



Phase 1: Preparation (7 days)

PREPARING THE BODY FOR THE CLEANSE

For most of us, changing the way we eat can be challenging, that's why it is suggested to prepare the body gradually. For example, if you are a coffee drinker, start with lowering to half of the amount, then switch to black tea, then cut completely.

The right preparation will allow the body to slowly adjust from eating addictive foods and unhealthy eating patterns, so the body doesn't go into shock. By doing so, the Cleanse itself will be deeper, more effective, and more comfortable - with fewer withdrawal symptoms on the week of the cleanse itself.

Your mindset is very important to support this process of deep healing - remind yourself that you are choosing to take this Cleanse Retreat journey because you care about yourself, not because you need to fix yourself. Treat it as an act of self-love!

!!! Depending where you are in world getting hold of all the ingredients might take longer than just going down to the shops. Give yourself plenty of time to get everything especially our seasonal cleansing formula packages!!!

To support us through this journey, we have created seasonal herbal formulas in form of a superfood mix, an adaptogens mix and Chaga. All herbs are ethical produced, fair trade, organically sourced from farmers around the world. We can highly recommend to order these directly from us as it will help us as a community to be part of the greater good. With each purchase we can support farmers in their farming practices, donate part of our profits to tree sisters to plant more trees and support us in being able to offer our seasonal cleanses for free to everybody who likes to join.

We have a limited supply of our formulas so if you intend to use them as part of one of our retreats, please order as soon as you can. To order email us at info@rinagolan.co Please put in the subject: Cleanse Participant to get your discount

[Order our SPRING 2021 CLEANSE PACKAGE of 3 organic formulas today for £89 instead of £109](#)

[Or get a 90-day seasonal supply for £199, saving you £100](#)

+ £5 P&P to UK addresses

for postage to other parts of the world, please contact me at info@rinagolan.co

!!! For the shopping list for the cleanse, please check the elimination and regeneration pdf !!!

HERE ARE A FEW TIPS TO PREPARE YOUR BODY AND MIND A WEEK (OR TWO) BEFORE THE CLEANSE

I HIGHLY RECOMMEND THAT YOU AVOID

- Coffee
- Sugar
- Gluten (specifically wheat)
- Alcohol
- Dairy
- Meat
- Yeast
- Processed and fried foods

AND THAT YOU EAT MORE

FRUIT

Focus on seasonal fruits low in sugar, like berries, apples, pears, plums, etc.

VEGGIES

Focus on a 70% vegetable diet with lots of seasonal dark greens and cruciferous vegetables, which are particularly helpful with the elimination of toxins and the regeneration of cells. Cucumber, sweet potato, butternut squash, carrots, beetroot, celeriac, celery are wonderful too.

Reduce your intake of potatoes, aubergine, pepper, and tomatoes.

An easy way to eat seasonally is to get your product in farmer's markets or box schemes, such as 'Riverford' in the UK.

FATS

Nuts and seeds, coconut oil, avocados, ghee, olives, nut butter, tahini, chia seeds, flax seeds (golden), creamed coconut.

GRAINS

Gluten-free grains - rice, quinoa, buckwheat, millet, gluten-free bread (yeast free), oats. Rye bread (if you tolerate gluten).

PULSES

Lentils - red, black, and green, urid dal. Mung beans. Soak for 1-24 hours before use.

SPICES

Turmeric, cardamom powder, ginger powder, cumin seeds, coriander seeds, cinnamon, thyme.

OTHERS

Apple cider vinegar, vegan pesto, sun-dried tomato paste, dried fruit, organic veggie stock powder, Miso paste, Tamari.

Nut milks (make sure they are sugar-free and oil-free).

HERBAL TEAS

Nettle, peppermint, chamomile, ginger, lemongrass, fennel, rose, tulsi.

CHANGE YOUR RELATIONSHIP WITH FOOD BY MAKING IT A CEREMONY

If we slow down and bring reverence, attention and love to the food our relationship with food will change. We will experience less lust and more more...try it. Blessing our food can transform the way we perceive it.

Here's a deeply touching food prayer from the Dagara people of Burkina Faso.

We give gratitude to the spirit of the earth who have held sacred the seeds
Who has nurtured this food
For the stars and the moon that have given a mystery to it
For the sun who gave it warmth for it to grow
For the people who have sown it, cultivated it, harvest it
For the people who grind it from their heart
For the people who ingested their love into it while they cooked it
For the people who have so graciously offered this food to us
May it be nurturing to our spirit
May it be strengthening to our soul
May it give us the power and love we are here to share
àşę (ah-shay)

WHAT CAN HAPPEN DURING THIS TIME

Most people experience some sort of a detox reaction; common ones are tiredness, moodiness, anger, headaches and/or skin breakouts. Things might get worse before they get better.

