

## **The Wellness Workshop**

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## **My Busy Healthy Life Phase 3 Printable Notes**

### **What Great Results Happen in the Cleanse?**

- Woman early 50's, removed 8 pounds, 65% improvement PST
- Woman, mid 60's, 19 pounds in 28-days
- Woman, late 20's 14 pounds in 28-days
- Man, mid 50's 21 pounds in 28-days
- Man, late 40's 23 pounds in 28-days
- Off pain medications
- Normal BP & Cholesterol
- Dr Reduced anti-depressant
- Dr taking me off sleep my meds, allergy meds
- No more allergies or medication
- Tons of energy and focus...no more brain fog
- No more IBS/constipation

### **Why does The Cleanse produce such amazing results?**

- You Eliminate Toxic Foods
- You Supported Your Own Detoxification System with Raw Fruits and Veggies
- You Drink the Correct Amount of Water
- You Have Nutrient Dense AIM Juices
- You Cleanse Your Colon, Blood, Liver and Kidneys
- Your Body has the building materials it needs to repair damage
- Your Body is flooded with Enzymes, the construction Crew

Your improved digestion allows you to absorb nutrients from your food

## **Now What?**

### **How Do I Retain My Great Results?**

- Follow the reintroducing foods plan
- Continue with 75% Raw and 25% Cooked
- Continue with your AIM Juices and supplements
- Pay attention to your PST as you reintroduce foods
- Continue to drink water and get movement daily

### **If you have had problems with constipation in the past or IBS do the Transit Time Test as soon as your cleanse is finished.**

1. Eat Organic Corn One Day at least 2 cups (mark your PST for corn reactions.
2. Watch your BM for the corn to appear and record at the top of your PST how long it took to appear...hours or days.
3. Clear your body for 3 days with 75% raw/25% cooked and then begin the reintroduction process.

### **Follow the Re-introduction plan**

1. Continue with your 75% raw/ 25% cooked for the next 33 days.
2. Reintroduce 1 food only at a time.
3. Use your PST (Personal Symptoms Tracker) to track physical changes when you reintroduce foods. Write on the dates the food you introduced and pay attention to the results.
4. Clear your body for 3 days in between foods.
5. As you near the end of your reintroduction phase decide if you will follow the Alkaline Diet or the Cleanse, ETC plan which we will cover next month.

### **Why continue with 75% raw and 25% cooked foods?**

- Continue to support your liver detoxification and cleansing.
- Give your body an adequate supply of enzymes (construction crew) to repair your body.
- Train yourself to enjoy and look for raw veggies and fruits for life.
- Cooking foods destroys the enzymes, increases the digestive load

### **Why do I need to clear my body for 3 days in between reintroducing foods?**

- The purpose of reintroducing foods is to rule out sensitivities that may be causing some or all of your physical symptoms.
- Clearing your body for 3 days between each food gives your body a digestive break and a “fresh start”.
- Clearing your body for 3 days reduces any inflammation you may have encountered.
- Clearing your body for 3 days puts you in touch with what’s happening in your body and helps you “connect the dots between your food, lifestyle and physical symptoms or complaints.

### **Why continue with the AIM juices and supplements**

- Your juices are nutrient dense enzyme rich foods that will continue to heal and cleanse your body. These should be LIFE practices for you. Where else will you get pounds of high quality nutrition you can create in 30 seconds?
- Your juices have played a huge part in your positive physical changes...why would you go back to your old ways?
- Your juices are rebuilding your cells younger and stronger rather than older and weaker.
- Your juices are alkalizing.

## **What the Juices do for you:**

### **BarleyLife**

- Contains the powerful antioxidant super oxide dismutase (repairs cells, protects from damage and boosts white blood cell count and activity for the immune system.
- Is rich in chlorophyll, enriching and cleansing your blood (detoxifies, builds red blood cells, antioxidant and anti-inflammatory, detoxified carcinogens and odor causing bacteria, aids in digestion and heals the GI tract)
- Is alkalizing (disease and cancer cannot survive in an alkaline environment)
- Delivers 2-3 times more nutrients than a serving of veggies (in a few gulps)
- Your body absorbs more nutrition from juices because the nutrients are delivered to the blood stream within 15-20 minutes and do not have to go through the digestive process.
- Contains cancer fighter P4D1 which doubles the repair power of DNA, reducing aging and possibly reversing diseased organs and tissue.

### **Just Carrots**

- Useable Calcium: 1-8oz glass of carrot juice (1 pound of carrots) is equal in useable calcium to 25 pounds of calcium supplements
- Strengthens immune system
- Helps with vision
- Cleanses the liver

### **RediBeet**

- Helps to lower BP
- Metabolize Fats
- Increase energy
- Overall cardiovascular disease
- Cleanse liver

**CalciAIM is in the most useable form of calcium. Calcium supplements are not useable by the body because they are not "In solution or water soluble".**

- Contains Vitamin D, magnesium and all the cofactors necessary for calcium to be absorbed and used by the body. Magnesium unlocks the cell to receive calcium.
- Naturally occurring calcium from citrus fruits and carrots.
- Becomes active and useable when added to water.

**Continue with your daily 1/2 your body weight in ounces of water.**

- The principle fluid medium of our cells is water, which allows substances to move and flow within the cell
- Production and function of hormones is impaired without adequate water
- Water carries oxygen from the lungs to the cells
- Deliver nutrients to the cells
- It takes 3 molecules of water to flush away 1 molecule of fat
- Body needs pure water and an alkalizing diet to maintain a balanced pH between 7.35 and 7.45 - high urine pH is indicator person is not drinking enough water
- Aids in digestion and elimination

**Continue with your daily movement**

- Lymphatic system is the sewage system of your body the fluid in the lymph can only be moved with up and down movement.
- Every cell in your body is bathed with lymph fluid that gather up intruders and protect from intruders
- Healthy lymph fluid is most important element in maintaining physical balance
- If cancer cells break away from a tumor (we all have cancer cells at all times) and get into the lymph and the lymph is not moving toxins out, then the cancer cells

will likely stay in the lymph and grow (American Cancer Society...

<http://www.cancer.org/cancer/cancerbasics/lymph-nodes-and-cancer>

- Types of up and down movement are: stairs, mini-trampoline, jumping jacks, bending over and touching your toes, burpees, push ups, anything that gives up and down movement to your muscles, especially in your trunk and upper body and large leg muscles
- Keep your cardiovascular system healthy
- Keep flexibility and strength for healthy aging
- Release happy hormones, endorphins...stress relief for Type O & B and AB blood types

**"These are the only means found to become younger, stronger and healthier." Dr. Mary Ruth Swope**

- Cleansing
- Nourishing
- Self Discipline

**My Busy Healthy Life accomplishes all three of these goals and teaches you how to maintain them long term.**

**More info about My Busy Healthy Life  
[www.thewellnessworkshop.org](http://www.thewellnessworkshop.org)  
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