

The contrast shower is part of your everyday routine on the CleanUP: every time you shower, for all 21 days. It costs nothing, takes a few extra minutes, and the only equipment you need is a shower with hot and cold water.

Why It Works

- Stimulates the immune system
- Increases circulation
- Increases metabolism
- Preventive for colds and flus
- Normalizes cold hands and feet
- Relaxing

Procedure

- 1 Hot shower to your entire body for 3–5 minutes.
- 2 Cold water shower to your entire body for 30–60 seconds.
- 3 Repeat the alternating cycle 3–5 times, always ending on cold.
- 4 The greater the contrast in water temperature, the greater the reaction and benefit you'll attain.
- 5 The overall response will be warming and energizing.

Success Story

"The cleanse has been a tremendous experience for both my husband and myself. Several habits that we thought were innocuous were in fact sabotaging our overall wellbeing. Not only have we both lost weight, we both feel calmer, focused, and more energetic. It has been said that it takes 21 days to establish a new habit and we are excited for the new perspective on our diet." — Maryellen, Pilates instructor