

# A Gentle CLEANSE

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WITH *Kate Gannley*



## Days 1 - 3 or 5

My aim with a 'gentle cleanse' is just that - a gentle 'spring clean' to help kick start our health AND experience just how great we CAN feel and create new lifestyle choices. Plus shake off any lethargy or discontent that's quietly crept into our lives.

This cleanse is easy to follow and aimed to be stress free on our bodies, being especially kind on our digestive and nervous systems, it allows our bodies to begin cleansing – naturally. The less stress on the body, the more effective the cleanse e.g. schedule in early nights and activities that make you feel good. It's important.

How we feel is going to be different for everyone. The important thing is to **listen to our bodies**. If we feel tired - sleep. If we feel moody, what's really triggering that mood? Feel it. And try swapping those thoughts for the 'upside' or injecting something joyful into the moment e.g. music, sunshine, journalling, whatever adjusts our attitude. The mood WILL pass.

The first couple of days are usually the most challenging. Some people will experience mild detox symptoms including headaches, irritability, tiredness, lethargy, fogginess or mucus elimination. Signs the body is starting to cleanse. *If the symptoms persist and you are concerned definitely seek medical attention.*

**Food.** Throughout the cleanse (and beyond) we will be adding in foods that nourish, heal, are kind on our digestive system and support our bodies natural detoxification and elimination processes. *It's important to try and buy seasonal, organic fruit and vegetables.* Our aim is to reduce our toxic load as much as possible.

We will be avoiding foods & activities known to create acidity, inflammation or slow digestion i.e. gluten, conventional dairy, red meat, grains, sugar, alcohol and caffeine. We can start reducing any of these foods as soon as we're ready. On day 4 of our cleanse, and if you choose, we have the option to introduce fish into our day.

### 19 lifestyle choices to create a successful and happier cleanse - for LIFE.

The tips on the next page are ideas that you may (or may not) like to try. That said, *Self care, sleep and our thoughts are priorities throughout this cleanse.*

*Self care and sleep protect our immune and nervous systems (and our sanity). It helps balance our hormones, essential for 'letting go' of weight - especially. Practice these during the cleanse and the cleanse will be more enjoyable and easier. With our busy work and family lives, we might think we don't have time for these, however, we don't have time not to. I promise these 'less important' activities GIVE us time and ... happiness - as we take time back for us and get back into the drivers seat of our lives.*

**Thoughts** are powerful. What we think we create. When we are taking time to be... or when we catch our thoughts, repeat this affirmation (or in your own words, whatever works for you);

***'I am grateful for this cleanse. I am (insert feeling e.g. content, happy, relaxed) ... I am.***

## 19 Cleansing Lifestyle Choices

### Priorities:

- ✓ Getting quality sleep
- ✓ Staying well hydrated with filtered water preferably e.g. 2L water a day. Along with a detoxifying tea (recipe follows).

What other ideas listed below resonate for you or can you introduce to your day to support your cleanse? *A cleanse is as much about 'upgrading' our lifestyle (our primary food) as it is about our food (secondary food).*

