



# *A guide to your cleanse*

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# Welcome

**This guidebook is designed to give you the basic knowledge upon which to build a strong foundation for your health and achieve a natural state of radiance, energy, and balance. You will be able to use this guidebook again and again as you deepen your understanding of your own needs for cleansing and optimum wellness.**



Disclaimer: The contents of this guide are based on the knowledge, opinions, and experiences of myself, Susan Jackson, unless otherwise noted. The information in this handout does not replace a one-on-one relationship with a qualified healthcare professional and should not be considered medical advice. I, Susan Jackson, encourage you to make your own healthcare decisions based on your own research and in partnership with a qualified healthcare professional. And most importantly, please listen to your body.

*Susan*







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# How to use this Guide

**This is, just as it says, a guide. Use it to help you lose a couple of pounds for a major event or vacation. You can also use it to help you break the grip of the addiction that unhealthy food has on us. There will be really tough days and other days that you seem to skim through with no problem. I suggest that you do some soul searching and figure out your why to start this cleanse. Make it as specific as you can. Build off of that.**

**Good luck!! Reach out with any questions.**



QUESTIONS?

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# Introduction

## Why should you do a cleanse?

### CHAPTER ONE

Detoxing your cells will improve your ability to absorb nutrients and eliminate waste. It will also stabilize and improve your energy. During this program you will improve your health, increase your energy, and eliminate waste that causes dis-ease within your internal environment, weight gain, and cravings. When you cannot eliminate waste properly, it becomes acidic and toxic. When it becomes acidic and toxic, your blood and cell function slow down. When this happens, your body slows down and begins to break down.

There are three reasons why toxins build up in the body:

- You take in more than you can eliminate either with food or lifestyle. This inhibits your body from being able to fully recover
- Toxins in our food, our environment, and our thoughts (yes, our thoughts) create waste in our body that it cannot use
- An overly acidic diet allows microorganisms (yeast, mold, fungus, etc) and produces mycotoxins in our body which make more toxins.

Toxins are stored in your cells. The quality of your life comes down to the quality of your cells.





# Healthy Cells

## Healthy Cells:

Because cells are vital to all life, they have basic needs for their survival. Essentially, there are four things cells need to not only survive, but thrive:

- Oxygen
- Water - The most abundant substance in the body
- Nutrition
- The ability to eliminate waste

## Three ways cells can die:

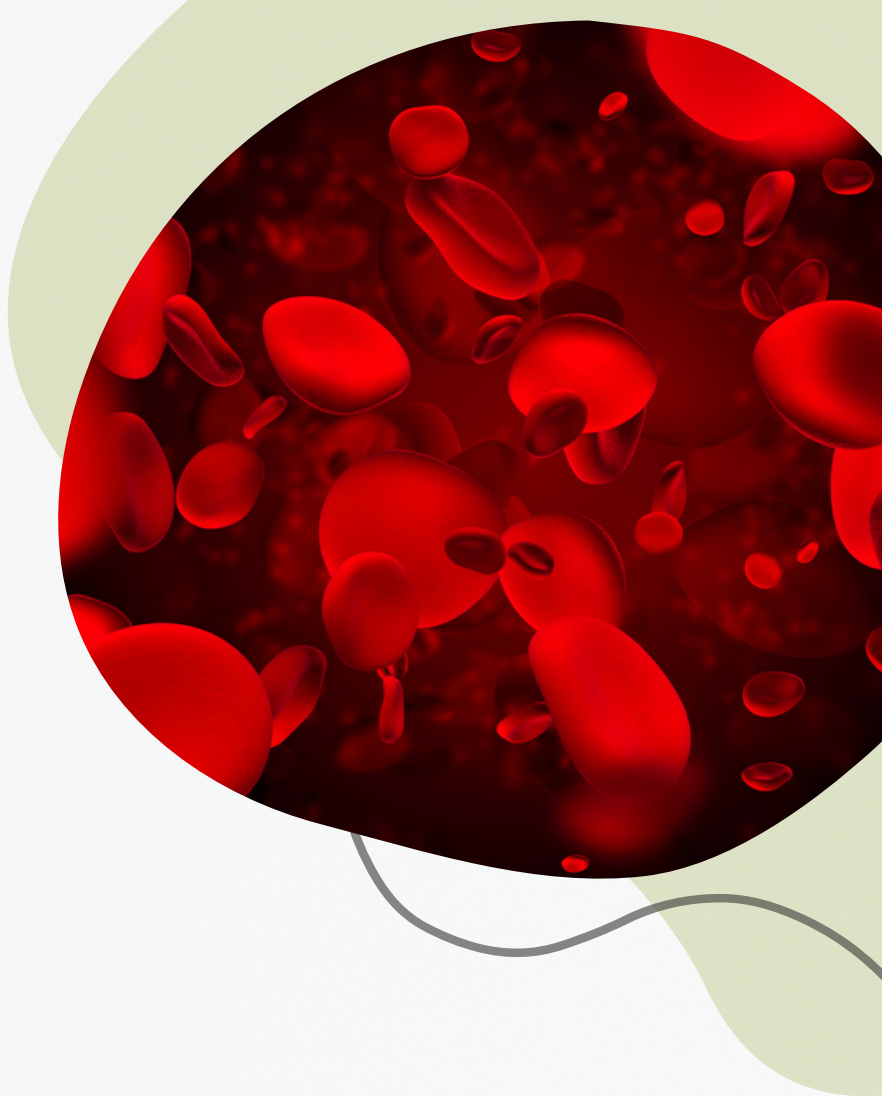
- Lack of oxygen
- a disturbance in the electrical field of the cell
- any physical rupture to the cell

