



# Quick Guide

with Cate Stillman  
Tribe Leader at [yogidetox.com](http://yogidetox.com)



## The Yogidetox is as much about better habits as it is about Diet.

"Thanks to the Yogidetox I've greatly improved my eating habits, shed 50 pounds, and feel more at home in my body than I ever have. Detoxing with Cate twice a year is now a regular part of my wellness plan."

### Daily Checklist

#### Morning

- Wake early, preferably before sunrise.
- Urinate and defecate upon arising.
- Scrape your tongue, and brush your teeth.
- Apply coconut or sesame oil inside your nostrils
- Drink 2 cups of hot water, with lemon to increase alkalinity, if desired.
- Exercise for 20 minutes breathing through your nose (yoga, walk, spin).
- Meditate (for at least 5 minutes).
- Massage your body with a pure oil before, during or after a bath or shower.
- Drink raw green energy (kale, dandelions, wheatgrass) at breakfast: a green smoothie or green juice or a simple vegetable soup or cooked grain cereal.

#### Mid-day

- Eat your substantial meal in the middle of the day in a quiet, settled atmosphere.
- Slow down. Let go. Don't rush.
- Do what you want to do. Connect with that. Be how you want to be. Step into greater authenticity.

#### Evening

- Quit work before 6 pm. Unplug.
- Treat yourself and those you interact with lovingly and gently. Cultivate gratitude and ease.
- Go for a walk.
- Engage in activity that brings you joy.
- Meditate at the end of your day's activities.
- Retire early (before 10 pm).

## FOOD GUIDELINES

### 1 Detox your Kitchen

The first rule of detox is make space. Make space in your fridge. Make space on your counter. Get out your blender and your juicer. Chuck the junk. You don't need it anymore and you won't want it when we're done.

### 2 Liquify

You are a liquid medium. Give yourself a squeeze. See? You're squishy. It's easiest for the body to absorb nutrients and energy in a liquid medium. Makes sense, eh? You'll be activating bucket-loads of energy that get lost in digestion/absorption/elimination. You'll be redirecting those bucket-loads to incineration of stuck ama (toxins) - physical, mental and emotional. Make simple juices, broths, smoothies, soups, stews.

### 3 Green = Clean

Chlorophyll is the green blood of plants. It oxygenates and alkalizes your blood. Greens detox your blood which is carrying toxins from everywhere else. Chlorophylls convert quickly into pure energy. Start the day with a green smoothie or green juice. If you're in a cold climate, have miso soup with some nori sheets and kimchi.

### 4 Make your Menu

Decide - how much do you want to release? How much do you want to grow? Plan your menu accordingly. For some it may be a strict juice cleanse to drop 15 pounds. For others it may be a higher fat whole foods nourishing diet that focuses on simplifying life and getting more sleep. Put it on the menu. It's not rocket science.

### 5 Simplify Food Prep

Put your menu on the fridge. Stock your fridge with what is on the menu. Prepare most/all of your food for the day in the morning. It's like giving your discipline momentum to catapult you into the next level of body/mind integrity.