1. **Digestion.** Ayurvedic wisdom tells us digestion is strongest in the first half of the day e.g. between 6am – 2pm. Generally our bodies work best fuelling well in the earlier part of the day and having a lighter meal in the evening. This allows the body to *focus* on rest, digest and restoration while we sleep, rather than working on digestion.
2. **Chewing.** Digestion starts in our mouth. Chew well. Be kind on our digestion.
3. **Mindfulness.** Take time to stop and be aware of your thoughts and actions that we can mindlessly do, but don't serve our true self e.g. mindlessly snacking or use of technology.
4. **Sleep.** A biological necessity. Make it happen. It is the key. The more hours before 12am the more restored and happier we are and our bodies can cleanse and restore.
5. **Self care.** e.g. Journalling (refer to the handout attached), breathing, meditation (resources attached), movement, friends, sunshine, music, relaxation - guilt free. *It's important to up our level of self care throughout the cleanse – it's the key to feeling better.*
6. **Upgrade beauty and cleaning products** and personal hygiene to natural products.
7. **Review radiation** and electro magnetic frequency exposure.
8. **Oil Pulling.** A simple and powerful technique. For more information please check out this post at <http://katebarnes.com.au/oil-pulling-5-reasons-to-try-it/>
9. **Dry Skin Brushing.** Information in [this article](#). And a '[basic' you tube video](#) on how to.
10. **Lymphatic stimulation.** The lymph is like the bodies inner drainage system. It's essential for eliminating toxins and waste from our bodies. More information in the resources attached.
11. **Massage. Touch. Hugs.** Actively seek them out. Touch, nurtures our life force.
12. **Castor Oil Pack.** Information at <http://wellnessmama.com/35671/castor-oil-packs/>.
13. **Meditation.** I share lots of resources towards the end of the outline.
14. **Epsom Salts Bath.** Recipe here <http://katebarnes.com.au/tag/rejuvenating-bath-recipe/>
15. **Essential Oils.** Evoke our senses and can be emotionally and physically healing. They can be used to help with sleep, calming our nervous system and lifting our mood.
16. **Sunshine and the outdoors.** Natures medicine. If possible, it's important to incorporate this each day. Our natural world re-connects us with who we are. It's a life force.
17. **Gentle movement.** Yoga, pilates, walking, trampolining, rebounding.
18. **Manage stress and thoughts** e.g. Whatever we need to de-stress e.g. De-clutter, journal, block out

diaries, catch thoughts, meditate. *'Where attention goes, energy flows and outcomes grow'*.

## Shopping List

2 beetroots  
1 big bunch celery  
5 apples  
2 large bunches fresh coriander  
1 bunch of fresh thyme (if not in the garden and if having thyme tea)  
6 lemons  
1 ginger root  
2 bunches of fresh leafy greens of choice e.g. english spinach, bok choy  
1 bunch of italian parsley  
8 small cucumbers e.g. approx. 15cm in length  
4 avocados  
5 carrots  
1 cabbage  
a packet of fresh sprouts  
2 medium zucchini  
500g green beans  
1 brocolli and / or cauliflower  
2 medium tomatoes  
2 heads of garlic  
chia seeds  
2 tins of BPA free coconut milk or follow this recipe to make your own <http://katebarnes.com.au/home-made-coconut-milk/>  
1 packet (500g) fresh or frozen organic berries  
2 cups nuts or seeds e.g. raw almonds, brazil nuts, cashews, pepitas or sunflower seeds  
1/3 cup brazil nuts (for pesto)  
1/3 cup sunflower seeds (pesto)  
1/3 cup pumpkin seeds (pesto)  
coconut butter  
2 cups coconut flakes  
a nut butter (optional, refer to snacks section)  
1 bottle unsweetened aloe vera juice (optional – for making aloe jellys')  
agar agar powder (optional – for making aloe jellys')  
fresh mint (optional – for making aloe jellys')

### **Stock Ingredients**

2.5kg marrow bones  
3 carrots  
2-3 stalks celery  
1 onion  
big bunch fresh herbs

### **Condiments and Spices**

Cinnamon powder  
Turmeric powder  
Tamari  
Apple cider vinegar  
Miso paste  
Vanilla powder  
Bay leaves  
Dulse flakes (or nori if dulse unavailable)  
Honey (optional)  
celtic sea salt or himalayan salt  
Olive oil

## Recipes

*Throughout the cleanse it's important to listen to your body. For anyone suffering from a chronic illness, on medication, under a lot of stress, working long and stressful hours, pregnant, breast-feeding or your vitality is compromised in anyway, talk to your health practitioner first.*

*There is also the opportunity to continue eating light protein e.g. fish, green or red lentils or mung dhal through the cleanse. Adding in light, easy to digest protein, will support the body through the cleanse, especially if experiencing any of the above conditions.*

### **BREAKFAST. A Cleansing Smoothie or Juice for One**

Depending on the equipment you have available enjoy a juice or a smoothie.

