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CLEANSING

Lifestyle Tips



A Note From **Elissa**

I break down the cleansing lifestyle principles that have helped me rebuild my physical and mental well-being. Whether it's drinking your green juice, improving your gut health, or reducing toxins in your food, skin and mind, I show you some simple steps and give you resources that you can begin to implement right away.

Also, you can join the waitlist and be the first to know when my UPDATED online 21-day CLEANSE YOUR BODY CLEANSE YOUR LIFE program is released again. The best places to connect with me are in the comments section of my blog and I LOVE instagram!



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Cleansing Lifestyle Tip: Toxic Buildup

Now that you are ready to make a change, you must start with the dirty truth: Your body is filled with all types of toxins that must be removed. When toxins enter your body, your natural alkaline state is converted to an acidic state and your body becomes a breeding ground for disease. In addition, this stress weakens the immune system and increases your chances for even more.

Toxins come from your food, water, environment, and even chemicals that are used to clean your homes and manufacture your food. Your bodies are very smart, and do their best to process these toxins through your liver, kidneys, lungs, and skin. But with the overwhelming amount of toxins in the world, your bodies need help! Making dietary decisions will not only take stress off of your digestive, circulatory, and lymphatic systems, but will aid in removing this toxic buildup.

HEALING SOLUTIONS:

- 1 Eat Whole, Nutrient Dense Foods...**
...at least 80% of the time. The other 20% you can balance with those things you love to indulge in.
- 2 Try An Infrared Sweat...**
...to expedite the detoxification process by heating your tissues several inches deep. It also enhances circulation and helps oxygenate your tissues. You can find out more on getting a detoxifying sweat in, [here](#).

3 Drink An Organic Raw Green Juice Or Smoothie Everyday...

...to not only push toxins out of your fat stores, but to provide an abundance of enzymes, vitamins, minerals and phytochemicals.

4 Start Your Day With Water And Lemon...

...before turning to coffee to keep your body alkaline, loosen toxins in the digestive track, stimulate the liver and boost the immune system.

5 A New Rule...

...if any product you use is not safe to eat, don't use it! There are plenty of natural products on the market today. Everything you use makes an impact on your health.

6 Everyone Needs To Detox...

...from environmental, product and food toxins. I use a very safe product called, [Advanced Bio Nutritionals Nutrex Hawaiian Spirulina Supplement](#) (double the dose on the bottle) that helps reduce your buildup of toxins, heavy metals, and pesticides.



Additional source for detoxing

- **21-Day DIY Cleanse Your Body Cleanse Your Life**
- **My Homemade S.O.U.P. Cleanse**
- **RESET Your Life With M CafeCleanse**

“By cleansing your body on a regular basis and eliminating as many toxins as possible from your environment, your body can begin to heal itself, prevent disease, and become stronger and more resilient than you ever dreamed possible.” – Dr. Edward Group III, CEO of Global Healing Center

Cleansing Lifestyle Tip: The American Diet

The American diet is riddled with pesticides, chemicals, and GMO's that your bodies don't know what to do with. The industries making the majority of your foods are focused on their bottom line, not your health. It's no wonder that you have become confused about what you should be eating. The American diet is filled with unhealthy fats, hormones, and chemicals created in a lab and your bodies go into overdrive just trying to break this stuff down. The first step of living a cleansing life is to clean up your American diet.

HEALING SOLUTIONS:

- 1 Eliminate Processed Food...**
...because it is not natural to eat anything out of a box or can. Anything with ingredients you can't pronounce or understand...don't eat it!
- 2 Buy Organic...**
...to reduce your toxic load intake- the pesticides and chemicals have adverse health affects. If you can't afford to go completely organic, check out the yearly [Environmental Working Group's Dirty Dozen Report](#) to find out which foods you must buy organic and which conventionally grown foods are safe to purchase.

- 3 If You Eat Meat...**
...be sure it's GRASS-FED, HORMONE AND ANTIBIOTIC FREE. Limit intake to no more than 4-6 ounces, no more than 1x/day.
- 4 Eat Your Greens...**
...this means half your plate should be veggies, because they are rich in phytochemicals, vitamins, and minerals that prevent all types of disease, increase your energy and provide fiber for healthy digestion.
- 5 Stop Eating So Much Sugar...**
...because all types of diseases feed on it! You should be eating no more than 25 grams or 6 teaspoons of sugar per day - one can of soda has 40 grams of sugar! Check out the list of hidden sugar names [here](#)
- 6 Break From Your Staus Quo...**
...to educate yourself. Learn about a cleansing diet. Every week I write a new [blog](#) about what to eat and how to live a cancer free lifestyle. It's a great resource to educate yourself slowly.



