

MorningSider

DECEMBER 2015

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PURCHASING DETROIT'S VACANT LAND: STORIES FROM THE SIDE LOTS



By J. Carlisle Larsen

The Detroit Land Bank offers side lots to homeowners for \$100. Here are some of their stories.

Detroit occupies approximately 140-square miles of land. At its height, the city was filled with single family homes where people could live out the American dream. But following a significant loss of population, many of these homes sat empty and open for scrappers to strip out wire and pipes or for squatters to lay claim to the blighted properties leaving the structures vulnerable to fires.

Since Detroit emerged from bankruptcy, the city has accelerated its blight demolition initiative. While many empty or burned out homes are disappearing from the landscape, empty side lots are being left behind. To counter these empty lots, the city has made them available for homeowners to purchase—provided they're up-to-date on their taxes. As part of WDET's "Detroit Bankruptcy: One Year Later" series, reporter J. Carlisle Larsen speaks with some people who have purchased these lots through Detroit's Land Bank Authority

Riet Schumack lives in Detroit's Brightmoor neighborhood on the northwest side of the city. She was able to purchase the side lot though the Land Bank Authority after the

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MorningSide

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9 HOLIDAY SAVINGS TIPS

During the holiday gift buying frenzy, it is easy to feel overwhelmed and stressed about not having enough money to spend on your loved ones. You do not have to go into debt to show how much you care. With some careful planning and creative gift giving, you can enjoy some holiday cheer without the financial fear.

Check out these holiday savings tips from Practical Money Skills:

- ◇ **Develop a budget and stick to it:** Do not spend more than 1.5 percent of your household annual income on holiday gifts and entertainment. Check out a free online Holiday Budget calculator.
- ◇ **Create a "micro budget":** Write a list of everyone on your gift list and decide how much you would like to spend on each person. Track how much you spend using this Gift Log calculator. This budget should also include costs for additional items such as cards, postage, gift-wrapping, meals, parties, travel, etc.
- ◇ **Shop early:** Do not wait until the very last minute to buy presents or you may end up overspending or buying items you did not plan to. Having extra time to compare prices is especially helpful when buying big-ticket items such as electronics or even a new bicycle.
- ◇ **Get creative:** Handmade gifts or even personalized coupons can be a special treat in this age of store-bought presents. Think about what the person may want or need then incorporate your own talents. For example: bake some cookies; create a photo album or decorate a picture frame; knit a blanket or scarf; compile your favorite tunes into a music CD; or give a coupon for a home-cooked meal, babysitting time, house cleaning, or even a free one-hour lesson in an area where you are an expert (e.g., computers, dance, cooking, art) – the list is endless.
- ◇ **Draw names & create a spending cap:** These ideas work particularly well for large families and groups of friends. This way, everyone gets a gift but each person only has to buy one gift. Depending on the flexibility and humor of the group, you could: limit the gift to \$10–\$20 per person; agree on a gift theme (e.g., tropical getaway, house decor, etc.); or even re-gift!
- ◇ **Shop online:** It's fast, easy, and you can easily comparison shop. By ordering from the comforts of your own home, you also resist extra temptations like eating out or making impulse purchases.
- ◇ **Pay off your credit cards:** If you plan to shop with credit, make sure you have enough money in your bank account to pay off the amount when the bill arrives. Also, consider using cards that offer extra incentives such as frequent flyer miles.
- ◇ **Donate more than cash:** Do not spend more than 1.5 percent of your household annual income on holiday gifts and entertainment. Check out a free online Holiday Budget calculator.
- ◇ **Enjoy free and inexpensive holiday activities:** There are ample ways to get into the holiday spirit without breaking your budget. Check out your local community



(Continued on page 5)

Greetings MorningSide!

I would like to take this opportunity to thank you for your continued support over the past year; we have had another successful year with many things to celebrate.

In the coming year, we have a number of priorities which will drive our improvement plan. To help us with this plan we will be sending out a survey and ask that you please take time to complete it. We want to make sure that we hear you and fulfill your needs for 2016. We will continue to work on Block Clubs and hopefully add to the rise of MorningSide.

We will not have a meeting in January. Our next meeting will be in February. Please pass the word.

