

KRUSH THE NEW YEAR

LOWER YOUR BODY BURDEN



**Our New Year Guide to
helping you rid your body of toxins!**

STEP NO.1 HYDRATE STEP NO.2 FIBER STEP NO.3 CUT SUGAR STEP NO.4 CLEANSE



KRUSH THE NEW YEAR BY LOWERING YOUR BODY BURDEN

Commit to wellness each day by making choices that keep your Body Burden level at a minimum forever.

Body Burden is your toxic load. How much you contribute to your burden is up to you. Small positive health choices make a significant difference in your health and wellbeing, as well as, your ability to lose weight and fight disease. Small choices every day can lead to a giant lifetime of wellness!

In Health & Happiness,

Michelle



JANUARY 1

Krush it: Upon awakening, roll over and drink 2 glasses of room temperature water. This allows your organs to absorb the water instead of being shocked by it!

WHY

When you sleep at night, every exhale depletes your cells of hydration. Upon rising, the very first thing you should do is rehydrate those cells so they can work properly for you all day long. By the time I arrive to work at 9am I have ingested those first two glasses of water, a green juice, a cup of coffee and one more glass of water. I am substantially hydrated and energized!

Small choice, lifelong health benefits.

JANUARY 2

Krush it: 1x per day, add a hearty squeeze of Lemon (1 tbs) to your glass of water.

WHY

While lemons seem acidic, they are actually alkalizing, meaning they bring your body to its proper pH level.

They encourage your stomach to produce digestive juices that bring your body into alignment. Every food or drink has an alkalizing or acidifying effect. We don't like acid. Acid causes indigestion and disease. A properly alkalized gut allows you to lose weight because you digest properly. Lemon water is also a great way to begin to cut down on sugar cravings. However, I don't recommend drinking lemon water more than once or twice a day as too much lemon can be harsh on your teeth enamel.

Small choice, lifelong health benefits.





JANUARY 3

Krush it: During meals, limit water, so you don't dampen digestive fire.

WHY

It is NOT beneficial to drink water, juices or club soda during meals. Too much water dilutes the effectiveness of the stomach juices, which then dampens your ability to digest the meal. This leaves you with food that travels back up the esophagus (ugh heartburn), or feeling bloated and uncomfortable. Small sips of water are fine, but overall it is best to let the digestive fire burn for at least 2 hours after eating. And stop guzzling about ½ an hour before eating.

Small choice, lifelong health benefits.

JANUARY 4

Krush it: Drink a Wellness tea daily. Choose a homemade version by Organic Krush or krush your own at home.

Use fresh-squeezed lemon, apple or orange, shaved turmeric, shaved ginger, a dash of black pepper and a little honey. Then pour hot water over this combo and sip!

WHY

Turmeric is an anti-inflammatory. It soothes your cells, organs, and digestive tract allowing your body's systems to focus on wellness instead of focusing on fighting an angry gut. A soothed gut - is a happy gut - is a healthy life! The black pepper allows the turmeric to absorb into cells. The ginger is antibacterial (bye bye germs). Lemon adds a nice dose of vitamin C and an apple or orange adds just the right amount of sweetness.

Small choice, lifelong health benefits.





JANUARY 5

Krush it: Filter your tap water to remove the most harmful chemicals. Adding a filter to your tap or whole house helps removes chlorine and other toxins from your water.

Here's a link to the [BEST WATER FILTERS](#).

WHY

Tap water has contaminants from pipes, the ground and has added chlorine. The plastic from plastic water bottles leeches into the water you drink making water bottles very damaging to your bloodstream. To keep your body burden low, minimize or eliminate the amount of plastic in your life. If you would like to learn more see Tapped, a movie we were a part of creating. It is filled with fascinating and important information about the damage done to yourself and our world due to plastic exposure.

If you are unhappy with your tap water overall, try boxed water or glass water bottles.

Small choice, lifelong health benefits.

JANUARY 6

Krush it: Drink a Green juice daily! Drink it on an empty stomach for maximum healing benefits. Green juice is high in chlorophyll, aka “green blood”.

WHY

Ideally the composition of our bloodstream would match the composition of chlorophyll, which is what we find in its rawest and purest form in a cold - press ORGANIC green juice. A diet high in chlorophyll delivers oxygen thus energy to your bloodstream!! I love this blog post:

[10 HEALTH REASONS TO DRINK GREEN JUICE.](#)

P.S. While we do many things in balance here at Organic Krush, (drink wine, coffee, eat out at various restaurants) one thing we never do is drink a green juice made from conventional (non-organic) produce. Concentrating pesticides and then drinking them—this is too much for your system to handle. At home or on the go—please commit to organic juices.

