



2020

Fall DeTox

aligning with the rhythms of nature

A simple, rejuvenating approach to set yourself up
for a joyful, healthful winter season

© 2014 by Kim Kemper, Integrative Health Service's
Doylestown, PA – 215-262-5295
kim@kimkemper.com

Text, recipes, drawings, and poetry by Kim Kemper
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Original photographs by Kim Kemper

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VEGGIES

Beets, **cauliflower**, Brussels sprouts, **romaine** and red-leaf lettuce, **ginger**, Napa cabbage, peas (frozen or fresh), **spinach**, **arugula**, **celery**, **cucumbers**, **cilantro**, **flat-leaf parsley**, broccoli, **kale/baby kale**, asparagus, **green beans**, sweet pea and sunflower sprouts, **onions**, **scallions**, **ginger**, garlic, **leeks**, **winter squash (butternut)**, **carrots**, bok choy, red-skinned potatoes, **sweet potatoes**, **pumpkin** burdock root, **turnips**, **swiss chard**, **collard greens**, **mustard greens**, seaweed.

FRUITS

Green apples, **pears**, **avocados**, **lemons**, limes, blueberries, kalamata olives, coconut, **kiwi**, **date**, **orange**.

GRAINS (gluten-free)

Quinoa, **brown rice**, steel cut oats, **rice cakes**, gluten-free toast

BEANS

Chickpeas, **hummus**, **white cannellini beans**, **red lentils**, **mung beans**, chickpea miso (Eden canned beans are preferred brand).

NUTS & SEEDS ****pick the nuts or seeds you prefer from this list*

Raw almonds, **pumpkin seeds**, raw sunflower seeds, **flaxseeds**, sesame seeds, **raw almond butter**, **tahini** (sesame butter).

OILS

Extra virgin olive oil (low heat and dressings), flaxseed oil (dressing), grapeseed or sunflower seed oil (higher heat), Nutiva coconut oil, **Ghee**

BEVERAGES

Unsweetened almond milk, rice milk, **WATER**, **water with lemon**, **green tea**, white tea, kukicha twig tea, hibiscus tea, RAW coconut water, **dandelion tea**, burdock root tea, **nettle tea**, **fennel tea**, **chamomile tea**, **calming golden milk**

CONDIMENTS ****important, as these bring flavor to a simple diet*

Pink Himalayan salt, **Bragg Liquid Aminos** (spray bottle), raw tahini, **ginger**, **cinnamon**, **turmeric**, **black pepper**, **fresh herbs** (basil, cilantro, parsley, rosemary, mint), unsweetened (or apple juice-sweetened) dried cranberries, seaweed (nori), **Eden Seaweed Shake**

****Bold items are suggestions for the cleanse menu & recipes***

SELF CARE ITEMS

Dry brush - for the skin - www.amazon.com

Sleep Easy Oil & Triphala Tablets - www.banyanbotanicals.com

KEEP IT CLEAN

Choosing organic (or pesticide-free) is more important for some foods than others. Here are the 12 most pesticide-laden conventionally grown fruits and vegetables, followed by the ones lowest in pesticides.

THE DIRTY DOZEN	THE CLEAN FIFTEEN + 2
Peaches	Onions
Apples	Avocados
Bell peppers	Sweet corn
Celery	Sweet potatoes
Nectarines	Pineapple
Strawberries	Mango
Cherries	Asparagus
Kale	Sweet peas
Lettuce	Kiwi
Grapes	Cabbage
Carrots	Eggplant
Pears	Papaya
	Kiwi
	Papaya
	Watermelon
	Tomatoes
	Broccoli

FOODS TO INCLUDE

Whole, unprocessed foods
 Vegetables
 Simple fruits
 Seeds, Almonds
 Fresh pressed Green Juice
 Green Smoothies

FOODS TO ELIMINATE

Processed Foods
 Gluten
 Dairy
 Animal foods
 Alcohol
 Coffee & Black tea

Foods that Nourish **Lungs, Large Intestine,** **Pancreas, Spleen**

VEGETABLES

Beets
Carrots
Celery
Dandelion
Sweet Potato
Winter squash

CRUCIFERS (prebiotic fiber) **

Cabbage
Cauliflower
Brussels sprouts
Broccoli
Bok Choy
Turnips *

GREEN LEAFY

Arugula
Flat-leaf parsley
Kale
Chard
Spinach
Beet greens
Collards
Escarole
Dandelion greens
Mustard greens
Romaine

PROBIOTIC-RICH

Sauerkraut
Pickles (cucumber)

