



# Cleanse FAQ



---

### **Disclaimer Notice**

---

*We are not a medical facility and are not able to give medical advice. When undertaking this or any cleansing program, please first consult with your health care professional.*

---

#### » **The Cleanse Program is not for you if:**

- **You are diabetic**
- **You are pregnant / breastfeeding**
- **You are taking blood thinners**
- **You have a chronic disease**
- **You are under 18 or over 60 years of age**

**The Yoga Barn does not accept any liability for any complications that may arise when undertaking this program.**

The information provided is for educational purposes. The Yoga Barn is not giving the information as medical advice and The Yoga Barn is not liable for your decisions or actions taken or consequences. The Yoga Barn will not take responsibility for any pre-existing medical condition, diagnosed or undiagnosed, which affects the outcome regarding adding juices to a diet, or as a result of choosing to fast for any period of time. Any physical or medical symptoms or reactions to adding juices to the diet, or from fasting for any period of time, are not the responsibility of The Yoga Barn. It is the responsibility of the individual to consult with a doctor if you have been diagnosed with a specific condition or are currently prescribed medication for any reason. If you have any specific questions about any medical matter at all or any symptoms which have developed since the onset of adding juices to your diet, or from undertaking fasting, you should consult your doctor. The Yoga Barn does not intend or offer to propose a cure for any disease or condition.



### » What does a “juice fast” mean?

An intentional time of ‘fasting’ is when we stop in-taking solid foods and allow the digestive system a chance to rest. You will drink only fresh juices/nut-milk, and will not be eating solid food for 3 days – not even raw foods.

### » What is the philosophy around this Cleanse program?

There are many ways to cleanse, but the most effective has been shown to be detoxification of the entire digestive tract combined with practices such as yoga and meditation. The digestive system is the ‘hub’ of our entire body, and if it is polluted– every component of our body becomes polluted: tissues, organs, blood, all the way into the cells. The Yoga Barn Juice Cleanse Program has been designed to assist in and encourage the removal of built-up internal toxins, helping you move toward a state of optimal health.

#### Some of the benefits of Cleansing are:

1. Increased energy and vitality
2. Increased clarity of mind, focus and intuition
3. More radiant complexion
4. Boost your immune system
5. Release stored toxins
6. Restoration of health from degenerative illness
7. Promote longevity
8. Feelings of empowerment, inspiration and motivation
9. Old patterns of behavior & addictions fall away
10. Develop a more conscious connection with food and nourishment
11. More efficient assimilation of nutrients and elimination of waste
12. Overall feeling of improved health & wellbeing

### » Can I really go for 3 days without eating solid food?

Yes - of course! Our bodies were created with very intelligent mechanisms to go through cycles of feast and famine. Though today, we're in a constant feast, and the famine never comes. The human body can thrive and survive for 40-50 days on WATER alone! So just 3 days with lots of juice and nut milk is a well-suited, gentle holiday for your system.

### » How often one should do a detoxification?

Great question! It depends on how dedicated you are to healing and preventing disease. One can live a detoxification lifestyle! In terms of FASTING, and how often one should fast, that's based upon your lifestyle. Some people enjoy a Cleanse once monthly, others, 4 times per year, with the change of the seasons. Do it whenever you're feeling sluggish, run-down, irritable, or if you've just over-indulged. Each time you Cleanse, you go deeper and address different areas that need attention.

### » I am currently on my menstrual cycle, or I will be during the Cleanse. Does this affect the colon irrigation or detox process?

Your menstrual cycle in itself is a detoxification, and your body will be happy to further cleanse. This will not affect the colonic.

### » Will I be hungry?

Most Cleansers have NOT experienced any feeling of hunger and have better come to understand what their “hunger” symptoms really mean. Three days with delicious juices & nut milk will be a pleasurable break for your system!

### » When would you suggest doing a Cleanse, and when not?

Cleansing is not for you if:

- You are diabetic
- You are pregnant/breastfeeding
- You are taking blood thinners
- You have a chronic disease
- You are under 18 or over 60 years of age

If you have a pre-diagnosed medical condition or any organ failure, we recommend you consult your doctor to find a residential sanatorium for more medical-focused care.

### » Do I have to participate in the colonic?

Colon cleansing is an integral part of any fasting/cleansing program, and Yoga Barn's commitment to making sure the ‘-tox’ from a detox IS actually eliminated is what makes our programs some of the most effective in the world. So, in essence, the colon hygiene part of the program is one of the most integral pieces in the detox puzzle. We invite you to go beyond your fears and come to try something new! We promise you'll be surprised. This is a road to empowerment to take your health back into your own hands. As for colonics, The Yoga Barn's Colonics Clinic is one of the best places in the world to have colon irrigation. First of all, we use a traditional gravity-based system. There is no machine. Many places today (that cause bad press about colonics) are not gravity, but rather machine-based. The pressure exerted in a machine session is like having a garden hose put up your bum. In what we do here on a gravity system, there is no risk involved, as the entire process is in response to your body and the water it wants or doesn't want to take in at that moment in time. Beyond the magical simplicity of the gravity system, we also practice a form of colonics called “The Wood's Method”. This is again, a traditional and incredibly effective method of administering colon hydrotherapy. It is aimed more at re-building the intestinal musculature and getting into deeper detoxification.

Normal machine-based colonics are usually only concerned with washing out the colon and alleviating constipation. So, as far as colon hydrotherapy goes, you'll be in a very, very good place. One of the best in the world. It would be a shame to miss such an opportunity. Quite often previously fearful clients walk out and say: “that wasn't bad at all, thank you so much!”

**Please Note:** *That any research you may do online is likely in reference to a different form of colonics! Please let us know if you have any further questions.*





# Advice on Preparing for Your Cleanse

---

Although preparing for your Cleanse is not an absolute requirement, doing so will make the transition to juicing-fasting much easier. Anywhere from 2-4 days prior to the commencement of your Cleanse, we strongly recommend that you attempt to eliminate fried foods, red meat, dairy products, sugar, coffee and alcohol from your diet.

In particular, if you are accustomed to drinking a lot of caffeinated beverages (coffee, tea, soda etc..) we do recommend that you start reducing consumption in the immediate 2-4 days prior to the Cleanse, as you're far less likely to suffer side-effects from caffeine withdrawal.

Food-wise, concentrate on consuming fresh fruit, vegetables, seeds, fish and at least 8 glasses of water per day. The simpler and more basic your diet is prior to cleansing, the more successful you will be in eliminating the toxins from your system once you begin the program. You can also prepare by eating smaller meals every 2-3 hours, because this is roughly the same schedule you will be following for your juices during the Cleanse Program.

