



THE 21-DAY TRANSFORMATIONAL NUTRITION CLEANSE GUIDE

Read me first!



Congratulations!

You've taken the first step toward living a healthy, beautiful, toxin-free life! Your commitment to your body, your mind and your life has just taken a powerful turn. I am so excited to take this journey of cleansing, renewal and balance with you!

This guide includes everything you will need to know in order to complete your 21-Day Transformational Nutrition Cleanse® program successfully. Keep it handy as you will most likely refer to it often.

This Cleanse Is Different

The 21-Day Transformational Nutrition Cleanse is in a league all of its own when it comes to cleanses. Unlike most cleanses where you're depriving the body, the 21-Day Transformational Nutrition Cleanse focuses on nourishing your mind, body and soul so that you can experience a complete cleansing transformation without any unwanted side effects.

In addition, the Transformational Nutrition Cleanse is designed for people who lead super busy lives – like YOU! Every step of every day on the 21-Day Transformational Nutrition Cleanse has been planned out for you. You can simply go on autopilot and follow it step-by-step. There are no complicated routines or confusing instructions like other cleanses.

DISCLAIMER – PLEASE READ

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Overview



What it contains

- The 21-Day Transformational Nutrition Cleanse Program Guide (which you are reading now!)
- The 21-Day Transformational Nutrition Cleanse Done-For-You Meal Plan (see separate document)
- The 21-Day Transformational Nutrition Cleanse Recipes (see separate document)
- The 21-Day Transformational Nutrition Cleanse Extras (see separate document)
- The 21-Day Transformational Nutrition Cleanse Blue Print (see separate document)

Supplement Support for the Cleanse

- Protein Powder
- Digestive Enzyme
- Probiotic Complex
- Complete Multi-Vitamin

For Optimal Results

For optimal results when following the 21-Day Transformational Nutrition Cleanse program, I suggest the following:

- Follow the program exactly as it is designed;
- Set aside “me” time every day of the cleanse for reflection, meditation and relaxation; and
- Relax into this beautiful experience – even the uncomfortable times, should they arise – and simply trust the process.

Introduction

Your body is constantly trying to stay in balance. It desires to be well, healthy and function properly. If you do your part in helping your body, you will no doubt be able to lead a life of grace and ease that is filled with happiness, health, energy and soul. Your first step in doing this is cleansing.

The 21-Day Transformational Nutrition Cleanse is a lifestyle cleanse. It is not a “lose weight fast” technique, a “magic bullet” or a program you follow for 7 days and then go back to your life as you know it today. If you follow this program and then return to your old eating and living habits, you are simply putting a Band-Aid on the problem rather than fixing it.

Our goal for you is to show you how wonderful your life can truly be - how healthy you can feel, how much energy you can have, how much better your skin and hair can look and how easy it is to maintain your ideal weight! I want you to embrace your brilliance and all of your being and experience life the way it was truly meant to be experienced.

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Let's get started!



A word of caution: Avoid the pre-detox binge!

The classic pre-detox move of “Well, since I’m detoxing next week, I should just eat as much pizza and ice cream as I want this week”, is a recipe for disaster.

The point of a detox is to give your body the opportunity to cleanse and release some of the toxins it has been storing up for months or even years. Do not double the workload for yourself by eating poorly leading up to your cleanse. Take the time to start becoming more conscious and prepare your mind and your body for what is to come.

Please Note: If you have any health problems or are taking any medications on a regular basis, consult your doctor before starting a detox program.

Before You Begin

DO NOT use this program or products if you are:

Pregnant or nursing

Undergoing or recovering from surgery

Have extreme nutrient deficiencies

Have extreme weakness

Have Type 1 Diabetes

Have bloody stools or an inflammation of the GI tract

Currently under the care of a doctor for a disease or medical condition

Have an allergy to any of the ingredients in the products

On birth control (please use a back-up method during the cleanse)

Pre-cleanse

Some people prefer to dip their toe into cleansing before diving in head first, especially if they are new to cleansing in general, which can be a great idea!

