

DETOX

FOR

LIFE

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Designed
by
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AUTHOR INTRODUCTION

The world has changed. Food used to be simple and we used to be a lot more active. Life carried less stress and we had a lot more exposure to the natural world. Today, things are crazy. With over 72 million tons of chemicals being dumped into our environment every day, our bodies are having a tough time dealing. Hence the need for detoxification. It isn't a fad. It is a reality for all of us because our bodies are being exposed to countless chemicals and substances that they don't know how to process. The body burden is great and it is disrupting the delicate balance of our internal chemistry.

Some of us may feel it as low energy while others get headaches. Some start gaining weight inexplicably while others have skin disorders. Many get sick more frequently and others can't sleep through the night. Something is off and we know it yet we have a hard time accepting the reality because it is so grim. We are surrounded by poisons and we are choking on them. In fact, if you look at the rise in autism, cancer, diabetes, dementia, and autoimmune diseases, you'll see things spiking in direct correlation with the rise in chemical manufacturing.

Pesticides and herbicides are everywhere. Our water is polluted with pharmaceuticals. Our air is suffocated by smoke from fossil fuels. How do we deal with this?

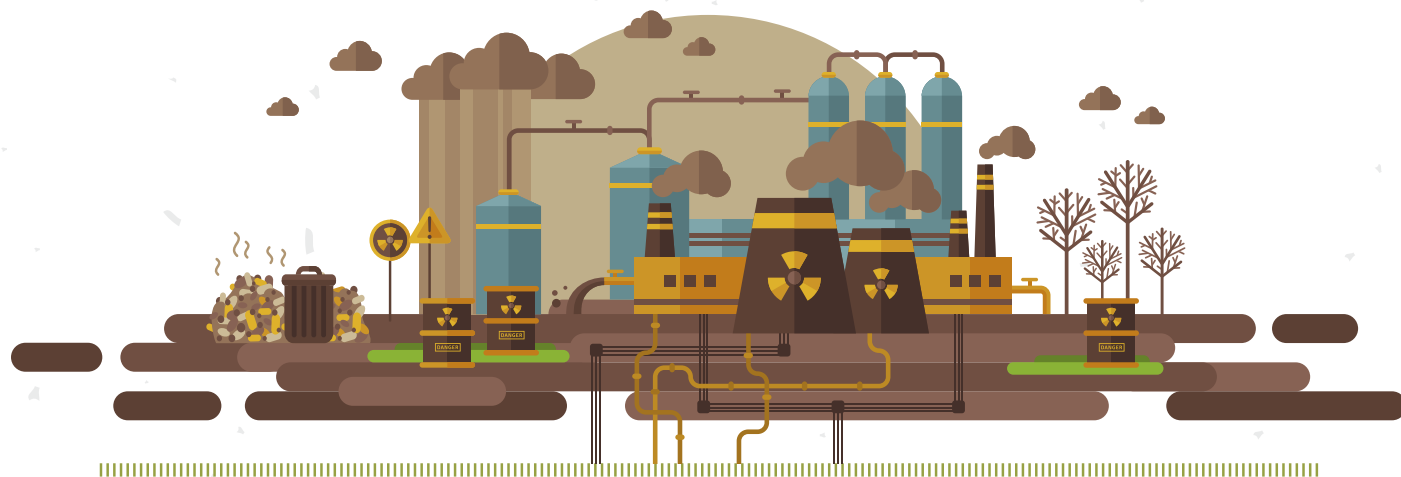
Step number one is always prevention. There's no detox that'll work if you're simultaneously "retoxing". This means cleaning up the foods that we eat, the air that we breathe, the water we drink, and the household products that we use. Buying organic is important as is getting all the

chemical cleaners and personal care products out of our lives.

Step number two is helping the body detox. We can nudge things along by helping chelate out heavy metals, providing support for the liver through phase one and two detoxification, and supporting the gut to move the junk out and modulate immunity. We'll spend some time helping you understand each of these areas as it's important for you to know the "how" and the "why" so you can play an active role in this process. Staying clean and helping the body's natural systems do their part is a lifelong pursuit. It is a way of life. The reward is better health, weight loss, more energy, and a clear mind.



AM I A CANDIDATE FOR A DETOX PROGRAM?



