

## Q&A SESSIONS FOR THE SHRED POWER CLEANSE BOOK BY DR. IAN SMITH

1. Do we have to use red anjou pears to make the Purple Power Smoothie or would any pear work?  
Ans. Try to find Anjou pears, but substitutions can be made.
2. What is the difference in using flaxseed oil vs ground seed?  
Ans. The flaxseed has more nutritional value, but it can make your drink seedy. It's your choice. The oil has nutritional benefits too and makes the drink smoother.
3. Is it ok to substitute or adds Shakeology powder to smoothies?  
Ans. It depends on how many calories that will add. Remember the drinks have to have to be 300 calories or less.
4. Is it ok to drink zero calorie lemon or lime flavored sparkling water while on the cleanse?  
Ans. No as there are additives. We are trying to be as clean as possible. Take sparkling water and add your own fruit.
5. This will be my first experience using your shred plan. Is the 2 week cleanse a good start or should I do the shred first?  
Ans. You can start with the cleanse. SHRED is a great follow up based on your results from the cleanse
6. Are decaf coffee/tea allowed?  
Ans. While no coffee is preferred on the cleanse, if you need to have some, recommendation is only have 1 cup and keep it as clean as possible without adding much to it. Also, herbal tea (plain) is allowed
7. Can we do two rounds back to back?  
Ans. Yes, but not more than that. The program is built to transition you to the next phase of your eating plan.
8. Does it matter what protein powder you use?  
Ans. Dealer's choice really. I prefer organic. Make sure the calorie count is not too high. Your drinks can not be more than 300 calories.
9. Which is the best program to follow AFTER the 2 week cleanse?  
Ans. For beginners, SHRED. For veterans Super SHRED.
10. I was wondering how important is it to have a certain amount of calories during the cleanse. I was wondering about more success by possibly replacing the juice/milk portion of a smoothie with water. Not a good idea?  
Ans. Okay to do it occasionally, but not all the time. You need a minimum amount of calories to function.
11. Can I drink black coffee or should I just go cold turkey?  
Ans. The preference since this is a cleanse is that you don't drink any coffee, but we understand for some people that this might be too difficult. So if you need to have some, please only have 1 cup and keep it as clean as possible without adding much to it. You can have 1 small one a day, but if you can, try to go longer without it.

12. I can't do cardio. I can only do light weights. Push ups, etc. Should I do the cleanse or wait till I can do cardio?  
Ans. Exercise is an important part of the cleanse. You can still just do the eating portion of the cleanse though if you're unable to exercise. Even doing arm exercises (pushups) with your upper body can make a big difference, so we recommend trying that.
13. If I have to have surgery how do I work with the Shred plan. Exercise will not be happening and my eating will definitely be off. How many snacks and meals should I have to just maintain?  
Ans. Do the plan after your surgery and you are feeling better. Start with the SHRED plan, then you can do the detox when you are better.
14. Will it hurt to make and freeze all different kinds of smoothies to have on hand?  
Ans. It's okay to freeze. Just reblend when you want to use them
15. What exercises do you recommend?  
Ans. Do interval training cardio exercises. As an example, look at the SHRED 27 Burn or SHRED 15 Burn DVD samples at [shredlife.com](http://shredlife.com) to get a look at what you could do.
16. I am 56 with exercise induced asthma. Can I break my cardio into 15 segments throughout the day?  
Ans. Yes. In fact the book suggests you do that. Breaking up exercise is a good strategy.
17. You talk about supplements in the start of the book for example bee pollen, chia seeds, hemp seeds ect. Are they mandatory to do the cleanse. And if so where do you find bee pollen? GNC?  
Ans. Not mandatory at all. Just some things you might want to try. GNC, Whole Foods, Trader Joe's.. places like that carry many of those items.
18. How about green tea/tea as a coffee substitute? And is stevia okay?  
Ans. Green tea is ok, but with no additives (pure green tea/ herbal tea). Stevia is ok if you really need it (in small amount)
19. If my diet includes no vegetables because I don't like the taste or texture of any, will this cleanse still work for me?  
Ans. You need to find a suitable replacement for the vegetables that isn't meat, etc. Some of the smoothies do include vegetables in them -- give it a shot because the texture may not bother you in that case.
20. I do a lot of long distance running, I feel that I burn out quickly on the Shred, how can I balance it?  
Ans. Space your meals so they work in tandem with your heavy exertion periods. Add 2 extra 150 calorie snacks per day when heavy running
21. I am a nursing mom, and I have postponed full-fledged weight loss efforts to maintain milk supply. But, I need to do some work. Any tips?  
Ans. All breastfeeding moms must talk to their doctors before doing anything that changes their calorie intake. Breastfeeding moms have been successful on the plans but they all had permission/supervision from their doctors.
22. What exactly do the book teach you? I'm wanting to loose weight and get healthy.  
Ans. SHRED Power Cleanse is a two week detox program intended to help you hit the rest button. It'll help you lose weight, lower blood pressure, lower cholesterol, and feel

