Hapi

CLEANSE PACKAGE





Our Bodies
Our Temples

Most people will agree that as a whole, we could be more careful with what we put in our bodies, on our bodies and near our bodies.

The organs of our body (most notably the liver) are amazing natural detoxifiers, designed to keep us safe from many impurities. Unfortunately our bodies are not equipped to deal with the current onslaught of synthetic toxins that we ingest, breathe, and absorb through our skin on a daily basis.

We can help our body's innate detoxifying by ensuring that we eat sensibly, drink plenty of water and avoid toxins such as alcohol, chemicals and drugs. There are times where our bodies need a bit of guidance and encouragement in order to find equilibrium again.

Periods of poor diet, over indulgence, prescription meds and stress all take a toll on our bodies' detoxifying capabilities.



Why Cleanse?

Some symptoms that may indicate an overwhelmed liver are:

- Underlying nausea
- Headaches
- Constipation
- Indigestion
- Intolerance to fatty foods
- Skin problems
- Sugar cravings
- Poor blood sugar control
- Increased PMS or menopausal symptoms
- Low energy or vitality

If you're experiencing one or two of these symptoms, it's likely that your liver is struggling to keep up.

A cleanse works by giving your body a much needed break. Our cleanse packages are designed to flood the body with antioxidants, enhance the liver's phases of detoxification and ensure that toxins are chelated and eliminated through the appropriate routes.

Most importantly, our cleanse package is designed to encourage lifestyle and dietary changes rather than a quick fix.

The aim of our cleanse is to spark changes that allow you to reconnect with your body's innate knowledge, meaning you can make intuitive decisions and live a healthier life.

If you have any health conditions please complete your cleanse in consultation with your health professional. Please note that there are some situations where fluid fasting is not recommended including during pregnancy or lactation/breastfeeding or in the cases of severe deficiency or eating disorders. If you have any queries or concerns, please contact your health professional.



Hapi Cleanse Package

The Hapi Cleanse Package consists of the components for a day long fluid fast which can be repeated for up to 3 days. This liquid fast can be supplemented with simple salads or steamed vegetables as required.

BREAKFAST: 250ML GROUNDING COLD PRESSED JUICE

Beetroot | Apple | Ginger | Dandelion

Formulated to gently stimulate your organs of elimination in preparation for detoxification.

MORNING TEA & LUNCH: 2X 250ML ALKALISING GREEN MULTI COLD PRESSED JUICE

Beetroot | Apple | Ginger | Dandelion

A nutritious cold pressed green elixir made from greens grown in our organic Maara Kai, formulated to alkalise the body, flood the body with antioxidants whilst keeping your tummy happy.

AFTERNOON TEA: 250ML CLEANSE COLD PRESSED JUICE

Orange | Turmeric | Milk Thistle | Cayenne

Cold pressed turmeric juice with powerful antioxidant properties potentised with milk thistle to support liver and digestive performance.

DINNER: 250ML HOT BONE BROTH OR MISO WITH WAKAME

A mineral rich comforting way to end the day.

AFTERNOON PICK ME UP: 250ML HAZELNUT & ALMOND CACAO

Drink hot or cold, a stimulating and delicious protein pick me up.

DETOX SIPPER: 250ML CHELATING CHARCOAL LEMONADE

A potent natural treatment used to trap toxins and chemicals in the body, allowing them to be flushed out so the body doesn't reabsorb them. Use to alleviate any detox symptoms.

ALL DAY CARE: ORGANIC HERBAL INFUSIONS & FILTERED WATER WITH LEMON

Drink hot or at room temperature, intuitively support your body through the beauty of simple plant medicine and pure water.

ORGANIC SALAD AND/OR STEAMED VEGETABLES

Supplement the cleanse package with simple seasonal salads or steamed vegetables as required.



How to use Hapi Cleanse Package

1 DAY RESET

Our cleanse package can be used as a simple and effective 1 day reset with minimal disturbance to your regular routines. This can be taken as a stand alone response to support your body's response to physical stresses, overindulgence or seasonal change. Alternatively, the cleanse package can be used as a 1 day liquid fast on weekly or monthly basis as part of your personal healthcare routine.

