

Transcription of Cleanse Day 2: Move, Sweat, Breathe

Welcome to the call with Jon and Nadia!

Jon: So lots of different comments in the member's area. Some people just really, really happy they made it through the day and they're feeling good. Other people are having some headaches and some hunger. What's your impression of how things are going?

Nadia: Yeah, that's what I've seen as well, a lot of what people are experiencing today is really common in terms of feeling more hungry, feeling a little bit more challenged, headaches, nausea, feeling more fatigued. That's really, really common on the first day. So I suggest to support yourself as much as you can. Get as much rest as you can, and get as much of that nourishment into your body, those liquid nourishment drinks that we're talking about.

Jon: Yeah, and this is a really key day, because if you can support your body as much as possible today, most of the time, this has been my experience and I know it has been for you too, Nadia, it gets much easier. Is that the case?

Nadia: It does. Yeah, it does. By about -- the first day or two is the most challenging, like we've said already, and then by about day three it's going to feel very, very different, and some people will experience that even on day two.

Jon: So let's talk about where we are here. We're in the second webinar of week two, the second day of the cleanse, where we're going to be talking, Nadia, about assisting the detox a little bit by gentle movement, sweating and breathing methods. The main thing I was to say, for starters, is that emphasis is on gentle. When we say move, we mean very, very gentle circulation of your blood. Sweating from heat sources, like sauna and things like that, and we'll talk a lot about it. But we do not want you to go out and run a marathon or lift weights. You need to be gentle with yourself, but at the same time, these types of things can assist in the detox process.

So let's just talk about that a little bit. I know you are very good at explaining

the way we detox, and by understanding the way we detox we can help assist ourselves today.

Nadia:

Yeah, sure. So your body is always eliminating. It's always detoxing. That happens all the time throughout your life. There's built-in elimination and detoxification channels within your body. And some of the three main ways that that happens is when you go to the bathroom, so through elimination, defecating or urinating, that's the obvious one. The next one is breathing. So every single time you exhale, your body is eliminating toxins in a gaseous state. And you know, you -- we know that simply because your breath smells differently a lot of times. Somebody that drank a lot of alcohol the night before, you could smell that on their breath. If you ate garlic or onions, you can smell that on your breath hours after. You're always eliminating things through your breath. And then the next one is skin. And your skin is your body's largest organ, and you're always -- your body is always pushing things out through your skin. And you're taking things in as well through your skin, but what we're focusing on here is the elimination part of your skin, and that's through your sweat, through your perspiration of your skin.

Jon:

So let's talk a bit more about that.

Nadia:

Yeah, definitely. So like I said, it's the largest organ, and it's got such a big surface area on our body that that's why it's the largest organ. And when you exercise or when you're in a steam room or outside on a hot day, your body naturally perspires, and that's for temperature control, but that's also for detoxification. So when sweat is coming out through your skin, it is bringing toxins out with it. So when you're doing a cleansing fast, it's really nice to take advantage of that.

Jon:

Right, right. So let's talk about some of the different ways that we can do that.

Nadia:

Yeah. So if you think about that you're trying to encourage your body to sweat, so we're not talking about cardio exercise, so we want to reserve that until after the cleanse. So you're not going to be doing a lot of cardio movements in order to get that sweat, but that doesn't mean your body still can't sweat. So you can do things like going into a sauna. You can take advantage of hot baths, hot showers, hot Jacuzzis. I would just caution that if you're going to a hot tub or a Jacuzzi where the water is chlorinated, you

might want to think twice about that. I don't really recommend going into chlorinated water. But if it's a nice cleaner version of water, that's a wonderful way to get that sweat going. Epsom salt baths we talk about a lot. So that's incorporating the hot bath and then even pumping it up a bit with some Epsom salt.

Jon: Can we talk about what that would look like, an Epsom salt bath?

Nadia: Sure. So just in your bathtub in your home, it's very easy. Fill your bathtub with nice, hot water and then put about a cup of Epsom salt, and you can leave it just like that or you can put a cup of baking soda as well, and just let that dissolve into the water and then soak for at least 15 or 20 minutes or for as long as you'd like.

Jon: Yeah, that sounds excellent. That's something that we can all do at home. We can't always go to a Jacuzzi or steam room and sometimes when you're detoxing just traveling somewhere to a Jacuzzi or steam room can be stressful. So if you don't have to go to one, this is something you can do at home, and it is a really healing thing to do because of all the magnesium in the Epsom salt and also the baking soda is also very alkaline. And most toxins, correct me if I'm wrong, most toxins are positively charged, and you want alkaline things like baking soda, to attract those toxins, and they literally pull it out of your skin. Is that correct?

Nadia: Yeah, exactly. And then another thing that also you can add to this, and you don't have to, but a really nice thing you can do with that bath is put a couple drops of lavender essential oil in there, and that's really nice just to calm your central nervous system down. So for all of the people that might be feeling a little bit anxious or stressed or even feeling a little bit nauseous or headachy or achy, that can just really calm your system down, too.

Jon: Yeah, the one thing I want to caution is when you're getting out of the bath or when you're standing up in a Jacuzzi or steam room, you need to hold onto something. When you're detoxing your blood pressure is going to be a little bit lower, so when you stand up the blood may not be going into your head fast enough and you can get really dizzy. And I find that's the case just in general when you try to stand up too quickly when you're detoxing. You get a little bit dizzy. And that's very common, just hold onto something and just be aware of that, and especially when there's heat because then your blood

vessels are all dilated so it makes your blood pressure even lower. So you need to be aware of that.

And then, you know, we talked about exercise, and I almost don't even want to use the word exercise because I don't want you this week, and, Nadia, we've talked about this a lot for people who are detoxing, I don't want you to do anything where you're out of breath, where your muscles are pumped. The typical things that we think of, exertion, we think of exercise. But gentle movements, gentle stretching, like gentle walking and stretching, that can be really good. Is that correct?

