

2017 EDITION


The Warrior Cleanse

Your Guide to Ditch Fat,
Fatigue and Frustration

DETOX WITH DI

.....
THE RIGHT WAY TO
CLEANSE

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The background of the page is a soft-focus photograph of fresh produce. In the foreground, there are several slices of red apples and whole orange carrots. Some green leafy vegetables are visible in the background. The entire image has a light, airy feel with a slightly blurred effect.

Before you waste any more
TIME or another DIME on
Cleanses, Diet Pills,
Supplements, Exercise Routines
and Procedures that DON'T
WORK, you NEED to read this
Guide, which in the next 20
pages, we're going to cover:

- 5 MAIN Reasons You Need to Cleanse
- 5 MAJOR Cleanse Fails You should AVOID
- 5 RECIPES that both Cleanse You & Excite Your Taste Buds
- The REAL Path to Free Your Fat, Fatigue & Frustration...For GOOD



YOU'VE BEEN THERE BEFORE (AND MAYBE YOU ARE NOW):

You're practically crawling off your flight back home from Vegas. You're dehydrated, exhausted, skin weathered, bags under your eyes. Desperate for life, you scan the airport for Starbucks. After drinking half of your usual quad shot latte, you realize no more energy than you had before your first sip. You hobble into the bathroom to splash water on your face as a second attempt to shock yourself to life. Then you look up and the expression comes across your face. I NEED A CLEANSE. Yeah that's it. I'll drink juice only for 3 days and it will wash all this Vegas sin away. You drink your meals and exercise like you're training for the X games, sit in the sauna for 30 minutes a day – YEP, that should do the trick, I'm toxin free. Sound familiar?

I knew it would. And let me let you off the hook a 'little' here, warrior ... you're SO not alone. Here's what I see most, which HEY, you don't know better, you've heard the buzz word suggestion "I just destroyed my liver in Vegas, I need to do a quick cleanse." Someone grabs you by the arm the 'boxed cleanse section' at Whole foods, you settle on something in less than 5 minutes, with a sticker price of somewhere around \$40, you go home, and take the pills. You 'think' you're doing something good, and maybe lose a little 'weight', get a bit more energy, but then you go right back to your old unhealthy habits with some or if you're like most NO changes to your lifestyle. It's time to break the vicious cycle, loves. The truth serum is:

That's not a cleanse, that's a tease.
Like foreplay for your digestive track without the finish! ;)

You're probably nodding your head and hopefully laughing at this, since it's SOOOOO common. We weren't born with a manual in hand 'how to cleanse & take care of your body'. Which is what REAL Cleansing should be about.

**The Warrior Cleanse is not a transaction; it's a way
of being, beginning with a physical and MOST
importantly, a MIND reset.**

Speaking of MIND, I go out of mine every time I read the new studies released each year, illustrating the TRUE STORY behind our lifestyles that are becoming less and less geared toward HEALTH (ie beauty) and EASE and more toward DIS-EASE.

In this Special Cleanse Guide, we're going to cover the following:

#1 - TOP 5 REASONS YOU NEED A CLEANSE

#2 - TOP 5 CLEANSE FAILS

#3 - TOP 5 CLEANSE RECIPES WE LOVE AND THINK YOU WILL TOO



5 REASONS YOU NEED TO CLEANSE

Most people cleanse because they want to wash away the Vegas sin, last months holiday diet, or last years overindulgences. The Top 5 most popular reasons include: weight loss, more energy, prettier skin, better sex life and sharper mind.

In essence, all you REALLY want is simple:
better performance at work, on a date, at
the gym and in bed.

And I totally agree, and I hear you! The TOUGH thing for me to bear witness to, is the fact that, *the majority of us are doing it wrong, not doing it long enough, or just not going into it with the right mindset.* But, it's not your fault, you weren't taught (until now) how!

That's what this guide is for. Let's not just cleanse, let's alter the terrain that brought on the REASON we needed to cleanse in the first place (ie habits, environment, lifestyle, and sometimes let's admit it, laziness – which together spells HELL). **Isn't it cool we could turn our HELL into WELL?** You may have heard it said, in reference to cancer, symptoms and disease:

The cure is in the cause!

So what IS the cause/causes? Let's go over the Top 5, that most contribute to becoming toxic and warrant needing a Cleanse.

- #1 - YOU EAT WAY TOO MUCH SUGAR!**
- #2 - YOU'RE NOT EATING ENOUGH PRODUCE**
- #3 - YOU KEEP TRYING TO LOSE WEIGHT (and most symptoms) ... THE WRONG WAY**
- #4 - YOU RELY HEAVILY ON CAFFEINE**
- #5 - WE LIVE IN A TOXIC SOUP (yes, even we who live by the Beach in CA)**

Let's go over each in detail.

#1 - YOU EAT WAY TOO MUCH SUGAR!

The majority of Americans can attribute a whopping 16 percent of their daily calorie intake to added sugars (think: cookies, 'gluten free' muffins, sports drinks, etc, not the natural sugars found in fruit), according to the U.S. Centers for Disease Control and Prevention. That's OVER 3 TIMES MORE than the 5 percent of sugars we should aim to not exceed per day, as recommended by the World Health Organization.

In fact, the American Heart Association recommends no more than 6 teaspoons, or about 25 grams, of ADDED sugars per day for women, and 9 teaspoons, or about 36 grams, for men. To put that in perspective, more than 70 percent of Americans eat at least 22 teaspoons of added sugar daily, according to the Harvard School of Public Health.

There's that 3 TIMES more again statistic. What if JUST cutting out 2/3 of your sugar intake made you feel better? To LEARN HOW to do that? Would it be worth your cleansing? MOST EVERY client I've lead through this program says YES! And then there's that controversial debate between "But I thought fruit was healthy?" and then the confusion on the other side that "You're toxic because you have Candida, so starve the fungus by eliminating fruit". I could talk on just THAT alone for a day.