**Preparation:** 5 minutes

**Serves:** 1

#### What

- 1/2 celery stalk
- 1 small apple or frozen organic berries or strawberries if in season.
- ¼ cup fresh coriander
- a wedge of lemon or lime, unpeeled (no pips)
- 1cm slice of ginger
- a handful of fresh greens e.g. greens fresh from the garden, Italian parsley, kale, spinach, chard, bok choy etc...
- 1 small cucumber e.g. approx. 15cm in length
- wedge of beetroot e.g. ¼ med. size (optional)
- ¼ tsp cinnamon
- pinch of Himalayan or celtic sea salt
- 2 cups of filtered water (add ice if preferred)

#### How

1. Add all the ingredients into a high speed blender and blend on high for approx. 1 minute.
2. Sip slowly... taste ... and enjoy!

#### Notes

- Refer to notes under the juice, (next recipe)
- To help absorb the nutrients have 1 Tbsp of coconut butter following the smoothie.





## OR A Cleansing Juice

### What and How

- 1 beet (medium - optional)
- 3 - 4 celery stalks
- 1 small apple or fresh strawberries
- 1 cup fresh cilantro
- 1 small lemon or lime, peeled
- 2.5cm knob ginger
- 1 clove of garlic (optional)
- A large handful of fresh greens e.g. greens fresh from the garden, Italian parsley, kale, spinach, chard, bok choy etc...
- 1 medium cucumber
- ¼ tsp cinnamon



Juice all the ingredients together, sip slowing and enjoy!

### Notes

- Other cleansing foods to add in as an option and boost your cleanse; bone stock or 1 Tbsp gelatin, garlic, vanilla powder or alkalising cayenne pepper, your favourite green powder. And if you're worried about the taste, don't be, the spices, lemon and / or fruit work magic.
- Keep your smoothie or juice simple with not too many ingredients for 'too much of a good thing'...
- These ingredients support our immune and detox systems and are wonderfully medicinal.
- To help absorb the nutrients have 1 Tbsp of coconut butter following the juice or smoothie.

**MORNING SNACK.** Choose from one of the snack recipes following on pages 8 and 9.

**LUNCH. A Healing Salad**

Preparation: 5 minutes

Serves: 1

*Dressing – last 2 days*

- 1 Tbsp grated ginger
- 1 Tbsp tamari
- ¼ cup lemon juice or apple cider vinegar

**What**

- 1 avocado
- 1 small cucumber
- ½ medium carrot
- handful of fresh sprouts e.g. sunflower, alfalfa or broccoli)
- fresh herbs e.g. italian parsley, basil and / or coriander
- ½ cup finely chopped cabbage
- 1 cup of leafy greens e.g. spinach or lettuce

**How**

1 To make the dressing mix all the ingredients together in a jar with a lid and shake, then leave in the fridge until needed. Or if the ginger is too strong, squeeze into the jar in your fingers and discard the pulp.

2 For the salad, mix all the ingredients together and dress with the dressing.



**AFTERNOON SNACK.** *If hungry, choose a different snack recipe from one of those on page 8 and 9.*

### **DINNER. A Renewing Soup**

**Preparation:** 5 minutes

**Serves:** 3 or 4 (i.e. the soup will last 2 or 3 evenings for one person).

#### **What**

- 2 cups of bone stock + 2 cups of filtered water OR 4 cups of filtered water
- 1 medium zucchini finely chopped
- 2 celery sticks, chopped
- 1 medium carrot finely chopped
- ½ cup green beans
- 1 cup cruciferous vegetables i.e. broccoli, cabbage and or cauliflower
- 1 small handful of fresh herbs e.g. coriander, parsley and/or basil
- 2 medium tomatoes chopped
- 3 garlic cloves finely chopped
- 1 Tbsp dulse flakes or finely chopped dulse leaf or nori sheets
- pinch of sea salt
- approx. 4 Tbsp miso paste (to be added on serving, see recipe) OR if you can't find miso add celtic sea salt or himalayan salt to your serve of soup.