Finally, I would like to wish you a very happy holiday season and I look forward to seeing at the MorningSide Holiday Party. We look forward to seeing you in February for another exciting and successful year.

Thank you!

Zelda Anderson

MorningSide President

MorningSide

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/Ambassadors



Scotty Boman

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Eric Dueweke

Wayburn St. /Alter Rd.

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Paul Phillips

Somerset Ave/Nottingham Rd.

TBD

Lakepointe St. /Maryland St.

Monique Tate

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■ ■ ■

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Debbie Stabenow
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Coleman Young II
(517) 373-7346

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(517) 373-0154
(District 2) Alberta Tinsley-
Talabi
(517) 373-1776

CRANBERRY ORANGE RELISH WITH ORANGE FLAVORED LIQUEUR



Ingredients

- 1 1/2 cup of water
- 12 ounces cranberries
- Tablespoon of orange zest
- 1 orange without peel, chopped
- 1 cup white sugar
- 1/4 cup orange liqueur

Directions

Directions: Place water, cranberries, oranges, white sugar saucepan over medium heat. Bring to a boil until cranberries burst. Stir until all ingredients are mixed. Remove from flame, add your orange liqueur mixed in low heat for five minutes. Let cool until its luke warm then place into storage bowl or serving bowl. Best cranberries sauces ever! Gone is the cranberry mess in the can! And it is that easy.

Submitted by Taylor One Gourmet Catering

SOUR CREAM AND BUTTER MASHED POTATOES



Ingredients

3 pounds Yukon gold potatoes, peeled and cut into 1-inch pieces

3/4 to 1cup whole milk

3/4 cup sour cream

6 tablespoons (3/4 stick) unsalted butter, cut into pieces, plus more for serving

Kosher salt and black pepper

*Optional: chives

Directions

1. Place the potatoes in a large pot and add enough cold water to cover. Bring to a boil and add 2 teaspoons salt. Reduce heat and simmer until very tender, 20 to 25 minutes. Drain the potatoes and return them to the pot.
2. Add the butter, sour cream, 3/4 cup of the milk, 1 teaspoon salt, and 1/2 teaspoon pepper to the potatoes and mash until smooth (adding more milk if necessary). Serve topped with additional butter and pepper.

SERVES 8

Submitted by Taylor One Gourmet Catering

9 HOLIDAY SAVINGS TIPS

(Continued from page 2)

calendar for free holiday activities and performances such as a tree lighting or parade; snuggle up with the family and watch a holiday classic such as, "It's a Wonderful Life"; go caroling; have the kids put on a holiday play and invite the neighbors for a potluck dinner; or celebrate with Game Night and pull out your best board games.

Important Numbers

• • •

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(313) 224-6262

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(313) 224-5777

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(District 4)

Andre L. Spivey

(313) 224-4841

Department of

Neighborhoods

- District 4

District Manager

O'Dell Tate

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Asst. District Manager

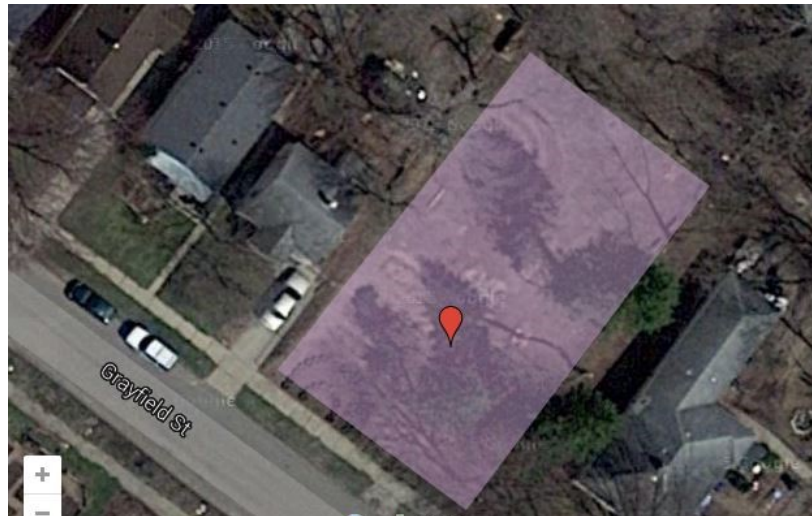
Toson Knight

(313) 236-3520

PURCHASING DETROIT'S VACANT LAND...