It's important to check in with your body daily. If you find yourself feeling tired, take it easy and try and schedule a nap if possible.

These reactions happen because toxins that have been stored in the body are starting to release and make their way out of the body.

THINGS THAT CAN HELP:

- Practice the Metta meditation 1-3 times a day (join me on you tube <https://www.youtube.com/watch?v=Yo8V5REcpvE>)
- Rest and be kind to yourself
- Go for a gentle walk in nature
- Journal daily to help with the mental cleanse
- Drink warm water with fresh lemon and apple cider vinegar
- Take a warm bath with Epsom salts
- Rub pure lavender oil on the soles of your feet
- Take up to 5000 mg of vitamin C
- Grounding can help to reconnect to the earth and feel her benefits
- Contact me and I will do my best to support you info@rinagolan.co

HERE IS AN EXAMPLE OF WHAT THE PREPARATION WEEK SHOULD LOOK LIKE:

Waking up: Warm water with turmeric, ginger, lemon juice and apple cider vinegar

Breakfast: Gluten-free toast with ghee and avocado | Soaked oats with nuts, seeds, dried fruit, and coconut yogurt | Scottish porridge | Green Juice

Snack: Apple | Nuts

Lunch: Tuscan lentils with brown rice | Thai style mung beans with rice | Cleansing soup

Snack: Nuts and dates | Fruit | Gluten-free oatcakes with a homemade vegan dip

Dinner: Vegetable Soup | Gluten-free grain with homemade dip and steamed veg
(dinner should be very light and should not contain protein)

All recipes are on my on my blog and many many more. For inspiration for other options to have in the preparation and regeneration phase check out my recipe page <https://www.rinagolan.co/blog> , also some recipes can be found below. Enjoy!

MY TOP RECOMMENDATIONS TO ASSIST AND DEEPEN YOUR CLEANSE

HYDRATE

drinking warm water, lemon water and herbal teas (such as nettle and burdock) will help your body flush the toxins out.

EXERCISE

moderately exercising every day to improve lymph and blood circulation, will promote easier elimination of toxins, like walking or light yoga (if you practice the 5 Tibetan in the video, do 21 of each practice when you have lots of energy, or 16 each practice if you are low on energy).

DETOX BATHS

soak for 20 minutes before bedtime, at least 3 times a week. Bathing helps open up the pores, draws out toxins, lowers stress-related hormones, balances your pH levels and aids restful sleep. For a simple detox bath, draw a full tub and add 1 cup of Epsom salts, 1/2 cup of baking soda and 5 to 10 drops of lavender essential oil.

SKIN BRUSHING AND SAUNAS

our bodies lose a significant amount of toxins through the skin; both skin brushing and saunas can help amplify this process. Brushing helps remove toxins from the surface of the skin as well as improve blood and lymph circulation. Always brush from outward extremities towards the heart to help move the lymph fluid in the right direction and support vascular valve function.

BREATH DEEPLY

deep breathing activates the parasympathetic nervous system and helps us calm down (reducing a build-up of adrenal stress hormones), as well as releasing a significant load of toxins through exhalation. If we're stressed, we tend to breathe more shallowly, which prevents the usual release of toxins through the breath.

PRACTICE METTA MEDITATION

you can do it while cooking and driving too.

ESSENTIAL OILS

use Grapefruit and Lemon to assist the liver detoxify and Lavender for relaxation.

SUPPORT

let your friends and family know of your planned cleanse and ask for their support during this time.

JOURNAL

buy a journal so you can make daily notes on how you are feeling.

PRACTICE GRATITUDE

write down 10 things each morning or evening that you are GRATEFUL for and also write why you are grateful for them.

SNACKING

you may snack between meals but make sure to be mindful and ask yourself if you're really hungry or just upset, THIRSTY, triggered, bored or lonely. If the 'hunger' is to connect, call a friend, walk in nature, or anything that 'feeds' your being.

CONSUME BITTER FOODS

they help cleanse the digestive tract, stimulate gallbladder and kidney function, and improve detoxification pathways in the blood.

PREPARATION RECIPES

- Porridge •
- Ghee •
- Tuscan Black Lentils •
- Thai Style Mung Beans •
- Superfoods Energy Balls •
- Green Juice •



PORRIDGE

- 1/2 cup rolled oats
 - 1 cup of sugar free nut milk or water or half and half
 - 1 tsp ghee/coconut oil • pinch of sea salt
- (makes one portion)

Place the oats in a heavy saucepan and add the milk or water. Gently bring the oats to a slow boil, stirring all the time until the porridge begins to thicken.

Once thickening has begun, lower the heat so as not to burn the porridge.

