

Module 1 – Spring Cleaning

[14 videos, 6 assignments]

It is important to remove old, stuck, and blocked energies from the past if you want to usher in a future of abundant health. By removing blocked energies in the house and the body, you create space for healing to enter.

These blocked energies can manifest as habits or routines. They can be created by chemicals or nostalgic items taking up space. Or these stuck energies can enter via the food we eat and water we drink.

Please do not underestimate the value of clearing objects and energies from the household. They can have a profound ability to keep you stuck in the past. Thoughts, feelings, and emotions can be triggered both consciously and subconsciously by seemingly benign elements.

It is time to create a clean slate – a new path of healing!

Video 1.1 – Spring Cleaning Introduction

Video 1.2 – Clearing the Space

Video 1.3 – Homework 4

Homework

Estimated days to complete: 5-7 days

It is estimated that this assignment will take you 5-7 days to complete. However, you should move forward at your own pace. It is important that you complete each assignment before moving on to the next section.

Assignment

- Go throughout your house and collect items you no longer need. Find things you haven't used in while or that you've held onto because you think you might need it one day. Knickknacks, memorabilia, clothes, shoes, tools, utensils, art, books, etc. Anything you really don't need, or use should be considered.
- Look through the garage, attic, basement, tool shed, spare bedrooms, bathrooms, kitchen, clothes and shoe closets, underneath the bed.
- You can sell these items by having a yard sale. Or you can sell them on craigslist, offer up, eBay, Facebook marketplace, second-hand stores, or consignment shops. Alternatively, you can donate these items to a friend, family member, the Goodwill, Salvation Army, or to anybody who could use some assistance.

Video 1.4 — Removing Chemicals

Video 1.5 — Bedding

Video 1.6 — Laundry

Video 1.7 — Personal Care & Cleaning

Video 1.8 — Homework 5

Homework

Estimated days to complete: 7-14 days

It is estimated that this assignment will take you 7-14 days to complete. However, you should move forward at your own pace. It is important that you complete each assignment before moving on to the next section.

Assignment

- Remove or replace any potentially toxic products in the house with healthier, organic products. Throw away any products you really don't need. And when possible, reduce your use of any household product. It will save you money, help the ecology of the planet, and improve your overall health.
- Step 1: Bedding
 - Organic Cotton Sheets
 - Organic Bamboo Sheets
 - Non-toxic Pillows
 - Non-toxic Mattresses & Toppers
 - General Bedding & Sleep Furniture
- Step 2: Laundry
 - [TrulyFree](#) (formerly MyGreenFills - all in one laundry)
 - Liquid or Powder Detergent
 - [Laundry Wash Balls](#)
 - [Organic Wool Dryer Balls](#)
- Step 3: House Cleaning
 - [Antibacterial Envirocloth](#)
 - Dusting Mitt
 - Dishwashing Detergent
 - Dish Soap
 - Pet Products
 - Professional Steam Mop
- Step 4: Personal Care & Bath
 - Organic Cotton Towels
 - [Organic Skin & Body Care](#)
 - [Organic Oral Care](#)

- Organic Liquid Hand Soap
- Organic Soap Bar
- Non-toxic Deodorant
- Shampoo & Hair Care
- Non-toxic Make-Up Foundation
- Healthier Make-Up Lines
- Optional: Feminine Care
 - Menstrual Cup
 - Active Menstrual Cup
 - Organic Cotton Tampons, Pads, Liners
- Optional: Baby Care
 - Diapers, Food, and Cleaning
 - Accessories and Nutrient Dense Foods
 - Clothing

Video 1.9 — Intro to Diet

Video 1.10 — Homework 6

Homework

Estimated days to complete: 2-3 days

It is estimated that this assignment will take you 2-3 days to complete. However, you should move forward at your own pace. It is important that you complete each assignment before moving on to the next section.

Assignment

- Search for “organic grocery stores” or “food co-op” near you on an internet map. Or ask friends and family to help you find the best grocery stores near you for healthy, organic food. Are there any farmer’s markets in your area that might have local, organic food?
- Here are some online organic and healthier food options you may also consider.
 - [Thrive Market](#)
 - [Farmbox Direct](#)
 - [Imperfect Foods](#)
 - Wild-caught Fish & Pastured Meats
 - [Dry Farm Wines](#)

Video 1.11 — Homework 7

Homework

Estimated days to complete: 3-5 days

It is estimated that this assignment will take you 3-5 days to complete. However, you should move forward at your own pace. It is important that you complete each assignment before moving on to the next section.

Assignment

Eliminate any foods you know, or suspect are causing symptoms. If you are dealing with digestive or immune-related symptoms, it is also advised to eliminate or at the very least reduce the following foods and food groups for a minimum of 30 days as you continue on through the course.

- Non-organic foods
- Highly processed foods & drinks

- Dairy (pastured ghee ok)
 - Butter, cheese, cream, ice cream, kefir, milk, sour cream, whey protein, yoghurt
- All grains & gluten (white rice ok)
 - Amaranth, barley, brown rice, bulgur, millet, corn, oats, rye, sorghum
- Sweeteners
 - Agave, artificial sweeteners, aspartame, coconut nectar, HFCS, mannitol, molasses, sorbitol, sucralose, xylitol
- Soy & soy products
- Eggs
- Corn
- Conventional meats & farmed fish
- Caffeine & Alcohol

Video 1.12 — Homework 8

Homework

Estimated days of adherence: 7-10 days

It is recommended that you give yourself some time to implement these changes and at least a week to adhere to these new dietary changes.

Assignment

The basis of your diet should consist of organic foods: fruits, vegetables (mostly cooked), root crops, white rice, occasional nuts & seeds, wild-caught fish, and pastured/hunted meats (if you eat meat). Implement this dietary framework for 7-10 days before moving on to the next section. You should stick to this diet for a minimum of 30 days as you continue on through the course.

Video 1.13 — Water & Air

Video 1.14 — Homework 9

Homework

Estimated days to complete: 7-10 days

It is estimated that this assignment will take you 7-10 days to complete. However, you should move forward at your own pace. It is important that you complete each assignment before moving on to the next section.

Assignment

Take as many steps as possible to improve the water and air quality in your home. There are a variety of solutions that may depend on your budget. And there are many ways to make improvements without spending thousands of dollars. Find the right solutions for you based on your location and living situation.

- Water
 - [Find A Spring Near You](#)
 - [Berkey Countertop Filter](#)
 - [AquaTru Countertop Filter](#)
 - Hydro Flask Water Bottle
 - Point of Use Water Filtration
 - Whole House Water Filtration
 - [Shower Filter](#)

- Air
 - [Air Doctor Air Filtration Unit](#)
 - Replacement Furnace Filters
 - Clean your furnace along with the heating and cooling ducts in home
 - Bring more live plants into the home
 - Open windows if the outside air is relatively clean (suburban or rural areas)
- Mold & Mycotoxins
 - [Realtime Labs](#)