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

DAY 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.

DAY 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.

DAY 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.

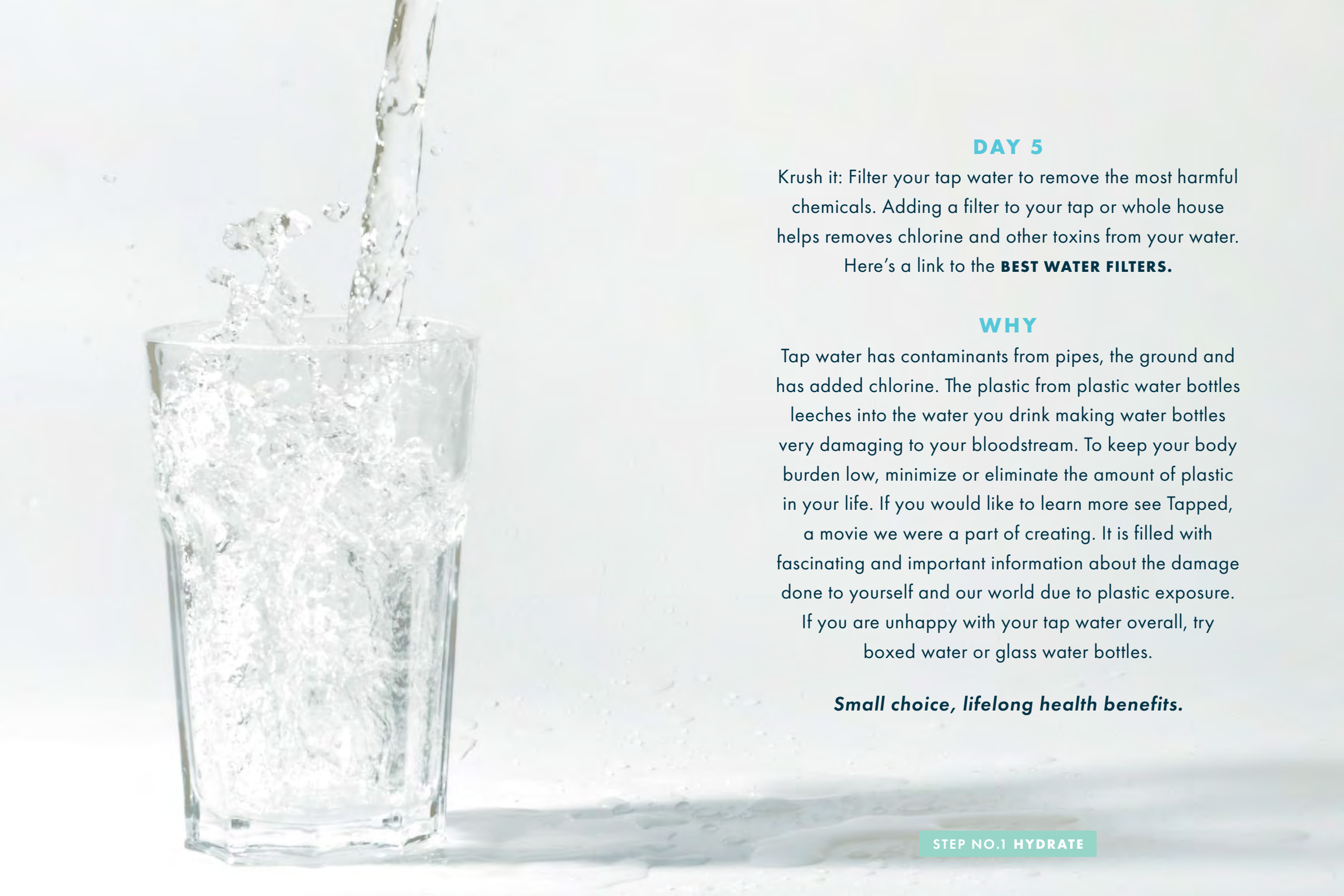
DAY 4

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.



DAY 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.

DAY 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.

DAY 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.

DAY 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.

DAY 9

Krush it: Chew your food, 20x with each BITE.
It sounds easier than it is–this 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.

DAY 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.

DAY 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. **@GARDENOFLIFE** makes a wide variety of probiotics suited for all different needs.

Small choice, lifelong health benefits.

DAY 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.

DAY 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.

DAY 14

Krush It: Commit to reducing ADDED sugar in everything you eat and drink. Added sugar in your diet ADDS up quickly to high body burden and too many calories. The American Heart association recommends 25g (6 tsp) max per day for women and 36g (9 tsp) max per day for men. Here's how to measure sugar:
1 tsp = 4g = 1 sugar cube = 1 sugar packet
(fake sugar counts).

WHY

An influx of sugar in your diet elevates insulin levels, which then increases inflammation and the chance of disease (not to mention weight gain). Sugar cravings come from a lack of proper nutrient load in your body. To make matters worse, sugar is more addictive than cocaine.

Small choice, lifelong health benefits.

DAY 15

Krush it: Are you getting enough healthy fats in your diet? Add healthy fats like hemp seeds, avocado, olive oil, and walnuts to your daily diet.

WHY

When your brain and digestive organs are satiated with healthy fats, you are much less likely to crave sweets. Crowd out the cravings for sugar by adding many more healthy fats in your diet!