FRUITS

Apple
Blueberries
Pear
Lemon

SULFUR-RICH

Garlic
Green Onion
Daikon radish
Onion
Leek

HERBS AND SPICES

Ground cinnamon
Ground & fresh ginger
Ground nutmeg
Turmeric
Black Pepper
Fennel

ACID & ALKALINE FOOD LIST

Acid-Forming		Alkaline-Forming	
<u>Meat/Poultry/Seafood</u> Beef Chicken Clams Crab Duck Fish Goose Lamb Lobster Oysters Pork Shellfish Turkey Veal <u>Condiments/Dressings</u> Jams Ketchup Mayonnaise Mustard Soy sauce Vinegar <u>Breads & Flours</u> Cereals Corn (processed) Cornmeal, Cornstarch Pasta (all, except vegetable & spelt pasta) Rye bread & rye flour White biscuits & bread Whole-grain bread <u>Fats & Oils</u> Butter Canola oil Corn oil Margarine Sunflower oil Vegetable oil <u>Grains & Legumes</u> White rice Wheat	<u>Dairy Products</u> Butter Cheese Eggs & egg products Milk <u>Beverages</u> Wine Beer Liquor Black tea Coffee Processed juices Soda Sport drinks <u>Fruits/Vegetables</u> Preserved fruits & veggies Canned fruits Artificially dried, roasted, sweetened, glazed fruits Jellied fruits Processed veggies Asparagus (white tips) Canned olives Pickled veggies <u>Nuts & Seeds</u> Cashews Peanuts Roasted nuts Salted nuts Walnuts <u>Sweets</u> Artificial sweeteners Barley malt sugar Cakes, cookies, pies Chocolate Doughnuts Molasses Refined cane sugar Beet sugar Honey	<u>Vegetables</u> Artichokes Arugula Asparagus (green tips) Bamboo shoots Beets & beet greens Broccoli Brussels sprouts Cabbage (Napa, Savoy, bok choy) Carrots & carrot tops Cauliflower Celery Chard Chives Cilantro Collards Cucumbers Dandelion greens Dill Endives Flat-leaf parsley Garlic Green beans Horseradish Kale Leeks Olives (ripe, black) Onions Parsnips Peas (fresh or frozen) Potatoes (red, sweet) Pumpkin/winter squash Red peppers Radishes (red, daikon) Red-leaf lettuce Romaine Rutabagas Seaweed Spinach Sprouts (all) Summer squash Turnips Watercress Wheat grass	<u>Fruits</u> Apples Avocados Bananas (unripe, frozen) Blueberries Grapefruit (sour) Lemons Limes Pears Tomatoes (raw) <u>Grains/Legumes</u> Amaranth Brown rice Cannellini beans Chickpeas Lentils Lima beans Millet Quinoa Tofu <u>Beverages</u> Aloe vera juice Filtered water Fresh coconut water Green & white tea Burdock root tea Dandelion tea Kukicha tea Hibiscus tea Rice milk Unsweetened almond milk <u>Fats & Oils</u> Olive oil Flaxseed oil <u>Nuts & Seeds</u> Almonds (raw) Pumpkin seeds Sesame seeds Sunflower seeds Tahini

THE IMPORTANCE OF JUICING DURING THE CLEANSE

1. **GIVE YOUR DIGESTIVE SYSTEM A REST** By drinking only juices, you're reducing the amount of input and stress on your gut. This allows your body to heal and recharge, while also flooding it with vital phytonutrients. You're giving your body time to play catch-up while pressing reset on your health.
2. **DISCOVER ABUNDANT ENERGY** Within 48 hours, you'll really start to feel the difference; you'll discover a new inner buoyancy. Within 72 hours, you'll feel more energized, enlivened, and engaged. Flooding the body with nutrients in their natural form creates real, lasting energy, not the short-lived rush (and often subsequent crash) we get from coffee, sugar, etc. It does this by providing more efficient toxin removal and also giving your body more of the nutritional building blocks it needs to heal and grow. You will have abundant energy left over, rather than feeling perpetually drained.
3. **ELIMINATE INFLAMMATION** Chronic inflammation is your body's response to the many environmental toxins you absorb through the air you breathe, food you eat, water you drink, and products you use. When you cut all of that out, while at the same time adding the power of the nutrients readily available in juices, you promote optimum toxin removal and cell repair. Switching to a plant-based diet has been shown to reduce allergies, arthritis, irritable bowel syndrome, and even cardiovascular and autoimmune diseases.
4. **AWAKEN YOUR TASTEBUDS** After only three days of juicing, you'll be surprised at how alive your taste buds become. You'll no longer crave the creamy salad dressing because a salad dressed with simple lemon juice and avocado will taste more flavorful than you could ever imagine.
5. **CREATE REAL, HEALTHY WEIGHT LOSS** When you cut out harmful toxic foods, saturated fats, and empty refined carbs and replace these with organic whole-food juices, you'll naturally lose weight. Only a part of this is water retention. A full to partial juice cleanse is also an ideal way to jumpstart a new way of eating because it helps control and reduce your appetite in the long run.
6. **REHYDRATE YOUR BODY** In my experience, most people are relatively dehydrated, consuming well under the 5-6 glasses of non-caffeinated, minimally sweetened beverages that they need daily. Drinking adequate fluids makes the body function more efficiently, improves energy, and helps remove toxins more effectively.

7. REDUCE CHRONIC AILMENTS So much of the time our bodies are fighting off our toxic behaviors, contaminated environment, and poor food choices (packaged processed foods, foods with additives, etc.). When you give your body a break, you'll see regular symptoms like headaches, general aches, congested sinuses, fatigue, rashes, bloating, cramping, and gas start to go away.

8. IMPROVE SKIN TONE As your positive outlook, better hydration, removal of toxins, and flooding your cells with healing nutrients begin to transform how you feel and look, you should see a positive transformation in your complexion as well.

*** BLENDING = SMOOTHIE - WHY?

The difference is simple. Juicing extracts the liquid which then **extends your overnight fast** and flushing metabolic waste, adding phytonutrients in their most absorbable form straight into your bloodstream. Alkaline heaven. Juice is "pre-digested." The juicer does the work for you.

