



## Rejuvenation Phase - Days 4 & 5

This is the stage when the true healing starts to happen. Up until now we have been cleansing and letting go of all that was creating imbalances in our bodies and minds.

Now we build and integrate the process of healing - so please do take care of yourself.

It is as though you've been through a minor operation - and the body is still sensitive, so take it easy and start adding new foods gradually and mindfully.

During this stage, we will start to add more plant-based wholesome organic foods and adaptogenic rejuvenating herbs.

An amazing feature of rejuvenating herbs is their ability to help us adapt to changes and stress. They often grow in extreme climates where they acquire the energy to adjust to a stressful environment.

Their excellence manifests from their non-specific nature. Adaptogens are proficient generalists; they perform multiple actions on diverse organs and tissues at the same time.

Rejuvenation promotes strength, energy and vitality, bolsters immunity and brings more courage, confidence, and success. It helps to slow the ageing process, increases longevity, improves memory, promotes cellular intelligence and also brings balance, awareness, joy, and clarity into one's life and relationships.

### OUR ADAPTOGEN POWDER

Take 1 tsp twice a day for 2 weeks.

Mix with boiling water, let the powders sink to the bottom and then drink at room temperature. You don't need to drink the powder left at the bottom.

In the most balanced way, our formula contains:

**Ashwagandha** - in Sanskrit this means "the smell of the horse", referring to both its unique smell and ability to increase strength. It can boost brain function, lower blood sugar and cortisol levels, and help fight symptoms of anxiety and depression.

**Tulsi** - supports respiratory health, is good for anxiety and stress, opens the heart and mind, invites clarity, and increases devotion.

**Ginger** - has antioxidant and anti-inflammatory properties, which can prevent cell damage and help ward off chronic disease.

## OUR WILD-HARVESTED SCOTTISH CHAGA MUSHROOM TEA

Boil 1-2 chunks (depending on the size of chunks) in 2 cups of water. Once it has boiled, let it simmer for 15 minutes. You can reuse the chunks up to 3 times in total.

Optional: Boil with 1 cinnamon stick

**Chaga** - can help the immune system to prepare against pathogens. Polysaccharides found in Chaga have been shown to promote the creation of white blood cells, one of the body's primary means of defence. It is also a source of vitamin B1 (thiamin), B2 (riboflavin), and B5 (pantothenic acid), all of which have been used to boost immune functions and reduce stress and anxiety.

## OUR SUPERFOOD MIX

We recommend you continue with the Superfood Mix for another 21 days to help assist you on your healing journey - giving you a deeper cleanse with better results.

## Meal Plan

*Recipes can be found in the Preparation and Elimination pdfs.*

*Here is how the Rejuvenation phase days should look:*

### Day 4

#### *Two meals*

#### **On waking:**

Hot/warm water with juice of 1/2 a lemon or 1 tsp unpasteurised apple cider vinegar.

#### **30-60 mins before Breakfast:**

1 tbsp Superfood powder with warm nut milk/water/apple juice.

You can use our superfood mix or use a superfood mix that you have at home.

#### **Breakfast:**

Scottish porridge with low glycemic fruit such as berries, apples, pears  
or

Green Juice, adding a little boiled water to make sure the juices are at room temperature.  
(recipes in the Preparation pdf)

#### **30-60 mins before Lunch :**

1 tbsp Superfood powder

#### **Lunch:**

Kitchari

#### **30-60 mins before usual Dinner time:**

1 tbsp Superfood powder

### ***Day 4 Guidelines***

- *Drink warm herbal teas and warm water throughout the day*
- *Start taking our Adaptogen mix twice a day for 21 days, see more information in the Organic Cleanse Formulas pdf*

## Day 5

### *Three meals*

#### On waking:

Hot/warm water with juice of 1/2 a lemon or 1 tsp unpasteurised apple cider vinegar.

#### 30-60 mins before Breakfast:

1 tbsp Superfood powder with warm nut milk/water/apple juice.

You can use our superfood mix or use a superfood mix that you have at home.

#### Breakfast:

Scottish porridge with low glycemic fruit such as berries, apples, pears

or

Green Juice, adding a little boiled water to make sure the juices are at room temperature.

#### 30-60 mins before Lunch :

1 tbsp Superfood powder

#### Lunch:

Kitchari

#### 30-60 mins before Dinner :

1 tbsp Superfood powder

#### Dinner:

Cleansing soup (recipe in the Preparation pdf).

If you are not hungry, skip dinner and just have herbal tea instead.

*For the week or two after the Cleanse, go back to the Preparation stage pdf and follow the recommendations, recipe ideas etc.*

## **Aftercare Coaching**

If you wish to be supported further, please let me know. I'd be happy to help you around meal planning, inspiration, motivation and gut health - plus support around personal health goals and symptoms.

Please contact me directly [info@rinagolan.co](mailto:info@rinagolan.co) (just co) :)

On my website, you will find many ideas on the recipe page to add more healthy meals that will support you in your daily life. Join the community!

Subscribe to my newsletter (link on Home page) and join me on social media where I share different practices to inspire you to live the life that is conducive and supportive to your wellbeing.

See you there!

<http://www.rinagolan.co> (just co)