10 DAY CRAVINGS RESET & BODY DETOX GUIDE

Hi, & welcome to the
10-Day Cravings Reset & Body Detox!

Congratulations on taking the first step! You've made the commitment to invest in your health. Now it's time to get started. Wherever it is that you're starting from today, I promise you that in 10 days from now, when you follow the plan outlined in the 10-Day Cravings Reset & Body Detox, you're going to feel transformed!

As a holistic nutritionist and wellness coach who works with ambitious women (and men) who lack the energy, stamina and discipline to make their dreams a reality. I'm on a mission to help people like you feel confident, energetic, let go of food cravings, love their bodies, and turn heads when they walk into a room.

You've decided to stop letting food cravings hold you back. When you're thoroughly nourished (by food and your life) you'll find your cravings decrease, leaving you more time and energy to focus on the people and things you love. In as little as 3 days you'll start to experience the positive benefits of the 10-Day Cravings Reset & Body Detox:

- Increased energy
- Absence of food cravings
- Stable moods
- Better bowel movements
- Rejuvenating sleep
- Clearer thinking
- Increased motivation to be active

Here's the thing...the 10-Day Cravings Reset & Body Detox only works if you follow the plan.

You can do anything for just 10 days, right?

Everything you need to be successful is included in this 10-Day Cravings Reset & Body Detox Guide.
If you have any questions or need additional support, connect with me via email at hello@selinarose.ca
I can't wait to hear about your success!

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Selina Rose RHN, INHC

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Medical **Disclaimer**

All information contained within this 10-Day Cravings Reset & Body Detox is for informational purposes only. It is not intended to diagnose, treat, cure or prevent health problems – nor is it intended to replace the advice of a qualified medical practitioner, health practitioner, or fitness professional. No action should be taken solely on the contents of this recipe book. Always consult your physician or qualified health professional on any matters regarding your health or on any opinions expressed in this program.

The information provided within this 10-Day Cravings Reset & Body Detox is believed to be accurate based on the best judgment of the authors, but the reader is responsible for consulting with his or her own health professional on any matters raised within. We do not assume liability for the information contained within this recipe book, be it direct, indirect, consequential, special, exemplary, or other damages.

It's advisable to consult your physician before changing your diet, starting an exercise program, or taking supplements of any kind.

Here's how the 10-Day Cravings Reset & Body Detox Program works:

1. Use the Kitchen Clean Out cheat sheet to remove processed and tempting foods. Fill a garbage bag with the food and deliver to the nearest food bank.
2. Follow the 3-Day Liquid Cleanse Meal Plan for the first 3 days of the program.
3. Choose the Vegan/Vegetarian or Protein 7-Day Detox Meal Plan to follow for the remaining 7 days of the program. You don't have to eat all the meals and snacks laid out for each day if it's too much food. Eat until your 80% full. Stop when you're satisfied and listen to your body.
4. Enjoy a handful of raw nuts, or choose snacks from the meal plans and recipes in between meals when you feel hungry.
5. Share your experiences on social media using #SRcravingsreset.

Want personalized support during or after the 10-Day Cravings Reset & Body Detox? I can help you address the following symptoms (and more) naturally:

- Fatigue/lethargy
- Low motivation
- Anxiety
- High-stress lifestyle
- Food cravings
- Emotional eating
- Inability to lose weight

Book your Stress-Less Breakthrough Call to get clarity on your challenges and identify the next best steps for you.

Understanding

What is Detoxification?

Detoxification is about resting, cleansing and nourishing the body from the inside out. By removing and eliminating toxins, and nourishing your body with healthy food, detoxifying can help protect you from disease, and renew your ability to maintain optimum health.

Give your liver some love!

Your liver is your #1 detoxifying organ. It has over 500 functions!
It produces bile (which helps us excrete toxins), regulates carbohydrate metabolism, assists in hormone breakdown & detoxifies EVERYTHING!

There are 2 phases of liver detoxification:

Phase ONE:

Toxins become water soluble or 'weak' to allow for elimination through our kidneys.

