

MorningSider

JUNE 2016

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AT 30, HABITAT FOR HUMANITY DETROIT CELEBRATES GAINS BUT SEES MORE WORK AHEAD



A house in Detroit's Morningside neighborhood is undergoing rehab work by Habitat for Humanity Detroit.

By Marc S. Lee

They conjure up many images. From historical, stable neighborhoods with beautiful homes and rich legacies to those that have fallen into disrepair confronting challenges such as abandonment and blight. While many of the headlines come from significant investments involving downtown and Midtown redevelopment efforts, neighborhoods clearly need the same level of attention and resources. Until this happens, Detroit's full potential and revitalization will not be complete.

Habitat for Humanity Detroit, which recently celebrated its 30th anniversary, is playing a role in redeveloping neighborhoods. In accordance with its mission statement, Habitat Detroit is building "homes, community and hope" in neighborhoods across Detroit, Dearborn and Lincoln Park.

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MorningSide

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6 MONEY-SAVING TIPS FOR SUMMER PARTIES



By Dana Dratch

Fun in the summertime: Keep it simple

Want to throw a party, but don't want the hassle? The solution is to keep it simple.

"It's all about your friends and the sun," says Peter Callahan, owner of New York-based Callahan Catering and co-author of "Bite by Bite: 100 Stylish Little Plates You Can Make for Any Party."

"I think that a great approach is (to) keep it simple, and keep it reasonable," he says.

And that goes double for the menu.

Instead of slabs of meat, let "your protein be a supplement to the abundance of fresh vegetables and fruits," says Lucinda Scala Quinn, author of "Mad Hungry: Feeding Men and Boys."

Callahan agrees. "People are eating lighter in the summer," he says. "Just hit your major food groups."

For the traditional backyard barbecue, that could mean a little pasta for non-meat eaters, "hamburgers or hot dogs, a tossed salad and you're done," he says.

For dessert, think "watermelon wedges and some great cookies," Callahan says.

So whether you're throwing a moms' brunch, feting the new grads or helping Dad fire up the grill for the neighborhood barbecue, here are 6 ways you can live it up in style -- and still cut the cost of summer get-togethers.

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Greetings MorningSide!

Summer hasn't officially started yet but the beautiful weather says otherwise! I just want to remind you to be courteous to your neighbors. Monitor your music choice and volume to make sure that you are not disturbing others. If you are going to have a party let your immediate neighbors know and end it at a respectable time. If you are going to use fireworks, **PLEASE USE THEM RESPONSIBLY AND RESPECTFULLY** (don't forget to clean up the mess afterwards)!

Finally, **please keep a watchful eye out for the kids**. Their parents may not be monitoring them but if the "Village" of MorningSide monitors them then we can keep them all safe and respectable!

Have a great summer!

Thank you!

Zelda Anderson

MorningSide President

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Rethink the way you serve meat

Throwing a barbecue doesn't mean you have to burn money. There are ways to trim costs and serve up flavor and fun.

Think kebabs. You can save 1/2 to 1/3 of the cost when you intersperse chunks of meat between chunks of great seasonal produce items such as zucchini, mushrooms or peaches, says Quinn. This gives guests big flavor and big portions without going big on budget. Round out the meal with a rice pilaf or cold rice salad, she says.

If you want something more interactive that's still inexpensive, try a taco station, says Callahan.

Include all your toppings and a couple of fillings. "It's not that much labor, (it is) low on cost, and it tastes great," he says

Slice the price

There are quite a few "lesser" cuts of meat that can be real crowd-pleasers if you tenderize them in citrus-, wine- or vinegar-based marinades, says Quinn.

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GRANDMA'S FAVORITE POTATOE SALAD



Ingredients

5 large red potatoes, peeled and cubed	3 tablespoons yellow mustard
2 ribs celery, chopped	1 tablespoon sugar
1/2 large onion, chopped	Paprika, for garnish
3 hard-boiled eggs, 2 chopped and 1 sliced	Salt
2 heaping tablespoons sweet pickle relish, drained	
1/2 cup salad dressing, (recommended: Miracle Whip)	

Directions

Boil cubed potatoes until they are tender. Drain and cool. In a large bowl add celery, onion, 2 eggs and pickled relish. Add the salad dressing, yellow mustard and sugar. Stir well. Place the sliced egg on top of potatoes and sprinkle with paprika and salt. Let the potato salad chill in the refrigerator for 2 1/2 hours or overnight.