Blending holds the fiber, and digestion is your job. Gut Health smoothies, loaded with greens, prebiotic fiber helps to aid elimination of toxins and support the immune system.



CURB CRAVINGS DURING THE CLEANSE

Make sure you are eating enough good, complex carbs – like whole-grain brown rice, quinoa, and millet – and as many fresh veggies from the alkaline list as you can. Your body may have been toxic and used to the extra “baggage.” Taking these steps will help alkalize the body and cause sugar cravings to subside. Alkalizing simply means helping the body to balance so that you aren’t craving so much sugar, meat, and refined carbohydrates.

- * Try eating whole fresh fruits, nuts, gluten-free grains, sweet potatoes, and dark leafy green vegetables (kale, spinach, collards) to balance your body and lessen the cravings.
- * **Stay hydrated! Drink more water. Your goal is to drink at least 2 liters per day. The water will help satisfy what your body is really looking for.**
- * Sip hot herbal tea, a warm cup of soup or warm water and lemon.
- * Drink detox lemonade made with fresh lemons, water, and a small amount of agave.
- * Boost overall intake of protein and fats: beans, dark leafy greens, raw almonds, and seeds.
- * Set the timer for 20 minutes after you eat to see if you are still hungry or craving. It takes blood sugar that long to slowly rise and send the message to the brain.
- * Eat a snack high in protein and fat: raw nuts, seeds, avocado, rice cake with raw almond butter.
- * Have a small smoothie.
- * **Change your environment.** Move, breathe, call a friend, or write in your journal about what is coming up.

RAISING YOUR VIBRATION

As you embark on this cleanse, consider the following ways to support yourself from the inside out. We are energy!

Lighter Brighter Energy

Leafy greens, avocados, beets, dandelion greens, apples, almonds, figs, dates, quinoa, green juice, eating raw foods daily, chewing slowly, getting outside, grounding to the earth, hugs, laughing, smiling, passion, sunshine, walking on the beach, time in nature, silence in nature, breath practices, yoga, classical music, lavender, acceptance, forgiveness, gratitude, kindness, love

Heavy More Dense Energy

Hard alcohol, junk food, toxic foods, excess red meats, liver and other organ meats, white sugar, white flour, excessive medication, toxic relationships, toxic thoughts, toxins from the environment and cleaning products, radiation exposure, consistent heavy metal music, yelling and arguing, holding onto the past, victim-hood, being stuck in anger, resentment, guilt, gossip, fear



MENU FOR THE CLEANSE ~ ROTATE, MIX, AND MATCH

Start each morning with room temperature or warm water with juice of 1/4 lemon, then have some white or green tea.

BREAKFAST: *juice* or smoothie

Kemper Green Juice

Smoothie ~ Green Goddess(R) or Pear Sprout (R)

If you need a solid breakfast or a snack, try one of the following:

Quinoa Breakfast Bowl (R)

Gluten-free toast with sliced avocado, sprouts, squeeze of lemon

LUNCH & DINNER: 60/40 raw/lightly cooked vegetables, plus protein and grain

A bowl is grounding, rich quality nutrition made in layers. It can be prepared ahead and refrigerated. Here is the general layering or grouping foods for making your bowls.

Base: a handful of raw greens (arugula, spinach, romaine, or a combination of greens)

Grain: choose from gluten-free grains on the list (quinoa, brown rice) 1/2 cup

Vegetable: mix of blanched, steamed or finely chopped or shredded raw veggies

Protein: beans, tofu, legumes (grain + bean = complete protein)

Topping or Condiments: few slices of avocado, olives, toasted pumpkin seeds, raw sunflower seeds, ground flax seeds, raw almonds, hemp seeds, fresh herbs, and/or a dressing

Basic Buddha Bowl (R)

Flying Dragon Bowl (R)

Kitchari (R)

SOUP: soup will be a part of our cleanse; whether as an addition or as a meal with a salad.

Red Lentil Squash (R)

Sweet Potato Soup (R)

Curried Celery Soup (R)

Cabbage Cooler (R)

(R) = Recipe included in this manual

Our natural tendency is to get creative. Usually because we become mentally bored with the manuals suggestions.

K I S = keep it simple

SNACKS

Grounding Trail Mix (R)
Apple or pear with raw almond or sunflower seed butter
Hummus with celery
Small smoothie
Guacamole with gluten-free crackers
Brown rice cake with nut butter or hummus
1 c. blueberries, apple, or pear
Tea or Soup

SWEET TREAT

Blueberries
Sautéed apple or pear slices in ghee
Sesame Coconut Balls (R)
Applesauce, Pear sauce
Herbal tea - Chamomile - Lavender (Traditional Medicinal), Fennel tea

CONDIMENTS

Bragg's Liquid Aminos - soy or coconut
Eden Shake: combination of seaweed, herbs, sesame seeds
Flaxseed oil and/or ground flaxseeds
Cold-pressed extra virgin olive oil

Ghee

Toasted nori sheets
Toasted pumpkin seeds
Raw sunflower seeds
Raw almonds
Pink Himalayan salt
Fresh herbs: flat-leaf parsley, basil, mint, cilantro
Spices: cinnamon, ginger, turmeric, cumin, black pepper, cardamon, fennel

BEVERAGES

H₂O – **water, water, water** room temp or warm
Detox lemonade
Green or white tea
Fennel tea
Dandelion tea
Hibiscus tea
Kukicha twig tea - my favorite at that 3 - 4:00 slump
Calming Golden Milk
Warm water & lemon

BEVERAGES

WARM WATER & LEMON ~ DAILY MORNING RITUAL

Break-fast

8-16 oz. warm water
Juice of 1/4-1/2 lemon

Drink it straight down! Lemons have an alkalinizing effect on the blood. After we have fasted all night, drinking this warm liquid flushes metabolic waste that has built up overnight, preparing your body for the day.

