

Nourishing Foods Cleanse

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

eatwellenjoylife.com

Spring - Restore Your Liver



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 the toxins may even 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.

I will help you find the level of cleansing which is right for you. Everyone has different health needs, lifestyle and time. There are many options in this cleanse to do the level appropriate for you. You will learn more about this in the Pre-Cleanse Information call.

What is special about the Spring Cleanse?

After a long winter diet of heavy foods and 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 will make you feel tired. Congestion in our liver affects our*** over 500 different functions, including: balancing our cholesterol levels, detoxifying environmental chemicals, storing certain vitamins, and even regulating hormones. A congested liver leads 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 your intestine **Spring is the ideal time to give your body a cleanse.**

What kind of a cleanse is this?

It is a whole-foods, plant based cleanse. This means you'll eat lots of veggies, a few healthy fats, some fruits and some whole grains. You will remove all inflammatory and hard to digest foods for the week. By this I mean we are taking out sugar, dairy, gluten, animal protein, coffee and alcohol. Simultaneously you will be adding certain foods that will enable you to improve elimination and restore your system.



In order to cleanse the liver we reduce our fat intake for the 5 days to give the liver a rest. We bring in food and herbs to support our liver too. As in all my cleanses you get to eat plenty of food. I don't advocate fat reduction as a regular diet but during this cleanse it will give our liver a break.

Often our body stores toxins in our fat cells to protect itself. When we eat this low-fat diet in the spring the body will be forced to burn its own fat to get energy, cleaning out 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 the body has established a baseline of fat metabolism. The best time of year to kick off a weight-balancing program is spring. This will force the body into fat metabolism and get the ball rolling.

Our goal will be to focus on light, seasonal meals to give your digestive system a break and to help cleanse your liver which will aid in removing toxins from 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 that is about 90 minutes long 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.

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 the most amount of weight on this cleanse. While most people lose weight on this program 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; excess weight is waste. Once you get rid of some of the waste the weight will go with it.

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 ~ salads, soups, wraps, sauté's, vegetable pate's, raw and cooked veggies, smoothies and juices. No starving, on the contrary, lots of delicious, satisfying foods, you will not be hungry. Common allergens and inflammatory foods, such as coffee, meat, alcohol, gluten, dairy, and sugar will be removed to jump-start your body's healing power.



I'll show you how you can cleanse while eating delicious food. Eating the right foods will support 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. I will help you get through your schedule challenges.

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 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, I have that available for you too. There is a Pre-Cleanse Information Class before the cleanse begins which is about 90 minutes long 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. Having this class before the cleanse will give you 2 days to shop and prepare. You will learn what is important in the teleclass so you know 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 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 for longer.**

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 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:

- 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 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 **Restore Your Liver Cleanse**. Come join us, you will be so glad you did!

Warmly,
Ingrid