



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 it may be harder to maintain your natural weight.

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 and 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 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 focus on revitalizing your gut. This is why I love this cleanse. It supports the root of your health. This cleanse is a 5 day protocol to clean and revitalize your primary organ of digestion and assimilation that will benefit your body all year.

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 **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 cleanse with an emphasis on eating plants. You take out sugar, dairy, gluten, coffee, alcohol and processed foods. You add in the exact foods you need to cleanse and revitalize your small intestines.



You can choose to do the cleanse vegan or paleo.

I support you every step of the way. It's the best way to eliminate built-up waste and regenerate your entire system. It builds up your immune system for the entire year.

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 enable you to reduce stress and connect to the wisdom of 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. The processes 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 much these processes support your transformation. You'll establish healthy habits that last far beyond the 5 days of 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 friendly 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 in the protocol to find the cleansing level right for you. You also get to choose vegan or paleo.

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





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 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 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 look better, feel stronger, have more energy and as you go through the program your skin will begin to glow. Remember you're 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 local health food store. There will be some super foods, supplements and herbs. There are 3 supplements; a probiotic, an amino acid and an herbal mixture to promote healing and elimination. These are included in the cleanse protocol to support your energy level throughout the cleanse while maximizing its purification. **These extra items are recommended but not required.** If you decide to use them, I have set up an online store to purchase them or you can buy them from locally,

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 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 know exactly what to do.

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

In this cleanse we have our own 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 the other members of our cleansing community. We'll share our successes, seek support with any challenges and empower each other to stay motivated.



In addition, I am on the forum daily to answer questions and help you navigate through the cleanse. I guide and support you every step of the way. You are not alone. **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 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 include an **exact sample menu** with a shopping list. If you follow the sample menu exactly you will have a shopping list to go with it. I will explain this more in detail in the 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 eat whole nourishing foods all day. You will not be hungry. Your body gets a rest from hard to digest food.

My Nourishing Food Cleanse is a whole-foods, plant friendly program. You'll have specific guidelines on how and what to eat and drink. You'll eliminate sugar, coffee, dairy, alcohol, processed foods 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.

The Nourishing Foods 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 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
- enjoying 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