(Continued from page 1)

city tore down a blighted home on the site. The side lot is now home to an urban garden where neighbors can now plant and grow food.



Michelle Koyton lives near Marygrove College in Detroit. She purchased her home in 2008 assuming the yard adjacent to her home was part of her property because a

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fence had been built surrounding both plots. She later discovered that she didn't own the lot and spent years trying to purchase the land.



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14901 E Warren Ave, Detroit, MI 48224
(313) 640-1100

Important Numbers



Detroit

Building Safety

Engineering &

Environmental

Dangerous Buildings

Division

(313) 224-2733

Property Maintenance

Division

(313) 628-2451

Fire Department

Executive Fire

Commissioner

(313) 596-2900

Deputy Fire

Commissioner

(313) 596-2900

Important Numbers

• • •

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Chief of Police

James E. Craig

(313) 596-2200

Assistant Chief

District Chief

(Neighborhood

Policing)

(313) 596-2520

Eastern District

Commander

5th Precinct Captain

(313) 596-5500

9th Precinct Captain

(313) 596-5900

DETROIT FACTS

There is an Enormous Salt Mine Beneath the City



400 million years ago a gigantic sea covering the region evaporated, leaving behind vast salt deposits. Detroit sits atop a section of a 170,000 square mile salt bed that stretches through Ontario, into Ohio, Pennsylvania, West Virginia and New York. There are over 50 miles of roads carved into the salt. The Detroit Salt Company has been operating for over 100 years. On our last check, the mines were still closed to tourists. For a time you could visit the mine.



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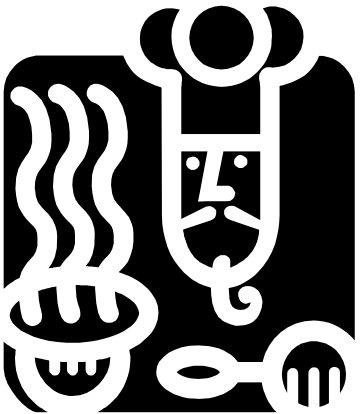
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Street or Alley Repairs

(313) 224-0033

Sidewalks

(313) 224-3954

Traffic Signs & Signals

(313) 224-1610

Illegal Dumping or Rodent
Baiting

(313) 876-0974

MORNINGSIDE DETROIT TRIVIA CONTEST

Each month we will have a MorningSide Detroit Trivia contest. This contest will have a trivia question for MorningSide and a trivia question for Detroit. The winner will be randomly chosen from all correct responses submitted. To enter please send an email to contest@our-morningside.org with your name, address, phone number and the answers to the questions below.

ONLY CORRECTLY SUBMITTED ENTRIES WILL BE ACCEPTED!!!

NO CONTEST THIS MONTH, WE ARE HAVING A CHRISTMAS DECORATING CONTEST...DETAILS COMING MONDAY, DECEMBER 7TH IN EMAIL AND SOCIAL MEDIA!

Last month's answers

MorningSide

What organization was responsible for developing the MorningSide Commons area in MorningSide?

United Streets Networking and Planning: Building a Community (U-SNAP-BAC) is a consortium of two corporations that was formed in 1987 by a conglomeration of other community groups. The organization operates education programs for first-time purchasers of residential property, foreclosure education and assistance, oversees funding for house repairs, worked with the MorningSide board and Habitat for Humanity to construct new houses.

Detroit

What is the name of the Automotive manufacturer who built a factory on a 22-acre parcel at Jefferson Avenue and Conner Avenue in Detroit's Fairview section?

Hudson Motor Car Company: Hudson Motor Car Company was established in 1909 by Roy Chapin, Fred Benzer, and Howard Coffin. The company's greatest accomplishment and contribution to the auto industry came in 1922 when they offered enclosed models for only \$100 more than their competitor's open model cars proving that the public wanted affordable closed model vehicles.

October & November winner: no winner

Susan Salas,
J.D., LL.M.