Additional sources of information

- [\(China Study\)](#)
- [\(Forks Over Knives\)](#)
- [\(Fed Up\)](#)

Cleansing Lifestyle Tip: A Dirty Mouth

Your mouth is a breeding ground for bacteria. A toxic mouth taxes your immune system and causes inflammation, keeping your body from producing healthy cells, and creating an environment ripe for illness.

It is imperative that your immune system works at its max just to counteract the toxicity in the air, water and food supply. By using the solutions below, you can clear the harmful bacteria from your mouth so your body can focus on keeping you disease free.

HEALING SOLUTIONS:

- 1 Soak Your Toothbrush...**
...in hydrogen peroxide for 10 minutes at least once per week. Don't store it in a covered container, because it needs to thoroughly dry. Replace it at least every 3-4 months.
- 2 Floss Daily...**
...to keep bacteria away from your gums and teeth. Tarter builds up much easier around the gumline and this buildup can lead to severe inflammation. Flossing literally takes less than one minute a day and can greatly reduce health risks.
- 3 Try Oil Pulling...**
...by swishing 1 tablespoon of coconut oil in your mouth for as long as you can or just brushing your teeth with it.

4 Get Your Fillings Checked...

...by consulting with a Biological Dentist on whether your fillings are toxic. Mercury fillings should be replaced with composite or porcelain.

5 Think Twice...

...before opting for a root canal. 97% of terminal cancer patients previously had a root canal procedure * (Dr. Mercola 2/1812). During a root canal, there is no way to sterilize your tooth; after the root canal, dangerous bacteria hide out in the tooth and are unreachable with antibiotics. There is no other medical practice that permits leaving a dead body part inside your body, because it triggers your immune system to attack. Check out a resourceful book called, "Root-Canal Cover Up" by George Meinig DDS FACD

6 Don't Be So Quick

...to pull out your WISDOM TEETH. The dentist often fails to remove all of the connective tissue from the socket. This is what leads to cavitations. Cavitations are bony holes almost always (4,999 out of a measured 5,000) left after extraction of wisdom teeth. The sockets rarely heal and become lined with pathogenic anaerobic bacteria.



Additional sources
for finding a Biological
Dentist in your area

(www.IABDM.org) (www.IAOMT.org)

"Studies unequivocally show that bacterial imbalances and dysbiosis in your mouth can contribute to inflammation in your body and activate cancer genes." – Joseph Mercola, D.O.

Cleansing Lifestyle Tip:

Denial

Not feeling your feelings has become an epidemic preyed upon by pharmaceutical companies. I believe that psychotherapeutic drugs are needed in certain cases, but antidepressants are the most consumed class of medication in the U.S. These over-prescribed drugs are a clear sign that you have feelings that are not being dealt with.

When you suppress your feelings, they metastasize in your body. It is very common for those with chronic health issues to have a long-standing tendency to hold on to “toxic emotions” such as resentment and anger. When you are under emotional stress, your organs, your immune function gets stressed too, decreasing your bodies ability to fight anything that comes its way.

HEALING SOLUTIONS:

1 Feel Your Feelings...

...and find a way to express them! Welcome the painful feelings when they arise. Don't resist them. It's vital to have the courage to feel sad when you are sad. Let yourself move through the emotions - they want to come up so they can come out. A great mantra that lets me dig into the darker feelings is: *This too shall pass.*

2 Work With A Therapist Or Coach...

...to support you in your process. They are here to give you the clarity and courage it takes to move through your darkness.

3 Before Turning To Antidepressants...

...turn to hormone balancing /serotonin producing foods like mushrooms, watercress, dark leafy greens, sesame seeds, pumpkin seeds, spirulina, cashews, turkey, beans, and legumes.

4 Take a Yoga Class...

...to clear your mind, or GO FOR A RUN to boost happiness inducing chemicals in your brain.

5 Remove Anti-Inflammatory Foods...

...from your diet like sugar, dairy, gluten, GMO corn or soy and anything processed.

6 If You Need Self-Guided Learning...

...on how to better understand your feelings and the emotional impact of your happiness on your health, the book “*You Can Heal Your Life*” by Louise Hay is a great starting point.



Cleansing Lifestyle Tip: An Imbalanced Gut

A lifetime of poor eating, stress and environmental toxins has thrown your guts off balance. Your diet lacks beneficial bacteria that your guts needs. The “bad” bacteria is winning the fight and most of you aren’t doing what it takes to strengthen your “good bacteria”. This is so important, because you have have 10x more bacteria than human cells in your body.

