

10-21 Day Sugar Detox Ritual Workbook

10-21 Day Sugar Detox



By Ana Poirier
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Sacred Cleanse Ritual Intro

Are you ready to shed extra weight, gain amazing energy and start to really get the juice to go out and make things happen in your life and on this planet? Or at the very least, feel lighter and ready to take care of yourself as you explore new levels of feeling better?

This cleanse will definitely bring you clarity, energy and help uncover a body you adore.

Contrary to what the cleanse product industry has led you to believe, cleansing is a ritual of self-care and self-renewal that extends way beyond taking some pills and powders in a “colon cleanse in a box”. A true cleanser is a way to clear the physical, energetic, mental and emotional blocks that are standing in the way of where you are on all these levels and where you want to be.

In the 7-Day Sugar Detox Ritual, there is a strong emphasis on the body because without the body in top shape, it's pretty much impossible for the dreams and ideas of your soul to express fully into the physical world. The main idea here is to supply your body with a steady supply of super clean nutrition, while giving all the systems a well-deserved break. This means eliminating all processed and junk foods, or “edible non-food substances” as one of my teachers calls them, and give the body fresh, whole foods. There are also some suggested products to support the body in resting. Although these are processed, it is very minimal, and they are all made from whole foods.

They are “pre-digested”, which is what gives the body systems a break.

Although I didn't know it at the time, my introduction to cleansing came on many different levels and from many sources over time. Basically, I was in pain – physical, emotional, mental and spiritual pain. My body was like an alien that I hated and treated with no respect. I felt disconnected from who I was and from other people. I didn't know who I was or where I belonged, was addicted to sugary, processed foods, suffered from depression, acne and hormonal issues. When I look back on this person, I really can't believe it was me!

As I learned about real nutrition, got the sugar out of my life, started practicing yoga and breath work and created balance in all areas of my life, the cleansing process unraveled.

This sugar detox ritual is designed to be done for at least 7 days, but can easily be extended to up to 21 days for maximum benefits. Those with Candida issues will need to stick with the sugar detox way of eating for longer.

10-21 Day Sugar Detox Ritual Workbook



Why We Cleanse?

Our body is our sacred temple, the house of our spirit and life energy. If our physical body is not up to speed, we are more likely to not live to our full potential, both because we just don't feel good and because the body systems are "gunked up", or blocked. Just as we take our cars into the shop to clean the engine and get a tune-up, so do our bodies need to be cleansed and tuned-up.

Our bodies have accumulated toxins and need maintenance just like a car; especially with all of the environmental toxins and processed foods in this day and age. When the cells, of which you have trillions, are clogged up with acid, sugar, mucus, toxins, etc., you may have no pep, a poor complexion, dull eyes, suffer from aches and pains, or be nervous and irritable. You could be carrying around toxic waste that has been with you for years, and that is robbing you of your vitality.

This is your sacred time for healing and cleansing, and should be seen as a time of regeneration and rejuvenation. You will be amazed at what happens when we clear the cloud of sugar from our body. Trust me, I know the cloud well, and it is so much better above the cloud.

The simple truth is: we are surrounded by toxins. In fact, we are exposed to more environmental toxins in one day than our grandparents were in an entire lifetime. Environmental chemicals in solvents, plastics, and adhesives; poisons in makeup, moisturizers, nail polish, hair dyes, and shampoos; pesticides, herbicides, and even parasites in soil, food and water; ingestible chemicals in junk and processed foods; the toxins released by our bodies when under consistent stress; even the toxic thoughts or words that we may subject ourselves to on a daily basis are all contributing to an ever-increasing lack of vitality and energy.

The good news here is that we can choose to take an active role in feeling and looking better with seasonal cleansing.

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3

Disclaimer: The entire contents of this handout are based upon the opinions of Ana Poirier, unless otherwise noted. The information in this handout is not intended to replace a one-on-one relationship with a qualified health care professional. It is not intended as medical advice. It is intended as a sharing of knowledge and information from the research and experience of Ana Poirier and her community. Ana encourages you to make your own health care decisions based upon your research and in partnership with a qualified health care professional. And most importantly, make sure to listen to your body.

10-21 Day Sugar Detox Ritual Workbook

My intention here is to give you the basic foundation upon which to build your very own temple of health, vitality, longevity and beauty! This manual can be a guidebook for you to come back to again and again as you deepen your understanding of your own needs for cleansing and optimum wellness.

This workbook will cover many aspects of cleansing, allowing you to do the baseline to safely detoxify. This is an intro to the basic program I offer, and can be done up to four times per year.

Even if you have a super clean diet and lifestyle, you will still benefit greatly from seasonal cleansing and detoxing the sugar. We live in world where we just can't control everything we are exposed to, so no matter what might be your current lifestyle, health level, diet or energy level, regular detoxification can be a very special gift to give yourself.

This is a great opportunity to support the body in all that it has to do, so that it may function to its full potential.

