



SEASONAL CLEANSE WELCOME PACKET

lila
EAST END YOGA

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yoga on and off the mat

 maine
integrative healing

Seasonal Cleanse at Lila East End Yoga

Lean In To Let Go

with Genell Huston, Liz Strawbridge, and Jamie Worster

Welcome!

We are so glad you are joining us for this collective experience of allowing ourselves to step into deeper relation with ourselves, our communities, and our environments. We are a community that acknowledges the power of seasonal transitions and willingly steps into the energetic flow to allow for release, shifts, growth, and reconnection.

Spring is a time in nature of new growth, vibrancy, and returning light. The sprouts are prolific; the earth is wanting to feed us with fresh, crisp, and alive food to give us a boost of energy from the long, dark, heavy, and cold winter days. In the fall, nature invites us to contemplate this letting go process in our own spirit-body-mind. As we see Earth dying and shedding around us, or sprouting and coming into being, we are welcomed to examine what needs to do the same in our lives, so that we may step into the season with clarity and intention.

In the next three weeks, we will tap more deeply into that place of self inquiry, intuition, and rhythmic ways of being. Through the process of deep listening, we have the opportunity to loosen the grip of the many distractions we grasp onto in our current culture that prevent us from knowing our beings' true needs for sleep, movement, silence, and connection to nature. Give yourself permission to get quiet enough to deeply listen to what you truly are wanting and what you really desire.

Together we will help to create a container so you feel supported as you explore your evolving relationships to lifestyle, food, time and space as we move from the more physical to the more subtle. Our hope is to help you let go of ideas and patterns that are preventing you from connecting to that deep knowing of your own rhythms and body wisdom.

Liz, Jamie, and Genell each come to the table with various experiences cleansing, living, and being. We are excited to share our resources, knowledge, and ideas with you. But, more than that, we want to hold space for you to feel empowered to step into your own knowing. Our bodies are all different so rather than giving you answers or algorithms, we hope to guide you into finding your answers from within.

We are grateful for your investment in yourselves and this community.
Namaste,

Genell, Jamie, Liz



GETTING STARTED:

- 1. What is Cleansing?**
- 2. Preparing for the Cleanse**
- 3. Habits**
- 4. Your What and Your Why**
- 5. Space Clearing**
- 6. Daily Rhythms**
- 7. Menu Planning**
- 8. Choose Your Path**
- 9. Lean in for Support**

- What is Cleansing -

The weeks ahead are about creating ease for your digestion AND your life. Our environment, foods and lifestyle can put a lot of stress onto our digestion, our organs, and our bodies. We will ask you to explore creating more space and ease in your external physical environment as well as in your internal tapestry including your mind, gut, emotions, and subtle energies. We will explore all this through intention setting, space clearing, syncing with nature, habit exploration, body movement, and consumption. Often cleanses or detoxes are mostly all about food. Our intention is to create an experience for us all that welcomes a bigger vision. This includes not only the food we are eating, but the space we are sharing, the thoughts we are thinking, and the way we are moving.

- Preparing for the Cleanse -

- Reflect on Why you are doing this + What is asking to be released for you
- Simplify social calendar - add in time for walks, self care, nature, community
- Talk with your partner, family members, friends, about your intention to participate in this cleanse and ask for their support
- Prepare kitchen and cupboards - clear out space and add in the foods you want to nourish you over these next weeks
- Clean your space

- Habits -

Let's take inventory of your current state of affairs and understand why it is that you are not yet where you want to be. What habits are you holding onto with a tight grip?

Some common examples to jog your thinking are:

-Habits around schedule (productivity and busyness is a badge of honor). Where

can we let go of some obligations so that we may make time and space to be?

-Habits around physical stuff and objects. Does more stuff really = greater happiness? What would it feel like to declutter your living spaces?

-Habits around food. My morning coffee, my glass of wine with dinner, my dark chocolate, my raw veganism, my paleo lifestyle...the purpose of my saying this is to emphasize that there is no judgment around choices- the only person who knows what serves them best is you! Can you discern between what your cells want and what your emotions - or gut microbiome - want?

-Habits around emotional patterns and relationships (anger, passive aggressiveness, victimization). What roles are we holding on to? Do we hold onto our ego over our unity consciousness?

-Ancestral baggage. How do we know what we know? Where do our truths come from? What beliefs and patterns of our ancestors, our culture are we holding onto that don't align with our integrity or higher truth? How can we get curious about what habits/patterns might be ours + what might belong to our ancestors? How can we honor our ancestors for all that they have given us?

