



Nourishing Foods Cleanse

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

eatwellenjoylife.com

Summer Revitalize Your Small Intestine

Answers to Frequently Asked Questions

Clearly we live in a stressful and toxic world but there is something you can do about it. IF YOU DO NOTHING toxins build up in your body and your ability to digest the foods you love will decline. You will have less ENERGY and you may even begin to experience some health challenges.

This is why I recommend doing a cleanse. Not just any cleanse, but a cleanse that lets your organs rest and relax, a cleanse that gives them a break from the hard work they have to do every day. YOU need a vacation to continue to work hard, well so do your organs. You also want a cleanse to support your organs with food that enables them to rebuild and restore themselves. This is what we do in the Nourishing Foods Cleanses.

What is special about the Summer Cleanse?

Because one of the root causes of all symptoms is typically the health of the gut, we need to make it a priority to keep it in good repair. In the Nourishing Foods Summer Cleanse we will focus on revitalizing your gut. This is why I love this cleanse, so much, it supports the root of your health. This cleanse gives you the tools to clean and revitalize your primary organ of digestion during the week of cleansing and beyond.

The summer harvest of **water-filled and antioxidant-rich fruits and vegetables** are just what your body needs to **restore your DIGESTION and ABSORPTION.**

These enzyme rich foods moisten and fluff up the villi that line the entire organ. The cool properties of summer fruits and vegetables can **clear inflammation, reduce toxins and generate body fluids for a gentle and soothing purification.**

The warm weather of summer makes it the perfect time to remove most fats from your diet. In this cleanse we get fat from seeds, avocados, and plant-based essential fatty acids (chia, flax etc...). I would not do this type of cleanse in the cold weather.

What kind of a cleanse is this?

This is a whole-foods, plant-based cleanse. You will take out sugar, dairy, gluten, animal protein, coffee and alcohol. Simultaneously you will be adding foods that will enable you to revitalize your small intestines. Don't worry! You can do this. I will support you every step of the way and it's just one week. It's the best way to support the elimination of built-up waste and regenerate your entire system for the season and build up your immunity for the year ahead.



This cleanse also has processes to engage your mind and spirit.

There will be **EFT/ Tapping, meditation and breathing** processes to gain the support of your subconscious mind. These processes will enable you to open up to connecting to your body in a whole new way. There will be a live EFT/Tapping Q&A class on Wed. to tap on whatever you need to get the most from this cleanse.

What if I have never done any Tapping or Meditation?

No problem, the audios, videos and handouts guide you through the processes. I am there to help if necessary too. They are optional, you get to pick the ones you like. It is not necessary to do them to have a great cleanse but you will be amazed how these processes make change easier. You will have a few new habits that last far beyond the 5 days cleansing. Small shifts in how you think have a huge impact on you health and the way you feel.

Will I be eating or only drinking?

You will be doing both. This is a plant based cleanse with a focus on blended smoothies, salads, soups and juices. There will also be solid foods to keep you satisfied. This means you'll be DRINKING AND EATING ~ sensational summer salads, refreshing soups, delicious vegetables, smoothies, restorative teas and more. There are options within the protocol so that you can find the cleansing level right for you.

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. However, after you get through this "withdrawal" phase, most people feel great, have better sleep, and more energy than they've had in years. Only a few people get these symptoms; it depends on your body.





What is the first step in the cleansing process?

Shopping and prepping are the first steps to get you ready. There is a pre-cleanse information class the Friday before the cleanse begins which explains how to prepare for the cleanse. This will give you 2 days to shop and prepare. The only other thing I recommend is if you drink a lot of coffee to start cutting back a few days before the cleanse begins. This will make it easier for you once we get started.

Can I work while on the cleanse?

Yes you can. I understand 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. I recommend taking some time for yourself, getting to bed early, taking your workout routine down a bit and getting outside. The recipes are easy to make. I will help you get through your schedule challenges.

Will I lose weight?

Since we limit our fat intake in this cleanse, generally people lose weight but it really does depend on your body. You don't have to lose weight on this cleanse if you don't want to. Whether you lose weight or not you will still look better, have more energy and as you go through the program your skin will be clearer. Remember you will be removing waste.

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 will be some super foods, supplements and herbs. These include a super green powder, plant-based probiotics, and some optional herbs to promote elimination. These are included in the cleanse protocol to support your energy level throughout the cleanse while maximizing it's benefits of purification and elimination. **These extra items are recommended but not required.** I have set up an online store to purchase them or you can buy them from your local health food store, if you decide to use them.

What kind of equipment will I need?

A regular household blender and a sharp knife are necessary. It is helpful if you have a juicer and food processor but they are not required.

Will the cleanse require extra prep and 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. 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, there is a sample menu with a shopping list.** There is a Pre-Cleanse Information Class before the cleanse begins 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.. You will learn 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 anything that comes up you are not alone. I am there to support you

every step of the way. Connecting with the other members of our cleansing community makes it so much fun! **I keep the forum open for 2 weeks so you can get support even if you start late or want to continue on for longer.**

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 easy on your body because you will be eating whole nourishing foods all day, you will not be hungry. 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. You'll eliminate animal protein, dairy and gluten 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.



It 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 cleanse.
- increase absorption of nutrients through beneficial and nutritious food.
- ease the toxic load on your body so it can do its job faster and better.

And how about:

- people telling you how great you look
- enjoy delicious recipes which are easy to prepare and will become a part of your life even after the cleanse is over.
- increased mental clarity.
- techniques & tools you can use daily to easily create a lifetime of health.

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



I look forward to seeing you on the [**Nourishing Foods Summer Cleanse - Revitalize Your Small Intestine.**](#)
Come join us, you will be glad you did!

Much love,
Ingrid