Your blood transports oxygen and nutrients to your tissues and eliminates waste. Your lymph system works closely with the circulatory system as it cleanses and returns tissue fluid to the blood and destroys toxins that enter your body. Your body has three times more lymphatic fluid than blood.

This program is designed to help you improve the quality of your cells by improving how your cells receive oxygen, water and nutrients, and how your cells eliminate waste.

# Toxins & Inflammation

To achieve health, radiance, energy, balance, and permanent weight loss, it is helpful to understand the underlying causes of diseases and Abe's it's, which are toxins and inflammation. The good news is that we can restrict these causes by choosing to take an active role in feeling and looking better. A great way to start is to do this cleansing. 90% of the time, I start my clients on some kind of cleanse. It brings balance to your body and improves your digestive system, enabling you to be more successful with future health goals. But before we begin our cleanse, let's talk a little about toxins and inflammation.





# What makes us toxic?

Certain foods, our environment, and even our lifestyle make us toxic. The simple truth is, we are surrounded by toxins. In fact, we are exposed to more environmental toxins in one day than our grandparents were in an entire lifetime.

- Environmental chemicals in solvents, plastics and adhesives;
- Poisons in make-up, moisturizers, nail polish, hair dyes, and shampoos;
- pesticides, herbicides, parasites in soil, food and water;
- indigestible chemicals in junk and processed foods;
- the toxins released by our bodies when under constant stress;
- and even the toxic thoughts and words we may subject ourselves to on a doily basis all contribute to an ever-increasing lack of radiance and energy

# What creates inflammation?

Sugar, lack of exercise or movement, toxins, food allergies, and food sensitivities all cause inflammation. Inflammation causes weight gain, and prevents weight loss. It is a vicious cycle - being inflamed makes you fat and being fat makes you inflamed.

## **Problems that can result from toxic overload and inflammation:**

- Bad breath
- Bloating, gas, constipation, and diarrhea
- Canker sores
- Difficulty concentrating
- Excess weight or difficulty losing weight
- Fatigue
- Fluid Retention
- Food Cravings
- Headaches
- Heartburn
- Joint pain
- Muscles aches
- Puffy eyes and dark circles
- Post nasal drip
- Sinus congestion
- Skin Rashes and acne
- Sleep problems
- Toxins can also block thyroid function, impair female hormones, and may account for depression, anxiety and fatigue

## **The results you should experience from this program**

- Weight loss
- More energy
- Better digestion and elimination
- Fewer systems of chronic illness
- Improved concentration and mental clarity
- Less congestion and fewer allergy-related symptoms
- Less joint pain
- Less fluid retention
- Increased sense of peace and relaxation
- Enhanced sleep
- Better looking skin
- Brighter eyes



# Liver Health

## CHAPTER TWO

### Common Signs Your Liver may need some Attention

#### **Do you wake up at night?**

If you wake up constantly between the hours of 1:00am and 3:00am, your liver may be asking for some support. While we sleep, the liver becomes more active and works on cleansing and detoxification. Waking up around this “liver time” can signal that the liver is exhibiting signs of toxicity and needs some TLC. Many times, this happens from eating too much sugar in the evening.

