

## 14-DAY CLEANSE

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### DAY 5: VIDEO SCRIPT: BALANCE

Karen Kipp: Welcome to day five. Today, our word is balance.

Now, at this point, you may be kind of excited about the cleanse, but some of you may be feeling like, I cannot do this for nine more days. Okay? Perfectly fair, wherever you're at.

Tess Masters: Totally normal. I have felt that on day five, let me tell you.

Karen Kipp: It's all about balance. Yes, we have all felt different things, and-

Tess Masters: Just my little evil laugh there, yeah I've done that.

Karen Kipp: Just to clarify this is not wine. This is actually chlorophyll water. I just want you guys to know that's not what we're drinking. We're our excitement about some chlorophyll water. Yeah.

Anyways, for me when I'm feeling a little overwhelmed and that may be where you're at right now and, if you are, I know for me all I need to do is get back to balance. If I can get back to balance then it all kind of soothes out and starts working again.

Tess Masters: And sometimes a good glass of red can do that, let's be honest.

Karen Kipp: But not during a cleanse!

Tess Masters: Not this week.

Karen Kipp: Right. So, what we're gonna talk about is some different ways you can actually balance. Let's think about for a second though, where you started, right? So you started with whatever you were doing before the cleanse, you went all the way into raw vegan food primarily and cooked vegan food, right? So, you're eating very, very clean for the last several days. Tomorrow we're about ready to start raw foods. Preparing for the fasting and we're moving towards it. You've made a lot of progress, right? I mean, you guys have gone this far. You're into your fifth day of clean eating, you should be starting to kind of reduce some of the symptoms and everything. You can totally do this.

Tess Masters: Mm-hmm (affirmative).

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Karen Kipp:

You can completely find balance. If you're feeling like you're struggling a little bit you can try some of the techniques that Tess is about to talk about, but you can also reach out to your Facebook community, reach out to other people in your life. Find people that will support you and connect with people that who are going to support you. It doesn't matter if it's over the phone. It doesn't matter if it's via Facebook, whatever works for you, find some people that will support you and help you move through this if you're feeling a little bit overwhelmed. If you're excited, that's fantastic too! Just kind of allowing wherever we're at and moving forward and finding balance in our lives.

Some of you might be feeling a little overwhelmed like we talk about. For you, I would encourage you to look at your calendar again like we talked about earlier, and try to see if there's anything else you might be able to carve off your schedule. See if there's anything else you can take off of there.

Tess Masters:

Yeah, we're going into like the most intense part in the next four days, alright? So, resting, staying centered and the reason why balance is so key today. I find that each time I do a 14 day cleanse, it's different. I find that I ride a slightly different roller coaster. It just sort of depends on where I was at when I started.

Karen Kipp:

Mm-hmm (affirmative), sure.

Tess Masters:

And where I want to be at the end. I think you'll probably be experiencing a little of that too. But depending on how we define balance too, right? Balance for me is sort of feeling grounded, centered, feeling like I can do it. Feeling strong. That's where balance comes from for me.

When I'm feeling really strong, then I feel like I can get into balance. I can kind of tackle whatever's being thrown at me. Whatever's sort of washing over me. I feel like sometimes as I head into the fast and I go raw some pretty intense things come up for me. And I know that of the thousands of other people we've led through these cleanses say the same thing, so just be prepared for that. And it's okay, you know? What does perfect mean anyway? Perfection for me is in the imperfection. Just let it wash over you like we've said with the allow. The allow and the accept a portion of it, just balance is the next thing in that. You accept, you allow it to wash over you, and then you kind of just rebalance yourself and go, "okay I'm feeling like I can't, but I can."

Some of the practical things we like to do is ... we're really big into earthing or grounding. So for those of you that have never done that or never heard that term before it's just getting bare foot and walking out and connecting with the Earth. I used to think that was so hippy-dippy, years ago, but it does something

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to you. Like we're meant to connect with the Earth. So, getting bare foot. Go to a park, a garden, your backyard, whatever and just walk in the grass. Just kind of feel what that feels like. Go to a park. Sit up against a tree and read a book. Like sitting at the base of a tree like where the roots are coming out of the Earth and kind of growing into this incredible thing that just continues to expand, something about that. So, if you're a water person, if you're a fairy or a mermaid, right? If you're someone that loves the water and you love to hear the waves crashing, the lapping of water, or waterfall, whatever. Go and connect with that. Sit by the water. Look at the ocean. Whatever kind of feeds you and helps you believe that you can, right? Those are some things we like to do.

Another thing, like look at the exercise guide because as we head into raw tomorrow and then into the fast you're gonna want to reduce any strenuous activity and really ... because we're gonna go into really heavy detox now. So that is an athletic endeavor in and of itself so it takes a ton of energy. Just take it easy.

Accept what's coming on, and one thing I really like to do, and I know you do too, is rebounding, right? Which is jumping on a mini trampoline. So you can look at our exercise guide inside the book. We've got a little paragraph about it as well. I used to think that that was kind of like a ninny sport. It was kind of like what people did when they didn't actually want to exercise. Actually, studies are showing really quite conclusively that it's a very, very, very powerful form of exercise. And it's also just so fun.

I've got a little mini trampoline, we both do. And you just jump on it and you can actually just get really grounded and kind of just bounce without even getting any height and then just kind of gently bounce. Then you can take one foot after another and get on Google, there are so many videos and kind of guides about this. What it does when you rebound, it literally with every single bounce it stimulates your entire lymphatic system and every cell in your body. It's kind of extraordinary, right? It's very, very low impact. So for those of you who are a little bit older, really great exercise. And it's really, really good for balance. For me, it just kind of helps me get centered, alright? So we're going all raw tomorrow.

Karen Kipp:

Yeah.

Tess Masters:

So I'm gonna say cheers to you as we head into this together, because she's staying with me right now. So we're gonna do this tomorrow. You can, alright?

Karen Kipp:

Yes you can!

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Tess Masters:

Connect with someone in your life today that tells you that you can do anything, alright? And get in our Facebook group. Be part of the community, connect, ask your questions. We're here to help you. We'll see you tomorrow. Go raw!