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preneurs

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Bedford Block
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DETROIT AREA CHARITIES PREP FOR HOLIDAY AID PUSH

 mitch albom charities



By Joe St. Henry

With the holiday season upon us, charities in southeast Michigan are mobilizing volunteers for their busiest time of the year.

They are helping thousands of struggling families and senior citizens over the next several weeks and, in many cases, taking advantage of the public's seasonal goodwill to help raise critical funding for the upcoming year. Despite the region's improving economy, the overall demand for charitable services is about the same as last year, according to several charities.

Sandra Miniutti, vice president of Charity Navigator, the largest, independent, expert charity evaluator in America, said the typical charity receives half of its donations between Thanksgiving and Dec. 31.

"People's altruistic feelings come out as they evaluate their finances at the end of the year and realize they may have some extra money to donate," Miniutti said. "Plus their desire to make the donations by the end of the year so they can claim them as tax deductions."

The most successful fundraisers capitalize on the relationships they have built with donors over the course of the year and sometimes longer, said Ken Stern, author of "With Charity for All," a 2013 book that examined the nation's \$1.5 trillion charity industry.

"The key is to get your name in front of donors early, so when you come out and request a donation the person is familiar with the organization and more apt to contribute," he said.

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The Salvation Army is one of the most recognizable charities in Metro Detroit, especially through the holiday season when its army of volunteers fans out across the region. Its annual Red Kettle Campaign launched in mid-November. Quicken Loans hosted a special “Metal in the Kettle” kickoff celebration for its employees last week at downtown Detroit’s Campus Martius.

This year, there will be more than 400 Red Kettle donation locations across Southeast Michigan manned by volunteers. Along with Quicken Loans, other corporations are hosting in-house fundraising events, according to Maj. Russ Sjogren, general secretary of the Salvation Army Eastern Michigan Division and Metro Detroit area commander.

The demand for food, shelter, counseling and other necessities continues to be great, he stressed, noting 40 percent of the people in the region still live at or below the poverty level.

The Red Kettle campaign is set to run through Christmas and could be extended another week to reach the charity’s goal of raising \$8.7 million, Sjogren said. This target is the same as what was actually raised last year, which represented 25 percent of the Salvation Army East Division’s annual budget last year.

“It’s another aggressive, ambitious goal but we feel we can make it,” Sjogren said. “While it’s been harder to reach our goal over the past few years, I think we are starting to see things turn around. People are growing more comfortable with the future.”

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Tim Killeen



Wayne County Commissioner – District 1

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Contacts:

313.224.0920 (phone) 313.967.1238 (fax)

tkilleen@waynecounty.com

www.waynecounty.com/commission/district1

In the Community, Working with the Community, to Build the Community

Come and visit with your Commissioner at his monthly Chats

2nd Monday – 9-10:00 a.m. – Grosse Pointe Woods Community Center – in the jury room around back. 20025 Mack

3rd Monday – 9-10:00 a.m. – Grosse Pointe Park City Hall – 2nd level – 15115 Jefferson at Maryland

3rd Monday – 6-7:00 p.m. – Tim Horton’s – 19353 Vernier across from Eastland

Last Monday – Noon -1:00 p.m. - Monteith Library – 14100 Kercheval at Eastlawn

Patronage

Pamela Murrell

Kia Pinto

Calvin Black

DETROIT AREA CHARITIES PREP...

(Continued from page 11)

The Salvation Army provides 3 million meals annually — 8,285 per day — to hungry people in Wayne, Oakland and Macomb counties. It also provides shelter to 2,100 homeless people each night.

The Area Agency on Aging I-B, which covers six counties in Southeast Michigan excluding Wayne County, also is actively fundraising for its Meals on Wheels program that feeds homebound seniors.

Donations are especially critical this time of year, because state and federal grants pay for the organization's traditional meal program, but not those distributed during the holiday season, said Jenny Jarvis, spokeswoman for the Area Agency on Aging I-B.

She said Meals on Wheels will deliver 6,650 holiday food packages to area seniors from Thanksgiving through New Year's Day. The total cost is about \$41,500.

Volunteers of America Michigan is best known for its vehicle donation program and Patrick Patterson, executive vice president, said the charity has received nearly 1,100 cars since the beginning of its fiscal year in July, an increase from last year. He expects a rush as the year draws to a close and people look for tax deductions.