How awesome will it feel to end the confusion
once and for all?

Enter The Warrior Cleanse ☺

Click [HERE](#) to sign up for the next Cleanse.

#2 – YOU’RE NOT EATING ENOUGH PRODUCE

Mother Nature gave us these things called Fruits and Veggies as our BEST source of Detox power, fully equipped with enzymes, nutrients, minerals, vitamins and fiber to support rhythmic, consistent, robust detoxification systems. That’s the GOOD news.

The bad news is, only about one in every 10 Americans eats enough fruits and vegetables, according to a report by the U.S. Centers for Disease Control and Prevention.

The federal dietary guidelines are: 1.5-2 cups of fruit and 2-3 cups of veggies PER DAY. Sadly, only 13% of Americans fulfill the fruit bar, and less than 9% meet the veggies mark.

SAY WHAT? 1 in 10?

So 90% of people reading this book will fit that criteria?

Is this you?

Since most of my clients and friends live in California, I know what your likely response is:

“Oh but I live in California, I do WAY better than the ‘meat n potato’ folk back east”!

Not so fast, we Californians, the state with the best consumption rate for these nutritious foods, fell woefully behind. Only close to 18 percent of Californians ate enough fruit every day, and only 13 percent ate enough vegetables.

REALITY CHECK: If you’re not CONSISTENTLY eating 1.5-2 cups of fresh fruit and 2-3 cups of vegetables DAILY, you’re falling behind on your daily MINIMUM to be ‘healthy’.

Keep in mind, these are ‘government’ recommendations. My standards for you are WAY higher, as I know you want to feel better than the ranges they create for minimums. Last I checked, they didn’t have a range or scale for those wanting to feel Warrior Goddess like. Those are the ranges in which WE live in the Warrior Cleanse.

If you’re reading this to feel AVERAGE, stop right now. Do not pass Go, Do not collect \$200.

If you’re reading this to feel AMAZING, carry on ;) you’re in the right place. GOOD NEWS. If there’s still room in the next **Warrior Cleanse**, you can get started for LESS THAN \$200!

#3 - YOU KEEP TRYING TO LOSE WEIGHT ... THE WRONG WAY

- Most programs will teach you to limit calories, exercise more, and drink more water to name a few. Your doctor may have told you to cut back on cholesterol and fat or that your cholesterol is so high, you need to take a pill to reduce it or else you might die like yesterday.
 - You're even taught to count points, try the HCG diet and eat 500 calories a day.
 - No wait, do the Bodybuilding diet and eat 6 meals a day. Nope that didn't work either, you probably got super bloated from that.
 - Maybe you got a thyroid medication, Synthroid or something else to give you thyroid hormones to lose weight because your thyroid is 'broken'.
 - Or drink more coffee, because it's a diuretic and will drop your sugar cravings. This ones next. Mind blow!

I know, because I've worked with thousands of clients who have tried desperately to feel and look better, all the while not realizing the long term negative impact they have on their health and disease/fat burning efforts.

#4 – YOU RELY HEAVILY ON CAFFEINE



Coffee beans are the most heavily pesticide sprayed crop in the world. More pesticides, more toxins, more fat

Here are just 5 reasons why this codependence is making you toxic and more fat, more susceptible to disease and unable to handle stress.

1. Coffee beans are the most heavily pesticide sprayed crop in the world. More pesticides, more toxins, more fat.
2. Caffeine in coffee, spike your cortisol, then blood sugar. Blood sugar fluctuations create confusion in the body, namely metabolism. When it spikes high then drops quickly after, insulin gets confused and can't do it's job. This is called insulin resistance, which results in sugar getting stored as fat instead of being used for fuel. Tired and fat? Yep, thanks caffeine. BUT, not to worry. In the Warrior Cleanse, we don't teach complete abstinence, rather we help you find a balance that works for you. Hey, I love my coffee just as much as you. BUT there's a way to do it. And it's not worth having to take toxic prescription drug Metformin (a copycat of cinnamon by the way) to tame your Diabetes.
3. When your body can't properly use glucose for fuel, it will need to break down the next easiest source of fuel...which is your joints, muscles and tissues. Most coffee drinkers get Adrenal Dysfunction, which basically means all the muscle you work so hard to build to have that perfect ass gets torn down for energy, because your insulin isn't working right to funnel glucose into your cells for energy. The energy LITERALLY can come from your glutes as well as bones and joints. Not a pretty sight huh?
4. The Cortisol spike from Caffeine blunts the production of Stress and Sleep hormones affecting the quality of your sleep AND sex life. Not to mention other female hormone imbalances that destroy sex DRIVE, such as PMS, cramps, bloating and depression.

5. The acidity of coffee is so high that it drops the pH of the body. In order to increase it back to healthy balance, your body must donate minerals from other parts of the body, such as calcium, potassium and magnesium. You'll learn more about the importance of these minerals for detoxification and muscle growth (which = more fat loss, and better detox) in the Warrior Cleanse, but for now, just think about this. 80% of Americans are said to be deficient in magnesium, which is a CRITICAL mineral with many roles, such as perfect poops, solid sleep and a magical mood.

Coffee isn't a 'bad thing' in and of itself, it's just bad in the wrong circumstances, which for the average American today, is stress on stress, further taxing the adrenals and exacerbating acidity related symptoms and conditions.

NO DOGMA ALLOWED in Cleansing. That's another rule of ours.

So you can feel free to discover what works for YOU,
rather than feeling deprived of the good things in
life...and Balance.

#5 – WE LIVE IN A TOXIC SOUP (YES, EVEN WE WHO LIVE BY THE BEACH IN CA)

In 1901, cancer was rare: 1 out of 8,000 people got cancer. Since the Industrial Revolution, the cancer rate today has risen to 1 in 2 among men and 1 in 3 among women.

