



## BODY BOOST CLEANSE

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### AGENDA

- What is a Cleanse? Why is Detoxification Important?
- Why participate in a cleanse?
- The type of Cleanse we offer at Sonoma Roots
- Why seasonal and group style cleanses are preferred
- Misconceptions and cautions with cleanses
- How to get started living a healthier lifestyle

## ARE YOU IN NEED OF A SEASONAL CLEANSE?

If you experience any of the following on a regular basis, a cleanse may be what you need to reset and revitalize your body:

- fatigue
- weight gain
- slow metabolism
- insomnia
- depression
- irritability
- bloating
- GI upset
- joint pain
- constipation
- allergies
- acne
- skin conditions
- pms, cramps
- high blood pressure
- blood sugar imbalance or diabetes
- cravings –sugar, carbohydrates
- alcohol consumption / wine country living
- cigarette use
- desire to feel revitalized



## WHAT IS A CLEANSE?

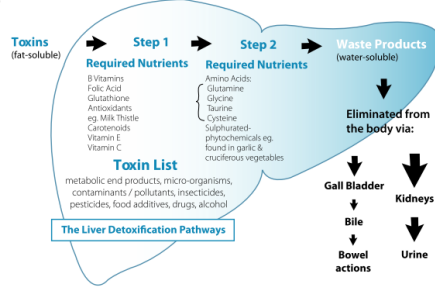
- Cleanses can mean many different things
  - Juice only cleanses – Not ours
  - Colon stimulating cleanse – Not ours
  - Water fast – Not ours
  - Master Cleanse (cayenne, water, honey, lemon) – Not ours
- A cleanse is an opportunity to give your body nutrients it needs to reboot, recharge and re-establish health
- Period of time to eat well and allow the body to clear toxins and metabolic waste products
- Provides an opportunity for healing the body and preventing chronic and acute illness



# DETOXIFICATION 101:

- Detoxification: Elimination of accumulated “toxins” from tissues
- Needed for optimal health and normal cell function
- In the LIVER: Two phases of the detox process that help breakdown and eliminate toxins
- Detoxification is nutrient dependent (vitamins, minerals, amino acids, herbs)

## Detoxification Pathways



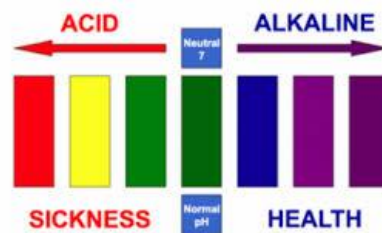
# WHY DETOXIFY/CLEANSE?

- The body was only made to detoxify the natural toxins such as byproducts from metabolic processes, bacteria, and small amounts of stress.
- We now exceed this natural ability by living in an unnatural environment. There are toxic exposures everywhere.
- The world is a toxic place! Including Wine Country
  - Alcohol, pesticides, agricultural sprays, plastics, antibiotics, GMO's, heavy metals, herbicides.
  - Combined they all affect us in negative ways.
- Inability to detoxify efficiently --> chronic diseases (diabetes, heart disease, cancers, kidney disease), allergies, acne, aches & pains, rashes and more!



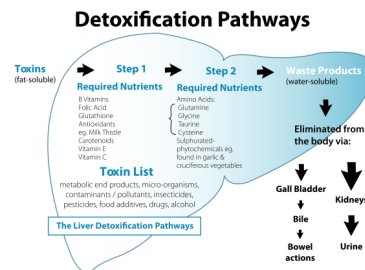
# WHY DETOXYFY/CLEANSE?

- Other contributors to toxins: Stress level and negative emotions
- When combined, our toxic exposures interfere with regular metabolic processes and increase the acidity of the body.
- Increased acidity of the body leads to mineral deficiencies, welcomes bacteria, parasites, and viruses, and leads to systemic inflammation, genetic mutations (cancer) and chronic diseases.
- Toxic overload → sluggish liver → inability to properly detoxify and eliminate toxins and inflammatory byproducts



# DON'T CLEANSE/DETOX ALONE

- Cleanses can be harmful to the body if not done right!
- Intermediate metabolites/toxins can be more harmful than toxins deposited in tissues
  - Proper nutrients are necessary to help metabolize and eliminate toxic byproducts
- Easier to stick to a cleanse if a group is involved



## WHAT IS THE BODYBOOST SEASONAL CLEANSE?

- WholeFoods cleanse that is nutrient dense and well rounded
- Specific supplements are included to optimize detoxification and elimination in a safe way
- Smoothies are consumed daily to optimize nutrition and ensure adequate fiber intake
- Medically guided and formulated by Dr. Danielle
- Long term goals: reduce risk of chronic illnesses, more energy and vitality, better overall health, reduce medication use, engage in healthier diet & lifestyle
- May help prevent seasonally related illnesses
- 3-day and 10-day options available

