



Nourishing Foods Cleanse

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

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Fall Clean-Up Your Colon- Balance Your pH

Answers to Frequently Asked Questions

This is an easy 5 day cleanse full of delicious nourishing foods that will clean up your colon and rebalance your pH. When you cleanse your INSIDES you look and feel more VIBRANT on the outside. You will lose weight as the waste leaves your body, have more energy and restore the glow to your skin.

In this cleanse we support two of your primary organs of detoxification your colon and skin. This helps prepare for the hectic holiday season ahead.

Since stress interferes with our digestion and creates an acid condition in our body I provide some tools like Tapping and breathing processes to help release some of your stress. These tools are so powerful you will use them even after the cleanse is over.

What is special about the Autumn Cleanse?

Autumn offers a bounty of grounding and nourishing fruits and vegetables that are just what your body needs for a gentle, soothing and warming purification.

You will quiet your dietary input, lighten the load on your internal organs which will allow you to get rid of accumulated waste from your colon. As a

result your digestion will improve revealing healthier, softer younger looking skin. You will feel leaner, lighter and energized. It is a perfect way to set yourself up for the holiday season.

The menus are designed to balance your **acid/alkaline levels**. Those foods include warming soups, stews, vegetable dishes, smoothies, teas and beans

In this cleanse you have the option to test your pH levels each day, with my guidance, so you can see specifically how your body is doing. Eating warm alkaline food will stoke your digestive fire to jumpstart your body's healing power.

What is the first step in the cleansing process?

There is an Pre-Cleanse Information 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 plenty of cooked veggies, salads, satisfying soups and stews. No starving. On the contrary, lots of delicious, satisfying foods, you will not be hungry. You'll have specific guidelines on how and what to eat and drink.



Our goal will be to focus on light, seasonal meals to clean-up our colon. As a result we remove toxins from our whole body.

We're removing all the hard to digest proteins (meat) for the week. It's the best way to support the elimination of built-up acidic waste, and regenerate your immune system for the season ahead. Don't worry I will support you every step of the way.

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?

Since this is a 5 day cleanse for a colder season, you need to heat to nourish and fuel your body this time of year. 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. I will show you how you can cleanse, have delicious food and stoke your body's fire at the same time.

Can I work while on the cleanse?

Yes you can. 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.

“I am continuing to slim down...”

“The first and easiest thing to report is that I lost 4 pounds and I’ve even lost a pound since we finished the cleanse! That was a nice surprise. I notice that I feel much lighter, so much that I’m even walking differently. There’s a bit of sexy in my walk and I’m continuing to slim down. I swim a few times a week and noticed that I’m gliding more through my strokes post cleanse and have more stamina”

Patricia G, New York city

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, knives and a cutting board are all you need. A food processor is helpful but not necessary.

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 learn the details in the Pre-Cleanse Information Class on Friday before the cleanse begins. You'll know exactly what to do. If you have questions I will be there to answer them. You have the choice of choosing your own cleansing adventure or following the exact sample menu. There are many recipes to choose from to create a plan that works for your tastes and lifestyle.

“It truly was nourishing”

"Ingrid, I wanted to let you know I had such a WONDERFUL experience with this cleanse. It truly was "nourishing", the name is very appropriate. And because I am nursing I was looking for something gentle yet effective to reset my system and offer healthy nutritious foods to my daily routine as well as easy self-care (sometimes setting an intention is all I could get to but like you said this alone has a very powerful affect). The recipes were DELICIOUS! I think my greatest "aha" moment was really seeing how well my body does without any possible allergens in my food (wheat/gluten, dairy, refined sugar and processed foods). My energy was quite stable, my digestion much less sluggish, my tongue not coated. My intuition as always told me that my body would do better by excluding these types of foods but I never really had enough alternative options at my fingertips like it did during the cleanse. My goal, of course, is to incorporate many of these foods and be as prepared as possible with having them on hand ---this is key---so I am less likely to make poor decisions in the moment. I would recommend this cleanse and any of your cleanses in a heart beat. You are thorough in your information and you respond quickly to any concerns or questions. Great support overall!,,Thank you Ingrid"

love/light Kate Ballo, New York

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 24 @ Noon Eastern Time (it will be recorded and sent to you)

Cleanse Dates: Mon, Oct 27 – Fri, Oct 31, 2014

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

Yes you can do it! It does require some cooking. The recipes are easy to make, designed to cook once and eat twice so you don't have to spend too much time in the kitchen. It is not hard on your body and you will not be hungry. In fact it is meant to ease the burdens we put on our body daily. It is easy on your body because you will be eating whole nourishing foods all day. 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.

The Fall Clean Up 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:

- 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
- loving how healthy you look and feel

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. I'm a Certified Nutrition Coach, Certified EFT Practitioner and Professional Holistic Chef.

I love helping women to stop struggling with what they eat, so they maintain a natural weight and feel healthy and comfortable in their body. I can help you discover which foods best support your unique biochemistry to nourish yourself and heal. Once you get balanced and know how to rebalance you can enjoy the foods you love and you will love the foods that keep you healthy. You will find a new sense of peace around food.

Since I was a the Owner and Chef of a Natural Food Restaurant in NYC for 14 year, I can teach you how to easily prepare delicious healthy meals.

I teach my clients EFT (Emotional Freedom Technique) aka Tapping so instead of having to use willpower to make diet and lifestyle changes they feel inspired to do it. My clients transform from feeling overwhelmed, exhausted and stressed - to healthy, happy and glowing. They learn a lifestyle that truly nourishes and sustains them.