YES, IF YOU ARE CHRONICALLY EXPOSED TO A TOXIC ENVIRONMENT

YES, IF YOU HAVE HAD A RECENT ACUTE TOXIC EXPOSURE

**YES, IF YOU DO NOT FEEL THAT YOU ARE AS HEALTHY
AND ENERGETIC AS YOU SHOULD BE**

The following page contains a list a common symptoms that individuals may experience as well as a list of common factors.

SYMPTOMS:

poor immunity
hayfever & other allergies
post-nasal drip
chronic sore throat
headaches, migraines
puffiness or dark shadows
under/around eyes
dry skin
acne
skin rashes
abdominal bloating
poor digestion
heartburn, indigestion
constipation
regular diarrhea
mucus in stool
excess flatulence, burping
chronic cystitis
tiredness on waking
excess fatigue
fluid retention in extremities
hormonal symptoms
chronic vaginal thrush, irritations
muscle aches, pains
overreaction to situations

FACTORS:

oral contraceptives, hormonal
therapy
medication, drugs
antibiotics
exposure to chemicals
alcohol consumption
smoking
pollution
stress
caffeine (two or more/day)
poor diet (fast food, not enough
vegetables and fruit, fried and
fatty foods)

An optional method of assessing your need for a detox program and periodically evaluating its benefits is to complete a medical symptom questionnaire (MSQ). Please find the questionnaire located on the next page.

If you wish to print out a PDF version of the form, please visit: well.org/msq

MEDICAL SYMPTOMS QUESTIONNAIRE

Rate each of the following symptoms based upon your typical health profile for:

Past 30 days & Past 48 hours

— POINT SCALE —

- 0 - Never or almost never have the symptom
- 1 - Occasionally have it, effect is not severe
- 2 - Occasionally have it, effect is severe
- 3 - Frequently have it, effect is not severe
- 4 - Frequently have it, effect is severe

HEAD

- _____ Headaches
- _____ Faintness
- _____ Dizziness
- _____ Insomnia

_____ Total

EYES

- _____ Watery or itchy eyes
- _____ Swollen, reddened or sticky eyelids
- _____ Bags or dark circles under eyes
- _____ Blurred or tunnel vision (does not include near or far-sightedness)

_____ Total

EARS

- _____ Itchy ears
- _____ Earaches, ear infections
- _____ Drainage from ear
- _____ Ringing in ears, hearing loss

_____ Total

NOSE

- _____ Stuffy nose
- _____ Sinus problems
- _____ Hay fever
- _____ Sneezing attacks
- _____ Excessive mucus formation

_____ Total

MOUTH/ THROAT

- _____ Chronic coughing
- _____ Gagging, frequent need to clear throat
- _____ Sore throat, hoarseness, loss of voice
- _____ Swollen or discolored tongue, gums, lips
- _____ Canker sores

_____ Total

SKIN

- _____ Acne
- _____ Hives, rashes, dry skin
- _____ Hair loss
- _____ Flushing, hot flashes
- _____ Excessive sweating

_____ Total

HEART

- _____ Irregular or skipped heartbeat
- _____ Rapid or pounding heartbeat
- _____ Chest pain

_____ Total

LUNGS

- _____ Chest congestion
- _____ Asthma, bronchitis
- _____ Shortness of breath
- _____ Difficulty breathing

_____ Total

DIGESTIVE TRACT

- _____ Nausea, vomiting
- _____ Diarrhea
- _____ Constipation
- _____ Bloating feeling
- _____ Belching, passing gas
- _____ Heartburn
- _____ Intestinal/stomach pain

_____ Total

JOINTS MUSCLE

- _____ Pain or aches in joints
- _____ Arthritis
- _____ Stiffness or limitation of movement
- _____ Pain or aches in muscles
- _____ Feeling of weakness or tiredness

_____ Total

WEIGHT

- _____ Binge eating/drinking
- _____ Craving certain foods
- _____ Excessive weight
- _____ Compulsive eating
- _____ Water retention
- _____ Underweight

_____ Total

ENERGY
ACTIVITY

_____ Fatigue, sluggishness
_____ Apathy, lethargy
_____ Hyperactivity
_____ Restlessness
_____ Total

MIND

_____ Poor memory
_____ Confusion, poor comprehension
_____ Poor concentration
_____ Poor physical coordination
_____ Difficulty in making decisions
_____ Stuttering or stammering
_____ Slurred speech
_____ Learning disabilities
_____ Total