Nadia:

Right, and I want to let people know, too, so a lot of times when you're doing a cleanse sometimes you'll feel really great and you feel really energized, and a lot of times people have -- they think that because they feel so great, they think, "Well, I'm okay, and I can still go to my exercise class or I can still go for my daily jog," or whatever it is. And the thing I want to remind people of is that you are doing a lot of work on a cellular level, and your body does require rest to do that work. If you go out and do a lot of exercise, cardio exercise, you're going to simply deplete your energy resources and then your body won't be able to use those energy resources to do that cellular cleansing work.

So even if you feel great and you feel like, "Wow, I feel invincible, I can go out and do all the exercise I want," really remind yourself to take it easy these days while you're cleansing and to keep that energy for your body to use for cleansing instead of exercising.

Jon:

And always being nearby, like if you go out for a walk, don't go too far. Do not get into a situation where you've walked a certain distance out and you have to walk back and it's going to be stressful walking back and you don't have your juices or whatever the drinks are that you're having. You don't want to be in that situation. So if you're going to be walking, walk around the house or go for a hike in your backyard, but always be close by. Do you agree?

Nadia:

Yeah, that's a good point. And I'll just say one more thing about what I was just saying earlier about the exercise. I've seen a lot of people, I've helped a lot of people through detox programs, and lots and lots of people, they do that. They'll go out and they'll exercise and they'll push themselves and they won't listen to the advice of keeping it more quiet and gentle. And the next day, I would say guaranteed every single one of those people that I've seen push themselves and do cardio exercise, the next day they really feel challenged. Their body is just depleted, and the next day they always come

back to me and tell me it wasn't worth it.

Jon: Yeah, well if you really understand the detox process it's putting your body in conflicting states. So the detox process is a process where you are eliminating, you're breaking down fat, you are using some of your muscle as protein, but you are eliminating, eliminating, eliminating. When you exercise, your body then wants to be going through a rebuilding phase, because whenever you exercise in a way that requires exertion, you break down muscle fiber. But then your body wants to rebuild that muscle fiber.

So being in a detox state and a rebuilding state are conflicting states. And the rebuilding state will always win out. So if you put your body in a state where it wants to rebuild muscle fiber while you're detoxing, your body is not going to want to detox. Your body is going to want to go off the detox, and then you're going to struggle. So it is never, ever worth it to break down any muscle fiber. That's the defining characteristic of why exercise causes problems.

Because during the detox, if you notice, there's not much protein. So protein is necessary for a lot of things, but your body has a lot of protein, it stores a lot of protein in all of its muscles and in various places. And when you're in a detox state, you don't want to take in a lot of protein because eating protein is very taxing on your digestion. It elevates your stomach acids and your enzymes and it will start that whole digestion process. So you want to make it as easy for your body as possible, by not putting it in a state where it requires more protein. Does that make sense?

Nadia: Yeah, exactly.

Jon: That's kind of how it comes. Because I've had this. I remember that -- well, one time I was doing a detox and I ended up having to go for a walk with someone who was looking for some houses and I was just feeling a little bit pushed and he kept saying, "Oh, you'll be fine, you'll be fine," and it went too far and I was hot, I was walking too much, I went too far. So that's the situation you want to avoid.

Nadia: Yeah, exactly.

Jon: Yeah. Let's bring Kaileen in. There's lots of questions and she's got some

announcements also.

Nadia: Okay.

Kaileen: Hey, guys. Yeah, really good stuff happening here in the chat roll. Everyone has been so supportive on Facebook. I just wanted to make one quick announcement about the slides. We are now adding a feature below the chat roll to download the slides. So if your internet or your computer, for any reason you're having trouble viewing the slides live, you can now download those slides to your computer and follow along as the presentation goes. And for some of you with slower internet, that can be a really great solution for you. So I just wanted to throw that out there.

And then I'm just going to jump into some questions. This one is really great from Linda Scott. She's wondering if she's feeling good, then does that mean that the detox is not working?

Nadia: No, not at all. Not at all. What you're doing has so many great benefits, and sometimes you might feel challenged, sometimes you might not. And either way you're feeling is absolutely perfect and fine. It's the experience that you're having right now and it's the exact one that you're supposed to be having right now. But it for sure doesn't mean that it's not working.

Kaileen: Awesome. Okay, cool. So Terry wants to know if there's any modifications for this detox, if you have an autoimmune disorder. She has Hashimoto's and this is her second year doing the cleanse and just wanted to check and see if there's anything she should modify.

Nadia: Not in my opinion. I would just tell Terry to listen to your body and if you feel -- just like we're suggesting to everybody, listen to your body and if you're feeling like you need more of the nourishment from the nourishing drinks, make sure you get those in. Make sure you're going to the bathroom enough. If you need to eat something, we have the backup foods list. But otherwise, I think everything that we're suggesting is fine.

Kaileen: Okay. That's great to know. So here's some questions about water. Margaret was wondering how to know if -- is there a way to know if you're not drinking enough water?

Nadia: Okay. And before I get to that, I'll just also mention for Terry that do see your doctor if you feel like it's necessary, as well. We always want to tell people that. Okay, and then in terms of drinking water, how do you know if you're not drinking enough? Well, you're drinking a lot of liquids this week. So if you remember the schedule we went over, it's just all nourishing liquids about every couple of hours, and then you can jump in there and have liquid even in between those couple of hours, if you feel like you want more.

So sometimes it happens that you're drinking so many other things that there's kind of no space for water, and that's fine if you're drinking a lot of the other things. There might be other days where you just feel like you really want that lemon water or that water with apple cider vinegar, and on those days you can drink more water. But as long as you're having the nourishing liquids going in on a continual basis throughout the day, then you're fine.

Kaileen: Oh, that's really great, Nadia. You know, I hadn't even thought of that, but I like what you're saying that we don't specifically have to have water because we have so many fluids going in. That's enough to keep us hydrated, right?

Nadia: Right, exactly. And it's about making it your own. We always stress that the schedule isn't a formula. So just listen to your body, and if you feel like water is what your body wants, then definitely go for it.

