

An Overview of the Lifestyle Approach to Nutritional Cleansing

Imagine...a leaner, healthier body. Imagine...beautiful skin, hair and nails. Imagine...having energy beyond your wildest dreams and getting more done in a day, igniting your body's full health potential! Stop imagining and make it happen!

Nutritional cleansing consists of three different types of days arranged in a different pattern and frequency according to each individual's lifestyle and goals. It is this personalized lifestyle approach supported by a cleanse coach that contributes to such an unprecedented success rate of over 98%!

A cleansing and replenishing program should be balanced in delivering all the essential nutrients needed for optimal health from whole food ingredients and gentle cleansing herbs to address all the major organ systems of the body while nourishing and supporting health at the cellular level. Please note that you are NEVER supposed to feel physically hungry on this type of cleanse and are encouraged to eat additional food as needed. Because it's a *food system* that factors directly into your grocery budget, a good nutritional cleanse should actually save you money!

Here's a typical calendar followed by a sample schedule for the 9-day version of a nutritional cleanse:

S	M	T	W	TH	F	S
Pre-Cleanse		C Day 1	C Day 2	R Day 3	R Day 4	R Day 5
R Day 6	R Day 7	C Day 8	C Day 9			

C = Cleanse Day, R = Replenishing Day

The Pre-Cleanse Days (2 or more days as needed)

Nutritional cleansing is an exciting adventure that requires a little preparation. These days are an especially good time to reduce your caffeine, alcohol, salt and sugar consumption. Pre-cleansing with a high grade, organic whey protein shake for a few days leading into the first cleanse day can lessen cleansing symptoms and improve your results. Additional nutrients will provide anti-stress and body-balancing benefits.

7:00am – A meal replacement shake (look for low-lactose, undenatured whey protein with live enzymes, probiotics, amino acids, essential fats, trace minerals and vitamins)

10:00am – Whole food snack (i.e. apple with 6-8 almonds)

12:30pm – Your Healthiest Lunch* or Shake (if having dinner)

3:30pm – Whole food snack (i.e. small salad with tuna)

6:00pm – Your Healthiest Dinner* or Shake (if had lunch)

8:30pm – Optional whole food snack (i.e. 1-2 hardboiled eggs)

The Cleanse Days (days 1, 2, 8 & 9 - Up to 2 days a week)

During cleansing days, small snacks should be ingested that are rich in fiber and that contain a balance of carbohydrates, protein, and fat. A cleansing based drink should be gentle to the digestive system and contain ingredients that support internal cleansing with cellular replenishment.

7:00am – Cleansing mineral drink, 4oz. (use a blend of organic Aloe Vera, fruit juices, herbal teas, and other gentle cleansing botanicals in combination with trace minerals and B-complex vitamins)

9:30am – Whole food snack (i.e. pear with 6-8 walnuts)

12:00pm – Cleansing mineral drink, 4oz.

2:30pm – Whole food snack (i.e. small salad)
5:00pm – Cleansing mineral drink, 4oz.
7:30pm – Optional whole food snack (i.e. celery with almond butter)
9:30pm - Cleansing mineral drink, 4oz.

The Replenishing Days (days 3-7 or all remaining days)

In between the cleansing days ingesting a high-grade protein drink in place of two of your daily meals is ideal in supporting cellular cleansing, immune function, and the body's ability to develop lean, dense muscle. On your replenishing day you can also eat one to two healthy meals of your choice *plus* additional whole food snacks as needed.

7:00am – A meal replacement shake
10:00am – Whole food snack (i.e. apple with 6-8 pecans)
12:30pm – Your Healthiest Lunch* or Shake (if having dinner)
3:30pm – Whole food snack (i.e. small bean salad)
6:00pm – Your Healthiest Dinner* or Shake (if had lunch)
8:30pm – Optional whole food snack (i.e. fresh raw vegetables)

*Your Healthiest Meal = 400-600cal of healthy food that includes 1srv of protein (chicken, fish, turkey), starch/grain (1 cup of brown rice/whole wheat pasta or a baked potato), unlimited vegetables

Every Day

In addition to the flexible structure of these days you should commit to the following guidelines:

- Drink at least 8-10 cups of purified water daily.
- Avoid heavily processed foods, processed meats, hydrogenated oils, alcohol, artificial colours and flavours, additives, white flour products (breads, crackers, pretzels, bagels, etc.), dairy foods, high-glycemic foods, artificial sweeteners, coffee and other caffeinated beverages.
- Eat organic whenever possible.
- Exercise at least 20min daily.
- Get 8-9hrs of sleep each night.

What About Maintenance?

Even though the results are so immediate, dramatic and exciting the best part is that most people find them very easy to maintain with minimal effort. One of the reasons that health benefits and weight loss through cleansing and replenishing remains stable (without the “yo-yo” effect) is that the body will continue to perform its natural detoxifying abilities with a simple maintenance program that continues to provide fuel and essential nutrients to its organs and cells. People find that once their body becomes better balanced through nutritional cleansing with their cravings gone, energy increased and feeling motivated from the results that it becomes much easier and very natural to make the transition to maintaining the healthier habits they used to struggle with before. Through nutritional cleansing you help reset your body to adjust to a healthier lifestyle!

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Drawing from over 15 years experience as a holistic fitness trainer Jeff also serves as a nutrition and health research educator to the natural products industry. A published author, Jeff lectures at the University of Western Ontario and appears as a regular guest expert on radio and television.

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