Pick out one of these items or any that you have identified to focus on over the next three weeks. How will you let go of this habit? Identify steps that seem doable and fail-proof to help you. We got your back!

Write it down and keep note of your progress over the 3 weeks.

- Your What and Your Why -

Tap deeper into knowing your inner desire. What brings you here? What are you really seeking in this cleanse, and in this life? What are you holding onto that is blocking you from that vision? What do you WANT to let go of? Why? Now sink deeper. What might you NOT WANT to let go of but, upon reflection, you understand may be holding you back from living in complete alignment with your integrity?

What would your life look like when you let a habit or pattern or belief die? Will there be mourning and grief? Gratitude for how it's served you? Will it open up space to receive? Notice what becomes more available. What does that look like for you? How will that affect your external environment, your internal experience and your connection to a greater purpose?

- Space Clearing -

Our space has a lot of impact on our thoughts and clarity. What we desire can be clouded by distracting piles of mail, laundry, and **excess stuff**. In prep for the cleanse, create a physical environment that promotes a sense of peace, ease, and well-being. Take time this week to dust, empty out, and declutter that which no longer

serves you.

- ✓ Get a box and start to clear out your physical environment. Declutter the stuff which is no longer serving a purpose in your life. As you pick up the items you could ask yourself, *is this bringing me joy?* If not, be willing to let it go. Don't worry if it was given to you as a gift. Plan a trip to Goodwill or other organization where you can donate these goods so they may have the opportunity to serve another.
- ✓ Clean out even your fridge, freezer, and cupboards. Leave only the food that you want to put in your body over the next three weeks.

For more details on this, check out Marie Kondo's book on [The Life Changing Magic of Tidying Up](#), Marie Kondo - Clearing external space, de-cluttering.

[Listen to Marie Kondo: "The Life Changing Magic of Tidying Up" | Talks at Google](#)

[Listen to The Life Changing Magic of Tidying Up on Audible.](#)

- Daily Rhythms for Optimal Health + Wellness During the Cleanse -

During the cleanse, consider how you can honor the natural cycles of the seasons, the days, and your body. The more you can lean into these rhythms, the more you align your body into its optimal state, and the less energy and discomfort you will expend. This frees up space for contemplating your more subtle needs and desires. Here are some tips and strategies we have found useful for staying connected to purpose, passion, hunger, and community.

Morning...

- Dawn Patrol. Start your day by waking up prior to or as the sun is rising.
- Head to the bathroom to pee, scrape your tongue, and brush your teeth.
- Hydrate. Drink warm water to flush out your body. Add lemon if you wish to introduce a bit of flavor and/or alkalinity.
- Pause, reflect, and be grateful for the gift of the new day. Meditate, breathe, journal. Dedicate a few moments to be present with yourself and welcome the new day.
- POOP! - clean out your gut. Get embodied - dry brush, oil your body, and/or move your body. Get your blood flowing, breath moving, and perhaps even sweat a little (or a lot).
- Nourish yourself with food that will energize you and break your fast.

Mid-Day...

- Nourish yourself with the biggest meal of the day. Sit down and enjoy a real meal. Taste it, smell it, and feel it fill you up.

- Take a moment in the middle of your day to look out at the horizon, step on the earth, smell the sea breeze, hug a friend.

Evening...

- Enjoy a supplemental, early, light dinner. Close your kitchen around 6pm.
- Unplug from all electronics around 8pm or earlier if you can.
- Go for a walk or other form of gentle movement.
- Take in the sweetness of friends, family, or time with yourself.
- Read, listen to, or reflect upon something that inspires you.
- Take a bath, sauna, hot shower, or foot soak to help unwind from the day.
- Lather yourself in pure oil as a form of self care and self love.
- Head to bed early... lights out by 10pm.

Other tips throughout the day to help stoke your inner flame of desire, digestion, and connection:

- * Drink only water and herbal teas between meals. Drinking warm water takes less energy for your body to process and helps move toxins along.
- * Begin to decrease and unplug from all stimulants, in foods as well as in your environment.
- * Become more connected to your local environment and ecosystem by eating what is in season.
- * Avoid snacking between your meals. This will allow time for your digestion to fully process the food you consumed. The result will be more efficient digestion and more energy for your body to spend on repairing and regenerating.