The world has become a toxic place and that has had a devastating impact on our bodies and health. From industry to the products you use on a daily basis, toxins have saturated our lives. Here's just 5 facts that barely scratch the surface of illustrating exactly what that means to our health.

#1 - According to a 2002 Environmental Protection Agency (EPA) study, at least two-thirds of Americans live in areas where toxic chemicals in the air raise the risk of cancer.

#2 - Here are some other interesting findings: In 1901, cancer was rare: 1 out of 8,000 people got cancer. Since the Industrial Revolution, the cancer rate today has risen to 1 in 2 among men and 1 in 3 among women. [Source: The American Cancer Society] **And it's not getting Better!**

Genetics load the gun, toxins pull the trigger.

#3 - The Consumer Product Safety Commission connects 150 chemicals commonly found in our homes to allergies, birth defects, cancer and psychological disorders.

#4 - The Environmental Working Group (EWG), a nonprofit organization, analyzed the toxic "body burden" of Americans. The researchers tested for 525 toxins and found 455 different toxins in their research subjects. On average, participants' bodies contained 60 toxins that could be detrimental to the stomach or intestines, 57 that could affect the health of the reproductive system and 52 that could affect the brain and nervous system.

#5 – Toxic HELL (remember the acronym?), Toxic Mom, Toxic Baby - A fetus grows in a womb contaminated with as many as 287 foreign chemicals and the level of mercury in umbilical cord blood is 1.7 times higher than the level in the mother's blood. A larger percentage of babies are born each year, at risk for brain damage and learning difficulties due to the toxin exposure while in the womb. See the correlation with these facts and the ever increasing numbers of Autism, ADD and ADHD diagnosis in our children?

At the time of writing this book, I had come across some recent articles about Mosquito Pesticides, called Duet that were sprayed in various parts of the US to 'combat Zika' - Florida, New York, South Carolina and I was SUPER ANGRY when I read, Orange County, CA...that's where I LIVE. Ironical that the day they did, was the SAME day I broke out with one of the nastiest skin rashes I've ever had in my life. AND, many other friends and clients I know were suffering from the same, plus double periods (2 times a month), sinus issues, coughing, ear infections, vomiting, nausea, to name a few.

But wouldn't they notify us when they're spraying toxins in the air?

NOPE. The laws are CONSTANTLY in flux about this.

Our rights to know and be informed are crumbling faster than I've ever seen.

Hence my role in your life is to keep you AWARE and AWAKE at the dangers going on that no one is telling you.

It's just too much for you to keep up with, I know.

BOTTOM LINE = We need to strengthen our immune system, SO MUCH so that as we're exposed to more and more toxins, we're LESS likely to get symptoms, disease and cancer.

It is a PROVEN fact that cancer is caused by environmental toxicity and it affects our immune, neurological and endocrine systems. This toxicity can lead to numerous health problems including allergies, neurological illnesses, immune dysfunction, reproductive dysfunction, mood changes, asthma, autoimmunity, allergies, sexual dysfunction and dysregulation of glucose.

This information is not meant to scare you, it's meant to AWARE YOU...of the REALITY of your surroundings and why cleansing and detoxifying your body – in the RIGHT way – is so very important.

With this in mind let's take a closer look at the FIVE biggest mistakes people make when detox'ing and how to avoid them. I will touch on the misinformation that is so prevalent in the detox'ing community and give you the right information so you can make more informed decisions and be more aware of some of the most common pitfalls to detoxifying your life.



TOP 5 CLEANSE FAILS

#1 CLEANSE FAIL:

'You did a 3 day cleanse' aka The 'quick detox' fix

#2 CLEANSE FAIL:

Not addressing the mind-body connection

#3 CLEANSE FAIL:

You used harmful cleanse products and ingredients (90% + of them)

#4 CLEANSE FAIL:

You didn't focus enough on FOODS that SUPPORT DETOX

#5 CLEANSE FAIL:

You start but don't finish OR worse yet, you DO, but you think there IS a finish line and go back to the same lifestyle that caused you to NEED a cleanse in the first place.

Sound familiar?

If you're like me, ALL of these do!

NAILED IT.

You ever see those funny a\$\$ articles where it shows someone who tried to do something that turned out nothing like the picture they intended it to? Most of the ones I've seen are major recipe fails. Next to the 'failed' creation is the caption 'NAILED IT', and without FAIL, it sends me into a drooling hysterical laugh EVERY TIME. Point being, if you can't laugh at your 'failures' you'll always feel like one. Let's humor ourselves for a minute and go over the top 5 Cleanse Fails (NAILED IT) that you've likely partook in yourself, or maybe you've never done a cleanse, but are all too familiar with the word on the street as to how to do one.

First, let's get our ducks in a row. In order to be able to truly proclaim "I'm doing a detox program", ask yourself what you're doing fits by definition:

DETOX = a process or period of time in which one abstains from or rids the body of toxic or unhealthy substances.

That being said, I want you to consider the cleanses you've done in the past. Did they teach you HOW to abstain from toxins from the outside? In all areas – Personal care products, environmental, cleaning products, make up, drinks, supplements, food? If the answer is NO or 'sort of', you've not done a PROPER detox. HINT: If you've done boxed cleanses or have never worked in a program or with a coach to guide you, the answer is NO. ie – NAILED IT. LOL

The bad news, maybe you 'wasted' some money (although I believe nothing really ever goes to waste, it's more of a life 'experience' and lesson learned, right?) The good news, you're in the right place!

My intention here is not to paralyze you from doing one. Quite the contrary. Mission = empower you to identify what constitutes a SOLID and effective cleanse, for now and forever, where attaining AND maintaining your dream body is easier than it's ever been!

