. On day 2, both my friend and I noticed that we felt sluggish and had low energy, probably due to caffeine withdrawal. Then, on day 3, something shifted. We both awoke with tons

of energy. The best way I can explain it is to say that I felt like someone had cleaned the sludge out of my gas tank and put in super premium gasoline.

And it just continued to get better from there. I had never experienced feeling that much better that fast in my life. I finally made the connection between my food and my body, and saw firsthand how the quality of what I eat affects every aspect of my life.

So, after 7 days I didn't really want to go off the Cleanse and pollute my body again! I stayed on for a couple more days, and then slowly started introducing foods back into my diet, which is advised. I did not go back to eating meat, and for the most part every time I do the Cleanse I clean up my diet overall.

Over the 7 days, I think I lost about 3 pounds, however, since I started doing the Cleanse regularly (about once per season), I don't weigh myself anymore. My weight stays pretty constant, and in combination with practicing Nia I find my satisfaction with my body to be much higher, and I devote much less energy to worrying about it. The way I see it, I have freed up valuable energy to do more important things.

I have also found that I have lost the taste for sweets. I no longer crave chocolate (and when I started the Cleanse, I was used to having a daily dose of chocolate!)

Approaching the Cleanse, and my diet overall with the mantra of "progress not perfection" has helped me make small changes in a direction toward wellness and healing. I have come to believe

that small steps lead to bigger ones and the momentum I've gained in my own life is my evidence. If you can't do the whole Cleanse, do what you can and let the rest go!

Before embarking on the Cleanse, it can be helpful to do a little self-reflection and to set an intention. Set aside some time and journal your answers to the following questions:

1. How do I currently feel physically, emotionally, spiritually?
2. What do I suspect needs to change?
3. Where do I think I will come up against resistance during the Cleanse?
4. Am I willing to stretch myself to breakthrough the resistance?
5. Am I willing to take in new information, to let it settle into my awareness?

As you consider the answers to these questions, you will discover if now is the right time for you to do the Cleanse. It can also be helpful to keep a food journal of everything you eat for 3 days to help you decide.

If you decide to do the Cleanse, again check with your doctor first, just to be safe. And, let me know how it goes (scirihal@hotmail.com)!

Good luck and Good Cleanse!!

What follows is a guide to doing the Cleanse based on recipes I've found and used.

Beverages

Breakfast

Lunch/Dinner

Snacks / Quick Meals

Where to buy supplies

Beverages

Pom Spritzer

Ratio of $\frac{1}{4}$ Pom Juice to $\frac{3}{4}$ sparkling water with a squeeze of lime

Green Tea Mojito

Hot or sun brew a pitcher of decaf green tea. In the pitcher of tea, squeeze juice of 2 limes and add $\frac{1}{2}$ cup agave nectar to tea. Serve over ice with mint leaves for garnish.

Breakfast

Arbonne Smoothie

In blender or Magic Bullet, on top of $\frac{1}{4}$ cup crushed ice, add 1 scoop Chocolate Go Easy Arbonne powder and 1 scoop Orange Just Go Fiber powder. Add vanilla Rice Dream milk to about $\frac{2}{3}$ full. Blend. Then add 1 banana, in pieces, and blend again until smooth.

PB &B Waffle

Toast 1 Van's Gluten-Free Waffle until crispy. Smear with natural peanut butter and top with sliced banana.

Birchermuesli

Place oats in bowl and add raisins and dates to taste. Fill with Vanilla Rice Dream until just covered. Place in refrigerator overnight. Before serving, slice apple or toss in berries and stir.

Sunrise Breakfast

Slice 1 small, sweet onion. Carmelize onions by sautéing in skillet for ~15 minutes. Remove from skillet. Brown Just Potatoes fresh hashbrowns in same skillet. Place hashbrowns on plate, and top with carmelized onions and Veggie Shreds Cheddar/Monterey Jack flavor.

Lunch / Dinner

Vegan Avocado Dip

INGREDIENTS

- 2 avocados - peeled, pitted and diced
- 1 (19 oz) can black beans, rinsed
- 1 (11 oz) can whole kernel corn, drained
- 1 medium onion, minced
- 3/4 cup salsa (jarred or deli)
- 1 tablespoon chopped fresh cilantro

- 2 tablespoons lime juice
- 1 tablespoons chili powder
- salt and pepper to taste

DIRECTIONS

In a bowl, mix the avocados, black beans, corn, onion, salsa, cilantro, and lime juice. Season with chili powder, salt, and pepper. Serve with tortilla chips or tostadas.

Pasta and Grilled Vegetables

INGREDIENTS

- 1 large zucchini, quartered lengthwise (about 8 ounces)
- 1 red bell pepper, cut into 4 wedges
- 1 (14-ounce) can artichoke hearts, drained
- 1 head radicchio, quartered
- 1/2 teaspoon salt, divided
- 1/4 teaspoon freshly ground black pepper
- 2 garlic cloves, minced
- Cooking spray
- 4 cups hot cooked rotini (about 4 cups uncooked corkscrew corn pasta – Mrs. Leeper’s)
- 1 cup grape or cherry tomatoes
- 2 tablespoons chopped fresh basil

DIRECTIONS

Prepare grill. Arrange zucchini, bell pepper, artichokes, and radicchio in a single layer in a jelly-roll pan; sprinkle evenly with 1/4 teaspoon salt, black pepper, and garlic. Lightly coat vegetables with cooking spray. Place vegetables on grill rack; grill 3 minutes on each side or until browned and tender. Remove vegetables to a cutting board; chop into bite-sized pieces. Place pasta in a large bowl; sprinkle with remaining 1/4 teaspoon salt, tossing well. Stir in grilled vegetables and the tomatoes, and sprinkle with basil.