FALL BALANCING TEA

calming to the digestive & nervous system, balancing for fall allergies

1 nettle leaf tea bag
1 chamomile tea bag
2 c. water
Optional: 1/2 tsp. raw local honey

Bring water to a boil, then pour water over tea bags and steep for 5-8 minutes. Remove bags and stir in honey. (*Note: DO NOT BOIL HONEY.*) Drink warm. This recipe can be doubled to enjoy throughout the day.

CALMING GOLDEN MILK

bedtime

Turmeric Paste

1/4 cup turmeric powder
1/2 cup water

Directions to make paste:

Combine ingredients, whisk to incorporate, simmer low flame 5 - 8 minutes. Cool. Place in an air tight glass container.

Individual Calming Milk

1 to 2 cups coconut milk or unsweetened almond milk
1/2 tsp. cinnamon
1 tsp. ghee
1/2 Tbsp of golden paste
1 tsp. ground ginger (sometimes I add ginger juice)
Dash of fresh ground pepper
Stevia or raw local honey

Directions for individual milk

Simmer above ingredients for 5 - 10 minutes. Do NOT boil.
Strain and sip.

GREEN JUICE, SMOOTHIES, BREAKFAST BOWL

KEMPER JUICE for beauty inside and out.

1 head of romaine lettuce

1 cucumber

1-2 green apples

4-6 stalks of celery

1/2 bunch flat-leaf parsley

1" fresh ginger root

Juice of 1 lemon

Put through your juicer in the order listed above - full of vibrant health!

GREEN GODDESS SMOOTHIE

1/4 avocado

4 romaine leaves, deep green part

1/2 cucumber, peeled, seeded, chopped

1/2 green apple or pear, peeled, cored, chopped

1 handful of baby spinach

1 or 2 dates, pitted

1 cup Coconut Water - maybe Harmless brand

Options: protein powder, Moringa, Matcha green tea,

PEAR SPROUT SMOOTHIE

1 large handful spinach

1 large handful Blue Moon Pea Sprouts

1 stalk celery, chunked

1 Tbsp. ground Flax Seed

1 Pear, cored (if not organic, peel)

1 pitted date

1/4 of avocado

1 cup Coconut Water

1 -2 Tbsp. protein powder

QUINOA BREAKFAST BOWL

1 cup quinoa

1/4 c. toasted pumpkin seeds or hemp seeds

1 tsp. cinnamon

Pinch of cardamom

Optional:

Unsweetened almond milk, to taste

1/4 c. juice-sweetened dried cranberries or cherries

Rinse and cook the quinoa according to package directions, adding a pinch of pink salt. When cooked, add seeds, fruit, spices, and sweetener (if desired). Top with almond milk, or omit the almond milk.

SOUPS

RED LENTIL SQUASH SOUP

supports the lungs & large intestines

1 small red onion, minced
1 cup red lentils, rinsed
4 cups water
1 tsp. dried turmeric
1 tsp. cumin powder
1 tsp. coriander
1 tsp. fresh ginger, grated or 1/2 tsp. ginger powder
1 tsp. ghee
1 cup winter squash (frozen is fine)
2 tbsp. chopped flat leaf parsley

Place first 3 ingredients in soup pot, adding water gently. Bring to a boil. Reduce heat and simmer until lentils dissolve and onion is tender. (add more water to reach desired soup consistency) Meanwhile, melt ghee, add spices. Stir to coat for a minute. Scrap into lentil mixture. Add squash. Cook until tender. Add a tsp. of sea salt. Stir. Add herbs.

CURRIED CELERY SOUP

intestines love celery

2 Tbs. Ghee
6 celery stalks, diced (3 cups)
1 large leek, minced (2 cups)
pinch salt
1 green apples, peeled, cored, diced
2 tsp curry powder
8 ounces light organic coconut milk
1 medium red skinned potato, peeled, chopped
2 1/2 cups water
1 Tbs. lime juice
Condiments:
1/4 cup cilantro and celery leaves chopped
1/4 toasted almonds or pumpkin seeds chopped for garnish

Heat oil over medium heat. Add celery, leek, and salt. Cook 5 minutes or until vegetables soften. Stir in apples and curry powder. Cook 2 minutes. Add potato and water. Bring to a low boil, reduce to light simmer 15 minutes until vegetables are soft. Add coconut milk.
Puree soup until smooth.
Return to pot, stir in lime juice and add salt & pepper.
Serve with chopped nuts or seeds

SWEET POTATO SOUP

pre-biotic, fiber rich

2 cloves garlic, minced
1 onion, chopped
1 in. piece of fresh ginger, minced
Pinch of chili powder or cayenne pepper
1 Tbsp. olive oil
3 sweet potatoes, peeled and cubed
4 c. low-sodium veggie broth or water
1/2 c. low-fat coconut milk
1/4 c. cilantro, chopped
Salt & pepper

Chopped spinach and toasted pumpkin seeds, to garnish

Sauté garlic and onion in oil. Add chili, ginger, and potato. Sauté for 2-5 minutes, then add water or stock. Bring to a boil, reduce heat, and simmer until potatoes are fork tender.

