

**5 DAY**

*Juice Fast*

FOR BEGINNERS

+ optional  
coconut water fast!

*Getting Started Guide*





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This program should not be attempted during pregnancy; however, it is an ideal as a preconception program. If you fall pregnant while doing a detox you should stop the program and contact your Healthcare Practitioner.

While fasting is a safe and healthy practice for the majority of people, we don't recommend it for those with critical heart conditions, diabetes, or chronic conditions such as cancer (especially those actively undergoing oncology treatments).





*Welcome to the*  
**5 Day Juice Fast for Beginners**  
with optional coconut water fast!

## *Welcome!*

Congratulations on taking the step to honour and nourish your body with us.

I am honoured to guide and support you through our 5 days of fasting together.

My intention for putting this fast for beginners together is so that you can try what a fast may feel like in your body, really experience a deep reset on all levels of body, mind, spirit, yet without a lot of the fear that may be attached to most fasting programs, as there will be smoothies and blended soups to help you feel full for longer and this also helps the liver receive optimal support during detox.

There are no hard and fast rules to this juice plan. We'll take each day by day and if you feel like you have had enough on Day 3 that is ok. We do however, encourage you try at least a minimum of 3 days.

You may start to feel good on Day 4 and want to try a day of coconut water fasting. Or maybe even continue past the 5 days! That's ok too! We'll guide you step by step.

To keep food budget costs reasonable you will find that the juice recipes repeat each day. There is enough variety in each of them so you will receive a ton of nutrition in each one. Some can even be made in advance which is a bonus. The soups and smoothies vary slightly but are also repeated.

What is most important is that you get at least 2.5 litres of liquid nutrition into your body each day.

Please read the rest of the Starter Kit so you know what to do pre, during and after our fast together.

Don't forget to hop on over to the Facebook Page where you can ask questions or post pictures of your juice creations, and share your experience with us!

I can't wait to fast with you!

*Amanda x*



# What to do next

Make sure you have downloaded all the files.

Print out all the information so its handy and you can refer to it easily.

Set aside some quiet time to read everything, get familiar with it and make notes if you need to.

Get familiar with the juice, smoothie and soup recipes as well as the coming off the fast recipes, and your shopping list. If you are doing the coconut water fast, make sure you source a good coconut supplier, its imperative you buy fresh young thai coconuts - please nothing out of a tetra pack or anything off the shelf of a supermarket. The fresh young thai coconuts (the white ones) are usually stored in the fruit section in cool storage of your supermarket.

Allow yourself some time before starting the plan so you have time to modify your current diet, make sure your kitchen is set up for the fast - have your juicer and blender, chopping board and a good sharp knife always out on the bench, and do the shop.

If you don't have a juicer, that is fine you can use your blender, but you will need to strain the fibre out of the liquid, by running it through a nut milk bag. Or a fine nylon mesh. You can get your nut milk bag here:

<https://therawfoodkitchen.com/product/nut-milk-bag-includes-instruction-recipe-booklet/>

Don't forget to schedule time in your diary for YOU – at least half an hour a day, preferably an hour every day and during Days 2 & 3 - the ENTIRE DAY if you can.

That means taking some time off work and getting someone to baby sit the kids if possible - or ask hubby to support you while you rest rest rest. Days 2 & 3 of fasting are usually the most challenging, brain foggy, tiredness, lack of energy, you really will want to get horizontal as much as possible. And it is important to honour your body during this time so it can do the work of detoxing without distractions.