#### **Eye Problems?**

Conjunctivitis, lots of mucus, itching, macular degeneration, dry eyes and cataracts indicate liver weakness. Another physical clue is a vertical line between the eyebrows.

#### **Angry Emotions?**

If the liver is congested and being forced to work too hard, it becomes “hot”, causing excessive anger and irritation

#### **Hormonal Imbalances?**

PMS, hot flashes, and pre-menopausal symptoms are increased due to a congested liver

#### **Constipation?**

This condition can often be caused by a congested and toxic liver or even stressed adrenals. The colon should be addressed, but it is often not the root cause.







## 9 Steps that Support a Healthy Liver

- Eliminate toxins from your diet and your life the best you can
- Drink pure (filtered) water throughout the day
- Drink lemon water first thing in the morning
- Eat dark greens, preferably raw, every day (e.g. “green juice, a big green salad). Eat lots of celery (a great source of plant sodium that helps to support the adrenals and healing (juicing celery is the best way to receive this healing mineral), watercress, broccoli, cucumber, spinach, romaine, sour green apples, and fresh herbs like basil and cilantro.
- Remember, you need protein to support and detoxify the liver. In addition to protein naturally found in foods, good complete protein sources can be found in beans, nuts, and seeds such as hemp and chia seeds.
- Eat dinner at least 2 - 3 hours before bedtime
- Make sure the colon is supported and clean. When toxins remain in the colon, they are sent back to the liver. The liver then sends them right back down the colon in bile. To help permanently eliminate these toxins from the body, add extra fiber, pro and prebiotics and filtered water
- Sweat!!! Saunas, FAR Infrared sauna blankets, and exercise are a good way to sweat. Another way is the toxin elimination Ionic foot baths at least two times per week
- Assist your lymphatic system - Use a body brush every day to stimulate your lymphatic system and move lymphatic fluids. You can also lymphasize, which is a way to stimulate lymphatic drainage, ridding your body of toxins, wastes, trapped protein, bacteria and viruses. What do you need to do? Jump on a mini-trampoline, 15 - 30 minutes (work up to this). This is called rebounding. It creates the ideal condition for cleaning the cells. The vertical acceleration and deceleration help the cells squeeze out waste.





# Let's Get Started

## Chapter Three

### Preparation

- Complete the “Before you Begin” section of your journal BEFORE you move on
- Get organized - read all the program materials to become familiar with what you will be doing. Write it on your calendar so everyone knows what you are doing. Also, start thinking about implementing new habits, self-care, and routines into your calendar. Try to automate your schedule as much as possible.
- Schedule regular lymphatic massages, FAR infrared sauna treatments, ionic foot baths, lymphatic wraps, meditation and yoga classes. All of this incorporates self-care and helps with the detoxification of the body.
- Go shopping for all the food supplies needed. This is a template of a detox for you. Look at what works for you. If there are foods you don't like, find a reasonable substitute. Make the program yours.
- Create a system that makes things easy and works for you. Set up your kitchen with the utensils, props, appliances that you are going to need . Put away other items that you will not be using. This helps to create a cleanse-friendly environment.

### Benefits of cleansing

There are many reasons a person may choose to cleanse. As you go through this process, you will find that even if you started off with just one reason, the benefits you experience are often broader and further-reaching.

Cleansing or detoxing by itself, however, is NOT the solution. Getting rid of the toxins and minimizing exposure to new toxins must always be balanced with replenishing the body's vitamin, mineral, and macronutrient reserves. When we simply cleanse without rebuilding, it is like removing the oil from your car without replenishing it with new oil. Your body will be running on empty!!!