Your constant exposure to stress, illness, inflammation, antibiotics and the American diet taxes your gut. While your gut is responsible for breaking down food and absorbing nutrients, it’s also the home to 70-80% of your immune system. Without a healthy gut, you can be exposed to bacterial infections, viruses and cancers.

HEALING SOLUTIONS:

- 1 Reduce Toxic Trigger Foods...**
...in your diet such as gluten, dairy, sugar, processed foods and anything you might be allergic to.
- 2 Take A Daily Probiotic...**
...to renew healthy bacteria in your gut and improve your immune system. Renew Life Probiotic (minimum of 50 billion) and Dr. Ohhira’s Professional Strength vegan probiotic are my two favorites.

- 3 Add Fermented Foods...**
...into your diet, because they have live probiotic cultures and you can’t get enough of them.. Here are a few that I like: coconut kefir, coconut yogurt kefir, sauerkraut, kimchee, kombucha, tempeh, and unpasteurized miso.
- 4 Take A Daily L-Glutamine...**
...supplement to rebuild the villi in the gut with Pure Encapsulations L-Glutamine Powder (1 tsp. in water once daily) preferably on an empty stomach.
- 5 Take A Digestive Enzyme...**
...before meals to help your system break down your food and to help with nutrient absorption. I recommend Enzymedica Digest Gold.
- 6 Take an Anti-Microbial...**
...to kill bacteria, viruses and other bad microbes in your gut. It reduces inflammation and helps build immunity. I recommend Lauricidin Monolaurin (take as directed).

Additional sources for treating toxins in your gut

- **Sovereign Bioactive Silver**
- **Herb Pharm Lemon Balm**
- **Gaia Oregano Oil and Olive Leaf**



Cleansing Lifestyle Tip:

Parasites

Everybody has parasites that steal from the food you eat and the supplements you take, limiting your body's opportunity to absorb nutrients, which makes you feel lethargic and puts your immune system at risk.

Parasites invade the lining of your intestines, and their waste materials leave a trail of toxins in your gut. This toxic run-off creates inflammation that leads to extensive tissue damage and disease. Parasites interfere with digestion, mood, blood sugar and hormone levels, which contribute to more serious problems, if left untreated.

HEALING SOLUTIONS:

1 Eat A Clean Diet...

...that eliminates sugar, simple carbohydrates, excess proteins, and unhealthy fats to starve parasites.

2 Increase Your Oxygen Intake...

...parasites and fungi don't tend to like oxygen. Daily meditation, exercise, yoga, and deep breathing exercises are simple ways to increase your oxygen intake and create difficult environments for parasites to live in.

3 Do An Anti-Inflammatory Cleanse...

...like my 21 Day Cleanse Your Body, Cleanse Your Life at home, DIY food and juice program.

4 Use Natural Supplements...

...like black walnut, worm word, olive leaf and garlic or Renew Life ParaGONE to kill parasites. Eat at least a cup of pumpkin seeds throughout the day.

5 Increase Your Fiber Intake...

...with fiber rich foods like flax seed, chia, berries, almonds green beans, cauliflower, peas, root veggies, broccoli, brussels sprouts, or psyllium husk powder. They are effective at removing waste matter from the intestines and in supporting regular, proper bowel movements.

6 Try A Colonic...

...it supports the body's immune system by helping to flush out parasites. It has been used for centuries and can be dated back as far as the 14th century B.C.

Additional source
treating parasites

Dr. Josh Axe

www.youtube.com/watch?v=18tyfkjmg1U



Cleansing Lifestyle Tip:

Tap Water

If there was poison sitting in front of you, would you drink it? NO! But, every time you drink tap water you poison your system, creating the perfect conditions for disease to grow and spread. Your water sources are contaminated with chlorine, heavy metals like lead, mercury, arsenic, and fluoride, to name a few. Your body is composed of at least 60% water, so water is the most important resource there is. If you are drinking water out of a plastic bottle, chemicals from the bottle may have leached into the water you are drinking.

If you are not drinking enough water there is a saturation of toxins in your blood and cells. As toxins build up, your cells behave erratically and multiply leading to harmful tumors. Proper intake of water normalizes every part of your body and reduces your risk for diseases.

HEALING SOLUTIONS:

- 1 Drink Filtered Water...**
...out of a glass bottle. If you can, invest in a home water filtration system to eliminate toxins from your drinking and bathing water.
- 2 Drink Half Your Body Weight...**
...in ounces every day. This is the minimal amount needed to rehydrate the body and flush out toxins.

