

Nourishing Foods Cleanse

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

eatwellenjoylife.com

Spring – Time for Renewal

Welcome! Below you will find all your course materials; Instructions, Recipes, Videos and Reference Materials. Please click on the links below to access materials.

Cleanse Instructions & Recipes:

- [Menus & Recipes](#)
- [Recipe List](#)
- * [Sample Menu](#)
- * [Sample Menu Recipes \(print version\)](#)
- * [Shopping List for Sample Menu](#)
- * [Prep Suggestions](#)

Information & Handouts:

- [Basic Protocol](#)
- [What is a Cleanse](#)
- [Foods: What to Include/Exclude](#)
- [Mind & Spirit Daily Processes](#)
- [How to Breathe Better](#)
- [Gentle Nighttime Routine](#)
- [Alternate Nostril Breathing](#)
- [Body Care for Detoxification](#)
- [What to Expect](#)
- [Water & Detoxification](#)

[Spring Supplements & Products](#)

[Group Forum](#)

Click to get to the forum ask questions, get support,
connect with others in the program

References:

- * [Adrenal Glands & Kidneys](#)
- * [Circadian Rhythm Chart](#)
- * [Blood Sugar Levels](#)
- * [EFT Tapping Points](#)
- * [How To Grow Sprouts](#)

Videos:

- * [Chakra Balancing Meditation](#)
- * [Mineral Rich Bone Broth](#)
- * [Kale Chips with Miso, Almond Butter](#)
- * [Grow Your Own Sprouts](#)
- Eggless Spinach Scallion Omelet
- Raw Spring Nori Rolls

Audio

- [Notice & Ease Tool](#)
- Tapping for Stress Relief

The information in this course is intended for educational purposes only. It does not replace the individual evaluation and advice of a qualified, licensed healthcare professional. For detailed interpretations of your health, please consult with your physician