We recommend following pre and post-cleanse guidelines for the day either side of a 1 day liquid fast.

7 DAY DETOXIFICATION

Our cleanse package was designed to be taken for 3 consecutive days to support a full detoxification process and we recommend you follow the pre and post-cleanse dietary guidelines for a minimum of 2 days either side of your 3 day liquid fast so the full cleanse will take 7 days.

We recommend that you make your cleanse as easy as possible on yourself, and by that we mean - avoid doing a 3 day cleanse when you know you have a stressful week at work or home and choose dates where you have no social commitments. We recommend that people schedule their cleanses over a long weekend or take a week off so they can stay home and rest without the stress of work overwhelming them.

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Dietary Guidelines

PRE CLEANSE

How you prepare for your cleanse is just as important as the cleanse itself. The days before and after your fluid fast are an opportunity to prime your body and mind, setting the scene for a successful detox. In order to properly prepare it is necessary to pare back your diet by eliminating foods and substances that are hard to digest or toxic and replacing them with cleansing plant based foods.

We recommend following these dietary guidelines for 1 day either side of a 1 day liquid fast and for a minimum of 2 days either side of a 3 day fluid fast.

WHAT TO INCLUDE

PLANT BASED FOOD
SOUPS
SALADS
SMOOTHIES
GLUTEN FREE GRAINS
FERMENTED FOODS
WATER (AT LEAST 2L PER DAY!)

WHAT TO AVOID

REFINED SUGAR AND FLOUR
ANIMAL PRODUCTS (DAIRY & MEAT)
FRIED FOOD
PACKAGED & PROCESSED FOOD
CAFFEINE
ALCOHOL
CIGARETTES

By eliminating hard to digest or toxic products in the lead up to your fluid fast, you can ease the body in the transition from solids to liquids without the typical shock to the system. This transition diet promotes the movement of toxins through the body, preparing your system for a deeper cleansing process. Stripping back the diet helps to free up energy within the body, meaning more energy can be utilised by the detoxification pathways. The easier it is to move toxins out of the body through these pathways, the more efficiently toxins are safely removed, which ensures your detox symptoms are minimal and allows you to reap more benefits from your cleanse.

POST CLEANSE

We recommend that you take it easy as you introduce solid food back into your diet. By following the pre cleanse guidelines, you allow your body to signal to you when it is truly ready to eat again. Remember, the aim of our cleanse is to spark changes that allow you to reconnect with your body's innate knowledge, allowing you to make intuitive decisions and live a more healthy life.





How Will I Feel?

Tiredness, moodiness, anger, weakness, light headedness, headaches, nausea, insomnia, skin breakouts, and irritability are among the most common symptoms. If you have a recurrent health issue (i.e. eczema, acne, sinus issues), be warned that it may get worse before it gets better.

You might find that a lot of emotion surfaces. It's important to be patient and breathe through these periods. Keep in mind the end goal.

Check in with your body on a daily basis during the fast. If you're feeling tired that day, take it easy and try to schedule some nap time if possible. If you're a ball of energy, then feel free to do your usual routine, including exercise.

Remember that you are in control, and if at any point you feel really unwell or ravenously hungry - take a break, eat something responsible and get back on the cleanse when you feel able.

Body Work

Most people are prepared to experience some of the physical symptoms of a cleanse, such as headaches, fatigue or nausea. However, it is easy to overlook the emotional aspects involved in cleansing.

There are many emotions and patterns tied up with the consumption of food. When we break out of habitual patterns such as automatic eating, it is to be expected that deeply embedded thoughts and emotions may surface. There is great insight to be found by paying attention to the feelings that come about during a cleanse. That's why we recommend practising a form of gentle bodywork. A mindful cleanse creates the opportunity to look more deeply into the arising of our mind and body - to get to know ourselves a little better and find natural balance.



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