

CLEANSE FAQ's

All Your Questions Answered Below

IS THIS CLEANSE CONSIDERED KETO, PALEO, OR LOW-CARB?

It works with all three diets. That's because it's low in carbs, all of the foods on the plan are paleo-compliant, and if you cut out the fruits and starchy veggies, it will keep you in ketosis.

SHOULD I WEIGH MYSELF EVERY DAY ON THIS CLEANSE?

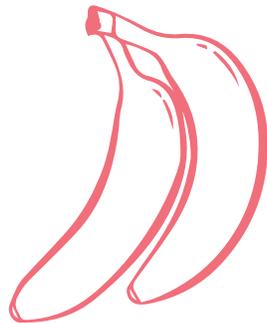
I know you want to, and I don't want to be a meanie, but no—resist the urge to hop on the scale every morning. You need to allow your body to readjust and repopulate your flora, and this takes time. This is not a moment when you need to hang on to metrics. You have to trust your body and let it do what it's designed to do.

HOW OFTEN CAN I DO THIS CLEANSE?

You can do it as often as monthly, and I recommend doing it at least once every three or four months. Making it a regular habit is a smartway to sustain weight loss and to make sure you're always at your best.

CAN I TAKE MY REGULAR VITAMINS AND PROBIOTICS?

Yes. You can keep taking any supplements you're currently using. Just be sure to take them with a meal rather than on an empty stomach.



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CAN I TAKE MY MEDICATION?

Check with your doctor to make sure you can do this cleanse while taking your current medications. Also, ask if you will need to change your dosage. (This is especially important if you're taking drugs for diabetes or metabolic syndrome.) If you get a thumbs-up from your doctor, you're good to go.

CAN I HAVE KOMBUCHA?

Okay, don't hate me here. I want you to avoid kombucha on your cleanse because not all kombucha drinks are alike and some have enough sugar to derail your cleanse. So for now, put kombucha on your "no" list. After your cleanse, it's fine on Dr. Kellyann's Lifestyle Plan—the "forever" plan you'll start on after you finish your cleanse and you've reached your goal weight.

CAN I ADD MONK FRUIT, STEVIA, COLLAGEN, COCONUT OIL, OR CREAM TO MY COFFEE?

Monk fruit and stevia are a "yes." However, I want you to avoid adding collagen or coconut oil to your coffee because you'll get plenty of collagen and healthy fats in your meals, and that's where you need them to help you absorb and metabolize all the phytonutrients you're getting. So promise me you won't "steal" collagen or fats from your meals to use in your coffee! Also, avoid cream and any artificial sweeteners or creamers.



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CAN I USE POWDERED GREENS OR POWDERED SUPERFOOD IN MY GREENSMOOTHIES?

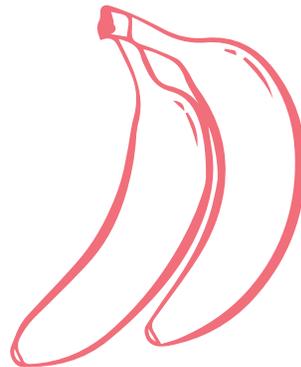
Fresh is best because a powder can't provide all of the fiber that fresh greens give you. However, it's fine to get your greens in powdered form if the convenience factor is important for you. Just check the label and make sure the powder doesn't contain sugar, artificial sweeteners, artificial colors or flavors, or emulsifiers.

CAN I EAT FOODS THAT AREN'T ON THE "YES" LIST?

I've selected the "yes" foods to give you the best results. Stay strong, stick to the foods on the "yes" list, and you'll love the results you get!

CAN I CHEW GUM ON THIS DIET?

I don't recommend it because it confuses your body and makes your digestive system think that solid food is coming. Also, most gum is loaded with artificial flavors and colors. Once you're done with your cleanse, a healthy, additive-free type of gum (such as Spry) is fine when you've moved on to Dr. Kellyann's Lifestyle Plan



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CAN I EXERCISE, OR SHOULD I PAUSE MY EXERCISE ROUTINE?