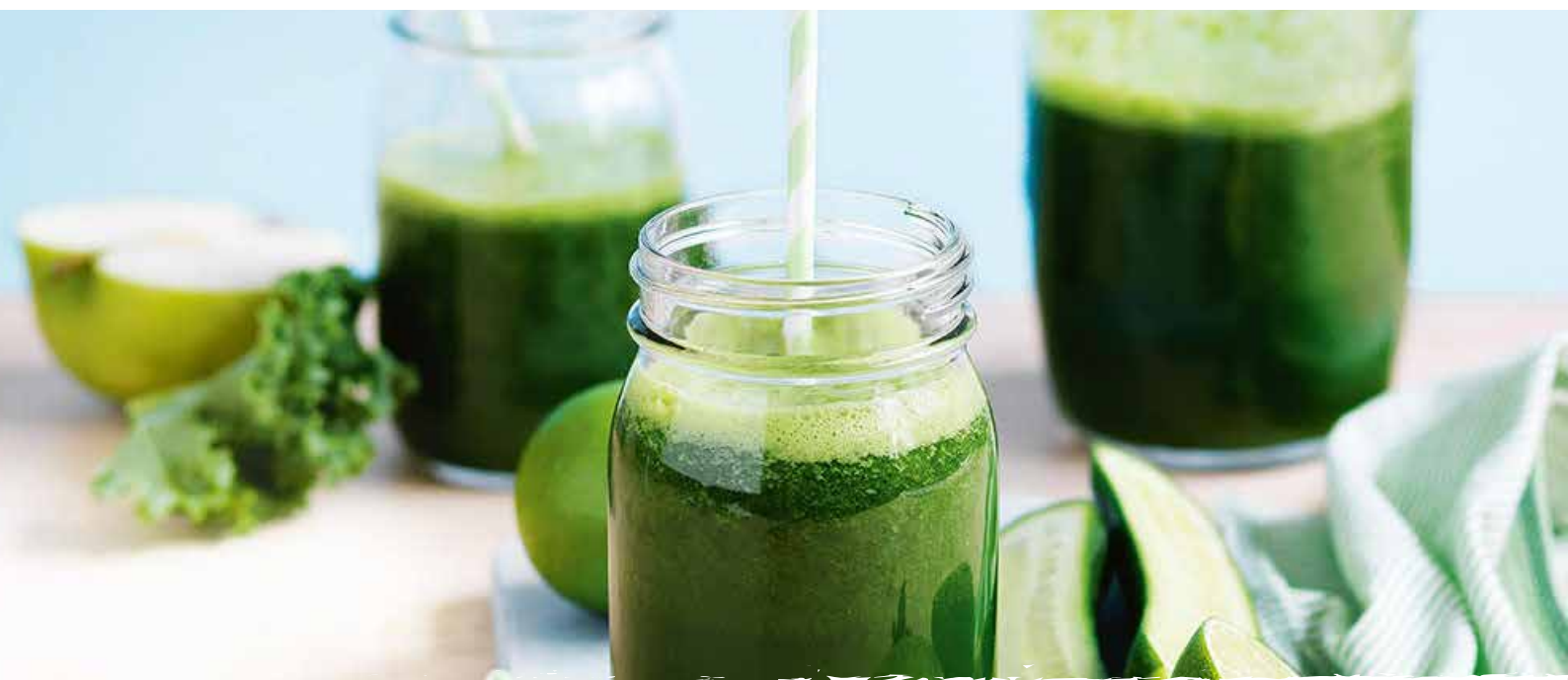
However during this time its also important, where you can, to choose to do some light movement, do an enema, meditation, get some sunshine or journal.

From your launch date onward the plan is for you to be mentally and physically immersed and committed to consuming yummy, nourishing, liquid nutrition!

During our week together Dean and I will be doing plenty of Live Q&A's for support and motivation.

Remember to start listening to your body every day, before juicing, after juicing, upon waking, every minute you remember, feel into your body, get present and turn your attention inwards and focus on your stomach, focus on the overall feeling in your body, do you feel energized, neutral or maybe more tired, grumpy, irritable, what emotions are coming up for you? During our week together we'll be encouraging you to consciously learn to reconnect to your body. :)

**\*NOTE:** The Bonus Juices & Smoothies Booklet is there for you to use if you wish to mix it up a little more. However we have not included these ingredients in the shopping list so please add them to your list. We have included some blank lines there for you to do so. :)



## Pre Fast Prep

### *Choose your Start Date*

First of all, choose your launch date! Ideally this will be 3-4 days from now. Minimum 1-2 days This gives you time to get familiar with all the material and enables you to plan and prepare to accordingly so that when your launch date arrives you are ready to go! If you are doing a group cleanse kick off with us, you will know the launch date and plan accordingly.

