

ALIGNED

Transformational Program With Rony Reingold

Top 4 Ways To Get Clean

1. EAT REAL FOODS

- Avoid products that have been chemically treated or stripped of nutrients.
- Conventional, processed & genetically modified foods are toxic to the body.
- Genetically modified foods introduce potential allergens.
- Organic fruits and vegetables are more nutrient dense, less toxins, give life.
- Organic, grass-fed meats are hormone & chemical free
- It takes life to give life. If it wasn't around 10,000 years ago, don't eat it!

2. REDUCE CHEMICAL TOXINS

- Chemicals and toxins in plastics, beauty products, antibiotics, etc. contribute to overall toxicity in the body.
- Estrogenic activity of toxins interferes with glucose & cholesterol metabolism, promotes inflammation, excitatory to the cell.
- Leads to hormone imbalances, immune dysfunction & obesity.

3. RELEASE NEGATIVE EMOTIONS / RESIDE IN TRUTH VS. FEAR

- Negative emotions are stored in the body and lead to dis-ease.
- Thoughts become things – creating new neural pathways in the brain.
- Worry, resentment, anger, fear and grief activate the body's stress response.

4. INCORPORATE HEALTHY MOVEMENT

- Exercise helps move lymphatic fluid & flush out toxins through the lymph.
- Sweat allows toxins to be secreted through the skin.
- The right form of exercise for your body can enhance your metabolism, allowing for better elimination of toxins through the bowel.
- Movement that brings you joy helps to heal your emotional, mental, physical and spiritual health!

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The “CLEAN” List

TOXIC FOODS

Conventional Produce
Frozen Produce
Conventional Chicken & Meats
Conventional Luncheon Meats
Conventional or Organic Eggs
Pasturized, Fortified Dairy products
Enriched grains & flours
Comes in a box/bag
Table Salt
Industrial Seed Oils (Corn, Soy, Safflower, etc)
GMO'd food such as soy & corn
Cookies, Cakes, Desserts
Processed Sugar
High Fructose Corn Syrup
Splenda, Aspartame, Nutri-Sweet
Coffee
Soda
Alcohol

MOVEMENT LIST

Try something that you haven't done before that you know is a healthier clean alternative.

Some ideas:

Walk to work
Take the stairs
Try a new exercise class
Go to a yoga class
Bike to work
Get off the Bus/Bart a few stops early
Wake up each morning and stretch
Stretch before bed
Walk during your lunch break

I commit to remove...

CLEAN ALTERNATIVE

Organic, Local Fruits & Veggies
Fresh Produce
100% Grass Fed Meats
Nitrate Free Luncheon Meats
Pastured, Organic Eggs
Raw Dairy products
Grain in whole form, no flours
Comes from the earth
Celtic Sea Salt
Coconut Oil, Raw Butter, Ghee, Olive
Whole, real foods that are not altered
Fruits, dried fruits, root veggies, etc.
Raw honey
Raw honey, root veggies, fruit
Raw honey
Herbal tea
Filtered water with lemon
Natural juices, water, tea, etc.

ENVIRONMENTAL CHANGES

Choosing from this list is a bonus. Overtime, after you have incorporated foods, try some of these ideas:

Stainless steel pots & pans vs. Teflon
Glass food storage vs. of plastic
Green cleaning supplies vs. regular
Reverse Osmosis water filter
Chlorine shower head filter
Natural, aluminum free deoderant
Flouride free toothpaste
Organic shampoos & soaps
Organic make-up & beauty supplies