

Nourishing Foods Cleanse

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

eatwellenjoylife.com

RESTORE Your LIVER - A Summer Cleanse- July 15-19



- ✔ Do you want to flush toxins and **shed some pounds** with a supreme **LIVER** cleanse
- ✔ Do you want to reduce inflammation so you can **move your body freely**?
- ✔ Are you ready to improve your digestion so you can **feel nourished and satisfied**?
- ✔ Do you want to remove toxins from your body and **RESTORE** your **LIVER** so you **feel energized** ?
- ✔ Are you ready to make a shift physically, mentally and emotionally with foods that are **delicious and easy to prepare**?

If you answered yes to any of these questions you'll want to join me to **RESTORE your LIVER** this summer



Our bodies are exposed to toxins every day from the environment and from our own stress. The liver is your body's supreme organ of detoxification. Every day your liver processes and disarms hundreds, if not thousands, of toxic compounds. The liver also breaks down fat.

But when the liver is overworked it can't do its job efficiently and the extra toxins get stored in fat cells.

The great news is that by removing certain foods like fat you can make the load on your liver a lot lighter. The warm weather and abundance of fresh local vegetables of summer make it easy to reduce your fat intake and fill your body with powerful liver protecting foods so you can get rid of the toxins and the fat surrounding them.

A cleanse gives your organs a chance to stop working so hard by reducing what is coming into your body.

When you do this your organs relax, reset and renew so you get the benefits you desire - cleaner & leaner body.

By removing toxins from your cells you will feel stronger & have more energy

Pre-Cleanse Online Information Class: Fri July 12 Noon EST (recording will be sent to you)
Cleanse Dates: Mon July 15- Fri July 19

Join now to enjoy all the information and support from the COMFORT OF YOUR HOME.

With over 50 recipes for you to choose from



Here's your chance to CLEANSE & RESTORE so get LEANER & LIGHTER in just 5 days

Register Now \$97



5 Reasons To Cleanse This Summer

- **Summer is an easy time to give your body a week of loving care because of the abundance of fresh delicious local foods. These enzyme rich foods will restore your body's SYSTEMS of DETOXIFICATION and ELIMINATION**
- **With the warm weather and abundant vegetables, summer is the easiest time of the year to reduce the fat coming into your body which will RESTORE your LIVER so you emerge leaner, lighter & more energized**
- **Eating powerful cleansing food allows your body to absorb more nutrients so you have more energy**
- **Cleansing gives you a chance to re-set your eating habits so you shed some pounds**
- **Seasonal cleansing is a great tool to keep you on the path toward optimal health**

Read what others have to say about the program ...

"I enjoyed the cleanse much more than I expected. I was never hungry, The food was delicious and innovative. I loved every recipe I tried. I am going to do the cleanse again next week for five days as well, and then will try to incorporate your nutrition principles into my everyday diet, embracing the greens, the

sea veggies and the fermented food. Thanks for your guidance and encouragement." Betsy Slocum, Rhode Island

"Thank you so much for the last week. It was really terrific and you have inspired me to continue on this healthy path. I felt no deprivation whatsoever. On the contrary, I cannot remember the last time I have felt so incredibly satisfied and even better, not once did I feel that I was on a diet! To repeat one of your clients on your web page: Ingrid, you rock! I cannot thank you enough for your sensible, fun approach. It's been great!" Kirsten Schultz, Germany

"Thank you, Ingrid! What a generous woman you are! You have given us a wealth of information and so graciously and attentively supported us. I learned a lot from you about body, food and soul plus got great new, delicious and fun recipes. Most of all had to practice loving compassion with myself. I plan to do the summer cleanse with you." Frances Klippel, Oregon

Check out our [FAQ](#) by clicking [here](#)



Here are the benefits you'll experience with the Nourishing Foods Cleanse . You'll . . .

- **improve your body's ability to absorb nutrients from your food so you can recapture your energy**
- **boost your immunity**
- **decrease your inflammation so you can move freely**
- **feel leaner, lighter and healthier in just 5 days**
- **conquer your cravings**

Don't take my word for it – Read what past detoxers have to say about their experiences:

Ingrid, I really enjoyed your Nourishing Foods Detox Program and the results I got! I'm feeling so much better and I lost 8 lbs.! The program is so well organized and easy to follow. I commend you on the work you have put into the design and delivery of your very comprehensive detox...it is nourishing and gentle. Just what I needed." Bonnie Gallup.- California



What is Included in The 5 Day Nourishing Food Cleanse for Beginners:

- ✔ A comprehensive guide with all the steps you need to take to make sure your body is lean and clean.
- ✔ **Over 50 recipes** with nourishing foods that will support your body as it detoxes. You will learn what to eat & how to prepare food so you **feel inspired to nourish yourself** with delicious & nutritious foods and recipes that will take you long beyond your 5 days of cleansing!
- ✔ A complete meal plan including snacks which tells you what to eat and when to eat—you'll never wonder what you're supposed to do and you won't be hungry.
- ✔ A live 1 1/2 hour training call where Ingrid will introduce the material and protocols to get you ready for your detox, with information about what you need to do to get the most out of your detox. You will be able to ask questions LIVE.
- ✔ Instructions for purchase of any recommended supplements.
- ✔ Handouts and videos to guide you through the cleanse.
- ✔ Processes for your BODY and MIND to help improve your body's ability to cleanse.
- ✔ An online forum to connect you with a community of like-minded people so you don't feel alone.
- ✔ 24/7 online support from Ingrid to answer all your questions throughout your entire 5 days of cleansing.
- ✔ Daily emails from Ingrid telling you what to expect to be happening each day and what to do to get the most out of your detox.
- ✔ **BONUS CALL** the last day of the detox so you know what to do when the program is over.



What You'll Learn:

- * why we need to cleanse our body and how to do it safely
- * which foods and herbs our body needs to increase its ability to detoxify, feel lean and energized
- * learn about foods and recipes that you will use beyond your week of cleansing

* techniques to feel nourished even while cleansing

* some additional practices to engage in throughout the cleanse to boost your body's ability to detoxify

Whether you are attracted to cleansing for weight loss or you just want to look and feel better I welcome you. I combine my nutritional and culinary knowledge to provide you with the details and support you need to renew, nourish and support your body.

If you realize the value of living in a clean-celled body over the long term or you are new to cleansing you'll find your needs met with menu plans practices, daily guidance and support.

All this is on the computer & phone so you can do it from the comfort of your home. In previous detox programs there have been people from all over the U.S., Canada, Amsterdam, Germany, Australia and China.

Pre Cleanse Online Information class: Fri July 12 (recording will be sent to you)

Cleanse Dates: Mon July 15– Fri July 19

Register Now \$97



Nothing is worth more than being healthy and looking your best.

Restore Your Liver Now!!

Do you have questions about the Cleanse?

Check out our *FAQ* by clicking [here](#)



See you at the cleanse...

Warmly,

Ingrid