### *Reduce:*

The days before launch date is the time to start cutting down, or cutting out, any dairy, meat, alcohol, soft drinks, sodas, artificial sweeteners, refined sugar, frozen dinners, chocolate, coffee, nicotine, wheat ie. bread, baked goods, pasta, pizza.

By cutting out, or down, on the foods listed above it will make the transition a lot smoother and minimize any detox reactions you may get.

### *Increase:*

Your intake of fresh vegetables and fruit. Follow the 80/20 rule, 80% vegetables and 20% protein or gluten free grains (such as amaranth, millet, or quinoa) on your plate is a good guide to go by.

### *Social Engagements:*

Clear your schedule of any social commitments or outings for the week. Minimise any duties or responsibilities, or delegate them to someone else. Take some time off work if you can. Tell your friends, work colleagues and family what you are doing and ask for their support. This may mean letting you know when they are cooking anything so you can be away from cooking smells and temptations.

It's also quite possible that you may have some family members or friends who don't fully understand your choices for doing the fast. That's ok, if you feel comfortable doing so, gently educate them of the benefits of fasting and why the 5 day fast is important to you.

You may even want to encourage a fast buddy! Try out a juice or smoothie together for inspiration. If they want to jump on board, great!

Book out some time to spend on YOU! This could be utilising this time for meditation, yoga, massage or going within and journaling.

### *Join Our Facebook Page - The Raw Food Kitchen Cleanse Community*

Join our special private Facebook page for the fast. This is where you get to meet other like minded people in our community, cheering you on, so you can feel supported, and you get to ask any questions or share your experience with others.

### *Use your Journal*

Download and print off your Journal, and use it daily. This journal is so important! I can't stress to you how much this journal is going to play a key part in your transformation. Journalling is a way of releasing stored emotions or thoughts and feelings that may not be expressed. This is a key part of detoxing and upgrading.

### *Make Time for You!*

This could mean anything from a massage, to beach time, meditation, yoga, infra red sauna, exercise or walking.



## Colonics & Enemas

Scheduling in a colonic and doing enema's during your 5 days with us is super important. They are completely safe and have been used for centuries as an effective form of removing toxins from the body. We recommend you book for a colonic on Day 2 and Day 5. Enema's are to be done daily at best, every 2nd day or 3rd day at the very least, and can be done from home with a simple enema kit.

These are key to help you move through detox and stop you from feeling like - excuse the pun - crap! Getting those toxins out asap is imperative so your body can fully experience the fasting benefits at a cellular level and beyond. You can order your Enema Kit from Enema Kits Australia here:

<https://hz253.isrefer.com/go/enemakits/ajaneb71>

Please purchase the travel enema kit, they are approximately \$13.95 and will be perfect for what you need this week.

See my bonus video - How to Do a Coffee Enema. This will guide you step by step through the process if you wish to choose a coffee enema. If you want to stick with water only, then ignore the coffee brewing process and simply fill your enema kit with clean filtered water and follow the same process I guide you through in the video.

## Write Down your Goal

Before you start the fast, write down what your goal is for doing the 5 day fast. What will be your desired outcome? To feel detoxed and cleansed, to feel well again, to cure cravings and bad eating habits, to upgrade body and mind, better moods, more energy, weight loss, to make this a kick start to your transformational journey using food as your medicine so that you can be the best version of you beyond the 5 days?

Completing the 5 day fast will also teach you how to TRUST your body again, how to surrender and let the body do it's work, it has a natural ability to heal if given the right environment and tools to do so. You'll gain an understanding of how your body and mind feels when it is clean and clear of toxic thoughts, toxic food and toxic waste.

It will allow you to easily make healthier choices so you can nourish it with the best fuel you can possibly give it.

