

NOURISHING FOODS CLEANSE for BEGINNERS

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

What is a cleanse?

A cleanse is not a diet, not deprivation, not fasting. It is eating in a way that will help the body eliminate toxins that may have accumulated due to unhealthy food choices such as, processed food, caffeine, sugar, alcohol as well as environmental toxins that come into our body through the chemicals in the water, pesticides on our food, skin care products and chemicals and hormones in our meat and dairy.

The purpose of a cleanse is to rid the body of some of the toxins that have built up and at the same time it's meant to improve your body's ability to handle and dispose of these substances even after the cleanse is over. We are able to rid our body of toxins **when our organs are working well.**

You can't feel good or lose weight permanently if your cells and organs are clogged with waste. Cellular cleanliness is what you need to ensure lasting health and beauty. This is what a cleanse is all about.

In a cleanse we clear the body of foods and chemicals that you may be allergic or sensitive to. We take out foods such as sugar, wheat, dairy, meat, coffee and alcohol. Because certain foods can "inflamm" the body and set off immune and inflammatory responses throughout the entire system you will be removing those foods from your diet for the 5 days.

Simultaneously you will be adding certain foods that will enable you to improve your elimination and relax your system.

In the Spring Cleanse we will bring in additional support for your adrenals which are those glands that help you cope with stress and your kidneys, a very important organ of elimination. These changes will allow your body's natural detoxification machinery which may be overburdened or compromised to recover and begin to function efficiently again. They'll help the body eliminate toxins that may have accumulated from the things we don't have control over such as pesticide, water contamination etc and those things that we do have control over such as unhealthy food choices, sugar, processed foods etc.

As a result you will increase the absorption of nutrients from the food you eat during the program and afterwards. You will reset your organs and glands so they can begin to function more efficiently again. This will enable you to effortlessly drop fat, have more energy, eliminate bloating/gas, decrease pain and improve your mood by cleaning out the toxins that have built up in your system.

So a cleanse is a vacation for your internal organs so they can relax, reset and renew. Your body will get to say AHHHHH