Phase TWO:

Elimination of toxins.

Steps to maintaining good liver health:

- Ensure proper digestion and elimination.
- Avoid environmental toxins/stressors.
- Increase water and soluble fiber intake.
- Avoid excessive alcohol, unhealthy saturated fats (fried food) and refined sugar.
- Ensure a healthy clean diet & appropriate supplementation.

EVERYDAY EATS: Uncomplicated Recipes for Time-Starved Healthy Eaters
fulfills your need for healthy, wholesome food that tastes great and is ready fast.

Where to **Start?**

Let's eliminate the "bad guys!"

To detoxify effectively, we need to eliminate the foods that are 'clogging' up your system. Remember, our body naturally detoxifies every day. Sometimes our habits get in the way of proper and effective detoxification. Our bodies are up against and onslaught of chemicals and foreign invaders. They try to enter our system via the air we breathe, the food we eat, what we drink, and the chemicals we come in contact with.

First, we must eliminate the foods that cause the most stress on your system, so we can then begin to eliminate toxic build up and create a space for your cells to thrive. That's when you start to feel really great!

Here's what's got to go:

Gluten	Pasta (gluten free is okay), bread, cereal, baked goods made with white flour and white sugar, whole wheat products.
Dairy	Milk, cheese, yogurt, cream.
Sugar	All refined sugars. Note: only raw honey and real maple syrup are ok in small amounts.
Processed Foods	Canned/boxed foods.
Alcohol	Of any type and quantity.
Caffeine	Coffee, black tea.
Hydrogenated & Trans-Fat Foods	Margarine, traditional peanut butter, hydrogenated oils, anything deep fried
Red Meat	Unless it's grass fed beef/hormone-antibiotic free.

Refer to the Kitchen Clean Out Cheat Sheet for more information about what to keep and what to toss from your kitchen.

Liquid Cleanse

Here's how it works:

- During the first three days of the 10-Day Cravings Reset & Body Detox you will consume 750 ml of room temperature water with lemon (juice from ½ lemon) every morning before consuming anything else.
- Enjoy 3 'liquid' meals a day.
- Breakfast and lunch will be a protein rich green smoothie. Click here for my protein powder recommendations.
- Dinner will consist of a pureed soup.
- Consume 3L of water a day (feel free to flavor with whole foods, like fresh fruit or veggies).
- Green tea and other herbal teas are allowed.
- Take your suggested supplements (if you are taking prescribed medications make sure to consult your pharmacist or medical doctor before adding supplements to your regime).
- Refer to the snacks on the meal plan chart if you need to eat something extra between meals.

The first three days of the 10-Day Cravings Reset & Body Detox are intended to give your digestive system a break. Liquid meals will help reduce inflammation in your system, and will promote detoxification. Regardless of which meal plan (protein/vegan) you follow, your first three days will be the same.

10-Day Cravings Reset
& Body Detox Supplements

Refer to the 10-Day Cravings Reset & Body Detox Supplement Guide for more information on these supplements and brand suggestions.

The follow supplements are suggestions. If you are taking any prescription medications or have been diagnosed with a medical condition, it is advised that you discuss the following supplements with your pharmacist and/or medical doctor prior to taking them.

Recommended Supplements:

Greens Powder	(1 serving per as recommended on label)
Probiotic	(50 billion+)
Vitamin D	(1000-4000 IU's per day)
Omega 3 Fish Oil	(EPA) (use as directed on label)
Vitamin B Complex	(use as recommended on label)
Digestive Enzymes	(with every meal)

Tips for Success

- Be gentle with yourself. Your body isn't used to eating this way so it's important to shop, prep and plan ahead so you aren't rushing during meal times, or left without food prepared.
- Let family and friends know you are treating yourself to a detox and will be taking it easy for the next 10 days.
- Include 30 minutes of walking daily, or try the yoga poses in the bonus attached. during the program. Afterwards, continue with your regular exercise routine. Sweating helps to release toxins and improve the lymphatic system.
- You many experience light-headedness, headaches or feel fatigued during your 3-Day Liquid Cleanse. This is normal as your body is releasing toxins.
- Suggestions for evening activity – journal writing or meditation (to help increase melatonin production). Notice how you are feeling, physically and emotionally.
- Always carry snacks on you. Feeling hunger is ok. Avoid feeling extreme or uncomfortable hunger.

