



URBAN REMEDY

POST CLEANSE GUIDE

You did it! Hopefully you are feeling more energized than before. We encourage you to keep incorporating the healthy principles you learned over the last 3 days into your life.

Imagine what you'd feel like if you ate like this all the time? Even just reduced the number of "unhealthy days" in your life would make a big difference in your health. For those of you with super busy schedules, there are lots of ways to stay healthy, such as committing to eating clean 1–3 days per week to keep you on track. Whatever method you choose, try to limit your intake of inflammatory foods for optimal health. Also, make an effort to keep the healthy eating and thought patterns a part of your lifestyle.

On the day after you have completed your cleanse, you don't want to shock your system by jumping right back into a heavy diet. Take it easy on your body as you move into your new daily routine.

Start your day with a green juice and choose a breakfast, that gives you energy like a superfood smoothie ([link to recipe](#)).

The rest of day, try to eat fruits and vegetables and sip healing broth or soups ([link to recipe](#)), if you still have some on hand. Eat clean foods for the next three to five days, as you did in the lead-up to the cleanse.

Eliminating or greatly reducing consumption of the following items:

- Alcohol
- Caffeinated drinks and coffee*
- Soft drinks & all drinks that contain added sugar
- Red meat/cold cuts

- Sugar white, brown, corn syrup, maple syrup
- Artificial sweeteners
- Cured or processed meat (bacon, sausages, and the like)
- White flour products (pasta, bread, cookies, crackers)
- Grains: Wheat, spelt, rye, oats, kamut, barley, millet
- Foods that contain hydrogenated fats and preservatives
- White sugar and all products containing them
- Dairy
- Peanuts and roasted/heated nuts
- Fried foods
- Dairy products
- Margarine, canola and salad oils,
- Genetically modified food (look for Non GMO verified stamp)
- Canned foods
- Cigarettes

* Coffee is not allowed on the program. If you are accustomed to drinking coffee or black tea every morning and experience withdrawal headaches when you quit, try switching to green tea. Giving up coffee a few days prior to the start won't hit your body so hard since you also won't be experiencing caffeine withdrawal. Stopping caffeine can cause headaches and irritability. Don't be alarmed if you feel a little cranky or headachy when you stop the coffee. As with refined sugars, once you have passed the early discomfort period, your dependence and craving will be minimized.

The following foods can be eaten freely.

- All organic vegetables, especially those with dark vibrant colors; think lots of dark green, purple, red, and yellow
- Low glycemic fruits (berries, apples, pears, grapefruit)
- Sea vegetables
- Small amounts of quinoa if you want a grain
- Raw Nuts and seeds (no peanuts)
- Pastured, organic Chicken, fish, eggs
- Unfiltered cold-pressed flax, olive, sesame, sunflower, almond, coconut, hemp, & macadamia nut oil; Do not heat oils, with the exception coconut oil which has a high smoke point
- 8 to 12 glasses filtered water daily
- Fermented foods like miso and sauerkraut
- Probiotic drinks like coconut kefir and kombucha
- Dairy substitute fresh nut milks
- Spirulina, chlorella and blue green algae
- Avocado
- Sweeteners: stevia or xylitol

Think about what you are going to eat and then ask yourself whether your choices cleanse your body or clog your body. Fresh organic vegetables are excellent detoxifiers. Most fruits are filled with water, which helps to cleanse and hydrate the body. Think salads, lightly steamed vegetables, juices, and soups.

Do your best to remove processed foods completely from your diet. I'm talking about packaged foods like crackers, cookies, chips, muffins, fast foods, and canned foods.

These foods often include unhealthy oils, lard, trans fats, white sugar, and white flour, which tend to promote inflammation in the body.

Additional foods to remove from your diet or to eat only in small quantities include dairy, meat, alcohol, and grains, especially gluten- containing grains such as all varieties of wheat, barley, and rye. All grains and carbohydrates will slow your cleansing process, so the more you eat, the slower you'll cleanse. This is because they don't have the enzymes found in raw fruits and vegetables, so it takes longer for your body to digest them.

One of the worst things that you can do to clog your body is overeat. Even if you are eating healthy foods, overeating puts a huge strain on the digestive process and burdens the whole GI tract. Please try and eat smaller meals. I promise that you will feel lighter and have much more energy. The less you eat, the more your body responds by turning on the antiaging (anti- inflammatory and antidiabetic) genes, as long as you are eating whole foods, that is, fresh foods that are raw or only lightly altered from their living state.

Maintenance Programs

Often after completing a cleanse, people decide that they love the way they felt when they finished, and even though they can't eat that way every day, they like to integrate a modified cleanse program into their regular routine. Here are the easiest ways to do that.

ONE DAY A WEEK / Whether you've completed a short or a long cleanse, it's easy to get stuck in old patterns, but a one-day maintenance cleanse keeps you in the right frame of mind. It's enough to interrupt cravings for sugar and flour, and it's a smart way to counteract the ever-present toxins from pollution and foods. A once-weekly clean eating program promotes optimum health and vitality.