



## Seasonal Cleanse Frequently Asked Questions;

Can I work when I am doing an ayurvedic cleanse?

YES! THIS CLEANSE IS DESIGNED FOR BUSY, WORKING PEOPLE. WE MEET ON THE WEEKENDS AND EVENINGS FOR 2 INFORMATIVE CLASSES AND DURING THE CLEANSE YOU WILL BE SUPPORTED WITH A MEMBERSHIP TO OUR ONLINE CLASS FORUM. YOU CAN EASILY TAKE APPROPRIATE CLEANSING FOODS WITH YOU TO WORK.

Can I do an ayurvedic cleanse while I'm nursing?

YES! YOU WILL DO MORE OF A REJUVINATION CLEANSE, WHERE WE NOURISH YOUR BODY, MIND AND SPIRIT AND HELP YOU TO FEEL GROUNDED AND SUPPORTED. THIS ALLOWS YOU TO OFFER A MORE PEACEFUL AND NURTURING MAMA TO YOUR SWEET LITTLE ONES.

Why should I do an ayurvedic spring cleanse?

SETTING ASIDE A SMALL AMOUNT OF TIME IN THE SPRING TO PLACE INTENTION ON YOUR HEALTH WILL ALLOW YOU TO AVOID SICKNESS AND RELEASE THE TOXINS THAT HAVE BUILT UP IN YOUR BODY OVER THE WINTER. CLEANSING IS A GREAT WAY TO LET GO OF SOME CHIEF COMPLAINTS LIKE; ACHY JOINTS, HEAD ACHES, SKIN RASHES, ALLERGIES, SLUGGISH DIGESTION, HEARTBURN, ACNE, STUBBORN WEIGHT GAIN... IT IS ALSO A GREAT TIME TO MAKE SOME POSITIVE LIFESTYLE CHANGES YOU HAVE BEEN WANTING TO IMPLEMENT, WITH A SUPPORTIVE GROUP OF PEOPLE ALSO WORKING ON STEPPING TOWARDS A MORE HEALTHY SELF.

I am a busy mama and I work full time, can I fit a cleanse into my hectic schedule?

YES! AYURVEDA IS ALL ABOUT WORKING WITH THE NATURAL RHYTHMS THAT SURROUND YOU. BY IMPLEMENTING A FEW AYURVEDIC PRINCIPLES AROUND DAILY ROUTINE AND SEASONAL EATING YOU WILL FIND MORE TIME AND ENERGY TO ACCOMPLISH THE THINGS THAT ARE TRULY IMPORTANT, LIKE YOUR HEALTH AND THE HEALTH OF YOUR FAMILY.

Can I do the cleanse if I'm not an experienced cook?

YES. WE CAN DESIGN A VERY NOURISHING MEAL PLAN FOR YOU THAT WILL BE VERY SIMPLE TO PREPARE.



What will I be eating during the cleanse and why?

I WILL HELP EACH INDIVIDUAL DESIGN A SIMPLE DIET PLAN CONSISTING OF NOURISHING SEASONAL VEGGIES AND FRUITS, SPROUTS, GRAINS, BEANS, OILS, SPICES, AND OPTIONAL JUICEING.

60% OF OUR ENERGY GOES TO DIGESTING OUR FOOD. BY CHOOSEING A NOUSHING, EASILY DIGESTED DIET FOR 5-14 DAYS YOU GIVE YOUR DIGESTIVE TRACT A BREAK AND ALLOW FOR DEEPER HEALING TO TAKE PLACE.

