

BODY.SOUL.WHOLE.

JANINE OLIVER

KITCHEN CLEANSE

MOST GROCERY STORES TODAY ARE FILLED WITH WHAT I LIKE TO CALL "UN-NOURISHING FOODS." THESE FOODS ARE HARMFUL FOODS DO NOT SERVE YOUR HEALTH IN ANY WAY AND SHOULD BE MINIMIZED OR ELIMINATED DURING AND AFTER THIS PROGRAM. THEY INCLUDE THINGS LIKE:

1. REFINED FLOURS SUCH AS WHEAT AND OTHER PROCESSED GRAINS
2. BOXED CEREALS, CRACKERS, CEREAL BARS, AND MEAL REPLACEMENT BARS
3. DAIRY, SUCH AS MILK, YOGURT, AND COTTAGE CHEESE, UNLESS IT'S CULTURED LIKE YOGURT OF KEFIR
4. HYDROGENATED FATS AND VEGETABLE OILS
5. CHEMICALS, STABILIZERS, FOOD DYES, NITRITES, AND NITRATES THAT ARE USED TO PRESERVE AND STABILIZE PROCESSED FOODS
6. NON-ORGANIC VEGETABLES LOADED WITH PESTICIDES AND HERBICIDES

IF ANY OF THE ABOVE ARE IN YOUR PANTRY OR REFRIGERATOR, TOSS THEM NOW (OR GIVE THEM TO OTHERS IF YOU DON'T WISH TO "WASTE" FOOD.) I SAY "WASTE" BECAUSE IT IMPLIES THIS "FOOD" HAS VALUE. IT DOESN'T. MANY OF THESE "FOODS" ARE CALLED NEUROTOXINS, AND THEY CAUSE OF DISEASE, DYSFUNCTIONAL METABOLISM, EXTRA BODY FAT, AND PESKY CELLULITE! AND ARE ALSO RESPONSIBLE FOR:

1. DIFFICULT WEIGHT MANAGEMENT
2. CONSTIPATION/DIARRHEA
3. BELLY BLOAT
4. DULL SKIN
5. DIMPLY THIGHS
6. AUTO-IMMUNE DISEASES

KITCHEN CLEANSE

I DARE YOU TO GET RID OF THESE "FOODS" AND WATCH YOUR LIFE EXPAND! YOU'LL ALSO ALLEVIATE SYSTEMIC INFLAMMATION (THE INTERNAL FIRE IN YOUR BODY) WHICH ALLOWS YOU TO:

1. LOSE EXCESS WEIGHT
2. GET BEAUTIFUL SKIN
3. BREATHE BETTER
4. SLEEP BETTER
5. THINK BETTER
6. EXPERIENCE LUSTROUS HAIR
7. GROW STRONGER NAILS

DOESN'T THAT SOUND WONDERFUL? SO GO AHEAD AND PURGE YOUR PANTRY AND FRIDGE OF THE JUNK AND FILL IT UP WITH THE FOODS THAT FUEL YOU. IF THE JUNK ISN'T IN YOUR KITCHEN, THEN YOU'RE MUCH LESS LIKELY TO EAT IT!

IF THIS MAKES YOU NERVOUS AND THAT YOU WILL HAVE AN EMPTY KITCHEN, NOT TO WORRY!

1. HERE IS A SHOPPING LIST FOR THIS WEEK
2. HERE IS A MASTER LIST FOR EVERYTHING THAT YOU CAN ADD TO YOUR PANTRY
3. GO SLOWLY. SOME PEOPLE LIKE FRESH STARTS AND GO ALL IN! BUT THIS IS NOT THE ONLY WAY. EACH WEEK REMOVE 2 UN-NOURISHING FOODS & PURCHASE HEALTHIER ALTERNATIVES FOR THOSE FOODS. THIS WAY YOU DON'T BREAK THE BANK & TRANSITION SLOWLY WITHOUT FREAKING OUT. IN 3 MONTHS TIME YOU WILL HAVE 24 NEW STAPLES IN YOUR KITCHEN!!