

## 14-DAY CLEANSE

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### DAY 12: VIDEO SCRIPT: EMPOWER

Tess Masters: How you guys feeling today? Because I feel great.

Karen Kipp: I'm amazing.

Tess Masters: How are you feeling?

Karen Kipp: Amazing.

Tess Masters: Right? Day 12 is always typically, with the thousands of people we've led through these cleanses, where we really start to feel great. I'm saying to myself all day today, "I feel great." We deliberately chose the word empower. Because this is something that Karen and I talk about as friends, about how it's so important to stand in your own power, and just know that you can. You can do anything that you want and create the life that you want. As we head into these next two days, we've only got two days left, we really want to encourage you to reflect like yesterday, think about where you want to be and really empower yourself to know that you can. What's great about today is, on the menu we're introducing some fats and some greens.

Karen Kipp: Yay!

Tess Masters: We're slowly transitioning back into the good, yummy, creamy deliciousness. Nuts and seeds, the ones that we recommend that support the detox cleansing process, because they're alkaline forming, are raw walnuts, raw almonds, raw sunflower seeds, raw pumpkin seeds. If you haven't seen these, we love these sprouted watermelon seeds. They've got a buttery flavor that's sort of a cross between a cashew and sunflower seeds. So full of protein, really, really delicious for snacks, and then toss with a bit of sea salt which is great.

Remember we talked about our fermented cultured vegetables are also fantastic. Hemp seeds, chia, flax. We love coconut oil, water, crack open a young Thai coconut, eat the meat, drink the water, delicious ...

Karen Kipp: So delicious.

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- Tess Masters: Ah, hello lover.
- Karen Kipp: Avocados.
- Tess Masters: Hello buttery avocado. Extra virgin olive oil. Any other kinds of oils, right. Then our greens, so kale, spinach, arugula, collard greens, beet greens, beautiful lettuces, romaine, whatever. Sprouts are also so incredibly fantastic. We really wanted to show you some of these cultured probiotic-rich beverages, so hop into those as well just as long as they don't contain any sweetness beyond the sugar that they use for the fermentation process. We love coconut water kefir, we've made a beet kvass here which we love because we both love beets. Then any of these really beautiful probiotic beverages are fantastic. We love ... oh!
- Karen Kipp: These are my favorite, absolutely.
- Tess Masters: The gut shots.
- Karen Kipp: I cannot live without this stuff. It's literally just a shot but it is powerful.
- Tess Masters: This is an American company that's available widely in American grocery stores, so if you are somewhere else in the world, all this is the liquid from cultured vegetables, from sauerkraut. You can drink this sauerkraut water, that's all this is, and this really smart company, Farmhouse Culture, realized they could market this stuff as a drink. We pour this over our fruit just to add some probiotic promoting potential to the things.
- Then of course you've got all the fruits that we were eating yesterday. You've got your berries, your melon, your pineapple, citrus, peaches, cucumbers, all that sort of stuff, all those high water content fruits, so stay hydrated, empower yourself, and transition slowly into this mixed phase in a way that's going to empower you and not deflate you. Right?
- Karen Kipp: Yeah, and talking about power. I want to talk about this for a little bit. Now, in the meditation today, I actually talk about power. We'll tap into that a little bit deeper, but this is such an important word, and this is the moment, you're completing your fast and you're really feeling it. So many people tell me, Tess, that by this time this afternoon, they're noticing that that afternoon slump is completely gone and they are feeling totally grounded and great, and their energy is back in full force. This is the exciting part, right?
- Tess Masters: Day 12 is kind of a bit of a breakthrough for people, right?

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Karen Kipp: Yeah, yeah. Day 12 tends to be that for a lot of people. If that's not where you're at, it's totally fine, but for a lot of people they kind of really start to see the shift after all these days of hard work.

I want you to think about ... we'll talk about this in the meditation if you follow the guided meditation, but I want you to think about a time in your life when you felt really powerful. That's challenging for a lot of people. Really think about that. It could be anything. It could be something so simple. It could be maybe when you were a little kid, the first time you're allowed to go get something in the store for yourself. It could be that simple. It could be the first time you were driving. It could be all kinds of things.

Think about a time in your life when you felt powerful, and kind of tap into that feeling. Remember when you're like a little kid or maybe a young adult or something, you were doing something for the first time on your own, and you just felt that, like, "I'm doing this." It's the same kind of a feeling, so I really want you to kind of tap into that power a little bit. We talk about power yoga poses. You and I have talked about this a bit.

Tess Masters: So good.

Karen Kipp: This is really awesome to use if you are about to go for a job interview or you're about to do a big presentation, or you need to just tap into that power. First of all, I encourage you to remember that time when you first felt powerful. But the second thing that you can do is strike a power yoga pose. You don't have to be a yogini to be able to do this, okay? Just think about what position is really powerful, like Warrior.

Tess Masters: We have the same position enough, that's warrior two.

Karen Kipp: Yeah, so it's just, you know, like this. It's the warrior, like grounded, strong, like taking on the world. That, funny enough was for both of us, we were talking about this.

Tess Masters: I love that part. I did that before I go into a meeting. I do it before I leave the house. Other people do tree pose, mountain, I mean whatever makes you feel empowered.

Karen Kipp: Whatever pose that makes you feel grounded and strong, find that pose and go back to that, so when you need a little bit of boost and empowering and feeling grounded and solid, it's a good thing to go back to just go ahead and do that pose.

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Tess Masters:

The other thing I want to add to that is surround yourself with people who validate who you want to be in the world. Like we talked about earlier in the 14 days, really surround yourself with a tribe who supports the way you want to move through the world. It is so important.

And on to that, we're here for you. We are those people, and so are the other people around the world participating in these 14 days, so don't forget to go on the dashboard, look up what support we have for you this week, and get on the Facebook group. Share your experiences, ask your questions, whether they're good, bad, ugly, and everything in between, because I guarantee you, if you're feeling it, someone else in the world is feeling it too. Empower. Stay strong. We have two days left. We'll see you tomorrow.