



BENGREENFIELDFITNESS

INNER CIRCLE
7-DAY CLEANSE

When you're really wanting to Reboot your body, I recommend eliminating immune system triggers by transitioning into 4-8 weeks of the [Autoimmune Paleo Diet](#), combined with 4-8 weeks of the [Gut Reboot Pack](#), and – of course – [optimizing sleep](#), [eliminating stress](#) and doing lots of [deep tissue mobilization work](#).

But prior to launching into that process, you may want to try a seven-day raw food and juice cleanse. Cleansing can be difficult, and this type of intense cleansing is not for everyone, but if you've ever wanted to "try a cleanse", this would be where to start. If you are going to embark on this cleanse, you should have already been slowly detoxifying yourself from sugar, alcohol, caffeine, wheat, and dairy to make the transition of eating raw food and juice progress more smoothly. We do not recommend you do this cleanse during heavy training periods or combined with extreme exercise, but instead do during the "off-season" or a period of time for which you don't plan on exercising much at all, such as a recovery week.

CLEANSE PREPARATION:

Purchase raw, organic vegetables: plenty of greens (kale, collards, mustard greens, dandelion greens, romaine lettuce, mixed field greens) along with other non-starchy veggies like radishes, cabbage, broccoli, carrots, red bell peppers, beets,

avocados, tomatoes, etc. If you are concerned about your thyroid, have high TSH, low thyroid, kidney issues, etc., be sure you steam and cook any of the dark leafies prior to consumption.

Purchase fruit: green apples, oranges, and organic berries (all lower glycemic index fruits). For breakfast, make sure you eat fruit alone and sprinkle with cinnamon to slow down the release of glucose into your bloodstream. If you have high blood sugar or insulin insensitivity, skip the fruit altogether and eat vegetables for breakfast. You would know about both this and the TSH/kidney issues by [blood testing](#).

Seeds and nuts (soaked for at least one hour): raw sunflower and pumpkin seeds, almonds, walnuts, cashews and macadamia nuts. Soaking will take burden off your digestive system and allow for more bioavailability of the protein. Soak only the amount you plan to eat with your meals the next day. This amount should not exceed ½ cup of nuts/day. You can also purchase raw flax crackers to have with your lunch and dinner. We suggest 1-2 tablespoons per meal. You may also eat up to one full avocado per day to stave off hunger. [For soaking/sprouting tips and times, click here.](#)

Condiments: powdered kelp, dulse, cayenne (for revving up the metabolism), cinnamon, oregano, Himalayan or Celtic salt, parsley, cilantro, garlic,

onion, and turmeric to season your food. Should you get nauseous, dizzy, or lightheaded from your cleanse, put one teaspoon of kelp or 1 teaspoon sea salt into a half glass of water and drink it down to restore your electrolyte balance. Unsweetened coconut water is permitted on the cleanse as well (12 ounces/day).

Probiotics: Purchase the [probiotics](#) of your choice. For optimum absorption, break open and stir two capsules into 2-3 tablespoons of coconut milk or yogurt, let sit at room temperature for 3-4 hours, then consume on an empty stomach.

Wheat Grass: Ideally you will have 2 ounces of wheat grass juice 2x/day. The wheat grass juice should be ingested in the morning and in the afternoon on an empty stomach. You should wait one hour before ingesting anything else, even water, so as not to dilute its powerful detoxifying effects. Wheat grass should be drunk immediately after its juicing to retain optimal health benefits.

Colon Cleansing: If you choose to do colonic hydrotherapy ([click here to find a licensed therapist near you](#)), you should have your colonics scheduled for the first or second day of the cleanse and then again on day 6. The number of colonics you schedule will be up to you. We also recommend electromagnetic lymph detoxification before a colonic which is also offered at many colon

hydrotherapy locations. If you choose not to do colonics, then you will either be [self-administering enemas using the equipment here](#) and the [coffee enema instructions here](#) - or using an herbal bowel cleansing formula like [triphala](#) to assist in the release of toxins in your system. The colon cleansing part is essential and will minimize the ill effects of cleansing by flushing the system more quickly.

Water: You should drink 1 liter (34 ounces) of mineralized water for every 50 pounds of body weight to help flush the system of toxins. You can just use plain filtered water and add 1-2 shots of [trace liquid minerals](#). Drinking plain hot water during the day will flush your lymphatic system more quickly and keep you hydrated, as well .

Supplements: Take a break from all nutritional supplements (with the exception of your probiotics and colon cleansing supplements) during your cleanse. The only exception would be if you are on medications or supplements under the careful supervision of a physician, or if you are using [gentle adrenal support supplements](#).

Exercise: Some kind of movement is essential each day of your cleanse, but no hard structured workouts. We recommend gentle yoga or pilates, light stretching, and a 1-2 mile walk each day, or whatever you can tolerate. This will help circulate

the lymphatic fluid through your body and thus clean the lymph system more efficiently.

If you need more help with your cleanse, you can [arrange a one-on-one consult with Ben Greenfield by clicking here.](#)