

Information Packet for Food-Based Weekend Cleanse

8 Handouts: will be sent as PDF files

Detox: General information

- benefits
- symptoms of toxic overload
- food de-toxifiers
- post-cleanse transitioning
- toxic trash details
- non-food cleansing supports

Weekend (or 2-3 Day) Detox Protocol

- steps throughout the 2 (or 3) days of the cleanse

Beet Detox Recipe

- recipe for liver and gallbladder cleanse – to be used during detox and maintenance

Green Smoothie Ideas

- plenty of options for variety

Cleanse Action Plan Worksheet

- write your food-action menu plan

Cleanse Action Plan Notes

- write your shopping list
- make notes on planning for success

Transition Recipes

- three simple recipes to give you an idea for transitioning back

Oil Pulling

- optional suggestion
- drug-free, natural detox practice that works for some

Cost: Cleanse Information Packet and Email Support

- \$20.00

Disclaimer:

The information hereby provided is at all times restricted to education on the subject of health matters intended for general well-being and not meant for the purposes of medical diagnoses, treatment or prescribing of medicine for any disease, or any licensed or controlled act which may constitute the practice of medicine.

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