- Enjoy a nightly Epsom salt bath: 2 cups Epsom salts in hot water. Submerge as much of your body as you can. Relax for 20-30 minutes. When you get out, do not towel dry. Wrap yourself in a big towel and lay down for 30 minutes. This will allow your body to further detoxify through sweating.

Congratulations!

You are now ready to enjoy the 10-Day Cravings Reset & Body Detox.

Getting great results is part system and part accountability.
Want to keep your momentum up after the 10-Day Cravings Reset & Body Detox?
Curious about what coaching can offer you?

Discover your next steps in a personal Breakthrough Call with Selina.

Book your Breakthrough Call here

Supplement **Guide**

The supplements in this guide are intended to give you a basic foundation for optimal health. To keep your detoxification pathways working efficiently, the body's main systems need to be supported with the correct nutrients.

This list provides general guidelines for supplements that would be beneficial for the majority of people.

The follow supplements are suggestions. If you are taking any prescription medications, you should discuss adding in supplements with your pharmacist and/or medical doctor prior to taking them.

Greens Powder

This is a great option that can be used almost like a multivitamin. A good quality greens product will contain a variety of minerals (which most people are very deficient in), and be rich with vitamins and antioxidants.

Greens are very alkalizing, meaning they'll counteract acidity in your system and bring your body's pH to a more alkaline level. Maintaining a healthy pH is very important for strengthening your immune system and keeping your body in the perfect acid-alkaline balance.

Taking a greens product does not mean it relieves you from actually eating your green veggies. It is recommended that you take this product as well as eating all your green vegetables.

Product recommendations

Canada:	*Innate Response Renewal Greens, Garden of Life Great Greens*
USA:	*Amazing Grass Superfood Greens, Garden of Life Great Greens*

Probiotics

These are the good bacteria that live throughout your digestive tract. They help to ensure the bad bacteria stay at optimal levels, support digestion, keep your immune system healthy (80% of your immune system is centered around your gut), and support hormone production in the body.

The population of good bacteria in your system is compromised by lifestyle factors like stress and poor (nutrient-depleted) diet. It's also important to consider that if you have a high degree of inflammation in your system, you may not be properly absorbing your nutrients, which also impacts the health and numbers of your healthy gut bacteria. In addition, the use of antibiotics wipes out your good bacteria altogether, leaving you to rebuild your gut ecosystem. It is especially important to take a good quality probiotic supplement during and after a course of antibiotics. Note: probiotic rich foods (like kimchi, sauerkraut, and kombucha) are beneficial for maintaining healthy gut bacteria but do not provide the level of probiotics necessary on their own.

If your digestion is not optimal (gas, bloating, IBS), you seem to get every illness that's going around, or you just don't feel the level of vitality you would like to, you would likely benefit from taking probiotics daily.

Product recommendations
**look for brands with 50 billion or more per capsule*

Canada:	*Dr. Ohhira's Original Formula, Progressive HCP70*
USA:	*Pure Encapsulations 50B, Life & Food Ultra Probiotic - 50*

Vitamin D

Vitamin D is crucial for so many different processes in the body. In truth, it functions more like a hormone than a vitamin in the body. Our greatest source of vitamin D is the sun. UV rays react with the cholesterol in your skin to produce vitamin D. Most people, in particular those who live in a more northern climate, or who don't get regular sun exposure, are deficient in vitamin D.

It is a good idea to get your levels checked with your medical doctor, a simple test can tell you if you need supplementation. It is ideal to measure your vitamin D level regularly to make sure you're maintaining optimal levels of 50-70 ng/ml year-round. Supplementation should be tailored to keep you in this range.