Small choice, lifelong health benefits.

STEP NO.1 HYDRATE



JANUARY 7

Krush it: Focus on adding an abundance of fiber to your Microbiome? Your micro whaaat?? Your digestive tract is home to thousands and thousands of microbes that dictate how you digest, heal, energize and sleep. When your gut flora is happy, your health is happy.

WHY

Fiber adds healthy bacteria to your microbiome and allows digestion to function at its best. The amazing news is that we have a HUGE say in how our gut biome functions; add in enough healthy choices and your flora will flourish!!! If we are good to our gut and feed it properly, it will help protect us from disease.

LEARN MORE ABOUT GUT MICROBIOTA [HERE](#)

Small choice, lifelong health benefits.





JANUARY 8

Krush it: Upon being well hydrated in the AM, now turn your focus to being well-fiber-ed! Try chia pudding, sweet potato hash, kale detox salad, a spinach and banana smoothie or a homemade stir-fry of olive oil, kale, apples, radishes, dried apricot and top with a fried egg.

WHY

Breakfast choices like these enable your gut to host the fiber it needs to start the digestive fire burning all day long (PS - fiber also dampens sugar cravings). Vegetables for breakfast are a forgotten tool in the wellness box; high fiber in the morning sets your gut up for a day of success! When we set up our customers on 3 day vegan cleanses...guess why they are so successful in weight loss and controlling sugar cravings? Because the cleanse is LOADED with FIBER and HYDRATION!!!

READ OUR BLOG POST ON VEGGIES FOR BREAKFAST

Small choice, lifelong health benefits.

JANUARY 9

Krush it: Chew your food, 20x with each BITE.

It sounds easier than it is and is worth practicing over and over again. Join Michelle on the mission to chew your food (and fiber) very thoroughly this January!

WHY

Your stomach does not have teeth. If your food is not properly chewed before reaching your stomach, the digestive juices have a hard time breaking the food down properly, leaving your organs taxed and limiting just how effective the nutritional benefits can be. Chew your food until broken down in your mouth, and it will work wonders on your ability to digest comfortably, lose weight and actually feel energized after a meal.

Small choice, lifelong health benefits.





JANUARY 10

Krush it: Concentrate on adding fiber at each and every meal. Some ideas are—chia pudding and berries for breakfast, kale detox salad for lunch (yeah kale and chickpeas), Fred Flintstone bone broth with spinach and sweet potatoes for dinner!! Ask us what's in our Fred Flintstone!

WHY

Do you know why fiber is so good for your health?
“Dietary fiber—found mainly in fruits, vegetables, whole grains and legumes—is probably best known for its ability to prevent or relieve constipation. But foods containing fiber can provide other health benefits as well, such as helping to maintain a healthy weight and lowering your risk of diabetes, heart disease and some types of cancer.”
Thank you **@MAYOCLINIC** for the good advice around fiber.

Small choice, lifelong health benefits.

JANUARY 11

Krush it: Along with daily doses of fiber, it's really smart to add a daily dose (or double dose) of probiotic.

WHY

Since fiber is the part of plant foods that your body can't digest, it actually pushes your system along, ridding your intestines of unwanted extras (that's how body burden is reduced!). On the other hand, and just as important, probiotics add the right microbes into your microbiome, allowing the gut to flourish with healthy bacteria; fighting colds and viruses and inflammation. @GARDENOLIFE makes a wide variety of probiotics suited for all different needs.

Small choice, lifelong health benefits.





JANUARY 12

Krush it: Eat 7 servings of fruit and vegetables daily.
A serving size is: 1 cup of a cooked vegetable, 1 cup fresh fruit, 2 cups of leafy greens, a ½ cup lentils or beans, ½ cup whole grains such as brown rice or steel cut oats.

WHY

If you commit to eating this many fruits and vegetables in a day, do you realize how healthy you will be? You will have fiber, dense nutrients, and a beautiful array of colors entering your digestive tract!! Perk to eating at Organic Krush—all of our dishes are crafted with an abundance of fiber in mind! @EATINGWELL, thank you for your helpful guidance on portion sizes

Small choice, lifelong health benefits.

JANUARY 13

Krush it: Eat a combination of soluble and insoluble fiber.

Soluble fiber is in the foods that expand in water (chia seeds, flax seeds, oats and beans). Insoluble fiber adds bulk to digestive tract and move things along (cruciferous vegetables, green beans and potatoes!)

WHY

Both types of fiber add the magic you need to keep things moving and detoxing. If you want a lower body burden, you must use the miracle of digestion to aid the process! PS—a well hydrated system allows fiber to pass through most efficiently. See earlier posts for hydration tips!

Small choice, lifelong health benefits.