It is important to note that this book is not a replacement for medical advise. I recommend consulting with your doctor before beginning any cleanse or nutritional program. The contents of this book are for educational purposes only, and are not intended to treat, diagnose or cure any disease or illness. Having said that, this is the cleanse that I do most often with my clients and for myself.

10-21 Day Sugar Detox Ritual Workbook



Some Benefits of Cleansing

Some of the reasons for cleansing include:

1. **Disease prevention or management.** By giving our bodies a rest from dietary pollutants and taking in cleaner, simpler whole foods, we support the bodies own healing abilities.
2. **Healthy aging and body renewal.** Toxins being re-circulated throughout the body will age the body and make it feel that way.
3. **Spiritual inquiry and personal growth.** Even if you are doing this cleanse while continuing about your normal routine, I strongly encourage you to take time out to reflect and look within. Remember autumn is naturally a time to look inside. Meditation, journaling, taking time in silence, prayer or time in nature can all be used for this purpose.
4. **Weight loss and beautification.** Often, when we have excess body fat, cellulite, skin eruptions, swollen tissues, dark circles, hair loss, sagging skin and other beauty “crises”, the remedy is to simultaneously detoxify and re-nourish. When we address the total health of the body, we invariably affect the way we look (for the better).

10-21 Day Sugar Detox Ritual Workbook

5. **Compulsory time out.** By just taking some time to put attention on something different from your normal routine, you are supporting your health and giving your body a little mini vacation. You may not feel like you have been “perfect”, but that is not important. The important thing is that you came in with intention to take care of this body that loves you. You are consciously taking time to love it back.

Not only will we be eliminating toxins, but also replenishing with vitamin and mineral rich foods and food supplements. It is important to not just take away the bad, but to also replace that “space” with the good. To skip the rebuilding phase is very much like removing the old oil from your car’s oil pan without replenishing it with new oil. The body will be running on empty!

As 21st century living gets busier and busier, the tendency is to neglect your body by making unhealthy choices just get through the day. In the end, these short cuts will cause you to lose time, energy, health and longevity as you begin to suffer the consequences.

Summary of possible detoxification benefits:

- Increased energy
- Mental clarity
- Improved digestion
- Allergy relief
- Weight loss
- Hormonal balance
- Radiant skin
- Improved physical appearance
- Longevity and disease prevention
- Relief from minor health conditions
- Clarity in life path and goals
- Tissue regeneration
- Increased general well-being
- Personal confidence and empowerment

10-21 Day Sugar Detox Ritual Workbook

The DevAna Philosophy

Whether for physical, mental or spiritual reasons, cleansing and detoxification have been a part of many cultural practices for centuries. As our society becomes exposed to more and more chemicals, it becomes more important that we make these rituals a part of our seasonal, and even daily, routine.

Thankfully, this can be an easy, gentle, enjoyable and effective process. It does not need to be excessively time-consuming or restrictive. It is a time to give the bodily systems a break and to embrace a simple diet. It is like a vacation for your inner body. *So let your body know it is about to go to the tropics!*

This is a gentle and relatively short cleanse designed to jump-start your journey to health. The diet may seem fairly restrictive compared to the standard American diet (SAD), but you should not go hungry, as this is not a fast. Enjoy the abundance of foods that are listed as “okay”, and use the sample daily schedule as a guide to make the most of your experience. In Fact, I invite you to really take time for eating and open all your senses to the experience of eating these fresh, living, whole, beautiful, delicious and vibrant foods.

This cleanse is designed to be gentle yet effective. It is also intended to be doable while you work, play or go about your normal routine. Your “normal routine”, however, will be a bit different because you will be eating, doing and thinking different things while cleansing.

One incredible benefit to cleansing will be the awareness gained about how different foods make us feel – physically, emotionally and energetically. This is a wonderful way to empower yourself towards self-healing.

Take this time to really slow down and listen to your body. Keep it simple and pay attention to its moods, physical sensations, energy levels and requests. No one person is the same, so tune and see what YOUR needs are. Start to investigate what works for you and let go of what you think you should be doing or what someone else has told you.

My intention as a holistic health counselor is to guide and support this process of discovery. May it be fun and enlightening, and of course, cleansing!

10-21 Day Sugar Detox Ritual Workbook



Cleansing Guidelines

In this cleanse you will:

- Consciously take an inner vacation and slow down.
- Use this time as an opportunity to breath deeply, eat slowly and pay attention to how you feel.
- Commit to the journey of cleansing physically, emotionally and energetically.
- Ingest nutrients that will help purify and nourish the body.
- Partake in “rituals”, habits and practices that are designed to support the cleansing of your body, mind and spirit.
- Replace all sugar, and foods that are processed, junk, chemicalized, refined, canned or artificial with whole and preferably organic foods. You will also eliminate common allergens such as dairy, wheat, corn, and soy.

The 7-21 day time frame is really the bare minimum for any real change to happen.