Having your environment set up for transformational success, such as your fridge, pantry, home or work office, along with having your friends, work and family supporting you, you are laying solid foundations to achieving and embodying your new way of being.

But most of all have trust in yourself, and trust and honor the process of your journey on the 5 day fast.

Congratulate yourself for making this amazing decision to give your body permission to heal, cleanse and reset with a delicious fast!

## Juice Prep and Time Saver Tips

### *What and How to Pre-Prep before Kick Off*

If you need to order your enema kit or nut milk bag please do as soon as possible, so you have it delivered to you before the kick off day. If it doesn't arrive in the first few days of kick off, don't worry - simply start and continue on without them.

When shopping for your week ahead, I recommend you do this on the Saturday if possible so you also have time to visit the health food store to pick up some detox supplements such as activated charcoal, bentonite clay, epsom salts, psyllium husks and chia seeds.

You may also want to pick up some peppermint oil (helps with nausea, or lavender oil, great for relaxing, detox). These items are included in your Shopping List.

You may want to buy all organic, budget permitting, or choose to buy leafy greens and fruits such as apples organic, and the rest conventional. If you are on a budget, all conventional is fine, you will still reap the benefits from the fast.

If you have limited fridge space, try and buy enough produce to get you through the first 3 days as the first 3 days are the most challenging and you may not feel like shopping at this time!

Please note the shopping list is measured for the entire week so you may want to reduce quantities if you are only shopping for the first 3 days.

### *Weekend Prep before Monday*

Go over the Liquid Nutrition Plan and pre-prepare as much as you can so it's limited effort and work each day, trust me you will appreciate this in the first three days.

A good idea is to set aside some time on Sunday (a few hours) to make your Cocobiotic and Jamu drink. These last well in the fridge all week.

Pre-cut and pre-portion and bag up veges / fruits according to each recipe. Label the bags so you know what juice or smoothie the ingredients are for. Keep in the fridge until you are ready to juice or make the smoothie, or soup.

Make sure your blender, juicer, nut milk bag, chopping board and a good sharp knife are out in the primo spot of your kitchen and make this your shrine to health and happiness!



## *Each Day*

A good idea is to make your juices / smoothies or soups for each day in the morning so they are all done for the day. If you are using a centrifugal juicer as opposed to a cold press juicer, any juices you make for that day need to be consumed each day. Smoothies and soups ideally also should be consumed same day. A cold press juicer (although slower to make a juice, does not use heat or speed to extract the juice, thereby giving you up to 2 days before you need to consume the juice as it oxidises much more slowly).

**HOT TIP:** Make your first juice / smoothie of the morning and sip on that while making the rest for the day. That way you keep the hunger cravings at bay!

## *Our Serving Sizes*

We've aimed to keep the juices, smoothies, soups at about 600ml - 1 litre. This may seem like a lot but remember our MINIMUM intake per day of liquid nutrition needs to be 2.5 litres.

We will be encouraging you to drink as much as possible all day, including on top of that, good quality filtered water.

## *Diary Time*

Now is the time to schedule out your week during your fast.

Clear the schedule of any social commitments, obligations, responsibilities. Organise friends, family to do any school runs, or pick ups and drop offs.

Have any appointments you already had in the diary re-scheduled to the following week.

Instead, block out time for a colonic appointment (Day 2 or 3), a massage at least once, an infra red sauna if you have a health spa in your area that has one, and your new daily habits, which will be meditation, oil pulling, tongue scraping (optional), enema's, journalling, sunshine, light movement and rest!

## Listen to Your Body

### *Listen to your Body Every Day*

Before you drink each juice, smoothie or take your soup, make a note of how you are feeling physically and mentally (using the journal is a good idea for this). Mentally check in with your body during drinking your juice and half an hour after juicing and then again a few hours later.

How are you feeling now? Write it down. Do you feel bloated, gassy, tired, irritable or heavy? Did you sleep well that night? Allergies pop up? Old pre-existing health conditions pop up? Old stored emotions coming to the surface? This is a sign you're body is beginning to detox and remove the old waste (physically and emotionally) that has been accumulating in your body for years. Or maybe you feel light, energetic and happy? This is a sign you may have moved through detox and are experiencing new, healthy cells in your body.