You may not know this about me, but I went to Business School in college and got my Bachelors in Business Finance. I was a financial advisor for 7 years. My theory for my clients investment portfolios was:

“If you're going to invest in mutual funds, do your research, trust the leaders in charge and be confident in their experience to perform” – so what if you approached cleanses and food decisions that way?

After you read this, you probably will.
What that might look like is:

- 1) instead of buying a 'boxed cleanse' from a random person on Facebook who hashtags well and just joined a supplement team 2 months ago they swear works wonders, you're probably not working with the best coaches given your Dream Body goals (unless your goals are loose and not specific).
- 2) you buy products online or at CVS or GNC because it says SALE \$40, with a bunch of marketing fluff and you're convinced by that rather than understanding the efficacy or safety of the individual ingredients (which a good coach will teach you).

So, what are the Top 5 Cleanse Fails I have seen in my 8 years leading Detox Programs? Don't forget to proclaim out-loud 'NAILED IT' if any or all of these are you!

TRANSPARENT MOMENT: ALL of them were me, until I bio-hacked myself, succeeded with some things, failed with others, and tried just about everything, then put together my own protocol and BOOM, it worked. And now I'm sharing it with the world, cause I wish it was as easy as buying it on Amazon before when I was looking for a system like it.

#1 CLEANSE FAIL: 'YOU DID A 3 DAY CLEANSE' AKA THE 'QUICK DETOX' FIX

Sorry, warrior... it doesn't exist. I mean, genius marketing would have us believe it does, since there's no shortage of magazines, late night tv shows and billboards flashing 'Weekend detox', '7 day flush' or 3 day juice cleanse, promising QUICK RESULTS & MAJOR WEIGHT LOSS, but in terms of 'working efficiently' and them being worth your money, there's no such thing.

**WHY? Your body can only eliminate so many toxins at once.
And it takes time...Much more time than a few days.**

With these SHORT fixes, you're essentially dislodging toxins from where they were stored (in fat and organs) stirring them up and your body becomes overwhelmed, as it can't expel the toxins as fast as they're being released from hiding. As a result, many of the toxins end up right back to where they began, or even worse, in even more compromised tissues, such as your brain, causing unwanted side effects like headaches, dizziness, depression, migraines, nausea, and more.

**To think we can do a quick detox to purge the toxins we've
been exposed to our whole life, is the PERFECT way to set
yourself up for disappointment.**

And again, it's not your fault. We didn't take 'Detox 101' in high school nor did the generations before us, so even our parents weren't taught this stuff. Plus...over the last 70 years or so, since World War 2, the amount of toxins we're exposed to have gone from nearly nil to 90,000. And it starts 9 months before we were BORN.

Babies are being born with toxins already in their system, already at a disadvantage. A study by the Environmental Working Group looked at the umbilical cord blood of a group of newborn babies. They tested for 413 chemicals/toxins. The laboratory found 287. Of these 287 chemicals, 180 are found to cause cancer in humans and animals, 217 are known to be dangerous to the nervous system and brain and 208 can cause birth defects in animals.

Toxins have been building up in your body over your entire life. You cannot rid yourself of these toxins in a weekend.

So how about we start your cleanse at a realistic, reasonable pace, rather than a sprint?

To sign up for our next Cleanse, [click here](#).

THE VISUAL RELATABILITY: You know those leaf blowers? Leaves get moved, but nothing gets picked up? Now the leaves are over there instead of over there. But they're still there. Yeah...same thing. Don't spend money ever again on cleanses that move toxins from your liver to your brain or vice versa. I mean, unless you WANT to.

#2 CLEANSE FAIL: NOT ADDRESSING THE MIND-BODY CONNECTION

Toxic thoughts cause toxic food choices. And being disconnected to the subconscious stress patterns we perpetuate in our minds, prevents us from being mindful with decisions we make about food.

As Tony Robbins says “Your quality of life is only as great as your emotional state”.

Applied to the truthism “90% of our quality of life is dependent upon the foods that we eat”...we can make the connection...

FOOD = MOOD. And vice versa: mood can also sabotage food.

We all know that we should ‘think positive’ to curb depression and be happier. But do we?

It’s harder to think positively when you’re eating negatively.

Or better said, **How do you expect to feel like a million bucks when you’re eating from the dollar menu?**

If you wanna’ be a millionaire, you have to eat like one to think like one! ;)

If you want to just LOOK like a million bucks, rather than MAKING it, then eating quality foods, you’ve got to address stress. For me, what made me eat toxic crap, alcohol and coffee in excess, was the mind chatter about me not feeling like I was being, doing, looking ENOUGH. Once I was able to quiet that false mindset that never turned off, I was able to put my anxious food munchies to rest. How that plays out for each person may be different, but for me, meditation, yoga, adventure, travel, guitar – creative expression really helped ground me. And love me. Accept me.

#3 CLEANSE FAIL: YOU USED HARMFUL CLEANSE PRODUCTS AND INGREDIENTS.

...but you probably had NO idea. Because the label said 'cleanse' and HEY! Blame it on VEGAS. You were too toxic and foggy headed to know better.

Many products today, while they may 'produce a good poo' are abrasive to the lining of your intestines, which is the area we're trying to clean up and rebuild. The National Institute of Health National Library of Medicine has reported a number of dangerous, life threatening consequences that have resulted from taking laxatives containing herbal ingredients. Three common herbal colon cleanser and laxative ingredients in particular, psyllium, cascara sagrada, and senna, may present very serious health risks and major medical complications such as hepatitis and liver failure.

However, they are contained in a majority of detox and cleanse products. AND out of desperation to POO, many become somewhat addicted to them.

