

UpRight - BirthRight - LiveRight

Spring/Fall Cleanse

Your body's liver and kidneys are filter organs that need to purge themselves at least once a year. Most often the kidneys cleanse in the fall while the liver naturally cleanses in the spring. Whether you recognize it or not, the symptoms often attached to seasonal colds and allergies are signs of clogged filter organs purging themselves without your full bodily support.

Incorporating a 21-day cleanse into your routine during the spring and/or fall is a wonderful way to proactively change the seasonal patterns of illness and strengthen your body for the coming year. It is best to pick a 21-day period in your life that you can fully pay attention to your 'selfcare' and see it through.

At first glance a cleanse may seem daunting but this is designed to be conducted while you go about your usual routine. It may take some additional shopping and meal prep but along this journey you are learning to change your habits to optimize wellness.

Follow along with the guidelines to keep you on track and to support healthy external elimination of the digestive system, gain energy and gently remove toxins from your body systems. If you are taking medications or under the care of a physician, it is recommended that you first consult with your physician before beginning this program.

Everyday

Discipline: "Most people want to avoid pain, and discipline is usually painful"- John C. Maxwell

Hydration: Drink ½ your body weight plus 8 ounces of purified water daily. This can include:

- Regular water with Young Living Mineral Essence
- A natural electrolyte drink
- Young Living's Alkalime (1-2 times/day)
- Detox Tea to replace morning caffeinated beverages
 - Young Living Slique Tea
 - 1 drop Digize Vitality in warm water with 1-2tsp honey for sweetness
 - Yogi or other healthy brand detox teas

Skin Brushing: To support lymphatic system circulation and stimulation

Exercise 30-60 minutes: Yoga, Pilates, stretching, walking, cardio or bicycling

Dietary Restrictions:

- Reduce inflammatory foods
- Reduce gluten (beware gluten free options as they are often full of potato, tapioca, corn flours and other heavy starches that are high in calories. Gluten is found in pasta, breads, cookies, cakes and most any sauce so read labels carefully)
- Eliminate refined sugar but minimize honey, maple syrup and other natural sugars too.
 - No corn syrup or artificial sweeteners
- Limit caffeine
 - One cup of green tea a day is fine.
- Limit alcohol
 - No more than 1-3 glasses of wine per week
- Eliminate smoking
 - Cleansing is a great tool to recover from addictions
- Replace 1-2 meals a day with wheatgrass, fresh veggie juice or high protein smoothie

Supplements:

Cleansing Regimen

- Cleansing Trio Kit (Comfortone, ICP and Essentialzyme)
 - Comfortone: 1-3 times/day AM and PM before bed with 8 oz of water
 - ICP: as directed 1-2 times a day
 - Essentialzyme: 1-2 between meals
- Alkalime: Full of minerals needed to alkalize, support hydration, and can be used as an Electrolyte drink.

Cleansing Regimen (vegetarian)

- Detoxzyme: 3-6 between meals with 8-12 ounces of filtered water
- JuvaPowder: as directed mixed into unpasteurized apple cider
- Comfortone: 2-3 caps AM and 2-3 caps before bed
- Vitality Drops: once a day

Weekly

Detox Foot Bath:

- Available through Upright Health and Wellness. Schedule online at uprighthealthandwellness.com or call the office at 248-656-2063
- Detox Bath: Great for sinuses, clearing respiratory and lymphatic systems.
 - 1 cup Epsom salts
 - 1 cup Baking Soda
 - 10 drops Young Living Lavender essential oil
 - 10 drops Young Living Eucalyptus essential oil

- Soak for 20-30 minutes in hot water

Colon Hydrotherapy:

A wonderful way to release old toxic loads from the colon. While other methods such as an enema do work, they tend to only get the lower end of the colon.

- Recommend doing at least 1-3 colonics during a cleanse to support your body as it fully eliminates the toxins.
 - Detox Detroit with Toni
 - Katheryn Masters at Alice Huang's Acupuncture Clinic

Castor Oil Pack: Extra help for sore, congested bellies

- Use a castor oil pack 2-3 days a week

Supportive Body Work:

All available by appointment at Upright Health and Wellness

- Lymphatic Drainage Massage
- Raindrop Therapy
- AromaShapes

Grocery Shopping List

- Focus on purchasing organic and locally grown foods.
- To make juices, kidney tonics, smoothies:
 - Carrots
 - Celery
 - Organic Lemons
 - Parsley
 - Ginger
- Kettle and Fire Bone broth
- Healthy Salad fixings
 - Kale
 - Oatmeal, Quinoa

Young Living Shopping List

You do not have to be a Young Living member to purchase products.

You can easily find the recommend products here:

<https://www.myl.com/upright#bwm/fall-and-spring-cleanse>

Cleansing Trio Kit:

- Comfortone
- ICP
- Essentialzyme

If one of the products in the Cleansing Trio Kit is out of stock or you prefer Vegetarian options create your kit by combining one product from each category:

ICP Substitute:

- JuvaPower

Essentialzyme Substitute:

- Essentialzyme 4
- Detoxzyme (V)

Comfortone Substitute:

- JuvaTone

Additional Suggested Products:

- Slique Tea
- Alkalime
- Mineral Essence
- Vitality Drops
- Ningxia Red
- Digize Vitality
- Lemon Vitality
- Celery Seed Vitality
- JuvaCleanse Vitality
- Lavender
- Eucalyptus