

3-Day
Fall Cleanse For A
*Radiant Body
& A Joyful Life*

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Hello and welcome to the *3-Day Fall Cleanse For A Radiant Body And A Joyful Life.*



I am Rachel of Healthnutgirl.com.

I live in New York with my son, husband and many pets. My love affair with nutrition started when I was 10 years old and became a vegetarian. The whole family started learning about health and nutrition as a way of making sure my body gets what it needs and it led to my parents opening up two healthful stores in my town. I started working there part time when I was in high school and full time after. I counseled people, collaborated with holistic practitioners and devoured health books. When I moved to New York, I studied and worked at the Institute For Integrative Nutrition for many years counseling clients, mentoring students and teaching whole food cooking classes.

I love working with women. I lead Women Health Circles where I teach women to fall in love with themselves and with a healthy life. To determine if this program will resonate with you, visit <http://healthnutgirl.com/womens-health-circle/>

Please email me at Contact@healthnutgirl.com. I would love schedule a time to talk and to support you any way I can.

Why Cleanse?

1. Get rid of toxins.

We live in an environment that has toxins coming at us from all direction. The polluted air we breath. Chemicals in many of the cleaning and beauty products we use. Preservatives, chemicals and pesticides in the foods we eat. With time, those toxins accumulate and can cause a succession of chronic conditions that are related to toxic overload. Getting rid of toxins lead to better health, stronger immune system and will add years to your life.

2. Healthier digestion

Health begins with a well functioning digestion. Over time, our digestive system gets clogged up with excess waste, mucus and toxins and a cleanse helps flush them out. When our digestive system is cleansed the foods we eat gets digested and absorbed better and our body gets a lot more nutrients, vitamins and minerals.

3. Better elimination

A cleansed digestive system helps the food move better through the colon and intestines. We will also eliminate old waste that was “stuck” in our digestive system. Emphasizing cleansing foods that are high in fiber and easily digested will help your elimination process run smoothly. You will feel lighter and cleansed from the inside.

4. More energy

This is one of the main reasons that people want to do a cleanse. Fatigue and low energy are the number one health complaint for women these days. Following a cleanse you will notice a big boost in your WHY CLEANSE? energy levels and will be able to accomplish much more.



5. Better focus

Eliminating toxins from our food and body helps to clear the mental fog that interferes with our thinking. You will be able to think better, remember better and focus on what is really important.

6. Healthier organs

Many toxins can end up in our liver and in other organs as well. A cleanse helps eliminate toxins from our organs and help them function better.

7. Better sleep

With a cleansed system, better digestion and better nutrient absorption many people who suffer from sleep difficulties notice a great improvement in the length and quality of their sleep. Better sleep also contributes to better energy and focus. very significantly, while doing a cleanse. But that weight loss will be short lived if they return to their previous lifestyle afterwards. A cleanse is a great opportunity to look at our habits and make healthy changes that will result is a healthy body at a healthy weight for life.

8. Glowing skin and hair

The skin is the largest organ of elimination and a cleansed system coupled with increased nutrients mean clearer more radiant skin and shinier and stronger hair.

9. Feel happier

As your body gets rid of toxins, you will also start getting rid of emotional toxins, be able to let go of things that no longer contribute to a happy life and embrace the things that bring you joy.

10. Grow younger

Toxins accelerate the aging process. When your cells are cleansed and well nourished your body will be able to regenerate better and slow down the aging process. You will look and feel younger.

Many people are drawn to cleanses as a way to lose weight. And they will experience weight loss, sometimes very significantly, while doing a cleanse. But that weight loss will be short lived if they return to their previous lifestyle afterwards. A cleanse is a great opportunity to look at our habits and make healthy changes that will result in a healthy body at a healthy weight for life.



Fall Cleanse

I recommend to do a cleanse in the beginning of every season and to adjust them seasonally. Our body thrives when we eat in harmony with nature.

During the fall we need foods that will increase our joy and energy as we transition from summer into winter.

More cooked foods, roasted vegetables, soups and warm salads are the stars of Fall!

This Fall Cleanse is a guide to get you more energized and healthier. For three days you will avoid foods that are very processed and hard to digest. Follow the recommendations as much as you can; you don't have to be perfect!



DAY ONE

Start your day with a warm ginger tea.

Slice a teaspoon of fresh ginger and add 1 cup of hot water.

Optional: add a teaspoon of raw honey.

You can have this drink every morning during the cleanse and beyond.