Allow the porridge to simmer for 5-7 minutes.

Add the salt and oil of your choice before serving.

You can also add a tsp of the superfood mix and a few raspberries - it's just divine.



GHEE

- 1 packet of organic unsalted butter, preferably grass-fed

Add the butter to a small saucepan over a low heat and let it melt. This should take around 10 minutes.

A layer of white foam will appear over the surface: skim it off with a spoon.

Let the butter simmer and bubble away for another 15 minutes. Be sure to scrape off the sides, although there is no need to stir the bottom of the pan. You need the milk solids to settle so you can see the layers. Skim off any additional foam that collects over the top and turn the heat off.

Cool the ghee and by now all the milk solids will have settled to the bottom of the pan with a clear liquid at the top. Strain the ghee using a fine strainer into a pouring jug. Store the ghee in a sealed glass jar at room temperature or refrigerate.



TUSCAN BLACK LENTILS

- 250g black lentils (soak overnight or for at least an hour)
- 3 tbsp of olive oil
- 2 stalks celery, finely chopped
- 1-2 lemons, juiced
- 1/4 tsp cayenne pepper
- 1 clove of garlic, crushed
- 1 tbsp smoked paprika (or Engevita yeast flakes, if you prefer a cheesy flavour) (makes 3 to 4 portions)

Wash the lentils and boil until soft, then drain.

Add celery, garlic, salt, pepper, lemon juice, cayenne, olive oil and smoked paprika (or Engevita).

Mix well with the lentils.



THAI STYLE MUNG BEANS

- 150g mung bean (soaked for at least an hour, preferably overnight)
- 2 garlic cloves
- 200 ml coconut milk
- 1 tbsp coconut oil or ghee
- 1 inch grated ginger
- 5 kaffir lime leaves
- 1/4 tsp cayenne pepper powder
- 1/2 tsp cumin powder
- 1/4 tsp hing (asafoetida), optional though good to prevent gas
- handful of fresh coriander (stems for cooking, leaves for garnish)
- juice of 1 lime
- salt and pepper
- 1 1/2 cups boiled water

Rinse the mung beans thoroughly and let them dry.

Meanwhile, heat the oil and add all the spices, ginger and garlic. When the garlic is golden, add the mung beans, water, coconut milk and finely-chopped coriander stalks.

Bring to the boil, then lower the heat to minimum and cook for another 30 minutes. Allow to cool slightly before serving with lime juice and coriander leaves.



GREEN JUICE

- 2 apples
 - 1 lemon
 - small knob of ginger
 - 4 celery stalks
 - 1 handful of mint
 - 1 fennel
 - 1 handful of nettles or dandelions (or a mixture) or kale
- (makes 2 glasses)

Using a knife, peel the skin of the lemon.

Slice the apples and add all the ingredients into your juicer. Drink immediately.



Superfoods Energy Balls

Estimates 15 balls

- 1 cup of porridge oat (use gluten free but it's optional)
- 2 tbsp Superfoods Mix
- 2 tbsp maple syrup
- 3 tbsp almond butter
- 1 tsp melted ghee or coconut oil
- Pinch of sea salt

Mix all ingredients in a large bowl you can use your hands or spoon

Make small balls (bite size)

Place on a plate in the fridge for 15 minutes

Ready! Enjoy ...



Wild blackberries and apple crumble (Serve 4-6)

Gluten, sugar, soya free

Mother Nature is so on it, she always provides us with balanced nutrients for the season. Right now the trees are full of scrumptious apples, and an abundance of blackberries. This recipe was inspired by a short walk in the beautiful wild fields of Somerset. It's delicious, nourishing and a fantastic liver and kidneys tonic.

For the crumble

5 dessert apples, peeled, cored and sliced

2 cups wild blackberries

2 tbsp maple syrup or honey

1.5 cups of buckwheat flour

3 tbsp coconut oil/ghee

1/2 cup almond flour (I just use the pulp of the almond that was left from the almond milk)

1 tsp vanilla

1 tsp cinnamon

Pinch of salt (sea/Himalaya)

3 tbsp seeds (pumpkins and sunflower)

Preheat the oven to 180C

Spoon the fruit evenly into a 25cm pie dish mix with cinnamon, salt, and 1 tbsp maple syrup or honey.

Place in the oven for 10-15 minutes till soft.

Place the almond and buckwheat flour, coconut oil and 1 tbsp maple syrup (or honey), vanilla in a bowl, and rub into crumbs using your fingertips.

Add the seeds and mix everything together.

Now sprinkle the topping across the fruit. Bake in the oven for 15-20 minutes more until crisp and brown.

Suggestion: give a bit of the crumble as offering back to nature.