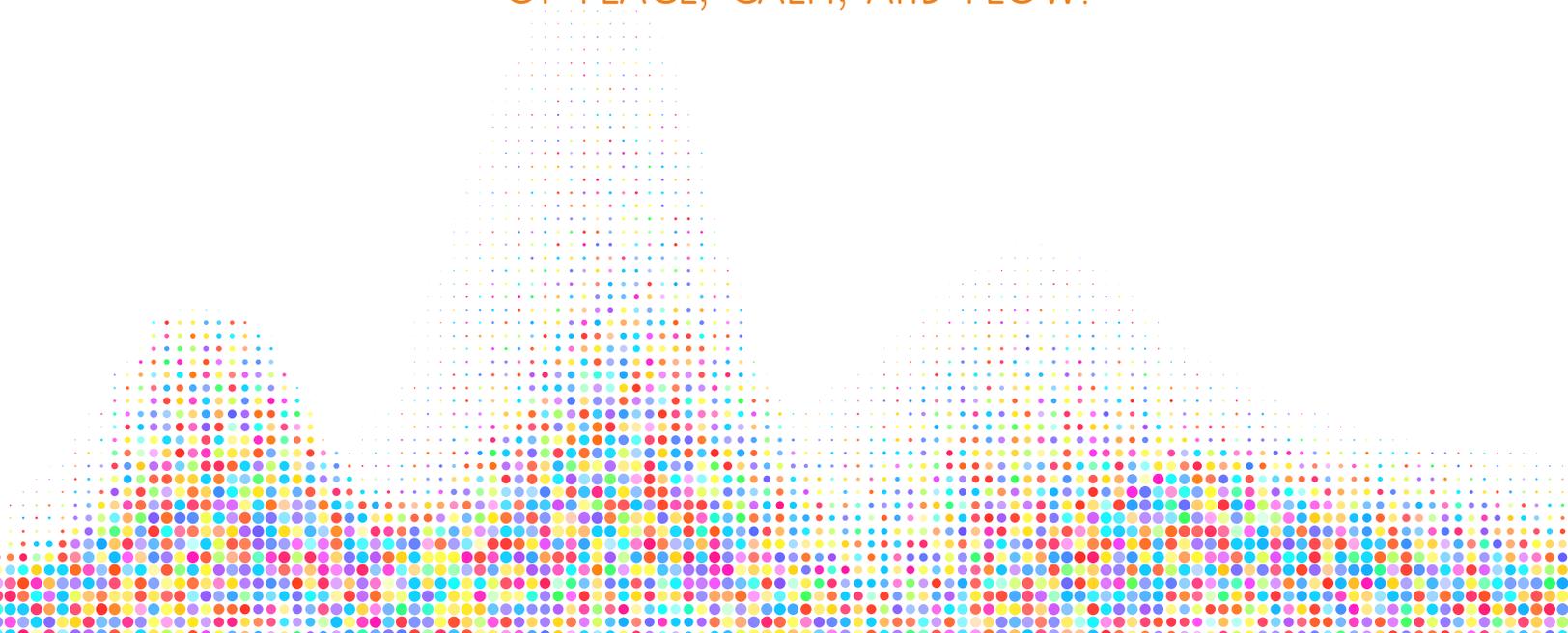


vibe

7-DAY VIBRATION RAISING DETOX

CLEAR THE CLUTTER FROM YOUR CELLS TO ACHIEVE HIGH
FREQUENCIES FOR MORE HEALTH AND HIGH-VIBE FEELINGS
OF PEACE, CALM, AND FLOW!