Small choice, lifelong health benefits.

DAY 16

Krush it: Do not use commercial cooking sprays! A typical cooking spray can is loaded with fake ingredients, preservatives, silicone, and propane or butane. Instead, use healthy ORGANIC cooking oils such as, safflower, coconut, olive or grapeseed. Try topping your salads with avocado oil or pumpkin seed oil.

WHY

These healthy oils will contribute to the effectiveness of dampening sugar cravings. For baking, make your own spray with safflower oil in a mister OR use butter, which is full of healthy fats!

Small choice, lifelong health benefits.

DAY 17

Krush it: Plan your snacks! Try dark chocolate squares, a crunchy apple, fresh celery and carrot sticks with guacamole, a handful of pistachios, chia pudding or fresh popped popcorn. Always aim for less than 5g of added sugar in any snack, whether you are at home or grabbing while on the run.

WHY

In most snacks (which in our opinion are critical to surviving the day!) there are too many grams of added sugars. We love our snacks, but we plan them out so we don't fail at snacking.

Small choice, lifelong health benefits.

DAY 18

Krush it: Add an abundance of dark leafy greens into your diet. These greens are loaded with the energy of the sun, which has a direct effect on the sunniness of your mood and your cravings!

WHY

Low folate levels and high blood sugar have been linked to Alzheimer's disease. Dark leafy greens have no sugar and are very high in folate. Add them into your diet in wreckless amounts!!! These leafy greens will aid in fighting your sugar cravings because they are so loaded with the nutrients your body really needs.

Small choice, lifelong health benefits.

DAY 19

Krush it: Plan to do a 10 day sugar detox led by @Fedupmovie. For 10 days, eliminate anything with added sugar. You can enjoy whole fresh fruit and vegetables, proteins, whole grains, dried fruit and citrus flavored waters, but no sodas, artificial sweeteners or sports drinks.

WHY

Sometimes you have to go extreme to get the results you want. If you know you need to break the sugar addiction, find some support and start the breakup with sugar. Over time, sugar addiction gets harder and harder to break. In just 10 days you can break your addiction and fill that space with truly healthy choices, setting yourself up for a lifetime of health.

Small choice, lifelong health benefits.

DAY 20

Krush it: Choose this amazing snack–unsweetened açaí! Organic Krush serves unsweetened açaí, topped with fresh berries, nut butters, and healthy fats, like hemp seeds.

WHY

Most açaí businesses serve açaí that is loaded with 25-35g of sugar. This is not OK. One snack in the day should never have your entire day's worth of sugar.

Small choice, lifelong health benefits.

DAY 21

Krush it: Ready...set...think about trying a 3-day re-boot cleanse!

WHY

3-day cleanses offer a chance for you to break bad habits and refresh your system. With a refreshed system, your skin glows, your clothes fit better, your energy is high!

Small choice, lifelong health benefits.

DAY 22

Krush It: Prep for a cleanse, and a healthier you, by not drinking caffeine after 12 pm.

WHY

Caffeine (which we all love here at OK) is addictive, disruptive, and hard on your organs. Pre-noon caffeine is much more likely to ensure a good night's sleep, which is critical to your health.

Small choice, lifelong health benefits.

DAY 23

Krush It: Spend a day eating lightly, filled with vegetables and fruits and seeds and nuts and healthy fats.

WHY

When you gear your meals towards fruits and vegetables, you load your insides with high-density nutrients, high fiber, and minerals that heal sickness and disease. Our lifestyle meal plans offer an amazing example of lean and clean living.

Small choice, lifelong health benefits.

DAY 24

Krush it: Eat every color of the rainbow. Every. Day.

WHY

Each color in nature offers a different set of nutrients and minerals. Red beets and apples offer heart-healthy anti-oxidants, the orange in sweet potatoes and fruit offers vitamin C, the green kale offers minerals that cleanse the liver, and purple cabbage is all about anti-inflammatory benefits!

Small choice, lifelong health benefits.

DAY 25

Krush it: Consider a 3-day juice cleanse!

WHY

In 3 days you will: drink 18 juices, consume every color of the rainbow, consume nutrients and minerals galore, lose weight, detox and lower your body burden. Happy YOU!!

Small choice, lifelong health benefits.

DAY 26

Krush it: Meal prep vegetables and other healthy choices in large batches, 2 times per week.

WHY

On Sunday and Thursday, set aside time to roast, steam, stir-fry and/or grill large batches of vegetables, grass-fed organic proteins, and grains like quinoa and brown rice. This will make it impossible to fail at healthy eating.

Small choice, lifelong health benefits.

DAY 27

Krush it: Grab a friend and do a cleanse!
A vegan meal plan with juices if you are really new to cleansing, or a 3-day cleanse if you are hardcore!

WHY

In only 3 days, a cleanse can reset your immune system by providing you with the enzymes and nutrients to knock out the bad stuff and bring in the good (enzymes, bacteria, and nutrients).

Small choice, lifelong health benefits.

DAY 28

Krush it: At any time of the year you can choose to focus on 4 weeks of life changing good habits.

WHY

The key aspects to keep in mind for ***forever*** good health–Deep Hydration, High Fiber, Low Sugar and Lower Body Burden ***choices.***

You got this!