My general philosophy on health, nutrition and lifestyle has always been that small changes over time are what produce lasting results. Other tips for success in your process include:

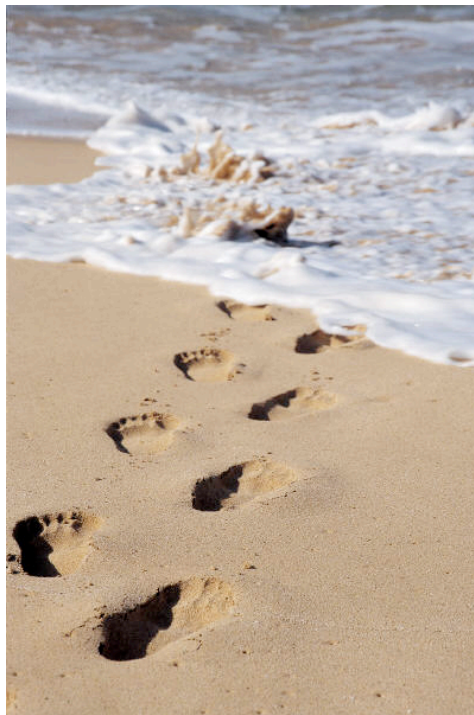
🍏 **Journaling** – keeping track of what you eat and how you feel. This will be like your own personal cleanse manual.

🍏 **Daily rituals** – these are easy daily habits that you will incorporate into your day that will help in establishing routine as well as a healthy foundation.

10-21 Day Sugar Detox Ritual Workbook

🍏 **Professional and peer support** – You may choose to find a holistic health professional to support you on this journey. This can be done in person, over the phone or by email. You can also choose to find a friend or family member who will be your support person.

🍏 **Supplements and herbs.** These are a convenient and effective way to deepen your cleanse, but are not absolutely necessary to see results, especially if you normally eat a lot of sugar, processed and refined foods. However, I find that they can support a deeper and more *comfortable* experience.



10-21 Day Sugar Detox Ritual Workbook

Getting Started

Ease in and ease out slowly. Don't go from cheeseburgers and ice cream to cleansing in one day. Just start by including some of the suggested foods and getting rid of the foods on the avoid list.

Preparing the Body to Cleanse

As you prepare your body to enter into a detox, it will be important to take stock of your current state on all levels - emotional, physical, mental, spiritual/energetic. Beginning with the physical, if there are any stimulants or addictive substances or foods that you will be eliminating start by slowing weaning off of these items. These would include caffeine, nicotine, sugar (this includes all refined flour products), marijuana, alcohol, etc.

Check in with how you feel on the physical level now.

- Do you have the energy you want to have?
- Are you sleeping well?
- Are you suffering from digestive issues (even mild ones)?
- Do you suffer from headaches or other pain regularly?
- Do you have at least 2 bowel movements a day?
- Are you experiencing allergies, excess mucus or weight?
- Really check in, then get clear on how you WANT to feel. Write it down, so that you can connect with this daily during your journey.

Now check in on the mental, emotional level.

- Are you experiencing yourself getting stuck in toxic thought patterns?
- Are you able to easily access a state of joy, or are your moods chronically low or depressed?
- Now again, record your intentions on what you would LIKE to experience on the mental and emotional levels.
- What are you ready to release during this time?

On the spiritual level,

- Are you wanting to find more connection to deeper parts of yourself, divinity or humanity as a whole?
- Is inner peace and contentment something you would like to have access to on a regular basis?
- Do you feel like you are living the life you came here to live? Doing the work you came here to do?
- These are questions you may want to come back to during the two week period.

10-21 Day Sugar Detox Ritual Workbook

Make sure to create specific goals and intentions for yourself for the cleanse. They do not need to be in all areas, but definitely choose at least one. Do take the time to journal on this as you prepare to begin your cleanse. Be totally honest with yourself about where you are now, so that you become clear on where you need or want to go.

Cleansing Foods

The intention is to give you as much variety to choose from as possible, while still remaining within the parameters of the cleanse. So choose to focus on abundance rather than restriction. Some of you will dabble in all the recommended foods, while others of you will zero in on what are considered to be the most cleansing foods. Know that whatever you choose will be effective. Make choices that will support your personal success, rather than making things too difficult.

Some Basic Guidelines to Help You Fine Tune Your Cleanse

- 🍏 Raw foods are more cleansing than cooked foods. You do not need to go 100% raw, but you may choose to if it feels right.
- 🍏 Juicing is more cleansing than eating the whole food, but I recommend still including whole foods for fiber and protein.
- 🍏 Simple combinations are more cleansing, as they better allow for the digestive system to rest.
- 🍏 Leafy greens are among the most cleansing vegetables, so be sure to include these along with plenty of other colorful vegetables.
- 🍏 Fats are less cleansing, but I do recommend specific fats to be consumed, as they will help support your process.
- 🍏 Sodium (as table salt) can dampen the cleansing process; however, sea vegetables (like kelp and dulse) can add trace minerals and a salty flavor to what you prepare.
- 🍏 Look for foods that are in season. Most of what naturally grows in the fall is also cleansing and nourishing.
- 🍏 Think in rainbow colors as you arrange your plate. Let your creative spirit loose! This will look beautiful and supply your body with a more well-rounded balance of vital nutrients.