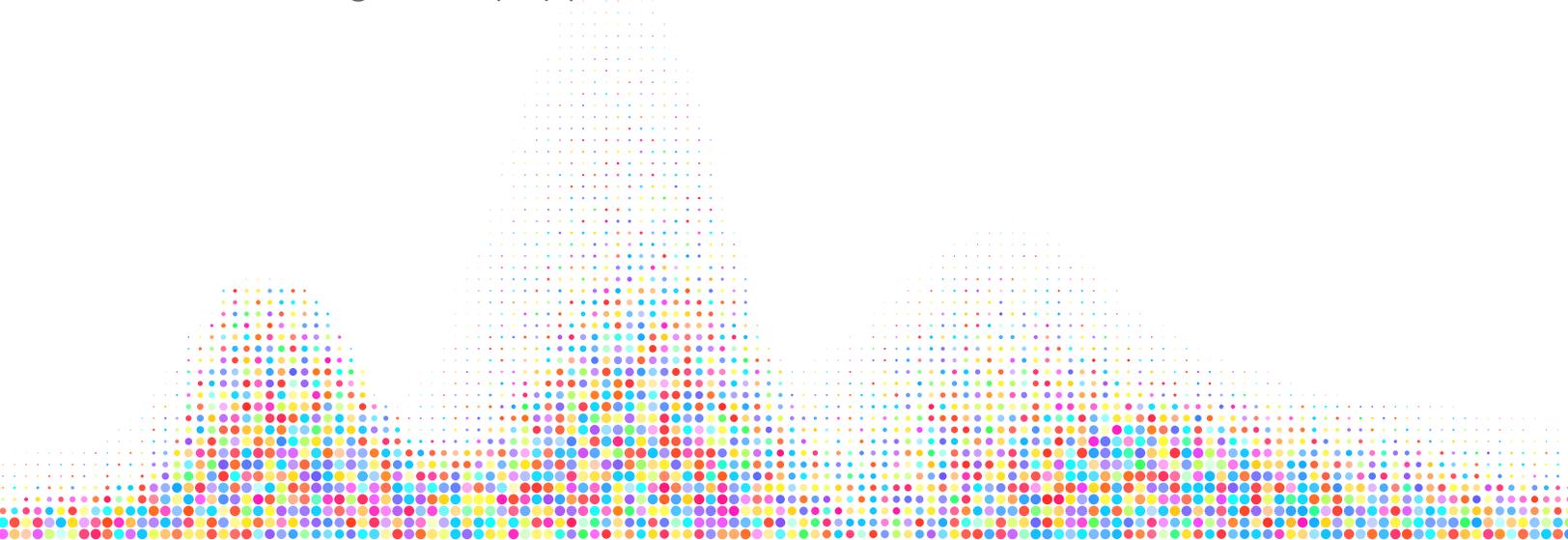
7-DAY DETOX

This 7-Day Detox lays out very specific meal plans, with a way to avoid ever getting hungry, so that anyone can succeed. The meals I have chosen and the recipes I have developed are very purposeful. Every single ingredient is easy for the body to digest, alkalizing, high in fiber, and nutrient-dense. The menus and recipes are intended to be easy, with few ingredients, and the recipes do not contain ingredients that are common allergens. No table salt of any kind is allowed, in order to flush excess sodium (which causes water retention and inflammation) from the cells. Some of the foods are purposefully rich in potassium, increasing the potassium-to-sodium ratio.

(Don't worry, there is natural sodium, the element that you need, in your food—table salt, or NaCl, is toxic, and doing without it for seven days helps you “reset.”)

You're eating no animal flesh and no dairy products, except for some salt-free, organic butter—and the rest of the program is organic plant foods. Everything you'll eat for seven days is high in both soluble and insoluble fiber, alkaline-forming in the body, oxygenating, highly cleansing, and nourishing. You're eating no processed food, no toxic or refined sugars, no coffee or caffeine, and no neurotoxins or other chemicals, such as aspartame or monosodium glutamate (MSG).

We aren't trying to make you a vegan, just because you're eating plant foods for a week. If you do return to your meat-eating diet after this short reboot, it's extremely important not to eat processed meats like hot dogs, lunchmeats, bacon, sausage, and pepperoni.



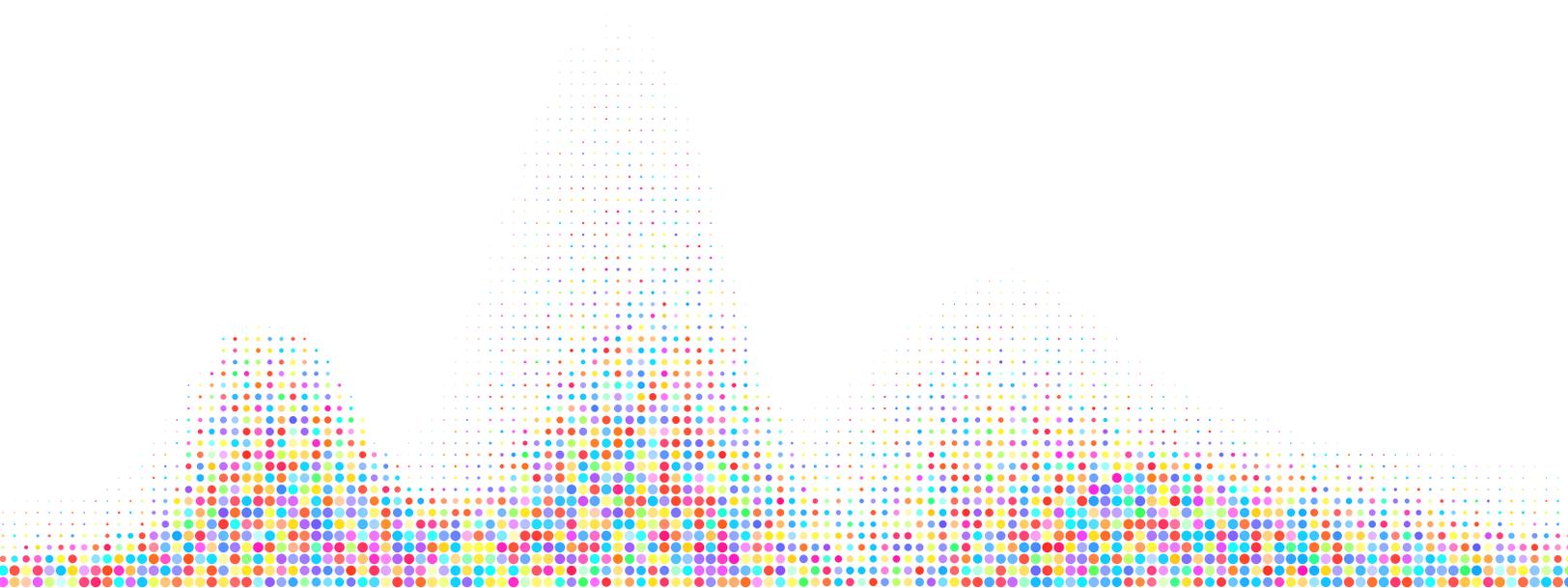
And most meat products you will purchase, even if they don't have nitrites and nitrates in them—which are highly toxic and carcinogenic and found in processed meats—still have antibiotics, steroids, hormones, and GMO corn by-products that the animal ate.

Similarly, if you resume eating animal products after the detox, please avoid most dairy products, including cheese, milk, and ice cream, which are highly inflammatory and mucus-forming in the body—and also avoid pork, which is very dirty and prone to parasites and larvae.

Eat only organic, free-range eggs, and wild-caught or organic poultry, fish, steak, and bison, as they are your cleanest sources of animal protein. And make them a minor part of your meal, with the biggest part being whole plant foods such as salads, raw or cooked veggies, nuts and seeds, and legumes like lentils, split peas, and beans.

DAILY PRACTICES TO ENHANCE YOUR DETOX

In addition to the diet, there are several principles and habits I'd like to review with you before you get started. They are important to understand so that you can commit to them. It's important to do several things (or as many as you can) noted in the list below every day during the detox, plus two that are optional but very helpful. And there are also three things to studiously not do.

