



Commonly Asked Questions

While this may be simple for some, there are beginners who may need a little help. This is for you!



Drink your juice out of a wine glass! Makes you feel like you are having that evening glass of red.

Can I drink alcohol or coffee?

No. The idea behind this next three days is to clean out as much of the toxic sludge as possible. Try to drink lots of water, add some lemon for added benefit. If you like you may also add herbal teas.

What herbal teas are acceptable during the 3 day detox/cleanse?

I like to make my own ginger tea in the evening, it's a great added benefit given all the anti-inflammatory properties. Just

feel free to email:

holly@thewildcarrot.ca if you
have questions not covered in
this PDF

slice up some organic ginger, add to a pot of water and bring to a mild boil (rolling bubbles). Steep the tea in a pot on the stove for 45 minutes. The longer it steeps (on low) the stronger, and spicier it will be. You can add a little raw honey after it's reached desired flavour. Don't add the honey till the tea has cooled a little or you will destroy the beneficial properties of it.

You can also make your own herbal infusion of dried peppermint or fresh peppermint leaves. Even making your own garlic tea is a great benefit to your cleanse. When making a garlic tea you will want to use the skin as well, so save those from all the recipes. Other teas that have been said to have detox properties are:



Make sure that if you are purchasing teas they are top quality, loose leaf and free from pesticide residue

Milk thistle - rich in an antioxidant called silymarin. This has been found to boost liver function and shield against the toxic effects of certain substances like alcohol. There are some studies, although inconclusive that milk thistle may promote regeneration of liver cells.

Burdock - Also shown to protect the liver cells from harmful effects of alcohol and acetaminophen related damage. Rich in inulin (the finer essential for healthy digestion and elimination) I am of the belief that in order to really gain the true benefit of this you would need to consume burdock root as a whole food rather than in a tea form.

Dandelion- Stimulation of the flow of bile is essential in the transportation of toxins away from the liver so it can be excreted by the body, it is said that dandelion does this. This tea could also boast some protection against liver damage caused by environmental toxins.

Artichoke - ever wanted to know what the heck to do with artichokes? Make tea! Research shows that artichoke is high in caffeoylquinic acids, an antioxidant substance known to increase bile flow. It boasts toxin fighting effects, and may trigger the regeneration of liver cells.

What if I don't own a juicer?



Make sure that if you are purchasing organic, non GMO ingredients for your juices. You don't want to be putting more toxins in when we are trying to get the toxins OUT.

That's ok! While having a juicer to make the juicer is best you can convert the juice recipes to shakes if you need to. The idea of having the juice is to eliminate the finer to make it easier on your system. Thus the general cleanse effect. Don't worry though, just peel those fruit, core the apples, remove the seeds and voila. Create the shake and go.

Can I still workout?

Many people find it no problem to work out, continue with crossfit or even high intensity cardio while on this. Others find they get to tired for heavy lifting or intense cardio activities. I advise to keep it light as to reduce the risk of dizziness. Take a break from the intense workout and use these days to relax and let your body do what it needs to do. If you like you can let the Friday be your lighter day, lighter lifting, light cardio etc, then rest on Saturday and Sunday. Use your judgement and listen to your body. Don't forget this is only 3 days, not a whole week.

Can I eat normally after this process or do I need to gradually re-introduce food groups?

You have started your path to healthy eating so try to keep out all the crap. Eat organic, non GMO and more plant based whole food - real food. Plan your meals around an 80% plant based meal if you can, make your veggies the main focus and plan the

rest as sides. Add your protein of choice and grain of choice. You can still have meat if this is your preference, just make sure it is a clean source free from hormones, antibiotics and sourced from a farm where you know their practices so as to ensure the animals were well treated and not fed GMO feed.

What if I want to extend this beyond the three days?



If you want to you can do this for even longer, there are variables to extending any cleanse. Make sure you are getting adequate amounts of nutrients, proteins and healthy fats in your diet and that you are in good health before you do this. I don't recommend cleansing for longer than 7 - 10 days. If you are looking for a more long term plan I do offer ones specifically for a longer duration.

This plan is meant to be added to a health coaching program under the guidance of a certified holistic health coach, you may do it on your own with no problem but you lose out on the day to day guidance. If you are a beginner don't panic, this is designed with a troubleshooting section above to help answer the most commonly asked questions. However if you would like to add a health coaching program into the mix please feel free to contact me: holly@thewildcarrot.ca

For those who are experienced cleansers, juicers and detox fans you will have no problem with this 3 day plan, it may in fact be almost too easy! It is designed to meet the needs of both the advanced and the novice cleanse/detox individual.

