

# 14-DAY CLEANSE

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## DAY 10 SPRING: 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: Tropical Punch, 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: Lean Greens, dilute with 1 cup filtered water

### Mid-Afternoon

- 1 cup herbal tea, any kind

### Early Evening

- Juice: Happy Ending, dilute with 1 cup filtered water

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## **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:**

**Shop for Days 11-14**

## **ACTIVITIES:**

**Download today's resources:**

**Journal of Reflection**

**Vision Board**

**Break-fast Guide**

**Wellness Plan**