



Holistic Cleanse FAQs

What's the detox diet like?

Dr. Molly recommends a hypoallergenic, anti-inflammatory diet for detox and health maintenance. Basically this means avoiding pro-inflammatory foods (dairy, wheat, egg, soy, sugar, corn) for 14 days. During the Cleanse you will enjoy fresh veggies, fruits, nuts, seeds, beans, legumes, and optionally some fresh fish. She will introduce the diet in a way that is understandable and simple to incorporate into your lifestyle.

Will I be hungry?

No. There will be no restriction on the amount of food that you eat during this cleanse. However, there are guidelines on what you can eat. This cleanse is designed to nourish your body, not deplete it. Dr. Molly encourages that you eat frequently throughout the day to keep your energy and blood sugar levels stable. Two of the supplements provided can be made into shakes that will help you maintain blood sugar levels, keep your hunger satisfied, as well as provide you with essential protein.

Do I have to give up coffee?

Dr. Molly recognizes that giving up coffee is one of the hardest legal addictions in our culture to break, and can be anxiety producing for some people. The good news is that she can give you tips and suggestions to wean you off for your 14 day cleanse. Often people report feeling more energized when they wake and enjoying more stable energy levels throughout the day once they have made the transition away from drinking coffee.

Will I be pooping all the time?

For an effective cleanse, it is expected that you will have between 1-3 bowel movements a day. For many people this may already be the norm. Most participants should find that their bowel elimination is not extreme or dramatic during the 14 day cleanse, although it is not uncommon to have some variation of bowel consistency during the cleanse. This is considered part of an effective cleanse, and should not cause concern or effect your daily activities.

What can I expect my energy levels to be like?

Everyone is unique. Depending on what toxins are mobilized during your cleanse, you may experience a few days of fatigue. Typically participants who have a few days of decreased energy during the first week of the Cleanse, will be feeling great by week two. By nourishing your body during the Cleanse and approaching the multiple eliminatory routes in your body, this cleanse is designed to minimize fatigue and other negative side effects associated with cleanses. This is a restorative and rejuvenating cleanse.

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