TRANSPARENCY MOMENT: I used to be when I was 17. I drank Lacy LeBeau's Super Dieters tea, and Senna is the main ingredient. I thought it was AWESOME, because it cleaned me out more than my body did on it's own (hello red flag I chose to band aid with 'poop tea'), and whoa the flat belly I had. But hmmm, can you say 'dehydrated'? I don't recommend it!

Sooo, now I've hopefully got a good laugh out of you (see we're already starting to build your 6 pack?), and you're getting that quality of herbal formulas is KEY. Is it worth it to have a 'flatter tummy' at the expense of a sicker inside that could lead to further problems, likely skin issues down the road? I always explain it this way: if your OUTSIDE skin is damaged, imagine what your INSIDE skin looks like. Put simply: pretty skin starts with pretty intestines. Ok, that may SOUND funny, but I hope you're getting the idea!

MAJOR AHA: You know all that money you've spent on expensive creams, procedures and surgeries, trying to get your dream skin?

"In just 30 days, I've lost 9 pounds and my clothes fit much better! Oh and SKIN! Mine hasn't looked better since I was 8 months old".

– Sara Kastner

#4 CLEANSE FAIL: YOU DIDN'T FOCUS ENOUGH ON FOODS THAT SUPPORT DETOX

And as a result end up malnourished and could add MORE stress to the body. Here's a few examples:

- **Missing Fiber** - 3-day juice cleanses without the most critical cleanse tool. FIBER. Juice is super high in sugar and low in fiber. I recommend consuming around 30-40 grams of fiber per day, but juice cleanses miss this mark big time. This is one of those fails I see many do, but don't realize the insult to injury it can cause with high sugar cleanses, adding to an already existing insulin resistant issue.
- **Missing Macros** - more so, not enough protein or healthy fats. Hormones are made of fat on the outside and protein on the inside. Cortisol is a 'good' hormone when in balance. It's our 'firefighter' to inflammation. When you think about a toxic body is it inflamed or not? It's inflamed right? So, when you think about it, we NEED those 2 building blocks - healthy, clean, lean protein for inside hormone, and essential fatty acids for outside hormone to make more cortisol to put the fires out that come from within when we detox. That, plus melatonin hormone to help us sleep better and testosterone to give us more energy & metabolism power.
- **Missing Micros** - potassium is important to keep muscles at ease. Magnesium assists with bowel movements and is a natural muscle relaxer as well. Constipation isn't cool and what we teach in The Warrior Cleanse is just because you poop daily, doesn't mean you're not constipated or optimally healthy. You'll learn what micronutrients and minerals help your bowels to detox and what your poop is telling you! Seriously, if your poop could talk, it would tell you it needs a cleanse! A life cleanse! This is where many Warriors experience major 'aha' moments.
- **Food Quality** - a MAJOR source of toxins today is pesticide residue on product, hormones, antibiotics and other prescription drugs in animal meats and heavy metals in 'bottled' and tap water (which is next). The higher quality foods by way of Organic, Grass Fed, Hormone Free, Free Range, Humanely Raised, GMO free are critical to give our body what we need to make healthy hormones, neurotransmitters, muscles and organ tissues so we can detox without negative side effects.
- **Water Quality** - Bottled water is nothing more than processed tap water. Even the expensive spring water you buy, may be full of harmful contaminants (tons of Youtube videos to illustrate this). Common methods of purifying can remove the chemicals but it also removes the important minerals our bodies need (ie Reverse Osmosis). Did you know that our water contains pharmaceuticals? Many people flush their unused or outdated medications down the toilet and where do you think it goes? To the water plan to be treated for bacteria (with more harmful toxins) and other pathogens and then routed back into the water system. That next glass of tap water may contain the chemicals from someone's medicine cabinet which could be harmful to you or your family's health. Anti depressants on tap? Or how about some birth control? Yikes, no

WONDER we have so many hormone imbalances. But not to worry, **The Warrior Cleanse** will teach you EXACTLY what to do here, for thousands less than what you THINK you need to do. We all get discounts too, thanks to the amazing companies who love us and want us healthy ☺

- **Fermented foods** – without these, you're not adding life to you colon, which are the good guys, aka good gut bugs (probiotics) that MAKE vitamins, hormones, neurotransmitters. The gut is our SECOND BRAIN, and if you're cleansing just to get rid of the bad bugs without focusing on adding life back into your colon (and maintaining that thereafter), you're doing more harm than good. Because you're teaching the bad bugs how to grow even stronger. (kind of like stopping your antibiotics round before you finish = not good!)
- **Digestive fire** such as enzymes, probiotics, bile and HCL, which is stomach acid – you'll learn this is GOOD and you likely don't have ENOUGH contrary to what you may have heard that you have too much. As an example, by the time we turn 40, we have about half of the digestive capacity that we did when we were young. This is why we start seeing symptoms of 'getting older'...because our digestion isn't functioning as optimal as before. Remember when we were younger and we could eat anything without gaining weight? Yeah, let's bring that back. We're going to redefine 'treat meals' for you so you feel 10 years younger, maybe MORE.
- **Adaptogenic herbs** to support the adrenals so the body has enough ENERGY to detox. Expecting an already tired body to expend more energy it doesn't have on the process of detox, is a bit absurd. So, as I've said for many years, why would you throw someone into a boxing ring when they haven't trained a day in his life? Same concept here. Detox takes a lot of WORK for the body to do. So, it's CRITICAL to give it an extra BOOST (no, NOT with coffee or energy drinks), so it can work extra hard to make you feel EXTRA better.

Now think back. Did your last cleanse address
ALL of these key areas?

Most likely, NOT.

I still have yet to see one that does.

Which is again, why I created one for myself to live by.

Then decided to launch it to the public...because IT WORKS.

And it works better than any other Cleanse I've ever seen.

I still don't know any Warriors who have gone through **The Warrior Cleanse**, who felt it was 'missing' something that they felt they needed to try something else. It's THAT powerful and effective.

