

# 14-DAY CLEANSE

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## DAY 9 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) glass warm vegetable broth, warmed on stove, do not boil

### Morning

- Juice: Breakfast of Champions, 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: Basil Beeter, dilute with 1 cup filtered water

### Mid-Afternoon

- 1 cup herbal tea (any kind)

### Early Evening

- Juice: Brilliant Brassica, 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:

None

## ACTIVITIES:

Download today's resources:

Journal of Reflection

Vision Board gather your art supplies to create a vision board today or tomorrow

Natural Beauty Cookbook