10-21 Day Sugar Detox Ritual Workbook

Other Helpful Cleanse Tips

- A massage, sauna, dry skin brushing or colonic is great during your cleanse.
- It's a good idea to not take any over the counter medications that is not absolutely necessary.
- If you are taking a prescription medication, please use your own discretion when deciding if you are going to stay on it during the cleanse or not.
- During your cleanse, you should refrain from heavy excursion or workouts. Usually walking or restorative yoga is the best workout during a cleanse. Please use your own discretion here.
- This is a time for rejuvenation and healing, so if you feel like taking a nap, take a nap. Don't push your body beyond what it is telling you it wants.
- It's much easier to do a cleanse or cleanse with a buddy, but don't make waiting around for someone else to start be your excuse for not starting yourself. If you don't have someone to do it with, it's a good idea to tell the people around you so that they can support you on your journey.
- Remember, the first 2 -3 days are usually the most challenging. It actually gets easier the longer you are on the cleanse.
- Doing a cleanse is a time of great self discovery. How you do a cleanse is a direct reflection of how you do everything in your life. If you cheat or give up on your cleanse, you are giving up on yourself. This can be absolutely devastating for your self esteem and trust in yourself. So have integrity and be ready to "play full out".
- There will never be a perfect time to do a cleanse. There will always a million excuses to not start, so it is best just to jump right in with both feet.

10-21 Day Sugar Detox Ritual Workbook



Basic Nutrients

Use organic as much as possible

Foods to include:

All vegetables (raw or cooked), except white potatoes
Fruit: lemon, lime, blueberries, green apples
All herbs, fresh and dried
All fresh salad greens
All sprouts
Fresh or dried seasoning herbs
Fresh raw vegetable juice
Garlic
Green foods (algae, spirulina, chlorella)
Herbal teas (caffeine-free)
Stevia
Sea vegetables
Unsalted raw sauerkraut
Vegetable broths (unsalted)
Vegetable soups (fresh)
Wheat grass juice
Raw apple cider vinegar

Raw sauerkraut
Real salt or Celtic sea salt (phase 1 & 3)
Grains: quinoa, brown rice and millet
Raw nuts and seeds especially almonds, hemp seeds (soaking first for 8–12 hours is especially good for cleansing and digestion)
Raw nut or seed butters
Coconut
Extra virgin raw coconut oil or butter
Avocado
[Miracle Noodle Brand Pasta](#)
Ghee (clarified butter)
Flax oil (I like Barlean's)
Extra virgin, cold-pressed olive oil
Goji berries
Incan berries

Biotics Cleanse Kit (see resources)
Hemp seed protein

10-21 Day Sugar Detox Ritual Workbook

100% grass-fed meats
Organic/free-range poultry
Organic omega 3 eggs
Wild caught fish
Organic plain kefir or yogurt
Tempeh (cultured soybean cake)
Beans and legumes

Foods to Avoid:

Agave Nectar*
Alcohol
All Fried Foods
All Fruit not on Good Foods list
Artificial Sweeteners
All Grains not on Good Foods list
Sweeteners
Breads
Breads
Buckwheat*
Candy
Cereal
Cheese
Cream Sauces
Dairy
Evaporated Cane Juice
Exekiel Bread*
Flour
Flour Tortillas
French bread

Fructose
Fruit Juice
Fruits* (all except those listed in ok list)
Maple Syrup
High Fructose Corn Syrup
Honey*
Hydrogenated Oils
MSG: Monosodium Glutamate
Oatmeal
Potatoes
Raw Cane Sugar
Seitan
Soy
Sucrose
Sugar
Tortillas
Trans Fats
Vinegar
Wheat Bread
Wheat Pasta
White Bread
White Flour
White Rice
Yogurt

* Note: some of the avoid foods can be part of a healthy diet, but are not part of the cleanse.

10-21 Day Sugar Detox Ritual Workbook

Daily Schedule:

Notes: *The minimum time I recommend for this cleanse is 10 days. You would be using the Biotics Cleanse Kit for these 10 days. IF you decide to extend the cleanse to 21 days (suggested), then just stop using the Biotics Kit, and continue having 3-4 meals using the foods on your list.*

***The Biotics Kit is an awesome, professional grade cleanse kit, that can boost your detox experience tremendously.*

*** Make sure to order it at least a week in advance to allow for shipping time, etc.*

The kit for this cleanse can be purchased through Biotics Research by calling (800) 231-5777. Biotics does not sell to the public, so you will need to use the customer account number **05TD3283** when ordering.