### *How to Deal with Cravings & Hunger*

What are you craving? Is it a sweet, fat or carb craving? Is it emotionally driven or purely physical? Use the journal again to jot down when the cravings hit and explore why you are craving a particular food. Cravings are also in part, due to a vitamin or mineral deficiency in your body, and the good news is as you begin to take in liquid nutrition each day your body starts to get all the nutrients and vitamins it needs, becoming more alkaline, these cravings and hunger tend to diminish.

Every time you get hungry or get a craving, juice. As soon as hunger strikes - juice.

### *Don't worry about metabolism slowing down!*

When your body is receiving optimum nutrition it will utilise it all for energy and rebuilding! Toxins are stored in our fat cells (to keep our vital organs safe) so by fasting your body will begin to release stored toxins and the fat will melt away, and the less toxins in the body means our organs, hormones and bodily processes can function normally, resulting in optimal weight, stable moods and energy.

### *Use the Journal Everyday*

Fill all of it out. Use the time and space in your journal to write down any goals in the present tense. For example: "I am healthy," "I am my correct weight." Get into the habit of visualising how your new life is going to look and feel!



## Detox

You may find Day 1, 2 or 3 the hardest as your body goes into detox, as fasting gives your body a rest from digestion, it receives the signal it's ready to clear out all the old junk, and regenerate, and usually during this process the body dumps toxins faster than it can eliminate.

It's important to welcome these changes, as your body starts to upgrade, however depending on your current diet, lifestyle history, whether you have cleansed, or fasted before or not, detox reactions can be mild or severe. As soon as you start to feel horrible, it's important to take an enema, sit in an epsom salt bath, use the essential oils, tongue scrape, oil pull, go get your colonic or infra red sauna.

Highly recommended you pre-book your massage, sauna and colonic appointment for Day 2, 3 or even 4 so you can remove the toxins efficiently. Not doing this means you will retox, and absorb the toxins your body is trying to eliminate, back into your fat stores, prolonging your detox and hampering any benefits you will experience from the fast.

Having a slight headache, rumbling tummy or feeling "off" during Days 1-4 means you are detoxing. Do not ignore these subtle signs your body is giving you or wait until it passes. Get straight on to the detox strategies we have given you and implement them asap!

If your symptoms last longer than 4-5 days please consult your healthcare provider.

### *Detox Symptoms to Watch Out For:*

- Headaches
- Migraines
- Flu like symptoms
- Sinus
- Rash
- Skin break outs
- Tiredness
- Feeling spaced out
- Feeling 'off'
- Bloating
- Gas
- Constipation or diarrhoea
- Anger
- Irritability
- Teariness
- Sadness
- Insomnia
- Nausea
- Worsening of old or existing health conditions

## Coming Off the Fast Safely

### *What to eat?*

Even though you may want to eat a truck load of food, coming off a fast correctly is most important, so we have prepared a 1 day meal plan for you so you know what to eat coming off the fast.

You can extend this beyond the 1 Day and use the tips here on what to eat after the fast is over to ensure your digestion is optimised and you continue to feel great. Choosing the wrong foods to come off a fast with usually results in severe to mild discomfort, tummy pain, and indigestion, which we want to avoid at all costs.

Because you have fasted for 5 days your body is not ready to digest concentrated foods like animal proteins, other heavy proteins, fats and even dense leafy greens. Eating lots of fibre can compromise the benefits of your juice fast, and can also make you feel sick.

The best way to break a juice fast is with a high-water-content fruit like apple or melon, with some berries if you desire. Consume a small quantity at first to see how your body reacts, and to allow your body to begin the process of digestion again in a gentle way. You can also try a smoothie or two.

You can continue to drink herbal teas during the day as well as filtered water. Later in the day or beyond you can add in high water content vegetables, broths, clear soups or the blended soups from our meal plan.