This is entirely up to you. Some people can easily do heavy gym workouts during their cleanse, while others find strenuous exercise too hard. If you're in the second group, it's a good idea to lighten up on your workouts or even skip them, so your body can invest all of its energy in healing. Once you finish your cleanse, you'll have so much energy that you'll more than make up for lost workout time!

CAN I HAVE YOUR COLLAGEN PRODUCTS ON MY CLEANSE?

Absolutely. They're all designed to be compliant with this cleanse as well as my Bone Broth Diet and 10-Day Belly Slimdown.

DO I HAVE TO DO FIVE DAYS? CAN I DO LESS? CAN I DO MORE?

Even one or two days on this cleanse will make you feel better. However, it takes five days to get the full benefits, so do the full cleanse if you can. If you feel like you want even more healing power, do the Keto Push up front or add an extra day or two at the end of the cleanse—or consider switching over to my Bone Broth Diet or 10-Day Belly Slimdown.

CAN I EAT ANY FATS ON THIS CLEANSE?

You'll eat fats every day, but make sure you eat the right ones (see my list in page 57 of the book or on my resource page at www.drkellyann.com/cleansebook). I want you to avoid margarine and inflammatory seed oils like corn, sunflower, safflower, and canola oil.



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CAN I DRINK SPARKLING WATER WHILE I'M DOING THE CLEANSE?

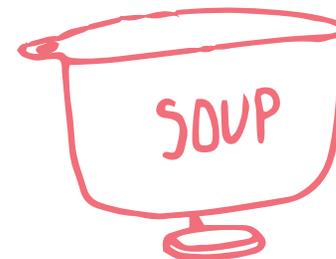
Yes, but be aware that sparkling water can cause you to bloat. Drink just a little at a time and be sure to choose plain sparkling water rather than water with added flavors or colors. What's really important is to get plenty of water—whether it's sparkling or not. This is a big key to flushing out toxins.

WHY CAN'T I USE ARTIFICIAL SWEETENERS ON THIS CLEANSE?

I know this is a toughie for many people, especially if they're used to drinking diet sodas all day. But the fact is those artificial sweeteners can actually be worse for you than sugar. In a 2018 study, researchers tested six artificial sweeteners— aspartame, sucralose, neotame, saccharine, advantame, and acesulfame potassium—and found that the sweeteners caused gut bacteria in mice to become toxic. That's the last thing you want on a cleanse!

CAN I SUBSTITUTE GREEN SMOOTHIES FOR THE BROTH OR THE SHAKES ON THIS DIET?

Yes. Feel free to mix and match because you'll still get the phytonutrients and protein you need. In fact, you can swap out anything on this plan—soups for shakes, shakes for green smoothies, green smoothies for soups—you get the picture!



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I SEE SOMETHING CALLED MCT OIL ON THE LIST OF GOOD FATS. WHAT IS THAT?

MCT stands for medium-chain triglyceride. MCTs are the cleanest, most direct sources of energy for your body. Your body metabolizes these fatty acids in a different way than it does other fatty acids, increasing the number of calories you burn. Because they're rapidly turned into ketones, MCTs also give your brain a quick shot of energizing fuel. In addition, studies show that they're an excellent weight-loss tool. For instance:

- In a sixteen-week trial, thirty-one overweight men and women in a weight-loss program consumed either olive oil or MCT oil in their diets. The researchers found that the MCT oil group lost more weight, more fat mass overall, and more trunk mass than the olive-oil group.
- In another study, twenty-four healthy overweight men ate diets rich in either MCT oil or olive oil for twenty-eight days and then switched over. The researchers found that participants lost more weight in the MCT oil phase and concluded, "MCTs may be considered as agents that aid in the prevention of obesity or potentially stimulate weight loss."

So add a serving of them to your broth, shakes, or green smoothies, and you'll take your fat burning to an even higher level. One caution: when you first start using MCT oil, use a small dose. Taking too much can make you . . . well . . . let's just say head for the bathroom more often (and in more of a hurry) than you prefer.