****Also, be sure to request the *Rice Protein kit* (not the whey protein).**

Breakfast: 2 scoops of NutriClear powder with 1 scoop of rice protein powder, 1 tablespoon ground chia (or flax seeds) – mix with 6-8 ounces water, 1 pack of the supplements that are provided in kit

Lunch: clean meal (composed of the foods listed below), 1 pack of the supplements that are provided in the kit

Afternoon snack: 2 scoops of NutriClear powder with 1 scoop of rice protein powder – mix with 6-8 ounces water, plus 1 tablespoon ground chia seeds (or flax) for fiber

NO supplement pack

Dinner: clean meal (composed of the foods listed below), 1 pack of the supplements that are provided in the kit

****The key is to not eat or drink anything except for water or herbal tea outside the four meals during the Sugar Detox. Try to eat 1/3 less food than you normally eat when you eat your 2 clean meals. Just eat until you are comfortable, not full.**

Daily Renewal Ritual

I suggest taking time everyday, but especially while cleansing, for what I call “Daily Renewal”. Your daily renewal ritual is a time to recharge and refuel your body and mind. This helps boost your cleansing experience, smooth out negative energy and moods, increase your energy, curb cravings and emotional eating, and relax the nervous system among many other benefits.

I suggest taking time for your renewal in the morning or the late afternoon, or BOTH!

You can do as little as 10 minutes, or as long as you like!

Renewal rituals include: meditation, deep breathing, yoga, stretching, restorative yoga, walking, hiking, rebounding, taking a bath, getting a massage, etc. If you choose something more active, try to really honor your energy level, breath deeply and make it a moving meditation.

10-21 Day Sugar Detox Ritual Workbook

Symptoms Of Cleansing & What you May Feel During And After A Cleanse

Most Commonly Reported positive Effects

During The Cleanse:

Less bloating
Clearer skin
Less craving for sugar / food
Increased sense of taste (healthy food starts tasting better)
Increased energy
More consistent energy
More regular bowel movements
Increased sense of wellbeing
Elevated mood/less depression
Lower cholesterol
Better sleep
Old memories / emotions resurfacing

Most Commonly Reported negative Effects

During The Cleanse:

(these symptoms pass after a day or two)
Headaches
Flu / Cold-like symptoms / Chilling
More emotionally sensitive
Lethargic / Low energy
Diarrhea/ Constipation
Gas / Bloating
Body odor / Bad breath
Skin breakouts / Rashes
Irritable
Sporadic sleep
Old memories / emotions resurfacing

Mucus drainage
Allergies
Sinus Issues
Excess Mucus

Most Commonly Reported positive Effects

AFTER The Cleanse:

loss
Less bloating
Clearer skin
Less craving for sugar / food
Increased sense of taste (healthy food starts tasting better)
Increased energy
More consistent energy
More regular bowel movements
Increased sense of wellbeing
Elevated mood/less depression
Lower cholesterol
Better sleep
Old memories / emotions resurfacing

Most Commonly Reported negative Effects

AFTER The Cleanse:

Although you may experience negative effects during the cleanse, we have received no reports of negative effects *after* the cleanse is over.
The most important thing to remember is to EASE out. Do not rush back to 5 cups of coffee, a cheese pizza and ice cream. :)

Sometimes feeling worse means you are actually getting better.

These detox symptoms are called a “healing crisis” and usually only last 2–3 days of the cleanse or fast. When a person is cleansing or detoxing his body, it is common to experience these different symptoms. Our bodies clean from the inside out.

Sometimes we take a step back before we take a leap forward in our health. Many times people experience no symptoms. Every time you do a cleanse your body will react differently.

Happy Cleansing!

10-21 Day Sugar Detox Ritual Workbook



Sacred Cleanse Rituals and Meditations

Cleansing can heighten your senses, causing you to become more sensitive to smells, tastes, touch and sounds, as well as to modern day living. It is recommended that you limit the amount of outside stimulus that you are normally exposed to. Instead of watching TV, take a walk on the beach, read quietly or meditate (suggestions below). If you do want to watch TV or go to a movie, choose something uplifting, slow and/or visually beautiful. Definitely avoid the news. I promise you by the end of two weeks you will not miss it!

Notice if you feel different. By limiting your interaction with the media and other daily distractions, you have the opportunity to cleanse the mind as well as the body.

Cleansing Meditations

Chewing Meditation

As you enjoy a meal, take the time to chew each bite fully, 30–50 chews per bite. The objective is to liquefy your food. Focus on the taste and texture and how they might change and sweeten the longer you chew. Go slowly and really savor the experience. The added benefit of this meditation is improved digestion. And don't forget to chew your soups and smoothies!

10-21 Day Sugar Detox Ritual Workbook

Savoring Simplicity

This is a bit more general, but focuses on tuning into a single food or a simple dish. Enjoy the sweet crunch of a carrot, the juicy delight of a strawberry. Tune into the complexity of these seemingly simple foods. Spend at least a full five minutes with each simple food.

Breath Meditation

This is a wonderful one that will calm and center you in any situation. It can also be used when you feel overwhelmed by a craving. Very often the craving will pass by the end of 10–20 breaths. To practice: Close your eyes, place your hands on your belly and just tune into the sensations around the inhale and the exhale. Gradually begin to deepen the breath, taking 10–20 slow deep conscious breaths deeply into and out of the belly. Do this meditation often.

Visualization

Now is a wonderful time to put attention on what you would like to bring into your life, and one of the most powerful tools you can use is images.