Add coconut milk and cilantro. Simmer, don't boil, for 5 minutes. Purée soup.

Add salt and pepper to taste. Garnish with spinach and pumpkin seeds.

CABBAGE COOLER

to reduce inflammation in joints

1 tbsp. olive oil
2 onions, sliced thinly
3 carrots, washed and diced
2 ribs of celery, sliced thin on diagonal
2 red potatoes, small dice
1 head green cabbage, shredded
Fresh parsley, finely chopped

Heat oil in stock pot; add onions, carrots, and celery. Sautee on low heat for 10 minutes.

Add potatoes and cabbage, toss with other vegetables to coat with oil and sauté for 10 minutes. Add 5 cups fresh water and a pinch of sea salt.

Bring to a boil and reduce to a simmer for 30 minutes.

Cool and enjoy.

BASIC Buddha BOWL ~ 2 servings

- 1 handful of arugula per serving
- 1 c. cooked quinoa, millet, or a combination
- 1/2 head broccoli or other sturdy vegetable, lightly blanched or steamed
- 1 c. cooked chickpeas (Eden is best if using canned)
- 1/2 red onion, thinly sliced
- 1 carrot, grated
- 1/4 c. ground flaxseed, sunflower or pumpkin seeds
- 1 avocado, sliced
- 1/4 c. oil-cured black olives or few slices of pickle

Layer the first nine ingredients in a bowl. Mix a pinch of pink salt (if needed, as olives are salty), 1 Tbsp. olive or flaxseed oil, and juice of 1/4-1/2 lemon. Drizzle over your Buddha Bowl and enjoy!



EXAMPLE of Fall Cleanse Buddha Bowl ingredients

Select components from each category to make your bowl

1 BIG handful leafy greens - raw

arugula
power mix (fall greens)
spinach

1/2 cup cooked whole grain

quinoa (high in plant protein)
brown rice

unlimited vegetable suggestions; blanched, lightly steamed or roasted

beets - all colors - steamed - grated raw
cauliflower
broccoli
green beans
carrot - grated raw - blanched
celery - sliced thin, raw
collards - steamed
kale - steamed
artichokes
sweet potatoes
swiss chard - steamed or saute
butternut squash - winter squash

plant based protein - plus

1/4 to 1/2 avocado
1/2 cup cooked beans; white cannellini, red lentil, garbanzo
2 heaping tablespoons raw hemp seeds
2 tablespoons toasted pumpkin or sunflower seeds
3 tablespoons hummus
2 slices tofu, marinated, steamed, pan seared

dressing or condiments

1 tablespoon olive or flax seed oil
juice of 1/2 a lemon with a pinch of pink salt
Tbsp or 2 of chopped fresh herbs; cilantro, flat leaf parsley, basil
Tbsp sauerkraut
Toasted seeds
Kalamata olives

Place your leafy green portion into your favorite bowl. Arrange each additional component atop the greens, drizzle with dressing.

ADDITIONS

for something beyond a bowl

Fall Moroccan Quinoa Pilaf

2 Tbs. olive oil
1 onion, peeled and diced
2 carrots, peeled and sliced in 1/2 moon
2 cups kale, rinsed and chopped
2 cups cooked quinoa (1 cups raw)
1/2 cup raw almonds, chopped (pumpkin or sunflower seeds work too)
Juice of one lemon
1 - 2 tsp mild curry powder
1/2 tsp. turmeric
1/2 tsp. cardamom powder
pinch of pink salt
option after detox: 1/4 cup pitted dates, chopped

Saute onion in oil for 4 - 5 minutes. Add carrots and cook 8 - 10 minutes. Then add almonds, dates, spices, and salt. Continue to saute 5 - 8 minutes more. Add the kale and a sprinkle of water. Saute until the kale is tender. You may need to add sprinkles of water to keep moist.

Once kale is tender add the quinoa and stir together combining flavors. Heat through. Adjust seasonings and add lemon juice.

Serving size: 4 1/2 cup servings

SAUTÉED GREENS

as an addition to your evening bowl

1 Tbsp. Ghee
1 clove garlic, mashed
6 c. chopped greens (kale, chard, spinach, collards, dandelion greens)
Pinch of pink salt
Optional: Dash of Bragg Liquid Aminos or fresh herbs (parsley, oregano, marjoram, etc.)

Heat oil, add chopped garlic, and cook for a few minutes until garlic begins to brown. Add chopped greens gradually. *Note:* The finer the chop, the quicker the cook. Sauté for 6-8 minutes, tossing as the greens cook. Remove from heat.