The following is a summary of Potential detoxification benefits:

- Increased energy and mental clarity
- Improved digestion
- Allergy relief
- Weight loss, improved physical appearance, radiant skin





- Hormonal balance
- Longevity and dis-ease prevention
- Clarity in life path and goals
- Tissue regeneration
- Increased general well-being
- Personal confidence and empowerment.

This is a gentle and relatively short cleanse designed to jump-start your journey to health. The diet may seem fairly restrictive compared to the modern day Standard American Diet (SAD), but you should not feel hungry, because this is not a fast. Eat abundantly from the foods that are listed and use the menu and recipes as guides to make the most of your experience.

This cleanse is designed to be gentle yet effective. It is also intended to be doable as you work, play, and go about your normal routine. Your normal routine, however, may be a bit different during this program, simply because you will be eating, doing, and thinking different things while cleansing

One incredible benefit to cleansing will be the awareness gained about how different foods make you feel physically, emotionally, and energetically. Your taste buds will begin to change, and you will begin to understand how your body is responding to the foods you are consuming. This will give you more control of reactions you were not aware were caused by foods.

There are thousands of dietary recommendations and philosophies, and new ones come up every day. The very best way to figure out your personal diet is to begin to pay attention (become mindful) to how you feel as you explore different ways of eating and being. In the process of cleansing, you will begin to recognize which foods may not be serving you, despite what you have read or been told.

## Cleansing your Body

Every toxin you come in contact with must be filtered through the liver. The liver is the second largest organ in the body and it is also the most overworked. Given that we now understand the degree we are exposed to toxins on a daily basis, it is easy to see how our livers are being put into overdrive. When the liver becomes overburdened, it loses its ability to function efficiently. This leads to a cascade of potentially serious health consequences and uncomfortable reactions.

That happens when the liver is not functioning properly or is it overburdened? Toxins begin to find their way into other organs, skin, fatty tissues, and the blood. This is when we begin to see and feel the manifestation of some of the common





ailments described in this guide previously.

This basic cleanse is focused on cleansing the liver. However, it will provide support to the other systems in your body, such as colon, skin, lymph, lungs, kidneys and bladder. As the liver starts to process to release toxin, these other organ systems will provide pathways to an efficient elimination.

Good luck!! Contact me with any questions at [sue@finaltuchwellness.com](mailto:sue@finaltuchwellness.com). Get in touch if you need encouragement, tips, or any suggestions.

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# Your Cleanse

## CHAPTER FOUR

### Outline of the Basic Cleanse Program

#### **How to optimize your cleanse**

- It is ideal to space meals 3 - 4 hours apart. This allows the body to tap into and begin to burn fatty tissue that is storing toxins
- Eat your evening meal at least 2 -3 hours before going to bed, to ensure that you are not still digesting when your body needs to rest and renew. The body, particularly the liver, does some serious detoxing at night. This is why staying up past midnight and consuming alcohol and drugs is destructive to the liver.
- Make sure you buy certified organic. We are trying to remove toxins from the body, don't counteract that by putting "dirty" foods into your body

The following page are the cleanse foods you will be eating. Eat from the "good food" list on the next page. Don't forget to incorporate self-care practices listed previously.