Product recommendations
*look for a liquid vitamin D supplement instead of tablet or capsule

Canada / USA : *Thorne Research Vitamin D Liquid, AOR Liquid D3, D Drops*

Fish Oil

Fish oil is rich in essential fatty acids, especially omega 3 fatty acids. These fats are called "essential" because your body cannot make them, they need to come from your diet. Your body needs to maintain a certain ratio of omega 3 to omega 6. Most people have over consumed omega 6, which is found in vegetable oils. Too much omega 6 in the body leads to inflammation causing a whole host of health problems. Low quality vegetable oils are found in most packaged products, which is one reason to eliminate packaged and processed foods from your diet as much as possible.

Supplementing with fatty acids high in omega 3 is crucial for most people to bring the ratio of omega 3 to omega 6 back into balance. Supplementing with fish oil can also help to lower cholesterol, balance hormones, improve joint health and function, reduce inflammation, improve cognition and memory, improve eye health, and give you clear and glowing skin.

In addition to using fish oil supplements you should also add healthy fats into your diet to get a wide spectrum of the essential fatty acids your body needs for optimal health.

Product recommendations

Canada:	*Ascenta Nutrasea (vegan option - NutraVeg), Omegalicious by Botanica, Carlson Omegas, Udo's 3-6-9 Blend (vegan)*
USA:	*Thorne Research Fish Oil Concentrate, Nordic Naturals Ultimate Omega (vegan option - Algae Omega-3)*

B Vitamins

B Vitamins are essential for many different processes in the body but are especially crucial for keeping your metabolism running smoothly, making sure you get maximum energy from food, supporting brain health, and helping you adapt to stress. While there are many individual vitamins classified as "B vitamins," each having a unique role in the body, an easy way to ensure you are getting a good balance of what you need is to take a B complex.

A B complex supplement will contain a good variety of the most essential B vitamins necessary for optimal functioning of the body.

Product recommendations

Canada:	*AOR Advanced B Complex, MegaFood Balanced B Complex*
USA:	*Thorne Research Stress B Complex, AOR Advanced B Complex,*

Digestive Enzymes

Digestive enzymes help to break down carbohydrates, proteins and fats from the food you eat and turn them into energy and raw materials to be used in the body's processes. Enzymes are extremely important!

The body can make enzymes necessary to break down the food you eat. In addition, most foods in their raw form (fruits and vegetables) have enzymes naturally occurring within them to assist in the process. The problem occurs when the body is overloaded with too much food and food that doesn't contain its own natural enzymes (over-processed food, lots of cooked food). This is when digestion and metabolism start to slow down because the body can't keep up with making enough enzymes.

Taking digestive enzymes as a supplement can assist the body in breaking down food while you are improving your diet and lifestyle to eventually bring the body's own production of enzymes back into balance.

Product recommendations

Canada:	*RenewLife Digest More Enzymes, NOW Super Enzymes, New Roots Plant Enzymes (vegan)*
USA:	*TUSA: RenewLife Digest More Enzymes, NOW Super Enzymes, Source Naturals (vegan)*

Kitchen Clean Out Cheat Sheet

10-Day Cravings Reset & Body Detox
Kitchen Clean Out Cheat Sheet

In order to set yourself up for success you will need to surround yourself with healthy choices. This guide will help you toss out foods that are not health promoting and give you suggestions on how to replace them with healthier options.

Vegetables and Fruit

Toss Out: over processed, low nutrient content fruits and vegetables (think canned mixed vegetables and canned fruit, fruit juices and fruit cocktails)

Choose: fresh local or organic produce whenever possible. If buying all organic is not in your budget look at the EWG Shoppers Guide to Pesticides to learn about the Dirty Dozen https://www.ewg.org/foodnews/ and buy organic for the most sprayed crops.

