

Real Raw Live Group Cleanse 10/4 – 10/14/2007

“Holistify Your Life!” 11-day Power Healing Cleanse

Frequently asked questions about the cleanse.

Question: So what is the cleanse, really?

Answer: The cleanse is an 11-day experience, but we hope that its benefits will last for years to come. You will eat a vegetarian diet, drink fresh fruit and vegetable juices, as well as other cleansing and detoxifying beverages. The program is designed to give you immediate benefits of detoxifying and long-term strategies to help change habits that may be detrimental to your health. The cleanse isn't simply about eating well; it's also about looking deeply into the mental, physical and spiritual dynamics of your experience as a human and discovering how to obtain a state of optimal holistic health.

Question: So what do I get?

Answer: “ A Big White box” contains a whole host of things: Chinese herbs, nutritional supplements, homeopathic remedies, a recipe booklet, Kundalini yoga and meditation instruction sheet, tooth powder, a tongue cleaner, a sports bottle, Celtic sea salt, and tea. Also included is a 75-page booklet that spells out the cleanse, step by step, point by point. It provides you with a reference section that breaks down everything that's in the cleanse.

Question: How much time per day will it take to prepare my food and juice?

Answer: The first few days it will take between 30 minutes and an hour to do all your morning juice and supplement routine. After you get into your routine, your prep time will decrease.

Question: Will I need to take time off from work to do the cleanse?

Answer: The reality is that most people can't take off 11 days from work to do the cleanse. The cleanse is designed to support you in your regular life, both while you're doing the cleanse and after you finish. It's important to remember, this is not a fast. This is a cleanse, which promotes vitality and increases your metabolism. It won't shut it down like other cleanses or juice fasts.

During this cleanse, you're eating, most definitely. Other cleanses on the market give you basic supplements for toxic elimination that puts your body into immediate healing crisis, which will make you feel sick and sluggish, making normal life difficult. Our cleanse has herbs, tonics and supplements to give you strength and support, so that while you body is detoxifying, they are also working hard to help minimize any ill effects of a healing crisis; so you get all the benefits yet can still function in your daily life . Be very wary of any cleanse costing less than \$100. They often lack substance and results.

Question: If it seems like things aren't going the way I want them to on the cleanse, what should I do?

Answer: We know that the cleanse can be a challenge and we want this to be a great experience for you, so we're offering constant support and shared experience. The creator of the cleanse, Dr. Robert Abbatiello, will be available for any questions, concerns, and helpful tips via email or telephone. Greg Joujon-Roche, founder of Holistic Fitness, Inc. will also be available for any questions either by email or in person one on one.

Great news! Real Raw Live will be the support center for the cleanse, offering fresh juices daily, fresh Master Cleanse, fresh Liver Flush, and even food support. Any questions or concerns, we are here for you 24/7. Also Real raw Live will be a gathering place for fellow cleanse clients to share and talk about anything and everything together. In my history of the cleanse sharing the experience with other is so comforting and helpful. Try to find that with any other cleanse!

Question: Can you tell me a little bit about the nuts and bolts of the program?

Answer: The first two days focus are building days, to build up your energy and prepare your body for the cleanse. We feel it's not a great idea to make drastic changes, and either does your body. These two days will help you begin a change in eating habits. The Chinese herbs and most of the supplements in the cleanse are primarily tonifying or strengthening in nature. In order to eliminate toxins, your body needs the strength to move them completely through your body to get rid of them. We don't want to just move things around inside; we want them gone for good. During this time, we will be focusing primarily on the kidneys, lungs, spleen and heart, while balancing the spirit and nourishing the blood.

Question: What should I do after I finish the cleanse?

Answer: Go out and eat an extra-large pepperoni pizza -- ! wrong answer! When you finish the cleanse, your entire system, body, mind and spirit, is very different than it was eleven days ago. We recommend that you slowly reintroduce foods that you did not eat on the cleanse, and try to continue eating the food from the cleanse that you particularly liked.

Our general recommendations for everyone are:

- * No wheat, no meat and no dairy for 30 days.*
- * Maintain an intake of fluids appropriate for your body size – half your body weight in ounces every day.*
- * Reduce or eliminate white sugar, processed foods, and eat organic whenever possible.*
- * Introduce proper supplementation – multi-oil, super greens, probiotics, multi-mineral/vitamin supplements.*
- * Continue daily yoga, meditation, or any other physical fitness program.*

**The entire cleanse package including support [costs \\$349.00 online](#).
If you purchase directly from Real Raw Live for this special event, it's only \$299.99!**

Hope that helps and answers most your questions and provides motivation and insight that you will join us on our quest for well-being.

Wishing you all the best in health,
Gregory Joujon-Roche

You can purchase it directly from the store or sign up at <http://www.realrawlive.com>. The deadline is September 28th

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