| Foods you will enjoy during the cleanse   | Foods and substances to avoid during the cleanse   |
|---|--|
| <ul style="list-style-type: none"> <li>• Fresh or frozen fruit, ideally berries</li> <li>• Fresh vegetables - no limit, try to eat more than 4 cups per day</li> <li>• Legumes - Lentils, Navy beans, adzuki beans, mung beans, and others</li> <li>• Brown long grain wild rice and quinoa (limit to two servings a day)</li> <li>• Unsalted raw nuts (no peanuts)</li> <li>• Ground flaxseeds</li> <li>• Lemons</li> <li>• Vegetable broth - sugar - free</li> <li>• Sea vegetables</li> <li>• Avocados</li> <li>• Olive oil &amp; Coconut oil</li> <li>• Raw apple cider</li> <li>• Herbal teas &amp; unsweetened cranberry juice</li> </ul> | <ul style="list-style-type: none"> <li>• Sugar - White sugar, cane sugar, dehydrated cane juice, brown sugar, honey, maple syrup, high fructose corn syrup, sucrose, glucose, maltose, dextrose, lactose, corn syrup, and white grape juice concentrate</li> <li>• Sugar alcohols - sorbitol, mannitol, xylitol, and manitol</li> <li>• Artificial sweeteners like Aspartame</li> <li>• Natural sweeteners (stevia is ok to include if you absolutely need it)</li> <li>• Alcohol</li> <li>• Caffeine - except for green tea</li> <li>• Yeast (baker's and brewer's), fermented foods (including vinegar, except raw apple cider vinegar)</li> <li>• Animal Protein</li> <li>• Dairy products</li> <li>• No soy products (fermented soy such as miso, tempeh, and gluten free tamari are ok)</li> <li>• Dried fruits ( dates, prunes, raisins, figs, etc)</li> <li>• Gluten (anything made with wheat) and all flour products</li> <li>• Corn</li> <li>• Nightshade plants (tomatos, potatoes, eggplant, bell peppers)</li> <li>• Peanuts</li> <li>• Refined oils and hydrogenated fats such as margarine</li> <li>• Stimulants</li> <li>• Processed foods, food additives and junk food</li> <li>• Fast food or food commercially prepared</li> </ul> |



What we use to fuel our bodies can either enhance or hinder detoxification efforts. Avoiding the foods and food groups stated in the chart above and filling up on the allowed foods will help to support digestion, elimination and help you shift to a healthier you. Your body deserves a break from these foods, your mind deserves a break also.

#### A NOTE ABOUT PREBIOTICS:

Probiotics are included in your daily protocol because they are essential for optimal digestion of food and absorption of nutrients, and they help your body produce vitamins, absorb minerals, and aid in the elimination of toxins.

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# The Cleanse

## PREPARING FOR THE CLEANSE

Remember, you will eliminate sugar, dairy, refined foods, refined oil, and coffee. You will probably want to prepare your environment and collect the foods, tools, supplies and supplements you will need. As you go through this cleanse, you may experience strong and frequent signs of toxic withdrawal.

## WHAT IS TOXIC WITHDRAWAL?

When you start to eliminate substances your body has become dependent upon (addictive substances), your body will naturally respond and ask for them back. It doesn't do this in an easy or comfortable way. It is important for you to realize that only unhealthy, toxic substances are addictive. If you experience uncomfortable sensations, these are signals that repair is underway and the removal of toxins from your body is occurring. The more you search for fast, temporary relief with a candy bar, soda, or chips, the more you will inhibit the healing detoxification process. Your physical, emotional, mental, and spiritual selves will appreciate it.

## SIGNS THAT YOU ARE EXPERIENCING TOXIC WITHDRAWAL ARE:

- Headache
- Weakness
- Stomach cramps
- Lightheadedness
- Empty, growling stomach
- Irritability, moodiness
- Fatigue
- Bloating feeling



## DURING THE CLEANSE

You will want to help your body function optimately by providing it with nutrients it needs. These nutrients include:

- B Vitamins, flavonoids, and antioxidants found in fresh fruits and vegetables
- Glutathione, found in avocados, watermelon, asparagus, walnuts, leafy greens.
- Essential fats found in extra virgin olive oil, cold-pressed coconut oil and flaxseed oil
- Amino acids found in nuts and seeds
- You want to restrict oil intake to no more than 2 tablespoons per day of coconut and flaxseed oil.
- Only eat 2 servings of long grain brown rice and quinoa a day. I suggest you eat yams, carrots, beets, or other starchy vegetables as your main starches whenever possible. Enjoy the abundance of alkalizing, fresh, organic plant foods. Include high quality plant-based protein such nuts, seeds, dark greens, and tempeh.

This is a great time to start incorporating juicing and smoothies into your daily long term habits. You will definitely boost your intake of nutrient - rich vegetables. Juicing can improve circulation and stimulate the liver to burn fat. It also allows your body to receive a concentrated source of phytonutrients that can't be obtained by eating a large serving of vegetables. Smoothies, on the other hand, are more substantial than juices - thicker, filling, and rich in soluble fiber for digestive health. They are also less taxing on the digestive tract.

