

NOURISHING FOODS CLEANSE for BEGINNERS

5 Days of Easy & Nourishing Foods for Your Mind, Body & Spirit

Answers to Frequently Asked Questions

There has been lots of interest in the Nourishing Food Cleanse for Beginners. Spring is the ideal time to cleanse. You will get a cleaner, leaner body by activating your systems of detoxification and elimination.

You will remove toxins and decrease your internal inflammation by supporting your colon, your adrenals and your kidneys which are important organs of elimination and detoxification.

By supporting these organs you will renew and rebuild the stressed out areas of your body that are slowing you down and impacting your energy.



What is the first step in the detox process?

An intro class that is about 75 minutes long that explains how to prepare for the cleanse. This will give you 2 days to plan and shop. The only other thing I recommend is if you drink a lot of coffee to start cutting back, this will make it easier for you once we get started.

What kind of a cleanse is this?

It is a whole-foods based cleanse. This means you'll eat lots of veggies, healthy fats, some fruits and some whole grains. Our goal will be to focus on light, seasonal meals to give our digestive systems a break and to support our adrenal glands and kidneys.

How will I feel?

How you'll feel on this cleanse depends largely on what you're eating now. If you consume sugar, processed foods and caffeine on a daily basis you'll definitely have a period of withdrawal that could include headaches and cravings. However, after you get through this "withdrawal" phase, most people feel great, have better sleep, and more energy than they've had in years.



Will I be eating or only drinking?

This is a 5 day with lots of nourishing, satisfying foods. There will be EATING AND DRINKING ~ soups, stews, veggies, smoothies. Common allergens and inflammatory foods, such as gluten, dairy, and sugar, will

be removed to jump-start your body's healing power. You need to heat to nourish & fuel your body for this season.

We'll show you how you can cleanse, have delicious food, and stoke your body's digestive fire at the same time

Can I work while doing the cleanse?

Yes of course. Because people work and can't necessarily take off, I have set up this cleanse so you can continue on with your life. It is advisable to slow down your life a bit for the 5 days, but it is not necessary. Make time for yourself, get to bed early, take your workout routine down a bit and get outside. The recipes are easy to make to help your get through your schedule challenges.



Will I lose weight?

The answer is maybe. While most people lose weight on this program it really depends on your body. However you will look better, have more energy and as you go through the program your skin will be clearer – isn't that worth something too! Remember excess weight is waste. Once you get rid of some of the waste the weight will go with it.

Will there be special ingredients required for the cleanse?

You can buy everything you need at the supermarket or farmer's market and your health food store of choice. There are some supplements which are recommended but not required. I have set up an online store to purchase these or you can buy them from your local health food store.



What kind of equipment will I need?

A regular household blender

Will the program require extra prep & cooking?

No, if you usually cook for yourself and if you don't need to prepare food for anyone but yourself. It won't take any extra time than usual food prep takes ~ likely even less since the recipes included are simple to prepare. But if you usually do all the cooking for your family the answer is YES. You might be making some additional dishes for them that are not on this program –most of the recipes are family friendly so they will enjoy them too.

There are a lot of vegetables in this detox, maybe more than you are use to. So sharpen your knives and prepare your counter for additional chopping. If you do the detox with your partner or a friend you can share the cooking this makes it more fun.



How will I know what to do?

You will get a step by step day by day plan. You will learn what is important on the teleclass so you know exactly what to do. There are many recipes to choose from so you can decide what you like. If you want a day by day plan that is there for you too.

What kind of support will there be and how will I get it through the process?

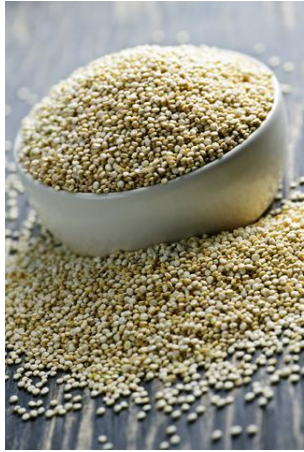
By signing up for the cleanse you'll have access to our private online forum. This is by far the most-loved feature of my group coaching programs. It is fun to connect on the forum with other people who are going through the same experience. We'll share our successes, seek support when we feel like giving up, and empower each other to stay motivated.

In addition I will be on the forum daily to answer any question you might have and help you navigate through the cleanse. I will help you with any experiences you're having so you don't have to feel like you are alone. This is one of the aspects that makes my detox programs so valuable.

When's the class?

Online class: Sat April 14, 2012 Noon ET

Cleanse Dates: Mon April 16 – Fri, April 20, 2012



Is it hard if I have never done a cleanse before? Will I be able to do it?

Yes you can do it! It is not hard on your body, you will not be hungry. It is easy on your body because you will be eating whole nourishing foods all day. You will be getting a rest from the hard to digest food.

As with all my cleanses, the Nourishing Food Cleanse is a whole-foods, plant-based program. You'll have specific guidelines on how and what to eat and drink. And you'll eliminate animal protein for the week. Don't worry! You can do this. I'll support you every step of the way and it's just 5 days. It's the best way to support the elimination of built-up waste and regenerate your body.

It is designed to

- lower your blood sugar so you can relax and renew your adrenals (those overworked fight & flight glands)
- eliminate foods that cause mood and energy swings
- use fiber-rich foods to help clean up your digestive system and remove toxins from the body

- Give your system a break from dealing with the difficult to digest , often inflammatory foods so it is easy for your body to clear away the toxins
- reduce cravings since there is no sugar during the detox
- increase absorption of nutrients through beneficial and nutritious food recipes
- ease the toxic load so your body can do its job faster and better

And how about:

- getting compliments on how vibrant you look
- enjoy delicious recipes and that are easy to prepare and will become a part of your life even after the detox is over
- Increased mental clarity.
- processes & tools you can use daily to easily create a lifetime of health

There is plenty of variation to make this work for you and your particular needs and tastes



Who are you?

My name is Ingrid DeHart and I'm a Certified Nutrition & Wellness Coach whose expertise is fat loss, digestive health, & stress. I am also a Natural Foods Chef. I owned my own natural foods restaurant for 14 years. Just 2 years ago I was struggling with constipation, bloating and huge

amounts of stress. I ate a good diet but still had these issues. I had been struggling with them for many years. I was resolved that is just "how my life is going to be " but then the breakthrough finally came. I discovered detox and EFT.

I went to nutrition school. I started to study stomach health and how it relates to, and impacts the rest of the body, especially the brain. I learned what a powerful impact doing a detox has in enabling people to reduce inflammation and increase the absorption of nutrients from the food they are eating. Part it is getting rid of the foods that are causing the inflammation so you can rebuild your inner ecosystem. I studied EFT to learn how to reduce stress so your body can heal.

I have been able to witness myself and my clients effortlessly drop fat, have more energy, eliminate bloating/gas, decrease pain and sky rocket happiness and confidence by cleaning out the toxins building up in the digestive system and reducing stress.

I have a private nutritional coaching practice with clients from around the country. I do group programs, seminars in person and online. I teach natural foods cooking classes in the Greater New York area.



I look forward to seeing you on the Nourishing Food Cleanse, come join us you will be so glad you did!

Warmly,

Ingrid