better. Knowing you want to get healthy is an important first step! The #shreddernation community is also here to help.

23. If I'm burning 600+ calories per workout which includes lifting is this going to be enough food?

Ans. Yes!

24. I have MS and suffer from fatigue. I want to exercise more, but it drains my energy. What types of exercises would you recommend? I can do but so much cardio do my balance problems, but I want to do more!

Ans. It really depends on the degree of your MS. People react in different ways to different types of exercises. It's about listening to your body when you're trying new things. That said, email us at [shreddernation@gmail.com](mailto:shreddernation@gmail.com) and we'll send you some online resources.

25. The book says to pick a smoothie from chapter 7 twice a day. Can I pick anything or does the purple smoothie detox better than anything else?

Ans. One should always be a purple smoothie. The other can be whatever you choose.

26. I am a teacher and it will be hard to follow the plan as stated for the times to eat. I can do smoothies quicker than I can eating a snack. I am at work at 7am, I usually have my purple smoothie between 7:30 and 7:45 before the students come in. Its a very busy day as I have 7 classes per day. What advice would you suggest for me to stay on target as close as possible.?

Ans. We encourage everyone to try their best to stay as close to schedule as possible. If you hit each targeted meal time within 45 minutes, that is ok.

27. I have the Shred books and have been off for awhile. Should I start the detox first then SS or RS? I have at least 100 lbs to lose.

Ans. Detox first, then RS, then SS, then you could do another round of the detox.

28. I am a group exercise instructor who teaches 14 high intensity cardio classes per week. Do I need to add any additional calories etc?

Ans. While on the cleanse you might want to add 2 snacks equal to 150 calories each.

29. How much weight can we lose during the cleanse?

Ans. A thousand people did the cleanse over the summer and the average was 8lbs but weight loss is different for everyone. You get what you put into it!

30. How much protein [powder] is needed daily?

Ans. Protein requirements are different for everyone. Most people need between 60-80 grams per day. Depends on your weight, exercise level, etc. I like hemp personally.

31. IF for some unknown reason we mess up on any day, do we just proceed to the next day?

Ans. If you are past 4 days in the cleanse proceed. If less, then start over.

32. I noticed a salad in the book with beans but don't see beans listed as a salad ingredient. Can we add beans?

Ans. Yes, you can add beans. Anything but baked\*

33. Which is the best program to follow after having a baby (not nursing)? Shred, Super Shred, Power Cleanse?

Ans. Cleanse, SHRED, then Super Shred.

34. Are diet drinks allowed on the cleanse?

Ans. You are not allowed diet drinks on the SHRED Power Cleanse.

