



Beyond the 11 Days Frequently Asked Questions

1. Can I shred again?

- a. ABSOLUTELY! Just make sure you have at least 5 shake days between each set of deep cleansing days. If you do more than 3 consecutive shreds make sure to up your caloric intake on shake days to keep your metabolic rate up.

2. How do I begin reintroducing food?

- a. Slowly. Adding one food every day or two will give your body time to determine if it accepts it or if it is a culprit food for you. Keep it simple with whole foods. Journaling your food will help you pinpoint what is making you not feel your best.

3. What food should I introduce back first?

- a. While we are not going to tell you what to eat, that choice is yours, we do have some recommendations. Some first foods to introduce might be avocado, olives, squash, cauliflower, asparagus. Listen to your body

4. How do I know if a food is a culprit food for me?

- a. Every body reacts differently. Some of the symptoms you may feel to identify a culprit are achiness, bloat, swelling, digestive discomfort, nasal congestion, drop in energy, or skin irritation. If you feel these reactions, give your body time for them to pass before reintroducing another new food.

5. Should I continue to incubate my shakes after the shred?

- a. Why wouldn't you? The incubation process breaks down the shakes to increase absorption of the protein and does the digestion process outside of the body to make it easier to maximize all of the goodness.