

# Frequently Asked Questions

## What Is The Rationale Behind The Approved (& Restricted) Foods

### The NutriClear Plus Cleanse Works On Four Different Levels:

- 1] When organic and minimally processed foods are consumed, the body has the opportunity to reduce toxic exposure from poor quality food.
- 2] It opens up channels of elimination for toxins to be released via the liver, gallbladder, lungs, kidneys, blood, lymph, skin and colon.
- 3] Reduces your exposure to foods that promote inflammation.
- 4] Eliminates common food sensitivities that often contribute to chronic health challenges.

### Ideal Guidelines For The Cleanse:

- Avoid Gluten from wheat, rye, barley, triticale, spelt and various forms of malt.
- Avoid Genetically modified foods, look for Non-GMO on labels.
- Eat certified organic food whenever possible.
- Eat your food as fresh and pure as possible.
- Avoid dairy during your cleanse even if it's high quality or raw. The exception is grass-fed ghee or butter which are free of casein.
- Meat, poultry and fish should be hormone-free, preferably grass-fed and open-pastured, fish should wild-caught. Choose free-range & organic eggs.

*\*Following the Approved food list on the NutriClear Plus Cleanse greatly determines the outcome of your results. It's designed to reduce toxicity in the body and eliminate food sensitivities that commonly promote inflammation.*

### Where Can I Find Recipes That Fit The Approved Food List

In addition to the sample menu in the guidebook, [Mealime](#) (not a typo) is a great source for recipes and meal planning, they also offer a downloadable App. When setting up your food preferences with *Mealime*, choose 'flexitarian' under *Menu Type* and *shellfish free, gluten-free, peanut-free, soy-free and dairy-free* under *Allergies & Restrictions*. Under the section *Ingredients you Dislike*, select shrimp (please avoid) and any other items you'd like to omit. Another great online resource is [WHOLE30](#).

\*If you're inspired by cookbooks, take a look at the following selections:

- **Nourishing Meals.** *Gluten-free, Dairy-free and Soy-free Dishes* by Alissa Segersten & Tom Malterre.
- **Cooking for Hormone Balance** by Magdalena Wszelaki.
- **Anti-Inflammatory Diet Cookbook** by Madeline Given

### What If I Feel Worse After Starting The Cleanse?

It's common to feel slightly worse at the beginning of a cleanse. As Toxins are released from the body after being stored for years you may experience symptoms such as mild headaches, flu-like symptoms as well as some fatigue. Also, consider that when foods or

beverages such as coffee are restricted, the body may experience withdrawal-like symptoms. The cleanse should be adjusted based on what's appropriate for you. You may wish to follow it to a T or alter it in the event that your cleansing reaction is too strong. To modify the cleanse, take half of the recommended dose of supplements and shakes. i.e.: take one packet of supplements and one shake per day instead of the recommended two shakes and two supplement packs per day. Another option is to follow the approved food list for an extended period of time, anywhere from 2-4 weeks or longer. Afterward, integrate the shakes and supplements at a pace that works best for you; you may wish to begin with one supplement pack and one shake per day, extending the cleanse to a 30-day period. Your clinician can help you with additional modifications based on your needs.

### **Indigestion Or Flatulence**

If you experience indigestion or flatulence, follow these guidelines:

- Avoid guzzling the shakes and opt to sip on them slowly.
- *Chew* your shakes to promote better overall digestion of the nutrients.
- Use room temperature or tepid water in place of ice-cold water which significantly improves the digestion of your shakes.

### **Are You Prone To Constipation?**

The release and binding of toxins can be mildly constipating. If you're prone to constipation, consider drinking Smooth Move tea in the evening before bed. Your health care practitioner can help you with additional recommendations to help resolve constipation

### **Can I Drink Coffee During The Cleanse?**

Although coffee is not recommended during the cleanse, this may be an impossible feat for some. If you fall into this category, begin to drastically cut down on your intake and commit to drinking only organic coffee. A great alternative is RASA adaptogenic coffee with a rich taste and aroma; it's brewed like coffee and contains health promoting adaptogenic herbs for sustained & even-keeled energy.

### **What If I Don't Want To Lose Any Weight?**

If you fall into this category, modify the cleanse as follows: have one meal replacement shake for breakfast, eat a nutritious lunch and dinner from the approved food list with additional high-quality fats such as avocado or grass-fed butter and have your second shake as a mid-afternoon snack. With these modifications you'll be less susceptible to losing weight during the program. If you're still losing weight, ask your healthcare provider for additional suggestions. Consider that naturally occurring weight loss may occur as toxins are released from the body.

### **How To Get Started**

For some, starting the cleanse on a weekend at home is really helpful. Consider doing your shopping and meal planning (see the sample menu plan in your guidebook) for the approved foods on Saturday and starting the cleanse on Sunday. This is a good segue to ease your body into the cleanse and gain confidence if you need to take your cleanse "on the go" into your work week.

### **Should I Exercise?**

Exercise is not required for the metabolic cleanse. If you enjoy exercising stick to a light or moderate paced intensity during your cleanse. Rebounding, walking and/or yoga are great options. Seeking out additional methods to increase sweating during your cleanse can be very valuable. Consider infrared sauna therapy or hydrotherapy.