Kaileen: So Lori is wondering, she purchased some young coconut and she's wondering how to actually use them. Do you juice it? And how much and what's recommended with an actual coconut?

Nadia: Right, so with those young coconuts, you need to crack them open. So you need to -- I'm not sure about the one that you bought, but the ones that we get here, they're just -- they have the outer green part taken off and it's just the spongy white parts that you see on the outside. You need to crack through that. So you can usually just take a big knife and open it on the top, so it creates a hole on the top, and inside of that nut is where the water is. So once you create that whole on the top, you just pour that water out of the nut, into another container, and that's what you're drinking this week, is that water.

Jon: And then next week going forward, I know you have a lot of recipes where you actually scrape that young coconut flesh into a blender or a food processor

and you make wraps with it and smoothies. Is that right?

Nadia: Yeah, definitely. So you can scrape that meat off right now and put it in your freezer for use later, when we start eating again, or you can go on my website and look for some. If you've got a dehydrator, there's a lot of dehydrator recipes that you can get going right now.

Jon: Yeah, just mention your website again.

Nadia: www.Making-Healthy-Choices.com.

Jon: I would encourage everyone to go over there because it's just a wealth of amazing, amazing information. Okay. Kaileen?

Kaileen: Awesome. So Iris is feeling like there's no time to make the full broth, so is it okay to do a modified one where you boil the vegetables and then blend them all together?

Nadia: So what we're trying to do this week is liquids only. And if you think about what happens when you blend things, is you're keeping all that solid matter in there, so you're not going to be getting just the liquid part. If she doesn't have time to make the broth, then take advantage of all of the other nourishing liquids that we have, and maybe if there's a place in your area to get broth, I just read an article about a place in New York that makes fresh vegetable broth and sells it like people would go and get a cup of coffee. People can go get a cup of broth. I don't know if you're in a place like that, but that can be another option, if it's possible.

Jon: Yeah, and maybe in Whole Foods also. It's worth looking around, for sure.

Nadia: Yeah.

Kaileen: Yeah, that's a great suggestion. Okay, cool. So Darla just wanted some clarification. You mentioned about the bath, and she's wondering how much baking soda should be added to the Epsom salt bath.

Nadia: So there's no real formula for this. I try to suggest -- usually what I do is about a cup of Epsom salts and about a cup of baking soda, and you can vary that. You can even add more Epsom salts and more baking soda if you want. If you don't have that much and you have a little bit left, that's fine, too. But usually what I do is a cup of each in a full bath of water.

Jon: Okay.

Kaileen: Good, great. Okay, so Julie is using a little more fruit than she wanted to because she just can't -- she's not really able to enjoy the taste of the veggie juices without it, and so she's wondering is it still worth it to do the cleanse, even though she's adding fruit?

Jon: Absolutely. We're giving you guidance, advice. As Nadia said, you can't fail. You are always detoxing. It's just better if you can get more -- if you can start to develop a taste for juices without sugar, that will be slightly better, but it's still very much worth it.

Nadia: Oh, definitely. And Julie, see how you go throughout the week. Maybe later in the week you might enjoy the juices that are less sweet.

Kaileen: Yeah, okay, cool. So Kendra has two questions. One is about how to offset the overpowering flavor of celery, because it's not her favorite. And the second one is that she's prone to being anemic and finds herself being really cold and tired throughout the day and was wondering if there's any sort of ingredient that she could add to build up iron or to keep her iron intake higher throughout the cleanse.

Jon: Okay. What are your thoughts on that?

Nadia: So if you don't like celery, you don't need to use it and you can lessen the amount. Cucumbers are wonderful to add to your juices, and they have a very different taste than celery. So play with it. Play with all of the different vegetables that are available to you for juicing and find the combinations that you like.

In terms of keeping yourself warm, that's very important. We mentioned that on the last webinar. You really do want to make sure that you're nice and warm and cozy throughout this cleanse. So if that means wearing more clothes or taking advantage of saunas or hot baths or hot showers or having those hot broth soups or the teas that we talk about or putting things in your juice, things like ginger or garlic is warming. You can put those through the juicer as well.

And she mentions about iron. Well, you are actually getting iron through the green juices. So in dark green leafy vegetables there's iron, and if you're having good-quality green powders you're going to get a bit of iron in that. But your body, you do feel colder when you cleanse. So you want to take extra precautions to keep your warm by all those ways I said.

Kaileen: Okay, awesome. So Patel is wondering if miso soup is okay.

Nadia: I would hold off on miso soup until next week. Miso soup, it's certainly not the worst thing you can do but it does require a little bit more activity in your digestion. So I would, if you can, hold off until next week on that.

Jon: Yeah, so miso soup is a great thing to have just after the detox. In the first day or two, miso soup is great once you're getting off of the cleanse, for sure.

Nadia: Yeah.

Kaileen: And speaking of getting off of the cleanse, Mindy has a question, if we could talk a little bit about what's going to happen afterwards so she can start to prepare. There was another question on the comment feed yesterday about that same thing. Someone has to prepare for a trip and they would like to pack appropriately and they were just wondering what -- if there's anything specific they need to plan ahead for.

Jon: Okay. Yeah, we will be talking a lot about that. What are your thoughts, Nadia, in terms of planning this far ahead for that?

Nadia: Well, the biggest thing you want to be able to do is just slowly introduce foods back into your diet. So you're being very gentle with your digestive

system. So on that day when you start eating again, you're going to keep up your water intake and you're going to eat very, very easy-to-digest foods. So if that person is traveling and they're trying to plan ahead, you're going to try and get things like melons, cucumbers, papaya, fermented foods, smoothies that you can make with those ingredients that I just mentioned. Things like that. Sprouts, very simple salads, very, very easy-to-digest foods. You're going to chew a lot and keep up your water intake.