#### **How**

- 1 Place all the ingredients into a large pot. Bring to a gentle boil, lower the heat, cover and let gently simmer for approximately 15 minutes.
- 2 While the soup is cooking add 1 Tbsp of miso paste to approx. ¼ cup of filtered water, mix and allow to 'dissolve'.
- 3 Pour a serving of soup into a bowl
- 4 Allow the soup to cool and then add the ¼ cup of miso paste with water mix.
- 5 Place any leftover soup into the fridge for the following evening or freeze for another time. The soup will last up to 5 days in the fridge.

#### **Notes**

- When the soup has finished cooking, blend the ingredients for a smoother consistency, (although this isn't necessary, the soup tastes great as is).
- Recipe for bone stock <http://katebarnes.com.au/home-made-stock/>

### **BEFORE BED**

Evening journalling, affirmation and gratitude.



# Snacks

## 1. A Cheeky, Cleansing Chia Pudding

Chia seeds are a super nourishing food and can act like a broom sweeping through our digestive systems. A perfect food for a cleanse. Read more about them here

<http://katebarnes.com.au/food-focus-chia-seeds/>. Enjoy.



**Preparation:** 5 minutes

**Time to set:** approx.. 30 – 60 minutes

**Serves:** 4

### What

- 4 Tbsp chia seeds
- 400g (1 1/2) cups coconut milk ([here's a recipe](#) to make your own too)
- 1/2 tsp vanilla powder
- 1/2 tsp cinnamon powder (optional)
- fresh or frozen (defrosted) organic berries to serve

### How

- 1 Mix all the ingredients (except the berries) together in a bowl.
- 2 Leave to thicken and set in the fridge for at least 1 hour. It will be even better overnight.

### Notes

- Serve with fresh, seasonal fruit e.g. banana, mango are also great to try
- Add some of your favourite chopped, preferably activated nuts for added protein and goodness.

## *More Snacks if hunger needs satiating*

1. **Veggie sticks** e.g. cucumber, celery, carrot, capsicum etc...
2. **A cup of homemade stock or 1 tsp of grass fed gelatin in warm, filtered water with a squeeze of lemon juice (or 1 drop of doterra lemon essential oil).**  
Recipe for bone stock <http://katebarnes.com.au/home-made-stock/>
3. **Coconut Chips.** (recipe <http://katebarnes.com.au/toasted-coconut-chips/> )
4. **Coconut Yoghurt.**
5. **Coriander chelation pesto.** (recipe <http://katebarnes.com.au/coriander-chelation-pesto/>)
6. **Soaked or Activated Nuts.** Soaked or activated nuts and seeds are much kinder on our digestive systems and allow more nutrients to be absorbed.

## **How to activate seeds & nuts**

### *What*

- 2 cups raw nuts or seeds e.g. raw almonds, brazil nuts, cashews, pepitas or sunflower seeds
- filtered water
- 1 large tablespoon of celtic sea salt or himalayan salt

### *How*

1. Plan ahead and cover a large bowl of nuts and seeds with filtered water plus salt, stir well and soak overnight.
2. Strain the water the next day and store the nuts covered in the fridge OR activate, them by putting them in a dehydrator for a couple of days or in the oven at approx. 45 degrees for a day.
3. Taste test for the desired 'crunch'



## Liquids

Keep drinking lots of water throughout the cleanse e.g. approx. 2 litres / day.  
Start the day, as soon as you get up with a large glass of filtered water add in a pinch of Himalayan or celtic sea salt.

### Tea. Steeped in goodness.

Dandelion or licorice tea and other herbal teas, green and matcha tea OR these teas using fresh herbs are especially good.