Avoid additives, preservatives, added flavors, colors and chemicals. Read labels. Make sure the ingredients list contains recognizable real foods.

Recipe - Fall Lentil soup

Sauté diced onion and celery in 1 tablespoon of coconut oil until vegetables are soft. Add one cup of rinsed dry red lentils and chopped seasonal vegetables like carrots, squashes and turnips. Add 1 tablespoon of tomato paste, salt, pepper, sweet paprika and Italian seasoning. Add plenty of water (or vegetable broth, or both) and cook on low flame until lentils are cooked, about 20-30 minutes. Add leafy greens like kale or spinach and cook 2 more minutes.

Serve with chopped fresh parsley and a squeeze of lemon juice. You can add some cooked grains to this soup or eat it with a slice of sourdough bread.



DAY TWO

Start your day with a stretch, waking up your limbs and muscles and making them supple and alive. Do it in any way that feels easy and joyful for you!

Avoid refined foods like white sugar and white flour.
You can use natural sweeteners like raw honey or date syrup.

Recipe - Beans And Greens

Heat up a little olive oil in frying pan. Add washed and chopped leafy greens (like kale, bok choy, broccoli rabe, spinach, chard) and saute for a minute. Add chopped garlic, salt and pepper. Add 1 1/2 cups of cooked beans or chickpeas (or use canned, rinsed). Sauté for another 2-3 minutes, sprinkle with a little cayenne pepper if you like it a little spicy and a squeeze of fresh lemon.





DAY THREE

Start your day with writing a list of everything in your life you would like to say goodbye to. A cleanse is a great time to let go of unwanted habits, behaviors, situations and stuff. When you finish making the list, burn it! Please practice fire safety! As the flames consume your words, visualize leaving all those things behind.

Avoid hard to digest animal food, that includes all animal flesh, eggs and milk products.

You can use plant based milks and yogurts like coconut, soy or almond.

Recipe - Fall Salad

Slice one package of tempeh into strips.

Mix with 1 tablespoon of toasted sesame oil, 1 clove of minced garlic, 1 teaspoon of grated ginger, 2 tablespoons of soy sauce and 2 teaspoons of mirin. Bake in 400oF/200oC oven in a baking dish lined with parchment paper for about 20 minutes, until golden brown.

Serve on top of steamed kale, roasted fall vegetables, sliced red cabbage and toasted sesame seeds.

Drizzle with carrot ginger dressing:

Put all the ingredients in your blender and process until smooth:

2 carrots, washed and peeled

1 inch piece of fresh peeled ginger

1/8 peeled onion

1/4 appleTeaspoon mustard

2 teaspoons soy sauce

4 tablespoons apple cider vinegar

2 tablespoons olive oil

1 teaspoon toasted sesame oil

2 tablespoons water



AFTER THE CLEANSE

Take some time to notice and journal about how you feel.

What improvements have you noticed?

What was challenging?

Are there any foods you would like to continue to stay away from?

This cleanse is a great opportunity to listen to your body and what it needs.



Ready for more?

Please join Rachel's Women Health Circle! It is a 6-month total wellness program that will completely transform your health and your life! More information here:

<http://healthnutgirl.com/womens-health-circle/>

These cleanses are designed to be your trusted companions as your body adjusts to each seasons. You can repeat them again and again with glowing results.

Here are what some of my Women Health Circle clients say:

I signed up for Rachel's six month nutritional counseling program, during a transitional time in my life. I was already eating a natural foods diet, but I wasn't feeling so motivated to cook and prepare the best food for myself. Rachel's warmth and understanding were very comforting and made me feel supported. Her counseling didn't only relate to the actual food I put in my mouth, but to other kinds of nourishment in my life, as well. Rachel helped me take very "doable" steps that improved my health and energy levels. She translates her knowledge into simple and practical steps that are easy to implement, so the process of change is pleasant and not intimidating. I highly recommend Rachel, she can truly help you improve your health and your life!

Hana Dolgin

Saxophonist and Kangen Water Distributor

What a difference you have made in my life-style in the last year. I have both high blood pressure and diabetes. With your help I have learned to change my eating habits, learned to cook new vegetables, beans, etc, new exercises to do. This has enabled me to lower my blood pressure, control my diabetes, and lose 40 lbs. You treat the total person and address not only the nutritional aspects, but the mental and physical aspects so that I was able to deal with my problems and make the necessary changes to my daily life-style. These changes are now my normal routine and I feel so much better about myself. Thank you again for your help.

Sally

Government clerk, New York

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