Recipe provide by Taylor One Gourmet Catering

GRAND DADDY CLEM'S BOURBON BBQ



Ingredients

- | | |
|-------------------------------------|--|
| 1 cup ketchup | 1 tablespoon Dijon mustard |
| 1/2 cup bourbon | 1 1/2 teaspoons liquid smoke |
| 3 tablespoons brown sugar | 1 teaspoon onion powder |
| 3 tablespoons mild (light) molasses | 1 teaspoon garlic powder |
| 3 tablespoons apple cider vinegar | 1 teaspoon Cayenne Pepper |
| 2 tablespoons Worcestershire sauce | 1/2 teaspoon dried crushed red pepper |
| 1 tablespoon soy sauce | 1/2 teaspoon freshly ground black pepper |

Directions

Combine all ingredients in a saucepan over medium heat, bring to a boil stirring occasionally. Reduce heat, simmer until sauce is reduced to 2 cups, stirring often, about 10 minutes. This can be made 2 weeks ahead. Cover and chill. Use at room temperature.

Recipe provide by Taylor One Gourmet Catering

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(District 4)

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Department of

Neighborhoods

- District 4

District Manager

O'Dell Tate

(313) 236-3518

Asst. District Manager

Toson Knight

(313) 236-3520

AT 30, HABITAT FOR HUMANITY...

(Continued from page 1)

And it is making a concerted effort to rebuild Detroit, one neighborhood and one house at a time.

Kenneth Cockrel Jr., a longtime city government official, joined Habitat for Humanity Detroit earlier this year as its executive director. After taking a tour of the Morningside neighborhood on the city's east side recently, I talked to him about Habitat Detroit, its impact on neighborhoods and his longer-term vision for Habitat Detroit.

Lee: Habitat for Humanity just celebrated 30 years. What changes has the organization experienced over the years?

Cockrel: In 30 years that Habitat for Humanity has been building or rehabilitating homes in Detroit, we've seen a lot of different changes in the social, economic and residential landscape of our community. In the last 10 years especially, we've been through a full cycle of economic change. From the housing bubble that burst to the devastating recession that hit the community and then the rebuilding efforts that have sparked a renewed birth, Habitat Detroit has been able to provide affordable home ownership to first-time home buyers.

Recently, we've been seeing housing values increase in the areas where we have been focusing our building efforts on Detroit's east side as well as in some other areas like Dearborn, Lincoln Park and Ecorse. This an encouraging trend as we see our efforts are paying off to help stabilize these neighborhoods and communities not only in Detroit but across the region.

Lee: How is it funded?

Cockrel: Habitat Detroit is funded by local corporate and small business partners as well as individual donors.

Lee: You recently joined the organization. How's the transition been and what's your vision for Habitat for Humanity over the next three to five years?

Cockrel: Habitat for Humanity is a strong and established brand, not only in Detroit but around the world. I am blessed to have joined this organization where I can continue working to rebuild the residential communities of Detroit, something that I've been passionate about throughout my career spanning 20 years in the highest levels of our city government. We will be expanding our work into other neighborhoods in Detroit; this year, we'll partner with Central Detroit Christian to develop new and rehabilitate existing properties in the North End community.

Beyond that, we believe there will continue to be a trend of people buying homes in the neighborhoods of Detroit and we will continue to see these communities grow and flourish again. Habitat Detroit will continue to make affordable home ownership possible.

Lee: There's a lot of discussion about Detroit's neighborhoods. Why is Habitat for Humanity important for revitalization of these areas?

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Cockrel: Habitat for Humanity's vision is to provide a place where everyone has a decent place to live. There has been a significant amount of money, time and effort spent on redeveloping the downtown and business districts of Detroit. We think that's fantastic. Those areas are the economic hub of an urban center like Detroit. However, the neighborhoods occupy 93 percent of the city's land mass and they need the same level of attention and investment in order to be the community hub that we know it can be.

