

Nourishing Foods Cleanse

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

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Winter Cleanse Recover Your Balance Pamper Your Adrenals

Answers to Frequently Asked Questions



There has been a lot of interest in the Nourishing Food Winter Cleanse. Many people are enthusiastic for this Winter cleanse to get back into balance after the holiday. I am hoping these answers allow you to know **a cleanse like this is good for you** and you will join us! I'm looking forward to us starting the New Year together with healthy routines we enjoy and are easy to stick to.

Many of us need a cleanse after the holiday full of rich foods, sugar and wine. January is the perfect time for cleansing and inspiration. This is a unique chance for a gentle and strengthening, purification and detoxification. It is a great way to set the tone for the year ahead.

What is special about the Winter Cleanse?

This is a 5 day cleanse for the colder season. In this cleanse you will be eating foods which are warming and comforting. In the winter cleanse we stimulate the body's ability to repair your taxed **adrenal glands** and strengthen one of your major detox organs, **the kidneys**. You will embrace the natural rhythm of winter, welcoming in the internal warmth and stillness of the season by lightening up the load on your internal organs and releasing built up toxins. This helps your body to heal and recover.



The foods in this cleanse are easy to digest which will rid your body of accumulated waste. You will be eating soups, warm vegetable dishes, smoothies, tea & cacao latte's, grains and beans. You have the option to include clean animal protein if you eat a paleo friendly diet.



Since food isn't the only thing we need to focus on to be healthy, a very special part of the nourishing foods cleanses are the powerful transformational tools I show you how to play with. These are breathing processes, tapping scripts and meditations, which reduce stress and bring you back into alignment. You'll feel lighthearted and experience more joy and appreciation.

The food and processes work together so by the end of the cleanse you feel good in your body.

What is the first step in the cleansing process?

Once you sign up for the cleanse you will get a link to the Marketplace. These are herbs, supplements and food products to enhance your cleanse for those of you who wish to purchase them. Most of these products can be found at your local health food store. On the Wednesday before the cleanse you will receive your Winter Cleanse package. This includes the menus, recipes, daily practices and everything you need for your cleanse.

There is a class on Friday before the cleanse begins, which is about 90 minutes long, to explain how to use the material and how to prepare for the cleanse. I will explain all of the herbs and supplements you see in the Marketplace. Because we are all slightly different, I will help you find the level of cleansing which is right for you. You have a unique body, your own health situation, particular desires and lifestyle which will determine the best way for you to cleanse. There are many options in this cleanse which will be explained in the Friday Pre-Cleanse Information call. The class will be recorded and sent to you so don't worry if you can't attend live.

What kind of a cleanse is this?

The Nourishing Foods Cleanse, this is a whole foods, nutrient dense cleanse with the choice of vegan or paleo friendly recipes. You will receive very specific guidelines on what to eat and drink. The delicious food is designed to soothe your adrenal glands, release built up toxins and restore your immune system for the year ahead.

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. If you experience this "withdrawal" phase, it should only last a day or two. Regardless, most people feel great; have better sleep and more energy than they've had in years.

Will I be eating or only drinking?

You will be eating not just drinking. There are plenty of nourishing whole foods here. You'll eat lots of cooked veggies, satisfying soups, beans, healthy fats, some fruits and whole grains. If you choose the paleo friendly option, you eat a bit of clean animal protein. No starving, on the contrary, lots of delicious, satisfying foods. You will not be hungry. Common allergens and inflammatory foods, such as gluten, dairy, and sugar, are removed to jump-start your body's healing power. I will show you how to cleanse while eating delicious foods that nourish you and keep you warm.



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.

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 simple and easy to make so you can still do your life.

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 may be some new ingredients which you will probably enjoy adding into your life. In addition, there are some supplements which are recommended but not required. These are included in the daily protocol for additional support. I have set up an online store to purchase these or you can buy them from your local health food store. You will receive the link to that store when you sign up to join the cleanse.



Will the cleanse require extra prep & 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. 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.

That said the program is designed so most of the prepping is done on Sunday to prepare for the week. You do not have to do a lot of cooking every day.

If you do the cleanse with your partner or a friend you can share the cooking. Having someone to do the cleanse with is very supportive and fun!

What kind of equipment will I need?

A regular household blender.

A nut milk bag or cheese cloth (optional to make nut milk)

Your usual kitchen knives, pots and pans

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. There is also a sample menu if you want it planned for you. Everything will be explained in the Intro Class the Friday before the cleanse begins. In this class you will learn how to make this cleanse work for your own diet and lifestyle. Having this class before the cleanse gives you the weekend to plan, shop and prep.

What kind of support will there be and how will I get it?

As part of this cleanse you'll have access to our private online forum. This is one of the most-loved features of this experience. 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 am there to help you. You are not alone. I am your private health coach all week available to answer your questions. This is one of the aspects that makes my cleanses so valuable.

What if I can't make the class?

There will be a **recording of the class available for everyone who purchases the cleanse**. It will be sent to you as soon as the class is over. This also allows you to do the cleanse at another time, if the scheduled time doesn't work with your life. *(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 have different tastes 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 I give a sample menu to follow exactly. I include a shopping list for the sample menu. So if you follow the sample menu exactly you will have an exact shopping list to go with it.

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, you will not be hungry. It is easy because you will be eating whole nourishing foods all day. Your cells get all the nourishment they need.

The 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 during the detox
- increase absorption of nutrients through beneficial and nutritious food recipes
- ease the toxic load so your body can do its job faster and better

You will also...

- feel good in your body
- feel inspired and uplifted
- get back into alignment with your True Self
- enjoy delicious recipes that are easy to prepare and will become a part of your life even after the cleanse is over
- have increased mental clarity
- learn techniques and tools you can use daily to easily create a lifetime of health

- look and feel great... people will be asking you what you have done

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

Who is Ingrid DeHart



My name is Ingrid DeHart. I'm a Certified Holistic Health Coach, and EFT Practitioner. I am passionate about helping women to stop struggling with what they eat so they easily maintain their natural weight and feel good in their body. I guide my clients to the foods that support their body so they feel nourished and satisfied.

Another big part of what I do is help my clients make small changes in their thoughts, feelings and beliefs that prevent them from reaching their health goals. They get into alignment with their True Self and feel joy and appreciation. This allows their body to do what it does naturally, that is maintain good health.

Once you get balanced and know how to rebalance you can enjoy the foods you love and you will soon discover you love the foods that keep you healthy. It is a process and you don't have to be perfect to find a new sense of peace around food.

I run the Nourishing Foods Cleanse 4 times a year, once for each season. It serves as a vehicle for individuals to jumpstart their weight loss, reduce inflammation and improve their health. The seasonal cleanses also provide an opportunity to come back into alignment. You'll have a lighthearted feeling, more joy and appreciation. You'll discover new possibilities for eating healthy each day without it being a lot of effort.

I look forward to seeing you on the Winter Nourishing Food Cleanse. Come join me and the other cleansers. You will be glad you did!