

SKINNY BUDDHA

SOUP CLEANSE BIBLE

**A DAY IN THE LIFE OF A SKINNY BUDDHA:**

**-6 soups**

Soup Cleanse defined:

Put simply, a soup cleanse is a “mostly” liquid diet, some of our soups do have bits of vegetables in them. You replace your typical meals with soups — meaning you're still getting food (bye, juice!).

**Why Cleanse?**

The benefits of doing a soup cleanse, extend far beyond weight loss, but it's important to note: they are a great weight-loss kickstarter. What you are doing is decreasing calories while maintaining (if not increasing) satiety (full feeling). These soups are super nutrient-dense, just like a smoothie, but typically savory, so they're low in sugar and won't leave you feeling hungry thanks to the fiber content.

The Skinny Buddha Soup Cleanse is an excellent way to hit the reset button on your body, especially after a period of overeating, drinking too much alcohol or even after you have been on a course of antibiotics. You can recalibrate your digestion and get back on track, without sacrificing food. The ingredients in this cleanse have been carefully curated for their detoxifying properties, and can reset your pH levels. In addition, you're gaining tons of nutrition from from organic plant based ingredients.

**Elimination:**

Typically, an important part of fasting is the use of laxatives or enemas to cleanse the lower digestive tract. Juicing may not supply quantities of fiber comparable to your current diet. Thus, evacuation of the bowels may be inconsistent or incomplete. This is not the case, however, with Skinny Buddha’s Soup Cleanse. We do not extract the fiber from our soups. You get the benefits of receiving all the nutrients, as well as the fiber from the vegetables. The removal of wastes is considered essential to prevent the toxins in the digestive tract from being reabsorbed into the bloodstream.

"Positive change is a foregone conclusion. It is not a question of if you will improve but, rather, when." – Dr. Rashid A. Butt

**Precautions:**

In general, anyone considering a fast should consult a health professional beforehand. The following groups of people should not undertake a fast:

- Pregnant or lactating women or children.

- People with any of the following medical conditions: diabetes, hypoglycemia,

anorexia or bulimia nervosa, kidney or liver disease, gout, asthma, impaired

immune function, epilepsy, cancer, terminal illness, active infections, anemia,

malnutrition, or ulcerative colitis.

- People who are underweight.

- People who have increased energy needs such as those who have recently

undergone surgery or treatment for severe burns.

-Fasts should not be extended beyond three days without medical supervision. Longer fasts can lead to poor intake of nutrients such as protein and calcium, and other deficiencies.

- In addition, anyone who feels faint or dizzy, develops an abnormal heart rhythm, feels nauseated or vomits, or has signs of low blood pressure should discontinue the fast and consult their doctor at once.

**Minor side effects may include temporary headaches, fatigue, constipation, acne, bad breath, or increased body odor.**

**BUDDHA’S FITNESS PRESCRIPTION:**

While Buddha’s Soup Cleanse is not a weight loss program, it is recommended that those in search of a weight reduction following their juice cleanse, should undergo 20-30 minutes of cardiovascular training, during the days of the cleanse. Cardiovascular training includes, power walking, running, indoor cycling, elliptical machine, stair climber.

**BUDDHA’S NUTRITION PRESCRIPTION:**

- No beverages are to be consumed other than water, seltzer, or decaffeinated herbal tea between meals.

- All sweeteners are prohibited other than Stevia. Stevia is an all natural, calorie- free sweetener that will not affect your insulin levels.

**- Soups must be consumed 2-4 hrs apart** (not a minute more or less)

- Soups are to be finished within a half hour. Consume each soup in its entirety, but if the portion is too large, dispose of the remainder.

**DO NOT SAVE AND EAT AT ANOTHER TIME!!!**

- Caffeinated and Decaffeinated Coffee is prohibited

SOUP DESCRIPTIONS:

**Apple Butternut Bisque**-Active ingredient zinc is an age defying trace element responsible for healing, rejuvenating, and building beautiful skin from the cellular level.

**Lemon Kale Soup-** This nutrient dense soup is high in antioxidants. These antioxidants/phytonutrients greatly reduce free radicals (cancer causing molecules).

**Coconut Curry Soup-** The medium-chain triglycerides in this soup are known to stimulate the breakdown of fat cells within the system.

**Miso Nori Soup-** Active Ingredient Chlorophyll binds to and neutralizes toxins before flushing them out of your body.

**Hot & Sour Soup-** This soup is rich in dietary fiber, which assists in toxin elimination, and blood sugar stabilization.

**Beet Paprikash-** Active ingredient folic acid may eliminate the likelihood of birth defects, attention deficit disorder, and aid in the management of depression.

**BUDDHA’S SOUP CLEANSE DISCLAMER:**

The Skinny Buddha Soup Cleanse is not a fat or weight–loss program. Although Skinny Buddhas “in-training” may experience fluctuations in weight, the focus of this program is to cleanse the body of toxins and prepare the mind and body to embark on a long-term holistic approach to health and wellness.

"If you can't feed a hundred people, then feed just one." Mother Theresa