EMOTIONS

_____ Mood swings
_____ Anxiety, fear, nervousness
_____ Anger, irritability, aggressiveness
_____ Depression
_____ Total

OTHER

_____ Frequent illness
_____ Frequent or urgent urination
_____ Genital itch or discharge
_____ Total

GRAND TOTAL _____

- MSQ score from 30 to 49 indicates that you would potentially benefit from a detox plan, such as a modified elimination diet.
- MSQ score from 50 to 75 indicates that you would potentially benefit from a detox plan that includes a functional food/supplement.
- MSQ score > 75 indicates that any detox plan should be approached cautiously to avoid increasing symptoms. In all cases, a doctor should be consulted.



THE BASICS

WHAT IS DETOXIFICATION?

LIVER DETOX

Inside the liver cells there are sophisticated mechanisms that have evolved over millions of years to break down toxic substances. Every drug, artificial chemical, pesticide and hormone, is broken down (metabolised) by enzyme pathways inside the liver cells.

Many of the toxic chemicals that enter the body are fat-soluble, which means they dissolve only in fatty or oily solutions and not in water. This makes them difficult for the body to excrete. Fat soluble chemicals have a high affinity for fat tissues and cell membranes, which are made of fatty substances. In these fatty parts of the body, toxins may be stored for years, being released during times of exercise, stress or fasting. During the release of these toxins, symptoms such as headaches, poor memory, stomach pain, nausea, fatigue, dizziness and palpitations may occur. The body's primary defence against metabolic poisoning is carried out by the liver.

The liver has two mechanisms designed to convert fat-soluble chemicals into water soluble chemicals so that they may then be easily excreted from the body via watery fluids such as bile and urine.

HOW THE LIVER DETOXIFIES

There are two major detoxification pathways inside the liver cells, which

are called the Phase 1 and Phase 2 detoxification pathways.

PHASE ONE — DETOXIFICATION PATHWAY

Phase one detoxification consists of oxidation reduction and hydrolysis. Phase one detoxification is catalysed by enzymes referred to as the cytochrome P450 enzyme group or Mixed Function Oxidase enzymes MFO. These enzymes reside on the membrane system of the liver cells (called Hepatocytes). Human liver cells possess the genetic code for many iso-enzymes of P-450 whose synthesis can be induced upon exposure to specific chemicals. This provides a mechanism of protection from a wide variety of toxic chemicals.

To put it simply, this pathway converts a toxic chemical into a less harmful chemical. This is achieved by various chemical reactions (such as oxidation, reduction and hydrolysis), and during this process free radicals are produced which, if excessive, can damage the liver cells. Antioxidants (such as vitamin C and E and natural carotenoids) reduce the damage caused by these free radicals. If antioxidants are lacking and toxin exposure is high, toxic chemicals become far more dangerous.

Some may be converted from relatively harmless substances into potentially carcinogenic substances. Excessive amounts of toxic chemicals such as pesticides can disrupt the P-450 enzyme system by causing over activity or what is called 'induction' of this pathway. This will result in high levels of damaging free radicals being produced. The danger is if these reactive molecules are not further metabolised by Phase II conjugation, they may cause damage to proteins, RNA, and DNA within the cell.

SUBSTANCES THAT MAY CAUSE OVERACTIVITY (OR INDUCTION) OF THE P- 450 ENZYMES:

Caffeine	Organophosphorus Pesticides	Exhaust Fumes
Alcohol	Paint Fumes	Barbiturates
Dioxin	Sulphonamides	
Saturated Fats		

The family of P-450 enzyme systems is quite diverse, with specific enzyme systems being inducible by particular drugs, toxins or metabolites. It is this characteristic that has allowed the development of special tests to check the function of the various pathways.

