

IWG Cleanse and Prevention Gems

Mind	Nutrition	Body	E/motion/al	Spirit
Self-talk - Observe how you speak/think/feel about yourself & practice speaking LIFE into you	Oil cleanse	Move + stretch. Pick a song and dance it out	Expand emotional vocabulary	Pray
Give your brain a rest / mind-break	Graze - eat smaller amounts	Exercise + positive self-talk/gas yourself UP	Do a body scan	Meditate
Minimize screentime	Rule of 2's - eat twice as often, half as much, chew 2x long, and take 2x the time to dine	Write a thank you or love letter to any area of your body	Exercise, especially when anger or heightened emotions occur	Take social media detox and/or breaks
Get a good night's sleep and/or take short naps	Read labels	Breathwork	Shake and dance	Do a detachment ceremony
Practice discernment - what can I control vs not control	Food Synergy - Practice pairing foods for max nutrient absorption	Tense muscles, then relax. Or Progressive muscle relaxation	Journal	Take salt baths, regularly
Hydrate yourself [water] + eat a nutrient-dense meal [more plant based whole foods!]				