

**Foods you may want to avoid
while cleansing:**

Processed Foods

Fast Food

Refined sugars

Hydrogenated oils

Bread product (w/white flour)

Milk

Tea

Coffee

Chocolate

Alcohol

Sodas

Corn

Soy Products

This type of change in your diet
definitely requires some planning
ahead, but it can be done!

Once you make the commitment,
the rest of the cleansing time is easy.

If you'd like some assistance
planning out a complete schedule,
please contact me from the information
on the back of this brochure.

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Whole foods can awaken your spirit!

Leafy greens, fruits and vegetables are
living energy for our bodies... yes, it
matters what we put in our bodies.

Once you starting eating well, you see a
difference in your mood, energy and
overall health. Losing weight is just a
natural outcome when people start
eating well.

- Cathy Sheldon, RN

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evaluated by the FDA. It is not intended to diagnose, treat, cure or
prevent any disease.

Wellness

LEANSE

Yes, it matters
what we put
in our bodies!



CLEANSE

Wellness

Why do we need a cleanse?

The purpose of a cleanse is to rid your body of toxins, chemicals, or poisons that we unknowingly ingest daily. It gives you a chance to take a look at your current eating habits and make a commitment to a better lifestyle and eating choices. Everyday your body is exposed to so many toxins in the environment. The cleanse can be a time to give your body and your digestive system a time to rest; a fresh start.

With all these toxins in our environment, our liver is especially affected. The liver has to process all these toxins and processed foods. Cleanses can involve fasting, be a liquid cleanse, a colon cleanse, a raw food cleanse; there are many different types.

This information is advocating a whole foods cleanse. It is a simple cleanse.

Our agricultural system in the United States is like no other in the world. Please read any books you can by Michael Pollan. He is a contributing author for the New York Times Magazine and has researched and written several books on how our food makes it to our tables. Other industrialized nations do not allow GMO (genetically modified organisms) into their agricultural systems; whereas the US completely supports this type of farming. Our meat supply are cows and other animals that are fed corn instead of grass. Cows are meant to eat grass. Grass is a living food source for them. As

a result of this unnatural food source for this animal, this livestock has unnaturally high levels of saturated fat. This disproportionate amount of fat is believed to cause inflammation in our bodies.

Our bodies are a perfect machine. We are designed to cleanse, detoxify, and heal. When given the right nutrients and foods for our particular body type, we flourish and thrive. When we

eat foods that are void of nutrients and energy, we become ill and unbalanced.

A simple cleanse can help you jump-start a commitment to practice wellness. While all our bodies are different and require different nutrients based on our own biochemical individuality, there are general guidelines that may be helpful for all people.

General Guidelines

Summary: This is a 2 week period to commit to your health and wellness!

Every morning when you wake, rehydrate yourself with 12-16oz of water in the morning. Options: add a couple of teaspoons of apple cider vinegar; make it ½ water and ½ unsweetened cranberry juice or just plain water with a squeeze of lemon. Drink a glass of water before every meal to help digest your food and fill you up prior to eating.

Cut out any processed food! (yes, that means french fries) Processed foods are any foods that are in a box and contain many ingredients you cannot pronounce. If you really would like something like French fries, buy some potatoes, cut them up, drizzle some olive oil or coconut oil, sprinkle with sea salt and roast for 45 mins @ 400 degrees. Processed foods contain toxins and possible allergens and sensitivities that you may not even know you have. Benefits of not eating processed foods are many. You will also avoid ingesting trans fats and artificial preservatives.

Along with the above, avoid fast food for two weeks. This will take some planning for busy people on the move everyday. I understand having a kiddo in hockey for many years. But, it will be worth it in the end. You really will start to feel better when you cut out processed and fast foods.

Eat seasonal foods! That may be more difficult in the winter, but eat fresh fruits and vegetables every single day during this 2 week period. Mix it up and eat from all colors of the rainbow. Reduce your meat consumption and make sure to include lean proteins and healthy fats as well as whole grains like brown rice and quinoa. You should also try gluten free products which will give your body a rest from digesting wheat. When possible choose organic fruits & vegetable and range-free meat.

Eat frequently throughout the day; do not let yourself get hungry.

Always have a water bottle with you and stay hydrated throughout the day. It's also beneficial to exercise at least 30 minutes, 5-6 days a week and build up to 1 hour.

OPTIONS

If you are a healthy individual without any type of disease process like metabolic syndrome or diabetes, you may want to try a 3 day liquid diet on Days #6, Day #7, and Day #8. These consist of soups and smoothies. I can e-mail you with some good websites for some recipes or some of my own.