



Nourishing Foods Cleanse

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

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Fall Clean Up Your Digestive System 2013

Answers to Frequently Asked Questions

There has been lots of interest in the Nourishing Food Cleanse. Fall is the ideal time to cleanse. You will get a cleaner, leaner body by activating your systems of detoxification and elimination.

Your digestive system's functions are to break down and absorb the food you eat and remove the waste that is left. This happens as the food from the stomach enters the small intestine where some nutrients are absorbed. Then the undigested matter is sent to the large intestine where the final nutrients are absorbed and the waste that remains is passed out. If the nutrients are not broken down and absorbed properly you may get gas bloating, indigestion and inflammation. If the waste does not leave quickly or completely the toxins are reabsorbed back into your system and you become toxic.

By giving the digestive system support for 5 days, you allow it to renew and restore itself. It is then able to digest better and absorb more nutrients as well as eliminate waste more completely. As a result you will feel leaner and lighter and energized. A perfect way to set yourself up for the holiday season.

What is the first step in the cleansing process?

There is an Intro Class 2 days before the cleanse begins which is about 90 minutes long that explains how to prepare for the cleanse. In this class you will also learn some anatomy and physiology so it will be easier for you understand how the cleansing process works. Having this class before the cleanse will give you 2 days to plan and shop.

What kind of a cleanse is this?

It is a whole-foods based vegan cleanse. This means you'll eat lots of veggies, a few healthy fats, some fruits and some 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 our digestive system a break and to help cleanse all of our systems of detoxification and elimination. As a result we remove toxins from our whole body.

We're removing all the hard to digest proteins and hard to digest fats so that we can just ease up the processes of digestion and absorption. We're increasing the fiber and including more fermented foods. We're aiming to limit the processed and heated oils so that the intestines have less work to do. There will be some raw foods and plenty of cooked veggies, satisfying soups and stews.

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'll definitely have a period of withdrawal that could include headaches and cravings. However, after you get through this

“withdrawal” phase, 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, satisfying whole foods. You will be EATING AND DRINKING ~ soups, stews, veggies, smoothies. 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 & fuel your body for this season. I will show you how you can cleanse while still eating delicious food.

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 you 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. 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 are some supplements which are recommended but not required. I have set up an online store to purchase these or you can buy them from your local health food store.



What kind of equipment will I need?

A regular household blender. If you have a juicer great but you don't need to have it.



Will the cleanse require extra prep & cooking?

No, 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. So sharpen your knives and prepare your counter for additional chopping. But if you usually do all the cooking for your family the answer is yes. You might be making some additional dishes for those who are not on this program but most of the recipes are family friendly so they will enjoy them too.

If you do the cleanse with your partner or a friend you can share the cooking. This makes it more fun.

How will I know what to do?

You will get a step by step, day by day plan. You will learn what is important in the teleclass so you'll know exactly what to do. There are many recipes to choose from so you can decide what you like. If you want a day by day plan that is there for you too.

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 to help you navigate through the cleanse. I will help you with any experiences 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's the class?

Pre-Cleanse Information Class:

Fri, Oct 18 @ Noon Eastern Time

Cleanse Dates: Mon, Oct 21 – Fri, Oct 25,
2013

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 and you will not be hungry. It is easy on your body because you will be eating whole nourishing foods all day. You will be getting a rest from the hard to digest food.

As with all my cleanses, my Nourishing Food Cleanse is a whole-foods, plant-based program. You'll have specific guidelines on how and what to eat and drink. And you'll eliminate animal protein for the week. Don't worry! You can do this. I'll support you every step of the way and it's just 5 days. It's the best way to support the elimination of built-up waste and regenerate your body.

The Fall Clean Up Your Digestive System 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 on this cleanse
- increase absorption of nutrients through beneficial and nutritious food recipes
- ease the toxic load so your body can do its job faster and better

And you will also be:

- getting compliments on how vibrant you look
- enjoying delicious recipes that are easy to prepare and will become a part of your life even after the cleanse is over
- experiencing increased mental clarity
- learning techniques & tools you can use daily to easily create a lifetime of health

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



Who am I?

My name is Ingrid DeHart and I'm a Certified Nutrition Coach, and EFT Practitioner whose expertise is fat loss, digestive health & stress reduction. I am also a Holistic Chef. I owned my own natural foods restaurant for 14 years. Just a few years ago I was struggling with constipation, bloating and huge amounts of stress. I ate a good diet but still had these issues. I had been struggling with them for many years. I was resolved that is just "how my life is going to be" but then the breakthrough finally came. I discovered cleansing and EFT.

I went to nutrition school. I studied digestive health and how it relates to and impacts the rest of the body, especially the brain. I learned what a powerful impact doing a cleanse has in enabling people to reduce toxins and increase the absorption of nutrients from the food they are eating. Part of it is getting rid of the foods that are causing the toxins to build up so you can rebuild your inner ecosystem. Another part is eating foods that support the cells to function optimally. Since stress is also an important component, I studied EFT to learn how to reduce stress so your body can heal.

I have been able to witness myself and my clients effortlessly drop fat, have more energy, eliminate bloating/gas, decrease pain and sky rocket happiness and confidence by cleaning out the toxins building up in the digestive system and by reducing stress.

I have a private nutrition coaching practice with clients from around the world. I do group programs and seminars in person and online. I teach natural foods cooking classes in the Greater New York area.

I look forward to seeing you on the Nourishing Food Cleanse, come join me and the other fabulous cleansers. You will be so glad you did!