By creating images in your mind and connecting emotionally with these images, you begin to send the message to the universe that this is what you want. If creating images in your mind is difficult, cut pictures out of magazines or other media that represent your goals and dreams. This is a powerful tool, so really take the time to work on what you DO want. When visualizing, stay with your image and the feelings it evokes for a good 3-5 minutes.

Gratitude Meditation

So simple yet immensely powerful, the gratitude meditation is highly recommended. It is especially important if you often find yourself spiraling down the hole of negative thinking and negative manifestations in your life.

This can be done anytime, but it can be particularly good first thing in the morning or before going to bed.

Sit quietly with your eyes closed and meditate on all that is good in your life. If you are having trouble finding something good, simply feel gratitude for the gift of breath and a healthy body. Your objects of gratitude can be as big or as small as you want. You may choose to write down these items after or before meditating on them. Do this for as long as you want.

You can also do this while walking in nature.

Walking Meditation

With walking meditation, the intention is on fully taking in the smells, the sights, the sounds and the sensations of your walking experience. Try to put your attention on only one thing or one sensory organ at a time. Take the time to drop in and just allow any thoughts outside your present experience to fall by the wayside. This can be a great meditation if you have trouble sitting still.

10-21 Day Sugar Detox Ritual Workbook

Sugar Detox Recipes



Low Sugar Green Smoothie

1 green apple (granny smith)
1 small or ½ large ripe avocado
1.5 cups chopped Romaine lettuce
2-3 stalks celery
¼ bunch parsley
squeeze lemon or lime
powdered or liquid stevia to taste (go easy)
just enough water to blend to desired consistency (about ½ cup)

Blend in a Vita-Mix until smooth, about 60-90 seconds.

Blueberry “Yogurt” Smoothie

½ cup fresh or frozen blueberries
meat of one young Thai coconut
Just enough young coconut water to blend (about 2 tbsps.)
squeeze lemon or lime
stevia to taste, if desired
Blend everything until smooth.

10-21 Day Sugar Detox Ritual Workbook

Chocolate Hemp Shake

4 tablespoons hemp seeds
¼ cup hemp protein
meat of one young Thai coconut
2 teaspoons raw cacao nibs or 1 teaspoon raw cacao powder
enough young coconut liquid to blend to desired consistency
stevia to taste

Blend until smooth, preferably in a Vita-Mix.

Super Veggie Detox Elixir

(Requires Vita Mix Blender)

1 cup aloe juice (digestive health) or water
1/3 cup fresh parsley (alkalizing and removes heavy metals)
cup arugula, kale or watercress (chlorophyll and enzymes)
1" (or less) piece fresh ginger (circulation, anti-depressant, digestive, anti-inflammatory)
whole organic lemon, scrubbed not peeled (peel is rich in bioflavonoid which make vitamin C
more bio-available, alkalizing)
small beet, scrubbed (blood cleanser, fiber)
Pinch cayenne or " slice small jalapeño (heals stomach, reduces pain)
Stevia to taste (smoothes out the flavor, beneficial for blood sugar and digestion)
1-2 T ground flax and/or 1 T flaxseed oil (omega 3's, fiber, hormonal support)

Place all the ingredients in the Vita Mix and blend on high speed until smooth.
This is what I call a whole food juice rather than an extracted juice. It is a great way to get your
veggies in a very easy-to-digest way. Adjust the flavors to your taste.

Green Lemonade Juice

1 head Romaine lettuce OR 1 head celery
5 –6 leaves lacinato (dinosaur) or other kale
1 whole lemon
1 2-inch piece fresh ginger
1–2 green apples (Granny Smith)

Juice all ingredients in juicer.
(Adapted from Natalia Rose)

10-21 Day Sugar Detox Ritual Workbook

Green cooler

1-2 cucumbers
1 fistful spinach
1 green apple

Juice all in juicer.

Psoriasis and Eczema Cleanser

(Similar to a V8)

Juice 1 tomato, 1 cucumber, 2 stalks celery, and 1 handful each: parsley and watercress.

Juice all in juicer.

Velvety Spinach Soup

4 cups chopped spinach
2 cups water
1 ripe avocado, pitted and peeled
1-2 teaspoons lemon juice
2 Tablespoons chopped fresh basil
1/4 teaspoon nutmeg

Place all ingredients into blender and puree until smooth.

Gingered Bok Choy Soup

1 T finely minced ginger root
2 cloves garlic, minced
1 qt. vegetable broth
1 lb. bok choy, trimmed and coarsely chopped
4 green onions, sliced

Add ginger, garlic and broth to a medium soup pot and bring to a boil. Add the bok choy and simmer about 15 minutes. Serve garnished with green onions.

10-21 Day Sugar Detox Ritual Workbook

Easy Lentil Curry Soup

8 large carrots 5 stalks celery
1 leek 1 head broccoli
1 zucchini 1 cup mushrooms
1 cup okra 1/2 med. onion
(or any other combination of vegetables you like)

1 1/2 cups lentils (rinse and sort out any stones)

Equal parts water and homemade or Pacific low sodium vegetable broth, enough to cover vegetables and lentils

3 teaspoons curry powder or to taste

1 bunch cilantro

Salt to taste

Chop vegetables and place in large soup pot with lentils, curry and liquid. Bring to a boil and simmer until lentils are tender (about 30-45 minutes).