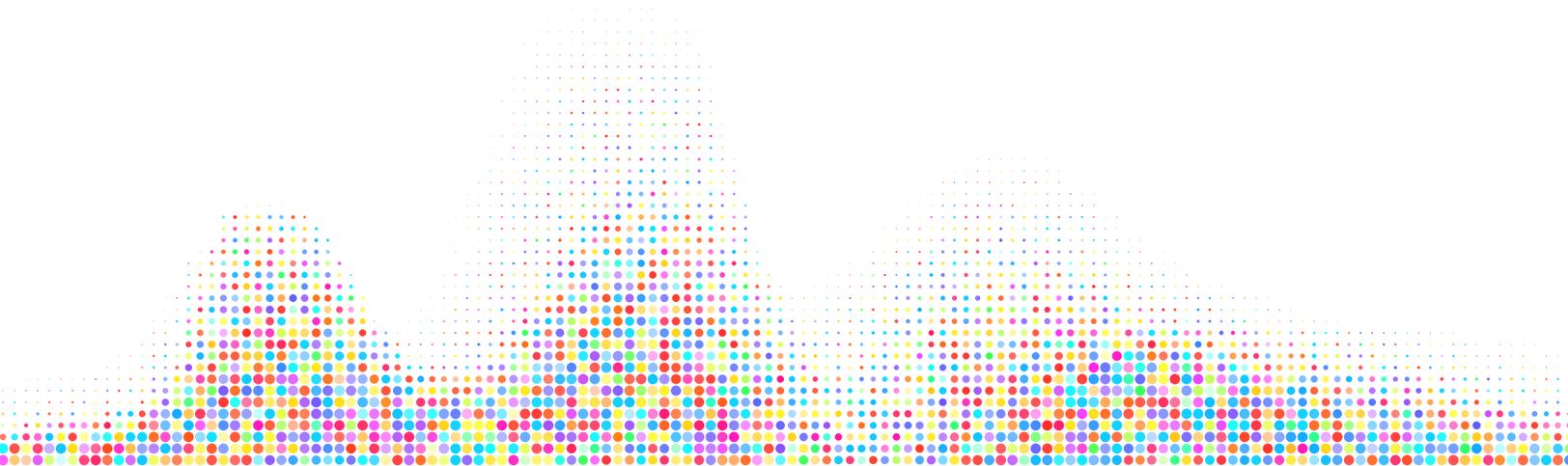


MAKE SURE YOU DO:

- Skin-brush. (Visit greensmoothiegirl.com/skinbrush for a video demo.)
- Drink nine glasses of water.
- Massage your colon, with a tennis ball or your hands, morning and night.
- (Optional) If at all possible, spend thirty minutes in an infrared sauna.
- (Optional) If at all possible, take a home enema or professional colonic at any time, especially toward the end of the seven days. One per day, during the last one to three days, should be enough.

MAKE SURE YOU DO NOT:

- Eat more than 10 mg/serving of salt (inherently found in any packaged food).
- Eat any food after 7 p.m. (this gives the body a twelve hour break from digestion, an important part of the detox).
- Eat the following:
 - Alcohol, caffeine, tobacco, stimulants, coffee or tea with caffeine
 - Dairy products including milk, cheese, yogurt, etc. (organic unsalted butter is allowed)
 - Eggs
 - Sugars and sweeteners (including sugar, fructose, Sucanat, coconut sugar, sucralose, xylitol, cane juice, rice syrup, agave, corn syrup, honey, molasses, date sugar, maple sugar)
 - White flour, white rice, white pasta
 - Yeast
 - Animal flesh: pork, beef, bison, elk, venison, lamb, veal, turkey, chicken, goose, duck, fish, shellfish, crustaceans, mollusks, any processed meats (which are the worst, including hot dogs, sausage, bacon, luncheon meats, corned beef, pastrami, salami, and ham)
 - Monosodium glutamate (MSG), NutraSweet (aspartame), and all food additives and chemicals
 - Mushrooms



YOUR DETOXIFYING DAILY ROUTINE

As part of your daily routine, do the following:

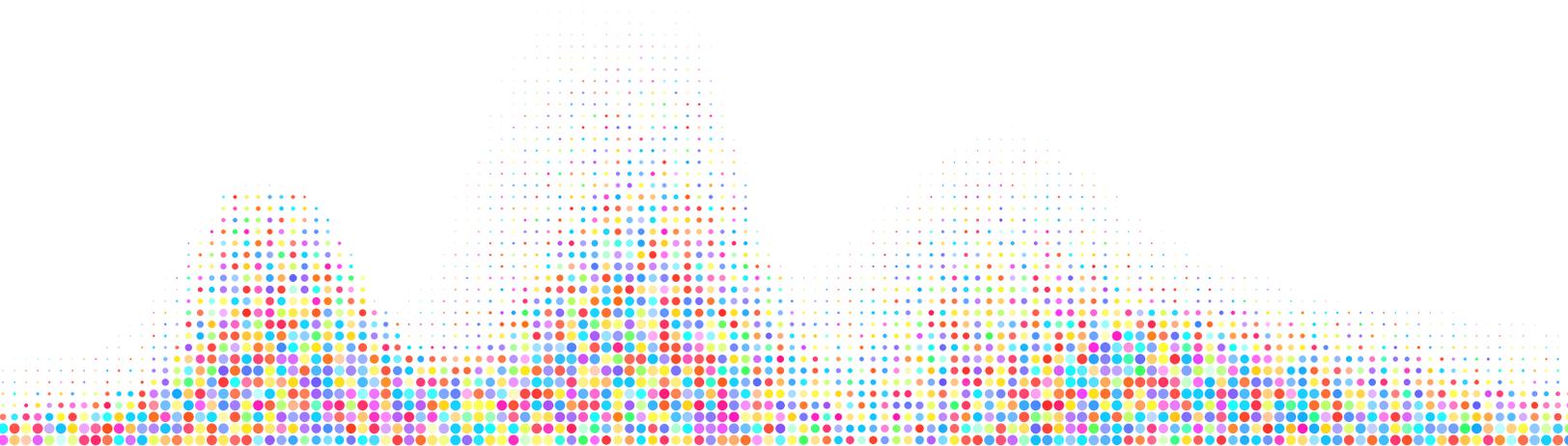
- Before you get out of bed, massage the transverse colon for a few minutes. Ideally you will have a tennis ball next to your bed to massage your abdomen deeply, but if not, use your fingers to press into your lower right abdomen, inside the pelvic bone. In a circular motion, massage straight up, and then over to the left under the navel, and straight down on the left side next to the pelvic bone, then back to the right; repeat.

