



BARON BAPTISTE 7 DAY CLEANSE

If you are looking for a way to have more energy, clean up your cells, get rid of some muscle knots then look no further. This is a great cleanse, period. However, this cleanse is also great for beginners. This cleanse is a great way to get started into cleansing and learning about your body. It's not complicated. You won't need to buy any supplements or drink and shakes. All you need is a trip to the grocery store and a 5 day commitment. You will hardly believe how easy it can be.

This cleanse progresses gradually. On Days 1 & 2 you eliminate wheat, dairy, processed foods, refined sugar, and red meat. On Days 3-5 you eat fruit only. On days 6 & 7 you resume what you ate on the first two days. Throughout the whole cleans you eliminate processed foods, caffeine (a tough one for most), alcohol, dairy, and refined sugar.

THE CLEANSE

DAYS 1 & 2:

Days 1 and 2 you will be eating vegetables, lean meats (chicken and fish), whole grains (we recommend just rice and oats). There is no dairy, no red meat, no processed foods, and no refined sugar. Below is a sample menu.

Wake up: Glass of warm filtered water with 1/2 lemon squeezed into
This beverage helps jump start your digestive system and starts to move waste through your system.

Breakfast: Organic Oats with Berries and Cinnamon

Lunch: Organic Chicken, 1/2 Avocado, 1/2 c organic rice, 1c steamed spinach.

Snack: Nuts, Fruit, or Vegetables

Dinner: Wild Caught Salmon, Steamed Kale, Chard, or Dandelion Greens, Steamed Sweet Potato



DAYS 3-5

Alright, here's where things get a little challenging. These days you can only eat fruit. Go to the store and stock up with a lot of organic fruit. HUGE TIP: Avocados and tomatoes are fruit. Avocados are a great way to keep satiated throughout the three days.

Remember to have your daily lemon water.

Tips to make it through:

- Make and Avocado and Tomato soup
- Take the time to cut of the fruit and make a giant fruit salad
- Bake some apples and season with cinnamon
- Did we mention guacamole!
- Herbal teas on the evening are soothing.

DAYS 6 & 7:

Congratulations! You are probably feeling pretty good by now. Resume eating what you did on days 1 & 2.

Keep in check with your body. You might be feeling good and you body will be working more efficiently. You might not need as much food as you did on days 1 &2. Stay present. Check in with yourself.



DAILY PRACTICE THROUGHOUT THE CLEANSE:

Remember to incorporate these practices into your daily routine throughout the cleanse.

- **Morning Lemon Water:** It is important to have this daily. Starts the day off on the right foot.
- **Daily Light Exercise:** You want to stay active on the cleans but not too active. Light Yoga, Sauna, enough exercise to break a sweat. You want to keep your lymphatic system moving throughout the cleans but you don't want to over stress your body and adrenals.
- **Sleep:** It's very important to make sure you are getting 7-9 hours of sleep. Your body is working hard to repair itself. Sleep heals the body and cleanses the brain.
- **Listen to your body:** If you are hungry eat. This is not a starvation diet. It is a cleanse.
- **Relax & Connect:** Try and keep the mind free from stress. If something stressful happens let it go. Keep electronics, social media, and TV. Take this time to reconnect with yourself and the people around you.

What you might Experience:

You might experience some headaches, feel light headed, and fatigue especially if you have been using caffeine as a crutch. Agitation and bad breath are also possible in the first 3-4 days. These are all temporary feelings as your body is healing. Drink water, get lots of rest, if you continue to feel light headed add some sea salt to your water.

Upon Completion Warning: Once you complete the cleanse enter back into life gradually. It might be tempting to eat a pizza or have a couple beer and wine. Resist this temptation because it will bombard your system and make you feel sick.