## EASING OUT OF THE CLEANSE

After you finish the 7 day cleanse, you will be adding back foods you eliminated during the cleanse. This can be a difficult time because you may be adding foods that have been causing you irritation, so take it slow. The first step is to stick with the foods on the "foods you will enjoy" list. This means you can start to add back in animal based foods and more grains.

Be sure the animal protein is organic. You will do this for the first 4 days after you finish your cleanse. After you incorporated those two groups, animal protein and grains, you can start to add in the other food groups that we eliminated, such as dairy, gluten, sugar, and fermented foods. However, when you add these foods, add them one at a time and journal about any symptoms that may arise. Remember that the following list of symptoms means you are ridding your body in toxins:





# Food Intolerances - Why are we eliminating certain foods?

Do you have a favorite food that you HAVE to have or can't stop eating? Do you feel tired, bloated, and drained all the time? These may be signs of a food addiction or food intolerance. And if you are thinking, "okay, so what's the big deal," then you should know it only takes one food to wreak havoc on your health and your ability to maintain healthy weight, immunity, and more.

Many times, the foods we think we LOVE the most are actually the foods our bodies have a sensitivity to or an intolerance to, keeping us from losing weight and making us feel tired and depressed. When we eat a food we have an intolerance or sensitivity to, it causes an inflammatory reaction and floods our body with chemicals. It's the chemicals our body releases that we become addicted to. These chemicals could be keeping us from losing weight, causing us to be tired and starting a cascade of other symptoms. One reason is our immune system can attack the food much like it would a germ, taxing your whole body and draining your energy.

Food allergies and intolerances are much more common than most people realize.

Millions of adults and children suffer from allergic reactions to food and do not know it because the symptoms can be hard to diagnose. The reason that a food intolerance is so difficult to identify is that there are so many different symptoms and the symptoms are so different for everyone. Also, there is often a delayed reaction from eating the food, so you may eat wheat one day and feel fine, but the next day you feel bloated and tired.

More common allergies are really more like food sensitivities and because the symptoms are bloating, poor digestion, headaches, lethargy, depression, and weight gain, most people don't think they are caused by the food they have been eating their entire lives. They just think, "there must be something wrong with me." The most common foods people have a sensitivity, or intolerance to, are dairy, wheat/gluten, and soy. (Gluten is the portion of the wheat that causes the problems, and it is also found in other gluten grains). These are the foods that often end up being trigger foods for people, along with sugar.

When people don't know that a food intolerance is the root cause of their health issue, they usually blame it on their slow metabolism or their bad genetics and they just live with it. Once you have eliminated those reactive foods from your life, you will be amazed how quickly your energy and health will increase and, if needed, weight will effortlessly fall off. Your body will thank you for returning it to its natural state of radiant health.



## SYMPTOMS CAUSED BY FOOD INTOLERANCES

- Acne/skin breakouts
- Anxiety
- Gas/bloating, digestive issues
- Slow metabolism, weight gain, cravings, binge eating
- Depression
- Headaches
- Lethary

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## Daily Stress Relief

This is one of the most important parts of your cleanse program, so please make time for it. These activities will increase endorphins in your bloodstream, which will enhance your success.