If you want to ease into this cleanse because you are not sure what to expect, you have never done a cleanse before, or your diet and lifestyle is anything but ideal (i.e. are not very active and indulging in a lot of processed foods), then you might want to consider doing the pre-cleanse program before starting the 21-Day Transformational Nutrition Cleanse.

Here's How It Works



For one week before you wish to start the full program, give yourself an opportunity to wean yourself off of bad foods and bad habits. You want to start reducing your intake of caffeine, alcohol, processed foods and sugar.

For example, if you are a habitual coffee drinker, use the week to begin reducing your caffeine intake. Trade coffee for tea and soda for water flavored with lemon or mint.

If you enjoy meat as the main course at every meal, try having veggies for the main course and meat as a side dish. Try switching over to grass-fed meats, cage-free eggs and wild caught fish. Your body will thank you for it!

If you love sugar, start to cut back and look for natural alternatives, such as fruit, when you have the craving.

This is your week to start kicking the bad habits and start new, healthier ones. It is not about eating “perfect” meals or working out seven days every week. It is just about getting a little bit better every day. This way, when you start the 21-Day Transformational Nutrition Cleanse next week, there will not be a shock factor when you all of a sudden are not having caffeine, sugar, processed food or as many animal products. It is a nice way to ease into it instead of going cold turkey.

After this pre-cleanse week, you're ready for the real deal!

Detox Your Mind, Body and Soul

As I have mentioned before, this plan addresses a lifestyle change, not a quick fix. As such, I have incorporated the areas of your mind, your body and your soul into this cleanse.

Please make sure you focus on all three of these aspects. If you do, you will see greater results, acquire a new respect and love for your body, recognize your self-worth and place in this delightful Universe and maintain your healthy new lifestyle for years to come.

You may just want to get the pounds off and your energy back, but it is best to take this one step at a time.

Let's start with your mind – the basis of any and all lifestyle changes!

Detox your mind



When you start any cleanse, it is inevitable that “stuff” comes up. You might find yourself dealing with old emotions or experiences that you have not visited in years. This is all normal and part of the process. Relax into the experience and allow yourself to process and heal.

As you prepare and proceed with the 21-Day Transformational Nutrition Cleanse program, use your body's clues to observe the changes that are taking place. Changes in your diet, mental space and lifestyle can trigger all kinds of reactions, so remember to be patient and simply observe the process. What, at first, is out of the ordinary, may quickly become a new state of calm, control and clarity unlike anything you have ever experienced. It is important that you cleanse your mind of negative thoughts and emotions that you have been storing up for years. Realize that you are a beautiful, unique being and you have the potential to make the decision that nothing is going to hold you back from living your life to the fullest.

This is the first step in the 21-Day Transformational Nutrition Cleanse program. It will make a huge difference in your success, so take it seriously and implement at least one (and ideally more!) of the tips below daily.

- Choose something you love about yourself every day and write it down. Post it in a place where you can read it often throughout the day.
- Turn on your favorite music and dance like nobody is watching!
- Start replacing your negative or self-critical thoughts with new more positive thoughts.
- Repeat after me: “You. Do. Not. Have. To. Be. Perfect.” Print this statement and post it on your mirrors.
- Write a letter to someone that you want to share your feelings with. Tell him or her everything you have ever wanted to say – the good, the bad and the ugly. Once you are finished, shred it or wad it up and toss it away. This allows you to get your feelings out and help bring closure to the situation without causing additional conflict or hurt.
- Focus on one task at a time. Our multi-taking world makes us continually less able to focus. This affects not only our productivity but also our mood and mental health.
- Stop worrying. Although difficult, it can be accomplished. The next time you find yourself thinking about worst-case scenarios, focus on the positive instead.
- Turn off your TV and read instead. This will help stimulate your mind and help detox all of the negative images we’re bombarded with every day.
- Get enough sleep. Four to five hours each night is not enough.
- Light scented beeswax or plant-wax candles. They are less toxic to your body than other petroleum based candle waxes and the flame will bring an instant energy into your space.
- Do something nice for someone today without expecting anything in return.
- Try to see everyone in his or her best light. When someone bumps you on the street and does not apologize or cuts you off in traffic, just remember that you do not know anything about that person other than the current situation. We are all in this together and we are all just doing the best we can every single day.
- Create your own list. What helps you let go, free your mind and embrace your authentic presence? Write down all of those things. Do them often.