This “wakes up” the peristaltic activity and contributes to healthy muscle tone and function in the large intestine. If you encounter a tender area, this may be an area of blockage you should spend a little extra time massaging.

- Drink about 1 ounce of water for every 2 pounds of weight.

So if you weigh 150 pounds, drink about 75 ounces of water each day. That's nine glasses!

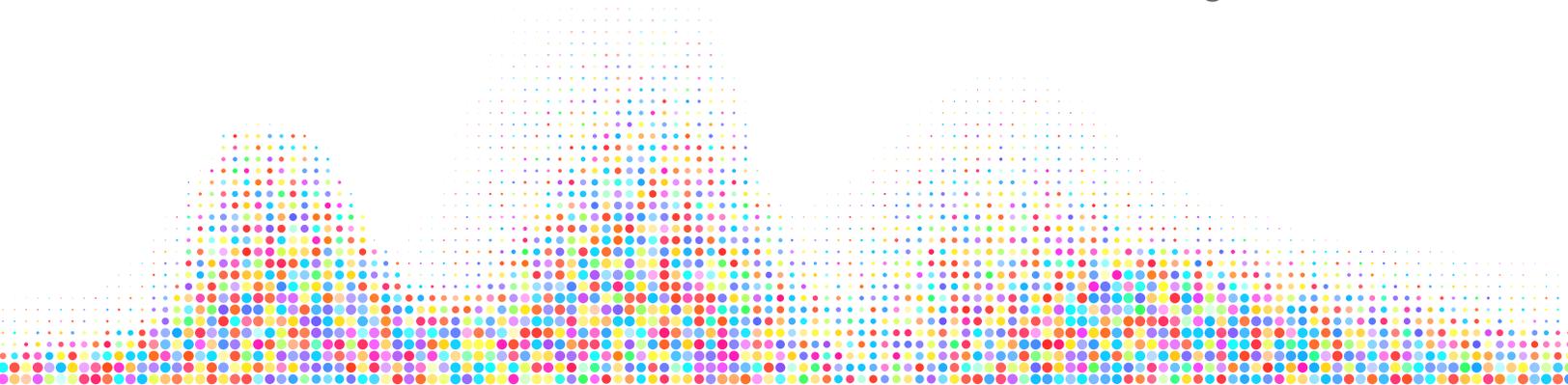
- To help your lymph system “take out the trash,” do either or both of the following:
 - Spend 5 minutes skin-brushing, to increase lymph circulation and clean skin pores to improve detoxification through multiple avenues. (For a visual demonstration, visit greensmoothiegirl.com/skinbrush for a video showing exactly how to skin-brush.)
 - Jump for at least five minutes on a rebounder. Massage your lymph system in short, light strokes as you jump. On the sides of your neck, massage upward using your fingers. Massage the sides of your torso, from low to high. Rub the sides of your breasts, from bottom to top, on the outside, in brisk strokes.



- Spend thirty minutes in an infrared sauna, if possible. Start at a temperature of 130°F to 140°F if you have not built up a tolerance. A temperature of 150°F to 170°F is beneficial after you have used the sauna several times.

SUGGESTIONS FOR SUCCESS

- Line up a buddy! Consider having someone else geographically close to you join you, as an accountability partner and for sharing food prep. Support each other in any challenges and successes.
- Shop one or two days before you intend to begin the detox.
- Plan for two hours of preparing food the day before you begin the detox. This will make those first four days very easy. When all the food requiring more than five minutes of prep time is made in advance, you will not find yourself ravenously hungry with twenty minutes or sixty minutes of cooking to do. (That's deadly to your willpower!) Having the food available as you begin to feel hunger is the key to staying with it.
- You may feel absolutely stuffed trying to eat the portions prescribed, especially breakfast and lunch. Trust me, as counterintuitive as this sounds, just do it! The meals are so low-calorie, you may still be hungry by the next meal.
- Should you feel hungry late at night (your all-vegetable dinner will digest before bedtime), use only the legal cheats—for instance, a scoop of organic, plant-based protein powder in water, or a large spoonful of chia seeds stirred into a tall glass of water (drink it quickly).
In ten to fifteen minutes, your hunger pains will be gone! That's because not only is chia low in calories and high in many nutrients, including protein and iron and vitamin C, it also absorbs ten times its own weight in water, so



it becomes filling as it absorbs the water in your stomach. It's a habit you might find yourself retaining after the detox!

- Eat your next meal or snack when you first begin to feel hungry. Don't wait until you are extremely hungry—that is a sure way to feel discouraged and deprived.
- You can add up to two scoops of raw, vegan, organic plant-based protein to each quart of green smoothie. Plus you can have extra “protein shakes” of a scoop mixed in water at any time of day.

MENU PLAN: DAYS 1 TO 4

BREAKFAST

- 1 quart Classic Green Smoothie (with optional 2 scoops raw, organic, plant-based protein and optional 1 scoop of sprouted flax, for essential fatty acids)

LUNCH

- 1 quart Classic Green Smoothie (with optional 2 scoops raw, organic, plant-based protein and optional 1 scoop of sprouted flax)

NOTE: You can switch the foods eaten at lunch and dinner, if you'd like.