- Menu Planning -

There are tools, techniques and foods that will help spark our digestive fire and enable us to process our food more efficiently and cleanly. When our bodies are digesting efficiently, it allows us to tap into deeper reserves of energy and start letting go of toxins, inflammation, and excess stressors. In regards to food, the plans we outline are suggestions of foods that are easiest for our bodies to digest, including certain vegetables, fruits, and some grains. If you do not see something on the list, it does not mean that it can not be consumed, it just means that it may take more energy to break it down and digest. In general, meats, dairy, and some grains are harder for our bodies to digest and break down. There are foods that are known to trigger inflammation in the body and increase our immune response. During the cleanse, we will ask you to experiment with letting go of some of these foods out completely: alcohol, sugar, gluten, refined grains, trans fats and saturated animal fats. More detailed information on the impacts of these foods is listed below.

The cleanse will be broken up into three parts: Week 1, 2, and 3. In Week 1, we will ease into a gentle clean-up of your external world. This may include clutter at spaces

in your work and home, your over-scheduled calendar, the foods in your kitchen and pantry. We'll ask you to remove foods from your pantry or fridge that contain caffeine, alcohol, processed ingredients, chemicals and sugars. In Week 2, we'll move from the external to the internal. We'll go deeper into our body and organs, clearing out waste and toxins from our colons, liver, kidney. This may include experimenting with a more liquid diet, flushing out your system. As part of this internal exploration, we'll delve into the thoughts that populate our mind. What would it look like to create space for silence in your mind? This week is the opportunity to notice our thought patterns and release those that are not serving us. Finally, in Week 3 we will be in a place of clarity, allowing us to lean into the subtleness of our beings. This is the week where we start to develop our intuitions. You will design your own menu from your deeper knowing. What does my body want to ingest? What do I want to fill my space, my schedule with? How do I more authentically and intentionally respond to my emotions? Which relationships do I want to more deeply cultivate? What is my deeper purpose here? These are big questions, but ones that we should routinely reflect upon. By doing it from this space of quiet clarity, your answers are coming from your deepest truth.

As with any experience of deep physical and emotional introspection, there will be highs and lows: moments of energy and exhaustion, clarity and confusion, flow and resistance, joy and irritability. No one experience is "the right one" and we ask that you embrace each of these teachers as they come and allow them to guide you toward higher awareness.

Remember, for these 3 weeks we are trying to maximize efficiency so that we can make digestion super clean, high functioning, and easy. That said, all bodies are different and need different nutrients for nourishment. Experiment in your body and start to notice what you feel like after you eat certain things. A blank menu planner will be available on the Cleanse Resource Center as well as attached to the welcome email. Remember to choose as many whole organic unprocessed, unpackaged foods as able.

Consider removing or limiting....

- **Hydrogenated or partially hydrogenated oils** found in many packaged foods, margarine, vegetable shortening and most commercial baked goods. They are artificially hardened fats made to withstand long periods on store shelves. They have adverse effects on our heart, vascular health, and immune systems and may promote cancer and accelerate aging. In terms of fogginess and lack of clarity, a recent study in people under 45 years old revealed that consumption of trans fats may impair short term memory!
- **Sugar** (including alcohol and white flour). Elevated blood sugar results in insulin release which stimulates release of cortisol, your stress hormone. This causes your body to hold onto fat rather than burning it for energy. Additionally, excess glucose molecules may bind to proteins, damaging them, resulting in an

inflammatory immune response as the body attempts to break down the glucose-protein molecule. Sugar can also make it more difficult to be in tune with our perception of hunger and satiety. A 2010 study found that chronic consumption of sugar dampens the signals in your body that indicate satiation which may lead to overeating. Consider adding small amounts of stevia or raw unfiltered honey as you ease off sugar.