Lee: How many neighborhoods and homes are involved across the city and how are they selected? Any plans to expand?

Cockrel: We have built or rehabilitated over 350 homes for first time home buyers. These homes are spread across the city in different neighborhoods. About 15 years ago, we decided to take a more intentional approach to create sustainable communities of choice. Neighborhoods like Core City, Tri-Centennial Village and Morningside on Detroit's east side are all areas where we have been invited in by their community organizations and built or rehabilitated dozens of homes in each. We want to partner with community and neighborhood associations because we know there is a built-in support network and vision to make these communities great. We are expecting to break ground soon on a new development in the North End neighborhood during 2016.

Lee: You recently gave me a tour of Morningside on the east side. Frankly, it's a tough area. However, I noticed people with pride who've moved into rebuilt and rehabbed homes, but there seems to be a contradiction: Boarded up homes next to rehabbed homes. How has this improved the overall neighborhood?

Cockrel: Morningside is a great neighborhood. It has a rich history on Detroit's east side. Mayor Duggan spent a lot of time at his grandmother's house in Morningside. Lear Corp. CEO Matthew Simoncini was raised in Morningside. There have been countless kids who have grown up on these streets who have accomplished great things in their lives. We desire to see this same neighborhood yield leaders of the future just like it did in the past.

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■ ■ ■

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Environmental

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Property Maintenance

Division

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Commissioner

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Assistant Chief

District Chief

(Neighborhood

Policing)

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Eastern District

Commander

5th Precinct Captain

(313) 596-5500

9th Precinct Captain

(313) 596-5900

AT 30, HABITAT FOR HUMANITY...

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Morningside is a very large neighborhood with well over 5,000 lots within its boundaries. As such, there are many properties still in the neighborhood that need blight removal or rehabilitation. Yet, with the financial support of our sponsors, we're able to continue to rehabilitate or build homes and that also spurs existing home owners in the community to rehabilitate their properties. As a result of this, we are seeing home values increasing in Morningside for the first time in more than 10 years.

Lee: What's the overall acceptance of those who've struggled and stayed but yet see new homes being built with new homeowners?

Cockrel: Last year during our Blitz Build event, when we built or rehabilitated 10 homes around Clark J.E. Preparatory Academy, one of the two schools in Morningside, we had homeowners who saw the activity and decided to pick up a hammer and volunteer with us during the week. One in particular said, "You're not going to come to my neighborhood and me not help make it better." We've had countless residents who have stopped us on the construction site who have said the same thing. They're thankful we're there helping to rebuild the neighborhood.

Lee: What's the relationship between public safety and those living there as houses are being redeveloped?

Cockrel: Safety is a priority focus of the community neighborhood association. There are monthly comp stats (computerized statistics) meetings facilitated by the local precinct and attended by community stakeholders (residents, local precinct officers, neighborhood association, local schools/university and local health organizations). The local police precinct provides attendees with timely and accurate crime statistics for the targeted area. Collectively, rapid deployment of resources is allocated to address hot spots, effective tactics are strategized and immediate follow-up is made.

Additionally, the neighborhood association meets monthly and key city government officials are at the meetings to provide necessary resources to address the concerns of the citizens. The neighborhood association continues to form block clubs and recruits for the CB patrol.

Lee: Morningside and Grosse Pointe are separated by Mack Avenue. How have the communities supported each other?

Cockrel: We can only speak specifically about our organization, but we have a group of volunteers called the Grosse Pointe Partners who volunteer every month with Habitat Detroit and they donated funds each year to help build a home for a home buyer. This group, comprised of individuals from 12 supporting congregations in Grosse Pointe, has been extremely supportive of our efforts and, frankly, we're proud to have their support.

Lee: What are the requirements for those wanting to qualify for a home?

Cockrel: Potential home buyers must meet certain requirements in order to qualify to buy a Habitat Detroit home: They must show a legitimate need;

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they must meet certain minimum and maximum income requirements; and they must be willing to partner with Habitat Detroit in building their home and the homes of their neighbors. This is what we refer to as their "sweat equity."

Lee: What type of support do you need from the business community and what opportunities are there for entrepreneurs/small businesses?

