

Nourishing Foods Cleanse

5 DAYS OF EASY & NOURISHING FOODS FOR YOUR BODY, MIND & SPIRIT

eatwellenjoylife.com

Winter - Recover Your Health Cleanse Your Colon



Answers to Frequently Asked Questions

There has been lots of interest in the Nourishing Food Winter Cleanse. I am hoping these answers allow you to know **a cleanse like this is good for you** and you will join us!

Some of us need a cleanse after the holiday full of rich foods, sugar and alcohol. What if you could relax and enjoy the holidays knowing it was all there in January when you need cleansing and inspiration the most? It is great to have this cleanse waiting for you after the holidays. This is a real chance for purification and detoxification.

January is a great time to cleanse so you lose the weight you may have gained over the holiday and get back into balance. You will get a cleaner, leaner body by activating your systems of detoxification and elimination.

You will remove toxins that have built up in your system by supporting your colon which is one your primary organs of detoxification.

I will help you find the level of cleansing which is right for you. Everyone has different health needs, lifestyle and time. There are many options in this cleanse to find out what is appropriate for you.

What is special about the Winter Cleanse?

This is a 5 day cleanse for the colder season. In this cleanse you will be eating foods which are warming and comforting. You will also be eating foods to balance your **acid and alkaline levels**. You will be quieting your dietary input, lighten the load on your internal organs and release built up accumulation of toxins particularly in your colon. You will be eating soups, warm vegetable dishes, smoothies, tea & cacao latte's, some grains and beans.

You will increase your release of toxins by **balancing your acid and alkaline levels**. In this cleanse we will be testing our levels each day so you can see specifically how your body is doing. Eating warm alkaline food will stoke your digestive fire to jumpstart your body's healing power.

In the cleanse we will be cleansing the body of accumulated waste. You will be eating food which is easy to digest. You will have a diet which will bring your acid-alkaline levels back into balance.



What kind of a cleanse is this?

As always in the Nourishing Foods Cleanse, this is a whole-foods based vegan cleanse. You will receive very specific guidelines on what to eat and drink. You will be eliminating animal protein for the 5 days but don't worry I will support you every step of the way. You will not be deprived of protein as there are many vegetarian sources of protein here. Also it is only 5 days. Removing the animal protein which produces lots of acid in our system is the best way to encourage the elimination of built up toxins and recover naturally. You will regenerate your immune system for the year ahead.



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 may have a period of withdrawal that could include headaches and cravings. If you experience this "withdrawal" phase, it should only last a day or two. Regardless, most people feel great, have better sleep, and more energy than they've had in years.



Will I be eating or only drinking?

Yes, you will be eating. There will be plenty of nourishing whole foods. This means you'll eat lots of cooked veggies, satisfying soups, some grains, beans, tempeh, healthy fats, some fruits and some whole grains. No starving; on the contrary, lots of delicious, satisfying foods so you will not be hungry.

Common allergens and inflammatory foods, such as gluten, dairy, and sugar, will be removed to jump-start your body's healing power. You will be eating cooked and raw foods to nourish and fuel your body for this season.

I will show you how to cleanse while eating delicious foods that will nourish you and keep you warm.

Can I work while on 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 start to 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 may be some new ingredients which you will probably enjoy adding into your life. In addition, there are some supplements which are recommended but not required. These are included in the daily protocol to help keep up your energy. I have set up an online store to purchase these or you can buy them from your local health food store. You will receive the link to that store when your sign up to join the cleanse.

What kind of equipment will I need?

A regular household blender.
A nut milk bag or cheese cloth

Will the cleanse require extra prep & cooking?

Not if you usually cook for yourself and if you don't need to prepare food for anyone but yourself. Since there are lots of vegetables in this cleanse you may have to do a bit of extra chopping, maybe more than you are used to. That said, the program is designed so most of the prepping is done on Sunday to prepare you for the week. You do not have to do a lot of cooking every day.

If you cook for your family there will be extra prepping and cooking. While many of the recipes can be enjoyed by everyone you may be making some extra meals just for yourself.

If you do the cleanse with your partner or a friend you can share the cooking. You can get together on Sunday to do the prep then take turns cooking so you are only cooking dinner every other day for the both of you. Having someone to do the cleanse with is very supportive and fun!

How will I know what to do?

You will get a step by step, day by day plan. There are many recipes to choose from so you can decide what you like. If you want an exact menu that is there for you too. There is an Intro Class 2 days before the cleanse begins which is about 90 minutes long to explain how to prepare for the cleanse. In this class you will also learn some anatomy and physiology so you understand how the cleansing process works. Having this class before the cleanse will give you 2 days to plan and shop. You will learn what is important on the teleclass so you know exactly what to do.



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

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 questions you might have and help you navigate through the cleanse. I will help you with any issues you're having so you don't have to feel like you are alone. This is one of the aspects that makes my cleanses so valuable.

When is the class?

Pre-Cleanse Online Information Class: Sat. Jan 12 @ Noon, Eastern Time

Cleanse: Mon. Jan 14 – Fri. Jan 18

Location : The comfort of your home. Everything is on the computer and phone .

What if I can't make the class?

There will be a **recording of the class available for everyone who purchases the cleanse**. This also allows you to do the cleanse at another

time, if the scheduled time doesn't work with your schedule. *(If possible, join us on schedule to receive maximum daily support.)*



Is there a shopping list?

In this cleanse there are many recipe choices. We all like different flavors which is why I give choices. You get to choose which of the recipes you like best. But since I want this to be as easy as possible for you I have created a sample menu to follow exactly. I include a shopping list for the sample menu. So if you follow the sample menu exactly you will have an exact shopping list to go with it.

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. Your cells will be fed the food which makes their job easy. You will be getting a rest from the hard to digest food.

The cleanse is designed to:

- 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

You will also...

- enjoy delicious recipes that are easy to prepare and will become a part of your life even after the cleanse is over
- have increased mental clarity
- learn techniques and tools you can use daily to easily create a lifetime of health
- look and feel great... people will be asking you what you have done

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

Sign up Now Here is the link

I look forward to seeing you on the Nourishing Food Cleanse.

Come join me and the other cleansers.

You will be so glad you did!



Warmly,

Ingrid