

14-DAY CLEANSE

DAY 13: VIDEO SCRIPT: INTEGRATE

Karen Kipp: It's day 13 and you have one day to go after this. And you're doing great!

Tess Masters: We're on the downhill slide now. Right, yeah.

Karen Kipp: It's going really, really well. So, here we are. Our word today is integrate because really it's all about integration today.

Tess Masters: Yeah.

Karen Kipp: You know, you're probably wondering how am I going to continue this after it's all over. I no longer have a menu plan, what am I going to do? What can I take with me and roll it into my normal life? Like I like to say, it's the ecstasy and then the laundry.

So, the reality is, you have all this envisioned, you've been empowered, you've been envisioned and you're ready to go. We're going to integrate all this, but you really, really need to take that all into your normal reality, right? And how do you deal with that on a day to day basis? So we're gonna talk about things you can take with you and how you can carry that forward into your life 'cause that's really key.

Tess Masters: Yeah. So think about back to the wellness assessment at the very beginning, right?

Karen Kipp: Right.

Tess Masters: Where were you physically? Where were you emotionally? And what was your environment like, right? So I want you to grab a journal, a physical journal that you can write in for the next amount of months, the next amount of years. A pad or whatever. I like to grab things that kind of have something. My mom gave this to me because I'm kind of like a journal junkie. I like to grab journals just to write my notes or whatever. And we thought about saying, put them on your phone or whatever 'cause I like to keep notes on my phone for business and stuff. Let the vision board, the physical process of writing something down and the words coming from inside your consciousness out on to paper. There's something really powerful about that, right?

the decadent detox

www.thedecadentdetox.com #thedecadentdetox

My mom gave me this when she came to visit last time. It says, all my greatest plans are my most brilliant ideas. I love this journal.

Karen Kipp:

It's stock full by now. You know that, right?

Tess Masters:

Right. Productivity planner, this is something I got at an event. I love this motivation manifesto, I mean whatever speaks to you, right? But, I want you to write down three things. Three things that were the most powerful over the last 13 days. Three things that really spoke to you. It could be an epiphany, it could be a recipe, it could be some way that you were feeling, could be a thought about your life, it could be something you want to change, whatever. A health tip that we shared. Three things that you're gonna take with you and carry it over into your regular life moving forward, alright, after tomorrow night is over. So please write them down. You don't need to share it with anyone. And here's the thing. This is not a contest, right? There's no success, failure, D, A, whatever. Even if you just stick to one of them. Just makes it an intention to make a promise to yourself. You're gonna take this experience with you in a real tangible way, you know?

Karen Kipp:

And there some other fun ways you can do it too, right? So you have your three things that you're gonna do, but think about all the great recipes you prepared over ... You know, I think many people are often surprised how delicious corn soup really is, right?

Tess Masters:

Yeah, we get that a lot, right? It's like, "We're making these recipes a year later because they were so delicious, right?"

Karen Kipp:

Right? So, remember what your favorite recipes were from the cleanse and start preparing those when you go to the next potluck or you go to the next family event or the next time you host a dinner. Fix some of those dishes. I think you'll just be amazed at how you can just incorporate and integrate all of those into your normal adult life.

Tess Masters:

Yeah, and you can find more recipes at theblendergirl.com. So there's tons of recipes there as well and so many in our books, so please use them. Enjoy them. Share them like we talked about. Love, one of the greatest manifestations of love is to share, share with other what you've learned. And it's also kind of cathartic and amazing to kind of really connect with people and really share what you've been going through.

Karen Kipp:

Sure. So, for today, keep integrating. Keep enjoying your food. Going back to normal eating. We're on that path and enjoy your day. We'll see you tomorrow.

the decadent detox

www.thedecadentdetox.com #thedecadentdetox

Tess Masters:

And we're gonna celebrate.

Karen Kipp:

Yes we are!