Season to taste with salt and top with chopped cilantro to serve.

Cauliflower Mash

This recipe has become a preferred substitute for mashed potatoes or white rice.

1 medium head cauliflower, cut into florets

1 small yellow onion, chopped

1-2 cloves garlic, minced

1 teaspoon fresh chives, chopped

teaspoon fresh parsley or cilantro, chopped

1 tablespoon Beef or Chicken Broth, or flax or coconut oil

In a medium pot, place cauliflower and onion in a steamer basket with 1 inch of water and bring to a quick boil. Cover and lower the heat to simmer. Cook for an additional 10-12 minutes or until soft. Drain, and transfer cauliflower to a bowl and mash. Blend in garlic, chives, parsley and broth to the mashed cauliflower. Alternately place all the ingredients except fresh herbs in a food processor and process until smooth. Serve hot. Serves 2.

10-21 Day Sugar Detox Ritual Workbook

Easy Roasted Beets with Shallots

1 bunch beets
2 shallots

Preheat oven to 375 degrees.

Remove beet greens from the bunch and set aside.

Scrub the beets with a vegetable scrubber and remove long “tails”.

Peel shallots.

Place the beets and shallots in the center of a 10”x10” (approximately) sheet of parchment. Place the parchment on a sheet of foil. Wrap the beets and shallots into an airtight package and place on a baking sheet in the oven. Bake about 45-50 minutes until a fork easily penetrates the beets. Let cool, remove and discard the top ends of the beets where the greens were attached, and slice or chop the beets as desired.

Wash and chop the greens and sauté in a small amount of water or broth until just wilted.

Top greens with beet mixture and if desired, season with a little flax oil and lemon juice.

This is also delicious on dandelion greens or arugula.

Rainbow Salad

1/2 cup shredded or finely chopped red cabbage or shredded beets
1/2 cup julienne or chopped yellow bell pepper
1/2 cup shredded carrots
1/2 cup alfalfa or other sprouts
1 cup mesclun greens

Place cabbage, peppers, carrots and sprouts in little piles forming a circle around the greens like a rainbow. Serve with Carrot-ginger Dressing (below)

Carrot-Ginger Dressing

2 1/2 cups baby carrots
3 T fresh ginger
4-5 packets stevia
1/3 cup apple cider vinegar
1/2 cup water
1 clove garlic
1/4 cup flax seed oil
Cumin, coriander, or curry spice to taste

10-21 Day Sugar Detox Ritual Workbook

Blend all the ingredients except the spice (using only half the carrots) in a blender. Add the cumin, coriander or curry to taste. As the mixture is blending, slowly add the additional carrots. You may need to add more water or vinegar to facilitate blending. Use as a dressing or as a dip for sushi rolls or crudités.

Creamy Tomato Dressing

3 tomatoes
2 T flax oil
1/2 t. salt
1/4 cup basil
2 t. thyme

Blend until smooth and creamy.

Green Bean Salad

1 pint organic cherry tomatoes
2 cups black, pitted olives
1 cup organic green beans, chopped large
Approx 1/2 cup flax oil
1 garlic clove, crushed
About 1 tablespoon chopped fresh oregano or 1 drop YL oregano essential oil
1 squeeze of lemon juice
Sprig of fresh mint or oregano

Place tomatoes, olives, and green beans in medium bowl.
Place flax oil, garlic oregano, and lemon juice in small bottle and shake.
Pour dressing over salad and toss well.
Garnish with sprig of fresh mint or oregano.

10-21 Day Sugar Detox Ritual Workbook

Artichoke Pate Lettuce Wraps

This is a very tasty lunch option to try.

- One 14 oz. can of artichokes
- 1/4 cup water
- 1/4 cup extra virgin olive oil
- 1/4 cup fresh organic lemon juice (approximately the juice of 1 lemon)
- 1 cup soaked almonds
- 1/4 red onion, coarsely chopped
- 2 Tbs. capers, (optional)
- 1/2 tsp. Celtic sea salt (fine grind)
- Pinch of garlic powder
- Romaine lettuce leaves, use small ones and leave whole

Put first eight ingredients into blender and puree at high speed until creamy and smooth.

Place spoonful of mixture into lettuce leaf and roll up.

Taste and adjust sea salt if needed.

Hearty Mushroom Quiche

- Olive oil spray
- 6 organic eggs, preferably omega 3
- 1/4 cup organic beef, chicken or vegetable broth
- 16 oz. sliced mushrooms (for an exotic flavor try using a mix of wild varieties)
- 1/2 medium onion, chopped
- 3/4 cup boneless, skinless chicken breast, diced
- 1/4 cup chopped fresh parsley
- 1/4 cup chopped fresh dill
- Cayenne to taste
- 1 medium fresh tomato

Serves 3

Spray a quiche dish or 9-inch glass pie plate with olive oil spray. Preheat oven to 350 degrees.