Now is also a good time to up your intake of pro-biotics so you could try some fermented foods such as sauerkraut in small quantities.

At night you may want to try some cooked quinoa (soaked for 20 minutes before cooking) and some lightly steamed vegetables with a salad that consists of lettuce, tomato, cucumber, a small amount of coconut oil and himalayan salt. Remember less is more and small portions will help your body re-adjust to eating food again.

To help stimulate digestion, sip on a solution of 1 tablespoon raw, unfiltered, apple cider vinegar in 1 cup of water.



## For the Coconut Water Fasters

### *How to prepare beforehand for a coconut water fast*

We always recommend weaning off caffeine, cigarettes and alcohol prior to starting the fast. This will diminish the negative effects in the first few days of detoxing. Also increase your water intake level by up to 2 litres.

### *What to expect during a coconut water fast*

You can expect to go through varied healing crisis while detoxing. It is different for everyone because everyone has different levels of toxins in their body depending on their diet/lifestyles.

Generally the first 3-4 days is intense (headaches, depression, cravings, low energy – ironically what a junkie goes through) however around day 5 this seems to completely reverse (days may vary for some) suddenly more energy, clarity and focus seem to be the norm.

Studies have also confirmed that for every day you do on water fasting it recalibrates a year of your life, so be mindful of what day/s you have a healing crisis and go back that many years to see what was happening in your life at the time.

### *Must DO's while fasting (ie. clear schedule, book colonics etc)*

It is imperative that you clear your schedule and give yourself plenty of time to rest and rejuvenate (especially in the first 2-3 days).

Highly recommended is getting at least a colonic or enema sessions beginning on day 2-3 to assist the colon in cleansing. Also regular massages and walks in nature, hot baths with epsom salts, flowers and relaxing music and essential oils are great. An overall gentle loving nurturing energy is what you are striving for.

### *Coconut water fast requirements*

**NO PACKAGED coconut water please!**

We recommend you can have about 4-5 fresh young thai coconuts a day in the first few days, and you can decrease that to 2-3 a day if you feel ready. It is super important you drink approximately 5-6 litres of filtered water each day with a pinch of Himalayan salt in each litre.

The reason it's important to drink LOTS of water when fasting (juice or coconut water) but especially so with coconut water as it is a diuretic and can dehydrate the body. Dean found out the hard way. Day 4 into his first coconut water fast and he was super dehydrated. (Only drinking coconut water). His body was weak and mouth dry and furry.

## FAQs

### How much herbal tea can I have?

As much as you like! Herbal teas are a great way to keep you hydrated and if you choose medicinal teas, these will help with supporting your organs and the detox process. If however, you are having more than 3 cups of herbal tea per day, remember to alternate the types of herbs you are using.

In fact, we encourage tea on this fast!

Highly recommend the lemon in hot water each morning to kick start your liver.

### I'm still hungry after my juice or smoothie?

Have another one! Try the Mango Smoothie Bowl for a treat. This is quite filling as it has good fats in it, and simply by using a spoon to 'eat' it helps you feel full.

### I live in a small town, where will I get the specialty foods and superfoods from?

Most of the products you will use are available in our online store for you! Check out our store at [www.therawfoodkitchen.com](http://www.therawfoodkitchen.com) Or check out your local health food store or other online stores.

### Do I have to do my daily journal every day?

No, if you really don't want to. However the daily journal is a great tool to help teach you to become more aware of what has been stored in your body physically and mentally, and what needs to be released, and journalling helps with this process. It also helps cement new habits such as exercise, meditation, yoga, YOU time, which is so important to helping you feel balanced and positive during fasting week and beyond as you can journal how you felt before and after you exercised, did yoga, or meditation etc.

### I work 9 to 5, how am I going to do all these foods at work?

Make your juices or smoothies at home and bring them to work in a 1 or 2 litre mason screw top jar and place in the fridge. If you get caught short most local shops do offer juices or smoothies on their menu nowadays. Let your work colleagues know what you are doing for the week and ask for their support. or remove yourself from the challenging situation, go for a quick walk outside for instance.