THE SUBSTRATES (THE SUBSTANCE ACTED UPON BY THE ENZYME) OF CYTOCHROME P-450 ENZYMES:

Theophylline	Desipramine
Caffeine	Nortriptyline
Phenacetin	Codeine
Acetaminophen	Dextromethorphan
Lidocaine	Ethylmorphine
Erythromycin	4-methoxyamphetamin
Cyclosporin	Phenytoin
Ketoconazole	Ibuprofen
Testosterone	Naproxen
Estradiol	Oxicam drugs
Cortisone	S-warfarin
Alprenolol	Diazepam
Bopindolol	Hexobarbitone
Carvedilol	Imipramine
Metoprolol	Omeprazole
Propranolol	Alcohol
Amitriptyline	Chlorzoxazone
Clomipramine	Enflurane

COFACTORS OF P450 PHASE 1 DETOXIFICATION

NADH, riboflavin, niacin, magnesium, iron, certain indoles from cruciferous vegetables.

SUBSTANCES THAT INHIBIT CYTOCHROME P450

Many substances inhibit cytochrome P450. This situation can cause substantial problems as it makes toxins potentially more damaging because they remain in the body longer before detoxification.

GRAPEFRUIT

Grapefruit juice decreases the rate of elimination of drugs from the blood and has been found to substantially alter their clinical activity and toxicity. Eight ounces of grapefruit juice contains enough of the flavonoid naringenin to decrease cytochrome P450 activity by a remarkable 30%.

CURCUMIN

Curcumin, the compound that gives turmeric its yellow colour, is interesting because it inhibits phase I while stimulating phase II. This effect can be very useful in preventing certain types of cancer. Curcumin has been found to inhibit carcinogens, such as benzopyrene (found in grilled meat), from inducing cancer in several animal models. It appears that the curcumin exerts its anti-carcinogenic activity by lowering the activation of carcinogens while increasing the detoxification of those that are activated. Curcumin has also been shown to directly inhibit the growth of cancer cells. As most of the cancer-inducing chemicals in cigarette smoke are only carcinogenic during the period between activation by phase I and final detoxification by phase II, curcumin in the turmeric can help prevent the cancer-causing effects of tobacco.

PHASE I DETOXIFICATION AND AGEING

The activity of phase I detoxification enzymes decreases in old age. Aging also decreases blood flow through the liver, further aggravating the problem. Lack of the physical activity necessary for good circulation, combined with the poor nutrition commonly seen in the elderly, add up to a significant impairment of detoxification capacity, which is typically found in ageing individuals.

PHASE TWO — DETOXIFICATION PATHWAY

This is called the conjugation pathway, whereby the liver cells add another substance (eg. cysteine, glycine or a sulphur molecule) to a toxic chemical or drug, to render it less harmful. This makes the toxin or drug water-soluble, so it can then be excreted from the body via watery fluids such as bile or urine.

MAJOR PHASE II PATHWAYS:

Glutathione

Sulphate

Glycine

Glucuronide Conjugations

Through conjugation, the liver is able to turn drugs, hormones and various toxins into water soluble excretable substances. Individual xenobiotics and metabolites usually follow one or two distinct pathways. This makes testing of the various pathways possible by challenging with known substances.

SULPHUR CONTAINING FOODS AND AMINO ACIDS STIMULATE PHASE II DETOXIFICATION

For efficient phase two detoxification, the liver cells require sulphur-containing amino acids such as taurine and cysteine. The nutrients glycine, glutamine, choline and inositol are also required for efficient phase two detoxification.

Eggs and cruciferous vegetables (eg. broccoli, cabbage, Brussels sprouts, cauliflower), raw garlic, onions, leeks and shallots are all good sources of natural sulphur compounds to enhance phase two detoxification. Thus, these foods can be considered to have a cleansing action.

The phase two enzyme systems include both UDP-glucuronyl transferase (GT) and glutathione-S-transferase (GSH-T).

GLUTATHIONE-S-TRANSFERASE

Glutathione-S-transferase is the most powerful internal antioxidant and liver protector. It can be depleted by large amounts of toxins and/or drugs passing through the liver, as well as starvation or fasting. Phase II reactions may follow Phase I for some molecules or act directly on the toxin or metabolite.

SUBSTRATES OF THE GLYCINE PATHWAY

Salicylates and benzoates are detoxified primarily through glycination. Benzoate is present in many food substances and is widely used as a food preservative. Many other substances are detoxified as well via the glycine conjugation pathway. Patients suffering from xenobiotic overloads and environmental toxicity may not have sufficient amounts of glycine to cope with the amount of toxins they are carrying.

