



LESSON 6 “Raw Food Detox”





Hey you guys! It's Kristina. Today I want to share with you my tips and my tricks on how you can easily handle raw food detox.

If you are new to this lifestyle, if you're just starting to eat fully raw or if you're in the process of cleansing your body, you may be facing detox. Detox reactions are not always easy for people to go through because they can be things like flu-like symptoms, coughs, colds, nausea, migraines – everyone has a different type of detox reaction. But it's your body's sign of letting you know that it is cleansing, and it is getting healthier. If you can just make it through that detox, I promise there's light at the other end and I want to help you get there with comfort and ease so that you can be a healthier, happier you.

Are you ready? Here are my easy ways on how you can handle raw food detox.

My first recommendation is the easiest tip of all – to get some sleep! Your body needs time to rest, to recuperate – you've had a certain number of years of damage to your body and it's unrealistic for you to think that your body is going to magically become 100% healthy and happy and cleansed after only a few weeks of eating raw food.



Sometimes you're going to feel tired, you're going to feel nauseous, you may feel like you're sick, and your body is asking you to rest, because when you rest, your body goes into recovery mode, the cells are able to repair, you replenish, you re-hydrate, and you feel much better.

So if you can, make sure to get longer hours of sleep at night, take some time off during the day so you can rest your mind, or maybe even take a nap. Be sure to get sleep, and get rest.

My next recommendation is drinking TONS of pure fully raw water. I say fully raw water because I mean water that has not been processed, it has no added chemicals, or minerals or salts or sugars or vitamin powders. When you're going through detox, drinking water is important because it flushes out all of the toxins in your system. Your body is made of water, therefore replacing it with the cleanest of water possible is going to help you not only be clean, but feel absolutely better.

What I like to do is sometimes is take the water and put it in an awesome glass jar and carry it with me everywhere that I go. I personally love drinking out of glass and it makes it enjoyable for me, so maybe perhaps this is something that you can do as well.



I recommend at least 1–2 liters of water every single day to keep your body properly hydrated.

I cannot stress enough the importance of drinking enough pure water while you are cleansing. So while you are detoxing, drink water.

My next helpful tip is dry skin brushing. I know that this sounds weird as well, however dry skin brushing is immensely helpful if you are detoxing. It is actually one of the most helpful things that you can do to give yourself glowing, soft skin.

I love to dry skin brush in the shower with soap or even just water, and what you do is you brush it in a circular motion around your body on your skin. The secret is, is to always do it towards your heart. So maybe do it from the bottom of your legs towards your heart. From the end of your arm, towards your heart.

So what this does, is not only does it help to brush off the dead skin and dead skin cells, it also helps to keep your blood circulating, and it gets everything moving inside of your body. It gives you energy, it wakes you up, it revives you – I love dry skin brushing.

My next really helpful tip is exercise.



I know that when you're going through detox reactions that you probably don't feel like moving around a lot, and sometimes you'll need to rest, but there are other times when exercise will help you a lot. Exercise will get your breath moving, and get your whole body feeling invigorated. So if you can, get outside, get your body moving, get your blood flowing, get your heart pumping – get exercise.

My next helpful tip is to simply spend time in nature. Sometimes it is so absolutely calming and meditative, and peaceful to spend time out in nature. You can use this time to pray, or to meditate, or to simply be calm and peaceful. When you're out there, simply think about all of the things that you love and that you want, and maybe think about the healing that your body is going through. I cannot tell you enough how important being present is, and this will help you tremendously when trying to go into your body and to really hone in and to focus on the changes that are happening so that you can become the best you, the most beautiful you that you can be.



Another thing that I loved to do when I was going through detox was I loved to journal. And not just talk about my emotions or my every day-to-day, but really talk about what was going on in my body. I wrote down everything that I ate that day, I wrote down how I felt after I ate it, I wrote down how many times i went to the bathroom, I wrote my exercise routine. I talked about the emotions that were going through me, I talked about how my hair was falling out, how it was growing longer – I talked about all of the things that were not going so well, and the things that were changing. And its kinda fun because I can look back now and I can see that none of those things even exist anymore. Journaling was so important to me because I really felt like it helped me to get all of my thoughts and feelings on to paper – and this gave me the encouragement that I needed, it gave me the self-power that I needed to be able to push through this detox.

We don't realize sometimes how much strength our own voice has, but I will tell you that journaling is very powerful for you to hear your own voice and the powerful words that you have within you.



My next recommendation is to reach out to a friend. Maybe perhaps you need to call someone for support or to reach out to someone who is going through similar detox or who has been through detox – maybe you need to find a mentor or a coach who can walk you through all of the things you may be struggling with. It's never fun to go through this alone so definitely find a friend, find a community that can support you through this.

My last recommendation is to perhaps get some essential oils to put in your home. Aromatherapy can be very powerful and whether it be just to smell nice or whether it be to have emotional release, aromatherapy can sometimes help people to destress and to relax. I personally love to have essential oils all around my room and I carry them with me wherever I go.

I love Young Living, I love DoTerra, as long as they're a therapeutic grade oil, they're wonderful. I personally do not ingest these oils – sometimes I'll mix them in my coconut oil and put them on my skin, but for the most part I love to just diffuse them in my room because they smell nice and really uplift my spirit.

So if you're going through detox I will say that I absolutely love having essential oils around me because they uplift you and sometimes they can help you feel more positive about what is going on.



I understand that detox isn't always easy and can be very challenging, especially if you are new to this lifestyle and you're not used to those changes happening in your body.

If I can encourage you to push through or to keep going and to keep eating healthy, I promise the detox does pass and when it does, you will feel better than ever. You will feel light on your feet you will feel inspired and you will feel strong.

I hope that these tips and these tricks help you to overcome and to handle your raw food detox and I want to let you know that I am here for you, we are all here for you. I'm so proud of you for changing your life, for taking on this journey and for participating in this challenge.