Detox your body



Your body is constantly exposed to toxins from everyday life. Toxins are found in the air you breathe, the water you drink and even some of the foods you eat! They are in cosmetics, perfume, alcohol, smoke, prescription medications and household cleaning products, just to name a few.

Over time these toxins build up in your body and overcome your body's natural ability to cleanse and detoxify itself. They accumulate in your body fat and tissues, which can affect your overall physical and mental health. You may experience weight gain, fatigue, constipation, "fuzziness," lack of interest in people and things, headaches, bloating and many other symptoms.

When your body has been properly cleansed of toxins, your metabolic rate can increase allowing you to burn calories more efficiently resulting in more nutrients being readily absorbed by your body, faster weight loss and a dramatic increase in energy.

In addition, do not be surprised if you see an overall improvement in your body in general! You may be able to think more clearly, respond faster and even sleep better. Those dark circles under your eyes will be memories, your skin will be radiant and your mood will regulate and reflect happiness.

The Detox Your Body portion of this program is divided into four parts:

- 1. Nutrition**
- 2. Movement**
- 3. Skin**
- 4. Life**

Nutrition



The first step in detoxing your body is nutrition. It is extremely important that you look at your eating habits and begin incorporating healthier choices.

Inside the 21-Day Transformational Nutrition Cleanse, the “Done-For-You” Meal and Supplement Plan, you will find every step outlined for you – from the time you wake up until the time you go to sleep. Consider this your “cleansing bible” for the next 21 days. Don’t leave home without it! It will show you exactly what to eat, when to eat it and how and when to take your supplements.

The goal is to nourish your body rather than depriving it. You will need more nutrients when you are cleansing, not fewer. Notice, I did not say more food, I said more nutrients. For example, processed foods have very few usable nutrients and a ton of calories, while whole, raw, fresh fruits and vegetables are packed with nutrients while still being very low in calories. Focus on feeding your body, not counting calories during this program.

The 21-Day Transformational Nutrition Cleanse program is simple when it comes to nutrition. Eat Real Food.

That’s right... you are steering clear of everything artificial and processed on this program and instead you will be eating meals made with whole, real foods. It is easier than it may first sound, especially with the provided meal plans and simple recipes!

Plants are naturally cleansing due to the soluble and insoluble fiber and chlorophyll they contain. They are also rich in nutrients and even protein to help keep you full longer and ensure your body is nourished and balanced while cleansing. So I have included a plethora of plant based recipes for you in this cleanse. I want to increase your consumption of fruits and vegetables and decrease your focus on animal products, particularly dairy and processed or factory farmed meats and animal products.

Eating Out

For many people on the go, eating out is a normal part of their day - you can probably relate to this! While I encourage preparing your own meals as much as possible with the 21-Day Transformational Nutrition Cleanse program, eating out is sometimes inevitable. Just remember to follow the guidelines of this cleanse and you’re all set! Don’t be afraid to ask for substitutions or for your food to be prepared in a certain way. Most restaurants are happy to support you!

Check [HERE](#) Foods To Include & Avoid – The 21-Day Transformational Nutrition Cleanse

Remember: Please refer to the 21-Day Transformational Nutrition Cleanse “Done-For-You” Meal Plan in your kit for detailed meal plans. In addition, please check out the 21-Day Transformational Nutrition Cleanse Recipes booklet included in this kit for delicious recipes designed for busy people.

