A Gentle CLEANSE

WITH Kate Barnes

THE MANUAL

for releasing weight & feeling energised in just 3 – 5 days.

"It's a 'mini health retreat' in your own home".



Welcome to A Gentle Cleanse

The aim with a 'gentle cleanse' is just that - a gentle 'spring clean' to help kick start our health AND remember 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.

We've made this cleanse easy to follow, stress free on the body and especially kind on the digestive and nervous systems. Only in doing this can the bodies begin truly cleansing – naturally. Make the cleanse your own – it can fit the age and stage of life you are in. For example if you do little to no cleansing or on medication, you may want to incorporate fish or more protein into your day! There aren't any hard or fast rules so you can't go wrong.

The key points following will help make your cleanse enjoyable and effective. Try to read this manual all the way through before you start your cleanse.

Stress

We can't 'stress' enough how important it is to stress less and schedule down time as much as possible throughout the cleanse. It's why it's the first thing mentioned – it's that important. It can help to think of your cleanse as a 'mini health retreat' in your own home!

Stress initiates the 'fight and flight' response hampering efficient detoxification. Relaxation on the other hand initiates the 'rest and digest' response, allowing the body to more effectively cleanse and detox naturally. To stress less, schedule in early nights, meditate, breathe deeply or book in a massage, luxuriate in a bath, sip tea, read a book, clear your diary as much as possible. Add in activities that make you feel good. It's super important.

Listen to your body

How you feel is going to be different to everyone else. The important thing is to listen to your body. If you feel tired – nap or go to bed early. If you feel moody, what's really triggering that mood? Feel it. Try swapping those thoughts for the 'upside' or injecting something joyful into the moment e.g. music, sunshine, journaling, whatever helps you to feel the emotion and gently adjust your attitude. Remember the mood will pass.

In this manual is a 'food and mood tracker', fill this in a the start or end of each day to notice any trends or choices that help you to feel good or not.

The first 2 - 3 days

The first couple of days are the most challenging. Some people will experience mild detox symptoms including headaches, general aches, 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 with your health practitioner. By days 3 – 5 you will start to be feeling like a new you!

Food

Throughout the cleanse you're adding in foods and recipes that nourish deeply, heal, kind on the digestive and nervous system and support the bodies natural detoxification processes. It's important to try and buy seasonal, organic fruit and vegetables to reduce the toxic load as much as possible.

The menu is simple and the same each day to alleviate precious time that's spent thinking about what and how to cook! This works especially well when you're preparing meals for your family too. There are quick & easy ideas for family meals on page 20 OR simply add extra to what you're preparing with added protein and / or carbohydrate they'll enjoy.

Food for each day;

Breakfast: A cleansing moothie or juice for one for breakfast
Lunch: A delicious healing salad
Dinner: A renewing soup

Snacks - enjoy them as you feel you need, especially in the first day or two.
Quality water, lots (ideally filtered).
Herbal and cleansing teas.

On day 4 of the cleanse and if you choose, you have the option to introduce fish into the day.

All the recipes are included in this manual for you. The aim is not to have any other foods other than those in the manual throughout the cleanse. You won't go hungry, I promise!

Plan and prepare

It's highly recommended to take time on the weekend or a couple of days before your cleanse to shop for all the ingredients and if you have family, prepare a couple of meals and / or snacks. This preparation and planning alleviates stress, busyness and importantly allows you to put your mind toward your cleanse and your learning to enjoy it far more.

Pre-cleanse

It's highly recommended to pre-cleanse the week before or at least a couple of days before to ensure the cleanse is as symptom free and enjoyable as possible.

What this means

The cleanse takes out foods & activities known to create acidity, inflammation or compromise strong digestion i.e. the cleanse takes out gluten (wheat products), conventional dairy, red meat, grains, refined sugar, alcohol, processed foods and caffeine.

Begin reducing any one or all of these foods as soon as you're ready i.e. pre-cleanse. It's highly recommended to at least remove gluten, dairy and caffeine in your pre-cleanse.

Supplements: If you've experienced detox symptoms previously e.g. headaches etc. or are new to cleansing, adding in these supplements a week before & during is recommended;

- Colloidal Minerals inc. fulvic/humic acid – highly recommend
- A good quality B vitamin complex and
- magnesium are highly recommended

- MSM (Sulphur) can also help and
- Zeolite. Must be superior quality – very important. Contact Kate for a recommendation.

Lifestyle

A cleanse is as much about 'upgrading' our lifestyle as it is about the food we eat. Learn which lifestyle choices e.g. it may be early mornings, outdoors, sunshine, meditation, stressing less etc. serves well & can happily become a new habit. (While it may not seem like it now, wait and see)!

Our bodies cleanse so much better with positive lifestyle choices.

Mindset

You may be (or are)! feeling unsure about making new choices. Which is totally understandable. Change, fear of the new feels hard. It's far easier to stay in the familiarity of our comfort zone. Yet personal growth and happiness lie outside our comfort zone.

"A comfort zone is nothing but a belief, a mere reflection of your thoughts. You desire something, yet you fear change. Self doubt will bind you there. Belief will set you free".

Thoughts are powerful. What you think you create. Be aware of them. Let's make them good.

Remember. When you are taking time to be… or when you catch your 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.

A healthy mindset is the key.