### 3 Day

Smoothies  
Veggies, steamed  
Broths  
Teas  
Water  
Supplements  
Baths  
Exercise, Light  
Recipes  
Meal Suggestions  
Seasonal Produce  
Shorter Commitment

### 10 Day

Smoothies  
Veggies  
Clean Meats/Protein  
Broths  
Teas  
Water  
Supplements  
Baths  
Exercise, Light  
Recipes  
Meal Suggestions  
Seasonal Produce  
Longer Commitment



## HOW CAN OUR SEASONAL CLEANSE HELP YOU?

- Give the body a break and optimize the detoxification process with a seasonal cleanse.
  - Support the organs of detox and elimination
  - Consume nutrients necessary for detoxification
  - Take a break from toxic chemicals, plastics, exposures
- Divert energy to detoxification through limiting harmful foods and chemicals
- Refuel the body with seasonal nutrient dense foods
- Reset the metabolic button of the body, once a season
- Stimulate the liver to drive toxins from the body and promote elimination through the bowel, kidney, skin and lungs



## THE LIVER

- Responsible for detoxification in our body.
- We must be kind to our liver all year round and give it special attention a few times a year.
- The Liver Works Optimally With:
  - Bitter herbs
  - Sulfur rich foods
  - Milk thistle, methionine, inositol, dandelion root, artichoke
  - Not eating after 9pm
  - Optimal gallbladder function



## THE BOWEL

- Health of the bowel requires proper bile flow from the liver/gallbladder
- Mindful eating (stress = no digestion)
- High fiber (soluble and insoluble) diet
- Avoid constipation (toxin buildup) with proper water
- Avoid inflammatory foods: milk, wheat, refined sugar, alcohol, grains
- Bowel health products chia/flax seed, dandelion root, probiotics, adequate water



# THE SKIN







- Toxin excretion is optimized by sweating (saunas, exercise)
- Chemical-free products are best all year round, and especially during a cleanse
  - coconut oil, almond oil, olive oil as moisturizers for body.
  - Organic products for the face are essential
- Epsom salt baths can help with detoxification at the tissue level
  - Submerging the body in warmer environments also speeds up metabolism and allows for better fat breakdown, detoxification and elimination.



## 3-DAY BODY BOOST OUTLINE

- Essentially liquid based diet
- Smoothies, Teas, Broths, Water
- Lightly steamed veggies allowed
- Cleanse supplements
- Vegetarian & grain-free protein powder



Day 1	Day 2	Day 3
<b>BREAKFAST:</b> Morning Tea: 1-2 cups Green Tea with lemon or blend  <b>Supplements:</b> Detox Prime, Iodine Complex  Protein blend: 1 scoop in water or juice blend.  	<b>BREAKFAST:</b> Morning Tea: 1-2 cups Green Tea with lemon or blend  <b>Supplements:</b> Detox Prime, Iodine Complex  Protein blend: 1 scoop in water or juice blend.  <b>Smoothie Blend:</b> Choose One  <b>LUNCH:</b>  	<b>BREAKFAST:</b> Morning Tea: 1-2 cups Green Tea with lemon or blend  <b>Supplements:</b> Detox Prime, Iodine complex  Protein blend: 1 scoop in water or juice blend.  <b>Smoothie Blend:</b> Choose One  <b>LUNCH:</b> Smoothie Blend: Choose One  <b>Supplements:</b> Detox Prime, Liv-Clear Complex  <b>DINNER:</b>  
<b>LUNCH:</b> Smoothie Blend: Choose One  <b>Supplements:</b> Detox Prime, Liv-Clear Complex  <b>DINNER:</b> Smoothie Blend: Choose One Steamed Veggies, 1-2 c Broth  <b>BED TIME:</b> Relaxation Tea: 1-2 cups Epsom Salt Bath 	<b>DINNER:</b> Smoothie Blend: Choose One Steamed Veggies, 1-2 c Broth  <b>BED TIME:</b> Relaxation Tea: 1-2 cups Epsom Salt Bath 	Steamed Veggies, 1-2 c Broth  <b>BED TIME:</b> Relaxation Tea: 1-2 cups Epsom Salt Bath 

