



3-Day Cleanse

Dr Lisa's intro guide
to cleansing your body
gently and naturally



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The information contained in this e-guide is intended to help readers make informed decisions about their health. It should not be used as a substitute for treatment by or the advice of a professional healthcare provider. Although the author has endeavored to ensure that the information provided herein is complete and accurate, they shall not be held responsible for loss or damage of any nature suffered as a result of reliance on any of this e-guide's contents or any errors or omissions herein.

<http://www.thehealthdimension.com/>

Hi. . .I'm Dr Lisa Giusiana. Health has been a genuine interest of mine all my life. As a child, while the other kids were outside playing, I often found myself in my room reading the medical encyclopedia or studying articles on the healing properties of food. The body fascinated me, and I always had this awareness that it is so wonderfully made that it must know how to heal itself if treated properly.

I've officially been in the healing arts profession since 1994. I've studied all sorts of healing modalities, have a couple of degrees, and various ancillary certifications. So I know a few things about health and healing. However, most of what I've used in practice comes out of the experimentation I've done on myself over the years.

Over 20 years ago, before it was even popular, I did my first "detox." It radically changed my life. In fact, the experience impacted me so greatly that it contributed to my choice to go into health care professionally.

What I've seen is that this very simple process not only gives the body a well-needed break from the usual bombardment of toxins and offensive foods, but it helps eliminate some of the things contributing to bothersome symptoms such as weight gain, fatigue, bloating, acne, and brain fog. . .just to name a few.

The information here is intended to give you an idea of how to do a starter cleanse. Three days is just long for you to have a positive effect, and also to see if an even deeper cleanse could be right for you. For information on my full Purification Program, you can visit my website at:

<http://www.thehealthdimension.com/purification-program/>

I believe that health is far more than merely the absence of disease. It's a state of optimal wellbeing. Only when we balance the systems of the body, provide high quality real food, and care of ourselves in all aspects of life can we then tap into the vitality that's available to every single cell in our bodies. That's when we begin to THRIVE and feel fully alive!

To YOUR good health,
Dr Lisa Giusiana

Why Cleanse?

We live in a toxic world. Our planet used to be a clean, pristine, nourishing environment. Man came in and took over, using this world of ours for personal gain rather than the source for mutual contribution it was intended to be. As a result, the quality of our food, water and air has greatly suffered. The toxic chemical exposure we have encountered is alarming and damaging. And the general emotional vibe on our planet may actually be the most toxic and detrimental of all.



Our bodies were designed to THRIVE! But they were NOT designed to eat processed foods, consume pesticides, genetically modified organisms, preservatives or artificial ingredients. These things are not found anywhere in nature, therefore our bodies don't exactly know what to do with them.

As a result, this burdens the body, adding stress and creating a toxic internal terrain. We have to utilize that very energy that could be used to enjoy life, but instead that energy must be used to break down these food-like-substances that we ingest, leaving us in an energy deficit. No wonder so many people are sick and tired all the time.

Get Prepared

Shopping List:

- ☐ Green Tea ☐ Avocados ☐ Coconut Water ☐ Kale/Spinach
- ☐ Bananas ☐ Cucumbers ☐ Green Vegetables ☐ Chia or Hemp Seeds
- ☐ Berries ☐ Coconut Oil ☐ Parsley or Basil ☐ Onion / Garlic
- ☐ Lemon ☐ Clean Water ☐ Real Salt or Himalayan Pink Salt

Optional: ☐ Fruit for infusions ☐ Blue-green algae ☐ Raw nuts or seeds

***Whenever possible, please consider fresh ORGANIC ingredients for the best results

Your body is constantly scanning itself to see what nutrients it is lacking and what it needs to do to its internal environment in order to maintain or bring about balance. Eating processed, genetically modified, food-like-substances dulls the communication between your body and your brain. Your body may be requiring the nutrients from fresh living vegetables and fruits, but instead, you crave a hamburger and fries.

Cleansing reestablishes that communication, so when your body needs vitamin C, you'll crave a tangerine. When your body requires extra zinc, you might crave pumpkin seeds. It's really quite an amazing process to watch as it unfolds right there inside your very own body.

Your body was created to eat the foods that come from nature, in their purest, most natural form. Ideally, that would mean fresh, organically grown, vine-ripened fruits, vegetables, seeds, nuts, etc. For the next 3 days, we're going to recreate that diet for you and watch what happens as your body begins to turn toward IT'S natural state of wellbeing.

Let's get prepared before we begin so we have everything we need ahead of time and aren't caught scrambling for something to eat when we're too hungry to deal with it.

Menu

M o r n i n g



Upon rising drink at least 16oz water with or without lemon

1-cup brewed green tea

Breakfast Shake:

1 1/2 cups water, coconut water or home made nut or seed milk*

1/2-cup berries

1 banana – fresh or frozen into chunks

2 Tbls chia or hemp seeds

1/2-cup spinach and/or kale

1 Tbls coconut oil

Blend together with or without ice depending on preference

*Nut/Seed Milk and Blue-Green Drink recipes on following page

M i d D a y



Drink at 16oz of water or *Blue-Green Drink 30 min before lunch

Lunch Shake:

1 1/2 to 2 cups water, coconut water or home made nut or seed milk*

1 cucumber cubed

1/4 to 1/2 avocado

Juice of half of a lemon

Handful of parsley or basil

1 Tbls coconut oil

2 Tbls chia or hemp seed

Blend together with or without ice

Early Afternoon Snack:

Repeat your favorite shake if desired but omit the banana

E v e n i n g



Keep drinking water and *Blue-Green Drink all day

Dinner Soup:

This is the easiest recipe ever. And what's even better is that you get to include whatever YOU like in whatever quantity you want!