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

The 19 tips on the next page are ideas that to experiment with. AGC includes lots of lifestyle **ideas (new choices) to keep your vibe high, stress low and thoughts positive**. Experiment with any one of them. It doesn't need to be all of them, only those that you think you'll enjoy.

Based on experience we highly recommend;

- ✓ Pre-cleansing the week before.
- ✓ Shop ahead of time and prepare family meals.
- ✓ Clearing your diary.
- ✓ Getting to bed early.
- ✓ Staying hydrated.
- ✓ Stressing less.
- ✓ Supplementing as needed.

Self care (kindness)

Self care and sleep will help protect your immune and nervous systems (and sanity). It helps balance hormones, essential for 'letting go' of weight. Practice the above lifestyle choices during the cleanse and it will be more enjoyable and easier.

With busy work and family lives, you may think you don't have time, however, you don't have time not to. I promise these 'less important' activities GIVE time and … happiness - as you reclaim your time and get back into the drivers seat of your life.

Important: 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 BEFORE deciding to do the cleanse.

Let's cleanse!

Disclaimer: This information is just one part of a balanced lifestyle that covers a wide range of health fields & professional advice. If you are ill or sick with a treatable medical illness then continue to see a conventional medical practitioner. Kate is not a qualified Doctor, please continue to see your qualified health practitioner. Ultimately health is about discovering the choices that work for you as an individual and taking ownership of those unique requirements.

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19 Cleansing Lifestyle Tips

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.

2. Chewing. Digestion starts in our mouth. Chew well. Be kind on your digestion.

3. Mindfulness. Take time to stop and be aware of your thoughts and actions e.g. mindlessly snacking or using technology. Use your journal to help. It's important.

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. journaling, deep breathing, meditation (resources attached), friends, sunshine, music, relaxation. Self care (kindness) is the key to feeling GOOD.

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. You'll find 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 you need to de-stress e.g. de-clutter, journal, block out diaries, catch thoughts, meditate.

19. Indoor Plants. Can help purify the air quality in the home.

'Where attention goes, energy flows and outcomes grow'.

Shopping List (ingredients for main meals not all snacks)

2 beetroots (if using in the smoothie or juice)
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/ or if sensitive to coconut try goat milk or replace with coconut or filtered water.
1 packet (500g) fresh or frozen organic berries
2 cups nuts or seeds e.g. include raw almonds, brazil nuts, walnuts, 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
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
Coconut oil or MCT oil

Recipes

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 organic apple or frozen organic berries or if in season.
- ¼ cup fresh coriander / cilantro
- 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
- 1 tsp – 1 desert spoon coconut oil or MCT oil
- pinch of Himalayan or celtic sea salt
- 1 - 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!

Note

- Refer to notes under the juice, (next recipe)

OR A Cleansing Juice



What and How

- 1 beet (medium - optional)
- 3 - 4 celery stalks
- 1 small apple or fresh organic berries
- 1 cup fresh cilantro / coriander
- 1 small lemon or lime, peeled
- 2.5cm knob ginger
- 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
- 1 desert spoon MCT oil (optional)

Juice all the ingredients together, stir in MCT oil before sipping slowly. 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.

MORNING SNACK.

If you're hungry, choose from one of the snack recipes following on pages 13 and 14.

LUNCH. A Delicious Healing Salad

Preparation: 5 minutes
Serves: 1



Dressing – lasts 2 days

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

What

- 1 avocado
- 1 small cucumber
- ½ medium carrot
- handful of fresh sprouts e.g. sunflower, alf alfa or brocolli)
- fresh herbs e.g. italian parsley, basil and / or corinader
- 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.

Note

If you're on medication or haven't done any type of cleansing or supplementation in the past few years or since 2019, add in small amounts of protein eg white fish or protein powder and supplement with colloidal minerals

AFTERNOON SNACK.

If hungry, choose a different snack to the morning from the recipes on pages 13 and 14.

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. brocolli, 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

- Choose a reflective practice to enjoy before bed to calm your mind and set it ready for rest e.g. evening journalling, meditiaion and / or gratitude.
- Repeat your affirmation(s).

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 our 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 or if your digestion is sensitive try goat milk or filtered or coconut water.
- 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 Snack ideas

1. Veggie sticks e.g. cucumber, celery, carrot, capsicum etc...
2. Fermented vegetables
3. 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 therapeutic grade lemon essential oil). Recipe for bone stock http://katebarnes.com.au/home-made-stock/
4. Coconut Chips. (recipe http://katebarnes.com.au/toasted-coconut-chips/)
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.
7. Hemp seeds
8. Simple Crunchy Seed Crackers http://www.katebarnes.com.au/recipe/simple-crunchy-seed-crackers/

How to activate seeds & nuts (not necessary, but helpful).

What

- 2 cups raw nuts or seeds e.g. incl. raw almonds, brazil nuts, walnuts, raw almonds pepitas &/or sunflower seeds
- filtered water to cover the nuts or seeds with 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

Water

- It's important to stay well hydrated e.g. aim to drink approx. 2 litres / day. Keep a jug of filtered water on your desk or water bottle with you through the 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 to help with hydration.

Tea. Steeped in goodness.

Herbal

Enjoy dandelion, nettle or licorice tea or other herbal teas including these ingredients if you enjoy them. 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 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. 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;

- 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 meditatios 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, (hover your mouse over the name to be taken to the meditation link).

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
- 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 + Simple 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