- Daily, if possible, do a toxin eliminator bat. Each evening, place 2 cups of epsom salt and 1 cup baking soda into a tub, run the hottest water you can stand and add 8 drops of Lavender oil. Soak for 20 minutes and allow yourself to sweat. When you are finished bathing, wrap yourself up in towels and crawl under the covers and sweat some more. You should feel very relaxed.
- \*\*\* If you do not have a tub, make yourself a shower scrub with 1 cup of epsom salt, 1/3 cup olive or coconut oil, 1/2 cup baking soda and 4 drops Lavender oil. Run the shower as hot as you can stand, get into the shower and let the hot water wash over you and open your pores. When you start to sweat, shut the shower off and apply the scrub mixture to your skin. Really scrub it into your body. When you are finished, turn the shower back on to as hot as you can stand and get in. Once you have completely rinsed scrub mixture off, shut off shower and wrap yourself in towels. Wrap yourself in blankets and sweat some more.
- I highly recommend that you get up and move at least once a day. (2 times a day is ideal-1 morning and 1 afternoon). This will reboot your system. Go for a 15 - 30 minute brisk walk, download a yoga app or follow a movement class on TV, bounce on a mini-trampoline!!! Just get up and move, you will feel better for it.
- During the cleanse, I highly recommend doing a warm castor oil pack over your abdomen, especially over your liver, each night.\*
- Dry body brushing is an amazing way to keep lymph fluids moving. Remember, lymphatic fluid plays a role in the elimination process. Choose a brush with natural bristles and DO NOT get it wet!! Brush from the extremities towards your heart.
- I also suggest a 30 minute lymphatic drainage massage. This will keep things moving.

*\*\*\*Note: castor oil packs are not recommended if you are menstruating, pregnant, or trying to conceive\*\*\**

# Individual Issues

Here is a little information on a few issues that plague people today. One of the biggest cause of most of these issues is the Standard American Diet (SAD) which is full of junk food, processed food, and fast food. We want everything that is easy to get, easy to make, and quick to eat. Empty calories.

## \*\*CANDIDA/YEAST

Do you know what candida is? It's the clinical term for yeast and it is a sneaky little organism that can live inside your body and may be sabotaging your health, energy and weight loss efforts.

Everyone has yeast in their bodies that is acceptable. We actually need a certain level to have our bodies function correctly. It is perfectly normal and is part of a healthy digestive tract. It resides in your intestines, but if you have an overgrowth yeast, it may be wreaking havoc on your body and affect every area of your health. You can have an overgrowth and not even realize it.

If you have ever been on antibiotics, there is a chance you ended up with a yeast infection. The reason for that is the antibiotics kill off the good bacteria as well as the bad. That good bacteria helps to keep the yeast in check. It is all a very delicate balance. In fact, if you have a vaginal yeast infection, you most likely have an overgrowth throughout your whole body!! Now, I'm not just talking about vaginal yeast infections - both men and women can have an overgrowth of yeast and it will take over lots of different areas of the body. Men may get jock itch or athlete's foot.

How does this affect you? What does yeast really do to your body? It causes every health issue you may have to be even worse. If you have psoriasis, it will flare up. If you are depressed, you will feel a deeper depression. If you have headaches, yup, they get worse and more frequent. If you have arthritis, it too will flare up. If you are trying to lose weight, well, it makes it more of an uphill battle. Candida isn't the cause of the issues, but it makes them worse.

So, how can you tell if you have a Candida overgrowth? If you have jock itch, athlete's foot, if you get frequent vaginal yeast infections, if you have thrush in your mouth or a white coating on your tongue, if you have a strong addiction to sugary, starchy foods or a really bad sweet tooth, it is almost guaranteed that you have a candida overgrowth.

On the next page, I have compiled a list of some symptoms of a candida overgrowth. If you have a number of these symptoms, you can start to make changes in your diet and lifestyle. First and foremost, doing this cleanse will help you work on creating an internal environment where candida cannot thrive. Continuing to eat whole, fresh produce and getting away from processed, sugary, packaged, quick meals is a great beginning. Your body will thank you for it!!



## Some other symptoms of Candida overgrowth

- Chronic abdominal gas
- Headaches/migraines
- Excessive fatigue, mood swings, anxiety or nervousness, hyperactivity, brain fog
- Intense sugar and alcohol cravings
- Rectal itching, itchy skin, acne, nail fungus
- Low sex drive
- Being strongly reactive to cigarette smoke
- Belly fat

## \*\*BLOOD SUGAR IMBALANCE

Blood sugar imbalance is a condition in which your body does not handle glucose effectively. Throughout the day, blood glucose levels may fluctuate outside the body's desired blood glucose range. Your energy can swing from being high after a meal to low if you skip a meal. Insulin is the hormone responsible for keeping the blood sugar levels in the normal desired range. Insulin works by opening channels on cell membranes, allowing glucose to travel from blood into the body's cells. During times of blood sugar imbalance, insulin can become a little out of control.