KITCHARI ~ An Ayurvedic cleanse staple

1/2 cup organic quinoa, rinse well
1/2 cup sprouted mung beans, rinse well (I use TruRoots brand)
1 tablespoon coconut oil (I use Nutiva)
1 tablespoons ground fennel seeds
1/2 tablespoon cumin seed powder, turmeric, and cinnamon
1 tablespoons chopped fresh ginger
3 cups water, more if adding extra veggies
3 leaves of Swiss chard, spinach or kale (I use a combo of them)
1 cup each of: carrot, sweet potato, celery, green beans
1/2 teaspoons sea salt
Garnish with cilantro, parsley and/or basil
1 tablespoon toasted sesame seeds
1–2 tablespoons lime juice, per serving

In a large pot, warm coconut oil over medium heat. Add fennel, cumin, cinnamon and turmeric. Stir well then add quinoa and beans and combine well.

When quinoa and beans begin sticking to the sides of the pot, add ginger and water. Cover and bring to boil. Stir and set timer for 20 minutes to allow quinoa and beans to simmer on a medium heat.

While the quinoa and beans are cooking, chop the vegetables and prep to add.

Once quinoa and beans are cooked, add vegetables and mix well. Add more water if necessary (depending on how many veggies you added), then cover and allow vegetables to cook to finish the dish, about another 10 minutes (adding the asparagus for only 5 minutes)

The finished kitchari will be rich, thick, and slightly soupy.

Serve in a bowl with fresh cilantro herb garnish and lime juice. Add a side arugula salad to complete the meal.

***** This makes 6 servings.**

****** Try this recipe over the winter when you feel the need for a cleanse. Use with a light cup of broth at lunch & dinner**

DRESSINGS

SUNSHINE DRESSING

4 Tbsp. extra virgin olive oil
Juice + zest of 2 Lemons
¼ avocado
1 clove garlic, minced
1 Tbsp. ground turmeric
1 Tbsp. raw local honey — if not vegan
pinch of Himalayan sea salt (to taste)

Directions:

Blend all ingredients in a blender. Add more avocado if you desire a thicker consistency.

CITRUS DRESSING

2 Tbsp. fresh lemon juice
2 Tbsp. fresh orange juice
Dash of Bragg Liquid Aminos
6 Tbsp. olive oil

Mix until smooth. Use 1 Tbsp. per bowl. Store the rest until next time.

TAHINI DRESSING

1/2 c raw tahini
2 tsp Bragg Amino's
1 tbsp. lemon juice
2 tsp. minced fresh ginger
1/2 c water
optional for allergies: add 1 tsp. raw local honey

Whisk all ingredients. Serve tablespoon as a serving. Refrigerate.

SNACKS

Grounding Trail Mix

- 1 tablespoon coconut oil, refined
- 1 teaspoon cumin powder
- 1 teaspoon cardamom powder
- 1 cup organic golden raisins or unsweetened dried cherries
- 1 cup pumpkin seeds
- 1 tablespoon sesame seeds

In a small pan, heat coconut oil over medium-high heat. After the oil becomes liquefied, add cumin and cardamom. Heat the oil and spices for 1 minute or until they become aromatic. Add the raisins, pumpkin seeds, and sesame seeds to pan and stir to evenly coat with oil and herbs. Leave over heat, stirring occasionally for 2 - 3 minutes or until the seeds start to brown.

Transfer to parchment paper to cool.

Eat while still warm for an extra grounding effect.

Sesame Coconut Balls

- 1/2 cup raw almond butter
- 1/4 cup sunflower seeds, toasted
- 1/2 cup dates, chopped
- 1 tblsp. apple juice
- 2 Tblsp. pure maple syrup
- 1 tblsp. ground flaxseeds
- coconut, lightly toasted
- sesame seeds, toasted

Mix together the coconut and sesame seeds and set aside. Mix all the other ingredients together and form into small balls. Coat with the coconut - sesame mixture. Can be refrigerated. Bring to room temperature to enjoy.

Makes about 2 dozen.

SELF-CARE TECHNIQUES

DRY BRUSH

This simple pre-shower habit **exfoliates skin, revs up circulation, and, most importantly, stimulates the lymphatic system**. Lymph is an immune system fluid that brings nutrients to our cells while **removing waste and bacteria**. When lymph is sluggish, fluid builds up in the ankles and calves, and we become more vulnerable to illness and fatigue. Exercise like yoga helps massage and squeeze these vessels, encouraging more flow. Dry brushing your skin speeds it up as well, providing a **natural detox** and helping your immune system function at its best.

Grab a **natural bristle brush** and make these steps a part of your daily self-care routine. Go easy on delicate skin, like the inside of thighs or upper arms.

1. Begin by brushing the tops of your feet with an upward sweeping motion.
2. Brush your shins and calves with upward strokes to knees, then continue up legs.
3. Brush your hands, arms, and shoulders, stroking toward the heart.
4. Brush your abdomen with circular clockwise strokes.
5. Lightly brush each breast and under the arms.
6. Brush the back of your neck and front of your throat with gentle strokes toward the heart to stimulate the pituitary gland.

Dry brush every morning to jumpstart your energy and soften your skin.

Follow dry brushing with a shower, and use a body wash containing peppermint or tea tree oil, which will enhance the invigorating sensation. Finish with a brisk towel rubdown and massage your skin with nourishing plant oils (sesame, almond, neem, jojoba, or an all-natural, paraben-free lotion, like one made by Aubrey Organics).