SUBSTRATES OF THE SULPHATION PATHWAYS

Neurotransmitters, steroid hormones, certain drugs such as Acetaminophen (also known as paracetamol) and many xenobiotic and phenolic compounds.

SUBSTRATES OF GLUCURONIDATION

Polycyclic aromatic hydrocarbons, steroid hormones, some nitrosamines, heterocyclic amines, some fungal toxins, and aromatic amines. It also removes “used” hormones, such as oestrogen and T4 (thyroid hormone) that are produced naturally by the body.

TOXIC OVERLOAD

If the phase one and two detoxification pathways become overloaded, there will be a build up of toxins in the body. Many of these toxins are fat soluble and incorporate themselves into fatty parts of the body where they may stay for years, if not for a lifetime. The brain and the endocrine (hormonal) glands are fatty organs, and are common sites for fat-solu-

ble toxins to accumulate. This may result in symptoms of brain dysfunction and hormonal imbalances, such as infertility, breast pain, menstrual disturbances, adrenal gland exhaustion and early menopause. Many of these chemicals (eg. pesticides, petrochemicals) are carcinogenic and have been implicated in the rising incidence of many cancers.

BITTER HERBS TO IMPROVE PHASE 1 AND 2 DETOXIFICATION

Bitter herbs are the corner stone of herbal medicine. A range of physiological responses occur following stimulation of the bitter receptors of the tongue. The bitter taste stimulates the specific bitter taste buds at the back of the tongue to stimulate the parasympathetic nervous system to trigger a number of reflexes. These reflexes are important to the digestive process and general health.

SPECIFICALLY IN RELATION TO DIGESTION HERBAL BITTERS;

Sialogogues – stimulate saliva to digest carbohydrates.

Orexogenics – stimulate hydrochloric acid to digest protein.

Chologogues – Stimulate bile flow to digest fats.

The stimulation of the flow of digestive juices from the exocrine glands of mouth, stomach, pancreas, duodenum and liver, aid in digestion, absorption and assimilation of foods and nutrients. There is also a very mild stimulation of endocrine activities, especially insulin and glucagon secretion by the Islets of Langerhans in the pancreas therefore used to treat of non-insulin dependent diabetes. By promoting the flow of bile, bitters assists the liver in its detoxifying capacity.

GUT HEALTH

In the Origins movie, several of our experts discuss the importance of the gut and its role in health. The gut is the interface between the outside and inside worlds and where 70% of our immunity lines up to protect us from invaders. This is a beautiful and elaborate system that works with

incredible precision under normal circumstances. Our challenge in the modern world is that our cells that line our digestive tract are under a barrage of attacks from the foods that we eat, environmental toxins, and antibiotics.

The gut is lined by millions of little finger-like tentacles calls “microvilli”. These are like carpet shags which help increase surface area and maximize absorption. Certain foods like gluten damage these finger-like protrusions and wear them down. This restricts our ability to absorb food and nutrients and also creates a condition called “Leaky Gut” which is when the lining of the intestines become more permeable to substances that are floating around. The challenge here is that the other side of this now permeable membrane is our blood flow which goes everywhere else in our bodies. If an object that isn’t supposed to make it through shows up, the immune system jumps in to regulate.

When our bodies do not recognize a given substance as “friend”, the immune system tends to mount an attack designed to neutralize the “invader”. This leads to inflammation, further tissue damage, and something that’s making us all stop and look again. It is leading to autoimmune disease. Once a foreign substance makes it through a leaky gut and is accosted by the immune system, the body will take note of what it is and manufacture antibodies to this substance. It could be bread, cheese, tomatoes, or pickles. It doesn’t really matter. Big chunks of tomatoes need to be broken down in the gut before they come across as nutrients into the blood. When they leak through prematurely, the body assigns antibodies to attack them and it will never stop doing so. After a while, it may mistake chunks of this substance for other tissue in the body and develop what’s called cross-reactivity. A common example of this is wheat sensitivity. People with Leaky Guts who have developed antibodies to gluten often have the body confuse its own thyroid tissue for gluten and start to attack it. This has been shown to be the case in Hashimoto’s Thyroid cases around the world.

The solution? What you’re about to start here. Fix the gut and stop Leaky Gut. We need to identify the triggers that set off your immune system and limit your exposure to them but all bets are off if you’ve got a Leaky Gut.