- **Fresh vegetables:** onion, garlic, yam, potato, carrot, beet, radish, squash, rutabaga, leafy greens, kale, arugula, Swiss chard, spinach, watercress, tomato, cabbage, lettuce, celery, broccoli and others in season. Eat a rainbow!
- **Sprouts and microgreens:** sunflower sprouts, buckwheat sprouts, alfalfa sprouts, pea shoots etc.
- **Frozen vegetables:** kale, spinach, rapini, peas, corn
- **Tomato sauce and paste** (look for cans that are BPA free or in glass jars and do not have sugar in the ingredients)
- **Fresh fruit in season**, as well as some nutrition packed tropical fruit like papaya, pineapple, mango, banana
- **Frozen berries** and other mixed fruits
- Lemons and limes
- **Dried fruit** (figs, dates, apricots, apples, currants, raisins, goji berries, coconut, etc. - buy unsulphured, unsweetened and organic if possible)

Whole Grain Products

Toss Out: white flour and whole wheat flour products

Choose: a variety of the whole grain or gluten-free products below.

Note: kamut, spelt, rye, and barley are not gluten free but if you can tolerate gluten these are a much better choice than wheat based products.

- Flours (kamut, spelt, rye, oat, gluten free flours: brown rice, teff, quinoa, buckwheat)
- Brown rice (long-grain, short-grain, basmati, jasmine, wild, etc.)
- Grains in whole form (barley, quinoa, millet, steel cut oats, buckwheat (no relation to wheat), teff, amaranth).
- Hot cereals for porridge (oats, quinoa, brown rice, teff make a delicious porridge!)
- Whole grain pastas (kamut, spelt, brown rice, buckwheat, quinoa etc.)
- Whole grain crackers (avoid trans fats and chemical preservatives)
- Breads: look for whole grain, minimally processed or sprouted breads made from the grains mentioned above NOTE: if it says “enriched” it’s not whole grain

Beans and Bean Products

Toss Out: low quality canned beans that contain table salt and preservatives and BPA in the can lining.

Choose: dried peas and beans and cook from scratch whenever possible but for convenience use organic frozen or BPA- free canned beans and peas.

- **Try some of these:** green and yellow split peas, kidney beans, black beans, chick peas, red and green lentils, navy beans, mung beans, adzuki beans, white beans.
- When choosing canned beans **Eden Organics** beans are an excellent choice, they contain sea salt not table salt and has no BPA in the tin’s lining, go to www.edenorganics.com for over 900 recipe ideas!
- When using soy products always choosing **organic** (almost all non-organic soy is genetically modified). Organic and fermented or sprouted soy products are even better (sprouted - tofu, fermented - tempeh and miso)

Meat, Meat Products, & Fish

Toss Out: factory farmed meats, meats raised with antibiotics and hormones, grain fed meats, lunch meats preserved with nitrates, meat products additional processed ingredients, farmed fish and seafood.

Choose: naturally raised and/organic meats (grass fed, antibiotic/hormone free), meat products that are 100% meat with no added ingredients (spices are okay), lunch meats preserved without nitrates, wild caught fish and seafood.

Nuts, Seeds, Fats & Oils

Toss Out: conventional nut butters made with hydrogenated oils and sugar, roasted nuts and seeds (some are okay just make sure they are dry roasted or roasted in a high-quality oil such as coconut oil), highly refined oils such as canola, sunflower, safflower, cottonseed, and peanut, butter made from factory farmed dairy.

Choose: nut and seed butters made without added sugar or hydrogenated fats (they should just have one ingredient on the label i.e. almond butter should just contain almonds), raw nuts and seeds, high quality oils listed below

- Nuts (raw almonds, cashews, walnuts, pecans, pine nuts, organic peanuts, brazil nuts etc.)
- Nut butters (almond, hazelnut, cashew etc.)
- Seeds (sunflower, pumpkin, hemp, sesame, hemp, flax and chia (look for sprouted versions)
- Tahini (sesame paste)
- Extra virgin olive oil (good for low heat cooking)
- Coconut oil (good for cooking/baking)
- Hemp seed oil (do not cook with this)
- Flax oil (do not cook with this)
- Organic grass fed butter and ghee (good for cooking/baking)
- Other cold-pressed oils - walnut, sesame, avocado, grape seed

Dairy & Substitutes

Toss Out: Traditional dairy products produced from factory farmed dairy, dairy substitutes that are sweetened or contain a lot of processed ingredients and preservatives, factory farmed eggs

Choose: Organic, grass fed dairy products, dairy substitutes that are unsweetened and have minimal ingredients.