In some situations, like after a carbohydrate- or sugar-rich meal, too much insulin is produced. When insulin is high, lots of glucose channels become open, which results in blood glucose levels dropping too low. During insulin resistance, the cell membranes have difficulty recognizing insulin and too few channels are opened. In this situation, both insulin and glucose levels remain high in the blood and some cells are deficient in energy providing fuel of glucose. Cells in the pancreas secrete insulin into the bloodstream. These pancreatic cells can often become exhausted after long periods of producing excessive levels of insulin. Once tired, these cells can no longer produce adequate amounts of insulin to achieve the perfect balance of blood sugar. Low insulin production leads to blood sugar imbalance.

Blood sugar imbalance can be a precursor to diabetes mellitus (Type 2 diabetes) and it is therefore important to address the contributing factors before the condition develops further.

## \*\*SIGNS YOUR BLOOD SUGAR MAY BE OUT OF BALANCE

- Cravings for sweets, sugar, or bread products (this is a guaranteed sign that your blood sugar is out of balance)
- Fatigue after eating a meal or a "food - coma"
- Lightheadedness if meals are missed
- Eating sweets does not relieve the cravings for sweets
- Dependence on coffee to keep yourself going or get started
- Difficulty losing weight

## \*\*HORMONAL, THYROID AND ADRENAL IMBALANCES

### Symptoms of female hormone imbalances:

- Acne or oily skin
- Bloating
- Bone loss
- Decreased fertility
- Depression
- Excess facial or body hair
- Hot flashes
- Heavy or painful periods
- Irregular periods
- Irritability
- Loss of muscle mass
- Loss of scalp hair
- Low libido
- Memory lapses
- Mood swings
- Nervousness
- Night sweats
- Poor concentration
- Sleep disturbances
- Tender or Fibrocystic breasts
- Urinary incontinence
- Vaginal dryness
- Weight gain

### Symptoms of male hormonal imbalances:

- Gynecomastia, or development of breast tissue
- Breast tenderness
- Erectile dysfunction
- Decrease in beard and body hair growth
- Loss of muscle mass
- Loss of bone mass, osteoporosis
- Difficulty concentrating
- Hot flashes
- Weight Gain
- Pain, stiffness or swelling in the joints
- Muscle aches, tenderness, stiffness
- Increased or decreased heart rate
- Sweating
- Fatigue
- Frequent urination
- Increase in thirst and hunger
- Decrease in sex drive
- Muscle weakness

## \*\*SYMPTOMS OF THYROID IMBALANCE

### Overactive (Hyperthyroidism)

- Nervousness
- Tremor
- Mental foginess
- Poor concentration
- Racing heartbeat
- Muscle aches and pains
- Heat intolerance
- Reduced Menstrual flow



### Under active (Hypothyroidism)

- Fatigue
- Depressed mood
- Mental fogginess
- Poor Concentration
- Weight gain
- Bloating (fluid retention)
- Muscle aches and pains
- High cholesterol
- Feeling cold
- Excessive or prolonged menstrual bleeding

### \*\*SYMPTOMS OF ADRENAL IMBALANCE

- Allergies/asthma
- Sugar cravings
- Arthritis
- Sleep disturbances
- Bone loss
- Memory lapse
- Chemical sensitivities
- Morning/evening fatigue
- High blood sugar
- Increased abdominal fat

In closing, just remember that the first couple of days are going to be the hardest. Your body is going to be begging you, through cravings for the items you are eliminating. It will get easier the longer you are on the cleanse, so do not give up. Once you overcome the food addiction withdrawal, you will feel like a new person. As you stick with this program you will become more aware of your body and how food affects your mind, body and spirit. You will become your own detective. Having this knowledge creates a freedom of knowing what, when, and how much you can eat without feeling like you are being deprived. Once the connection of how certain foods affect you becomes clear, you will gladly give up what is making you feel “crappy” and opt for foods that make you feel amazing.

I truly wish you great success with this program. I have developed a cleanse for every season. If you have any questions, please feel free to reach out

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