Cockrel: Businesses of all sizes can choose to support Habitat for Humanity Detroit in various ways. We have some who choose to sponsor an "Adopt a Day" where they bring a group of volunteers to work on site and they use this as team building or "community action" days. Other businesses provide in-kind donation of services, tools or products that help us do our work more efficiently and effectively. Just a couple of weeks ago, we had a small mower sales and service business that helped us perform an emergency fix to one of our chainsaws and didn't charge us because it supported our mission. There are countless ways to help and there is plenty of work to be done.

Lee: How can people help?

Cockrel: We like to tell people they can choose to volunteer, donate, shop, advocate or buy a home. There are many ways for people to volunteer at Habitat for Humanity Detroit. From serving on the construction site to assisting with office tasks and helping with customer service at one of our ReStores, we literally have a volunteer opportunity for anyone and everyone.

People can donate financially to help buy nails, roofs, windows, doors and carpet. All of those things that help make a house a home for a family. People can also donate their unused home furnishings and appliances to one of our two Habitat Detroit ReStore locations where all of the profits from sales help us build more homes.

One of the lesser known things people can donate is a house or property to Habitat Detroit. Some people are left with property as a result of life changes or death in the family. Or if they need a tax write-off for other purposes, they can donate that property to Habitat Detroit. People can choose to advocate for quality, sustainable affordable housing initiatives. And, as we mentioned earlier, people can apply to a buy a home from Habitat for Humanity Detroit.

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6 MONEY-SAVING TIPS FOR...

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London broil and flatiron steaks are great for this kind of treatment and can be used in numerous dishes.

Try flatiron cuts for kebabs and London broil sliced with a platter of grilled onions and peppers to make steak sandwiches. "(Flatiron steak) is delicious, and it's also one of the most reasonable steaks," Callahan says.

And of course let's not forget about poultry as an option. Save even more money by using dark meats such as turkey thighs, Quinn says. Then amp up the flavor with a balsamic or teriyaki marinade, she says. "You have a reasonably tender meat going in, and your marinade is the flavoring."

Go local -- and seasonal

What's for dinner? If you want to make it delicious and affordable, then go with local, seasonal seafood, says Quinn. What you serve will depend largely on the time of year and where you live.

If you're on the coast, mussels might be just the thing, she says. Or find out from the fishmonger what's fresh and abundant, Quinn says. "Often that will be the most affordable."

Seafood is great for grilling, Quinn says. She suggests trying calamari on the grill by cooking it whole, then cutting it into rings and tossing with vinaigrette.

Going local and being seasonal doesn't just apply to seafood, though. Check out local farmer's markets for deals on fruits and vegetables that are great on the grill. Some veggies perfect for summer grilling are zucchini, squash and eggplant.

Drop drink costs

Next to the costs of meat, drinks can be one of the most expensive components of any summer gathering -- especially if you are serving alcohol.

But there are a couple of smart ways to sidestep beverage costs. Don't feel like you have to put on a full drink menu, says Claire Robinson, host of the Food Network's "5 Ingredient Fix" and author of "5 Ingredient Fix: Easy, Elegant and Irresistible Recipes." Offer guests a simple selection, such as water (try adding a sparkling variety), plus a special party punch, she says. "I (serve) an alcoholic and a nonalcoholic version."

Robinson likes to make a specialty drink geared toward the type of gathering it is. So punch ingredients could reflect the theme of the party or what's in season.

Another option is to let guests bring their own drinks. Just about everyone will ask if they can bring something. While not everyone is up to making potato salad, even the most kitchen-challenged can manage to pick up a 6-pack. If

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you ask people to bring their favorite beer or wine, it can even make for some ready-made conversation starters.

To keep drinks cold, freeze bottles of water and use them as ice, says Robinson. The bottles will keep drinks cold, and then they will turn into extra beverages.

For punch drinks or iced tea, use a Bundt cake mold and freeze some of the beverage beforehand for an ice ring that won't water down your drinks. Give it a little extra pizzazz by putting citrus slices or other fruit in the ice, she says.

Let there be light

If you're entertaining outside in the evening, think about the lighting, says Robinson.

