

The Warrior Cleanse

FAQ

with *Diane Kazer*



COMMON QUESTIONS

This Cleanse is Lifestyle Based. It's not about Deprivation or giving up things you Love and Enjoy. It's about replacing the Toxic versions with Healthier swaps your body will crave as your biology shifts with every week you Detox so you can Burn Fat, Gain Energy & Heal.

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?

I get this question most, and it's the one that most hesitate to 'cleanse' because they think it will be torture with deprivation of foods they enjoy, which couldn't be farther from the truth.

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 foods will we target reducing in your life ... and eliminating when you're ready, because we will replace them with healthier versions of yummy things your gut bugs and taste buds will be programmed to crave MORE)?

1. ADDED SUGAR & Artificial Sweeteners
2. Lymph Congesting DAIRY (I have amazing healthier versions of this)
3. PUFA's (Polyunsaturated Unhealthy Fats)
4. GLUTEN & Inflammatory Grains (esp containing Glyphosate)
5. GMO's & Processed Foods
6. Limit (Alcohol & Caffeine) & Replace with Less Toxic alternatives)
7. Industrial Raised Meats (CAFO cows, Farm raised Fish, etc)

Can I drink wine during the cleanse?

YES, it's full of antioxidants. Well...sort of. For many, alcohol is a big factor contributing to metabolic and hormone imbalances, causing insulin resistance and hence fat loss resistance and chronic disease. AND I hear you...You have events to go to and stress to curb. For when you DO indulge..I'll teach you how to do so healthily, what to take to protect your liver and prevent a hangover/mindless munching the next day. There ARE healthier alcohol choices, we will plan your lifestyle around structure, limiting and replacing.

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 10 weeks with us 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. These are NOT just your typical '3 day boxed cleanse' products. I will introduce them to you & how to buy in the modules & LIVE calls.

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, us 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. When it comes to 'life' I'm not an extremist....I'm a realist and eat out myself 2-3 times per week. This is what I teach. Most restaurants today sell conventional foods full of toxic dairy, gluten, obesogens, pesticides, hormones in commercial meats artificial colors, ingredients & flavors, GMO's, PUFA's, trans fats, MSG, added sugar, farm-raised seafood, etc. I'll teach you how to 'order as healthy as possible' without depriving or isolating yourself, feeling like a crazy customer, while also protecting your body from hidden toxins that cause you pain, disease and weight gain that most restaurants use.

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.

Can I do this if I take medications?

When in doubt, talk to your doctor, however simply eating healthier 'real' foods should not contraindicate your medications...if anything, they'll treat the root cause for why you needed them in the first place. Many warriors have been able to successfully ditch many of their toxic meds, as a result of this cleanse. **ANYONE on meds can do 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. Notice I didn't say you 'couldn't', what I did say is 'I recommend you explore'. There ARE healthier versions of coffee I'll teach you how to enjoy if your body tolerates it ok (I'll help you with that), however 80% of the population is chronically dehydrated, a key cause for many diseases & symptoms today, as well have a highly acidic ph, which further contributes to mineral and hence hormone imbalances. Trust me, I'll give you great options here you'll LOVE. Disclosure: I drink coffee now, but do so in a way my body tolerates, enjoys and is fueled by with Energizing & Healing Superfoods.

Can I exercise during the cleanse?

YES PLEASE. Just don't overdo it 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. Another time hiked Mt Baldy on Week 5. Only YOU know your body's limitations, and I'm here to help you both learn & stretch beyond them!

Who is this Cleanse for (men? women?) BOTH?

This cleanse is designed for both men and women of all ages. All of the Recipes, Lifestyle Modifications, Detox protocols and Health Hacks are practical, gender neutral, kid friendly and extremely tasty. Most often, couples do this Cleanse together and incorporate the kids over time, while they feel more confident and get the hang of it.

Can kids do the Cleanse?

Sure! They can eat the foods with you, however I caution against certain Detox kits I recommend to adults. We do have amazing Detox Options I highly recommend for ALL children so please email us so we can help you with those.

COMMON QUESTIONS

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 herbs and foods we 'use as medicine' in this cleanse, are very EFFECTIVE, and were reported by our pregnant moms to pave the way for a healthier baby through a healthier YOU! When in doubt, talk to your doctor (however they know very little if anything about nutrition)

What kind of results should I expect?

There have been a TON of stories of conditions and symptoms lost during TWC like metabolic challenges, insulin resistance, diabetes or pre diabetes, blood sugar imbalances, high blood pressure, obesity & weight loss resistance, asthma, allergies, mood issues, ADD/ADHD, brain fog + memory & focus issues, hormone imbalances (and 'cycle issues' like PCOS, endometriosis, fibroids, PMS), adrenal and thyroid diseases, food cravings, birth control toxicity, estrogen dominance, chronic pain, digestive issues, 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 clothing 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.