Patterson said many of the vehicles are sold at auctions, with the money that is raised funding a variety of programs to support the homeless, children at risk, veterans and the disabled throughout the year.

"The holidays are always intense for us," he said. "For the people we help, this time of year is not always full of joy given their struggles. It's tough on the homeless especially."

In addition to providing food, the seasonal rush at local charities includes gathering and wrapping hundreds of thousands of toys, and then distributing them to families in time for the holidays.

The need is especially acute for families of sick children, said Mickey Guisewite, founder of the Bottomless Toy Chest, headquartered in Birmingham.

Her son survived leukemia at age 12 after being treated for seven months at Children's Hospital of Michigan. He is now in college.

Guisewite remembers meeting other families whose children also were fighting cancer. She said many parents were overwhelmed with their children's illnesses and still trying to work, making the holidays tough. Presents were not always a priority.

"I walked by rooms of sick kids all by themselves with nothing to do," she said. "Many were too sick to go to the hospital playrooms."

Guisewite launched the Bottomless Toy Chest in 2008 as a simple, one-time toy drive. Today, the year-round charity counts on donations from individuals and businesses of all sizes to provide 30,000 toys to children in oncology units at eight hospitals in eastern

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Michigan. They hope to raise \$50,000 this year.

The charity's volunteer elf squads will begin visiting pediatric cancer units on Dec. 3 to deliver toys to patients and their siblings.

"During their treatment, so much is out of their control," Guiswite said about the young patients. "When our elves come they get to pick a toy. It sure is better than another needle poke or procedure."

PACKAGING SCRAPS AND SMILES IN DETROIT



Working side by side along a trio of tables, nearly 30 volunteers representing A Time to Help assembled and packed kits filled with recycled materials at Arts & Scraps. The wintry conditions outside the warehouse did nothing to lessen the good cheer inside as volunteers – many of whom have participated in more than two dozen A Time to Help events over the years – welcomed 11 first-time volunteers with open arms.

"What a great group," said Mike Salyers, warehouse assistant at Arts & Scraps. "Today we're packing 200 'My Room' kits, including 200 more for us to sell online. We're also assembling 500 'Friends of the Earth' kits.

"We have 275,000 kids that we serve every year. With an eight-person staff, we need volunteers to help us. We couldn't prepare these materials – which come here as garbage – without your help."

The next A Time to Help event is our largest of the year: S.A.Y. Detroit's annual Holiday Celebration benefitting homeless women and children at the Salvation Army on Dec. 12 at the Ellen A. Thompson Center at 3737 Humboldt in Detroit. Volunteer sign-up begins this week.

Visit atimetohelp.org for more information.

And to learn more about Arts & Scraps visit their website at artsandscraps.org

12 WAYS TO DESTRESS AMIDST HOLIDAY MADNESS



By Melody Warnick

Employ these easy reenergizing techniques when you need them most this season

The most wonderful time of the year, huh? So why do the holidays sometimes feel like a month-long panic attack? "During the holidays, people have such high expectations for things to be perfect," says Jon Abramowitz, PhD, professor of psychology and director of the Anxiety and Stress Disorders Clinic at the University of North Carolina, Chapel Hill. In other words, we take on too much, then feel anxious and stressed out when reality doesn't measure up to the flawless fantasy in our heads.

The best way to dodge holiday stress: Take a time-out. A break from the hubbub re-energizes and refocuses you, making you able to avoid holiday stress (or at least handle it better). Plus, it doesn't take much time. Whether you have 15 minutes or just one, here's how to catch a break that will restore your sanity and your ability to savor the season.

15 Minutes

Be a uni-tasker Even if you're a veteran multitasker, taking on too much at once can make you feel frenzied over time. So when you hit the next semi-enjoyable item on your to-do list—mixing up a batch of cookie dough, say, or stringing popcorn for the tree—drop everything else and focus your attention on the task at hand: what it feels, smells, sounds and/or tastes like. "You're still getting something done, but by giving yourself permission to be fully immersed in the experience, you're mentally recharging yourself," says Kate Hanley, author of *The Anywhere, Anytime Chill Guide: 77 Simple Strategies for Serenity*. "It's like meditation in motion."

