

## *Should I Cleanse?*

One of the most common questions I get from many ladies is if they should cleanse or do a detox? Although this may sound like a good idea, you should ask the question WHY? Why do you want to do it? Do you want to do it to lose weight? If so the answer is NO.

### **Who should do a cleanse?**

A healthy person that has been in ketosis will respond much better to a cleanse.

A person that can manage their stress (physical, chemical, emotional) will do better on a cleanse as it can be stressful.

### **How should I do a cleanse?**

There are many pre-packaged products available to do cleanses however it may get costly and you can do the same with real food. See option #2 below.

### **What are the best types of cleanses for a keto lady?**

- #1-Try a meatless Monday and get your protein from a plant based smoothie and plant based foods
- #2-You can also do a juice fast for 3 – 5 days and also add 2-3 cups of bone broth to ease the fast for an extended period of time; this works great if you do this once a month to help heal your gut and sustain gut healing

If you choose to do a *juice fast*, high intensity exercise should not be done during the 3 days and be replaced with yoga, walking, and tai chi.

The benefits of option #2 is it promotes autophagy which allows cellular regeneration and to clean up damaged debris and promotes anti-aging.