Jon: Yeah, so sprouts and fermented food, I find, are particularly good for me personally. Some people like papaya. That's really, really easy to digest. But sprouts and fermented foods like sauerkrauts and kimchee and then mung bean sprouts and sunflower sprouts. You want the easiest possible foods to digest on the first day, and then by the second day you'll be able to handle more solid foods like animal proteins and nuts and seeds. But on the first day, you want real simple salads, sprouts, fermented foods and then fruits that are really easy to digest.

Nadia: Right. I actually have a tray of sunflower sprouts growing right now that will be ready to eat on day one.

Jon: That's perfect. I'll just say, I usually take some mung bean sprouts, some kimchee and sauerkraut and then a little bit of nutritional yeast and maybe just a little bit of flaxseed or chia seed oil, preferably chia seed oil if I can get it, and mix that all together and I'll have that a few times during the day and maybe start to incorporate some smoothies with some solids like cucumbers and maybe some papaya, and a little bit of protein. Maybe at the end of the day a little bit of protein powder. That's sort of the way day one usually looks for me.

Nadia: Yeah.

Jon: Cool. Well let's keep going, if we can, right now, and Kaileen, thank you very much, and we'll bring you back in, in a little while.

Kaileen: Great, thanks.

Jon: So any questions that you have, keep them coming. Okay, thanks.

A lot of people have questions about yoga. We've got this Yoga for Weight Loss product that is part of the member's area. What's your take on what we should or should not do as far as the yoga goes, this week?

Nadia: Yoga is great in terms of the stretching aspects of yoga. What you want to avoid is the really cardio aspect, which is usually the Vinyasa, the Ashtanga flow classes. The ones that get your heart rate really going, those are the ones you want to avoid this week. They're fantastic for outside of the cleanse period, but during the cleanse period you want to focus on doing a type of yoga where you are getting your body into those poses and you're holding them for a little bit longer. So your heart rate's not increasing, but you're just getting that really nice stretch in your muscles.

Jon: Yeah, I think that's the most important thing, for sure. And what about just other fitness ideas or just other movement ideas as well, for this week?

Nadia: Yeah, I like the word movement. So it's definitely really important to move during the cleanse. You want to move, you want to get that lymphatic fluid moving through your system, but you just want to keep in mind what we're saying about making sure that it doesn't turn into a high heartbeat, high cardio type of movement. So going for a hike or a walk is fantastic, and like you said, Jon, just make sure that you have access to a bathroom. And just things that feel fun. So you're just living your life. So if that's playing with your dog or playing with your kids or bouncing on your rebound or just gently bouncing, we've got the hula hoop written there. If you're just playing with a hula hoop. And just living your life and having fun, but you're just trying to keep the cardio down for these few days, is all.

Jon: Yeah, just want to pace yourself and just take it real easy, basically, yeah?

Nadia: Yeah.

Jon: Okay. Let's talk about breathing, because breathing, as you mentioned, is a great way to detoxify, and we can do that without much exertion, right?

Nadia: Yeah, and this is wonderful. This is a wonderful skill to remember after the cleanse as well. Breathing is just -- I mean, we do it all the time, obviously, and you don't have to think about it, your body just automatically does it for

your entire life. When you focus on your breath and you're thinking about cleansing, you're trying to exaggerate that exhale, because that exhale is where you release out of your body. So you're releasing toxins with that breath. You can focus a little bit more on that while you're cleansing, and this is a really great thing as well to calm your central nervous system down.

So if during the cleanse you're just not feeling so good or you're feeling challenged or for whatever reason you're feeling anxious or stressed, doing some nice deep breathing with some nice long exhales is fantastic.

Jon: Okay. Let's just talk about that. I know you've got kind of a magic number as a breathing exercise that we can do to assist the detoxing.

Nadia: Right. So this just shows you how to breathe, where you can keep your exhale longer than your inhale, and it's very, very easy. So you're basically just going to take an inhale, say for example for a count of four. So you'll inhale for a count of four, and then take a nice pause with your lungs nice and full with air, and then you're exhaling for a count of eight. So your exhale will be twice as long as your inhale. And that's what's going to calm your system down and it's going to allow your body to completely empty your lungs and detoxify through your breath.

Jon: Okay. So suppose we want to do it as breathe in 2, exhale 4, or breathe in 10, exhale 20, and you can play around with that right?

Nadia: Yes.

Jon: But basically, the important component here is that we are breathing into a count of one and breathing out to a count of two, yeah?

Nadia: Yeah. So one to two ratio. So your exhale is just longer than your inhale, is the idea.

Jon: Okay, all right, cool. And this is just as an exercise. We don't have to do this all day, per say, right?

Nadia: Right, no, no.

Jon: We can just sit for a couple minutes.

Nadia: Yeah, this is just something that you do -- you can do this several times throughout the day. We've got it written there that you can aim for 10 rounds each time you practice this, and an inhale and an exhale, that would be one round. So you can just do that, focus on doing that 10 times, and you can do that 2 or 3 times throughout the day. And then remember this, too. Once we break the fast and you're just going on with the rest of your life, this is a really good exercise to remember. It's great to do at any time during the day. Just give yourself a nice mini break.

Jon: Cool. And let's talk -- you mentioned a third way that we detox is by through our organs and elimination, yeah?

Nadia: Yeah, and I think everybody probably is already well aware of this by now. You're going to the bathroom a lot more often than usual, and that makes sense because you're taking in a lot more liquids and your body isn't digesting big, complicated meals. So things do have the ability to move through you much quicker right now, which is what we're looking for. And so that does mean that you'll be going to the bathroom a lot throughout the day, and this is something that I always joke about when I do a cleanse, saying that the most inconvenient part of cleansing is having to pee every 20 minutes. And it isn't always every 20 minutes, but sometimes it feel's like that. You're just always needing to go to the bathroom. So that's why we always stress, make sure that you are close to a toilet throughout these days.

Jon: Yeah, so and the way I like to think about it also, Nadia, is as you're -- each time you go to the bathroom, you're getting rid of toxins, at the end of the day. You are going a lot more, there's no question, but you are eliminating toxins.

