



QUICK CLEANSING GUIDE

Welcome to the world of Tonic Cleansing! We are very excited to present you with a guide to help you through your tonic cleanse and ensure you have all the knowledge and resources necessary to get the maximum benefits from this process. Whether this is your first cleanse or your 100th, and whether you are doing a 1 day or a 7 day cleanse, the following information will help you along the way.

PRE / POST CLEANSE

Remember: you only get out of it what you put in it! With that said, you'll see the most benefits by eating a pure, clean and simple diet for at least 2 days prior and 2 days after the cleanse.

do eat

- Raw fruits and vegetables (organic if possible): less energy is spent on digesting, leaving more energy to clean body out and detox.
- Whole, unprocessed grains
- Raw nuts and seeds: no extra oils, fats, or sodium added.
- Homemade, broth-based vegetable soups: helps any side-effects of cleansing like low energy, head- aches, or sluggishness because they're concentrated source of vitamins, minerals, & electrolytes.
- Homemade smoothies: no added sugars or processed ingredients. Include fruits, greens, and nuts.
- Fresh juices: easily digestible, loaded with antioxidants and vitamins, & great source of energy.

do not eat

- Animal Foods: Meat is hard on the body to digest, creates acidity and majorly slows cleansing.
- Iodized Salt: Constricts membranes and holds onto toxins in your body. If using salt, use sea salt.
- Fried Foods: Clog and congest arteries and digestive tracts.
- Coffee, Cigarettes, Soda and Alcohol: Produce stress on the adrenal gland, liver and endocrine systems. These toxify the body by overstimulating nervous system and creating acidic environment.

If you need to break your cleanse for any reason please feel free to do so and consult us for more info and support – we're always here to help! :)

here are some pointers:

Listen to your body and do the best you can to follow the schedule of tonics.



Drink a tonic every 2-3 hours so that they are consistently spread out throughout your day.

2-3 HOURS

Drink your tonics slowly. It makes you feel more satisfied and allows your body to fully absorb nutrients.



Drinks lots of purified water: helps to get rid of toxins faster.



Enjoy as much relaxation as you can by meditating, doing yoga, etc.



Perform light-to-moderate exercise: your body needs to focus on healing and flushing out toxins.



Get plenty of sleep: that is when our body heals the best.



Keep a positive attitude knowing that you will have a happier and healthier body.