35. Should you stick to just cardio or lifting also .. And can you go over the amount asked to do for the day ?  
Ans. You can go over, but don't go extreme. Remember you are detoxing and your calorie counts are not as high as a regular day on SHRED for example.
36. \*Peanut Butter/Almond Butter & Lemon/Lime\*  
Instead of using unsweetened unsalted peanut butter for snacks or for the strawberry shake, can you use unsweetened unsalted almond butter?  
For lemon or lime, can you use them interchangeably should you run out of one?  
Ans. Yes to both.
37. Good suggestions of a swap for bananas have been papaya and kiwi. Any others?  
Ans. Those are the best.
38. I have some major issues with sugar and have been trying to cut back. I was wondering if the sugar in the smoothies would be ok since I have such a craving for sugar?  
Ans. Well, they are natural sugars, but they are there since it's fruit. You could go lighter on the fruits and heavier on the veggies.
39. My hubby is planning to join me for the cleanse. Does he need to up the calories count?  
Ans. Not unless he's going to do vigorous exercise, more than what's in the book.
40. There are a few recipes in the book that don't say whether they are a shake or smoothie (New Yorker and Tranquilizer are two that I remember). Any way for me to know if these are shakes or smoothies?  
Ans. For the purpose of the plans, they're interchangeable. Don't get too caught up on whether the drink is a smoothie or a shake (determined by the base and the consistency)
41. I loved super shred! When I followed it last year I lost 28 lbs. Unfortunately, I haven't stuck to it this year. Also tried regular shred but didn't lose much with it. Only intermittently and gained it all back. So, why should we do the power cleanse? Was planning to restart super shred on Mon.  
Ans. Glad to hear you loved SuperSHRED! SHRED Power Cleanse is a two week detox program intended to help you hit the rest button. It'll help you lose weight, lower blood pressure, lower cholesterol, and feel better. The idea is you can transition to other plans from it as well (including SuperSHRED)
42. Is the plan easy to adapt to a vegetarian diet??  
Ans. Absolutely. SHRED Power Cleanse will fit you to a tee. You can make whatever substitutions you need to make, but there should be few need if any at all!
43. What non dairy can be substituted for yogurt in the smoothie recipes?  
Ans. You can do banana instead. The yogurt is there to help with the consistency. There's also nondairy yogurt out there. I think Silk makes it.
44. Any nutritional difference between using baby spinach and baby kale vs regular?  
Ans. There are subtle differences, but for the purpose of the cleanse, they are interchangeable.
45. I'm vegan and would really like to do the cleanse may I substitute tofu, tempeh for the eggs and the bacon? Would use legumes to substitute for other meat proteins.  
Ans. There are no eggs or bacon on the cleanse. The cleanse is very vegan-friendly!
46. Is almond milk a decent substitute for yogurt on this cleanse?  
Ans. Yes, it will work. Yogurt just gives the drink a creamier texture.
47. Would someone who had gall bladder surgery be able to do the Power Cleanse?

Ans. Absolutely. I can't see why not. This is perfect for someone without a gallbladder.  
No fats and oils.

48. Would you recommend using Mag07 while doing this cleanse?

Ans. NO!!!! Why would someone need that? I have not seen any studies that address it's safety or effectiveness.

49. What is necessary if you opt to make your own shake? i don't like most fruits so i would probably do berries and banana.

Ans. That is completely fine. Look at the recipes in the book and make adjustments as you like.

50. Can both smoothies in a day be the Purple Smoothie?

Ans. Yes. If you prefer that's fine

51. Can I continue to take multivitamins and probiotics while in the Power Cleanse?

Ans. Yes.

52. Can diabetics safely do the cleanse program?

Ans. Other diabetics have done it. One should check with his doctor/nurse to make sure. He can make substitutions if necessary.

53. I had a total thyroidectomy. I am now hypothyroid(gained 30 lbs) taking NDT and calcium. Working on raising iron levels. Is the Power Cleanse for me?

Ans. Yes it is. You will not lose weight as fast as others, but you can do it. Be determined and patient and don't compare yourself to others.

54. How many calories per day roughly is the cleanse diet?

Ans. It really depends on what you choose to eat/drink. But the estimate is between 1100-1500.

55. The schedule doesn't fit my work schedule, is the timing extremely critical.?

Ans. Meal spacing is very important, and we encourage everyone to try their best to stay as close to schedule as possible. If you hit each targeted meal time within 45 minutes, that is ok.

56. Can we put other veggies in our salad besides the ones listed? Like broccoli, cauliflower, beets, cabbage?

Ans. Yes, all of those are acceptable.

57. After this cleanse what week should I start on to continue with Shred?

Ans. You should start at week 3 and go through the rest as follows