



## Cleanse Frequently Asked Questions

### How is the cleanse structured?

The cleanse program is a 3 phase structure that starts with the pre-cleanse phase which enables you to set yourself up for success for the full cleanse phase. The first session outlines the steps to take during this first week to help you feel ready for the cleanse phase.

The cleanse phase incorporates a hypoallergenic diet that removes common food irritants, such as gluten, dairy, sugar, caffeine, eggs, amongst other foods that will be thoroughly described in the first session. This cleanse program emphasizes the importance of fueling your body with the necessary energy and nutrients to fully support your body's healing, bolster your immune system, and your innate detoxification system. You will be eating delicious and nutritious food and taking supporting supplements during this detox!

To create an easier and more enriching experience for you, we have created an online cleanse handbook filled with sample menus, grab-n-go snack lists, cleanse-friendly brand lists, and a plethora of recipes. We have updated our cleanse recipe database to offer a greater number of recipes and to include quick, easy, minimal ingredient recipes appropriate for the season. You will be given access to this handbook after signing-up.

The final phase involves the reintroduction of the eliminated foods to help you identify which food(s) trigger(s) inflammation in your body. The final two weeks of the program is dedicated to fully supporting this phase.

### What health benefits may I receive?

Previous cleanse participants have noted experiencing the following:

- Better digestion and nutrient absorption
- Improved elimination
- Greater mental clarity, concentration, energy, and vitality
- Stronger immune system
- Reduced dependence on caffeine, sugar, flour, and alcohol
- Better sleep
- Weight loss
- Chronic health problem and allergy relief
- Clear skin and a more radiant complexion
- Greater emotional well-being



### What is included in the cleanse?

As a cleanse participant, you'll receive weekly group sessions that provide guidance and support, recipes and meal planning ideas, and a significant discount on the required cleanse-specific supplement package.

### Are meals included?

We will provide you with recipes and menu planning ideas, but you are responsible for cooking your own meals.

### Is the cleanse only used to lose weight?

Our group-based cleanse is suited for many individuals. While weight loss can occur, it is not the primary objective of the cleanse. In addition, those struggling with allergies, depression, IBS, skin irritation, and other ailments can often experience relief through a cleanse.

The cleanse, however, is not appropriate for pregnant women and some specific disease states. Please contact us to find out if your medical status precludes you from participating in the cleanse.

### Can I participate if I have a medical condition?

If you have an existing medical condition or take any prescription medications, please consult with your doctor before committing to the cleanse. If you are taking any kind of prescription drug, do not stop taking it during the program without consulting your doctor. There are certain serious conditions that require consistent blood levels of medications. Any change in diet can cause a change in your blood absorption, and an increase or decrease of the concentration of medicine in your blood as a result. In the case of blood thinners, anti-arrhythmia drugs, anti-epileptic drugs and chemotherapy agents, this can be life threatening.

We do not recommend the cleanse for those with the following conditions:

- Are pregnant, trying to become pregnant, or nursing
- Have an eating disorder or have a history of disordered eating behaviors
- Are under the age of 18
- Have active cancer
- Have liver disease, hepatitis
- Have Type 1 Diabetes
- Are on medications for bipolar disorder
- Have an allergy to any ingredient listed

### What can and can't I eat?

During the cleanse, you'll avoid foods that are known to cause irritation in the body, and instead enjoy a wide variety of foods, including fruits, vegetables, and protein, that encourage detoxification. In addition, the cleanse isn't a vegetarian cleanse, although it could be, if so desired.



### Are there supplements I need to take while on the cleanse?

Yes, we require cleanse participants to take the following supplements. These are available as a package through our office. It is enough for 60 days. We do not sell any product separately. The cost is \$275.

- Cleanse-approved protein powder (must be soy, dairy, and gluten-free)
- Vitamin D (5,000 mg)
- Detox-specific supplement
- Fish oil
- Probiotic

### What is the cleanse group-setting like?

The weekly group meetings are an opportunity for you to seek guidance and support from the nutritionist as well as the other participants. Members of the group are likely experiencing the same body changes, and detoxification effects as you are and can share their solutions.

If you would like additional counseling during the cleanse period, you are welcome to schedule an individual appointment with the nutritionist.

### Will the cleanse be covered by my insurance?

Insurance may cover. If insurance covers nutrition or dietary surveillance, it will cover the cleanse. To find out about insurance coverage for clients that are not already existing in our system, direct them to the website or send an email with the usual questions to ask insurance about appointment coverage.

- Do I have insurance coverage for nutrition, nutritional counseling, medical nutrition therapy or dietary surveillance under preventative services?
- What is my Out-of-Network and In-Network coverage? Is the clinic, Starkel Nutrition, In-Network?
- Do I need a PCP (Primary Care Physician) referral or pre-authorization to schedule appointments?
- Do I have a deductible to cover? If so, how much? Do I need to fulfill the deductible before my insurance will begin covering sessions?
- How many nutrition sessions do I get per year or per lifetime?
- Do I have a copay/coinsurance? If so, how much per visit?

If insurance does not cover, \$595 (out-of-pocket) must be paid up front at time of registration.

### How do I sign up?

Call (206) 853-0534 or email, [admin@starkelnutrition.com](mailto:admin@starkelnutrition.com), today to sign-up for the cleanse.