

HOW TO COME OFF A CLEANSE...

and not go overboard

- ▶ Every once in a while it is HEALING to limit yourself to only very healthy foods. It helps our bodies to reset- the cells in our body rid themselves of toxins, repair, and start functioning better.
- ▶ Maintaining these more restrictive diets is challenging, some more extreme diets are simply impossible to keep up for an extended period of time.
- ▶ I believe that *the days following* a “cleanse” or nutritional challenge are **AS IMPORTANT** as the cleanse itself!
- ▶ Be cautious of planning all the foods you want to eat because they have been restricted. This can start to foster an unhealthy approach to food.

FOOD FOR THOUGHT

- ▶ Although it seems like there are “good foods” and “bad foods”, food is really just food. What we eat carries the value and meaning we decide to assign to it. Of course some foods are more healthy than others, but in moderation a balanced diet will not become unhealthy because you had dessert or deep fried food one night. If you **maintain a healthy balanced nutrition routine** for most of the week, **enjoy the foods you love** without guilt. Love your life and your food- don't endure it! If we start saying that all bread/ sugar/ dairy/ potatoes are evil, then we set ourselves up for a cycle of restriction and overindulgence.
- ▶ Take some time to reflect on how your body felt during the challenge. Did you learn anything about what foods you feel better without? If you did - hold on to that knowledge. If you felt less bloated without grains in your diet - focus on how you feel when you have grains again for the first time. The same for dairy, sugar, alcohol. Often we react to specific food groups not because we are allergic, but because we just have too much in our system. Taking a break from these foods/drinks allows our body to recover. When you bring them back into your life - do so with moderation! If you decide your first meal will be a large pepperoni pizza, your stomach will probably revolt.