



What is the Cleanse?

The Cleanse is a 10-14 day experience that requires individuals to make dietary modifications to bring about the following:

- 1) A cleansing and rejuvenation to the digestive and recuperative systems of the body
- 2) An increased awareness of the effect of specific foods and food types on both the body and mind

What type of dietary modifications are made?

You are asked to refrain from taking in foods that are either difficult or energy consuming to digest, as well as foods that can be aggravated to the digestive system and/or foods that detract from our health and well-being. This list includes wheat, dairy, red meat, shellfish, corn, soda, coffee, caffeine, hydrogenated fats and oils, and processed foods containing preservatives, additives, coloring, nitrates, etc.

What can you eat during the Cleanse?

The foods on your menu should be fresh and whole to support the rebuilding and rejuvenation process. Plentiful amounts of fresh vegetables (preferably Organic), some fruits, and light proteins such as chicken, fish and eggs are all OK. We ask that you use this as an opportunity to experiment with new foods such as Quinoa, Tempeh or Tofu. It is not required or even suggested that you cut calories or restrict food volume, *it is not about starving!*

What type of reaction can you expect?

This very much varies depending upon the individual and their health status upon commencing the Cleanse. Individuals who maintain a reasonably healthy lifestyle will notice nominal, yet beneficial changes. If the suggested diet is a drastic change from your current regime, you may experience withdrawal symptoms ranging from cravings to headache to fatigue. Many past participants have been happy to experience increased energy and mental clarity, decreased sugar cravings and a moderate weight loss after completing the Cleanse, as well as a new appreciation of the impact of food on their well-being.

What are the supplements? Do I need to use them?

There are four dietary supplements that are recommended for use during the course of the Cleanse. Each has a different role in supporting the process:

- 1) *Pro-Biotic* – A blend of the “good” bacteria that resides in our gut such as acidophilus, bifidus, etc., as commonly also seen in yogurt. These organisms become depleted from the use of antibiotics, consumption of commercially raised meats, etc.
- 2) *Fiber* - Similar to a “Metamucil” supplement, a fiber blend will be recommended to add bulk to the diet and add digestion and elimination
- 3) *Greens* – Simply a capsule form of dehydrated organic green vegetables, Greens contain vital phytonutrients that are essential to the vibrance and turnover of cells
- 4) *Liver Cleanse* – The liver is the primary processing center of the body and is responsible for the breakdown and elimination of many of the toxins that we are commonly exposed to. The compounds found in this supplement have been found supportive in the maintaining the vitality and function of the liver.

The supplements are, as their name suggests, supplements to support the dietary protocol. They are suggested, but not necessary to achieve benefit from the Cleanse.

For more information about The Cleanse, contact Eric D’Agati at **ONE Human Performance** at 973-882-3366 or eric@onehumanperformance.com