

10-day Herbal Cleanse - Eat clean, meaning preservative-free, sugar-free,

low-sodium, and low-fat foods. Push away all the bad things you are addicted to for this 10 days and your cravings for them will go away for 2 1/2 to 3 mos.

Fresh veggies are best, then frozen is second best. See Cleanse food list for lean meat choices. If you don't cook be mindful of the sodium content. If you have to break down and eat pre-cooked and packaged lean meat take the serving size into account and no more sodium than 550 for a reasonable amount of meat. Ex) rotisserie chicken, some have sodium of 5-600 and others 1700, ouch just choose carefully!

Hint:

Use your seasonings well and you will eat like a king and Queen!

So,

Stay away from table-salt-type foods. However, use sea salt moderately instead. The body absorbs sea salt naturally and it is great! Watch out b/c you don't have to use as much.

(NOTE- Most people don't realize salt/sodium is a big time preservative. If you look you will see tons of salt (sodium) on the labels of canned and boxed food items.)

Stay away from table sugars. So no sodas, chocolate cake, juices from concentrate, etc.

(NOTE- My favorite is the Agave Nectar/ Agave Nectar Amber. (They're both great, the amber nectar is sweeter.) It may sound weird but its' consistency is btw honey and syrup, but you can put it in anything and will love it! Try it in your healthy cereals. See the cleanse "food list" for sweeteners)

Stay away from bad/high fat foods like butter, fast food, pizza, cheese, pies, cakes, candy etc. You will get your good fats from the food guide list like avocado, whole grain breads, olive oil, pam, skim milk etc. There is a healthy substitute for butter in the seasonings section called Molly McButter, it's a powder form but tasty. I wouldn't try ANY other one though.

As far as good starches go, look at the food guide. Stay away from white starches such as white potato (sweet potato instead), white pasta (whole grain instead, or wheat is second best), white bread (whole grain instead) etc.

FYI: Many don't realize that veggies are carbohydrates!

This cleanse will not have you "running" to the bathroom! You will be more regular, and consistency and color of elimination may change.

Ingredient label no-ways: Bleached or enriched flour, white flour, high fructose corn syrup, or aspartame (poison). If these ingredients are in there they need to be toward the bottom of the list. No trans fats either (poison). Read food guide thoroughly and keep in touch with the