### Immuni-tea.

*If you don't have all the ingredients for this tea - not to worry, use what you have on hand. Lemon & Ginger are the two key ingredients. They are powerful detoxifiers and great for our digestion.*

This drink is also great for hydration throughout the cleanse.

#### What

- 1 big desert spoon home made bone stock / broth (optional)
- squeeze of fresh lemon or lime juice
- dash of cinnamon
- dash of turmeric or approx. 1/2cm thinly sliced fresh turmeric root
- couple of thin slices of fresh ginger root
- 1 drop lemon essential oil (therapeutic grade)
- warm filtered water

#### How

1. Place all the ingredients into a cup or double the quantity into a teapot for tea for 2!
2. Add a small amount of cold water
3. Fill the cup with boiling water and stir.
4. Pour into your favourite teacup. Sip slowly and mindfully.

### Thyme 4 Tea

Thyme is a potent detoxifier. To make tea, simply;

- Take a handful of fresh thyme pop it into a teacup or teapot.
- Add warmish water (+ any other herbs you like e.g. lemon)
- Allow to steep for a few minutes
- Take a seat outside and enjoy!



## A Rejuvenating Bath Recipe

The epsom salts (magnesium sulfate) in this stress-relieving bath will draw impurities out of your body and help relax your muscles, while the baking soda neutralizes acids on the skin and dissolves oil and perspiration. The epsom salts also raise the water's specific gravity, making the body more buoyant, which in turn allows you to feel light as you relax. Adding a few drops of your favorite essential oil will enhance your experience and allow you to fully de-stress and detoxify.



### What

- 1 cup epsom salts
- 1 cup baking soda
- Optional: 5-10 drops of your favorite essential oil.
- Try lavender to relax, peppermint to energize or eucalyptus if your immune system is down.

### How

1. Add ingredients to a full, warm or hot bathtub and soak for 20 minutes.
2. Dim the lights, light a candle and add some peaceful music for an even deeper relaxing effect. Take your time to just relax and breathe.
3. Most skin experts say to soak for 20 minutes to allow the epsom salts to pull the toxins from your pores, but not more than 20 minutes as you risk re-absorbing the impurities.

***This bath recipe is also on my website at <http://katebarnes.com.au/rejuvenating-bath-recipe/>***



## A healthy lymph.

The lymph is vital for protecting us from illness and inflammation. It's like the body's inner "drainage system" eliminating toxins and waste and protecting us from outside threats such as infections and bacteria while helping keep fluid levels in balance. Dry skin brushing, castor oil packs and sipping warm water through the day all helps our lymph.

### 4 more ways to stimulate the lymph.

**1. Improve Circulation:** A healthy diet, exercise, getting enough sleep and **reducing stress** are all critical for improving circulation and helping the bodies natural detoxification systems. The circulatory system and lymphatic system rely on one another.

**2. An Anti-Inflammatory Diet:** As we are enjoying on our cleanse! The more nutrient-dense foods in our diet and the less chemicals entering the body, the better the lymph works. Some of these foods include;

- green leafy vegetables
- cruciferous veggies (broccoli, cabbage, cauliflower, etc.)
- berries and pomegranates (in season)
- high in omega 3 e.g. salmon, sardines and wild seafood
- nuts and seeds (chia, flax, hemp, pumpkin, etc.)
- extra virgin olive oil, good quality fish oil and coconut oil
- herbs and spices e.g. ginger, turmeric and garlic
- seaweeds e.g. atlantic dulse, nori, kombu etc.

**3. Exercise:** The lymphatic system works best when we move. It helps keep fluids circulating and nutrients reaching our cells. Any type of exercise and movement is good e.g. even walking keeps the lymph flowing. Some exercises are particularly helpful, including yoga (which twists the body and helps fluid drain), rebounding and trampolining.

