

yogidetox may 2011

# focus on the family

YOGIDETOX.COM

## First steps

### Little Kid Smoothie

- get out the ingredients. have kid assemble, blend, and pour in the cup
- use raw milk or nut milk with bananas for creamy sweet flavor.
- Add greens slowly - just one spinach leaf at first. Slowly increase. Picking fresh (unsprayed) dandelion leaves gets kids psyched to add them and drink them.
- make kid smoothies sweeter than adult smoothies. Good sweeteners: stevia, honey, agave, maple syrup.
- Good combinations (use frozen where necessary):
  - raw milk, bananas and greens
  - mango, apple, water, spinach
  - blueberries, bananas, kale, agave



### Big Kid Smoothie

- start with your favorite fruits. Add some greens (the darker the better). In the beginning you will like more fruit than greens.

- When you get used to the greens, add more! the end of the week, you'll like more greens as your body becomes more

intelligent through your taste cravings. Observe the difference!

- Good combinations (use frozen where necessary):
  - beet greens, blueberries, goji berries (add raw honey to sweeten)
  - oranges, kale, and raw honey
  - dandelion greens, apples, 1/2 banana



greens contain the building blocks of protein!



**In the past we've cleansed as individuals. For many, this created a distancing between the cleanser and the other family members. Let's learn from the past and cleanse collectively, right at each member's level of interest and desire!**

## Uplevel the family diet

### have a meeting:

- before the meeting have anyone who can read check out "Why Cleansing Works". Then make a plan.

## make a plan

### start with each persons motivations:

- more energy
- clear skin
- optimal weight
- learn about eating local plants
- clear mind & emotions
- change food cravings
- improve athletic performance
- increase creativity

For instance, my three year old often needs a shift in her food cravings. If she wants pasta and cheese, I know her food cravings are out of sync. If she wants avocado, beets and rice, I know she is in sync. Although she is not able to articulate this, she loves to ask, "Is this food good for my belly? my teeth? my bones?"

Help each other identify areas of personal health potential.

## make menu plan & grocery list

Start with simple changes, like green smoothies before other breakfast foods, and more greens (warm or cold salads with dinner). Have everyone contribute what they want to the list.



Yogi Detox live May 1-23

your living foods ayurveda & anusara yoga™ cleanse

guided by Cate Stillman (with Indy, above photo)

# Why Cleansing Works

**1. You are an animal.** Once upon a time, not so long ago, in a land full of plants and trees, humans were reliant on nature's seasonal rhythms. Our bodies evolved on this planet we call Earth that has seasonal cycles and seasonal crops. If we ignore eating with the seasons, we lose out on all sorts of health benefits that include:

- vibrant energy
- balanced bodyweight & body fat
- happy emotions
- sense of purpose



## 2. You are a Primate

Believe it or not, you come from a long line of monkeys. Even the biggest monkeys, mountain gorillas largely consists of foliage. Over 142 different plants, whose leaves, shoots and stems are eaten, constitute gorilla food. Yup, green leaves & shoots. Look back at

your diet last week. What % of leafy greens and shoots did you eat? Have you ever

## 3. Eat like a primate for a week!

I'm not even going to suggest you give anything up. Simply adding more greens, shoots and fruits ought to do the trick. These foods are high in nutrients and energy, and the greens help to scrape out toxins in your body. Seeing as most of us eat a good deal of other stuff that doesn't go back to far in the human diet (processed bakery stuff, non-local meat, genetically-modified vegetables) we know we have some



This is a recent harvest from my greenhouse. Humans used to eat the whole plant - green, root and stalk.

icky stuff in our bodies that decrease our natural energy. Even chimps, who we're more genetically similar to eat 200-300 different species of plants. Are you willing to add a few plants to your diet and notice what happens to your energy?



**Your body** is designed to move.

During the cleanse week I encourage you to wake up and move your body for 20 minutes. How you move is up to you! Simple early morning movement begins to oxygenate your blood, making you a smarter, more integrated animal.

## Another interesting factoid about how gorillas eat:

Gorillas eat and rest. Human digestion also optimizes with natural hunger and satiation cycles. Now that food is always available and fun to eat we tend to snack throughout the day. This causes the body to store fat instead of burn fat. Toxins are stored in your fat tissue. Unless you burn fat, you store toxins. Are you interested in shifting your metabolism into burning fat for a week? Yes, you will get hungry, and then, you will eat monkey food that is full of nutrients, energy and calories (and avoid eating empty calories)

A few other side benefits of shifting into fat metabolism include are: decreased



think about it!

perception of stress, lowering of heart rate, deeper slower breathing pattern, blood sugar stabilization.



[Yogi Detox live May 1-23](#)

your living foods ayurveda & anusara yoga™ cleanse

guided by Cate Stillman