Create a holiday playlist Nothing makes you feel merry and bright faster than seasonal songs, from "Winter Wonderland" to "Silent Night," and with good reason: Research shows that listening to music can crank down stress hormones, lower blood pressure and heart rate, and kick your anxiety to the curb. So make it easy to listen to holiday songs by creating a playlist of your favorites in iTunes, then playing it in the background while you wrap gifts. Or go to Pandora.com and tune into one of their holiday stations, like Peaceful Holidays or Swingin' Christmas.

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Make friends with Frosty Maybe you haven't built a snowman since you were a kid, but making a miniature Frosty not only gives you an instant creative outlet, it provides enough pulse-quickening activity to make you feel good. "When you exercise, your body produces endorphins, which are the 'happy' chemicals in your brain," says Dr. Abramowitz. "You'll come back inside with a different mindset." Plus, that snow sentinel on your front walk will be a season-long reminder to loosen up and have fun before the holidays melt away.

10 Minutes

Focus on the vision Think about the three holiday traditions you love most, like lighting the Chanukah menorah or singing Christmas carols with your kids. Pencil those things in your calendar, and let go of the rest. "What stresses us out is that we don't take the time to say what we really want," says Linda Hedberg, a Minneapolis life coach who conducts workshops on making the holidays less stressful. "Women need to make plans based on their vision, and get rid of the stuff that doesn't fall into that vision."

Speed-read Curling up with a good book can be the ultimate winter luxury, but if you don't have time for an extended tête-à-tête with a novel, try something short and sweet, like a few poems a day, or a couple of pages of Charles Dickens's *A Christmas Carol*. Better yet, sign up for DearReader.com, a service that e-mails you a daily excerpt of fiction, nonfiction, romance or other genre of your choice. You get to enjoy literary downtime without any pressure to read ahead.

Organize something It's not as crazy as it sounds, says Beverly Coggins, a professional organizer in Stow, Ohio, and author of the 1-2-3...Get Organized series. When life feels out of control, setting a silverware drawer in order or whipping the gift-wrap box into shape leaves you feeling like you've taken the reins again—and that can unload stress.

5 Minutes

Take a shortcut to joy Your regular schedule may have gone out the window when family dropped in, but that doesn't mean you have to abandon what you love. Just do a super-quick version of it. Turn your normal leisurely chat with your best friend into a quick morning check-in, or skip hanging out at Starbucks but grab a latte to go. "Figure out what gives you joy and commit to doing it," says Katrin Schumann, coauthor of *Mothers Need Time-Outs, Too*.

Throw open the curtains According to a recent University of Washington study, gazing out at the natural world lowers your heart rate, even when you have to deal with stress-inducing situations. To bring some serenity inside, decorate with natural finds. Ditch the plastic wreath in favor of a real one, or stack pinecones in a glass vase for a quick centerpiece.

Press here for peace Feeling flustered? Sneak into the bathroom during the festivities and try this quick acupressure move, called the Sea of Tranquility, to send a "calm down now" message to your brain. Find the small, slightly tender indentation in the center of your breastbone. With three fingertips, press down gently for two minutes,

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12 WAYS TO DESTRESS AMIDST...

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then gradually release the pressure. The acupressure not only helps you deepen your breathing, which relaxes you, but it naturally releases tension, says Hanley. "I love that it's called the Sea of Tranquility," she says. "It reminds you that you have this inner calm that you can access at any time."