REMEMBER ENVIRONMENTAL TOXINS ARE THE PRIMARY ROOT CAUSE REASON FOR ALL DISEASE AND WHY YOU FEEL SICK, AND SUFFER WITH SYMPTOMS, SO DETOX IS THE #1 KEY ESSENTIAL HEALTH HACK YOU'LL NEED FOR THE REST OF YOUR LIFE SINCE WE ARE LIVING IN THE MOST TOXIC TIME IN HUMAN HISTORY. TOXINS ACTIVATE 'BAD GENES'.

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'll offer Breakthrough calls to discuss how we can help.

Which Cleanse Kit & or Detox Products will we Use?

Most people who come to me are already taking TONS of supplements that are not properly being digested, absorbed, assimilated and excreted by the body. Therefore, my approach is to heal eliminatory organs with a Diet that supports Detox, Fasting & Lifestyle Hacks and then I also recommend a 14 day Liver Cleanse Kit + Cellular Deep Dive Detox Zeolites, both very affordable, flavorful, easy to incorporate and very convenient for busy people on the go.

COMMON QUESTIONS

How is This Cleanse Structured?

TWC 2022 Course Description & Outline

This 10 week course combines the most effective approaches in Functional medicine, Ayurveda, Herbology, Holistic Healing, and Cellular detox and the deepest level. Each week builds on the other, focusing on drainage then detox for clarity, nourishing to heal your hormones for energy, repairing your tissues to restore your temple ... the GREATEST treat to transform your body from the inside out!

Diane and the team of 'Detox Doctors' will share engaged, effective, energizing, do-able steps to walk you through cleansing and caring for every cell of your body, in the proper order, to get you results quickly. This includes targeted recipes (that you'll actually enjoy), remodeling habits, detox hacks and mindset shifts to release mental/emotional stressors that harm hormones and stall fat loss WITHOUT adding additional stress to your life!

This course is designed to free up time in your life by freeing the toxins that hold you back from all day energy, clarity and an inner beauty you'll radiate to the world. All scientifically proven and backed by clinical research and experiential cases.

MODULE 1 - Why Detox, What are TOXINS & Where are they found?

Learn the Top 10 Toxins, How they Impact You & Step 1 to Begin your COLON Cleanse Your Welcome Week kicks off with colon care, targeting cleansing mucoid plaque which lines your biggest Detox organ, blocking you from absorbing nutrients that energize and hydrate you, the 2 main root causes of disease. Symptoms and sickness will end here, with what you'll learn in this module! The average person retains 10-20 pounds of 'ancient poo' and 90% are chronically dehydrated, so when we repair these, your body begins to heal! Colonoscopies won't reveal the healing opportunities you'll learn and symptoms you'll liberate in this week!

MODULE 2 - Starting your Liver & Gallbladder Cleanse. The Dynamic Detox Duo that will 10x Your beauty, energy & immunity, when done the way you'll learn:

After opening up your body's first detox pathway, we move to the hardest working organ: Your LIVER. With over 500 jobs, and more toxins it has energy to eliminate, 50% of adults today have 'fatty liver disease' which means fat loss halts, thyroid and adrenal hormones don't work, toxins back up in the body and cause common diseases such as diabetes, high blood pressure, mood issues, chronic fatigue, body pain, etc. This week, we'll support this VITAL organ team Liver/GB to support YOU to breathe better, think clearer and move better...it will show up on your skin, looking younger, since your digestion will improve as well. Option to Uplevel with a 14 Day Liver Kit which the average person loses 10 pounds. Blood tests don't examine the stressors that cause your body inflammation we'll resolve in these 2 weeks!

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MODULE 3 - Loving your Lymph for total body Waste Drainage to 'Let that 'S.H.I.T.' go! **(GUEST EXPERT HOST DR. JUAN GARCIA, FUNCTIONAL M.D. HOLISTIC CARE TJ CLINIC)**

When Weight Loss is Dangerous, Safe Chelation and Advanced 'Future of Medicine' Treatments to activate the body's Natural Detoxification Organs. Did you know Lymph represents 75% of your total body fluids and stores toxins and infections that cause the MOST weight gain, puffiness, bloat and an overall feeling of 'sick and run down' that antibiotics can't reach, resulting in antibiotic resistant SuperBugs and hence autoimmune disease? Learn the truth: conventional doctors aren't trained, and how to treat the Biggest Root Cause for why you've struggled to lose weight, reverse disease, and get your energy, motivation and joy back! When you Liberate your Lymph, you elevate your Life and I have 18 Fun and Feel Good proven ways to help you do that!

