

Morning Routine



hydrate



detox juice



10 minute stretch



self care



healthy breakfast



5 minute journal



go screen free for 30 minutes



top priority to do list



go out for fresh air

Morning Routine Tips Open Now

Shasha Hu



Morning Routine Tips Open Now:

Detox 101 Jessi Andricks,2015-02-03 Detox 101 is your twenty one day guide to cleansing without deprivation In this program you will clean out your body mind and soul to bring you back to a whole healthy and happy you for life You ll be guided through twenty one days of healthy eating drinking moving and thinking You ll learn simple ways to incorporate healthy habits into your daily life as well as do some deep cleansing for all your systems The twenty one day program starts with a focus on food moves towards exercising and ends with the chance to turn your focus toward your inner state During the detox you ll focus on whole healthy foods avoiding foods that might trigger digestive upsets or inflammation in the body You ll learn how to exercise to create more energy rather than deplete it and you ll take time each day to tune out and check in on yourself Detox 101 features exercise programs and plans meal plans and over fifty healthy whole food recipes The twenty one day plan features a daily routine complete with affirmations exercises and poses of the day recipe tips and more all to get you living the happy healthy life you deserve

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