

AUTUMN SEASONAL CLEANSE	
IMMUNITY + PROTECTIVE MENU	
Good morning [upon rising]	IMMUNITY SHOT * * * We recommend adding an immunity shot to this cleanse menu. \$5.50 each or 3 for \$5. See related products on website. FOLLOWED BY: The High Line: carrot, orange, ginger, turmeric, matcha green tea
When next hungry 9am - 10am	The New Yorker: alkaline water, activated cashews, cashew butter, banana, vanilla tea, protein powder, pine pollen, cordyceps mushrooms
11am - 12pm	Park Ave: celery, cucumber, spinach, lemon, parsley
1pm - 2pm	Central Park Smoothie: banana, celery, cucumber, spinach, avocado, lemon, chia, parsley, kale leaf powder, collard greens powder, sprouted bio-fermented pea fibre, broccoli sprout powder, natural sea mineral complex [from wild harvested seaweed]
3pm - 4pm	Greene Spice: celery, cucumber, lemon, aloe vera, mint, ginger, turmeric, matcha green tea
5pm - 6pm	The Bronx: carrot; beetroot; lemon; ginger; flaxseed oil; burdock root herbal extract; rosemary herbal extract
6pm - 7pm	Spicy Carrot + Ginger Soup: filtered water, carrot, avocado, ginger, tahini, rice malt syrup, turmeric, cayenne pepper, Echinacea herbal extract, Himalayan salt.
7pm - 9pm	Bone Broth: filtered water, pasture-fed organic chicken bones, carrot, celery, garlic, cardamom pods, peppercorns, mineral salts, mixed herbs // OR // Sea Vegetable +Mushroom Vegan Broth: filtered water, kombu sea vegetable [wild Atlantic kombu], shitake mushroom, leeks, ginger, cardamom, cloves, black peppercorns

Why this menu for Autumn?

- Energetically warming for the season, including a soup and a broth + plenty of warming ginger throughout.
- Focus on anti-inflammatory and alkaline properties to assist the body in its first line of defence.
- Contains immune herbs and adaptogens.

Other fluids

Drink as much [filtered] water and [organic] herbal tea as you like.

Try to drink 300 – 500ml of water between each elixir and drink herbal tea as you like.

Can I incorporate other food [solids] into my program?

This program is designed to suit your life; your style.

We don't believe that a cleanse should be approached as a temporary period of starvation. The real magic happens when you start listening intuitively to what your body needs, stop punishing yourself and release the view that success can only be achieved through suffering. [This is the perfect time to start practising!]

If you feel like you need solids – first ask “will this serve me by enhancing my experience?” If yes, enjoy!

Some guidance with food options if you need [always choose organic if possible]:

- a fresh salad of raw vegetables drizzled with flaxseed oil and lemon juice as a dressing
- roast potato topped with a salad of raw vegetables [great as lunch or dinner options if you need]
- vegetable soup / broth
- all raw and steamed vegetables and fresh fruits [pear is a good low GI option and pineapple and papaya are great for digestion]
- a small handful of activated nuts or seeds
- ½ avocado – mashed [add lemon and sea salt for extra minerals]
- 1 young coconut [you can eat the flesh too]
- Medium banana [mash it if you like and add cinnamon which will help balance blood sugars]

Stay away from:

refined white sugar and salt / meat / eggs / dairy / animal fats / refined white flour products [bread, pasta] / grains / all refined foods [ie, if it comes in a packet] / caffeinated drinks / alcohol / soft drinks

5 tips for boosting immunity this season

1. **Support your lymphatics with dry body brushing.** This stimulates the movement of the lymphatic system and not only makes your skin look great, it shifts toxins and accumulated pathogens that have been dumped there by your hard-working immune cells out of the lymphatic system to be eliminated.
2. **Get across tongue scraping!** There is so much anecdotal evidence out there about the benefits of tongue scraping. Many people say they haven't had a cold since they started tongue scraping. So how does it work? Tongue scraping is all about reducing the pathogenic load on the body by physically removing toxins and bacteria on your tongue before you ingest them. We recommend tongue scraping as soon as you wake up in the morning, followed by brushing your teeth. You can use a tongue scraper or even the back of a teaspoon to gently scrape away the layer of film that forms on the tongue.

3. **Drink enough water.** Most of us are chronically dehydrated and your immune system and lymphatic need water in the body to help move that lymphatic tissue around and do their job effectively. Water helps to clear mucous which we all know crops up in the case of infection! The recommended amount of water daily is not actually 8 glasses or 2L per day for everyone: look to get in **1L of water per every 22kg of body weight.**
 4. **Meet and then beat your fruit and vegetable requirements every day.** Did you know that the minimum of 2 fruit and 5 veg is not being met by 80% of adults each day! Do what you can to give your body the nutrients it needs – starting with amping up your fruit and veg intake! **TIP:** significantly increase your fruit and veg intake by drinking nutrient dense cold pressed organic elixirs.
 5. **Invest in a good probiotic!** This is part of what makes your GALT (or **Gut Associated Lymphatic Tissue**) do its job effectively - it helps to rebalance the symbiotic bacteria in the body that helps us fight the baddies and will improve your general health overall.
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**WE ALL CHANGE COLOURS AND LOSE OUR LEAVES...
THEN WE BLOOM AGAIN.**

[MARIA LAGO]

GREENEST JUICE CO.

Cold Pressed Organic