

The Warrior Cleanse

FAQ

with *Diane Kazer*



COMMON QUESTIONS

What makes this cleanse different?

You'll learn how to cleanse in the right order, to nourish your WHOLE body, plus 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, just like you. Tribe is priceless and accountability increases your odds of success by 300%

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). This is not a macro prejudice Cleanse, except for 'Empty carbs' that we'll avoid and blame on every failure you've ever had in your life LOL

What will I not eat?

1. Added Sugar & Artificial Sweeteners
2. Dairy
3. Peanuts
4. Gluten & Inflammatory Grains
5. Soy
6. Eggs (first 3 weeks only)
7. Corn

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. Special Add on: Look, I get it. You have events to go to. If you MUST, say you're in a wedding, going to Vegas, etc...I'll teach you how to Drink Intelligently, what to take to protect your liver and from feeling like horse poo the next day. More like unicorn poo. Less bad, still poo, but more magical.

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 week 3 of mine.

What if I have questions during the cleanse? .

You can post your question in the Facebook group **HERE**.

If you would like custom support with a protocol fit for you involving supplements, Functional medicine labs and lifestyle management, you can **BOOK A CALL HERE**.

COMMON QUESTIONS

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. My best advice: if you're going to focus 4 weeks on boosting your beauty, energy, and immunity and cleansing years of toxins accumulated that cause disease, why not go ALL IN? When we talk waste, the challenge is going deep to cleanse them effectively and deeply. These are NOT just your typical '3 day boxed cleanse' products. It takes months if not years to detox from heavy metals, xeno-estrogens, plastics and more!

Can I travel while on the cleanse?

Absolutely. We have a special section on how to do just that. Your TWC coaches are all world travelers, so we love sharing how easy it is to make it work, no matter where in the world you are...literally. I've been 'on cleanse' with herbs and foods, on trips to Thailand, Bali, Costa Rica, Hawaii, just to name a few! Oh and camping...that hike I mentioned above...I took my cleansing herbs with me and packed my own TWC friendly camping foods, that I taught 50+ of my friends. Prepare to be an inspiration!

Can I eat out during the Cleanse?

Sure. With caution and using your best judgement. Keep in mind, most restaurants today sell conventional foods full of dairy, gluten, soy, pesticides in produce, hormones in commercial meats artificial colors, ingredients & flavors, GMO's, PUFA's, trans fats, MSG, hidden sugar, farm-raised seafood. There's a special section in the modules to empower with best tips and strategies for special events, travel and preparation.

Do I have to make my own food?

Yes, and you'll learn SO MUCH, this is the best part. Forming a bond and relationship to food increases your odds of long term success. Having a connection to your food sources and farmers, increases the connection your body, by what you eat and who you support. If you don't have time to make your own food or meal prep, we do have online solutions for you to buy prepared meals for delivery, such as Pete's Paleo [HERE](#).

Can I do this if I take medications?

When in doubt, talk to your doctor. Many warriors have been able to successfully ditch many of their meds, as a result of this cleanse.

COMMON QUESTIONS

Will the foods be expensive?

First off, what's your health worth? If you're not your best self in your own temple, your diet and thought life are likely why, both of which we'll dive into during this cleanse. Second, you'll learn the best places and strategies to shop to save \$ and time, so most of your shopping will be at a significant discount.

Can I drink coffee during the cleanse?

I HIGHLY recommend trying TWC No Caffeine for 28 days Challenge. We have LOADS of alternative recipes that will likely give you MORE energy, for the ENTIRE day. Trust me on this one. Seriously....but don't hate me...you probably hate me. ha! Notice I didn't say you 'couldn't', what I did say is 'I recommend you don't'.

What if I'm not on Facebook - Can I still do the Cleanse?

Of course. Just keep in mind, this is a self lead DIY program, hence we do not offer Q&A support. If you prefer to work 1 on 1 with me or my team, you can always **BOOK A CALL** here to discuss your goals, challenges and how we work so we can map out a game plan for you and see if we're a good fit to work together!

Can guys do the Cleanse?

Sure. I speak more to women's hormones in the modules, but all of the Recipes are practical, gender neutral, kid friendly and extremely tasty. Most often, men will do the cleanse with their lady partner. They'll follow the same system and simply purchase their own set of Detox Supplements.

Can kids do the Cleanse?

Sure! They can eat the foods with you, as well as take some of the supplements. Let us know if your child has health issues you would like to discuss with us, to support them. We do have lines and labs for children so please **EMAIL US** so we can help you with those.

What if I'm pregnant or breastfeeding?

Your call but in short: YES. We have had many women do this Cleanse with us while pregnant and have amazing results. It's how many women conceived 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 Chinese herbs we use in this cleanse, if you opt to take them have, have been very EFFECTIVE, and were reported by our pregnant moms to pave the way for a healthier baby through a healthier YOU! We must recommend you talk to your doctor

THESE are the Herbs we recommend for this class of women warriors.

COMMON QUESTIONS

What kind of results should I expect?

There have been a TON of stories of conditions and symptoms lost during TWC like PCOS, endometriosis, food cravings, PMS, low Testosterone, adrenal issues, thyroid imbalances, fibroids, birth control toxicity, estrogen dominance, migraines, depression, sleep issues and victories gained on the flip side of losing those. You may also lose unwanted fat that's been difficult to burn. 15 pounds in a month is common, a couple dress sizes, and all of the awesome buzz others have said. Your clothes will fit so much better, is word on the street. :) We're pretty confident you'll be more than stoked you joined us.

What if I need support beyond TWC?

We got you. If at ANY time during the Cleanse, you would like to dive deeper, have us review your labs, lifestyle or specific goals and/or challenges, help you customize your cleansing and life journey, we would love to have a [Breakthrough call](#) with you to discuss how we can help.

CHI Warrior Women Transformations

Here's our [Warrior Wall of Fame](#) for all of the powerful success stories for the women we have supported to go deeper! Imagine the possibilities of what you're missing out on, how amazing you can feel and what you would be able to accomplish if you had abundant energy, happiness and confidence, free from the symptoms that hold you back!