In late spring and early summer, you'll probably need to give the natural light a boost if your outdoor party goes on into the evening, she says.

One of her favorites: tea lights in large mason jars. Use them to line the driveway or just scatter them around the patio or party scene outside.

With an outdoor event and food, opt for citronella or scent-free versions of insect-repelling candles.

Other reusable options are solar lights or electronic candles. "It's an inexpensive way to light the backyard," Robinson says.

Want guests to remember your party? Keep it "really casual" with a couple of "great touches," Robinson says. "That's what people tend to talk about."

Tim Killeen



Wayne County Commissioner – District 1

Serving: Detroit's Eastside, Harper Woods, all Grosse Pointes

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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

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AT 30, HABITAT FOR HUMANITY...

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We love Detroit and we love providing these homeowners with strength, stability and self-reliance through home ownership.

Prospective buyers can find out information at our website. We will be accepting applications during our open application period starting Wednesday through July 30. It will not open again until Oct. 1.

PROMOTING SAFE AND RESPONSIBLE USE OF CONSUMER FIREWORKS

Recommended Safety Tips:

- ⇒ Obey all local laws regarding the use of fireworks.
- ⇒ Know your fireworks; read the cautionary labels and performance descriptions before igniting.
- ⇒ A responsible adult SHOULD supervise all firework activities. Never give fireworks to children.\
- ⇒ Alcohol and fireworks do not mix. Save your alcohol for after the show.
- ⇒ Wear safety glasses when shooting fireworks.
- ⇒ Light one firework at a time and then quickly move away.
- ⇒ Use fireworks OUTDOORS in a clear area; away from buildings and vehicles.
- ⇒ Never relight a “dud” firework. Wait 20 minutes and then soak it in a bucket of water.
- ⇒ Always have a bucket of water and charged water hose nearby.
- ⇒ Never carry fireworks in your POCKET or shoot them into METAL or GLASS containers.
- ⇒ Do not experiment with homemade fireworks.
- ⇒ Dispose of spent fireworks by wetting them down and place in a metal trash can away from any building or combustible materials until the next day.
- ⇒ FAA regulations PROHIBIT the possession and transportation of fireworks in your checked baggage or carry-on luggage.
- ⇒ Report illegal explosives, like M-80s and quarter sticks, to the fire or police department.

CONSUMER REPORTS REVEALS THE BEST SUNSCREENS TO BUY NOW

By Gabrielle Frank

Memorial Day weekend is almost here — and before you start packing your beach bag, you might want to invest in a new sunscreen. Consumer Reports recently tested and rated more than 60 sun tan lotions, sprays and sticks with a 30 or higher SPF and found that 28 of them didn't meet the SPF claim on their label.



This isn't terribly surprising considering the backlash against Jessica Alba's eco-friendly Honest Company's sunscreen last summer. Angry consumers flooded social media with photos of their sun burns after the non-toxic sunscreen failed to deliver on its SPF promise.

Consumer Reports warns that mineral-based sunscreens containing only titanium dioxide or zinc oxide (frequently referred to as "natural"), are not the best option on the market today — noting that in tests they frequently perform far worse than the chemical-based sunscreens. Though there are some natural sunscreens that performed well in the tests, here are a few:

- Cotz Plus SPF 58 (\$20)
- California Baby Super Sensitive SPF 30+ (\$19.99)
- Ocean Potion Protect & Nourish SPF 30 (oxybenzone-free, but is a chemical-based sunscreen)(\$7.99)

For optimum sun protection, Consumer Reports advises consumers to choose a chemical sunscreen with a 40 or higher SPF. These were the best-rated lotions:

- La Roche-Posay Anthelios 60 Melt-In Sunscreen Milk (\$36)
- Pure Sun Defense SPF 50 (\$6.30)
- Coppertone Water Babies SPF 50 (\$10.50)
- Equate Sport Continuous Spray SPF 50 (\$7.85)
- No-Ad Sport SPF 50 (\$10)

If you prefer spray, here are the top five performers:

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CONSUMER REPORTS REVEALS...

