

# 14-DAY CLEANSE

---

## DAY 10 SUMMER: DAILY ROUTINE

### Upon Rising

- Meditate
- Schedule a time for your exercise, 30 minutes, and food prep for today, approx. 1 hour
- Tongue Scraping. See Wellness Practices Guide.
- Dry Skin Brush before bathing. See Wellness Practices Guide.

### Early Morning

- 1 - 8-oz of glass warm vegetable broth, warmed on stove, do not boil

### Morning

- Juice: Blueberry Thrill, dilute with 1 cup filtered water

### Mid-Morning

- Hydrate
- 1 cup herbal tea, hot or cold, no caffeine. Recommendations: rosehip, peppermint, chamomile

\*When heating water for tea, we don't bring the water to a complete boil, as boiling destroys enzymes 100%, kills some nutrients.

### Noon

- Juice: Squish Squash, dilute with 1 cup filtered water

### Mid-Afternoon

- 1 cup herbal tea, any kind

### Early Evening

- Juice: Gentle Jive, dilute with 1 cup filtered water

# the decadent detox

[www.thedecadentdetox.com](http://www.thedecadentdetox.com) #thedecadentdetox

## **Mid-evening/Bedtime**

- 1 glass warm vegetable broth and/or herbal tea
- Optional: Dry Skin Brushing. See Wellness Practices Guide.
- Optional: Detox Bath. See Wellness Practices Guide.

## **FOOD PREP FOR TOMORROW:**

None

## **ACTIVITIES:**

Download today's resources:

Journal of Reflection

Vision Board

Break-fast Guide

Wellness Plan