- **Gluten**, a large protein found in wheat. For agriculture success, American wheat contains more than 10x the gluten it did 50 years ago due to an engineered high yield dwarf wheat strain introduced in the 60s. Additionally, modern wheat milling methods to produce white flour eliminate the beneficial part of the wheat kernel (such as bran and germ) that are richest in proteins, vitamins, lipids and minerals. To top it off, Americans are eating much more gluten-containing foods. This onslaught of gluten has potentially wreaked havoc on our guts and immune system. Gluten is a large protein that can irritate the gut and may even cross the thin gut lining into our bloodstream causing the body to identify it as the enemy and initiate an immune response. This is why some people experience joint pains, brain fog or skin issues that they relate to gluten. Additionally, excess gluten may be changing our microbiome, the implications of which are unclear.
- **Dairy**. Over the last 100 years, dairy production has changed from natural grazing to large stable barns where cows are given corn and grain-based diets in order to promote continuous lactation through the entire pregnancy. This process, coupled with the practice of giving the cows bovine growth hormone and antibiotics is concerning for human consumption, especially in regards to the potential for hormone-dependent cancers (breast, ovarian, testicular, etc). Some people are lactose intolerant and cannot break down milk sugar causing bloating, gas or diarrhea. Other people may have an immune response to one of the two proteins found in milk, casein or whey. Casein is a protein with a very similar molecular structure to gluten and 50% of people who are gluten intolerant are casein intolerant as well. Many believe that milk causes excess phlegm in their systems (a theory dating back to 12th century China). While there are no studies to prove this, you may want to take note of how your own system responds.
- **Saturated fat from animals**. Animal fat can also be reservoirs for hormones and antibiotics that have been fed to the animals. These exogenous pharmaceuticals can cause inflammatory changes in addition to disrupting our microbiome and delicate hormonal rhythms. Choosing trusted 100% grass fed organic meat sources are important for minimizing toxin exposure. Cooking meat at high temperatures can release cancer-causing chemicals, so if you have well sourced animal protein be sure to cook at low temperatures <300F ideally (stewing, steaming, poaching is best).
- **Caffeine**. While there are some anti-inflammatory benefits to caffeine, we suggest trying to limit it during the cleanse, as there are other effects on our nervous systems. It can cause anxiety, insomnia, tremor and in sensitive individuals it can irritate the digestive system and bladder. It also has addictive potential, and this

cleanse is about exploring your relationship to certain substances that alter our nervous system.

- **Alcohol.** Alcohol is an inflammatory substance whose metabolism taxes many organs in the body, most notably the liver. Excess intake can weaken your immune system and promote cancer. Most of us are aware of the dangers of excessive alcohol, but even for those of us who enjoy it in moderation, this cleanse is another opportunity to explore your relationship to it and notice what your body feels like without it.
- **Artificial sweeteners, colors and preservatives.**

Consider adding in....

- **Organic** as able. We appreciate the fact that organic fruits and vegetables are expensive, but they are the best choice when possible. Clearly we don't want to ingest pesticides and toxins, but perhaps even importantly plants grown organically are stronger! They need to protect themselves from other plants, predators (insects, birds and animals) and the sun. These plants do this by producing more intense protective chemicals (phytonutrients) which, when ingested by humans, protect us too! Typically, the more deep and dark the colors, the more beneficial phytonutrients they contain.
- **Phytonutrient-rich foods** have many health benefits. They protect cells from DNA damage, inactivate carcinogens, have antibacterial and antiviral effects, inhibit angiogenesis (the mechanism by which tumors grow) and generally combat inflammation. They include cruciferous veggies including broccoli, cauliflower and Brussels sprouts (which contain organosulfurs), flavanoids found in spinach and blueberries (anthocyanidins), grapes (resveratrol), apples (quercetin) and green tea (catechin), ellagic acids in blackberries and pomegranate, isoflavonoids (soy foods), and lignans (flaxseed).
- **Fermented foods** such as sauerkraut, kimchi, miso. These are rich sources of beneficial bacteria. Gut bacteria play a critical role in digestion, nutrient assimilation, energy storage, immune function and even mental health. Many neurotransmitters are made in the intestines that help regulate our mood. In fact, sometimes the gut is referred to as the "second brain." This cleanse is a great opportunity to begin colonizing our gut with beneficial bacteria such as lactobacilli and bifidobacteria from fermented foods.
- **Bone broth**, a nutrient dense remedy. It is easy to digest and the gelatin can be helpful in repairing an irritated gut. The broth contains amino acids and nourishing minerals of bone, cartilage and marrow and when vinegar is added during the cooking process, it draws out more calcium, magnesium and potassium from the bones. There are instructions for making this in our recipe booklet.
- **Healthy plant-based fats.** These include anti-inflammatory monounsaturated fats such as extra virgin olive oil, avocados and nuts, polyunsaturated fats such as flax and chia seed and saturated fat such as coconut oil. Coconut oil is a medium chain triglyceride which helps boost metabolism and has antimicrobial properties

so is a great choice when you are looking to add in fat during the cleanse. In cooking, use coconut or avocado oil which have high smoking temperatures and only use olive oil in the raw or at low heat as it is a fairly unstable oil and can oxidize quickly.

