

## Okay, I'm Cleansed. Now What?

You've removed the stockpile of debris from your body, clearing the way for optimal health. The next step, after taking away what your body *doesn't* need, is to provide what it *does* need. If you give it the vital materials it needs to construct new and healthy cells, your body will heal itself and be restored to balance and harmony. This third phase should run for at least 5 weeks, and ideally 7 weeks, after your Cleanse is over (for a total of 6 to 8 weeks, so add in a few more days if your Cleanse isn't an entire week).

You want to keep your diet extremely low in carbohydrates, focusing on dark green and yellow vegetables; sprouted soy beans, seeds, and grains; nuts and essential fatty acids. At least 40 percent of it should be raw. The higher the level of enzymes in your food, the faster you will repair and rebuild your body - and cooking destroys your food's natural enzymes and life force.

Continue with daily green juices, but add some variety. Drinking juice just before a solid meal is good for digestion, but you should also have juice on it's own. Beyond that, for this phase you want to avoid (in addition to the unhealthy foods described on this web site) all complex carbohydrates, including high-carb vegetables (potatoes, sweet potatoes, peas, winter squash), all grains, and starchy legumes (meaning all of them, except soybeans and lentils), as well as sugar fruit.

Some people, with more severe health challenges/goals, may need to stay "green" for 2-3 months before adding non-green alkaline food choices. These individuals should continue juicing green vegetables each day, drinking at least 1 gallon of your favorite nutritional green drink with [alkaline booster drops](#), and eating lightly steamed, green vegetables or salads. They may also choose to take one or two more of Dr. Young's Complete Packs as well. For more information and consultation, these individuals should seek guidance from a trained individual of choice.

To get a good idea of the foods you can eat during this phase (specifically, the "foods you can eat freely" chart), and foods to avoid, please visit our [Food Ash charts](#).

Following completion of the Cleanse, most individuals who are taking Dr. Young's Complete Pack finish it within a few weeks. Unless otherwise recommended or desired, one can then move on to maintenance products, such as: Alkalizer Pack, Mega-Multi plus Cell Salts, Mega-Min plus Cell Salts, Silver Plus, etc. Other products, like the Ortho Pack or the Women's Pack, are geared toward more targeted healing. One may choose which products to take, or follow the advice of a health care professional.

After the 7 week phase after the cleanse, you are ready to move on to the full program. Let's learn how to [maintain](#) what you've built so far.