

LOVE YOUR LIVER CHALLENGE

Frequently Asked Questions (FAQ) and “REAL” Concerns

Does this sound like you?

I am interested in participating in the Winter Liver Support Event, but I have some questions and concerns about the teeny, weeny details.

1. To make this work, I'd have to begin a day earlier and end a day sooner. That wouldn't be a problem, would it?

That does not present a problem at all. You can begin and end to fit your life. The FB group will be most active during the event, but you will have all of the support that you need regardless of when you begin and end.

2. What foods CAN I eat during these 3 weeks?

You will be eating lots of fresh fruits and vegetables, grass-fed, pasture-raised chicken, turkey, and lamb, along with any fish that appeals to you. You will be able to incorporate some beans, brown rice, quinoa, and certified gluten-free oats into your eating plan.

3. Can I have any sweets, or must I eliminate all sugar and sweets?

You can have Stevia (a plant-based sweetener) and a small amount of maple syrup if you desire. You will need to eliminate all other forms of sugar.

4. Why do I have to eliminate gluten, dairy, soy, eggs, and tomatoes?

Gluten, dairy, soy, and eggs are 4 of the most allergenic foods that you can eat. When your body is continually dealing with allergic reactions to foods that you consume producing antibodies, the liver is less able to detoxify the body daily. Many people have low-grade symptoms—digestive disturbances, sleep disturbances, skin disorders, and headaches—as a result of food sensitivities that never get identified as such.

You will eliminate tomatoes because they are in the nightshade family and contain “agglutinin” which is used in vaccines to stimulate the body to produce antibodies.

Once you have eliminated these foods for 21-days, you will begin to reintroduce them systematically to see if there are any ill effects on your body. Through slow re-introduction, you can record and identify symptoms as they present.

5. I fear that I'll do this for three weeks, and then go right back to eating like I always have.

You might feel that way now, but once you have eliminated many foods, you may find that you don't crave or desire to consume them as you did before. You will gradually re-introduce foods from the "DO NOT EAT" list.

6. I fear that if I do this, I'll eat like crap leading up to it.

Before the first day, you will be doing preparation exercises like organizing your pantry (including taking things not allowed for 3-weeks and putting them away in a box or tote) and cleaning out/organizing your refrigerator and freezer. You should use the week before you begin to gradually start eliminating caffeine, alcohol, and sugar to prevent any severe withdrawal reactions.

7. I fear that it will be wicked expensive to buy all the food I need for it.

I am not going to lie here if you are eating a ton of processed foods, low-quality meats, and mass-produced vegetables; you are going to pay more for high-quality meats and organic vegetables. However, you will find that you will not be purchasing some items that you usually consume, so the extra expense should not be excessive.

8. I'm afraid that stuff I have to drink is going to taste awful.

The chocolate or vanilla shake that you will be drinking each day tastes quite good. Mixing the powder with vanilla almond milk or any other nut milk of your choice makes it creamy and filling. You can also incorporate the powder into a breakfast smoothie if you wish.

9. Will I lose weight during these 3 weeks?

While this particular liver event is not specifically for weight loss, most participants reported a 4-6 pound weight loss during the three weeks.

10. Finally, what if I need additional information or need support during these 3 weeks?

As a participant in the event, you will have constant access to a private Facebook page where we will share recipes, challenges, successes, and throw out those inevitable questions. Also, you can contact Julie at any time during the event for additional support.

