



## Cleanse Frequently Asked Questions

### How is the cleanse structured?

The cleanse has three phases: the preparation, the cleanse itself, and the reintroduction of foods. We will provide you with all of the information necessary to set yourself up for success during the cleanse, as well as recipes to cook with.

#### Phase 1: Preparation

The cleanse can be a big diet change for some. We recommend you begin to eliminate foods that can be irritating to the body about a week before you begin the cleanse to help prepare your body and make your experience as comfortable as possible. It's also important to review the recipes you want to cook during the cleanse, so you can go grocery shopping and have the inclusive cleanse ingredients available in your kitchen.

#### Phase 2: Cleanse

During the cleanse, we provide you with recipes and food ideas so you can eat flavorful meals composed of foods that encourage detoxification (plus dinner is provided at each cleanse meeting), as well as the framework to integrate the cleanse into your everyday life.

#### Phase 3: Food Reintroduction

During the final week of the cleanse, you'll continue to eat the inclusive cleanse ingredients, but in addition, you'll begin testing foods to check for sensitivities or intolerance.

### What health benefits may I receive?

Previous cleanse participants have noted experiencing the following:

- Better digestion and nutrient absorption
- Improved elimination
- Greater mental clarity, concentration, energy, and vitality
- Stronger immune system
- Reduced dependence on caffeine, sugar, flour, and alcohol
- Better sleep
- Weight loss
- Chronic health problem and allergy relief
- Clear skin and a more radiant complexion
- Greater emotional well-being



### What is included in the cleanse?

As a cleanse participant, you'll receive weekly group sessions that provide guidance and support, recipes and meal planning ideas, 20% off the cleanse-specific supplement package, and a cleanse soup dinner at each weekly group session.

### Are meals included?

We will provide you with recipes and menu planning ideas, but you are responsible for cooking your own meals. We will, however, provide a soup dinner at the weekly cleanse group meetings.

### Is the cleanse only used to lose weight?

Our group-based cleanse is suited for many individuals. While weight loss can occur, it is not the primary objective of the cleanse. In addition, those struggling with allergies, depression, IBS, skin irritation, and other ailments can often experience relief through a cleanse.

The cleanse, however, is not appropriate for pregnant women and some specific disease states. Please contact us to find out if your medical status precludes you from participating in the cleanse.

### Can I participate if I have a medical condition?

If you have an existing medical condition or take any prescription medications, please consult with your doctor before committing to the cleanse. If you are taking any kind of prescription drug, do not stop taking it during the program without consulting your doctor. There are certain serious conditions that require consistent blood levels of medications. Any change in diet can cause a change in your blood absorption, and an increase or decrease of the concentration of medicine in your blood as a result. In the case of blood thinners, anti-arrhythmia drugs, anti-epileptic drugs and chemotherapy agents, this can be life threatening.

We do not recommend the cleanse for those with the following conditions:

- Are pregnant, trying to become pregnant, or nursing
- Have an eating disorder or have a history of disordered eating behaviors
- Are under the age of 18
- Have active cancer
- Have liver disease, hepatitis
- Have Type 1 Diabetes
- Are on medications for bipolar disorder
- Have an allergy to any ingredient listed



### **What can and *can't* I eat?**

During the cleanse, you'll avoid foods that are known to cause irritation in the body, and instead enjoy a wide variety of foods, including fruits, vegetables, and protein, that encourage detoxification. In addition, the cleanse isn't a vegetarian cleanse, although it could be, if so desired.

### **Are there supplements I need to take while on the cleanse?**

Yes, we strongly urge cleanse participants take the following supplements. These are available as a package through our office at 20% off.

- Cleanse-approved protein powder (must be soy, dairy, and gluten-free)
- Vitamin D (5,000 mg)
- Detox-specific supplement
- Fish oil
- Fiber

### **What is the cleanse group-setting like?**

The weekly group meetings are an opportunity for you to seek guidance and support from the nutritionist as well as the other participants. Members of the group are likely experiencing the same body changes, and detoxification effects as you are and can share their solutions.

If you would like additional counseling during the cleanse period, you are welcome to schedule an individual appointment with the nutritionist.

### **How do I sign up?**

Call (206) 853-0534 or email, [admin@starkelnutrition.com](mailto:admin@starkelnutrition.com), today to sign-up for the cleanse.