Fixing that is our first stop to reversing the course of all sorts of serious conditions that arise from this mess.

IMPORTANCE OF BOWEL MOVEMENTS

The way the body clears toxins primarily is through the bowel. When we talk about the phases of Liver detoxification, when substances are bound, they are held to be excreted by the bowels. This means that having 1-3 bowel movements a day is essential to establishing health and maintaining it. During your cleanse phase, if you are having trouble moving your bowels, take Senna Tea as needed to nudge things along. If you're still having trouble, enemas or colon hydrotherapy can be useful. The bowels have to move or there is no detox to speak of.

MICROBIOME AND HEALTH

A healthy colony of gut bacteria plays a key role in our health. As mentioned in the Origins movie, these bacteria help us modulate immunity, fight off invaders, break down foods, and produce B Vitamins. In fact, there's more genetic information from these bacteria that code for the proteins we make and "the person we are" than was ever suspected by scientists. It truly is a "web of life" of which we are part and supporting this web is key. This is achieved with a diet rich in "prebiotics" which are often fibers that remain undigested until the large intestine where they serve as food for our "friends". The detox you are about to embark on will help restore the health of these bacteria but this is only the beginning. Each of us needs a lifestyle that avoids GMO foods which are often sprayed with a pesticide called "Glyphosate". This has been shown to kill off our good bacteria and it allows for harmful strains to move in and dominate. This impacts our health, our psyche, and our world. The cleanse you are about to embark on will cut the foods that feed the bad bugs and help you support the good ones. From there, we highly recommend a diet rich in probiotics along with some healthy prebiotic fibers. You'll see a section on this later in this book.

HYDRATION

Drinking enough water is a key piece to a detox. Most people who report trouble with headaches, flu-like symptoms, and general fatigue/malaise tend to be dehydrated. During the detox, drink 8 oz of water every 30 minutes. This will help your body clear the toxins out of your body which is the whole point. Another key piece to this is that people who are dehydrated tend to have more sensitivity in their immunity. Our histamine reactions (allergies) tend to get out of control when we're dehydrated so this is a strong lesson for life after detox...keep drinking plenty of water and make it a lifestyle. Tea, coffee, and soda tend to be dehydrating so you'll need 2 glasses of water for each cup/glass of these to break even. The obvious gold standard here is to drop them (for sure during the detox) altogether.



THE ELIMINATION DIET

The dietary/functional food referenced in this PDF has been most helpful with individuals who are exposed to environmental toxins or intolerant foods and wish to maintain a good energy level, healthy digestion, joint comfort, and an overall sense of wellness. The diet and functional foods associated with this plan are hypoallergenic, support the body's response to inflammation, and are generally well-tolerated.

It is theorized that the elimination of certain foods and the provision of a low-glycemic, antioxidant-rich diet supports general health. This plan goes beyond dietary modification and strives to achieve an optimal health outcome. It incorporates very high-quality, clinically tested functional food “shakes” and supplements that contain ingredients that research suggests supports healthy body composition and the body's natural detoxification mechanisms.

The beginning of your 2 week cleanse may be challenging; however, your effort will be rewarded. Although you will need to avoid many foods and beverages you are accustomed to eating daily, you will likely discover palate-pleasing flavors and textures among alternate foods. You will also enjoy the convenience of functional food shakes and the variety of flavors available. Be sure to carefully follow your healthcare practitioner's advice and consume the shakes and supplements as recommended. If you do so, you will join many people who say that they feel better, have more energy, and look healthier and younger.

This plan is to be used under the supervision of a licensed healthcare practitioner following a comprehensive assessment of your personal needs and, if necessary, subsequent adjustments to the basic plan. The plan should not be followed beyond 14 days without proper reassess-

ment. Your response to this plan is based upon your individual biochemical makeup, medical history, and health status at the time you begin. Should any troublesome symptoms occur while using the plan, discontinue the functional food or supplement and contact your healthcare practitioner for guidance.