Rebounding involves jumping on a small trampoline that can be kept inside the house and takes just five to ten minutes of jumping daily to get the heart rate up and help keep the lymph running smoothly Or get outside and go for a bounce on the kids trampoline for a few minutes. (Then follow up with a relaxing detox bath to further help improve blood flow)! Ideas for how to rebound <https://vimeo.com/141935954> and <http://goop.com/the-lymphatic-system-a-rebounding-video-with-tracy-anderson/>

**4. Massage and Foam Rolling:** Foam rolling and massage not only help tissue repair and break up muscle and tissue adhesions that can cause tightness and injuries it also increases blood flow to the muscles and stimulating the lymphatic system. If you have a foam roller try these exercises here to support the body eliminate toxins and waste (and move on cellulite at the same time): <http://goop.com/banishing-cellulite-the-foam-roller-detox/>





## MEDITATIONS

### *A few of my favourite free meditations and apps*

Meditation, for me, is *anything* that helps me free my mind from constant chatter and brings me right back into the present moment.

This can include focusing on my breathe for 5 minutes, paying attention to each and every sound I hear for 5 minutes, a walk on the beach, taking an art class etc... Whatever it is, it doesn't need to be arduous and take a big chunk of our precious time. Ideally, though it brings us back into the present moment for at least 10 minutes.

Find something that works for you and you enjoy.

There are many great meditations available. Here are some of my favourites.

#### *Free guided meditations:*

- [Change your life forever](#), Louise Hay (40 mins. Free)
- [Green heart meditation](#) – Dr Issam (13 mins. Free. A personal favourite)
- [Abraham Hicks, Financial wellbeing meditation](#) (15 mins)
- [Pranayama breathing app](#). (10 mins)
- Headspace app – free
- NEW: Insight Timer app - free (this is very good).

#### *Available to purchase:*

- [Wayne Dyer, I Am - Wishes Fulfilled](#) (20 mins) on itunes \$16.
- [Dr Libby. Restorative Calm](#) – breathing meditation (Series of 3 x 10 min meditations). \$17.95 for audio.
- [Oprah and Deepak](#) (20 min meditations) \$24.99.



## Cleansing with a Family @ Home + Meal Ideas.

During the cleanse, especially in the first 2-3 days, *try* to keep the status quo humming along in the home. Then we don't have to deal with added stresses e.g. childrens tantrums.

**It's not always going to be possible to keep the status-quo. Here are a few tips that can help;**

1. **Shop the weekend before** or ahead of time for food and household shopping.
2. **Prepare a meal** or two the weekend before.
3. **Mornings are tricky** as they can be SO busy! And can give us the excuse to reach for those self-sabotaging choices that are NOT on our cleanse;
  - Give the kids their choice for lunchboxes or breakfast... (whatever it takes).
  - Aim to leave the house 10 minutes earlier, just to make sure leaving the house is as easy as poss.
  - Prepare lunches the night before or keep it simple e.g. cold meat and salads so quick and easy to assemble in the mornings.
  - Go for a short family walk when you're all up. Super grounding – for everyone.
4. **Double the meals** and ensure there are leftovers for lunches or snacks the next day. Less time in the kitchen and more time for cleansing and enjoying!
5. **Give the kids dinner after school** when they're hungry and make dinner time a 'snack' / afternoon tea. They will fuel up on good food after school + dinner time is so much easier.
6. **Get the kids into bed early** so they are well rested and in better moods. And, we have more time to ourselves in the evenings.
7. **If all else fails...** pop some music on or get outside and go for a walk. It's a great attitude adjuster.



### *Family meal ideas during the cleanse:*

Keep family meals simple this week e.g. sausages from the butcher with salad or roast veggies is A OK, fish and salad is easy and nutritious.