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- Trader Joe's Spray SPF 50+ (\$6)
- Banana Boat SunComfort Continuous Spray SPF 50+ (\$10)
- Neutrogena Beach Defense Water + Sun Protection SPF 70 (\$10.50)
- Caribbean Breeze Continuous Tropical Mist SPF 70 (\$16.60)
- Equate Sport Continuous Spray SPF 30 (\$4.98)

Reapply as frequently as you, and remember to wear a hat and cover up! Sunscreen shouldn't be your only method of protection against the sun's UVB rays.

In the future, Consumer Reports hopes that the Food and Drug Administration (FDA) will review its sunscreen requirements. They currently only require manufacturers to test their own products, and don't routinely conduct their own tests. Consumer Reports has submitted its research from the last four years to the FDA for their review.

8 SUMMER STEPS FOR HEALTHY LIVING

By Kathleen Doheny

In the warmer, longer, lazier days of summer, the living may not be easy, but your life probably feels less chaotic. Even adults tend to adopt a "school's out!" attitude in summer. That's why this is a perfect time to improve your health in a fashion so seasonally laid back you'll barely notice the effort.

To get you started, WebMD went to eight health experts in fields such as diet, fitness, stress, vision, and oral health. We asked them this: If you could only suggest one simple change this season to boost personal health, what would it be? Here are their top eight tips.

1. Give Your Diet a Berry Boost

If you do one thing this summer to improve your diet, have a cup of mixed fresh berries -- blackberries, blueberries, or strawberries -- every day. They'll help you load up on antioxidants, which may help prevent damage to tissues and reduce the risks of age-related illnesses. Blueberries and blackberries are especially antioxidant-rich.

A big bonus: Berries are also tops in fiber, which helps keep cholesterol low and may even help prevent some cancers.

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2. Get Dirty -- and Stress Less

To improve your stress level, plant a small garden, cultivate a flower box, or if space is really limited, plant a few flower pots -- indoors or out.

Just putting your hands in soil is "grounding." And when life feels like you're moving so fast your feet are barely touching the stuff, being mentally grounded can help relieve physical and mental stress.

3. Floss Daily

You know you need to, now it's time to start: floss every single day. Do it at the beach (in a secluded spot), while reading on your patio, or when watching TV -- and the task will breeze by.

Flossing reduces oral bacteria, which improves overall body health, and if oral bacteria is low, your body has more resources to fight bacteria elsewhere. Floss daily and you're doing better than at least 85% of people.

4. Get Outside to Exercise

Pick one outdoor activity -- going on a hike, taking a nature walk, playing games such as tag with your kids, cycling, roller blading, or swimming -- to shed that cooped-up feeling of gym workouts.

And remember, the family that plays together not only gets fit together - it's also a great way to create bonding time.

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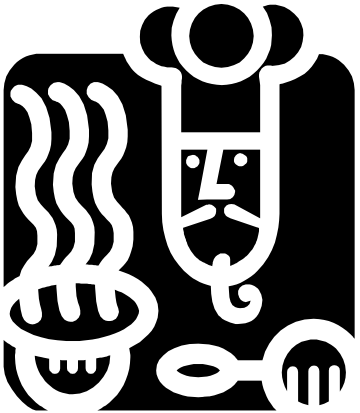
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8 SUMMER STEPS FOR HEALTHY...

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5. Be Good to Your Eyes

To protect your vision at work and at play, wear protective eyewear. When outdoors, wear sunglasses that block at least 99% of ultraviolet A and B rays. Sunglasses can help prevent cataracts, as well as wrinkles around the eyes.

And when playing sports or doing tasks such as mowing the lawn, wear protective eyewear. Ask your eye doctor about the best type; some are sport-specific.

6. Vacation Time!

Improve your heart health: take advantage of summer's slower schedule by using your vacation time to unwind.

Vacations have multiple benefits: They can help lower your blood pressure, heart rate, and stress hormones such as cortisol, which contributes to a widening waist and an increased risk of heart disease.

7. Alcohol: Go Lite

Summer's a great time to skip drinks with hard alcohol and choose a light, chilled alcoholic beverage (unless you are pregnant or should not drink for health or other reasons).

A sangria (table wine diluted with juice), a cold beer, or a wine spritzer are all refreshing but light. In moderation -- defined as one to two drinks daily -- alcohol can protect against heart disease.

