



*Developed and facilitated by: Lenore Anderson MA.  
Holistic Health Coach, Clinical Herbalist and Licensed Massage Therapist.*

***Choosing to do a Cleanse is an empowering decision and a clarifying commitment.***

The cleansing experience will restore balance to the body, mind and spirit, shifting you into greater health and vitality. You can choose to do a **5 Day, 10 Day or 14 Day Cleanse** to achieve the desired goals that you feel ready to change. Doing a Cleanse is a time to give your body a rest from digesting and processing acidic foods, poor food combinations, environmental toxins and enduring physical and emotional stress. A Cleanse is a transformative process that can shift and clear addictions to sugar, caffeine, carbohydrates, alcohol and a stressful lifestyle. Cleansing is the foundation of long-term health and vitality, supporting recovery from chronic degenerative disease. It is important to think of a Cleanse as a process and not just an event. The goal in the end is that there is no end. You will have arrived at a new beginning with new lifestyle skills and habits. You will be encouraged and supported to practice ways of maintaining lifelong health and vitality. Welcome to the cycle of BALANCE.

During your cleanse you will be consuming nourishing vegetables, low sugar fruit and supportive herbs. It is not about what you can't eat, it is about all of the wonderful things you can enjoy.

Most people have the energy to **maintain their regular workday and exercise**. If you do hard physical labor or have a very intense exercise program you may want to ease up a little on the physical demands. But general work, home chores and exercise are fine to continue doing. Many people who do Martial Arts, Yoga, or Athletic Training find that they have the best sessions and workouts that they have ever experienced during their Cleanse. This is not a heroic starvation fast.

Lenore is your supportive Coach through your Cleansing journey. She will inspire you with new knowledge and skills to practice alkalinizing and detoxifying the body. She will safely support you through the phases of cleansing and assist you in making any necessary adjustments while keeping you on track.

## **Choosing the Cleansing Levels**

You can maintain one level throughout the Cleanse **or** you can shift between the levels, depending on your goals. The reason I offer 3 levels is to create flexibility during your Cleanse. You can shift levels as needed rather than quit the Cleanse due to a temporary challenge. The key is to be flexible.

**Level 1:** A deep intensive cleanse that includes detoxing the liver and gallbladder with "Flushes" and beginning the process of clearing bacterial and fungal (yeast) overgrowth. Home enemas and/or professional colonics are recommended. Level 1 includes Green Vitality Powder, detox tea, juicing, detox powder, and detox herbal extracts. I only recommend this level for experienced Cleansers or for a couple of days during your cleanse.

**Level 2:** Blended soups and smoothies, juicing, herbal teas. This is the most popular level of cleansing and the goal is to nourish your way to health. The Cleanse includes Green Vitality Powder, detox tea, detox powder and optional detox supplements. Your booklet will include a food shopping list and recipes for soups and smoothies.

**Level 3:** If you have never done a Cleanse or you want to have some more solid food you can have soups, smoothies and salads. Use raw oils, lemon or lime juice and miso. You can also have grapefruits, avocados, and raw tomato with a little sea salt and/or lemon juice. Green Vitality Powder,

detox tea, juicing, detox powder and detox supplements, green smoothies, soups, sprouts, salads, optional; sprouted nuts and seeds.

## ***The 3 Phases of Cleansing***

You will experience 3 phases during the cleansing process. As you move forward you may slip back into a previous phase a little and then shift forward again. The timing for each phase depends on your level of toxins, your body type and how much cleansing you have done in the past.

**Phase 1 Adaptation Phase:** Your body will react to the fact that you have changed your routine. Your stomach is going to send the “fed me signal” during the first 24-48 hours. Getting started is usually the most challenging time. This can result in withdrawal headaches, changes in bowel movements or a lack of them and sugar cravings. Your determined Spirit is what gets you through as well as having my support.

**Phase 2 Detox Phase:** During the first 3-6 days you may or may not experience some detox symptoms like, headaches, nausea, flu-like symptoms, fever, out-fections, or skin rashes. If any of these symptoms become intense it is known as “a healing crisis” I like to call it a “healing challenge”. As your Cleansing Coach call me to support you to move through this phase and while it may not be fun now it will shift. Remember if your experiencing any of these symptoms that means your body has been suffering with them for a long time. Detoxing is the release of acids and toxins that have been stored in your blood stream and the soft tissues so it is best to proceed slowly. I am your support for adjusting your cleansing experience so that you can move through the process with ease. There can be a “die-off” of yeast overgrowth and microbes. These must be cleared from the body quickly to avoid feeling sick. This is why we use detox tea, detox powder and do enemas and/or colonics to support the process of removing toxins. You will notice increased energy when these toxins are carried out of the body. If you experience a detox challenge please call me so I can coach you through it and we can make adjustments to your supplements as needed.

**Phase 3 Energizing Phase:** By day 4-6 most people are feeling more energized and their cravings have ceased. The detox tea and detox powder will assist the body in managing the levels of toxins in the blood. Your energy is freed up from digestive challenges so you have increasing energy and greater mental clarity. Your eyes will be brighter and your face will be glowing and you can be an inspiration to others who may want to attain their own health and vitality. Different body types loose weight accordingly, but you can expect to loose 4-10 pounds during the Cleanse. Most people gain back 2-4 pounds when the adapt back into a healthy diet. When you maintain a healthy alkaline diet long term your body will adapt to its proper weight.

### **The Cleansing Package Includes:**

#### **1. Cleansing Class or Consultation**

Mark your calendar for this inspirational Cleansing Class!

- Experience a natural, nourishing cleanse with herbal support.
- Learn effective and safe cleansing practices for your body.
- Understand your internal ecosystem and the process of detoxification.
- Energize with Cleansing Herbal Teas & Extracts.
- Eat more Alkaline LIVE food for health and nutrition.
- Recipes for juicing and blending, Soups & Smoothies.

#### **OR... If you can't make the class...schedule a Private Cleansing consultation:**

This session includes a review of your personal health history, determining your goals for the Cleanse, identifying your specific health challenges and the imbalances you need to address. We will

discuss the biology of alkalizing, the process of cleansing and detoxification and select the cleansing practices best suited for your Cleanse. We will review and outline your daily cleansing routine. You will receive a Cleansing booklet with all the necessary information, recipes, and guidelines.

## **2. Coaching during your Cleanse.**

Lenore is available to support you with your goals during your cleansing via email and by phone. She will be monitoring your cleanse and sending you information regarding each phase of the Cleanse. There are 3 phases to The Cleanse as outlined below. If you experience any detox symptoms or any form of a "healing crisis" you can call Lenore to support you in assessing the situation and making appropriate adjustments for a successful Cleanse & Detox.

## **3. A 1-hour Follow-up Consultation.**

As the Cleanse reaches its final days we will do a private follow-up consultation. I will explain the process of successful transitioning or how you can deepen and continue the Cleanse depending on your goals for health and healing. I will coach you in how to incorporate more alkaline and live foods into your diet. We will review your specific health challenges and create a plan for the next 4-6 weeks. This includes diet, food combining, recipes, supplements and energetic clearing work for maintaining optimal health and vitality.

### Cleansing Package Options:

- Cleanse Package: 3 hr. Class, Personal Coaching, 1 hr. Follow-up session. \$150
- 90 min. Private Consultation, Personal Coaching, 1 hr. Follow-up session. \$180
- Cleanse & Detox Class: \$75

For more information contact Lenore Anderson:

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