- 3 Drink Mineral Water...**
...like Mountain Valley Spring Water. This pure spring water is naturally alkaline, contains 220 milligrams per liter of naturally occurring minerals with minimal processing, and is bottled in glass. Mineral water provides us with essential nutrients that you often don't get in your every-day diet, because your soil has been depleted of minerals.
- 4 Don't Buy Distilled...**
...it is actually quite dangerous over time. It can leach out minerals from your body.
- 5 The Color of Your Urine..**
...is an indicator if you are drinking enough water. The deep dark yellow color signals you need to drink more water and the light yellow color urine is an indicator that you are hydrated.
- 6 Not All Liquids Are Hydrating...**
...coffee, juices, alcohol, and soda do not count as part of your daily water intake. In fact, most of these drinks increase your need for water and dehydrate your body.



Cleansing Lifestyle Tip:

What You Put On Your Skin

Absorbing toxins through the skin can be even more dangerous than the ones you eat or drink, because there is no filtration system before these toxins reach the bloodstream. Considering that 60% of what you put on your skin gets absorbed into the bloodstream, you may be slathering your bodies with carcinogens.

Ingredients like Sodium lauryl sulfate, parabens, phthalates, triclosan, aluminum starch octenylsuccinate, oxybenzone, and stearalkonium chloride are lurking in your everyday beauty products and they build up inside us.

Manufacturers test their products on a “one time” application basis, so the long-term impact on your health is disguised. Toxins throw off your hormone balance, suppress the immune and endocrine systems leaving us susceptible to disease. Anything you can’t pronounce has been created in a lab and should be eliminated from going on your body. This applies to many soaps, lotions, hair products, make up, and detergents.

HEALING SOLUTIONS:

- 1 Stay Beautiful Inside And Out...**
...by eating healthy and living a healthy lifestyle. Plant proteins and healthy fats, complex carbs and fruit will ensure that your skin glows without added products in your beauty routine. Choose leafy greens, nuts, seeds, carrots, berries, and gluten free whole grains for great skin!

- 2 Use Organic...**
...natural skin products and make-up. I use [Skin Worship](#), [The Beauty Counter](#), and [Shiva Rose](#).
- 3 Go To Toxin Free...**
...by choosing green nail bars, dry cleaners, and spas.
- 4 Make Your Own Products...**
...with high quality oils like [coconut oil](#), [almond](#), and olive oils. They can be applied directly to your skin. An avocado mask with honey is great for breakouts and is both moisturizing and anti-bacterial at the same. [Rosewater](#) is hydrating and toning. Lemon juice brightens and tightens pores.
- 5 Check Out...**
...[Environmental Working Group’s Skin Deep Data Base](#) for a list of body and skin care products to avoid.
- 6 Choose Your Sunscreen Carefully...**
...because it can protect you from skin cancer and painful burns, but it is not all safe. Avoid sunscreens that contain the ingredients Oxybenzone or Retinyl Palmitate, or those above SPF 50.



Cleansing Lifestyle Tip:

Lack of Solid Sleep

We're rewarded for burning the candle at both ends; the person who sleeps the least and gets the most done is applauded. This needs to stop. Lack of sleep is detrimental to the healthy functioning of the body. If you aren't in bed by 10PM you are missing out on the most vital sleep hours. Lack of good sleep breaks down the immune system and increases cravings and addictions to quick sugary or caffeinated energy sources. Your organs need nine hours to rest and rebuild. Flashing lights, loud noises, and a bright room keep your bodies from truly resting.

If you are turning to sleeping pills for a good night's rest, these pills have a long term affect on your brain's neurotransmitters. They may cause depression, headaches, sleeping pill "hangovers", and continued sleep disturbances.

You know how it feels to get a solid night's sleep and you should feel that way every morning when you wake up.

HEALING SOLUTIONS:

1 Get To Bed By 10PM...

...your body gets maximum restorative sleep between 10PM and 2AM. Your body has an internal clock and as the sun goes down, it's already starting to regulate melatonin to prepare you for sleep. At 10pm your body is in it's prime form to sleep! Going against your body's natural cycle decreases sleep quality and efficiency. You simply cannot change physiology because your schedules aren't in line with it.

2 Get 9 Hours Of Sleep...

...to let your body achieve natural detoxification and healing.

3 Sleep In A Cool, Dark Room...

...with as little light as possible. I use an eye mask and sometimes ear plugs to ensure a constant un-interruption.

4 Take An Afternoon Nap...

...even as little as 20 minutes will help rejuvenate and reset your body.