The following meal ideas take little time to prepare yet taste fabulous and are some of our family favourites. I hope they help. There are lots more ideas on my website at <http://katebarnes.com.au>

## **Recipes**

[East meets west chicken](#)

[Lemon and herb roast chicken](#)

[Easy oven baked rissoles or meatballs \(or Burgers\)](#)

[Sang Choy Bow](#)

[Buckwheat risotto](#)

[Crunchy almond and miso salad](#)

[Coconut red lentil dahl](#)

[Non chilli con carne](#)

[Red lentil kofte with fresh mint](#)

[Lamb ribs infused with thai flavours](#)

Wild Salmon or Fish and Salad (to coincide with Day 4 i.e. Thursday of the cleanse if needed).

Gluten free pasta and bolognese sauce or [gluten free pizza](#).

[Power muesli bar](#)

[Coconut ice balls with a zesty twist](#)

[The best banana bread](#)

[A persian love bar](#)

[Best ever chocolate brownie cake](#)



*This information covers a wide range of health fields and professional advice. If you are ill or sick with a treatable medical illness then continue to see a conventional medical practitioner. Kate' training and experience is holistic and it complements conventional medicine but she is not a qualified Doctor. Ultimately health is about discovering the choices that work for you as an individual and taking ownership of those unique requirements.*



# Food & Mood Journal

What we eat affects what we do, how we think & often the choices we make.

Journaling can help us to learn to listen to our bodies better and understand the signals they regularly give to us. Note how you feel physically and emotionally before, during and after each meal, snack or beverage. At first it may feel odd or you may not feel any particular way. That is okay—you may just write “fine” or “good.”

Here are tips to get you started: **Physical** symptoms are bodily sensations.

**1. Clues for imbalance:** headaches, stomach pain, muscle cramps, coughing, fatigue, insomnia, restlessness, shakiness, muscle weakness, poor concentration, pallor, blood sugar swings, irregular bowel movements.

**2. Clues for balance:** bright eyes, hunger, stamina, natural deep breathing, high energy, restful sleep, focus, alertness, strength, good attention span, good color

**Emotional** symptoms may be a little harder to notice.

**1. Clues for imbalance:** anxious, bored, scared, mad, sad, depressed, scattered, restless, irritable, agitated, hyper

**2. Clues for balance:** confident, excited, energized, humorous, happy, interested, focused, calm, relaxed, easygoing, patient

This journaling process is designed to be fun and informative. Stay free of negative judgments. If negative feelings arise, or if you feel guilty for eating something “bad,” remember that recording this information will help you to see the connection between what you eat and how you feel emotionally and physically.

If you forget to write down a meal, just keep going. It’s fine. Just keep writing.

*Adapted from Potatoes Not Prozac, by Kathleen DesMaisons, PhD.*

**Date:**

How did you feel when you woke up? What did you eat and drink during the day and how did you feel? Breakfast: How did you feel afterwards?

Energy: \_\_\_\_\_

Digestion e.g. bowel movements, cramping, bloating, diarrhea etc...

\_\_\_\_\_

Hunger: \_\_\_\_\_

Other: \_\_\_\_\_

Snack: \_\_\_\_\_

\_\_\_\_\_

Lunch:

Energy: \_\_\_\_\_

Hunger: \_\_\_\_\_

Other: \_\_\_\_\_

Snack: \_\_\_\_\_

\_\_\_\_\_

Dinner:

Energy: \_\_\_\_\_

Hunger: \_\_\_\_\_

Other: \_\_\_\_\_

Snack: \_\_\_\_\_

\_\_\_\_\_

**At the end of the day consider any specific emotional or lifestyle stressors you experienced at work, at home, relationships, not exercising etc..? What else do you notice?**

**E.g.:** Mood – how was your mood through the day? Clarity of thought? Digestion?

Any insights gained? What felt good? What didn't?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



# Commitment

‘The moment one definitely commits oneself, and then providence moves too.

All sorts of things occur to help one that would never otherwise have occurred.

A whole stream of events issue from the decision, raising in one’s favour all manner of unforeseen incidents and meetings and material assistance which no man (or woman) could have dreamed would have come his (or her) way.’

~ Johann Wolfgang von Goethe