Choose from:

Onion or garlic

Zucchini or Summer Squash, Broccoli, Cauliflower, Asparagus, Green Beans

Spinach, Kale, Collard or other greens

Real Salt® or Himalayan pink salt & Garlic Powder to taste

Cover with water & simmer up to 45 min

*May also be blended for a creamy soup experience

Optional Recipes

Water Infusion

If you'd like to flavor your water, slice whatever fruits, vegetables or fresh herbs you'd like. Layer into a mason jar. If you wish, you can set the jar in the sun for a few hours to allow the flavors to infuse into the water.



Home Made Nut Milk



A great amount of nutrition can be harnessed when raw seeds and nuts are soaked and sprouted. To illustrate, just imagine planting an apple seed. You water it and before you know it, it begins to sprout. That little sprout will eventually become the miracle of an apple tree that has the ability to share its own nutrient rich fruit. That whole tree started with just one tiny little seed.

So when you sprout nuts and seeds, their nutrient and protein content exponentialize. They "come to life" and life-giving foods create life-giving energy for your body.

To Prepare:

- Start with 1 cup of raw nuts or seeds such as almonds, walnuts or sunflower seeds
- Soak them in water for 4 hours or overnight
- Rinse them well
- Put them in the blender with 3 cups of water and blend very thoroughly

- Strain through cheesecloth or nut milk bag
- You can sweeten with raw honey and add cinnamon, lucuma or mesquite if you'd like.

Blue Green Prism Water

What exactly is this blue green liquid elixir? It's harvested blue-green algae. The only brand of I've ever been able to grow is from Earth Shift Products. Check the Resources Page for sourcing.



To Prepare:

- In a clean blender, add as much water as your pitcher will hold – up to 2 quarts.
- Add 1 teaspoon of Earth Shift Blue-Green Algae
- Blend ever-so-slightly on the very lowest speed only enough to literally just mix it
- Pour into a glass container
- Skim off the top layer of foam – preferably with a plastic spoon
- Allow to sit uncovered in the refrigerator for 48 hours
- You will begin to see the liquid take on a deep purple color

This beautiful drink tastes like a mild iced tea. Nutrient-wise, it contains everything you need to sustain life.

During Your Cleanse

H y d r a t e



During any cleanse, it is vitally important to drink lots of water! Dehydration is one of the most common disorders on the planet. Yet our bodies are made up of at least 60% water. When your body is releasing toxins, you require even more water in order to flush all that toxic debris out of the system. How much is enough? Everyone's different, but aim for at least 2 quarts. You'll also be getting quite a lot of water from the foods you'll be eating, so that will assist the process.

M o v e



Movement helps the organs of elimination (lungs, liver, kidneys, colon) work better. It also assists the lymphatic system in flushing out all sorts of things. Unless you're typically quite active, vigorous exercise may not be well tolerated during a cleanse. Instead, try gentle movement such as walking, yoga, or simply moving your body in any motion that feels good. Swing your arms around, rotate your hips, stretch your neck side, bend your knees, have fun!

R e l a x



We live in a stress-level-2000 world. For many people, stress is the new normal. When your body is under stress, it doesn't like to use up energy it doesn't have to detoxify. You end up storing toxins instead of naturally releasing them on a regular basis. Therefore, it's really important to unwind so your body can relax and let go of the toxic load it has been carrying around. Take a bath with 2 cups epsom salt & 10 drops of lavender essential oil to assist in the detox process. In addition, any type of prayer, meditation, or other relaxing activity is encouraged.

What to Expect

People experience all sorts of things during a cleanse. Depending on your state of health before you begin, for the first day or so, you may feel mild fatigue or achiness as toxins are exiting your body. On the other hand, your energy level may just sky rocket and you could feel better than you have in years!



One thing you're practically guaranteed to experience is increased elimination. Along with that, you'll be releasing all sorts of toxic debris, inflammation, and most likely a few inches around the waist. People often report a clarity they didn't have before, as if they're suddenly living in high resolution.

There's also a sense of wellbeing that occurs during a cleanse that is indescribable. You really do have to experience it for yourself. The closest I can come in words is that you don't realize how poorly you had been feeling until you see how amazing you CAN feel.

Cleanse. Nourish. Energize. THRIVE. Revive. Live Fully Alive!

Resources



Fruits and Vegetables

Something to consider is that the longer a fruit or vegetable is growing on the vine, the more nutrient dense it will be. I like to get as much of my produce at farmers markets because they are usually picked just a day or two before.

I also find high quality organic non-GMO (genetically modified) items there at a much better price. But do what works for you. Just keep it organic if at all

possible during the cleanse.



Super Foods

If you don't know super foods, do your body a favor and get acquainted. These are highly nutrient dense plant based foods are sourced from all over the world.

The following super food items are used in the recipes throughout this cleanse:

- **Chia Seeds** (fiber and protein rich, difficult to find in organic, great colon cleanser)
- **Hemp Seeds** (33% protein, highly digestible, don't get you high, do get you healthy)
- **Raw Organic Coconut Oil** (centrifugal extraction using no heat produces this superior oil)
- **Blue Green Algae** (Earth Shift is the ONLY source of algae will actually harvest)
- **Lucuma** (nutrient dense fruit used as the most popular ice cream flavor where it is sourced)
- **Mesquite** (this delicious cinnamon/mocha flavored powder is mineral and antioxidant rich)

Depending on where in the world you live, super foods may be readily available at health food stores, or you may need to order online through a supplier such as EarthShiftProducts.com

I hope you have thoroughly enJOYed your cleanse. If you'd like to do a more extensive detox that deeply purifies your whole body, I invite you to explore my 21-Day Purification Program for tremendous benefits at

<http://www.thehealthdimension.com/purification-program/>