5 Go Tech Free...

...in the bedroom. Make the bedroom a cell, computer, and television free zone, because it's crucial for your health to disconnect. Please tell me you'll no longer try to fall asleep with the TV on!

6 If You're Still Having Trouble Sleeping

...I recommend that you SUPPLEMENT with Dr. Whitaker's Restful Night Extended Release (regular strength) and Pure Encapsulations Magnesium Glycinate.



"You can have the best diet in the world, have the best exercise program and be free from emotional stress, but if you aren't sleeping well it is virtually impossible to be healthy." -Joseph Mercola, D.O.

Cleansing Lifestyle Tip: Disconnection From The "Self"

Whether you call it a Spiritual practice or not, if you are living without a grounding, calming, meditative practice, you will suffer. You live in a time of constant distraction. There is always something to grab our attention, which keeps the focus off of our selves. This is the root of so many of our problems. If we're not connected spiritually, you can never have a complete sense of wholeness and well-being. You leave yourself open to addictions without the inner guidance you need to navigate in this crazy world!

HEALING SOLUTIONS:

- 1 Have A Practice Every Day...**
...like meditation, yoga, walking, hiking, chanting - there are so many to choose from. Make this a priority above all else. An easy way to start this process is to download the calm.com app on your phone or computer.
- 2 Start Each Day With Gratitude & Affirmations...**
...and think of five things to be grateful for and repeat the affirmation: ALL IS WELL.
- 3 Value Yourself...**
...and be clear about what you have to offer. You are unique and you have an amazing talent to offer the world. Don't ever play small!

- 4 Trust Your Gut...**
...because it ALWAYS knows what is right for you. Experts say everyone does have an innate superpower—it's called intuition!
- 5 Surround Yourself...**
...with positive people, because your well-being is easily influenced by those around us. You want people in your life who bring you joy, nurturing and encouragement.
- 6 Take Time To Disconnect...**
...from social media, email, even the news. You will find that you become more productive, less stressed, and mentally more capable of winding down and relaxing.





Start a Cleansing Lifestyle Now!

*“Each meal is a new beginning. An opportunity to heal your body and change your life” - **Healthy Goddess Living***

You are now armed with lots of ammunition to help you make better decisions when it comes to living a cleansing life. I want to offer you a special bonus treat to make it easy for you to start not only loading your body with disease fighting nutrient-dense foods, but nurturing yourself as well. I have designed cleanse programs you can do at home on my website and if you live in Los Angeles, I deliver a homemade SOUP Cleanse and I have a cleanse program at M Cafe De Chaya called, RESET Your Life With M Cafe.

Click on the link below you will be connected to my program & cleanse:

elissagoodman.com/the-program

elissagoodman.com/soup-cleanse

*“Change doesn’t have to be hard, and healing doesn’t have to hurt. Surely by now you know that every thing happens for a reason! There is something better awaiting you on the other side of this”. – **Iyanla Vanzant***

Now

that you're clear on how to live a cleansing lifestyle, print out this checklist and keep it handy to track your progress.

- Start each day with a probiotic
- Drink water with lemon first thing each day
- Eliminate processed foods
- Buy organic produce
- Eat organic, grass-fed, hormone and antibiotic free poultry and meat
- Drink at least 1 green juice or smoothie each day
- Limit my sugar intake to no more than 25 grams
- Sweat at least 3-4x a week
- Drink only filtered water
- Drink at least half my body weight in ounces
- Reduce dairy intake
- Reduce gluten intake
- Introduce fermented foods, like coconut kefir, kimchee, kombucha, unpasteurized miso, tempeh, and sauerkraut
- Take a daily L-Glutamine Supplement
- Take Digestive Enzymes before each meal
- Practice daily meditation, yoga, or breathing exercises
- Use the calm.com app on my phone or computer
- Increase my fiber intake to 25 grams (women)/or 38 grams (men) per day
- Buy organic, natural skin products and make-up
- Choose sunscreen wisely without Oxybenzone or Retinyl Palmitate, or an SPF above 50
- Switch to a toxin free "green" nail bar and dry cleaners
- Soak my toothbrush 1x a week in hydrogen peroxide
- Floss daily
- Check my cavity fillings by a biological dentist
- Practice oil pulling
- Go to bed by 10pm
- Get 8-9 hours of sleep each night
- Go tech free in my bedroom
- Take a 20 minute afternoon nap
- Work with a therapist to sort out unresolved feelings
- Pursue self-guided learning
- Start each day with gratitude
- Start each day with a positive affirmation
- Surround myself with people who make me laugh and support me
- Disconnect from social media and emails
- Value my time away from work
- Find time for myself