Nadia: Right. And you can bring visualization to every aspect of this. So when you're sitting on the toilet, you can visualize that toxins that your body does not need or want are being released. And every single time you drink a nourishing drink, you can visualize that that contains every bit of nourishment and support that your body needs.

Jon: Yeah. Nadia, I'm just getting a message from Aeron, our audio guy, that there's a little bit of static coming in on my mic. Are you getting static?

Nadia: Yes, it is. It's coming in and out, and it does get hard to hear you sometimes.

Jon: Okay, so let's talk some more about -- people oftentimes will use colonics during cleanses. Let's talk a little bit about that.

Nadia: Sure. So colonics and enemas and colemas, those certainly aren't necessary this week. They are something that you can do, but they aren't necessary. And so I just want to make sure that people know that you don't have to run out and learn how to do these things.

In terms of having a bowel movement, you're probably finding that on day one your bowels were still moving, maybe on day two as well, and then as we move throughout the week, by day three or four, some people will still continue to have bowel movements every day and some people, that will slow down. And it's completely normal, whichever way that's happening for you is completely fine.

Jon: Excellent. Okay. I'm going to bring Kaileen back in, to just ask a few questions, because we are still getting some questions, and we'll come right back.

Kaileen: Hey, guys. So yeah, I'm here. So Sherri is wondering, with the breathing technique, if there's a difference between exhaling through the mouth or the nose.

Nadia: I like to exhale through the mouth, but I don't think that there's a big difference. When I do it, I inhale through my nose and I exhale through my mouth.

Kaileen: Okay, so probably no big real difference there.

Nadia: No. That's just what I found easiest in my body.

Kaileen: And then Carolyn is wondering about an alternative to turmeric for anti-inflammatory purposes. She's feeling like she really needs something and is having trouble finding fresh turmeric in her area. So is there -- when you were talking about walking and you were talking about lymphatic, are any of those types of things helpful to keep -- to prevent inflammatory reactions during the cleanse week?

Nadia: Well, everything that we're doing during the cleanse week is anti-inflammatory. So keep that in mind. So you are supporting your body to reduce inflammation, but everything you're doing. And if you can't find turmeric, no big deal, but you're still going to benefit from the anti-inflammatory effects of everything else we're doing. When I was talking about the lymphatic system, the lymphatic system is a fluid system in your body and a lot of toxins are carried and eliminated through that lymphatic system. So it's nice to get that moving, and that's why we're talking about movement in this cleanse, is because movement is what encourages your lymphatic fluid to move around your body. So yeah, light walking or light bouncing on a rebounder or using a body brush for like dry skin brushing is nice, or a massage is really nice, and those things will help to stimulate your lymphatic system.

Kaileen: Oh, that's a great idea, going for a massage this week. I'm going to add that one to the list. Okay, great. Now, Emily was wondering about storing her veggies, and the question is about if you wash all your veggies and you put them then in plastic bags, is that bad? And then there was some question about if you wrap them in paper towels first, then is the bleach in the paper towels bad for the veggies, and what about a cloth towel? Can you just talk a little bit about the best way to prep your veggies for this week and juicing and all that?

Jon: That's a good question.

Nadia: Sure. So this is all about good, better, best. There is no bad and you can't fail. So do what works the best for the rhythm of your life, because we're all busy, too. So try not to get stressed about being absolutely perfect in everything. What I do with my veggies is I bring them home, I don't wash them as soon as I bring them home. I bring them home and I put them in the crisper drawers of the fridge. I don't wrap them in any plastic bags or towels or anything. I just put them in like that. And then as I use them every day, I'll pull them out of the fridge and then I'll rinse them in a sink full of water, with

a little bit of apple cider vinegar in the water. I'll rinse them in the sink like that, and then I'll use them. So that's how I do it.

Jon: I think we also have a video, Nadia, about how to do that, how to clean the veggies, in the member's area. Is that right?

Nadia: Yes, there is, yes, and it will show you that, cleaning them with water with a little bit of apple cider vinegar, I believe.

Jon: Excellent.

Kaileen: Okay, great. That's a great tip. So Darla is wondering if it's okay to add vanilla to the chia drink.

Jon: Yeah, I don't see why not. That would be delicious, yeah.

Nadia: Yeah, and if you've got just -- again, read the ingredients to make sure it doesn't have anything else added in there; it's just vanilla.

Jon: Cool.

Kaileen: So vanilla extract? Is that the same thing?

Nadia: So vanilla extract is where the vanilla is tinctured in alcohol. There is also vanilla powder that you can get, which is just the vanilla bean that's crushed into a powder, and that won't have anything else in it, just the vanilla powder.

Jon: And how much do you think we should put in, if we're making like an eight-ounce chia drink?

Nadia: Yeah, I would play with it the same way you play with cinnamon. So just put a pinch in at first, and you can add more if your body likes the taste of it. Your tastes are going to change this week. So even with salting your broth and

putting cinnamon or sea salt in your water, or this vanilla powder in your water, or cayenne pepper, you might find on some days you want more of that and on some days you want less. So start with less and then you can always add more.

Jon: Okay, thanks.

Kaileen: Okay, cool. So Julie's wondering about backup foods and if there's any substitute to young coconut, if you can't find a young coconut.

Nadia: Yeah. Yeah, definitely. There's a whole list of backup foods in your resource links. Young coconut meat is just one of those, but there's a lot of other options in there. You're basically looking for easy-to-digest foods that are still cleansing but just give you some solid food, if that's what you're looking for.

Jon: Also, as a backup for -- we don't need to have a whole coconut if we want coconut water, right? We can just get coconut water that's in a bottle or cardboard container; is that right?

Nadia: Yeah, look carefully at the ingredients. There are a lot of ones out there that add stuff to their coconut water. So the ingredients should only read coconut water and that's it.

Jon: And some of them pasteurize it; is that right?