LYMPH & LUNG DETOX SALT BATH

1 c sea salt
1 c baking soda
10 drops of lavender essential oil
5 drops of eucalyptus essential oil
5 drops of doTerra Breathe essential oil

Add above to a full bath of hot water. Swoosh around the oils to disburse evenly. Soak in the tub until water begins to cool. **Shower to rinse the released toxins from your skin**. Drink water ~ go rest.

MOVEMENT - Yoga practice

Whether it be walking outside in the fresh air, running, biking, or yoga, movement is essential to support the flow of toxins through the body during this cleanse. Not to mention how it helps to clear the mind while bringing in new healthier habits.

Grounding Yoga Sequence

Thunderbolt/Vajrasana pose: kneel on the ground so that you are sitting with your buttocks resting firmly on your heels, feet together. Come to breath awareness. Consciously breath here for 5 breaths.

Childs pose/Balasana: sitting on your heels, big toes touching, knees apart, fold forward over thighs, arms stretched out in front of you, forehead resting gently on the earth. Rest here 5 breaths

Downward facing dog/Ardho-Mukshwanasana: being on hands and knees, root through your hands as you lift the hips towards the sky, draw the tailbone towards the heels, lengthen legs through the feet in the direction of the earth. Hold for 5 breaths

Standing forward fold/Uttanasana: root through your legs, the crown of the head lengthens towards the earth. Throat is open, gaze is slightly forward. Release to the earth for 5 breaths

Chair pose/Utkatasana: keeping your heels on the floor, toes are light, feet hip distance apart, bend your knees as though you were about to sit back into a chair. On an inhale lift arms up towards the sky, biceps line up with the ears. Lengthen the tailbone down as you settle through the pelvis. Heart lifts towards the sky. 5 breaths.

Squat/Malasana: stand with feet hip with or wider apart, knees apart, squat down, soften into the support of earths gravitation pull. If heels are off the ground, put a blanket or block under them. 5 breaths

Bound Angle/Baddha Konasana: sit on the ground, bend your knees and bring the soles of your feet together. Bring you knees out toward the sides and allow them to drop toward the ground. Hold your feet together with your hands and settle through the pelvic floor. 5 - 10 breaths.

Corpse/Savasana: rest back onto the support of the earth. Allow the tongue, eyes, and throat and the entire back body to receive the gravitational pull of the earth. Image that your skin softens over the inner body fullness. Rest here 3 - 5 minutes

BREATH & MEDITATION PRACTICES

SIMPLE BREATH AWARENESS calms the nervous system

Take a comfortable seat. Sit up straight, hands resting on thighs, and close your beautiful eyes. Take a full breath in and a complete breath out. Repeat. Allow your pelvis to become heavy. Rest your awareness on the natural rhythm of your breathing. Without changing a thing, sit in breath awareness. When the mind wanders, notice and draw yourself back to resting on the movement of your breath. Sit for 5 minutes, building up to 10.

DIAPHRAGMATIC BREATHING - CROCODILE POSE builds digestive fire (agni)

Crocodile pose is used to stimulate natural belly breathing. Relieving tension, and stress, strengthening the diaphragm muscle.

Lay on your belly face down. Stack your forearms one on top of the other aligning wrist over wrist. Bring your forehead to rest on your top forearm. Draw the legs in towards each other. Rest your awareness on the natural movement of the breath, inhale and exhale.

METTA MEDITATION

Loving Kindness helps to release grief and sadness held in the lungs

Metta is an offering in which the first round is dedicated to oneself, the second round to another person – perhaps someone you are having difficulty with in order to clear that energy, and the third round is for all beings. Practice this meditation daily.

May I know Love.

May I be truly Nourished.

May Gratitude fill me.

May I have Peace in every step.

May _____ know Love.

May _____ be truly Nourished.

May Gratitude fill _____.

May _____ have Peace in every step.

May all beings know Love.

May all beings be truly Nourished.

May Gratitude fill all beings.

May all beings have Peace in every step.

LIVING DELIBERATELY

may your happiness and joy increase

MORNING PAGES

Spend time each day writing positive aspects about your life: your home, your body, your work, your relationships, your finances, and your health. Each morning upon rising and every evening before sleeping, if you acknowledge all the positive reasons to feel good in your life and pay attention to the way that you are feeling, within 30 days you will see a dramatic shift in your life experience. Every cell of your being hears you!

OPEN TO YES!

Fulfillment: satisfaction or happiness as a result of fully developing one's abilities or character; the achieving of something desired, promised or predicted.

What do you want to do with this one precious life of yours?

Make a conscious choice each day to move towards fulfillment in your desires and goals. Go ahead, dream. Dream BIG! Then leave the rest to G. O. D. (Good Orderly Direction)

Take time each day contemplating, picturing the life you want to live. Write it down. Ask for help. Watch, through mindful presence, for evidence along the way. With gratitude for each step of the way. Remember, this is your life!



Gratitude Prayer

Deep at the center of my being, there is an infinite well of gratitude.

*I now allow this gratitude to fill my heart,
my body, my mind, my consciousness, my very being.*

*This gratitude radiates out from me in all directions,
touching everything in my world,
and returns to me as more to be grateful for.*

The more gratitude I feel, the more I am aware that the supply is endless.

The use of gratitude makes me feel good.

It is an expression of my inner joy.

I am grateful for myself and for my body.

I am grateful for my ability to see, hear, feel, taste, and touch.