1 Minute

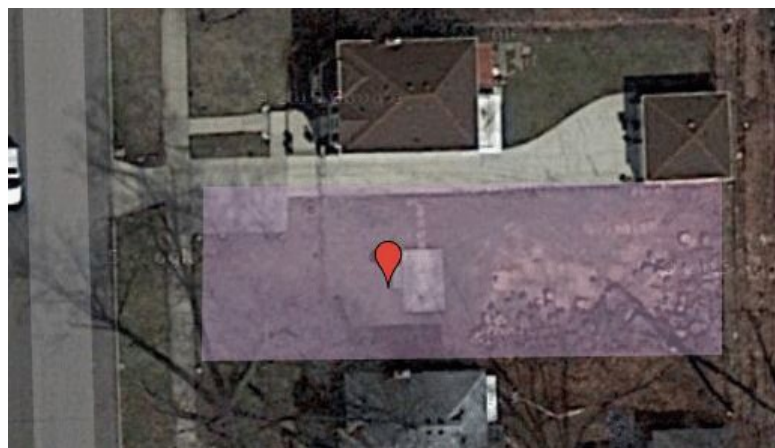
Take a mistletoe moment Physical affection has been shown to increase your body's levels of oxytocin and dopamine, hormones that reduce stress, so grab your honey and start smooching. Even if you're not feeling frisky, try cuddling for a while; simply touching hands can make the stress hormone cortisol melt away. "When we have strong relationships, we are buffered against the effects of stress," says Kory Floyd, PhD, professor of health and family communication at Arizona State University. "It doesn't mean we don't have stress, but we tend not to overreact."

Create your own calm Decide on one word that describes the holiday season you want to have this year; it could be Peace, Joy, Love, Family or Serenity. Write it on an index card and tape it to your bathroom mirror. When things get hectic, a glance at your guiding word will remind you of what you really want—and make it easier to cut loose anything that's distracting you from your goal.

Say it ain't so Yes, you want your holidays to be perfect, but no matter how much you plan (and worry), something will go wrong. Meals get burned, kids make messes, relatives argue, gifts miss the mark. Instead of freaking out, repeat something that reminds you that imperfection is OK, like it is what it is or Life happens. "A moment of self-talk helps us turn off the spigot of thoughts that constantly tell us we're not doing things right," explains Schumann. "It reminds us that the holidays aren't about being perfect. It's a time to laugh, be with family and share memories."

PURCHASING DETROIT'S VACANT LAND...

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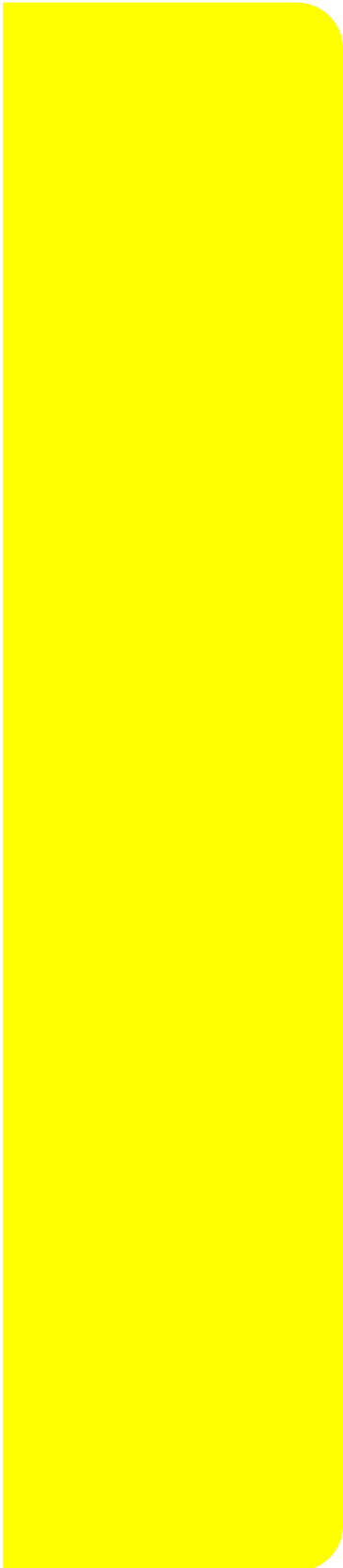
Scott Hastings lives in the Morningside neighborhood on the city's east side. He purchased the lot this year and had originally planned on having a large back yard. However, he was approached by Habitat for Humanity and asked to donate the lot so the organization could build a new home on the site. Within months, the charity had built a new home that a family will be moving into in December.



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313-585-3102: Cell
wkchillwill@gmail.com: E-Mail
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Wed Specials: Men \$8.00 • Boys \$6.00
(Except Holidays)



PURCHASING DETROIT'S VACANT LAND...