Nadia: They do, they do, and I'll tell you, I lived a lot of my life in the tropics and there is nothing like the water that comes out of a fresh coconut. I tried a lot of them from the store and they just don't taste anywhere near a fresh coconut. But like I said, if that's what you're wanting to get, if you don't have access to fresh coconut, try to get one that's unpasteurized, like you mentioned, Jon, and that doesn't have anything else added.

Jon: Okay. We just had an idea to fix my audio. I'm going to leave. Kaileen, if you could continue to ask questions, and I will be back in just a couple of minutes, hopefully with some better audio. So I will join you guys in just a couple of minutes.

Nadia: Okay, sounds good.

Kaileen: Okay, thanks, Jon. Okay, so Andrea's wondering, Nadia, if you could talk about skin brushing. Also, I am a huge fan of skin brushing, so they're just asking you to talk a little bit more about that. Maybe you could tell us how that works and where to find a brush and what to do?

Nadia: Yup, sure. So you can find a skin brush at most health food stores. A skin brush is basically just a brush made with natural bristles, and the bristles are quite firm. What you're doing is you're brushing the skin of your body. So you're stimulating the skin, the skin cells, and it allows just a healthier, more toned skin. It helps your skin to eliminate, which is what we're focusing on this week.

And the way you do it is you're always brushing with long strokes on your body, towards your heart. So I start down by my toes, and I'll brush my toes, the bottom of my feet and my legs.

Jon: Okay, I'm back.

Nadia: Hi, Jon.

Jon: Hi, can you guys hear me okay?

Nadia: Yup, you sound good.

Jon: All right, excellent, cool.

Nadia: And then I'll just continue for Andrea, and anyone else that wants to know more about how to do that. There is a page on my website about that, and I'll post that in the question page or maybe if somebody can post it in the chat roll while we're talking, and there's a page all about skin brushing and how to do it.

Jon: Excellent. I find a lot of times when I'm detoxing, my skin gets real dry. Do

you find that to be the case, yeah?

Nadia: That changes, and somebody else on the previous webinar was asking about they were really, really thirsty, and that changes as well. I found that, that sometimes you do feel really dry and sometimes that's not an issue. So it just depends on what your body is doing at that time, and whatever your body's doing, try and support it. So if you're feeling that extra dryness, do some skin brushing or use some coconut oil or have a bath or go for a sauna. Just try and support whatever's happening.

Jon: Awesome.

Kaileen: Okay, cool. So a lot of great questions here, but I want to just ask a question, a follow up to what we were talking about with the young coconut. Julie wrote back to clarify that she was actually wondering can you hydrate the dry, unsweetened coconut, if you can't find a fresh coconut, like is that a thing?

Nadia: No, because that dried coconut, that is coming from a more mature coconut, and that's the coconut that they use to make coconut milk. And that's fantastic for after the cleanse, but during the cleanse you want to have the water, which only comes from the young coconuts, not the more mature coconut.

Jon: That's great. I didn't know the answer to that. That's really good. Good to know.

Kaileen: Now, Margaret is wondering about taking milk thistle, MSM, magnesium citrate, green powder at one time, in a juice, and when -- if it's okay to take that, when should she take that? Like, what time of day?

Jon: Can you repeat the ingredients, please, Kaileen?

Kaileen: Sure. Milk thistle, MSM, magnesium citrate and green powder.

Jon: Yeah, so what's your opinion, before we answer that, Nadia, taking MSM this

week at all?

Nadia: You can. I don't think that -- it's not necessary. It's definitely not necessary at all. It's not going to really affect the cleanse in a detrimental way if you do take it. MSM is a white powder, for people that don't know what it is, it's Methylsulfonylmethane, and it's helpful in your body for a lot of different things. You don't need to take much of it. It has a very, very bitter taste, and it's just a tiny bit mixed in with a glass.

Jon: Yeah, it's supposed to assist your liver in detoxification, but I have never taken it in a detox, so I don't know how your body reacts to it in a detox. So I'm a little bit cautious about that one, just because I've never had experience with taking it in a detox. But the other ingredients that you mentioned are all excellent, and you can have them whenever you want. There's no limit to it, and they will all assist in a very gentle way in detoxing. Do you agree, Nadia?

Nadia: Yeah, I'm glad you brought that up about the MSM, because for people that are experiencing some challenging feelings or symptoms, that's something -- you don't want to speed up the cleanse. When you're feeling those symptoms, that means that your body is cleansing at a faster rate than what your body can eliminate, and you need to help your body to get that back in balance. So you don't want to encourage more stirring up of toxins and allow your body to catch up.

Jon: I remember one time I did a detox and this guy told me I had to take calcium as a supplement, and as soon as I took it, a calcium supplement, my body really reacted to it. Because my digestion had been shut down for several days, there was no other food in it, and our bodies -- it's just not natural to take just a chunk of calcium all by itself, or magnesium. I took both, and my body did not like it at all. So I'm a little bit cautious on that. I would say hold off on the MSM until next week. It will be wonderful to have ongoing if you're doing it the right way, but for now in this detox I would wait on that and just use the other ingredients. And you can have those other ingredients with your supergreens as often as you want. There's really no limit to that. Do you agree with that, Nadia?

Nadia: Yeah, yup, it's just nourishment and support.

Jon: Yup. Okay. There's lots of questions, so we'll keep going with them.

Kaileen: Now, Lori is wondering about how much salt to add each day when adding it to the water.

Jon: Yeah. All right, so we have a guideline, this is an approximation, but a half a teaspoon per liter is what I usually use. Nadia, does that sound about right to you?

Nadia: Yeah, that's fine, yup.

Jon: And the important thing is that it has to be healthy salt. So Himalayan salt, Celtic salt, sea salt. Are there other salts that you can recommend?

Nadia: Yeah, you've covered those ones. There's another salt that's a black salt, the volcanic salt.

Jon: Yeah, the volcanic salt. Yeah, there's a volcanic salt that smells like Sulphur. That's a great salt, if you can get that. I got it years ago when I was in New Zealand, and I haven't gotten it since. But that's a really, really good salt.