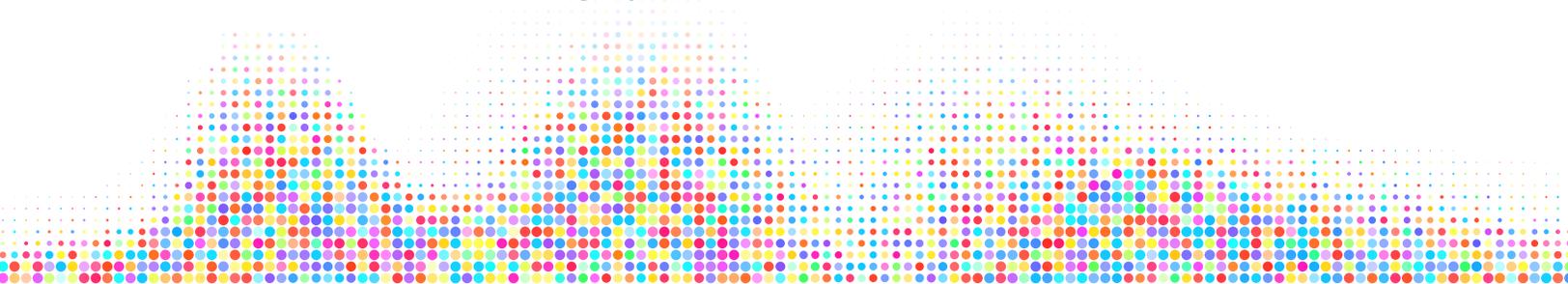
DINNER

- Days 1, 3: Lentil Soup and Cucumber-Tomato Salad
- Days 2, 4: Baked potato (with 1 to 2 tablespoons organic, unsalted butter) and Purple Heaven

LEGAL CHEATS!

Snacks to ward off hunger anytime:

- Lemonade made with water, fresh lemon juice, and stevia to taste
- Water with 1 tablespoon chia seeds stirred in, up to three times a day (very filling!)—or put the chia in the lemonade above
- Protein shake made with 1 scoop raw, vegan, organic protein (nothing else added, except chia is legal)



MENU PLAN: DAYS 5 TO 7

BREAKFAST

- Days 5 and 6: 1 quart Hot Pink Breakfast Smoothie
- Day 7: Breakfast Oatmeal and 1 pint Classic Green Smoothie (with optional 1 scoop raw, organic, plant-based protein and optional ½ scoop of sprouted flax)

LUNCH

- Days 5 and 6: Baked sweet potato (with 1 to 2 tablespoons organic coconut oil) and 1 pint Classic Green Smoothie (with optional 1 scoop raw, organic, plant-based protein and optional ½ scoop of sprouted flax)
- Day 7: Black and Green Salad and 1 pint Classic Green Smoothie (with optional 1 scoop raw, organic, plant-based protein and optional ½ scoop of sprouted flax)

DINNER

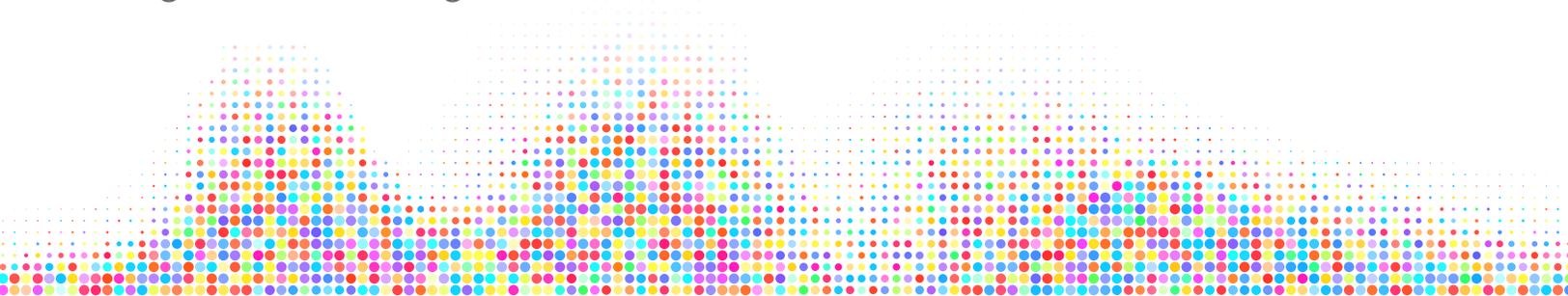
- Days 5 and 6: Crunchy Avocado Salad and 1 pint Classic Green Smoothie (with optional 1 scoop raw, organic, plant-based protein and optional ½ scoop of sprouted flax)
- Day 7: Black and Green Salad and 1 pint Classic Green Smoothie (with optional 1 scoop raw, organic, plant-based protein and optional ½ scoop of sprouted flax)

LEGAL CHEATS!

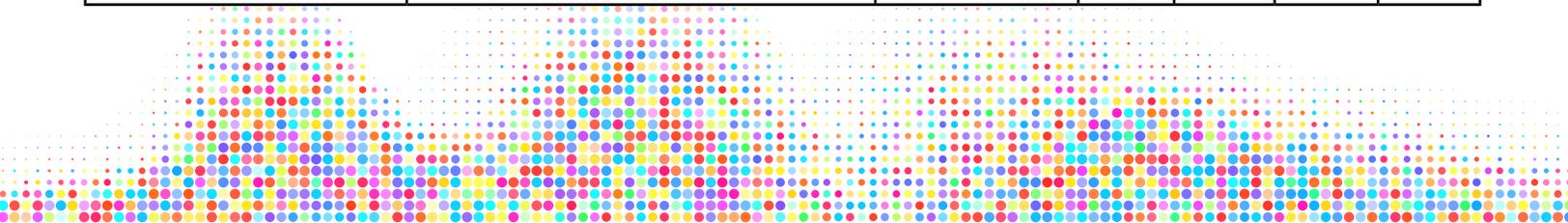
Same as before!

SHOPPING LIST

NOTE: Bunch units are based on medium-size bunches, but sizes vary widely, so keep an eye on what you are buying. But if you happen to have leftover greens, remember that they can be washed and then frozen in plastic freezer bags to be used in green smoothies later.