Note: dairy may not be appropriate for everyone.

- Milk (organic grass fed cow, goat, sheep). Look for un-homogenized milks.
- Cheese (organic dairy, raw if possible)
- Yogurt and kefir (organic and unsweetened
- Butter and Ghee (organic, grass fed)
- Alternative milks (dairy substitutes): almond, hemp, coconut, soy (Eden Organic only - properly prepare soy for consumption)
- Organic or farm fresh eggs

Herbs, Spices, Seasonings, Condiments & Miscellaneous

Toss Out: Highly processed condiments and seasonings that contain white sugar, preservatives, table salt, and low quality oils, spices and seasonings that contain MSG.

Choose: Minimally processed condiments and seasonings with better quality ingredients, use more fresh and dried herbs and spices, vinegars and oils for flavor

Herbs and Spices:

- Fresh herbs - parsley, basil, thyme, oregano, tarragon, coriander, sage, etc.
- Dried herbs and spices (make sure you buy non-irradiated - Frontier is a good brand): Allspice, Basil, Cayenne, Celery seed, Chili powder, Cinnamon, Cloves, ground Coriander, Cumin, Curry, Dill, Ginger, Nutmeg, Mustard powder, Oregano, Paprika, Parsley, Rosemary, Sage, Tarragon, Thyme, Turmeric etc.

Seasonings and Condiments

- Tamari or Braggs Liquid Seasoning
- Ketchup made with natural sweeteners
- Mustard made with apple cider vinegar and sea salt
- Bottled salad dressings made with high quality oils and natural sweeteners
- Sauerkraut (raw//unpasteurized)
- Natural mayonnaise (made with high quality oils and without white sugar)
- Vinegars: balsamic, apple cider, rice, red wine
- Red pepper flakes, chipotle peppers
- Celtic sea salt, Himalayan salt, Herbamare
- Dulse flakes, kelp or dulse shakers
- Nutritional yeast (gives a cheesy flavour without the dairy)

Miscellaneous

- Arrowroot powder (to use instead of corn starch as a thickening agent)
- Real vanilla extract (Frontier Organic is a good brand)
- Aluminum - free baking soda/powder

Sweeteners

Toss Out: white sugar and anything that contains it, anything that contains high fructose corn syrup, artificial sweeteners and anything that contains them (aspartame, Splenda, NutraSweet, Equal etc.)

Choose: natural sweeteners in limited amounts

- Raw Honey
- Maple Syrup
- Stevia (will not affect blood sugar)

My Superfood Cheat Sheet

Many detox programs are focused strictly on supplements. As much as the they are important for supporting detoxification, the one secret you will learn during this program is that you can have a life-changing transformation by detoxing naturally with whole foods.

I encourage you to experiment with new, healthy foods you may not have tried before. You may find some ingredients that are new to you in the recipes, or you may have heard about some of the super foods below and been curious about their health benefits.

COCONUT OIL: is saturated fat, but it is a medium-chain fatty acid, which the body digests not as fat but as pure energy. Coconut oil will speed up your metabolism and also contains lauric acid, which is anti-bacterial, anti-viral, and anti-fungal. It also improves adrenal and thyroid health. Coconut oil is a terrific choice for frying, as it supports high heat.

RAW APPLE CIDER VINEGAR: Raw apple cider vinegar improves digestion, restores your body's natural pH, and decreases inflammation. Consuming raw apple cider vinegar will increase your energy and improve liver function. It contains potassium, pectin, malic acid, and calcium. As it is not pasteurized, raw apple cider vinegar contains raw enzymes and gut-friendly bacteria that are good for your body.

