

Why cleanse?

It's all about digestion! The body uses more than 70% of its daily allotted energy on digestion, which is the process of breaking down food in the stomach and intestines into nutrients, which are converted into energy that can then be used by the body. By eliminating solid foods for a period of time, it gives the body a well-deserved break while simultaneously allowing your body to receive essential nutrients via liquid meals.

70% of our energy is used for digestion

1 day, 3 days, 7 days ... it's up to you how long you need to cleanse. We also provide group cleanses each season if more morale support is needed for you!



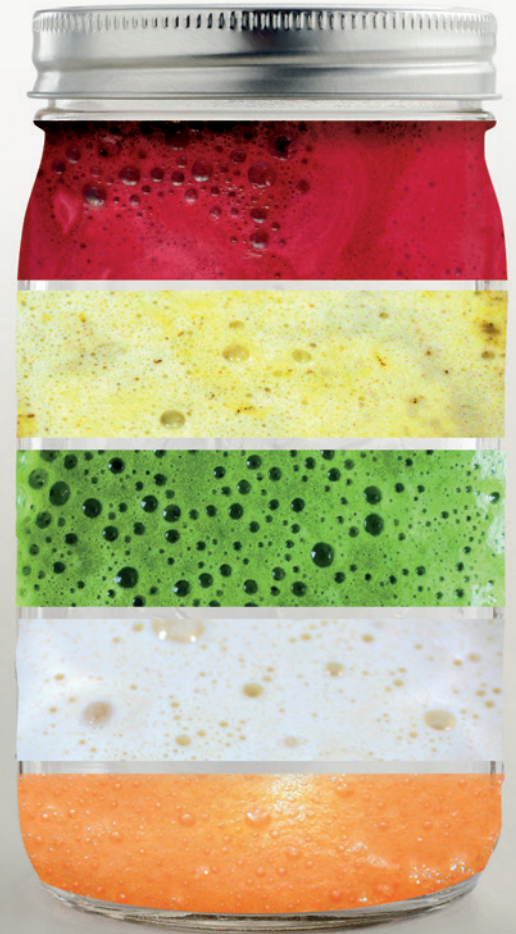
PHOTO BY HANNAH MAXWELL

Kim's Story

Prior to launching **consciousfork**sm, I was an enthusiastic member of the "rat race". While I was enjoying a successful career in TV Marketing, the long hours, travel, and stressful lifestyle was taking a toll on my health and well-being. Years ago I was introduced to a juice retreat which ended up changing my life forever. After one week, I felt rested, rejuvenated, recharged, and ready to head back to my busy life. That vital experience was the first step on my path toward **consciousfork**sm and ultimately, walking away from my corporate life to follow my quest for slow-living. Our juice cleanse program is designed to give you the many benefits of a juice cleanse retreat, right here at home.

Kim Gabelmann, is the founder of **consciousfork**sm and is a certified health counselor, graduate of the Institute for Integrative Nutrition and a vegetarian since age 10.

consciousfork.com



nourishing the mind, body & soil™

For more info email: ajar@consciousfork.com

How it works

Each day you will pick up 4 drinks (served in glass mason jars) and one hot soup. You will repeat this each day you are doing the cleanse. You will receive the consciousforksm

Getting started

It is VERY IMPORTANT that in the day/meals leading up to starting your cleanse - begin eliminating processed foods, white sugar, bread, meat, and dairy. Enjoy some green salads, fruits and vegetable meals, and start weaning off caffeine. Also, start mentally preparing for the cleanse and setting your intentions for why you are doing it and how

Helpful hints

Drink LOTS of H2O with lemon. Avoid heavy exercise. Walking, stretching and yoga-like activities are recommended. Try to avoid stressful people and activities - use this time to focus on your intentions and getting rest.

Breaking the cleanse

It is VERY IMPORTANT to be mindful of how you break your cleanse. You must ease your body into solid food/fiber again - only raw foods (ie salad) and smoothies. The post-cleanse period should be about half the time you were on the cleanse... just be mindful of easing back into solid foods and which kinds! Go easy on caffeine and alcohol consumption.

THE CF CLEANSE

drink water throughout the day

#1 ROOT

beet + carrot + celery + apple + parsley
set your intentions for the day

#2 LEMONADE

lemon + apple + cayenne
avoid stressful people and activities

#3 GREEN

cucumber + celery + greens + parsley
+ lemon + ginger
take a walk

#4 PROTEIN

nut milk + dates + vanilla + alkaline
H2O + sea salt
stretch

#5 HOT SOUP

pureed vegetable soup
early to bed, early to rise

Disclaimer: consciousforksm does not diagnose nor treat illness. Individuals with serious illness, who are pregnant or taking prescription medication should consult their physician before starting a juice cleanse. consciousforksm, does not make any claims of the effectiveness of the juice fast to cure or heal illness.

Basic juice cleanse

\$46 per day

CF Cleanse Kit, \$20

Health coaching available

Email ajar@consciousfork.com



DETOX VITAL ORGANS
BOOST ENERGY
STIMULATE DIGESTION
INCREASE ENERGY
LOSE WEIGHT, FEEL GREAT

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