Look, there are MANY ways to cleanse and you've likely heard of many, perhaps tried a few. But they do NOT need to be torture. These don't sound appealing to me or, really anyone.

FASTING – I think this is a foul ball given all of our 'mental' demands today. It's history dates thousands of years, back when people had the space to reflect and recluse for a bit to allow for 1-14 days digestive restoration without doing ANYTHING else but. Today, we're wearing a hundred hats, so it's

not possible to disappear into a cave for days on end to accomplish deep cleansing via fasting. It's been used within religions to create a "spiritual awakening" in some cultures for healing and in Hollywood as part of crash diets. However, the disadvantages and health risks of fasting far outweigh the benefits and can be very dangerous if not done correctly and under close supervision of a medical or nutrition professional. However not ALL fasting is bad, but not to worry. In the Warrior Cleanse, we'll teach you what GOOD fasting is and how to incorporate safely into your day to day to INCREASE YOUR FAT BURN by 700% +

YES! The Warrior Cleanse will teach you how to INCREASE YOUR FAT BURN by 700% +

DEPRIVATION - When you go to the extreme by restricting calories and essential nutrients, your body and health pay the price. Unfortunately many of the side effects that people think of when they hear the word "detox" come from this type of deprivation. Headaches, irritability, nausea, low energy, muscle and joint aches and acute emotional distress are all side effects of depriving your body. Your immune system function is also put in jeopardy, without it receiving the proper vitamins and minerals it needs to function optimally. Not to mention, if you are diabetic, you are putting yourself at risk of stroke and heart failure by playing with your blood sugar levels so dangerously.

Also, some parts of your body ONLY run on blood glucose, which needs to be replenished through healthy eating with the RIGHT kind of carbs. Your brain, nervous system and eyes are all fueled by blood glucose. If you restrict or cut out carbohydrates completely, then brain fog and blurry vision may ensue.

So why do people do this to themselves? 2 reasons:

First, word on the street is that you're 'giving your digestive system a break' and second, you're 'releasing toxins'. Well, TRUE...sort of, BUT you're also setting up your digestive system for further stress. Plus, any toxins that are released are done so too quickly with no real exit strategy, which leads the toxins right back to where they began. **LEAF BLOWER VISUAL (ready? Laugh)** - why do we pay this guy to blow leaves everywhere? Isn't the wind just gonna blow them back to where they started?

If you are trying to cleanse AND rebuild together (you should) you need high-quality nutrients saturating your body to support that. Kind of like after we exercise. You know how sore you can get post work out? Micro tears in your muscle are screaming to be patched up, which many of us know to take BCAA's, electrolytes, minerals, protein...to do so.

The same goes for cleansing. Detox takes a LOT of work, like exercise. So if you're depriving your body of the essential vitamins, minerals and nutrients that it needs in order to perform the millions of tasks it already performs on a daily basis, you are actually hampering its own ability to detoxify and heal!

Most cleanses cause more harm than good.
The Warrior Cleanse is ALL good!

Your cells and tissues need to be fed, not starved! Without key players such as fiber, and other vitamins and nutrients, your digestive system will slow and even become further clogged, trapping any toxins that might have otherwise made their exit. This is the opposite of what you were hoping to do!

Doing cleanses the **WRONG** way, without key nutrients and **ENOUGH** food, it can cause the opposite effect - **WEIGHT GAIN**.

Digestive health is an absolute key part of detox'ing! It needs to be running in tip-top shape in order to move and eliminate toxins that have been stirred up in your system.

Fiber deprivation can halt toxin elimination, which the body adapts and stores them in fat, expanding our 'waste-line'. Plus some foods you've been lead to believe were healthy, actually do more damage to your digestive track.

That is why we help you take the guess-work out of detox, with The Warrior Cleanse!

The foods, system, supplements and cleanse kit I suggest are designed to give you the nutrients you need to support healthy digestive and body functions while at the same time detoxifying and eliminating toxins the most **EFFECTIVE** and simple way possible.

BOTTOM LINE: Cleanses should **NOT** leave you feeling deprived. Rather, you should Nourish your body to **OPTIMIZE** detoxifying results!

#5 CLEANSE FAIL: YOU START BUT DON'T FINISH OR WORSE YET, YOU DO, BUT YOU THINK THERE IS A FINISH LINE.

This might sound confusing?

Rightfully so, read on!

First, it's important to understand that cleansing is a natural process our body endures 24-7. It's constantly working to filter out toxins from our body that we're exposed to. If we didn't, we would die from toxicity.

Let's address the first one here:

I didn't finish my Cleanse!

I hear this A LOT. "I got acne, skin symptom, itching, rash, pooped a lot...so I stopped". Cleansing can come with some 'side effects', however if you're doing the RIGHT one, you may experience minor side effects which are PART OF detox. Where you were probably let down, is not having a guide to help you understand this concept. If you go to a store and buy a boxed cleanse, take supplements as recommended by someone who is not your coach or nutritionist, who will you have to ask when something goes wrong? If you have an embarrassing rash on your face, chances are you're not going back into that store to talk to the clerk who suggested it to you.

So in lieu of that, most people will just quit, not realizing that skin is our largest exorbitant (absorb toxins) and excretory (release toxins) organ, so it's common to see toxins leaving the body this way during a cleanse. What's not NORMAL is symptoms that persist this way long term, but also nor is having ANY symptom. Granted, the product or system you used to cleanse may have also produced some unwanted side effects, so it's important you use something that is CLEAN and not laced with more toxins that create the same issue with which we began...which you'll read in Cleanse Fail #3.

Do yourself a favor and work with a COACH the next time you detox. That's exactly what you'll get when you join our 30 day Warrior Cleanse!

Because it's one of THE only Cleanse Programs that I've ever seen, that addresses the second part of this 'Cleanse Fail':

You go back to the same lifestyle that made you feel like crap before!

