

# Cleansing 101

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## WHO SHOULD CLEANSE?

- If you feel sluggish, chronic low energy, or exhausted by stress
  - If you have chronic acne, eczema, psoriasis
  - If you suffer from foggy brain, trouble concentrating, insomnia, poor sleep
  - If you're struggling with addictions or cravings to food, or prone to emotional and overeating
  - If you have bloating, gas, poor digestion, and/or excess weight
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## WHAT IS CLEANSING?

My definition of a cleanse: eating healthy whole foods, and releasing the things that are dragging us down.

Your body is a wonderful machine that will naturally cleanse itself if you get out of the way and allow it to.

Cleansing should lighten things up on your system, while giving you balanced nutrition to fuel your day.

People cleanse for a lot of different reasons, but to me it's about freeing your body to be as healthy as possible.

A cleanse should not force your body to detoxify - just enable it to do what it's designed to do!

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## WHY CLEANSE?

- Better, more lasting energy
  - Clearing skin, shinier hair
  - Feel better in your clothes and love your body
  - Improve mental clarity and focus, sleep more soundly, better able to handle stress
  - Eliminate cravings, break addictions, stop overeating
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## WHEN IS IT A GOOD IDEA?

Cleansing, as defined above, means that you're nourishing your body while giving it a rest from the regular onslaught of excess food (and maybe junk food?) we pile in there that prevents it from working optimally.

So almost everyone can benefit from a light cleanse. Aside from the specific benefits, it can simply be a mental shift back to healthier habits. I try to do at least one or two cleanses each year, as a 3-day reset.

The only times a cleanse is not a good idea is while pregnant or nursing, or if suffering from an eating disorder.

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## HOW

- Eat lots of nutrient-dense foods to maintain energy levels and nourishment.
  - Avoid or eliminate triggers and foods that are not serving you.
  - Maintain light exercise to release toxins and keep digestion and lymph systems moving.
  - Boost cleansing effects with natural nutritional and botanical supplements.
  - Get the support you need to stick with it, and ensure you're getting balanced nutrition while cleansing
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## WHERE TO GO FOR SUPPORT

No one is an island, and we all work better together - particularly when doing something like a cleanse that not everyone in your regular life will understand.

It's important to have guidance from a professional you can trust when going into a cleanse, because if your body is holding on to a lot of toxins it's possible to have some side effects as they release.

Click through to my site for more info about my nutritionally-balanced and energizing cleanse program.

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**3-day tune-up cleanse program:**  
**[www.heathernicholds.com/cleanse](http://www.heathernicholds.com/cleanse)**



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