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Movement



The second part of detoxing your body is movement. Most of us forget that the body's largest organ is our skin. Movement, such as exercise, flushes out toxins through skin oil and sweat. In addition, regular exercise will improve the circulation to your cardiovascular and lymphatic systems, which are instrumental in flushing toxins from the body.

Additional benefits from increased movement include:

- Boosting your energy level
- Providing a break from your otherwise hectic schedule to allow you to assess your priorities and gain perspective
- Improving your sleep patterns
- Promoting healthy digestion and elimination
- Promoting longevity
- Increasing overall health and wellness

You can do any type of activity you want as long as long as you are out there moving! Here are some that I recommend:

- **Yoga.** The practice of yoga focuses on overall physical and mental health and aids in healing the body and mind. Many of the poses are wonderful for detoxing your body as they open your lungs, relax your diaphragm and intestines and promote purification through your liver, kidneys, and bowels.
- **Rebounding.** Rebounding stimulates the flow of lymph fluid through the lymphatic system, enhances digestion, relaxation, sleep patterns, nerve impulses and muscle fibers, boosts circulation, aids in relieving pain and in healing the body and has been shown to be more efficient and even burn more calories than running! It is an amazing exercise plus it is so much fun!

Other wonderful kinds of movement include:

- Playing a game of fetch with your dog
- Swimming
- Taking an aerobic class
- Pilates
- Using an elliptical trainer
- Walking or running on a treadmill
- Weight training
- Long walks
- Dancing - anything from Jazz classes to moving and grooving in your living room
- Hiking
- Riding a bike with your family or friends
- Playing beach volleyball
- Gardening

Skin



The third part of detoxing your body is skin. This area of detoxing is often overlooked but is very important. In fact, as I mentioned earlier, your skin is your body's largest organ.

Although these therapies may be new to you, they are much more than a way to pamper yourself. They provide amazing health benefits and should be practiced regularly.

Dry skin brushing. Not only does dry skin brushing improve the appearance of your skin by eliminating dead cells and helping new skin to regenerate, it also stimulates blood circulation, the lymphatic system and enhances toxin elimination. It is wonderful for removing fatty wastes that are trapped just beneath the skin's surface. In addition, the massaging of the bristles is known to have a highly beneficial effect on cellulite.

The technique is very simple and takes approximately three to five minutes. Choose a natural bristle brush with a long handle to ensure a proper exfoliation. Follow up with a shower using an organic cleanser to gently wash away toxins. Start with your feet, brushing in small circular motions, up toward your legs and buttocks. Always work your way toward the heart. Next, brush your hands, again working towards the center of the body. Then it is the buttocks and the back working towards the stomach and the heart. Use extra caution over sensitive areas.

Charcoal. Cleansing products that include charcoal are hugely beneficial for detoxifying the body and are often used to repair skin conditions such as acne, psoriasis and eczema. Find a charcoal based cleanser that only contains natural and organic ingredients.

Hydrotherapy and Detoxifying Bath Soaks. Bath soaks with therapeutic organic ingredients, including pacific solar sea salts, dead sea salts, detoxifying herbs, detoxifying seaweeds and essential oils, have been shown to aid in cleansing the body from the outside inward. In addition, you can fully absorb vitamins and minerals from these ingredients including potassium, magnesium, calcium, zinc, sodium, iodine, bromide and sulfur. Again, we are focusing on nourishing your body instead of depriving it.

Hydrotherapy/Detoxifying Body Scrubs. Using a scrub formulated with healing, organic ingredients such as rejuvenating organic oils, Pacific Sea Dead Sea salts, detoxifying herbs and seaweeds and therapeutic essential oils help to cleanse the body, stimulate the lymphatic system and successfully rid the body of toxins. They are extremely beneficial for cellulite and healing skin conditions such as acne, psoriasis, and eczema.