RAW CACAO: We could talk for hours about the antioxidant benefits of raw cacao. It is also very high in magnesium, loaded with fiber, and is a great source of natural iron.

FLAX SEEDS: Flax seeds are high in omega-3 fatty acids and rich in alpha linolenic acid (ALA). They also supply other nutrients such as manganese and magnesium and contain a lot of fiber (great for constipation issues).

CHIA SEEDS: Loaded with omega-3 fatty acids, plus manganese, calcium, and phosphorus. Just one ounce of chia seeds contains 11 grams of fiber, so they are wonderful for relieving constipation and improving heart health.

HEMP SEEDS: Hemp seeds contain all the omega fatty acids you need for a healthy body: 3, 6, and 9. You only need 1 tablespoon per day to get your whole foods daily dose of omegas. Plus they are high in protein.

SEA VEGETABLES: As a natural way to support the adrenals and the thyroid, sea vegetables are wonderful. They are rich in minerals and trace elements including calcium, magnesium, iron, potassium, iodine, manganese, and chromium.

My Favorite **Smoothie Boosters**

(also great in fresh pressed juices)

GINGER (in juice/smoothie): Relives motion sickness, nausea + morning sickness, stimulates circulation, soothing for colds + flu's, relieves head + muscle aches, anti-inflammatory, fights infections.

TURMERIC (in juice/smoothie): Anti-inflammatory, promotes liver function, supports cardiac health, alleviates nausea, and soothes digestive complaints.

CHIA (in smoothie / juice): healthy gut function, antioxidant, supports tissue growth + repair, anti-inflammatory, supports heart health, lowers cholesterol.

MACA (in smoothie): Boosts energy levels, immune support, hormonal balance.

CACAO (in smoothie): Antioxidant, releases endorphins, enhances mental alertness, supports blood vessel health and rich in magnesium.

FLAXSEED (in smoothie/juice): regulates bowel function, omega 3 anti-inflammatory, supports heart health, promotes healthy tissue, detoxifies excess estrogen out of gut.

KEFIR (in smoothie/juice): probiotic, promotes healthy gut function, supports bone + teeth health, immune support.

WHEATGRASS (in juice/smoothie): anti-oxidant, anti-inflammatory, nourishes tissues, immune support, alkalizing.

PARSLEY (in juice/smoothie): relieves bloating + gas, stimulates digestive function, promotes thyroid + bladder + kidney health, anti-parasitic, anti-oxidant, alkalizing.

MINT (in juice/smoothie): relieves bloating + gas, soothes + relaxes digestive system, relieves pain, reduces nausea, clears nasal + chest congestion, energizing.

CINNAMON (in juice/smoothie): supports digestion, eases nausea, stimulates circulation, antiviral, antifungal, balances blood sugar.

LEMON (in juice/smoothie): boosts immune function, fights colds + flus, anti-oxidant, antibacterial, promotes healthy tissue, supports liver detoxification + gallbladder.

