



# The Raw Oasis

## Tips and Tricks Successful Completion of a 21 Day Raw Challenge

It's best to get into a routine or habit of doing these. Your ability to complete the detox successfully and with ease will intensify with these practices. They can make all the difference between success and failure.

### 1) PLAN PLAN PLAN

- a. Have a lot of food on hand (buy in bulk)
- b. Make a lot of smoothies (9 cups worth, A whole vitamix) at once and keep ready to go
  - i. Take to work
  - ii. Have in Fridge (especially in evening (after work) when you are most tempted)
- c. Have a lot of fresh clean and cut fresh fruits ready in the fridge or on hand
- d. Have your water ready to drink
  - i. Buy 1.5 liter bottles and refill them to track how much you are drinking
- e. If taking the herbs, have the herbs ready and measured out to take with ease
  - i. Store in baggies and carry with you
  - ii. Have a reminder set (alarm or note) to keep you on track

### 2) EAT, EAT, EAT

- a. Eat when you're hungry (never go around hungry)
- b. Make sure you eat during times of the day you know you are more susceptible to falter on bad food (ex. At dusk, after work, before a social event that will have poor food choices)
- c. Get "My Fitness Pal" app to make sure you are meeting at least minimum caloric needs (2,000 for women 2,500 for men)

### 3) WATER, WATER, WATER

- a. To get the best removal of toxins from your colon you need to drink at minimum 3 liters to 4 liters a day.
- b. Drink clean filtered water
- c. Have water around you for easy access
- d. You will be taking in more fiber than you are accustomed, to avoid cramping, constipation, bloat, gassiness, and stomach pain, DRINK WATER!

### 4) POSITIVE, POSITIVE, POSITIVE (PRACTICE POSITIVE THINKING)

- a. If you **start** to get thoughts of craving or anxiety about eating poorly, redirect your mind with other thoughts or activities, immediately!
  - i. Have an activity in your back pocket to fall back on (drawing, journaling, reading, joke books, entertainment magazines, taking a walk, rebounding, dancing, a sport, gardening, a hobby etc.)
  - ii. Have a mantra in your back pocket to fall back on (think and recite an inspirational saying or quote, count and take deep breath, EFT (emotional freedom technique), imagine a something that makes you very happy ( a place, memory, person, animal , a future goal etc.)
  - iii. Journal what you are grateful for or have appreciation for, actively focus on seeking these events throughout the day, no matter how trivial ( The book, The Magic by Rhonda Byrnes, has 28 days of effective gratitude exercises.)
  - iv. Imagine and fantasize about what you will look, do, and be like with a vibrant, healthy, energetic and glowing body.
  - v. Call your sponsor or who you are sponsoring (have a conversation with someone who can empathize and encourage), socialize with others that are going through similar challenges.
- b. Stay away or ignore craving triggers
  - i. TV commercials are the worst, DVR your shows or watch little to no TV for the 21 days
  - ii. Purposely try to not absorb yourself in billboards, ads, or restaurant media that contain poor food choices
  - iii. Educate yourself on the toxicity of the poor food choices you may have addiction towards.

### 5) RELAX, RELAX, RELAX

- a. Sleep all you need (maybe up to 12 hours daily) sleep while detoxing is key. You must sleep when you feel tired
- b. Get a relaxation habit
  - i. Meditate (even if its 10 minutes a day)
  - ii. Yoga (it can truly relax you), Walk, Cardio Vascular exercise, rebounding, etc
  - iii. Get a package of massages or facials to go OFTEN during detox
- c. AVOID as much as possible stressful movies, TV shows, negative people, places, activities and noises.

Keep Going Forward, Success is Right Around the Corner