Which looks like this, as is the average American in a day:

- 60% caloric intake (fuel) from ultra-processed foods. Yet we expect to have HIGH energy from LOW-quality fuel? Why are we SO surprised we're SO tired?

- 16% caloric intake from 'added sugars' – around 100 grams per day, 4 times higher than the 'healthy range' as per the World Health Organization.
- 1% or less caloric intake from vegetables. No wonder why we're such a sick nation. Veggies = fiber = helps us poop. If we're not pooping well, we're constipated, and toxins back up.
- 1-4 glasses of alcohol (ouchy liver)
- 1 liter of water – target would be closer to 3 +
- 2-3 cups of coffee – dehydrating & disrupts energy, sleep, fat burning, tissue regeneration & sex hormones.

Ultra-processed food that contains ingredients such as flavors, colors, sweeteners and hydrogenated oils, emulsifiers and other additives that you wouldn't cook with at home. The study also pinpointed, for the first time, this type of processed food as the main source of added sugar in the U.S. diet. Meanwhile, the report shows, Americans get less than 1% of their daily calories from vegetables.

Your lifestyle has everything to do with how successful your detox and cleanse program will be.

Study after study has proven that creating a real change requires healthy habits. However, bad habits are hard to break and it is just as difficult to form new, healthier habits. It requires work and attention until it becomes a regular part of your life. But, it is totally possible.

Without creating a change in your lifestyle and creating lasting new habits, you will remain toxic and unhealthy. So, what we focus on in The Warrior Cleanse is not only the ACT of Cleansing the toxins that are already inside of you but ALSO the ART of prevention, in staying clean, by living as toxin free as possible.

NO More Band Aids, What to do Next?

We get it. We've been there.

Chasing symptoms with prescriptions, programs, pills, procedures.

You're no different.

You've tried 'everything', and feel defeated and deflated.

You're not alone.

But you're so on the verge of a new way of living.

With over ½ of American women being obese or overweight at an average size of 16-18, it's CLEAR that our WASTE-lines are expanding. The diet industry wants to lead you to believe it's because you're lacking their MIRACLE pill or program. So the average woman will enroll in the program or buy that pill, which may help temporarily, but then leads her right back to where she started, or for MOST women, with MORE weight than where she began.

WHY?

Because those things aren't resolving the ROOT CAUSE of why we're overweight to begin with.

We gain weight because we're exposed to more toxins than we're able to excrete.

Our body, mainly our liver simply cannot keep up.
So this is where we're about to change things.

In our program, **The Warrior Cleanse**, we're going to teach you that:

True health isn't just about weight loss, it's about the LIFE gain.

- What will you be able to do with your life once you lose the weight or if your goal isn't to lose weight, once you lose the symptoms?
- How valuable is it to you to know EXACTLY what to do for the rest of your life, to avoid disease and weight gain?
- Imagine the energy and clarity you'll gain. What will you do with 8 more hours in a day if you're 2 times more productive than you are now with toxins clouding your body and mind?

In order to do this, we must go straight to the remote control that governs all of this. The gut.

And the formula is simple. If you have ANY symptoms, your good gut bugs (probiotics) are likely very low, compared to your bad bugs (thanks to toxins and antibiotics).

These bad bugs text message our brain to eat junk food, pick the wrong lover, release more fat expanding cortisol, blurt out mean things to our kids...so YES, when you say you're feeling 'out of your mind, you probably are, thanks to the bad bugs in your colon that make you think this way'. Food cravings, emotions, sleep patterns, hormones are all out of control and it starts in the gut.

Also, your external skin is only as healthy as your internal skin, ie the terrain of your gut, ie your intestinal walls. So if you want to look sexy, feel sexy, think sexy...you've only got to do one thing, and it's what we focus on in The Warrior Cleanse, unlike ANY other Cleanse program offered on the market:

“Change the terrain, change the brain”

You'll learn:

- Why you're not at your Dream Body and how to get out of your own way. Self sabotage is not sexy!
- The Top 5 reasons you're not burning fat, and how to change that
- The HONEST TRUTH about the impact food has on your life, how to avoid marketing pitfalls, and how to keep eating healthy SIMPLE!
- Key Supplements you'll need in your arsenal to make you feel like the million bucks you seek
- Beyond the Belly Beauty tips to keep your Skin looking young. You want your Year Round Glow? DONE! ;)

- THE most nutrient dense, fat burning, toxin busting herbs on the market and which ones are ESSENTIAL to take daily, to gain, then maintain your SEXY BODY

There's so much more in store for you, and all you need to do is take the first step.

>>> SIGN UP!

WHY ELSE would you NOT do it? Because you 'might fail'?

I can guarantee you won't fail.

That is one promise I'll stand by.

It will be the BEST thing you'll ever do for your future SEXY BODY as well as your family.

THIS is the intelligence we should have learned in school, but didn't. Remember all those times you tried to cleanse, lose weight, ditch that disease, gain more energy?...remember how they didn't work long term?

Yeah, you'll never have to think that again.

Because this will be your LAST. CLEANSE. EVER.

Welcome to your new Tribe. A tribe that gets it. Where you can ask anything, from the most embarrassing things to the 'stupid' questions that probably everyone else wants to know too.

If you feel moved and inspired right now...Don't even think about it. Because the more you do, the higher likelihood you'll convince yourself out of it...and your symptoms won't resolve, your Dream Body still a far reach away.

If you're ready and you're serious about feeling, looking, thinking sexier, sign up now. Before we fill up.

Your Dream Body Awaits.

As are the top doctors, chefs, and health experts in the industry, part of our team, who are excited to share with you the most valuable nutrition information you've probably ever heard.

And I'm BEYOND humbled I get to make this a unique-corn experience for you! See you in Class, Warrior!