8. Sleep Well

Resist the urge to stay up later during long summer days. Instead pay attention to good sleep hygiene by keeping the same bedtime and wake-up schedule and not drinking alcohol within three hours of bedtime.

It's also a good idea to avoid naps during the day unless you take them every day at the same time, for the same amount of time.

There they are: Eight super simple ways to boost your health this summer. Try one or try them all. They're so easy you won't even know they're -- shhhh -- good for you.



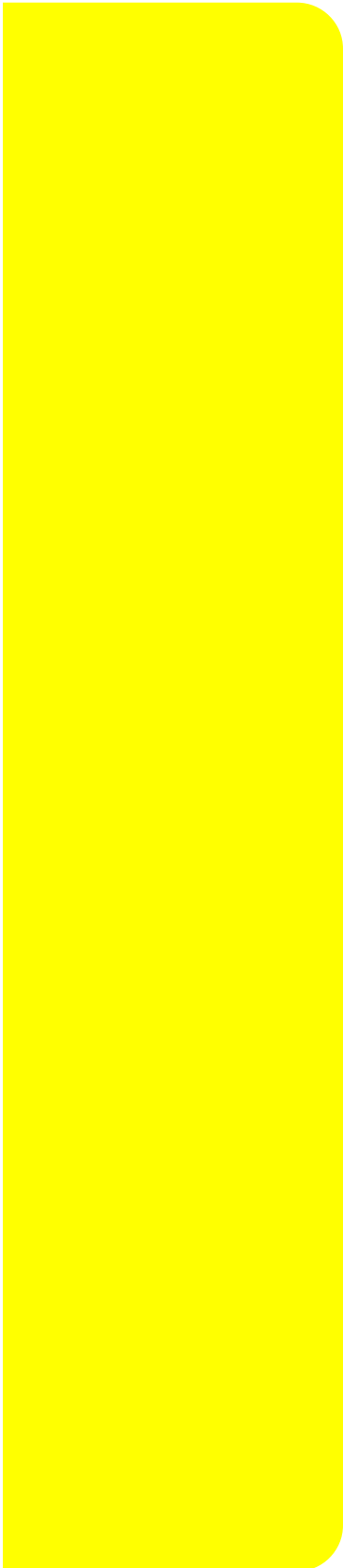
Ask About Our Juice Cleanses

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

Feel Free to Customize your Cleanse

Cleanse packages include:

1-Day Cleanse \$45	3-Day Cleanse \$120	5-Day Cleanse \$199
<p>This cleanse consists of drinking 6 – 16 oz. or 3 – 32 oz. drink combinations over the course of 24 hrs.</p> <p>Optional: Create your own (limited to 5 ingredients)</p> <p>Green Drink – Cucumber, Celery, Parsley, Spinach, Kale, Lemon (Green Apple Optional)</p> <p>Cucumber Lemonade – Cucumber, Apple and Kale</p> <p>Alkalizer – Cucumber and Coconut Water</p> <p>Blood Transfusion – 1 oz. of wheatgrass</p>	<p>This cleanse consists of drinking 18 – 16 oz. or 9 – 32 oz. drink combinations over the course of 72 hrs.</p> <p>Optional: Create your own (limited to 5 ingredients)</p> <p>Day 1 - Includes same drinks as 1-Day cleanse</p> <p>Day 2 - Includes same drinks as 1-Day cleanse, but includes the Vampire instead of the Cucumber Lemonade</p> <p>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>This cleanse consists of drinking 30 – 16 oz. or 15 – 32 oz. drink combinations over the course of 120 hrs.</p> <p>Optional: Create your own (limited to 5 ingredients)</p> <p>Days 1 through 3 - Include the same drinks as the 3-Day cleanse</p> <p>Day 4 – Green Drink, Liver Booster (Beet, Carrot, Parsley and lemon); Alkalizer; Blood Transfusion</p> <p>Day 5 - Green Drink, The Energizer (Green Pepper, Celery, Spinach, Parsley, Cucumber, Lime [Green Apple Optional]); Alkalizer and Blood Transfusion</p>
<p><i>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.</i></p>		





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