- **Spices.** Add more spice to your meals. Spices can help aid digestion and bump up metabolism, as well as help move excess toxicity from your body. Spices can also aid in excess gas and bloating. Ginger and turmeric both exert anti-inflammatory properties. Coriander, fennel, cumin, cinnamon, asafetida (hing), black pepper, nutmeg, clove, and cayenne are also great additions to your meals.
- **Skins of fruits and vegetables,** and the flesh right under them contain the most concentrated anti-oxidants (because they help protect plants against sun damage, traumatic injury, insects, etc)!

- Choose Your Path -

There is no right way to release and cleanse your outer and inner environment. Truth is, we all have different lives, bodies, and homes; we all are in various phases of life, have different levels of commitments, and have experienced a wide range of life paths. To that end, there is no one single way to welcome a cleansing process into your individual life, body, mind, and spirit. Our hope is to provide you with a range of options and for you to pick and choose based on what you already know is true about your whole self. Listed below are three paths that will help provide a form of foundation, landing, and ground for you to lean on as you begin this journey.

We map out a 3 week plan under each path. The intention is not for these to become like stiff walls that create rigidity, rather, may they offer enough guidance for you to lean deeper into your own intuition. You may find yourself shifting from one path to the next over the course of the 3 weeks.

"What we think and what we eat make what we are, physically and mentally."

-Edgar Cayce

Each path will help you cleanse and gain more clarity around body, mind, spirit. There is no right or wrong in choosing your path for this Fall Cleanse. On the kick off call we will guide you on how to design the best cleanse for you right now. Keep in mind, cleansing is not a one and done. Our hope is that this is something that you schedule into your calendar twice a year as a way to reset and rejuvenate yourself! Notice which of the below might resonate with you. Take note and pay attention to what sounds nourishing for you. Cleansing is not a one size fits all.

Are you new to cleansing? Do you have resistance to letting go of held patterns around food?



Gentle Surrender

Do you not have a lot of time cooking? Feel busy, over scheduled? Help let go and cleanse, as well as nourished and grounded.



Simplify

Do you have ample space, time in your life + calendar right now? Those who want to let go of old and deep emotional patterns, toxins in gut and liver, old waste.



Deep Release

- Lean in for Support -

The next three weeks may be full of breakthroughs as well as breakdowns. Becoming more conscious and clear about our spaces, our habits, and the food we are consuming will ask us all to step up with courage, commitment, patience, and presence. Aspects of the process may feel freeing, liberating, and inspiring. And, at times, it may feel overwhelming, discouraging, and like an uphill journey. Our journey of letting go over these next few weeks may bring liberation and inspiration, but along the way there will certainly be discomfort and solitude. During these times, just remember that in the clearing out of body, mind and spirit, we are creating fertile ground to develop our intuition and align with a greater purpose. Through the process we hope that we can lean into one another for support, guidance, affirmation, encouragement, and open hearts.

Connect about this journey with those who are closely intertwined with you. Who will the changes you are making impact? If you are planning to start to go to bed earlier, eat a lighter dinner, begin to meditate in the morning, or whatever your goals may be, mention all your goals to your loved one, your family, your friends. This will not only help you stay accountable to yourself, but, it will keep your communication very clear between you and your community. Ask for their support in helping you stay on the path of your goals and vision. You can be specific in the request, for instance if you are hoping to turn off your computer by 8pm, you could ask your partner to support you in this by not asking you over the next few weeks to watch a movie or show before bed. Here is a step by step approach to ask for support inspired by Cate Stillman in her book [Body Thrive](#):

1. Tell the person the “why” behind the habit you want to change.
2. Ask the person if they are willing to support you in this habit change.
3. Determine specific ways you want support.
4. If necessary, brainstorm with them ideas of how they can support you.

In addition to having the support of those closest to you, we are also eager to hold

and share space together in this Seasonal Cleanse Community. Whether you can join us by video, over the phone, or online, we look forward to connecting, asking questions, sharing triumphs, laughing, and exploring together. We are all sharing this journey together and see the value of each and everyone of you and your role in the creation of this tribe. We all have something to share, we all will experience our own unique journey, and we all seek connection. Please chime in, lean in, ask questions, offer guidance, and show up in the best way you can. Please join our [Facebook Online Forum](#) and join in the conversation that will start to develop over the next few weeks. This is a private group. Please go to Facebook, search for the group, and ask to join in. Genell, Jamie, and Liz will be looking at this daily and chiming into questions, as well as posting their own journey. This is a place where we hope all of you can chime in! We look forward to seeing you, hearing you, and being with you all very soon.