Coat medium skillet with spray and heat over medium-high heat. Whisk eggs, set aside. Heat broth in skillet; add mushrooms and onions and sauté until caramelized and the broth is absorbed. Add chicken and sauté until cooked through. Let cool slightly.

Add chicken mixture and all remaining ingredients to the eggs and pour into prepared pan. Top with sliced tomato and bake 25-30 minutes, until knife inserted comes out clean. Let cool 5 minutes before slicing to serve.

10-21 Day Sugar Detox Ritual Workbook

Spiced Scallops

1/4 cup vegetable broth
1 lb. scallops
1 T minced shallots
1/8 t. turmeric
1 t. dried fennel
1/4 t. ground cumin
1 t. minced garlic
Juice of one lemon

About 4 servings

In a non-stick skillet, heat the broth over high heat. Add the scallops, stirring lightly with a wooden spoon, and cook about 1 minute. Add the shallots, turmeric, fennel, cumin and garlic and cook, turning scallops until golden or lightly browned, about 3 minutes. Turn off heat; add a squeeze of lemon and serve.

Chai Fish

4 fish fillets (wild salmon, black cod, etc) or chicken thighs or breasts
4 to 5 sliced carrots
1-cup coconut milk
2 cups brewed chai tea
fresh lemons

Preheat oven to 350 degrees. Place fish and carrots in casserole dish. Sprinkle with a pinch of salt and pepper. In a pot, combine coconut milk and tea and bring to a boil. Pour over fish and carrots in the casserole dish and squeeze a little fresh lemon juice over the top. Cover with lid and bake in the oven at 350 degrees for 20-30 minutes, or until fish is cooked through. If using poultry the baking time will be closer to 40 or 45 minutes.

10-21 Day Sugar Detox Ritual Workbook

Sacred Resources

Physician-grade Biotics 10 Day Detox Kit

Especially good for:

- ✓ Convenience
- ✓ Candida
- ✓ Inflammation
- ✓ Skin Conditions – Acne, Psoriasis, Eczema
- ✓ Liver/Hormones
- ✓ Kidneys
- ✓ Cellulite

The Biotics 10-14 day cleanse is great for clearing inflammation, detoxing the liver, supporting Candida cleansing, skin conditions, cellulite, improving energy and more. It is a medical grade kit, which includes a protein powder, detox powder and supplements pack.

Be sure to order it right away, it sometimes takes a good week to receive it.

The Biotics cleanse kit can be purchased through Biotics Research by calling (800) 231-5777 and giving them the patient account number: **05TD3283**

The Product number for the 10-Day BioDetox Kit is: **1092**

Note: The kit will give you more than you need for 10-days, so know that you WILL have extra left over for next time.

** Make sure to request the **Rice Protein Kit** (not the whey)

Strongly Recommended, But Optional

Probiotics – they help keep the intestinal flora happy, the immune system up and digestion functioning at peak levels. I really like Bio-K, Raw sauerkraut and plain organic kefir. All of these should be available at your health food store. For convenient, but less potent capsules try Culturelle or Jarrow EPS.

Digestive Enzymes: - Young Living has excellent enzymes. Try Essentialzyme, Detoxzyme or Polyzyme

10-21 Day Sugar Detox Ritual Workbook

Young Living

Young Living has some fantastic therapeutic grade essential oils to support emotional well-being, detoxification and add extra nutrition through concentrated plant essences.

You can order by setting up an account online:

<http://youngliving.us>

Or calling **1-800-371-3515**. You will need to use my member number **904207**.

Young Living's essential oils are a passion of mine and can be an amazing way to support your body, mind and emotions while detoxing or anytime! These oils are therapeutic grade and many (not all) are even safe for internal use.* If you enjoy the healing power of scent, you may like to play with these and enjoy the phenomenal results. I have listed just a few "issues" and some appropriate oils to use.

Candida – Inner Defense caps

Cellulite/Fatty deposits – Grapefruit, lemongrass, lemon

Cravings – Peppermint, fennel

Liver and Colon – Lemon, Peppermint

Agitation: Peace & Calming, Valor, Forgiveness, Harmony (all blends)

Anger: Release, Valor, Joy, Harmony, Hope, Surrender, White Angelica, Present Time (all blends), Lavender, Rose, Ylang Ylang

Boredom: Dream Catcher, Motivation, Valor, Awaken, Passion, En-R-Gee (all blends), lavender, cedarwood, cypress.

Depression – Citrus Fresh, Hope, Rose, Jasmine

Discouragement: Valor, Sacred Mountain, Hope, Joy, Into the Future, Magnify Your Purpose, Envision, Believe (all blends).

Frustration: Valor, Hope, Present Time, Sacred Mountain, Peace & Calming, Surrender, Live With Passion, Gratitude (all blends).

Resentment: Forgiveness, Harmony, Humility, White Angelica, Surrender, Joy (all blends).

For more recommended resources and products see the Resources Sheet or
<http://devanawellness.com/recommended-wellness-products/>