

14-DAY CLEANSE

DAY 6: VIDEO SCRIPT: ENGAGE

Karen Kipp:

Welcome to day six. You're probably thinking right now, oh my gosh, today is the day we're going all raw, and you might be feeling a little anxious about that. I've heard this a few times over the years from people, but I'm here to tell you that we chose a word very specifically for this day, and that word is engage. Because, you get to engage in something that could actually be very magical.

I'm here to tell you that it doesn't have to be all carrot sticks, and celery sticks, and everything else. Tess will tell you that in just a few minutes and explain some of the things you can have. Here is your opportunity to engage. What we're doing here is we're moving our bodies from a solid food state to a high-water content state, which is all of the high-water content fruits and vegetables. All raw. To all liquid, where we go ahead and fast.

So we're doing a little magical process of transitioning our bodies from lower water content, to higher-water content, to all liquid content. This is how it's going to happen.

Tess Masters:

So it's really important that we do this all raw day as we transition into juice fasting. That's one of the differences with our program, that we don't see with other cleanse programs, is that you really need to prepare your body for the fasting process. So today is really an important day. It is really critical that you do engage with this process.

Why I've laid all these food out the way that I have, is that you're probably eating a lot of raw foods, but you don't think of them as raw. You just think about fruits and vegetables. Right? Things that you're putting in salads. If you're eating a salad, you're eating a bunch of raw foods. There might be cooked foods in the salad, but you're eating some raw stuff.

If you're picking up a piece of fruit, or drinking a smoothie, or picking up a juice somewhere you're eating raw food. If you've picked up some nuts and seeds, and they are raw not roasted. You get the point, right?

We've put all the fruits over here, just to show you some of the really familiar things in your life that you might not think of as raw, but they are. So today you can pick up any of these foods. So obviously follow the menu, because it's all

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raw, but if you're feeling a bit peckish during the day ... And beyond the cleanse as well. Just to think about including more fruit, more raw foods into your diet.

So we got the melons, the grapefruit, the peaches, the berries. Now if you want to do something a little bit more interesting you could pick up the organic dried fruits. Just no sweetener. So try and go sugar free. All right? Then we've got some kale chips. Go and pick up some raw kale chips, or make your own. You can find tons of recipes at the blendergirl.com.

Cultured vegetables are actually technically raw. So if you like some sauerkraut, we like this brand Bubbies, because it's artisan water, cabbage, and salt. That's it. We've got some dill pickles that we've made. You can also pick up some cultured vegetables. We love the Farm House Culture as well.

Make a salad. Right? So lettuce, kale, spinach, arugula, radishes, tomatoes, avocado, bell peppers, cucumber, raw nuts and seeds. The ones we recommend for cleansing that really aid the detox process is sunflower seeds, raw almonds, and raw pumpkin seeds, because they're alkaline forming. Celery, herbs, spices, and make some raw dips. You can find a ton of recipes in our cookbook, in the program, also at TheBlenderGirl.com. This is the raw kale guacamole that we totally love, full of flavor. It doesn't have any nightshades either, which is really awesome.

So for those of you that looked at the recipes and saw spiralizer zucchini noodles, you don't have to have a spiralizer. Don't even worry, because Karen is going to show you how to use a regular vegetable peeler you can pick up at the grocery store for \$2, and you can just shave the zucchini, and make kind of fettuccine style noodle. So you don't need to go out and buy a spiralizer. This is one that we picked up at TJ Maxx. Like \$20. So you can pick up inexpensive spiralizers, but if you just dip your toe into it, you don't want to buy extra stuff you can just do it with a vegetable peeler.

Let's talk about the exercise portion of this, because as we go into this juice fasting portion for the three days, it's really important to kind of modify our exercise.

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Karen Kipp: Sure. Yeah it is. So you've been pretty much able to do a normal routine, or at least doing gentle movement. Right? Move, move, move, like we talked about, but now we're kind of cutting down on the proteins a little bit. Going into raw high-water content, and everything else. So we really want you to kind of start really listening closely to your body, and cutting back a little bit. It's really up to your body. Just listen and honor it wherever it's at. You probably want to cut back about 20-50% today, depending on how you're feeling.

As we move into the fasting then, we're going to talk about that a little bit later, but we definitely need to cut back at that point. You just want to use all your energy for cleansing and detoxing. Right?

Tess Masters: Mm-hmm (affirmative).

Karen Kipp: Even at this point now, we don't want to overexert our bodies, because it actually takes away from the energy we need to detox our body.

Tess Masters: Yeah. So detoxification is an athletic endeavor is what I'm going to say. So it takes a lot of energy. Particularly depending on where you came, where you started this cleanse. Right? So gentle walking, stretching, gentle yoga. So check out the PDF where we've got some guidelines for the exercising that we recommend. Particularly as we head into this middle portion of the cleanse.

Karen Kipp: Remember you're not alone. Check into your communities, check in with us on Facebook, check with other people. They're all kind of going through this at the same time. I think you're going to find that when you really do engage that it is kind of magical, and you're really going to end up loving raw foods, and probably want to incorporate more of them into your day to day life.

So enjoy your foods today. Don't forget to go ahead and check in on your journal. Rest and we'll see you tomorrow.