



Nourishing Foods Cleanse

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

eatwellenjoylife.com

Spring Renewal

Answers to Frequently Asked Questions

There has been lots of interest in the Nourishing Food Spring Cleanse. I have provided these answers to allow you to discover that **a cleanse like this is good for you.** This cleanse has lots of delicious food and works with your busy schedule.

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 do the level appropriate for you. You will learn more about this in the pre-cleanse information call. I hope you will join us!

Pre-Cleanse Information Call - Saturday April 13, 2013 at Noon

In this class I will go over all the details but I will explain some of the particulars here to help you make the decision to join us easier.

What is special about the Spring Cleanse?



Spring is the time for renewal. We are ready for a new life and inspiration. To encourage this renewal you can engage in a spring cleanse to quiet your dietary input, lighten the load on your internal organs and reduce the stress so your body gets a chance to renew itself and you emerge

leaner and lighter.

In this cleanse you will be eating the fresh foods of Spring that naturally cleanse your kidneys, one of your primary organs of detoxification. You will be removing toxins that may have built up in your system over the long winter. Many foods that come into season in the Spring, like asparagus and dandelion are perfect for your kidneys. You will be eating foods which will balance your blood sugar to restore your overworked and fatigued adrenals. The inflammatory foods go out - the nourishing, supportive and nutrient-dense foods come in.

What kind of a cleanse is this?

As always in the Nourishing Foods Cleanses, this is a whole-foods based vegan cleanse. You will receive very specific guidelines on what to eat and drink.

Common allergens and inflammatory foods, such as gluten, dairy, caffeine, alcohol 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. You will be eliminating animal protein (bone broths are fine), but you will not be deprived of protein as there are many vegetarian sources of protein here. It is only 5 days, don't worry. Removing the foods which produce lots of stress in your system is the best way to encourage the elimination of built up toxins. This will allow you to regenerate your adrenals and recover naturally.



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. This is not a cleanse of just juices and smoothies. There will be plenty of nourishing whole foods. This means you’ll eat lots of raw and cooked veggies, nourishing soups; some healthy fats, beans, fruits and whole grains. No starving; on the contrary, lots of delicious, satisfying foods so you will not be hungry. Our goal will be to focus on light, seasonal meals to give your digestive system a break

and to support your adrenals and kidneys.

I will show you how to cleanse while eating delicious foods that will fill your body with nutrients.

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. The recipes are simple with easy to follow preparation techniques to help you get through your schedule challenges. You will want to make time for yourself, get to bed early, take your workout routine down a bit and get outside.



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? As you restore your adrenals and reduce the cortisol in your body your metabolism will improve which will help you lose weight also.

Will there be special ingredients required for the cleanse?

You can buy everything you need at the supermarket or farmer's market and health food store. There may be some new ingredients which you will probably enjoy adding into your life. In addition, there will be some superfoods and herbs that are recommended but not required. These are included in the cleanse protocol to support your energy level throughout the cleanse while maximizing its benefits of support, purification and elimination. I have set up a Nourishing Foods Store so you can see what these items are and purchase them online or locally if you choose to include them in your cleanse experience. 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
A good kitchen knife

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 available for you too. There is a Pre-Cleanse Information Class 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 in 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 and Cleanse?

Pre-Cleanse Online Information Class: Fri. April 12 @ Noon, Eastern Time

Cleanse: Mon. April 15 – Fri. April 19, 3013

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. If you follow the sample menu exactly you will have an exact shopping list to go with it. I will explain this more in detail in Pre-Cleanse Information Call.

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 balance your blood sugar 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
- 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](#)

<http://eatwellenjoylife.com/nourishing-foods-cleanse/>

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!

If you have additional questions please email me at
ingrid@eatwellenjoylife.com.

Warmly,

Ingrid

