

# Spring Cleanse

## Frequently Asked Questions

### **Why should I do a seasonal cleanse?**

Periodic cleansing should be an important part of everyone's self-care regimen. Even if you are the type of person who eats organic home-cooked food every day, you can still build up toxins and chemicals and energetic stagnation in your body, just by living in our modern world. Add to that any occasional indulgences in alcohol, white flour or sugar, a little too much animal protein, caffeine, etc., and you're looking at a body in need of some spring (or fall) cleaning!

### **Am I going to be starving all week?**

No way! One of the reasons I don't like cleanses like the Master Cleanse or a Juice Fast is because you don't end up taking in enough nutrients. I don't want anyone to be light headed or passing out or super grumpy or unable to focus. That being said, a cleanse is a good opportunity to get by on a little less food than you normally do. Not to the point where you get spacey or nauseated, of course; but experiencing a little physical hunger once in a while is a rich learning experience.

### **But seriously, I think I might starve.**

You're not going to starve. If you find that your metabolism is ultra fast, or you know you get by better with several small meals rather than three large ones, you can divide your meals. That would mean eating half your breakfast at one time, then the other half a few hours later. You can also snack (a little!) on some roasted pumpkin seeds or sunflower seeds or raw almonds if you really really need to. Plus, the amount of water you'll be drinking in addition to extras like herbal teas will help keep you feeling full.

### **Am I going to need to stick close to a toilet all week?**

Well...maybe, maybe not. You will be urinating a lot more frequently than you're used to, and you may indeed find that your bowel movements increase in frequency. However, you won't be making mad dashes to the bathroom and you won't be suffering cramps or anything like that. If you do have any uncomfortable bathroom symptoms, let me know! We can figure out together what might be going on and how you can remedy the situation.

### **Isn't it going to be boring eating the cleanse menu?**

You may not get the usual excitement from your food this week...but it's only a week. And that in itself is a good lesson. Are you looking too much to food for entertainment? Maybe you can fill that need with other options, like reading a good book or doing a craft project.

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## **Oh my god what am I going to do without my coffee/cigarettes/alcohol etc.?**

You're going to be FINE. Depending on what substances you're cutting out, you may experience some headaches or crankiness. Just breathe. Drink a full glass of water and write in to the Cleanse Group. That's what it's there for; to support you through the challenges that may arise.

## **Headaches? What other symptoms might I experience?**

You may have a whole host of physical reactions to cleansing; or you may have none. You might have headaches or pimples or tiredness or extra energy or clear skin or moodiness or joyfulness or...pretty much anything. If you're clearing out a lot of physical toxins, you might feel a little yucky. That's just the toxins pushing their way out of your body. If you experience any extreme symptoms, however, let me know! Write in to the Yahoo Group so we can work it out.

## **This all sounds really hard. Why am I doing this again?**

Because cleansing will help you feel amazingly clear, clean, energized, proud, joyful, connected, grounded, aligned, and just plain spiffy!

## **Okay, I'm in. So what do I do now?**

Clear your calendar. This is your week. Give yourself the time and space to devote to your self-healing. Try to limit your work and social obligations. Make sure you have enough time for lunch. Tell your boss you can't work any overtime this week. Think about what kinds of clearing out projects you might want to do this week. Think about what kinds of creative endeavors you might want to pursue. Make sure you can get enough rest this week. Clean your bathtub in advance so you can take some nice salt soaks. Get the cleanse shopping out of the way and stack your Tupperware in easy reach. Fit in some time for mild exercise (some cardio is good but skip the weight training this week) and fit in even more time for calm, self-reflective, loving "alone time". Check in on the Cleanse Yahoo Group daily and write in with any questions, reactions, observations, and tidbits of support for your fellow cleansers. Write in a journal, meditate, breathe, relax, enjoy...