

FREQUENTLY ASKED QUESTIONS

1. WILL I BE STARVING?

No starving here! There are recipes for breakfast, lunch, and dinner, and there is room for snacks in between. Every meal is delicious and created to nourish your body from the inside out. This program is absolutely not about starvation or deprivation. Remember, I do not believe in counting a single calorie, nor do I dwell on carb grams! You will feel satisfied with every bite. If you do get hungry, there are extra snack recipes included.

2. CAN I CONTINUE TO EXERCISE DURING THE PROGRAM?

Yes, please exercise during the program! If you feel tired or have low energy, exercising can restore both strength and energy. Than said, I highly encourage you to honor your body, and you might not *feel* like working out. It is important to remember that whenever you change the foods you eat your body changes as well. Please consult with your physician if you have any specific concerns about your health.

3. WHAT KINDS OF 'PROTEIN' IS ON THE CLEANSE?

You will have the option for plant or animal-based proteins, which will be listed out for you in your recipes and suggested meals. There are so many whole-food eating protein sources to choose from so you won't get bored!

4. AM I ONLY GOING TO BE DRINKING JUICES AND SMOOTHIES?

No way! While there are some juices and smoothies for you to choose from, you will also be eating salads, soups, warm dinners and even desserts that are delicious, nutritious, and will eliminate toxins in your body in a safe and natural way.

5. DO I HAVE TO TAKE SUPPLEMENTS, PILLS, AND POWDERS?

The only supplement I recommend that everyone take on a daily basis is a probiotic, and you will learn about every single reason why.

6. CAN I CLEANSE IF I'M NURSING OR PREGNANT?

If you are nursing, I suggest that you add at least 4-6 ounces of protein at lunch and dinner, boost your morning smoothie with a scoop of hemp or pea protein, and eat snacks in between meals. Make sure you are consuming extra fat and drinking enough liquids. I have had several pregnant and nursing moms successfully complete the

WHOLE FOOD CLEANSE

program with outstanding results. Please consult with your doctor prior to starting this program if you have any health concerns.

7. WILL I FEEL WEAK DURING THE PROGRAM?

You are going to feel {and look} so healthy and energized it will amaze you! In the beginning, your body may go through a “healing phase” to re-balance and let go of toxicity. It is important to listen to your body through the cleanse, and I will be here to support you. I will guide you step by step through exactly what can be done to reduce any unwanted symptoms that may appear. This cleanse is completely flexible for figuring out what works for YOU!

8. I AM GLUTEN AND/OR DAIRY- FREE. CAN THIS PROGRAM HELP ME?

Absolutely! Many people who eat very “clean & wholesome” already still have room to empty out the pipes with an elimination diet and take their healthy habits to the next level. Changing up the foods we eat gives our digestion time to rest and reset, which can be helpful for anyone regardless of their current eating habits. This cleanse will get you back in tune with listening to your body.

9. WHAT SIDE EFFECTS MIGHT I EXPERIENCE?

Some people go through the cleanse and feel nothing but energized, while others may feel tired or light-headed as their bodies eliminate and let go of unnecessary toxins. The experience will differ from one person to the next, but this cleanse is designed with that in mind, and you'll have access to all the tools you need to keep any unwanted symptoms at bay. Again, I will be here to hold your hand the entire time.

10. I HAVE A KNOWN MEDICAL CONDITION. IS THIS STILL SAFE FOR ME?

While this program is based on eating **only whole foods**, it is still advised that you consult your physician before beginning this or any program.

Note: It is important to consult your physician before beginning any new eating or exercise program. This is a clean eating program designed to teach you the difference between foods that inflame you and foods that fuel you. These statements have not been evaluated by the Food and Drug Administration. This is not intended to diagnose, treat, cure, or prevent any disease.