

14-DAY CLEANSE

DAY 9: VIDEO SCRIPT: LOVE

Tess Masters: How'd you feel fasting yesterday? Because day two for me, the fast, is always really challenging. Do you find that?

Karen Kipp: Yeah, sometimes. Sometimes.

Tess Masters: Yeah.

Karen Kipp: Depends on the cleanse.

Tess Masters: I find generally that the first day I'm kind of, "Okay, I have this." The second day, it's like, "Oh, I've got one day left of no food." Then the third day, "I know I'm going to see the end." But day two is a little bit challenging for me typically, alright? Love is our word today, right? And love has a lot of different manifestations, so we just want to remind you to love yourself, love this process, and keep journaling, keep reflecting. Share your clarity with yourself about what's coming up for you in the next couple of days.

I think that the biggest manifestation of love is being able to contribute, right? To the world, so I really love that quote, "When you learn, teach. When you have, share or give." Right? I really want to encourage you to share with someone in your life what's coming up for you. Share some of the ... Maybe some of the health tips you've learned the last week in a bit. Share a great recipe, one of your favorite recipes, right? That's come up for you.

I just feel like there might be someone in your life that's struggling and that little piece of information might make a really big difference for them, so for me, I feel like that's a really big part of love, right? But just be gentle with yourself throughout this process. Stay with the juices, drink the broth, eat the popsicles, do your herbal tea, just try to stay with this the next 24 hours, alright?

Let's talk about ways we can love on yourself in a more practical way. I like this little ritual you've got going here.

Karen Kipp: Absolutely. I'm all about nurturing yourself, so I think I've got this pretty well down in my life. I've been working for a long time in getting the nurturing down and it's a lot of fun. Today's the day to really love yourself and kick it up a notch, right? We've been talking about nurturing, we've talked about baths, we've

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talked about reading your favorite book, we've talked about taking rest for yourself, and those things are all perfect for today.

Stick with all of those, of course, and anything else you can possibly dream up. A little walk in nature, but really take it up a notch and really take some time for yourself today, kick back, your energy levels will be fluctuating up and down. Remember how that is, right? Dig a ditch, one second, then want to take a nap the next.

Tess Masters: I love that.

Karen Kipp: It's kind of all over the map, so just go with that. Whatever you're feeling, you're on your second day of your fast, your body's doing a lot of clearing out, so I really want you to think about what you can do to take care of yourself today. You know, that might be a solitary event. It might be like taking a bath, it might be reading a book, it might be something social for you, so everyone's a little different so just kind of figure out what works for you and what feels right to you whether it's by yourself or whether it's in maybe with a best friend or someone you really love.

Tess Masters: Yeah, and making it fun. Making this process fun.

Karen Kipp: Make it fun.

Tess Masters: This is not wine. I just thought of that.

Karen Kipp: Yeah, that glass is not wine, okay?

Tess Masters: This is beet juice.

Karen Kipp: This is not food, okay? I promise, okay?

Tess Masters: This is beet juice, but we like to put it in wine glasses. I got that from Karen years ago because it just makes it feel more fun, like you're participating in regular life when we feel a little bit cut off from it, right?

Karen Kipp: Yeah, make it fun for yourself.

Tess Masters: Yeah.

Karen Kipp: Talking about nurturing, one thing, you know, your skin is going through a lot right now. You'll probably notice that it's shedding really quickly if you do the dry brushing. It's shedding a lot of dead skin.

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- Tess Masters: Yeah, it does that.
- Karen Kipp: The reason is because toxins are coming out through your skin, right? It's really kind of an amazing process. The toxins just come out of your body in every which way that they can, through the skin, through the sinus passages, through the digestive tract, and every way, so your body's wanting to shed all of that. We're just going to help it out a little bit, right? Have some fun with it while you're at it.
- There's some things you can do for your skin that's really helpful, especially our faces or anywhere else.
- Tess Masters: Our faces end here at our décolletage, right?
- Karen Kipp: Yes, absolutely.
- Tess Masters: A lot of us just put the mask on our face, put it on your whole neck.
- Karen Kipp: Absolutely.
- Tess Masters: And across your décolletage. That's my favorite word.
- Karen Kipp: Yeah, that's a beautiful word.
- Tess Masters: Across here, right? Down to your breasts because your skin, you know, particularly if you wear low cut things or you're wearing shirts and things, you want this to all be soft and everything too.
- Karen Kipp: Right. As we age, for example, like I'm getting into my ... I'm in my 50s now, so you know, you want to do some things to keep your skin nice and moist and as you age. One of the coolest things about fasting for me is that your skin gets so soft through the process.
- Tess Masters: It's so true.
- Karen Kipp: It's amazing.
- Tess Masters: It's so true.
- Karen Kipp: It is so true. It's amazing. People remark on it all the time as they move through their fast.
- Tess Masters: Well, that makes sense though, right?

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- Karen Kipp: At day three of the fast.
- Tess Masters: Our skin is the largest organ in our body, right?
- Karen Kipp: Yeah.
- Tess Masters: We transdermally take everything out ... That's one of the biggest ways that we detox so don't discount that, that we are detoxing through our skin at this time.
- Karen Kipp: Right, and we want to help it along, so one way to help it along is a facial, right? What a horrible fate.
- Tess Masters: Are you going to give me a facial today?
- Karen Kipp: Well, no, but you can put it on yourself afterwards, okay? We'll use these. This is not actually food even though it's made from regular food items. We have cucumber and we have the recipes in your guide so check them out. We have avocado. Cucumber is really good for inflamed skin so if you have any inflamed skin conditions that are popping up for you.
- Tess Masters: It's very cooling.
- Karen Kipp: Because that's part of the detox process, then this is a great one to use. If you have a little bit dryer skin or aging skin, avocado is perfect for that.
- Tess Masters: Well, it's really good, avocado, because it contains glutathione, which is like that magical antioxidant that all of the skincare companies want to put in their creams.
- Karen Kipp: Right.
- Tess Masters: Because it's so amazing and it honestly, forget the money, buy an avocado and you're going to get so much more of it if you just do that.
- Karen Kipp: Best facial ever. You guys, don't put that in your mouth today, okay? We're still juicing. Then we have clay, so clay is great for drawing out toxins. It's amazing, so this is really okay for all skin types. It is a little bit drying so just be aware of that.
- Tess Masters: Really good for eczema.
- Karen Kipp: It's really great, great for all types of skin, drawing things out. If you're having something coming out of your skin that you want to really get rid of like a little

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pimple popped up or something like that, it happens while you're cleansing sometimes. They clear really quickly but that'll help the process there so these are some things you can do and Tess and I are definitely going to use these later today.

Tess Masters: Alright, well I was hoping that I would get a treatment, that you can rub my feet.

Karen Kipp: Oh yeah, sure.

Tess Masters: Is that terrible? I'll rub your feet, you can rub ...

Karen Kipp: She wishes.

Tess Masters: Remember, Karen is a reflexologist and she's a really, really good one, so it's totally awesome. Remember, you're not alone. Day two can be a bit challenging. We're going up the mountain and tomorrow we're going to make our way back down, alright? Check the Facebook group. I guarantee you someone out there is feeling what you're feeling. Ask questions. We are here for you, we're monitoring that constantly, alright? Rest.

Karen Kipp: Drink juice.

Tess Masters: Love yourself. Enjoy the juices. Popsicles, broth. We'll see you tomorrow.