CLICK HERE to show yourself how committed you are to your health and living the life you deserve!



WARRIOR FOOD *Recipes*

And in the meantime, here's
just a TASTE (pun intended) of
what you'll feast on during the
Cleanse, and beyond!

- BREAKFAST - WATERMELON BANANACADO

Prep Time: 5 minutes

Serves 1

This strange, surprisingly delicious combo is super hydrating for your wake up call. Banancado may just be the next Branjelina of food. Shocking! Food porn paparazzi rejoice! Seriously though, this recipe is a small but powerful family of ingredients. Your heart, kidneys and blood can all thank watermelon for its mesmerizingly detoxing qualities.

Ingredients:

½ mini watermelon, sliced into half inch slivers

1 banana

1 ripe avocado, pitted, peeled and cubed

3 tbsp hemp seed

Procedure:

1. Peel your banana into a small mixing bowl. Add the avocado and use a fork to mash and mix.
2. Spread bananacado on your sliced watermelon. Sprinkle hemp seeds on top... And.. Smile!



- LUNCH - CITRUS SALAD

Prep Time: 5 minutes

Ingredients:

$\frac{3}{4}$ lb. fresh organic arugula
1 grapefruit, peeled and sliced
1 handful raspberries
1 handful blueberries
1 tbsp olive oil
 $\frac{1}{2}$ teaspoon freshly squeezed lemon juice
 $\frac{1}{2}$ teaspoon freshly squeezed grapefruit juice
 $\frac{1}{4}$ fennel bulb, shaved or diced
2 tbsp shelled pistachios
Salt & Pepper (optional)

Procedure:

1. Arrange your arugula in a salad bowl. Add raspberries and blueberries.
2. Pour olive oil, lemon juice and grapefruit juice on top of salad. You can easily get enough juice by squeezing the leftover grapefruit peel. Season to taste and toss. Add fennel and sprinkle pistachios on top. Extra credit for adding cashew cheese (Recipe coming soon to a Warrior Cleanse near you)!



- DINNER -

PORTOBELLO MUSHROOM “STEAK”

Prep Time: 20 minutes

Cook Time: 45 minutes

Serves: 4

Ingredients:

1 Cup Walnuts

¼ Cup Chopped Cashews

1-2 TBSP Extra Virgin Olive Oil

Pinch of salt

½ diced onion

½ Cup Chopped Mushrooms

1 TBSP Minced Garlic

4 Large Portobello Mushroom Heads- stalks removed

2 Zucchini- chopped

2 Cups Baby Spinach Leaves

1 jar of your favorite tomato sauce (optional)

Procedure:

1. Preheat oven to 400 degrees.
2. Pulse cashews and walnuts in blender or food processor. Add a pinch of salt and olive oil to help incorporate that protein goodness. Set aside.
3. In a frying pan, sauté onions on medium heat using your preferred cooking oil. After a couple minutes, add mushrooms and stir occasionally for about 5 minutes. Then add garlic and cook on medium-low for another couple of minutes, making sure not to burn the garlic. The only thing burning right about now should be your nose—burning with desire, that is! Add zucchinis and continue cooking until soft. Remove from heat and set aside.
4. Arrange your Portabellas on a casserole dish or baking pan, side by side. Assemble each one congruently. The layers should be more or less equivalent in the following order:
 - a. Portobello Mushroom Head as the Bottom Base
 - b. Baby Spinach
 - c. Sautéed Mushroom/Zucchini Mixture
 - d. Cashew/Walnut Mixture
 - e. Tomato sauce
5. Feed your oven for about 25-30 minutes. Then feed yourself!



- SNACK -

WARM TURMERIC MYLK

Prep Time: 5 minutes

This soothing, golden concoction is a well-known home remedy for all the wonderful benefits turmeric is known for. The black pepper significantly helps your body absorb the turmeric.

Ingredients:

2 cups mylk of your choice (cashew, almond or hemp)
½ teaspoon turmeric (grate it fresh if you have it available)
1 teaspoon raw, organic coconut oil
¼ teaspoon pepper (to taste)
½ teaspoon raw local honey (to taste)

Procedure:

1. Mix hemp milk, turmeric, coconut oil and pepper in a small pot over medium heat. Just warm the ingredients through, do not boil.
2. Remove from heat. You can strain out the pulp if you grated fresh turmeric. It's a personal preference. Now add the honey.

- DESSERT -

RAW CHOCOLATE “PUDDING”

Prep Time: 5 minutes

Rest Time: 1 hour

Serves: 2

Use this as a base for a fruit salad. Try combining with bananas, strawberries, blueberries, raspberries and blackberries for an extra punch of protein. Get creative and add shredded coconut or homemade coconut whipped cream on top. Then you can even invite some nuts or almond butter to the equation. Whatever you do, make it and eat it within 24 hours—like that’ll be a problem...

Ingredients:

1 avocado (avoid bruises, as it will cause bitterness)

1 tbsp raw cacao powder


¼ teaspoon pure vanilla extract

1 tbsp grade B maple syrup or stevia (6 drops) 1 tbsp coconut oil

Procedure:

1. Add all ingredients to food processor until smooth. You’ll most likely have to stop and scrape the sides a couple times. I’ve done this a whole bunch manually with a fork and spoon and even though it won’t be super silky, it will still be super delicious.
2. Refrigerate for one hour. If you’re as impatient as me, try using a refrigerated avocado to speed things up a bit.





So what's it going to be? Take this revamped and remodeled guide and be empowered? Or keep on the same path you are on now, continuously destructing your body?

You now have the knowledge in your hands to ditch the fat, fatigue, and frustration. YOU have all the power now...what are you going to do about it? Your choice.

This one program will last four weeks but what you'll learn will be a lifetime of change. Let's do this!

THE WARRIOR CLEANSE
www.dianekazer.com