*I am grateful for my home. I am grateful for my family and friends,
and I rejoice in their company.*

I am grateful for my work, and I give it my best.

*I am grateful for my talents and abilities, and I continually express them
in ways that are fulfilling.*

I am grateful for my income, and I know that I prosper wherever I turn.

*I am grateful for all my past experiences, for I know
that they were part of my soul's growth.*

I am grateful for all of nature, and I am respectful of every living thing.

I am grateful for today, and I am grateful for the tomorrows to come.

*I am grateful for Life
now and forevermore.*

by Kim Kemper

Consciously choosing our words requires that we also monitor what we repeat to ourselves in the silence of our minds. Speaking with integrity can only be done if we are first willing to take responsibility for what we think. We can make it a practice to watch our thoughts, ensuring that we strive to transform anything that does not reflect the highest and the best for ourselves and those who make up our world.

The Gates of Speech

Are these words true?

Are they necessary?

Are they beneficial?

Are they kind?

If the answer to any of these questions is NO,
then what you are about to say is best left unsaid.

Silence can be golden.

~ *Buddhism* ~

This is how we have the power to use words to reflect light, to raise the vibration within ourselves and out into the world.

When we communicate responsibly with compassion, integrity and love it is the greatest gift we can offer ourselves and the world.

STORIES

“While on the cleanse, I kept fantasizing about the day when I'd be finished and could eat ‘regular’ food again. But here I am, the cleanse is over, and I've changed. I don't want to go back! I lost a solid eight pounds and love the feeling of this new body. The two weeks of avoidance of certain foods forced a different way of thinking about food. Thank you so very much for leading me through this life-changing experience.” ~ Shirley

“I abandoned my vices. I had no problem cutting out alcohol and replacing my beloved coffee with flavorful herbal teas, but surviving without cheese or chocolate required something almost otherworldly. Still, my cravings subsided after the first week and became a non-issue.” ~ Jamie

“Participating in one of Kim's cleanses changed how I look at what I feed myself from a very holistic point of view. The cleanse is about more than just the food; it touches on many different aspects of self-care. Committing myself to the cleanse for several weeks really opened my eyes to how much better it is possible to feel (both emotionally and physically) when I eat and live at a more conscious level. My skin felt smoother and softer, my complexion was clearer, and my mind was more focused. However, the most surprising change for me was that for the first time in my life I did not experience my traditional spring allergies. I went through the whole allergy season without needing my daily allergy medication. This experience really made me more aware of the impact certain foods have on me and gave me the knowledge I need to make a lifestyle change that is more supportive of my health and well-being.” ~ Deb

“I have always followed a rather healthy, mostly vegetarian diet. I decided to partake in the spring cleanse out of curiosity, with no expectations. The results were absolutely life changing. During the two weeks, I lost seven pounds, and I found myself with almost boundless energy and an increased ability to focus. I have since integrated a large segment of the cleanse into my lifestyle. I cannot recommend this program highly enough to anyone seeking positive change.” ~ Steve

About Kim Kemper

breathe - nourish - live

Kim Kemper is an integrative health care professional with more than 35 years of education, knowledge, and life experience. Steeped in wisdom, she can provide in-depth insights into her clients' current state of health and wellness, giving them the tools and empowerment to make lifestyle changes to achieve optimal health and well-being.

"By nature, I am inquisitive, fascinated by the mind-body connection, and awed by the human spirit. I have aimed to explore, study, live, and revel in this beautifully orchestrated dance of life. After the birth of my first child, my body spiraled into complete imbalance. For one year I struggled with solving, healing, and recovering from recurring illness. As traditional medical methods alone were ineffective, I sought alternative methods of healthcare and wellness, thus beginning my journey of studying alternative methods of healing, healthcare and lifestyle." Kim

EDUCATION & BACKGROUND

- Queens College
- Westbrook University, MS Holistic Nutrition
- Founder of Bran N' Oats Natural Foods
- Reiki Master
- Integrative Breath-work facilitator (roots in Transformational Breath)
- Certified Yoga instructor
- Phoenix Rising Yoga Therapy practitioner
- In-depth studies into: Aromatherapy, Homeopathy, Herbal applications,
- Eastern alternative healthcare practices
- Oneness Blessing Giver
- Certified Life Coach, NCLC specializing in Mindful Living



ACKNOWLEDGMENTS

This offering is the culmination of the past 35 years of my life, the lifestyle that I live. My goal is to empower individuals with the knowledge, options, resources and support to create their most favorable health and well-being.

To all of my teachers along this path, especially my parents for bringing me into this world, thank you for sharing your love, your wisdom, expertise, and knowledge with me.

To my family, for the undying love and support you have consistently given me along this journey. Especially for being my taste testers in pilot programs. Thank you.

To the behind-the-scenes crew who have put their time, energy, and support into making this project a success. Thank you for believing in me and helping me pull this together. I am deeply grateful.

To nature outside my door that inspires me every day. Thank you for nourishing me.

Finally, ***to all of those brave souls who have embarked on this program*** with me as part of their personal commitment for change in creating optimal health, wellness and fulfillment in their lives. Thank you, I bow to you.

NAMASTE

With love,

Kim



*“The doctor of the future will no longer
treat the human frame with drugs,
but rather will cure and prevent disease
with nutrition.”*

~ Thomas Edison

