

# the decadent detox

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## 14-DAY CLEANSE

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### DAY 2: VIDEO SCRIPT: LISTEN

Karen Kipp: It's Day Two, you made it through Day One, and how are you feeling? Really, the word we chose today is really important because it's "Listen." Listen to your body, listen to your thoughts, check in with your body, what messages is your body giving you? The truth is, you may be wondering why did I get into this in the first place? But I want you to go back and remember, why did you get into this? Perhaps you were feeling a little bit tired? Maybe you just didn't have enough energy? You felt bloated, you felt a little foggy brained?

Tess Masters: You must have been eating really differently, right?

Karen Kipp: Most likely.

Tess Masters: But if you're not used to eating these kinds of plant-based foods, you might be experiencing some detox symptoms even after Day One. Let's talk a bit about the number one detox symptom.

Karen Kipp: The number one detox symptom is always a headache. That could be from caffeine withdrawal, it could be because most likely you're not hydrated enough and what happens when you detox is your body wants to expel toxins everywhere. It starts with your skin, your digestive system, it comes up through the nasal passages and it starts congesting you. That's where the congestion comes from and that's often times what causes a headache, even if you don't feel congested it may be sinus pressure that's causing that.

Tess Masters: The number one way to alleviate a headache, most of the time, is by hydrating. You're going to hear us say this like a broken record for the next 14 days. Hydrate, hydrate, hydrate. Now if you're like my mom, she does not like drinking plain water and I know a lot of you out there have already written to us about that, so let's jazz up your water a little bit, make it a bit more fun, right?

You can throw some mint in your water, some lemon, lime, grapefruit, orange slices, mint, basil, berries, raspberries, blueberries, strawberries, whatever, just give it a bit of flavor.

Another thing you can do is put one tablespoon of apple cider vinegar into a 16oz glass of water, now that's not for everybody. It's very alkalizing, very detoxing. The other thing you could do is one tablespoon of liquid chlorophyll, which is really good for detox. Now we like this one, World Organics mint flavored chlorophyll, because it takes minty. People are amazed at how delicious it is.

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Give that a go, look in our Resources section, you can try that. Cucumber in water. The other thing is herbal tea. You can see we're both drinking herbal tea. It feels nurturing, it's warm, it's really inviting, kind of opens up your heart chakras right? Just nothing with caffeine, all right? Chamomile, mint, rose, whatever. That's also really, really, delicious.

The other thing is eat your water. We've designed a delicious 14 day menu that's really, really, hydrating, but beyond that, hop into your high-water content foods. It's things like leafy greens, kale, spinach, arugula, radishes, cucumbers, lemons, limes, grapefruit, orange, tomato, berries, celery, herbs. Your melons, watermelon, cantaloupe, honeydew, bell peppers, a coconut, crack open a coconut.

Just make it as interesting as possible, but when you're feeling those headaches, water, steep your water, drink a cup of herbal teas, or eat a high-water content piece of fruit. Let's talk about the nasal drainage that can happen.

Karen Kipp: Yes. You may or may not, again be feeling congested, but you probably have some sinus activity going on and if you're starting to feel a little bit of a headache, one thing that you can really do, or if you're congested also, is nasal rinsing. That may freak you out at first. It seems a little weird if you've never done it before, but honestly, check out our resource guide. We have all the information you need to do that properly, and it's really quite simple. It's less invasive that you might think it is quite frankly.

Tess Masters: Yeah, I was sort of freaked out when I tried it years and years ago. My dad actually put me on to it. It gives you so much relief and it's actually not painful at all and it's not as invasive as you think it is. If you want to sort of entertain that and check it out, go to our Resources section. Let's talk about journaling.

Karen Kipp: Yeah. Another way that you can listen to yourself is sometimes just reflecting back over your day. Reflections are really important part of this process, because you're moving through a lot, you're transforming, whether you know it or not, you're actually transforming. Whether you feel up or down, it doesn't matter, things are happening.

It's really important to record that and really think about what happened through your day. What are you feeling in your body? What are your thoughts that are happening? What are the messages that are going on? For examples, one of our questions for the day is, what are the messages your body is sending you? It might be surprising sometimes what those messages are. Sometimes they're just confirming what you already knew.

Tess Masters: What are your emotions? This is the thing about these 14 days. You're going to go on a roller coaster of emotions, right? Sometimes people have some really big stuff come up, and if that's you right now, even at the very beginning of that,

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please know that there are thousands of people around the world doing this and I guarantee you that whatever's coming up for you, may be coming up for somebody else.

Please journal, because it's really helpful to have a written record at the end of these 14 days to really look back at where you started and what your journey was. Please check in with the Facebook group, all right? Look on the dashboard for the support that we have and ask questions, comment, interact with other people in the community and feel free to ask us questions, because we're monitoring that group all the time for the next 14 days.

Karen Kipp: Just a reminder, listen, hydrate, hydrate, hydrate.

Tess Masters: Journal.

Karen Kipp: Do that also, get your rest, enjoy your day and we'll see you tomorrow.