Food Item	Notes & Tips	Unit	# of People on Detox			
			1	2	3	4
Produce						
organic greens	choose from spinach, chard, kale, collards, beet greens, cabbages, etc.	bunch (see note above)	8	16	24	32
apples	organic if possible		4	8	12	16
bananas			6	12	18	24
medium beets			2	4	6	8
large avocado	organic if possible		2	4	6	8
celery		stalk	5	12	17	22
baking potatoes			2	4	6	8
sweet potatoes			2	4	6	8
small red onions			1	1	1	1
large yellow onions			3	6	9	12
green onions		bunch	2	4	6	8
green cabbage		small head	1	2	3	4
purple cabbage		small head	1	2	3	4
organic large carrot			5	10	15	20
medium lemons	for Avocado Salad, add more for legal cheat		1	2	3	4
limes	1/4 cup juice needed per person; freeze any extra		3	6	9	12
garlic		clove	3	6	9	12
organic cucumbers			2	4	6	8



Food Item	Notes & Tips	Unit	# of People on Detox			
			1	2	3	4
Produce						
organic medium ripe tomatoes			4	8	12	16
organic ripe Roma tomatoes	or 2/3/4/5 large regular		3	6	9	12
fresh cilantro		bunch	2	3	4	5
Canned Goods						
tomato sauce	low-salt or no-salt added	small can	1	2	3	4
coconut water/ juice	NOT coconut milk	12-ounce can	2	4	6	8
black beans		12-ounce can	1	2	3	4
Frozen Items						
strawberries	organic if possible	12-ounce bag	2	4	6	8
mixed berries	organic if possible	7-pound bag	2	4	6	8
Bulk Items						
gluten-free rolled oats		cup	0.33	0.66	1	1.33
chia seeds	<i>optional for legal cheat</i>	cup	1	2	3	4
unsalted cashews		cup	0.5	1	1.5	2
raw pumpkin seeds		cup	0.25	0.5	0.75	1
raw almonds		cup	0.5	0.75	1	1.25
chopped dates	or 4/8/12/16 large pitted	tablespoon	4	8	12	16
golden raisins	<i>optional if you can't find them</i>	cup	0.5	1	1.5	2
quinoa		cup	1	2	3	4

Food Item	Notes & Tips	Unit	# of People on Detox			
			1	2	3	4
wild rice		cup	0.5	1	1.5	2
green or red lentils		pound	0.5	1	1.5	2
Miscellaneous						
liquid stevia		bottle	1	2	3	4
organic butter	unsalted	tablespoon	2	4	6	8
organic coconut oil		tablespoon	1	2	3	4
organic cinnamon		tablespoon	2	4	6	8
cumin		teaspoon	1	2	3	4
extra-virgin olive oil		cup	1	2	3	4
vegetable broth	no sodium, if bought canned	quart	0.5	1	1.5	2
real maple syrup		teaspoon	0.25	0.5	0.75	1
red-wine vinegar	raw if possible	teaspoon	0.5		1	1.25
raw apple cider vinegar		small bottle	4	8	12	16
dried thyme		cup	0.5	1	1.5	2
nutritional or brewer's yeast		cup	1	2	3	4
cayenne	<i>optional for Crunchy Avocado Salad</i>					
Spike seasoning (salt-free variety) or other extremely low-sodium seasoning		bottle				
sprouted flax	see Resources page for GSG sprouted flax coupon					
organic protein product (any type)	see Resources page for GSG protein product coupon					
inexpensive citrus juicer (from discount store)	<i>optional, but will help if making lemonade legal cheat</i>					



RECIPES

BLACK AND GREEN SALAD

Makes 5 one-cup servings

DRESSING:

1 heaping tablespoon grated lime zest
¼ cup fresh lime juice
¼ cup extra-virgin olive oil
2 teaspoons real maple syrup
1–2 teaspoons salt-free seasoning, such as Spike (optional)

SALAD:

1 cup quinoa, rinsed well (soak for a few minutes, then drain in a fine strainer)
2 cups water
1 can black beans (12 oz.), rinsed well (or 2/3 cup dry beans rinsed well and then simmered in 2 cups water for 2 hours)
2 medium tomatoes, diced
4 green onions, chopped (including most of the green part)
½ cup chopped fresh cilantro

Whisk together lime zest and juice, olive oil, maple syrup, and optional seasoning in a serving bowl. Simmer the quinoa in water uncovered for about 10 minutes. Turn off the heat, cover, and let stand 10 minutes. Strain any excess water, then add the quinoa to the dressing and toss well. Stir in the remaining ingredients (beans, tomatoes, green onions, cilantro). Serve warm, or chill in fridge.

BREAKFAST OATMEAL

Makes 1 serving

If you dislike oatmeal, you may wish to substitute another whole, cooked grain.

1 cup water
1/2 cup organic regular (not instant) rolled oats



(Bob's Red Mill and King Arthur Flour make this, and you can optionally buy gluten-free oats, although oats are naturally low in gluten)

pinch of cinnamon (optional)

few drops liquid stevia (optional)

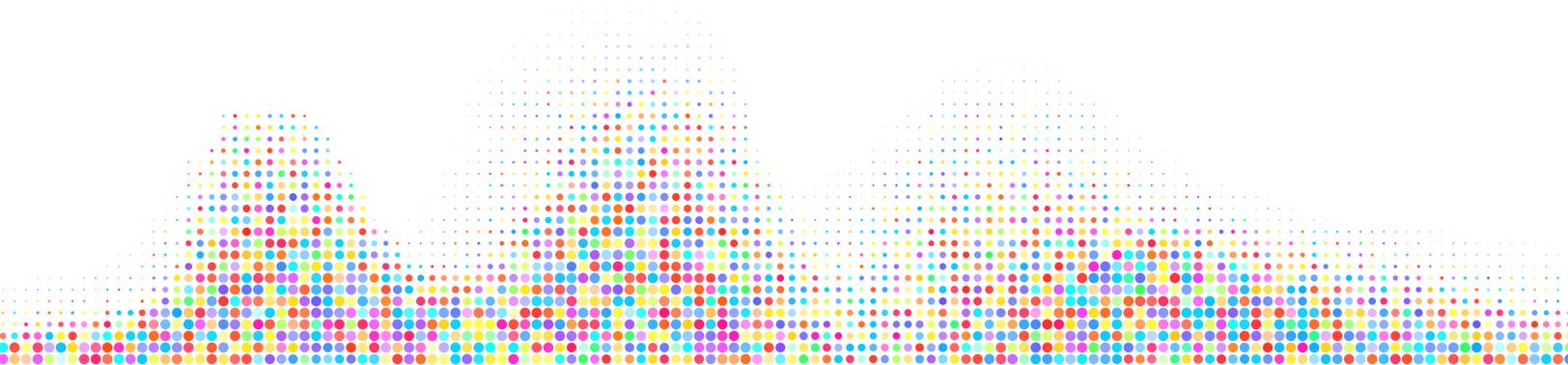
Bring water to a boil, then add oats. Reduce heat and simmer 10 to 12 minutes. Add cinnamon and stevia if desired.