Moroccan Chickpea Stew



INGREDIENTS

- 1 tablespoon vegetable oil
- 2 cups (1/2-inch) cubed zucchini
- 1 cup chopped onion
- 1/2 cup chopped carrot
- 1 tablespoon bottled minced garlic
- 1 cup fat-free, less-sodium chicken broth
- 2 tablespoons raisins
- 1 1/4 teaspoons ground ginger

- 1 1/4 teaspoons ground cumin
- 3/4 teaspoon ground coriander
- 1/2 teaspoon salt
- 1/4 teaspoon ground cinnamon
- 1/4 teaspoon black pepper
- 2 (15 1/2-ounce) cans chickpeas (garbanzo beans), drained
- 1 (14.5-ounce) can no-salt-added stewed tomatoes, undrained
- 1 1/2 cups water
- 1 cup cooked brown rice

DIRECTIONS

Heat oil in a large nonstick skillet over medium-high heat. Add zucchini, onion, carrot, and garlic; sauté 5 minutes. Stir in broth and the next 9 ingredients (broth through tomatoes); bring to a boil. Cover, reduce heat, and simmer 8 minutes or until tender, stirring occasionally. Serve the stew over rice (or couscous if you are not on the Cleanse).

Lentil and Macaroni Soup



INGREDIENTS

- 1 tablespoon(s) olive oil
- 2 medium carrots, cut into 1/4-inch dice
- 1 medium onion, chopped
- 2 clove(s) garlic, crushed with garlic press
- 1 can(s) (14 1/2 ounces) whole tomatoes in puree
- 1 can(s) (14 1/2 ounces) vegetable broth
- 3/4 cup(s) lentils, rinsed
- 1/2 teaspoon(s) salt
- 1/2 teaspoon(s) coarsely ground black pepper

- 1/4 teaspoon(s) dried thyme
- 1 bunch(es) (about 1 pound) Swiss chard, trimmed and coarsely chopped
- 3/4 cup(s) (about 3 1/2 ounces) corn-based elbow macaroni (Mrs. Leeper's)
- 1 cup(s) fresh basil leaves, chopped

DIRECTIONS

In nonstick 5- to 6-quart Dutch oven, heat oil over medium heat until hot. Add carrots, onion, and garlic, and cook 10 minutes or until vegetables are tender and golden, stirring occasionally. Add tomatoes with their puree, broth, lentils, salt, pepper, thyme, and 6 cups water; heat to boiling, stirring to break up tomatoes with side of spoon. Reduce heat to low; cover and simmer 20 minutes or until lentils are almost tender.

Stir in Swiss chard and macaroni; heat to boiling over medium-high heat. Reduce heat to medium; cook, uncovered, about 10 minutes or until macaroni is tender. Stir in basil.

Quinoa, Mango, & Black Bean Salad

INGREDIENTS

- 1 cup quinoa
- 2 cups water
- 1/2 cup orange juice
- 1/2 cup chopped cilantro

- 4 tablespoons rice vinegar
- 4 teaspoons sesame oil
- 2 teaspoons minced fresh ginger
- 1/4 teaspoon salt
- 1/8 teaspoon cayenne pepper
- 2 small mangos, diced
- 1 medium red bell pepper, diced
- 2 cups canned black beans, rinsed and drained
- 4 scallions, thinly sliced
- 4 leaves of Boston or Bibb lettuce

DIRECTIONS

Toast quinoa in a large dry saucepan over medium heat, stirring often, until it crackles and becomes aromatic, 4 to 6 minutes. Add water and bring to a simmer. Reduce heat to low, cover and cook until water is absorbed, about 15 minutes.

Meanwhile, whisk together orange juice, cilantro, vinegar, oil, ginger, salt and cayenne in a medium bowl. Add mango, bell pepper, beans, and scallions, tossing to coat.

When quinoa is finished cooking, add to mango mixture and toss to combine. Serve on lettuce with Nut-Thin Hazelnut crackers on the side.

Snacks / Quick Meals

- Soy Crisps in any flavor but cheddar
- Glutino Bagel toasted with Tofutti cream cheese
- Popcorn
- Edamame – boiled, cooled and sprinkled with spicy salt, like Tony Chachere's
- Lara Bars
- Tortilla chips and salsa/guacamole
- Trail Mix
- Amy's Organic frozen dinners – clearly labeled if they are gluten/dairy-free

Grocers

Surprisingly most everything I use I find at my local grocery store:

- Glutino bagels are in the frozen bread section
- Pom juice is in the produce section, with other fresh juices
- Agave nectar is in the baking aisle, near the sugar
- Rice Dream is in the milk section – I prefer vanilla flavored
- Silk Almond Milk – new, these products taste even better than milk!
- Veggie Shreds are in the produce section with tofu and organic produce
- Van's Gluten-Free Waffles are in the frozen waffle section

- Mrs. Leeper's corn pasta (much better than rice pasta, in my opinion) is located in the gluten-free section of the bread aisle.
- Soy crisps are near the rice cakes in the chip aisle.
- Lara Bars are in the cereal aisle near other protein bars

Health Food Stores – for some items that can't be found at the supermarket:

- Tofutti cream cheese
- Edamame – shelled and frozen
- Brown rice tortillas for quesadillas