

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.