You may be challenged by food smells especially during the first few days, whenever this triggers you get up and grab your juice and go and find a quiet place to drink your juice, revisit your intentions and even take a minute or 2 to go within and meditate, deep breaths and calm your mind. You can also grab a herbal tea or do something else or remove yourself from the challenging situation, go for a quick walk outside for instance.

### Do I have to do an enema or colonic?

Yes, these are highly recommended to detoxify efficiently and will enable you to fully reap the benefits of your fast with us. Cleaning out the colon while cleansing will make you more comfortable, and will also maximize your results. This clearing of toxins reduces or eliminates detox symptoms, minimises hunger, encourages healthy bowel habits, and retrains the colon as one of the main detoxification passages. We highly recommend getting a colonic with a trained professional.

### What do I eat coming off the fast?

Coming off a fast correctly is most important, so we have prepared a 1 day meal plan for you so you know what to eat coming off the fast. You can extend this beyond the 1 Day and we give you plenty of tips on what to eat after the fast is over to ensure your digestion is optimised and you continue to feel great. Choosing the wrong foods to come off a fast with usually results in severe to mild discomfort, tummy pain, and indigestion, which we want to avoid at all costs!

### I'm getting constipated on this fast, what do I do?

This is a detox symptom and also due to a reduction in fibre during your fast. We have an easy to make at home recipe in the fast plan to help get your bowels moving again. As this is most important you keep moving toxic waste out of your body. Drink additional filtered water (more than you normally do) during the day also. Book a colonic or try an enema to help get things moving. A gentle walk is also a great way to get the bowels moving.

### I have diarrhoea on this fast, what do I do?

Get your colonic booked stat! Diarrhoea is a detox symptom and getting a colonic will help regulate your bowels and get you back to normal. You can also try the enema's every day as well.

### What if I can't get to a colonic centre or have an enema kit delivered to my home?

It's ok we have given you plenty of other detox strategies in the plan that you can do easily at home to help get you over the detox hump.



This Cleanse is not about deprivation, it's about making informed healthy, delicious choices! As long as you have your end goal in mind all the time, your old habits will be replaced with new habits in no time.

WHAT DOES C, T, t, ACV mean  
in the RECIPES?!

This is my special raw measuring  
terminology!

C = cup. T = Tablespoon. t= teaspoon

ACV = Apple Cider Vinegar

Where the recipe calls for salt only  
use Himalayan Crystal Salt, Celtic Sea  
Salt or Murray River Pink Salt.  
NO table salt.



# Daily Health Tracker – Day 1

My goal is:

---

How I am feeling today:

---

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The Detox Strategies I used today were:

- Oil pulling
- Dry skin brush
- Tongue scraping
- Enema
- Colonic
- Massage
- Bentonite Clay
- Activated Charcoal
- Colon cleanse recipe
- Essential oils
- Sauna
- Movement   
(Yoga, stretches, dance, walk)
- Sunshine
- Journalling

## Daily Health Tracking:

Energy Level      ①   ②   ③   ④   ⑤   ⑥   ⑦   ⑧   ⑨   ⑩

Quality of Sleep      ①   ②   ③   ④   ⑤   ⑥   ⑦   ⑧   ⑨   ⑩

Mood      ①   ②   ③   ④   ⑤   ⑥   ⑦   ⑧   ⑨   ⑩

\_\_\_\_\_ ①   ②   ③   ④   ⑤   ⑥   ⑦   ⑧   ⑨   ⑩

\_\_\_\_\_ ①   ②   ③   ④   ⑤   ⑥   ⑦   ⑧   ⑨   ⑩

(add your own above)





## Daily Health Tracker – Day 2

My goal is:

---

How I am feeling today:

---

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The Detox Strategies I used today were:

- Oil pulling    Dry skin brush    Tongue scraping    Enema    Colonic
- Massage    Bentonite Clay    Activated Charcoal    Colon cleanse recipe
- Essential oils    Sauna    Movement    Sunshine    Journalling
- (Yoga, stretches, dance, walk)

