

14-DAY WINTER CLEANSE

DAY 1: VIDEO SCRIPT: CREATE

Tess Masters: Welcome to Day One of this incredible journey that we're going to be taking together. We are so excited that you have decided to make the choice to change your life. So we deliberately chose "create" as our word for today. Because like anything in life, you're going to get out of this what you put into it.

We really want to encourage you to create the space, the time and the energy to really transform your physical, emotional and mental wellbeing.

Karen Kipp: So one of the main things we're changing during this whole cleanse is that we'll be eating probably very different than what you're used to. So it's really important to create space, and let's start with the kitchen, because the kitchen is such an important area where we're going to do so much of our work throughout the cleanse.

Tess Masters: It's kind of our hub.

Karen Kipp: Yeah.

Tess Masters: Our hub of magic.

Karen Kipp: Absolutely. This is where the magic is going to happen. So, you know what? Take the time to create your space. Clear out a section of your kitchen where you can actually have your space preparing your food, clear out any of the clutter, clear out any of the junk food, anything that's going to tempt you and take you off course. Anything that creates or tempts you into a habit that led you to this cleanse in the first place, get rid of it. Just clear it out. If you have to keep it somewhere for your family or for some other reason, put it far away where you won't be seeing it, make your space. You have to have that in the kitchen, because you're going to be spending some time in the kitchen, and you're going to need to have a little bit of space of your own, right?

And go ahead and put out the fruits and the vegetables, they're gorgeous, right? I mean, look at all the beautiful colors.

Tess Masters: Yeah, just looking at them in your kitchen is going to make you feel healthy, right?

the decadent detox

www.thedecadentdetox.com #thedecadentdetox

Karen Kipp: Absolutely, it makes you want to eat them. I mean they're beautiful. Nature designed it that way. So they are supposed to be attractive and interesting and make you want to eat them. So surround yourself with them. Make a beautiful space, create that for yourself, and you're going to see in no time you're going to be well on your road to success.

Tess Masters: Yeah, and I think getting rid of the foods that tempt you is a really big part of this, all right? Because I know that I can be a comfort eater, and there's going to be times in the next 14 days when you feel like grabbing for that piece of comfort food. And if it's not in the house, you cannot grab it. All right? So that's a really big one.

The next thing is time. Time is a really big one with this cleanse, right? So I want you to physically get out your calendar, right? Whether it's on your phone, whether you've got a calendar that you can put on the wall, whether it's the calendar that we gave you, whatever you feel comfortable doing. And I really want you to look at your schedule for the next 14 days, your work commitments and your social commitments.

Now we totally get it, you have a life. You can't just switch off that life with your family for the next 14 days, right? We're all busy. But, you need to make the time. Not only to prepare the food, because we're going to be preparing food from scratch the next 14 days right. So you're going to want to budget anywhere from 45 minutes to a couple of hours to really mindfully prepare these healthy dishes for the meals.

The other thing is, taking time to rest, right? There's going to be times we feel tired, agitated. You might feel like you want to climb up a mountain, but you really want to give yourself time to nurture yourself. Take baths, take nice walks, just see it, be, journal, all of those things, right? Set aside the time to really commit to this and then you're going to really see some results.

Karen Kipp: So now that you've got your space and your time set aside, now you need some energy. And let's be honest. Like during this cleanse throughout, you might go up and down, you'll have fluctuating energy levels. One morning you might feel like getting up and digging a ditch. The next morning you feel like laying down on the couch, that's totally fine. That's totally normal. So just kind of listen to your body and honor it wherever you are.

But what we can do is we're going to start trying to create energy, and that's the really important part of this.

So what you're going to do is, sometimes when you're just feeling like you just want to sit there and stare at the wall, maybe for a few seconds, that's fine. But then get up and move and go around. Do something in the house.

the decadent detox

www.thedecadentdetox.com #thedecadentdetox

Tess Masters: Move is the word.

Karen Kipp: Move, move, move. Make yourself move, even when you don't feel like it. If you're working at your desk and you're feeling a little bit of a slump, stand up, walk around, make a little bit of movement. So create your own energy until your body catches up. Because pretty soon with the cleanse, you're going to be generating your own energy, but you might not have that now. So you're just going to move around and create your own energy, and keep that moving until your body catches up and you're going to feel great.

Tess Masters: And moving is a really, really big part of this, right? Detoxing the body is not just about the foods we eat. Movement stimulates the lymphatic system. It really enlivens the cells, right? So we want you to move, move, move, and not strenuous exercise, please refer to the PDF on our exercise guidelines, because we don't recommend extremely strenuous exercise for the next 14 days, right? So gentle movement, gentle stretching yoga, and we're going to be talking a bit more about that over the next 14 days, all right?

So remember you are not alone in this. We are here for you every step of the way. And please use the community that we have, because I know you're probably sitting there at home thinking, "I'm doing this all by myself. I'm feeling alone. I don't know what the hell I'm doing." We're here for you to support you.

So please look at the dashboard, look at the support mechanisms that we put in place this week and use the Facebook group, because I guarantee you whatever you are thinking and feeling, someone else around the world, thousands of people that are participating with you these next two weeks is feeling it too.

So please, don't be shy. Reach out. Leave a comment, connect with other people in the community. Ask questions and we will answer them. All right?

So please, create the space, the time, the energy to get the most out of this experience.

Enjoy the delicious food, rest, journal, think about things and see you tomorrow.