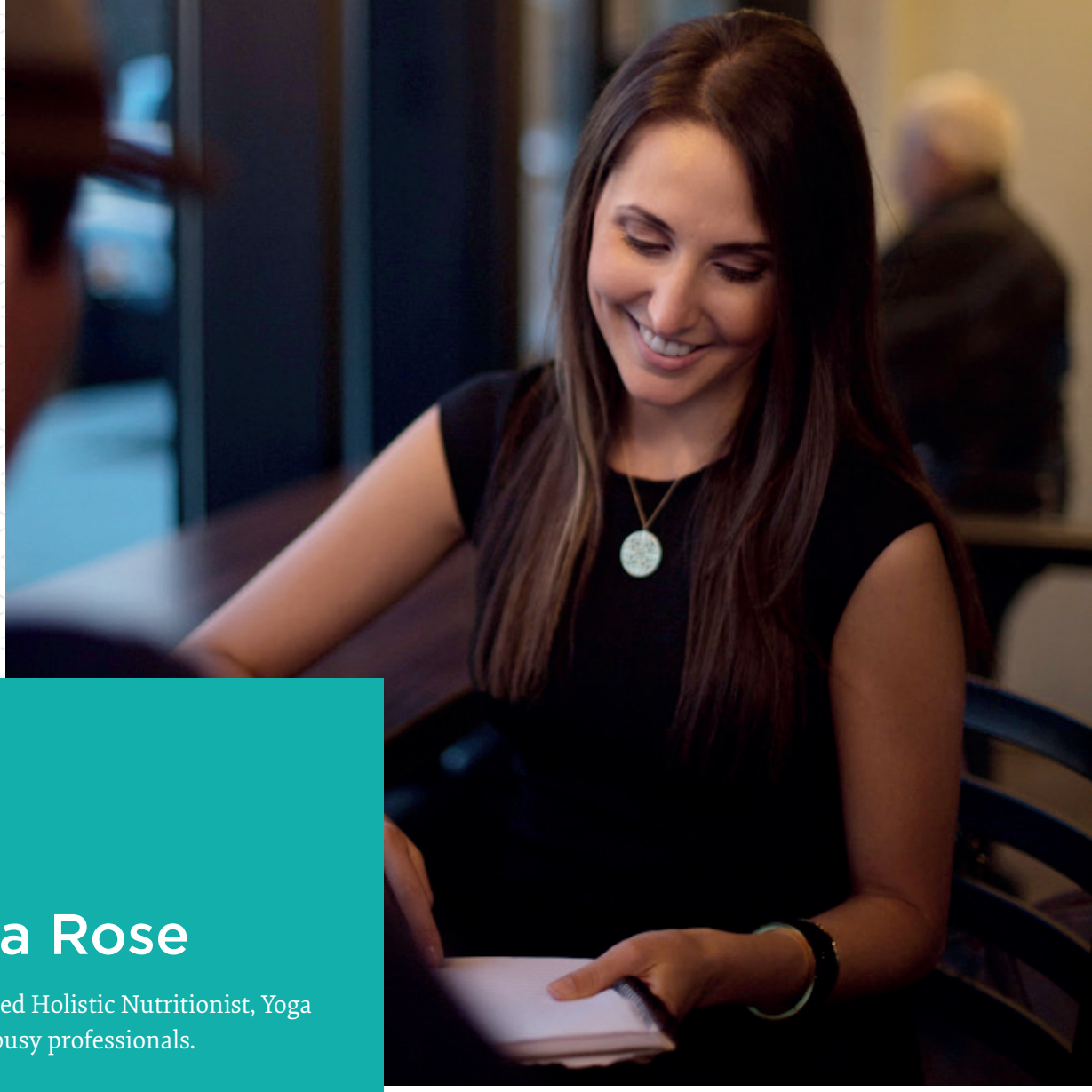

Image Credit: Jerry Arbs

Hi

I'm Selina Rose

I'm an author, Registered Holistic Nutritionist, Yoga Teacher and Coach to busy professionals.

In my former career, I worked at fast-paced downtown Toronto ad agency. I was young and ambitious and I willingly gave my every waking moment to my work. My job came before my exercise, my meal planning, my social life, and myself. Yet, no matter how far ahead I'd get in my career, my body kept pulling me back. I struggled with my health vs ambition- did it have to be one or the other?

My own journey led me to create a roadmap to a new kind of success, one that respects and cares for your body while allowing you to achieve your goals. If you're determined to live an ambitious life, you need your body to be on board. Now I work with ambitious professionals showing them how to stress less and have more energy to live their best life. That's exactly what I want for you. Connect with me online to talk more about how I can help you live into the best version of you.

CONNECT WITH ME

TAKE IT TO THE NEXT LEVEL

Want to talk about what's next for you? Please email **hello@selinarose.ca** and we will respond within 48 hours.