Nadia: Yeah.

Jon: But what you don't want is you don't want table salt.

Nadia: That's right.

Jon: That will work against you, actually. That's basically a toxin. That's just a highly refined version of what your body really needs, which is trace minerals, but it's not really trace minerals. It's just two minerals; sodium, chloride. You don't need the chloride. Too much sodium concentrated is a problem. It will cause you to retain water. But healthy salt has -- for example, Himalayan salt, I think I read, has something like 84 trace minerals. Is that right?

Nadia: Yeah, because really what it is, is you're benefiting from all the minerals that are in the ocean, and you get to benefit from that when it's not refined and iodized, like the white bleached table salt is. Usually the healthier salts have a color to them. So they're either pink or gray or dark gray or black-ish.

Jon: Yeah, or even a smell, like a slightly Sulphur smell with the volcanic salts. But it's kind of ironic, Nadia, because for years and years we were told salt is bad, salt is bad, stop eating salt, but the reality is that's true and it's not true. The salt we've been eating is bad, but we keep craving it because we're not getting the trace minerals. Our bodies need all these minerals to function right, and so it's a vicious cycle because the more salt you have, the more you crave because you're not getting what you really, really need.

It's very similar to the diet mentality, where when you're not giving your body what it really needs, in a way that it can digest, you just stay hungry and hungry because you're starving on the cellular level. So you can be starving on the cellular level for trace minerals, and this is a great way to replenish your body of trace minerals, especially because you're going to be going to the bathroom so much throughout the week. You don't want to deplete your body of trace minerals.

Nadia: Yeah, exactly, and it's the exact same story with fat, too, right? They did the same thing with low-fat diets, no fat, low-fat.

Jon: It's a disaster.

Nadia: Yeah, and it's not no fat; it's just having the right kind of fat, and it's the exact same thing with salt.

Jon: And to me, and that's a really good point, both salt and fat are similar to me in that you get a tremendous bang for the buck if you use the right one versus the wrong one, and you don't sacrifice taste at all.

Nadia: Exactly.

Jon: With sweeteners it's one thing. Sometimes you put stevia in, everybody knows that stevia is not sugar, and it's just like you know that. But when it

comes to healthy fat, healthy fat tastes better than refined vegetable oil fat, and it's the best thing you can put in your body. So one's the best thing you can put in your body and one's the worst, and you can't taste the difference. And if you can, the healthy one tastes better. And it's the same with salt. You can't taste the difference between healthy salt and unhealthy salt, and if you can, the healthy one is better. For the best bang for your buck is to choose healthy salts, and when you go off the diet, healthy fats.

Nadia: Yeah, exactly. And they're easy changes to make because of that. There isn't much of a difference between the two.

Jon: Exactly. Okay, so let's bring Kaileen in again for a couple more questions and then we'll finish up.

Kaileen: Okay, Jon, you'll like this question. This is from Andrea. She's thinking of buying a Soda Stream to put fizz in her water, but is curious about whether that puts toxins in.

Jon: Yeah, what are your thoughts on that, Nadia?

Nadia: I'm not familiar with how those Soda Streams work, and when I think of sparkling water, I really like to encourage people to get the naturally sparkling water. So there is water in the world that comes from the earth and they come from the earth already carbonated. And if you can get those, I think Pellegrino is one brand that's like that, but if you can get those, and they usually come in a glass bottle which is fantastic, instead of plastic, and they're going to be a lot better.

Jon: There's no question that that's infinitely better. There's Voss, there's Acqua Panna, there's San Pellegrino. They're relatively affordable. They're not overly expensive, and you want them in glass. Sometimes they cheat and put it in plastic. You want them in glass. You're getting a really, really healthy water. The reason why Kaileen said I'd like this question is because for my birthday I was given a Soda Stream, and I actually really, really like the Soda Stream because of the convenience. So the Soda Stream just takes water and puts carbon dioxide into it. That's all it's doing. And that's fine. As long as it's healthy water, that's fine, and I ran through the gas canister really, really quickly and haven't refilled it, but when I had that gas canister working, I was

riding it really hard.

Nadia: With the Soda Stream, can you adjust the amount of carbonation that you put into it?

Jon: Yes, you can. There are three settings.

Nadia: Oh, well that makes it seem better. Because when you sometimes get served a club soda somewhere, I find them way too bubbly, and I'll actually put a little bit of sea salt in those carbonated drinks, to take some of the bubbles out. Sea salt will cause the bubbles to come out of it. But yeah, if you're telling me you can adjust the bubbles in that, that makes it nicer.

Jon: Yeah, I'm the exact opposite. I ride it all the way. I'm a level three Soda Streamer, and I go through those canisters. And yeah, I find that soda water is so satisfying, with a little bit of lemon. And as I made that video on that, on healthy soda, a little bit of lemon and apple cider vinegar is really, really nice, and that's such a cool thing to have during a detox because I find it in a really odd way, very, very satisfying. So yeah, I would go for the Soda Stream. It's certainly more economical, but the best choice, by far, is definitely the natural waters in glass that are naturally carbonated. They are really, really healthy.

Nadia: Yeah. And I think -- I'm not sure, Jon, if you and I differ a little bit on our opinions on this. I think we've talked a little bit about it before. I like to encourage people not to have a whole lot of that carbonation, just because it can contribute to bloating, and bloating can be something that you experience already during the cleanse because there is a lot of stuff happening in your digestive system.

Jon: Sure.

Nadia: So if you are experiencing that, just take a look at if you are having a lot of fizzy drinks. And then I've also read a lot about how a lot of the carbonation can be quite acidic in your body. Have you read that as well?

Jon: No, actually. I'm going to have to look at that, because I have read some

things that it could actually be the exact opposite, alkaline, because you're putting carbon dioxide into the body, which is more alkaline. But it's possible that some chemical reaction takes place that makes it more acidic. I don't know. But I know that I've seen a few of the cutting-edge health gurus starting to recommend soda water.