# 10-DAY BODY BOOST CLEANSE OUTLINE



## A Typical Day on the Body Boost 10 Day Cleanse:

<b>Breakfast:</b>	Green Smoothie <b>MediClear Plus Powder:</b> 2 scoops added to green smoothie or in water <b>Tea:</b> Morning tea blend or green tea with lemon <b>Supplements:</b> <b>Iodine Complex (1), Detox Prime (3)</b>
<b>Snack (Optional) Choose 1:</b>	Choose from: Almond butter with banana, a handful of Nuts or seeds, broth or tea, Epic bar, jerky (nitrate free), hardboiled egg, carrot or celery sticks/rub butter, left over veggies, green smoothie, pumpkin seeds, kale or beet chips
<b>Lunch</b>	Choose From: Salad, soup, steamed veggies, broth, leftover veggies, green smoothie, hard boiled egg  <b>Supplements:</b> <b>Detox Prime (3)</b>
<b>Snack (Optional) Choose 1:</b>	Choose from: Almond butter with banana, a handful of Nuts or seeds, broth or tea, Epic bar, jerky (nitrate free), hardboiled egg, carrot or celery sticks/rub butter, left over veggies, green smoothie, pumpkin seeds, kale or beet chips
<b>Dinner</b>	Lean meat (chicken, turkey, fish) with roasted or steamed Veggies OR Soup with or without meat. Broth: Bone or Veggie  <b>Supplements:</b> <b>Lite-Clear Complex (3)</b>
<b>Bed Time</b>	<b>NightTime Tea:</b> Relaxation Blend or Detox Blend 1-2 cups  <b>Epsom Salt Bath</b>
<b>Additional Considerations:</b>	<b>Water or Detox Tea:</b> 70 ounces daily.  <b>Exercise:</b> Mild exercise is crucial during cleanses. Walk, yoga, swim, light intensity, hikes, jogs are best.

# LOSE THE EXTRA POUNDS

- Optimizing liver health and detoxification → improved metabolism and weight loss over time
- Most toxins are fat soluble
- As you lose fat, you also release toxins to the blood stream.
- Continuing a liver-loving diet and life style even after a cleanse can be very effective for weight management.
- Do not expect profound weight loss with one cleanse cycle.
  - It takes time, especially if you haven't supported your body in this way in the past.





## PRODUCTS USED ON BODY BOOST CLEANSE AVAILABLE AT SONOMA ROOTS

- 3-day and 10-day
  - Detox Prime (3 capsules 2x daily for 10 days): amino acid detoxification support
  - Liv-Clear Complex (3 capsules once daily): herbs, vitamins, ox bile to optimize bile flow and health of liver/gallbladder
  - Iodine Complex (1 capsule daily): to help detoxification of thyroid and breast tissue. Helpful when consuming raw goitrogens (in smoothies)
- Powdered supplement for smoothies
  - 3-day: hemp, pea, cranberry protein (unflavored, unsweetened) formula to help with protein intake and satiation
  - 10-day: Mediclear Plus to supplement protein and multivitamin with anti-inflammatory and antioxidant support.



## SUPPORTING A DETOXIFYING LIFESTYLE DAILY

- Self-love
- Drink enough water
- Support detoxification and the organs of elimination (skin, bowels, liver, kidneys)
- Exercise
  - Mild during a cleanse – avoid heavy or excessive exercise while on a cleanse
  - As much as possible on a daily basis
- Epsom salt baths
- Sleep
  - For proper repair of tissues, hormonal health, detoxification



# ENDING THE CLEANSE

## OUR CLEANSE PACKETS INCLUDE:

- Proper tapering on and off the cleanses to reduce detox symptoms
- Healthy post-cleanse diet recommendations and references
- Maintenance plan to stay healthy between cycles



# MODIFICATIONS CAN BE MADE TO THE CLEANSE FOR ANY OF THE FOLLOWING:



- Modifications can be made with any of the following:
- Pregnant or breastfeeding
- Taking multiple medications
- Vegan or vegetarian
- Auto-immune thyroid conditions (Graves disease or hashimotos)
- Allergies to foods or nutrients
  - Shellfish
  - Turmeric
  - Iodine

PLEASE INFORM DR. DANIELLE WITH THE ABOVE INFORMATION PRIOR TO STARTING OUR CLEANSE

## REVISITED: BENEFITS OF THE BODYBOOST SEASONAL CLEANSE

- Our Cleanse **May** Help:
- Weight management
- Energy production
- Preventing chronic illness
- Clear thinking
- Hormone balance
- Enhance complexion of the skin



## OUR BODYBOOST CLEANSE OVERVIEW

- Seasonal: we repeat each Winter, Spring, Summer, Fall with a seasonal spin
- Seasonal produce is more nutrient dense, follows the inherent wisdom of the earth and metabolic needs of the body
- Choose between 3-day or 10-day options!
- Repeated every 3 months as any effort is better than no effort!
- Group Cleanse for motivation and inspiration
- Whole Foods and whole body. Supplement protocol included.
- Supportive of all of the organs of elimination!
- Can customize foods and supplements for vegetarian or vegans



Let's Get Healthy Together, Sonoma!



THANK YOU FOR  
YOUR TIME!

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