(Continued from page 17)

Deborah Briggs lives on the city's east side. The lot she purchased had previously been a home that the city recently tore down and is sandwiched between her home and a burned-out, blighted house. While she purchased the lot through the Land Bank, the Wayne County Treasurer keeps placing the lot in foreclosure due to back taxes from the previous home-owner. Briggs has been working with the city and the county to come to an agreement about the property, even giving back the deed to the land back to the city until the groups can resolve the issue.





Ask About Our Juice Cleanses

We offer 1-Day, 3-Day & 5-Day Cleanses or

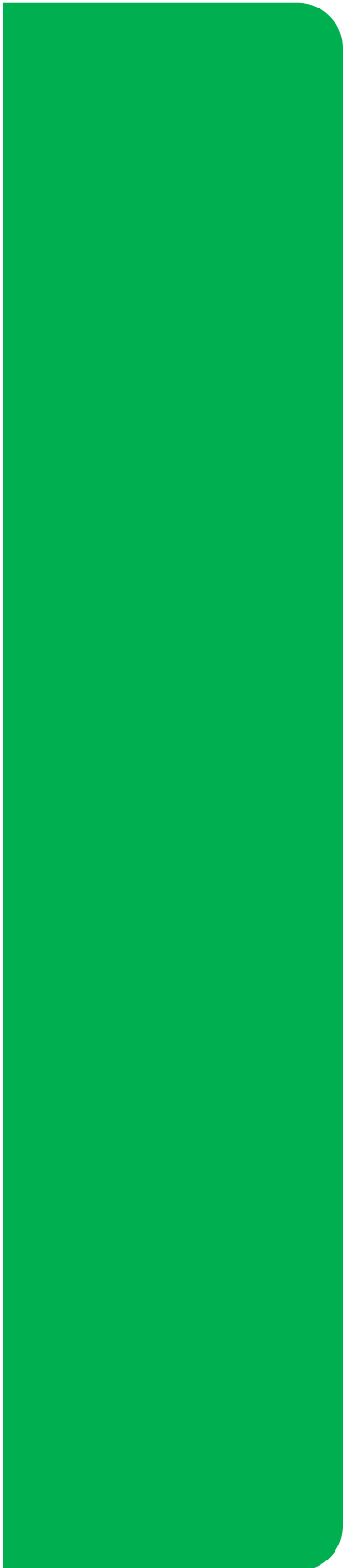
Feel Free to Customize your Cleanse

Cleanse packages include:

<p>1-Day Cleanse \$45 This cleanse consists of drinking 6 – 16 oz. or 3 – 32 oz. drink combinations over the course of 24 hrs. Optional: Create your own (limited to 5 ingredients) Green Drink – Cucumber, Celery, Parsley, Spinach, Kale, Lemon (Green Apple Optional) Cucumber Lemonade – Cucumber, Apple and Kale Alkalizer – Cucumber and Coconut Water Blood Transfusion – 1 oz. of wheatgrass</p>	<p>3-Day Cleanse \$120 This cleanse consists of drinking 18 – 16 oz. or 9 – 32 oz. drink combinations over the course of 72 hrs. Optional: Create your own (limited to 5 ingredients) Day 1 - Includes same drinks as 1-Day cleanse Day 2 - Includes same drinks as 1-Day cleanse, but includes the Vampire instead of the Cucumber Lemonade Day 3 – Includes the same drinks as days 1 and 2, but included the Tummy Tonic instead of the Cucumber Lemonade and Vampire</p>	<p>5-Day Cleanse \$199 This cleanse consists of drinking 30 – 16 oz. or 15 – 32 oz. drink combinations over the course of 120 hrs. Optional: Create your own (limited to 5 ingredients) Days 1 through 3 - Include the same drinks as the 3-Day cleanse Day 4 – Green Drink, Liver Booster (Beet, Carrot, Parsley and lemon); Alkalizer; Blood Transfusion Day 5 - Green Drink, The Energizer (Green Pepper, Celery, Spinach, Parsley, Cucumber, Lime [Green Apple Optional]); Alkalizer and Blood Transfusion</p>
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To minimize wait times, “Cleanse Within” packages should be pre-ordered at least 24 hours before desired pickup. Customized cleanses exceeding 5 ingredients are available for an additional charge.

Alkaline water is available for an additional charge.





A community on the rise!

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