

Day 3- The Cleanse

Today was by far, the toughest for me on this cleanse. Between the morning workout and the raw food, I was feeling tired and very tempted to blow it. But, I stayed true to the diet for the purposes of this experiment and I remain dedicated to the cause- to let you know what it is truly like to go through a Rock Solid nutritional cleanse.

Last night, we had a great salad for dinner. A bed of lettuces topped with veggies (squash, mushrooms, onion and zucchini) that has been marinated in water, agave, cayenne, cumin and sea salt. Terese called this a "fajita salad" and I would not go so far as to call it that, but it was very tasty. The group of us sat around the table and grabbed as many sprouted crackers as we could lay our hands on. We were all starved!

After dinner, we retreated to the living room and learned about "eating for beauty". In this discussion, we learned about body alkalinity and the importance of an alkaline diet in relation to healthy skin, hair and disease-free bodies. What this means, basically is that if you want to preserve your body and youthful appearance (and be healthy), you need to eat foods that are not high in sugar or insulin producing chemicals (lots of raw fruits, veggies, legumes and raw nuts). We also learned about the benefits of food combining and healthy beauty products. Of course, the latter was the most popular topic!

This morning, I was up for the 6:45am workout of jogging, weights, lunges, squats, sit ups and... more push ups! I am SORE from the past few days, but today was by far the most strenuous of all days! I am not used to lifting weights. I lift kids, so my arms are strong, but weights and the repetition, OUCH! Terese is very good at coaching us through the rough parts and knowing when to push and when to let us stop. I don't like to stop, but there were moments this morning, when I could not lift my arm one more time! It just wouldn't move. After our workout, we got our bag of goodies...

Breakfast of Champions

Breakfast was a box of papaya with lime. I am not a huge papaya person. I have always been always afraid of being allergic to it because a girl I knew went into anaphylactic shock from papaya and I witnessed it. Not pretty. Swelling, closing airway, ambulance, scary! Someday I will overcome this, but I ate it anyway and it was pretty good (and I didn't die).

Living Large at Lunch

As the day progressed, I began to have a headache and feel very tired and sluggish. I did lay down for a nap when our youngest went down and that helped. Afterwards, it was time for lunch. I opened up my beautiful white box with it's Rock Solid label to find two pieces of health bread (hard as a rock!), a baggie with two slices of tomato, two pieces of butter lettuce, an avocado, and a container of soup. Terese gave me a whole avocado because I have lost quite a bit of weight and do not want to continue losing it, but everyone else got one slice of bread and half of an avocado.

I wrapped a tomato slice and some avocado in the lettuce and ate it wrap-style. Then, I smeared the rest of the avocado and the other tomato slice on the bread. It was pretty good. It is hard to say how I would feel about eating this on any other day (not on this cleanse), but today it was fine. The soup is another story. It was a mix of tomatoes, cucumbers, avocado and sprouts with some sea salt and I don't know what else. It was really tough for me to get through, so I stopped half way through.

The afternoon consisted of a lot of stomach growling, but I was never hungry enough to go back to the soup! Dinner is another story. We had a raw Pad Thai dish from Cafe Gratitude and it was delicious! I would have it again! There were crackers on the table and again, we all grabbed for them to supplement our hungry tummies. After dinner, we learned about reposturing from Sharon Caren. We learned some exercises we can do to help our bodies fall into alignment and how high heels may look sexy, but they are not so great for your feet or your back! Sharon was a lovely woman and gave us a lot of information and helpful tips on everything from how to sleep properly on a pillow to how to stretch the muscles on your inner pelvis. All in all, it was a great day and night.

As I finish out day 3 of this cleanse (without cheating, can you believe it?), my goal in writing about this experience is to let you know all of the wonderful things that I am learning during this process to hopefully inspire you to explore what living a healthy lifestyle means to you. I am very interested in seeing how any of this information translates to my family. I highly doubt my children will ever enjoy eating sprouted breads or raw foods, but hopefully they will see me role modeling for them and know that it is something that is out there for them, if they choose to embrace it.

After all, being a responsible parent is all about role modeling, isn't it?! So, I hope this helps you in some way to live healthy and be happy, and as Terese would say, Rock Solid!