CLASSIC GREEN SMOOTHIE

Makes 2 quarts

The way I have written the recipe relies on your paying attention to the amount of blended water, greens, and fruit in the markings on the blender jar. I wrote it this way because greens are highly variable in size. "Handfuls" are similarly imprecise. If you wish to make it your own way, you can. The basic proportions I use are 1/3 water, 1/3 greens, and 1/3 fruit. The idea is to maximize the amount of greens and minimize the fruits to your own tastes. And one more note: the first four days of this recipe only call for the first four steps.

1. Start with 2½ cups of water/ice in the blender.
2. Add any three of these greens on any given day: mustard greens, beet tops, dandelion greens, spinach, collards, kale, romaine, mixed spring greens, cabbage, and chard.
3. Optionally add 1½ to 2 scoops organic, raw, vegan protein powder and 2 to 3 tablespoons sprouted flax. (See greensmoothiegirl.com for vegan protein powder and sprouted flax. These are optional "nice to haves" to make the smoothies more sustaining, like a complete meal, with heart-and brain-healthy essential fatty acids.)
5. To the remaining green smoothie mixture in the blender jar, add apples, frozen mixed berries, and/or bananas to the 7- to 8-cup line.



CRUNCHY AVOCADO SALAD

Makes 3 to 4 one-cup servings

2 whole avocados
3 Roma tomatoes, chopped (or 1 to 2 large regular tomatoes, but Romas hold up better in the salad)
½ cup raw almonds, soaked overnight and drained, coarsely chopped
1 to 2 stalks celery, finely chopped
1 green onion, diced
¼ cup cilantro, chopped
1 tablespoon fresh lemon juice
Spike (salt-free variety) or extremely low-sodium seasoning, to taste
1 to 2 tablespoons nutritional yeast (or brewer's yeast)
pinch of cayenne to taste (optional)

Chop 1 avocado. Toss all other ingredients, and add the chopped avocado to the portion for today's lunch (save the other avocado and chop just before adding it to tomorrow's portion, so that it doesn't turn brown).

CUCUMBER-TOMATO SALAD

Makes 7 one-cup servings

2 organic cucumbers
2 ripe organic tomatoes
½ small red onion (do not double this if expanding recipe for 2 to 3 people)
¼ cup apple cider vinegar
fresh basil or cilantro, to taste (optional)

Chop all ingredients and mix together well.

Note: A GreenSmoothieGirl reader said that lime juice and cilantro substituted for the apple cider vinegar and basil is delicious! If you do this, make sure to make these substitutions on your shopping list.

HOT PINK BREAKFAST SMOOTHIE

Makes 1 quart

1½ cups coconut liquid/water/juice (from a young coconut or a can, found in almost any food store; not coconut milk)
2 tablespoons chunk organic raw beet, peeled
1 large organic carrot, scrubbed
¼ cup unsalted cashews



2 tablespoons chopped dates OR 2 large pitted dates
12 ounces frozen organic strawberries

Purée all but the strawberries in a high-speed blender for 90 seconds. Add the strawberries and blend until smooth, about 90 seconds. Serve immediately.

LENTIL SOUP

Makes 10 one-cup servings

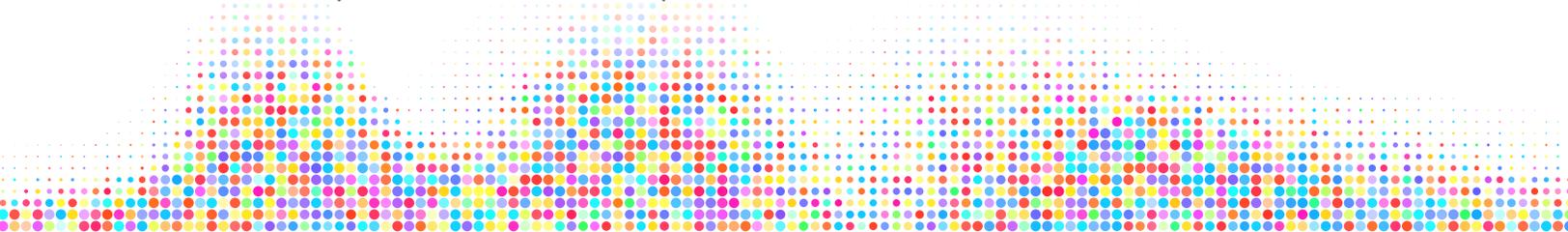
This makes a very large batch, so if you are not doing the detox with a buddy, you can share with your family or friends—or freeze it for later use after the detox.

You can add sea salt to your family's portion, but remember that you are seeking very low sodium on the detox.

½ pound green or red lentils
½ cup wild rice, rinsed well
3 large yellow onions, diced
2 cloves garlic, minced
2 tablespoons organic coconut oil
1 teaspoon salt-free or extremely low-sodium herbal seasoning, or more to taste
1 teaspoon dried thyme
1 teaspoon cumin
4 stalks celery, diced
3 carrots, diced
1 quart vegetable broth (no-sodium, if you buy canned)
1 6-ounce can tomato sauce
2 teaspoons red-wine vinegar

Cover lentils and rice with boiling water and let sit for 15 minutes, then drain. In a large stock pot, sauté the onions and garlic with the coconut oil and seasonings until the vegetables are tender. Add the carrots and celery and sauté another 5–10 minutes. Add the vegetable broth, tomato sauce, and lentils and rice. Bring to a boil, reduce heat, and simmer 1 hour. Add vinegar and serve.