Nadia: Okay.

Jon: Yeah, I know the Bulletproof guy, you know, Dave Asprey, went on a rant for a number of weeks about soda water and the benefits of it. But it's certainly worth looking into more. But I do find it's very satisfying when you're doing a detox, so it's definitely worth a try, but maybe the answer is in moderation.

Nadia: Yeah, and I find it satisfying as well. A lot of those soda drinks that you're talking about, I make those as well, with the apple cider vinegar and the lemon and I love them, and I do find them really satisfying. But if I have too much, then my body kind of needs a break from it. So yeah, maybe moderation and just listening to your body.

Jon: Absolutely. Okay. Kaileen?

Kaileen: Okay. So Meg has sent along some links about Moringa, which is apparently a naturally occurring spirulina found in Thailand. So what I'll do, Meg, is I'll pass that along to Nadia and Jon so they can have a look, and then I'll post any follow-up information about that in the Facebook and in the comments section, like I've been doing after each live class this week.

Jon: Also Meg, if that's just pure spirulina, then that's really suitable, yeah. Don't have it in excess, but it's actually really tough to have spirulina in excess because of the strong taste. But a little bit of that with water is an ideal supergreen, because really what supergreens are, are they are the most digestible form of nutrients. So some of them are grasses or planktons, but they're very low on the food chain and they just absorb sunlight and it's the first place -- and remember before when we talked about how we take sunlight, the plants take sunlight and they convert it into energy or they convert it into things that we can use, macronutrients like carbohydrates, fats and proteins. It's the first step in the food chain, basically. Very, very digestible, and that's what you want. You want lots of nutrients that are very

digestible that can go right into your cells without activating your digestion too much. What are your thoughts, Nadia?

Nadia: Yes, spirulina is wonderful. I agree with that.

Jon: I'm actually drinking spirulina right now, spirulina water as we speak.

Nadia: Nice.

Jon: Spirulina is an acquired taste and you can get bloating from spirulina also, especially if your digestion is not used to it, but it's not necessarily a bad thing. It's more that your body is getting used to a healthier type of thing and it has to develop bacteria, friendly bacteria to digest it, and it's killing some of the other bacteria, and then there's always this war that goes on in your digestion between friendly and unfriendly bacteria, and that kind of can exacerbate it a little bit.

But anyway, let's take one other questions, Kaileen, and then we'll have to wrap it up.

Kaileen: Okay, sounds good. So Maria is wondering about diarrhea and if that's normal during cleansing, because the symptoms seem to be increasing, and should that be a concern or is there anything that we can do about that, if that's the case?

Jon: Yeah, this is a really good question. There's a lot of points we can make on this. Nadia, do you want to start on that?

Nadia: Sure. So diarrhea can certainly be something that you experience while you're cleansing. I've experienced it myself, and I've seen it in lots of people. And you want to make sure that you're drinking those nourishing liquids, because you don't want your body to become dehydrated or to -- you don't want to imbalance your electrolytes in your body. So make sure that you are putting the sea salt in your water, like we were talking about, and you're having the broths and the green juices and all of the other things, so that you're replenishing your body.

Diarrhea usually changes throughout the cleanse. So if you're having diarrhea on day one, that's not necessarily to say that you're going to have it all throughout the cleanse.

Jon: That's true, and my experience with healing your digestion in general, whether you're cleansing or not, is that you can experience the whole gamut of potential digestion symptoms, from constipation to diarrhea, and I guess everything in between, and then bloating and all of these things is your body readjusting. Nadia, we've kind of become used to the fact that a symptom is something that needs to be treated. If you look at the medical paradigm, we treat symptoms. But sometimes the symptoms are the symptoms of healing, and in this case, especially when we're detoxing, all types of digestion issues like that, from constipation to diarrhea, are symptoms of healing going on, usually. Do you agree with that?

Nadia: Yeah, that's a good point, yeah, that's a good point.

Jon: Cool. All right, Kaileen, thanks very much, and we'll just conclude the webinar now.

Okay, cool.

Kaileen: Thanks, guys.

Jon: Thanks. So this is the main point that I know you always like to emphasize, is that it's already working. I'm wondering if we can just touch on that, please.

Nadia: Yeah. I mean, for some of us it's the end of day one. Some people are already beginning day two. But you're already in the cleanse. You're doing it. I mean, congratulations. I honor all of you. You did that pre-cleanse last week, which was fantastic, and even during the pre-cleanse you were already cleansing. And now we've stepped it up a little bit and now we're doing mostly all liquids, if not all liquids, and you're just assisting your body in doing what it already knows how to do, what it is already doing all the time. You're just providing a supportive environment for your body to do that in a nice, nourishing, comforting place.

Yeah. And I would say this is a very, very important day because it's really the day where you kind of -- your body switches into this kind of detoxing mode and it makes it much, much easier. So this is an important day to be really gentle, really loving with yourself, and really prepared. Having all of your juices with you, doing the visualizations, communicating with your body, letting it know that this is a really important thing that you're doing and you're doing this for health. Give your body what it needs. Give it lots of love. The affirmations we talked about, "I love you, I accept you, I appreciate you, I forgive you." Just keep providing your body with love and nutrients and gentleness and acknowledgement that this is something really, really important that you're doing, and it will help you transition into a much easier place. Do you agree with that, Nadia?

Nadia: Oh yeah, 100 percent. Everyone, just keep doing what you're doing. Keep asking us questions. We didn't talk about the visualizations at all. I think we talked a lot about that last time, yesterday.

Jon: Yeah, yeah.

Nadia: Keep up with those as well, and keep supporting yourself and I really am excited to be here with all of you and sharing the journey with all of you.

Jon: Awesome. Thank you so much, Nadia, and, Kaileen, and everyone else on the show, Aeron, and Shannon and our customer service. Ask us questions in the Facebook area. Keep the pictures coming in, and then also in the support group, and we will be with you again in 23 hours from now. So thanks very much, and keep up the great work. Take care.