

Questions I Get Asked The Most



What makes this cleanse different?

You'll not only learn how to do it RIGHT, but why we need to make cleansing a part of our every day life, and HOW to simplify it. Oh and MOST OF ALL, you'll connect with AMAZING, conscious like minded warriors who think like you. In a country that sets us up for fat loss failure, never feel alone in your hot pursuit for your hot body, How valuable is that? That alone is priceless!

What will I eat?

Every week will be different, but we start plant heavy, low lean & clean meat/fish, nutrient dense healthy fats, THEN we'll phase in higher macro ratios of fat and meat (or alternate forms of protein if you're vegetarian/vegan)

Can I drink wine during the cleanse?

YES, it's full of antioxidants. Bahahaha yeah right c'mon now. Give yourself a SOLID WEEK off of alcohol (best during the FIRST week) and even better, all 30 days.

What if I have questions during the cleanse?

You can ask them when you're logged into our online platform OR in our private FB group OR at any time during the cleanse, you can schedule a 30 minute consultation with Diane for \$99 (normal price \$150).

Can I exercise during the cleanse?

YES PLEASE. Just don't go all kray, and burn out your adrenals because we need those on board to help assist with your cleanse. I'll explain this more in Week 1, but the short answer is YES. HINT: I did a 14 mile hike with a 50 pound backpack on my back, down to Havasupai Falls in Grand Canyon when I was on mine I took mine camping with me. Easy peasy!

What kind of results should I expect?

15 pounds in a month is common, a couple dress sizes, and all of the awesome buzz others have said. We're pretty confident you'll be more than stoked you joined us.

Are the cleansing herbs required?

No but I HIGHLY HIGHLY recommend them. What would a cleanse be without them? Your results will be improved by integrating them into your cleansing food plan and routine. Many clients lose 10-15 pounds in the first week ALONE by adding these in! My best advice: if you're going to focus 4 weeks on getting the body of your Dreams and cleansing 1 year or maybe 40 years of bad habits, why not go ALL IN? When we talk waste, it's about how to get it out of your body, not about your time and money **THIS IS THE KIT** we'll use. It is ONLY available via practitioners like myself. WHY? Because it's so effective and pure, it requires some guidance on how to administer them the proper way. These are NOT just your typical '3 day boxed cleanse' products.

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What if I'm pregnant?

YES! In fact it's highly recommended. It's how many women got pregnant naturally who I've worked with over the last few years. ANYONE can do this cleanse. That's what's awesome. EVEN if you're pregnant or breastfeeding, the herbs we use in this cleanse, if you opt to take them are not only SAFE for PBE moms, but they're EFFECTIVE, and will pave the way for a healthier baby through a healthier YOU! Warrior Babies...hey that's the next program!

Can I do this if I take medications?

You've been conditioned at the end of every drug commercial on this one. When in doubt, talk to your doctor.

I'm Ready For This