

I decided to try Blueprint because I was feeling slug-like after too much winter comfort food and not enough exercise, and since I don't have time to mix up concoctions, this was the perfect choice. I was advised to start with the Foundation cleanse. The first day was the hardest, mostly because I missed chewing. But after three days, it was clear that I had been using food as a quick fix—especially those afternoon vanilla lattes!

While you're cleansing, it's recommended that you drink at least 12 ounces of filtered water between every juice and maybe even get a colonic or at least use a gentle laxative to keep everything moving and flowing. Once you start eating again, stay with light foods such as fruits and vegetables, and then gradually add more "dense" foods, like fish, meats, and dairy. Most importantly, remember not to overeat (but trust me you won't want to!).

The results: My plan was to clean out the debris in the hope it would set me on the right track for getting in tip-top shape, and I'm happy to say that it definitely did do that. But I also noticed an increase in energy—and more than a few people told me that I looked very healthy. Apparently, my eyes were very sparkly! I did the 3-day cleanse twice (and I'm getting ready for a 5-day very soon), and although my clothes were a little looser, I wouldn't say that I dropped any kind of significant poundage. But after all that diligence, I certainly didn't want to go back to bad eating habits and ruin that sparkle in my eye! Most people who have tried this cleanse agreed that the most significant result is that it helps you reset your body and your mind; and once you're on the right track, you will definitely feel and be healthier, and if you need to, you will lose weight.

Where to find it: Blueprint Cleanse is available in New York, New Jersey, and Connecticut with plans for nationwide expansion underway. Call 212-414-5741 or visit blueprintcleanse.com

Dr. Group's 4-Step Body Cleanse

by Teri Wirrgender

What it is: Dr. Edward Group III, a naturopathic physician (ND), certified clinical herbalist (CCH), and Diplomat of the American Clinical Board of Nutrition (DACBN) slates his: cleansing philosophy with the title of his book, *Health Begins in the Colon*. He details a 4-step total body cleanse, beginning with your 30 feet of digestive tract, which, over time, accumulates layers of impacted waste (I know, not a pretty thought but cleansing is serious business, you guys). "If toxins are not eliminated from the intestine on a regular basis, they leach back into the bloodstream...where they

can ultimately cause disease," says Dr. Group. After you cleanse the colon with the 6-day Oxygen Cleanse, Dr. Group recommends building on results with the Liver/Gallbladder cleanse, the Harmful Organism cleanse, and the Heavy Metal cleanse (in that order) to further detoxify blood and organs of environmental and biological toxins.

What it's like: During Dr. Group's 6-day colon cleanse, you'll eat only fresh, organic fruits five meals per day along with a prescribed daily gallon mixture of purified (distilled) water, organic apple-cider vinegar, organic lemon juice, and aloe-vera juice. This super-cleansing drink is absolutely delicious—I found myself easily

HEALTH
Begins In The
COLON

Emotional Rescue

For after your cleanse, Bach Flower Remedies offers an Emotional Eating Support Kit to diminish your urges to overeat. The kit includes three flower remedies:

- **Cherry Plum:** to help you keep your cool when you feel like eating everything in sight
- **Crab Apple:** to strengthen your self-esteem
- **Chestnut Bud:** to heighten self-awareness so you'll alter negative behavior patterns



drinking it all with no problem. In fact, I'd even say I thrived on it. You'll also take probiotic capsules to populate the intestines with healthy bacteria and oxygen cleansing capsules at bedtime that act like a fizzing agent while you sleep to break up impacted waste. He advises eating only one kind of fruit per meal—grapefruit, pineapple, strawberries, blueberries, raspberries, apples, oranges, and bananas are among the choices for breakfast and lunch, and tomato or avocado for dinner—and the best part is you can eat as much as you want until you are full. Throughout the cleanse, I felt highly mentally alert, but physically tired; cleansing reactions differ with everyone. You'll be in the bathroom a lot, so make sure one is near. I had no problems working throughout the cleanse, but strength/cardio workouts made me dizzy, so

I cut myself some slack. Gentle yoga poses, meditation, and pranayama practice were absolutely fantastic, even deeper experiences and exactly what my body wanted.

The results: I definitely had more relaxed energy, better sleep, and better bowel movements, even though my diet was pretty good in the first place. What I really enjoyed was the mental alertness during the cleanse—everything seemed so clear and calm! I also appreciated Dr. Group's encyclopedic guidance to supplementing your cleanse with massage, deep breathing, and stress-relief techniques; water and indoor-air purification; identifying ways to detoxify your home with green products; and choosing safe cosmetics and personal products.

What's next: Dr. Group recommends doing the Gallbladder Liver cleanse within 10 days of the Colon cleanse.

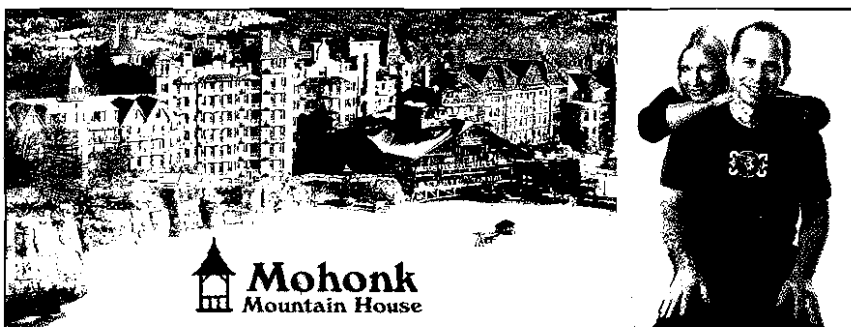
That's a 5-day program, also involving a cleansing drink with a liver-supporting herbal extract, supporting fruits, vegetables, and salads, and organic raw seeds and nuts. There's plenty to eat, and it's all wonderful! You can do several of these cleanses back to back. Dr. Group gives guidelines for determining what you need—and then it's onto cleansing the body of possible parasites and heavy metals.

Where to find it: Visit Dr. Group's Global Healing Center website at www.ghchealth.com

The Master Cleanse by Lorraine Shea

What it is: When I came down with an appetite-suppressing flu in February, I knew it was a good time to attempt (for the third time) the famous Master Cleanser, which involves drinking only an elixir of organic, fresh squeezed lemon juice, spring water, grade B maple syrup, and cayenne

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