

# Nourishing Foods Cleanse

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

[eatwellenjoylife.com](http://eatwellenjoylife.com)

## Spring - Restore Your Liver



## Answers to Frequently Asked Questions

Unfortunately 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 resulting in a weak digestive system and less ENERGY. The toxins may even cause joint pains and affect your moods!

This is why I recommend doing a cleanse. Not just any cleanse, but a cleanse that will let 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, 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 Cleanse.

Since everyone has different health needs, lifestyle and time, there are many options in this cleanse to do the level that works for you. I will help you find the level of cleansing which is right for you. Even though this is a group cleanse, I am there to guide you every step of the way.

## ***Why is Spring a good time to cleanse?***

After a long winter diet of heavy foods with harder-to-digest proteins and fats, we have likely packed on some needed winter insulation. This is natural.

Come spring it has got to go! If kept on for an extended period of time, this ***extra fat congests the liver, the intestines and the lymph. This congestion affects our digestion making it hard to get nutrients and to keep our blood sugar in balance, which makes us feel tired.*** Congestion in our liver affects over 500 different functions, including: balancing our cholesterol levels, detoxifying environmental chemicals, storing certain vitamins, and even regulating hormones. A congested liver can lead to illness. So from nature's perspective, losing winter weight is not a vanity thing, it's a functional thing!

And Nature has a plan. Early spring roots and greens like dandelion, arugula, broccoli sprouts and spring onions are loaded with ***liver-cleansing, bile-moving, intestinal-scrubbing alkaloids*** that cleanse all the congestion out of the liver and the thick mucus out of our intestine. **Spring is the ideal time to give our body a cleanse.**

## ***What kind of a cleanse is this?***

This is a whole-foods, plant based cleanse. There are lots of satisfying vegetable dishes, soothing soups, salads, smoothies and juices. You'll be shown the exact foods you need to flush out toxins and restore your system. There are special foods and herbs designed to restore your liver.

To give your liver a rest and jumpstart your body's healing power we **remove all inflammatory and hard to digest foods**. By this I mean you're taking out sugar, dairy, gluten, animal protein, eggs, soy, coffee and alcohol.



In the Restore Your Liver Cleanse you also reduce your fat intake for 5 days to give your liver a break and reset your fat metabolism. Since your body stores toxins in your fat cells to protect itself, eating a low-fat diet in the spring forces your body to burn its own fat to get energy, releasing the toxins. This time of year is crucial to resting the body's system for metabolizing fat for energy so that come summer when all the high sugar fruits are harvested your body has established a baseline of fat metabolism. The best time of year to kick off a weight-balancing program is spring.

### ***What makes the Nourishing Foods Cleanse so special?***

What makes **the Nourishing Foods Cleanses different than other programs is that it deals with your WHOLE BEING** --- not just your body, but your emotions, thoughts, stress levels and MORE!

In addition to the recipes, menu plans and shopping list you get an assortment of tools to choose from to calm your mind, reduce stress and let go of negative self-talk. As a result you experience more inspiration, joy and well-being. There are soothing body care techniques to support your cleanse and make you feel really good. This cleanse provides a comprehensive approach to revitalizing your body, mind and spirit.



### ***What is the first step in the cleansing process?***

Shopping and prepping are the first steps to get ready. There is a pre-cleanse information class that is about 90 minutes long which explains how to prepare for the cleanse. This gives you two 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.

### ***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.

### ***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. 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; excess weight is waste. Once you get rid of some of the waste the weight will go with it. If you don't want to lose weight you can do this cleanse and maintain your weight too. I will show you how.

### ***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 whole food. This means you'll be **EATING AND DRINKING** ~ no starving, on the contrary, lots of delicious, satisfying foods. Even though you may be eating less, you will not be hungry.



I'll show you how you can cleanse while eating delicious, satisfying food. Eating the right foods supports your body's natural ability to cleanse.

### ***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. If necessary I can help you get through any schedule challenges. I am on the group forum as your personal health coach all week long.

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

### ***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 so you are only preparing food 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 and shopping list I have that available for you. In the Pre-Cleanse Information Teleclass I explain how



to prepare for the cleanse. In this class you will learn some anatomy and physiology so you understand how the cleansing process works. Having this class before the cleanse gives you two days to shop and prepare. In the teleclass you learn how to use the information so you know exactly what to do. I am also available on the forum to help you if you have any questions.

### ***What if I can't make the Pre-Cleanse Information 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 for you. If possible, join us on schedule to receive maximum daily support.

### ***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 am 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.

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 longer.**

### ***Is there a shopping list?***



In this cleanse there are many recipe to choose from. We all have different tastes, which is why I give choices. You get to choose which 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 you will have an exact shopping list to go with it. I will explain this more in detail in the Pre-Cleanse Information Telecalss.

### ***Is it hard if I have never done a cleanse before? Will I be able to do it?***

**Yes you can do it!** It's easy on your body because you will be eating whole nourishing foods all day and you will not be hungry. Even though your body is detoxifying you will not feel depleted. You'll have specific guidelines on how and what to eat and drink. Don't worry I'll support you every step of the way and it's just 5 days. This cleanse is the best way to support the elimination of built-up waste and restore your liver.

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:

- getting compliments on how vibrant 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 to reduce stress and create more joy, ease and well-being in your life.

There is plenty of variation to make this cleanse work for you and your particular needs and tastes. I am there to support you every step of the way.



I look forward to seeing you on the **Restore Your Liver Cleanse**. Come join us, you will be so glad you did!

Much love,  
Ingrid