

# Pre-DETOX

## Quickstart Checklist



## Pre-Cleanse DETOX Quickstart Checklist

Getting ready for a cleanse program is simple. You don't really have to do anything because the way the Cleanse program is structured gently eases you into the changes.

But if you want to get a jumpstart on making changes that will give you the most powerful results, here are a few things you can do right now so that when the program begins you're well on your way to powerful changes.

- Drink more water - up to 10 glasses per day - this includes herbal, non-caffeinated teas, water in shakes, etc.
- Ditch the packaged foods as much as possible this week. Go for whole, real foods.
- Clear out your calendar for the two weeks during the Cleanse program so that you can focus on yourself. This is a critical step so you're not distracted by bright shiny objects.
- Make a short list of outcomes you want for the program. What are your 3 health goals?
- What medications are you taking? Are there any you can do without during this program? I'll share more on how to do this, but take inventory now, because many drugs can make it harder to heal - if it's not an over-the-counter medication you'll need to work with your doctor.
- Check your body care products here - [click here](#) - and get rid of any that are toxic.
- Show up. Put the dates in your calendar now and do your best to show up live. If you can't, put a date in your calendar to listen in that same day.
- Start walking 5,000 steps daily. Movement is medicine and this will help to get things flowing!

That's it for now. These small steps will make a big difference in your program outcome. I'll meet up with you soon.