

14-DAY CLEANSE

DAY 8: VIDEO SCRIPT: NURTURE

Tess Masters: It's day one of the juice fast, so we are day eight into this 14-day journey. We've chosen nurture as our word of the day, because juice fasting is full on, guys. Let's be honest.

Karen Kipp: It is.

Tess Masters: We've been doing it for years.

Karen Kipp: Decades.

Tess Masters: I've been doing it for 15 years. You've been doing it for decades. And it can be a really, really full on journey, particularly if you've never done it before. And even if you have done it before, I find that depending on where you are emotionally and physically going into the fast, it can bring up some pretty gritty stuff. Is that the right word? So nurture yourself. Be gentle.

We're going to slow down our exercise big time today, so check the exercise guidelines on the dashboard, all right? We don't want you to be doing any strenuous exercise. Take a lot of time to rest. Just let the emotions kind of wash over you. You might feel that you're getting pretty emotional. Some stuff's coming up for you. You might feel really empowered. It just sort of depends on where you're at, all right? Just allow things to be what they are, and nurture yourself. We've talked about taking baths, taking walks, going and look at the ocean. Whatever feeds you. Reading your favorite book. Watching great movies. Maybe even playing a game with your family. Whatever you need, all right?

Also, look at your journal. The next three days is a big shift for us physically. Just sort of notice. How's your skin feeling? How are you feeling physically? What's your digestion like? Are you feeling bloated? All those sorts of stuff. And note it down in your journal, because it's going to be really interesting to go back at the end of the 14 days, or even on day 11, we'll check back in and just look at how you felt throughout the fast.

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Karen, let's talk about what happens now that we're effectively shutting down our digestive system. We did the pre-fast. We went all raw and we're preparing our body for juice fasting. We've strained our juices, so we're ostensibly taking out the majority of the fiber. We're slowing down the digestive process so it allows more energy for detox, regeneration, renewal, all that sort of stuff. But what's actually going on?

Karen Kipp:

Okay, so it's a pretty intense process, right? Think about this from a long-term perspective. Our bodies are quite used to this, and they know exactly what to do the moment we start fasting. When we stop eating, our body goes into fasting mode and it's really powerful, what happens in our body. Just to give you an idea of how this works, basically our body has 100% of its energy, right? In a given day, if we're eating regular food, depending on what we're eating, it takes 50 to 75% of our energy just to digest our food. All of our body's energy goes towards just that, right? So when we suddenly stop digesting food on a large scale basis and just go to liquids, what happens is, all of that energy that our body was using for digestion goes into cleaning it up. It starts detoxing our organs. It starts burning fat. It starts clearing out damaged cells, damaged DNA. It just kicks right into gear. It knows exactly what to do.

This is what it does, quite frankly, every night when you go to sleep. When you're actually fasting overnight, right? You have your break fast, that's breakfast is break fast. You're actually doing this every night. But this is a way more intense period. We're actually giving our body a chance for three whole days to go through this process and get deeper into this process and clean it all out. That's why you're going to feel so amazing when this is over. And most people are a little surprised to find out that, actually, they're not that hungry during a fast.

Tess Masters:

Yeah, because we're stopping the digestive process, actually the fiber is what induces hunger. Right? So the fact that we're removing that, so that is why it's really important to stick to those juices today. Do not grab ... As much as you can, please do not grab for that piece of food with fiber, because it's going to re-engage that digestive process and that's when hunger's going to set in, right?

Karen Kipp:

Yeah.

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Tess Masters:

So go for your broth. Go for your juice popsicles. Herbal tea. Water. You can double the juices if you want. Dilute them even further. Sip them gradually throughout the day. Whatever you need to do. Another strategy for nurturing yourself is just being really mindful and conscious about what you're doing. You set an intention at the beginning of the cleanse. You knew why you wanted to do this. You know where you want to be at the end, right? We all want to feel better, be healthier, transform ourselves emotionally, physically, mentally.

Karen has done some really amazing guided meditation and breath working today, so go onto the dashboard, check the hub, and really listen to those. They're quite brief. I actually find meditation really, really challenging because I've got so much going on in my life and my company that I find it hard to switch my brain off. I've tried for many years. I've got to India. I've done every meditation course you can imagine. Don't think it's for me, right?

What I realized was, one thing that really helped me was I did ... I don't know if you know that book *The Artist's Way* by Julia Cameron. Read that book decades ago. Still love it. Still think it's super relevant. She recommends brain dumping. Just freeform writing as soon as you wake up for at least four pages, just scrawl it out even if it doesn't make sense. Then that gets the noise out of our brain. So then I can sit down and practice what's called mindful meditation, where I will set my intention today.

For me this morning, I thought about nurture. I thought about our word for the day, right? And then I just focus on that. I just allow whatever noise comes in about, oh, got to pick up the groceries. I got to ... that deadline tomorrow. Whatever. Doesn't matter. But I'm still focusing on nurture and how I can do that. If that works for you, if that's helpful. Let's talk about some of the other kinds of meditation, because you do it a little bit differently, and I think it's also fabulous.

Karen Kipp:

Sure.

Tess Masters:

Whatever works for you, right?

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Karen Kipp: Right. Guys, there's a thousand ways to meditate, right? There's a thousand ways to approach it, so I'm just going to go over some of the basic ideas so that you can pick for yourself what works best. We've provided the guided meditations and breath work for you in the particular cleanse, and you can use those for ... Certainly, you can listen to them over and over again if you want to, right? And those are really helpful. That's one kind of mediation. Because I'm just kind of guiding you through it and you just have to listen and just kind of follow along, right? Use your imagination and everything else.

Another type of mediation is just to focus on a candle. Just sitting there and focusing for 10 minutes on the flickering light in a candle is a great way to do it. A walking meditation. That's my favorite, personally, besides the sitting meditation. But you know, going on a walk through the woods, and just being very mindful and quiet, just allowing your mind to just drift off. That's a way-

Tess Masters: You're talking about getting in the rhythm of your steps when you're walking through the forest-

Karen Kipp: Yeah, getting in the rhythms of your steps and just going out and-

Tess Masters: ... but not listening to something in your earbuds or something.

Karen Kipp: Right, exactly, yeah, not listening to your earbuds, right.

Tess Masters: Okay.

Karen Kipp: Just actually being a walking meditation, right? That's a possibility also, and that's one of my absolute favorites. There's a thousand ways to do this. Find something that works for you. The big thing is, we just want you to encourage you to actually just take 10 minutes for yourself every day and give the brain a break. Just like Tess, it's hard for me to get out of my head, but taking 10 minutes for yourself is really valuable time. So nurture yourself and take care of yourself and meditate.

Tess Masters: Yeah, and remember, you're not alone. We are here for you every step of the way, and guys, we are heading up the mountain the next three days, all right? So rest. Surround yourself with people who are going to support you in this process, all right? And we are here. Get in the Facebook group. I guarantee if you are feeling it, someone else around the world who's participating in this with us is feeling it too. All right? Juice. Rest. Nurture yourself. We'll see you tomorrow.