MODULE 4 - Aligned Spine + Healthy Movement & Exercise to easily MOVE OUT Toxins **(GUEST EXPERT HOST DR. JOHN BERGMAN, CHIROPRACTOR HOLISTIC CARE TJ CLINIC)**

There are 3 things your body needs to Operate at Optimal Function. Hydration, Nutrients and Power...and by that I mean Voltage/Electricity based on Healthy Nerves Firing at Full Cylinders. An Aligned Spine and a Nourished Brain determine healthy digestion, elimination and endocrine function. You can work on 'healing your gut', and 'balancing your hormones', but without your Brain and Spine in Neurological health, it won't work and you'll feel defeated in your efforts. Dr Bergman joins us this week to teach you the Spine Secrets and Movement Magic you need physically to Detox chemically & Heal emotionally resulting in the body and energy you've been dreaming about!

MODULE 5 - Starting the Heavy Metal Detox and how to Avoid 'Detox Reactions' **(GUEST EXPERT HOST WORLD RENOWNED DETOX EXPERT)**

Now that we've opened up the drainage doors, it's time to deep dive detox. An eye opening Module lead by Diane and a world renowned expert in chelating life robbing metals, mold and mycotoxins, a process misunderstood in the 'Cleansing and Alternative Health Industry'. This is where most begin and why most quit...because they experienced uncomfortable 'Detox reactions' as they didn't focus on the great work we'll do and move on from in these first 4 weeks. 'Expect miracles' this week, as we are Detoxifying the toxins you've likely housed deep in your cells since you were born, the hidden cause of those 'mysterious symptoms' you've never been able to fix...UNTIL NOW. Option to level up with a 30 day Detox supplement option, priced less than a cup of coffee (that's not a typo).

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MODULE 6 - Detox Diet Recipes You'll LOVE + Fasting for Increased Fat Burning, Human Growth Hormone, Stem Cell Production & More!

75% of your health is determined by what you eat and how you think and they 'feed each other'. Healthy food = Healthy mood, and the health of your brain determines the choices you make in diet. Learn ALL things: food rotation, macros, fasting and systems to help you detox quicker with a routine to help save you time and energy! Learn the 5 ways TOXINS interfere with Healthy Hormones, Metabolism, Weight Loss, digestion and how to heal it with Food, Fasting, Fiber, Ferments and Frequency. Swap out the unhealthy 'energy robbing' foods you Crave, with 'energizing' foods you'll actually enjoy.

MODULE 7 - Reducing Toxins in your Environment & Replacing them with Healthy Swaps

A true cleanse focuses on the multiple sources of 'Toxic Burden' and eliminating them realistically at a pace and budget that works for you We'll examine your home and work surroundings and prioritize the most disease causing toxins first and work on a plan to pace your future toward clean living.

MODULE 8 - Reducing Toxins in your Personal Care Products & Replacing them with Healthy Swaps PART 2

Virtually every client I work with, has a lot of improvements to make in their self care, Beauty, Cosmetic and home Cleaning routine, and gets excited about what they learn in this module. I'll present 'healthy alternatives' that work and are as convenient as the conventional methods and products you've become accustomed to and will 'unlearn' and undo, as well as pass on to your kids, teaching them to avoid the same toxins in this aspect of your life that cause the most damage in fertility, obesity and endocrine function. A HUGE must learn and we'll make it FUN! I'll provide you with a 'Healthy Swap Checklist' to save you years of researching this on your own!

MODULE 9 - Detoxing the Gut & Addressing Parasites (and hence Viruses)

Did you know parasites carry viruses and heavy metals within them? And they release 70-80 energy sucking, disease-causing toxins into your body when they 'eat the nutrients' you consume in your supplement and diet, leaving you feeling deplete, diseased and dysfunctional? No wonder all the diets and supplements haven't worked! In this module I'll teach you a few heavy hitting steps from recipes and herbs to perish the parasites, and detox the heavy metals and toxins contained in them, to eliminate the biggest source of toxicity in your body we ALL have. When you rid your body of parasites, you'll never get a cough/cold, fever or flu again.

COMMON QUESTIONS

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MODULE 10 - Going Deeper with Diagnostic Tools to Customize Your Healing Journey

In this module we'll discuss Custom Protocols & Labs that Reveal the Root Causes, which actually work, which are a waste of your time, how to do them in the proper order and the limitation of 'just running blood tests' which most of you are used to and probably tired of hearing 'they're normal, we don't know what's wrong, it's probably genetic, you're just getting old, your only option is to take this pill'. Option to purchase a very inexpensive, less than \$20 urine lab which reveals the health of your cells (and hence your ability to generate energy), and receive feedback from me on how to continue your Detox journey to Heal your Body and Ignite your Vitality!

For any other questions, please email us at: Support@DianeKazer.com