### Daily Health Tracking:

Energy Level      ①   ②   ③   ④   ⑤   ⑥   ⑦   ⑧   ⑨   ⑩

Quality of Sleep      ①   ②   ③   ④   ⑤   ⑥   ⑦   ⑧   ⑨   ⑩

Mood      ①   ②   ③   ④   ⑤   ⑥   ⑦   ⑧   ⑨   ⑩

\_\_\_\_\_      ①   ②   ③   ④   ⑤   ⑥   ⑦   ⑧   ⑨   ⑩

\_\_\_\_\_      ①   ②   ③   ④   ⑤   ⑥   ⑦   ⑧   ⑨   ⑩

(add your own above)



## Daily Health Tracker – Day 3

My goal is:

---

How I am feeling today:

---

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The Detox Strategies I used today were:

- Oil pulling     Dry skin brush     Tongue scraping     Enema     Colonic
- Massage     Bentonite Clay     Activated Charcoal     Colon cleanse recipe
- Essential oils     Sauna     Movement     Sunshine     Journalling
- (Yoga, stretches, dance, walk)

### *Daily Health Tracking:*

Energy Level      ①    ②    ③    ④    ⑤    ⑥    ⑦    ⑧    ⑨    ⑩

Quality of Sleep    ①    ②    ③    ④    ⑤    ⑥    ⑦    ⑧    ⑨    ⑩

Mood                    ①    ②    ③    ④    ⑤    ⑥    ⑦    ⑧    ⑨    ⑩

\_\_\_\_\_                    ①    ②    ③    ④    ⑤    ⑥    ⑦    ⑧    ⑨    ⑩

\_\_\_\_\_                    ①    ②    ③    ④    ⑤    ⑥    ⑦    ⑧    ⑨    ⑩

(add your own above)



## Daily Health Tracker – Day 4

My goal is:

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How I am feeling today:

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The Detox Strategies I used today were:

- Oil pulling     Dry skin brush     Tongue scraping     Enema     Colonic
- Massage     Bentonite Clay     Activated Charcoal     Colon cleanse recipe
- Essential oils     Sauna     Movement     Sunshine     Journalling
- (Yoga, stretches, dance, walk)

### *Daily Health Tracking:*

Energy Level      ①   ②   ③   ④   ⑤   ⑥   ⑦   ⑧   ⑨   ⑩

Quality of Sleep    ①   ②   ③   ④   ⑤   ⑥   ⑦   ⑧   ⑨   ⑩

Mood                    ①   ②   ③   ④   ⑤   ⑥   ⑦   ⑧   ⑨   ⑩

\_\_\_\_\_                    ①   ②   ③   ④   ⑤   ⑥   ⑦   ⑧   ⑨   ⑩

\_\_\_\_\_                    ①   ②   ③   ④   ⑤   ⑥   ⑦   ⑧   ⑨   ⑩

(add your own above)





# Daily Health Tracker – Day 5

My goal is:

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How I am feeling today:

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The Detox Strategies I used today were:

- Oil pulling
- Dry skin brush
- Tongue scraping
- Enema
- Colonic
- Massage
- Bentonite Clay
- Activated Charcoal
- Colon cleanse recipe
- Essential oils
- Sauna
- Movement   
(Yoga, stretches, dance, walk)
- Sunshine
- Journalling

## Daily Health Tracking:

Energy Level      ①   ②   ③   ④   ⑤   ⑥   ⑦   ⑧   ⑨   ⑩

Quality of Sleep      ①   ②   ③   ④   ⑤   ⑥   ⑦   ⑧   ⑨   ⑩

Mood      ①   ②   ③   ④   ⑤   ⑥   ⑦   ⑧   ⑨   ⑩

\_\_\_\_\_      ①   ②   ③   ④   ⑤   ⑥   ⑦   ⑧   ⑨   ⑩

\_\_\_\_\_      ①   ②   ③   ④   ⑤   ⑥   ⑦   ⑧   ⑨   ⑩

(add your own above)