TIP: This soup tastes even better the second and third days. I suggest you make it a day ahead of time, if possible.



PURPLE HEAVEN

Makes 4 one-cup servings

SALAD:

2 cups shredded green cabbage
2 cups shredded red cabbage
½ cup golden raisins (optional, if you can't find them, but they add something very special)
¼ cup raw pumpkin seeds

DRESSING:

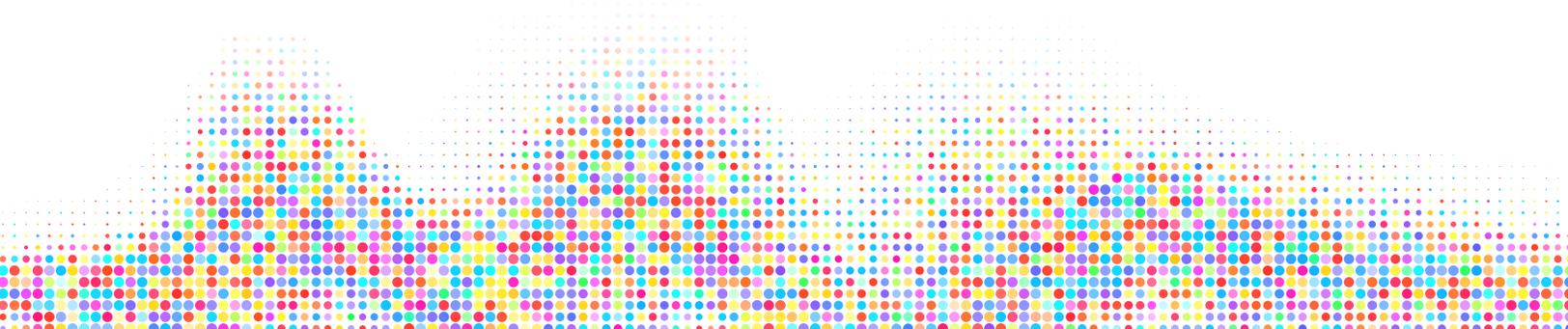
2 tablespoons real maple syrup
2 tablespoons extra-virgin olive oil
2 tablespoons red-wine vinegar
1 clove garlic, minced

Toss salad ingredients in a large bowl. Blend dressing ingredients and add to cabbage mixture.

DETOXING YOUR BODY, MIND, AND SPIRIT

Although the focus of the detox is on food, purifying the body to align physical health with higher emotional and spiritual health is often one of its purposes. This 7-Day Detox is mostly, but not entirely, about the fuel you're choosing. And it's an experiment in noticing how the fuel you choose changes your energetics on every level.

However, because one week of significant effort, while very helpful, obviously isn't enough for you to live in a qualitatively different state forever, I have some suggestions beyond the food realm for you to be thinking about.



I want to encourage you to consider your high-vibration life a journey rather than a destination. But you'll complete this 7-Day Detox with awareness and tools to dramatically improve your life, now and in your future.

Four simple ideas I'd love you to consider will also help you "detox" your emotional reaction to life, if you make them practices:

1. Filter your thoughts to be accepting, noncritical, and even loving to others—even those you've felt critical of in the past or who have wronged you. Experiment with showing compassion, even when it is not "deserved," to yourself and to others.
2. Take note of your negative moods and negative thoughts. When you notice you don't feel good for some reason, scan your body. Notice where the negative feeling resides. (Your heart, belly, shoulders, or head might be uncomfortable. Where do you feel it?)
3. Be patient and noncritical of yourself as you observe, but become more mindful of when you're uncomfortable and what the reason is. Experiment with self-talk using positive words and memories of wins, big and small, in your life to reverse any downward-spiraling, low-vibe thought patterns. (For example, "I can do hard things. I've done hard things before.") My tennis teammate Christine is popular on the team and a favorite doubles partner because of her consistently positive talk during a match. She told us once that she repeats positive mantras to herself throughout a match, such as "My serve is awesome!" She said to us, "If you tell it to yourself enough times, the body believes it!" Reminding yourself, as you detox, what a wonderful process you're serving your body, mind, and spirit with is immeasurably helpful.



4. Become more aware, when you make a mistake, of how you find excuses or blame others. Practice immediately being accountable, rather than parsing and discussing blame, and see how that feels.

The week that I wrote this, I'd said something snarky in an e-mail thread with my very large family. I went to bed feeling uncomfortable, and sleep eluded me. Early the next morning, I wrote a text to my family that started like this:

"I woke up wanting to be accountable for what I said yesterday, so I wanted to be clear about that and tell you that I'm sorry."

What came back from my siblings in the text thread was "Thank you" and "I love you"—very different from the cold pricklies I was getting the night before after my barbed message that many read. Even better, my guilty feelings, which earlier in my life I'd covered up with anger and blaming, dissipated, and my comfortable, peaceful Optimal ViQ returned.

I highly recommend taking immediate responsibility whenever you can—even if you don't feel it's quite your "fault." This quickly releases negative vibrations; it disarms people, and they feel closer to you and safer with you; it energizes relationships that may be strained; and it shows you to be rational, reasonable, and fair.

These are character traits all of us are attracted to. So, how can it be bad to just say, "I did thus-and-such, and I'm so sorry. It won't happen again, and please forgive me?"

The cost of doing this is lower than you think. If you practice "swallowing your pride" regularly, you don't choke on it.

Detoxing your colon, liver, and kidneys goes a long way toward your Optimal ViQ, but there are bad vibes hiding in other places that need cleansing. When you let go of negative feelings, you're moving along the continuum toward a more beautiful life, attracting more of the good and less of the bad.

May your journey be instructive, and may you have opportunities along the way to uplift others. May you always live in the high frequencies and be a powerful energetic force for good. Namaste.