Massage. During a massage, lymphatic fluid is moved along and blood vessels dilate so cardiovascular circulation is improved and toxins are released from body tissue and fat. Make it a point to book a massage at least once a month and as much as once a week if you manage it. It is a wonderful way to start your detox program and maintain a healthy body.

Acupuncture. The World Health Organization currently recognizes more than 30 diseases or conditions that can be helped by acupuncture treatment. Yes, it involves needles but it is completely painless and the needles are very tiny. Acupuncture has been shown to stimulate the immune system, increase circulation, decrease blood pressure and increase secretion of gastric acid to aid in digestion.

Infrared Sauna Therapy. Infrared saunas are a great way to reduce stress, detoxify your body and increase your overall wellbeing. Your skin is your body's largest organ so sweating is your body's own technique for removing toxins from your body.

The world is full of toxins and harmful chemicals and you come into contact with these toxins every single day. You cannot control everything that contributes to our toxic environment but you can control more than you may realize. This is why the fourth and final piece of detoxing your body includes ways to detoxify your life in general.

Life



The final component of the body is your life. By taking tiny steps regularly you can help cut back on your toxic load and prevent the need to do long-term detoxes frequently.

Here are some ideas to get you started:

- Replace chemical household cleaners with eco-friendly brands
- Replace air filters with clean, more effective filters
- Purchase an air purifier for your home
- Purchase a metal bottle to carry around water instead of purchasing bottled water. The plastic used for the bottles can emit chemicals such as BPA into the water, which, in turn, is consumed into your body. In addition, less plastic bottles floating around are better for the environment.
- Use plants in your home to help detox the air. Bamboo Palm, Boston Fern, Chrysanthemum, English Ivy, Pease Lily, Spider Plant, Philodendron and Poinsettia are some of the best choices. If you have pets in your home, please note that some plants are toxic to animals. Check online for lists of plants you should avoid.
- When it comes to makeup, choose cosmetics with organic ingredients
- Choose essential oils from plant sources in place of perfumes and colognes
- Ask your hairdresser about lines of natural or less toxic hair colorant
- Choose a mild, high-quality organic shampoo and body cleanser
- Choose deodorants and toothpastes made from nontoxic ingredients
- Choose feminine products made from organic unbleached cotton
- Avoid dry cleaning as much as possible. If you do need to have clothing dry-cleaned, let the items air out before bringing them into your home.
- Do not forget about your pets! Purchase wheat or corn litter to avoid the chemicals and toxins found in most products. Consider changing your pet's diet to organic foods to keep harmful chemicals out of your home.
- Choose only candles that are made from beeswax or a plant-based wax to avoid the toxins produced by the typical petroleum based candles
- Avoid furniture made from composite materials such as pressboard. They contain toxic glue and other chemicals including formaldehyde. Purchase solid wood furniture when you can.
- Leave your shoes at the door and wash your hands on entry. You are bringing in germs, bacteria and pesticides from the outside world. This helps to keep them there!
- Wash or clean all new clothes before wearing them. Most new clothes are treated with formaldehyde.

Detox your soul



Are you really hungry?

Often, you might think that you are hungry – even starving – when physically, you are completely satiated. It is important when you think that you are “hungry” to look at what you are actually hungry for. Nine times out of ten, it is not food.

If you feel that grumbling, rumbling sensation in your tummy and it feels really “empty,” chances are very good that you need to have a snack. If, however, those hunger pangs are missing and you physically feel fine, start to delve deeper and look at what you are really hungry for.

It could be compassion, relaxation, energy, love, excitement or a variety of other emotional needs. Choose a way to nourish that emotional hunger without using food. Try going for a walk, reconnecting with an old friend, playing with your kids/dog/cat, journaling or joining a community of like-minded individuals.

Eat here now!

