

14-DAY CLEANSE

DAY 11: VIDEO SCRIPT: REFLECT

Tess Masters: Today, we're breaking the fast. Yay.

Karen Kipp: Yay.

Tess Masters: It's Day 11 and we actually get to eat something with our forks, which is so fabulous, right?

Karen Kipp: Oh, it's good. Yeah.

Tess Masters: We've chosen the day, today's focus is reflect, and the reason we've deliberately chosen this, please reflect on why you did this cleanse, how you were feeling before Day 1, how you've been feeling these last 11 days, and don't blow it by eating something that's not on the break-fast foods list. Think about how far you've come. You are doing such an amazing job and we are all in this together. We have three days left so you can do it, all right?

We're going to go through the ideal break-fast foods. Now we've done it all for you, right? So just follow the menu. Eat exactly what is on our menu, but we just want to show you for future if you choose to do this on your own or participate in some of our other programs, just want to let you know what the break-fast foods are, and what are the best things to do in order to break a fast responsibly and safely. Because in the years we've been doing this, in the thousands of participants around the world, the number one thing that holds people back from getting the fullest results from these 14 days is breaking the fast with some kind of food that's going to help you get ... you get some digestive issues. You feel a bit sloppy. You start to get back into detox symptoms. You really do need to follow these break-fast guidelines.

Karen, let's talk about what are the best foods to break a fast?

Karen Kipp: First of all, I just want to say to you guys, the first whatever it is you put in your mouth is going to be the greatest piece of fruit-

Tess Masters: I know. It's so true.

Karen Kipp: Or best you've had in your entire life. It's amazing. It's an appreciation-building exercise, right?

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Tess Masters: You can't believe melon can taste that good.

Karen Kipp: Right, right. This simple, simple beautiful apple will be like heaven on earth for you. It really is a lot of fun and it's really amazing, but look, also I want you to remember that your stomach has shrunk quite a bit after all these days. You've been doing this juice fasting so what you think is a portion that you're used to eating is going to be way smaller. I just encourage you-

Tess Masters: We've also shut parts of our digestive system, right.

Karen Kipp: Sure, absolutely, absolutely.

Tess Masters: We're reengaging it again by eating solid food, right, and fiber, right because we've been taking out most of the fiber so yeah.

Karen Kipp: Right, right. First of all, just follow our guide. Make sure you do that, but there's no limitation in how much you can eat. All I can tell you is that you're going to get full really, really fast.

Tess Masters: Yeah. Kind of amazing.

Karen Kipp: Just take it slow, right, just take it slow, but the idea is let's go back from the beginning again. We started with solid food, right, solid cooked food. We moved into raw food, which is high water content and then, we moved you into all liquid and now, we're going in reverse, right? We're going to start with the high-water content foods and that's the key. Tess did a whole piece several days ago on high water content foods as we moved into raw foods, right. Now we're going in reverse a little bit.

The only difference is that you can't really have any fats yet. Just know that that's not really passable yet. We're just going to start out just high water content. Our body's not ready to digest fats or even greens yet to tell you the truth, not deep greens like kale and things. We're just going to start slow.

Tess Masters: No avocado. No nuts and seed. No spinach-

Karen Kipp: No, no. No kale.

Tess Masters: ... kale, arugula or anything like that.

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- Karen Kipp: Yeah. There's lots of options. Don't feel like you're limited to just a few foods. Just like the raw foods, there's lots of ideas.
- Tess Masters: I'm just going to eat this 'cause it's right here.
- Karen Kipp: Eat some cucumber. I'll be honest with you, a lot of times for me, I'm not into something sweet and I just want some cucumber with a little bit of-
- Tess Masters: Same.
- Karen Kipp: ... lemon sprinkled on top of it, maybe a little apple cider vinegar, which is great for digestion. Apple cider vinegar's great. You can put that on anything. That's how I prefer it, but for most people, they really like to start with some fruits. One of the favorites, and in several of our menu items, we talk about melons. That's one of the classic break-fast foods or apple. Apple or melons are probably the best common-
- Tess Masters: You know why I like melon because it goes through the body very, very quickly.
- Karen Kipp: Yeah. It's practically all water, literally. There's lots of nutrients of course, but it's very high water content and it's just lovely. We take just a little bit of mint and a little bit of lime, a little of sea salt on top, and a little bit of melon and it's a really-
- Tess Masters: Or basil.
- Karen Kipp: Basil, yeah, follow the recipes. It's different for every season and so what we're doing is we're just going ahead and eating any of these foods that are high water content. Say, for example, the item on the menu is not your favorite fruit or something like that, you could choose another one as long as it's one of the high water contents, right. It can be any of these. We have grapefruit, pears, peaches, apples, pomegranates. We have tomatoes, blueberries, strawberries.
- Tess Masters: Raspberries.
- Karen Kipp: Yeah, raspberries. All of those are great options. Pineapple, honeydew, also fermented foods. Fermented foods are kind of half broken down already for us so they're predigested. Those are really easy for the body also. Again, one of my favorites, I tend towards the savory, is like Bubbies Sauerkraut. Something like that is a really easy thing to do to break your fast.

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- Tess Masters: Go to the dashboard because this is the one that we really, really love. It's very inexpensive. It's widely available. It's just cabbage, artesian water, and salt. That's it.
- Karen Kipp: That's all. That's it, so it's really good for you. The thing to do though is just listen to your body. Start with something very simple like from our menu or one other fruit that you've selected for yourself or vegetable, and just take a little bit of it and just let it enter your body. It's going to taste fabulous. Just let it see how your body reacts. Just take your time with it. If your body is not quite ready for that particular fruit or vegetable, maybe wait a little while and try a little something else. You can always have juices just like one of the fresh juices from our menu plan. You can always make that for yourself. You can always have herbal teas, water, any of those from our list. Just take it easy. Introduce food slowly. See how they'll settle with your body and you'll be excited to see that you get filled up on one apple. It's just really cool.
- Tess Masters: I love to blend the watermelon with some strawberries and some basil, and just sip that throughout the day.
- Karen Kipp: Yeah. That's fine, too.
- Tess Masters: That's yum.
- Karen Kipp: Absolutely, absolutely, absolutely. Smoothies are fine too within reason. We aren't using protein powders. We aren't using almond milk, any of those kinds of things. Just think about that as you reintroduce foods. I get that you want your favorite food again. I totally get it-
- Tess Masters: Don't grab for that slice of pizza, just not yet.
- Karen Kipp: Yeah, yeah, not yet. We will get there, I promise you, you can eat again, but today, you're not going to blow it. You are going to totally rock this thing out and you are going to break your fast in the right way.
- Tess Masters: Yeah. We are here for you. You are not alone. I guarantee whatever you're feeling, someone else in the world is feeling it, too. Get on our Facebook group. Ask questions. Make comments. Connect with us. We're here for you, all right? Tomorrow, we're going to eat some fat and we're going to eat some greens.
- Karen Kipp: Yay.
- Tess Masters: We'll see you tomorrow.