The spiritual guru, Ram Dass, wrote a book in the 70’s encouraging you to “be here now.” Every time you make a conscious choice to eat, make sure you are fully present. Start by being mindful of the food choices you are making and what you are putting on your plate. This is where the 21-Day Transformational Nutrition Cleanse “Done-For-You” Meal Plan is essential.

Then, eat every bite with intention, awareness and mindfulness. Visualize it nourishing your body and spirit. Eat slowly. Savor the flavor. Indulge in the delicious taste. Practicing this one concept can help cleanse your issues with food forever!

10 Ways To Detox Your Soul



Meditate. Choose an affirmation that reflects something you want to achieve. Phrase the affirmation as if you are already achieving it. For example, "I am making healthy choices for myself and I have more energy every day." Repeat it often throughout the day and internalize it.

Surround yourself with good-hearted, positive people. Stop making time for people who make you feel bad or who do not respect your time. These people are toxic to your life and your mind. You deserve better people around you. Go out and find them!

Be thankful. Every morning when you wake up, take five minutes and think of the things you are truly thankful for. Realize how lucky you are to have these things. Do not take them for granted.

Practice conscious breathing. Take a long, slow inhale and think of something you want to let go of in your life. When you exhale, see that something coming out of your mind and spirit in that breath and truly let it go.

Practice visualization for 10 minutes each day. Imagine yourself in a relaxing place like a deserted island or walking in a grassy field. Let everything else in your thoughts go and focus on the details of the place. What do you see, smell, feel and hear?

Create a peace place. Choose an area of your home, or even a corner of a room, where you can be alone and take time to meditate, pray or just sit quietly. Visit your peace place as often as you need and at least once a day.

Go for a mindful walk. Let all of your thoughts go. Notice the temperature. Is the air damp or dry? What does the ground feel like under your feet? Simply take time to observe your surroundings – the sky, the trees and the wind on your cheeks.

Buy a beautiful journal. At the end of each day, write down your thoughts and feelings about everything that happened. This allows you to detox your mind and bring closure to the events of the day. Best of all, your journal will never judge you! Now, turn in and prepare for a restful night's sleep without any worry.
Find a spiritual practice you connect with. Make a habit of actively participating.

Connect with other people who share your spiritual beliefs. A solid support system is so important.

Things to remember



You are taking the first step toward a better life and future! It may take a little work to get used to incorporating new activities and ways of eating into your life, but always remember to give yourself credit when you are successful and don't beat yourself up when you slip. Seriously, you have likely had a lifetime of that and . . . enough is enough! You are only human and this is a process. Just make yourself a promise that you will do better the next time and then keep your word to yourself.

Give yourself time to get used to and enjoy the changes in your life and your body. Appreciate them and realize that even small changes make big differences. As Gandhi famously stated "A journey of 1,000 miles begins with a single step."

Congratulations on taking this inspiring step to detox your mind, body and soul and stepping into your authentic self with grace, ease, happiness and love!

Where Do You Go From Here?

Once your cleanse has come to a close, maintain your healthy, new body and transformed lifestyle for years to come. I truly believe in continuous cleansing and feel it is important to incorporate gentle cleansing products and practices and daily meditation or affirmations.

If you have an interest in exploring transformational nutrition on a deeper level, consider joining the Institute of Transformational Nutrition! It is where I received my certification as a Transformational Nutrition Coach and it can launch you on a path of helping others to transform their mind, body and soul!

If you want to learn more about this amazing certification program, contact me:
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Support

Do not forget that I am here to help out if you have any questions. Simply contact me using the information below with any questions, concerns or comments.

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I am Andrea Caprio, a certified Wellness and Nutrition coach. I specialize in helping busy people, like you, with stress-related conditions. I offer easy step-by-step programs and a personalized, result focused coaching method that helps to increase your energy, focus, performance and to decrease your risk of developing more serious diseases. Contact me now if I can help you to live a stress free, healthier and happier life.

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