SNACK IDEAS (PREFERABLY ORGANIC):

- Walnuts and fresh apple wedges
- 2-3 oz of sliced turkey or chicken breast (preferably homemade or Boar's Head Organic/Oven Gold) plus a medium-sized apple or pear
- Celery sticks with unsweetened almond or cashew butter[†]
- Unsweetened applesauce with cinnamon and chopped almonds[†]
- Lettuce leaf with turkey – rolled up together
- Sliced vegetables with hummus dip
- Glass of fresh vegetable juice (not carrot) plus whole almonds[†]
- Zucchini slices spread with tahini
- Homemade avocado dip with veggies



DIETARY GUIDELINES — A BAKER'S DOZEN



1. Eliminate all dairy products. Avoid products made with casein (a milk protein), such as certain brands of soy or rice cheese. Casein, caseinate, and whey are dairy.
2. Eliminate fatty meats. Small amounts of wild game and loin cuts of lamb are the only red meats allowed. Choose mostly chicken, turkey, and coldwater fish if you are not allergic or intolerant to any of these foods. Select from organic, free-range, grass-fed products whenever possible.
3. Eliminate gluten-containing foods or those prepared with them. Gluten is a mixture of proteins found in wheat, spelt, kamut, rye, triticale, and barley. Although oats and corn are gluten-free, they are often cross-contaminated. Omit unless guaranteed gluten free. Rice, millet, buckwheat, quinoa, amaranth, teff, bean or chickpea flour, tapioca, yucca, cassava, and arrowroot are examples of gluten-free items that may be used as desired by most individuals.
4. Drink at least two quarts of water, preferably filtered, daily.

5. Avoid all alcohol-containing beverages, including beer, wine, liquor, and over-the-counter products that contain alcohol, such as cold remedies and herbal preparations.
6. Avoid all caffeine-containing beverages, including coffee, tea, energy drinks, and soda. Avoid decaffeinated coffee and coffee substitutes from gluten-containing grains. Avoid cold remedies, herbal preparations, or any other over-the-counter medicine containing caffeine.
7. Avoid foods containing yeast or foods that promote yeast overgrowth. Examples include mushrooms, cold cuts, refined sugars, cheese, commercially prepared condiments, peanuts, vinegar, and alcoholic beverages.
8. Eat five to seven small meals each day. Incorporate shakes as suggested in the 14-Day Cleanse Calendar. Try to eat every two to three hours, never letting more than three hours lapse between meals. Remember, breakfast is ALWAYS a shake. Try drinking your shake through a straw to make it last longer.
9. To maintain a healthy and stable blood sugar level, eat protein/carb/fat at each meal. Your body needs all three macronutrients to heal, repair, and rebuild its functional and structural biochemicals.
10. Whenever possible, select fresh, organic, locally grown foods that are in season. Organic frozen foods are an acceptable second choice.
11. You may include one functional protein bar as a meal/snack each day.
12. Keep fruit servings to no more than one to two servings/day. Too much fruit may spike your blood sugar and may cause your body to slow down the healing process and the elimination of excess body fat. This is especially true for the patient who has difficulty maintaining normal glucose and insulin levels.
13. You may find it helpful to keep a food diary and to pre-plan your meals.

MODIFIED ELIMINATION DIET

During your cleanse, follow the guidelines set forth in the following table. Listed are the major categories of a diet accompanied by what foods you should both enjoy and avoid.

FOOD GROUP	ENJOY	AVOID
MEAT, POULTRY, FISH, LEGUMES	Poultry, lamb, rabbit, bison, venison, coldwater fish (sardines, salmon, trout, halibut, etc.), all legumes, dried peas, beans, lentils	Beef, pork, veal, cold cuts, frankfurter, sausage, canned meats, tuna, mackerel, shellfish, and any preparations with added solution. Note: Eggs, especially whites, tend to be allergenic. Avoid eggs unless practitioner approved.
DAIRY PRODUCTS	Unsweetened milk substitutes, such as rice or hemp milk, unsweetened nut milk (only if not allergic/ sensitive to nuts), vegan-style rice cheese	Milk, soy milk**, goat milk, buttermilk, cheese, ice cream, puddings, non-dairy creamers, commercial yogurts, cream soups, creamed vegetables, soy cheese**, casein/caseinate-containing rice cheese. Note: Avoid unsweetened, plain yogurt, unless practitioner approved.

FOOD GROUP	ENJOY	AVOID
VEGETABLES	All vegetables (except nightshades†) fresh, frozen, or freshly juiced, especially cruciferous vegetables, such as cabbage, broccoli, cauliflower, brussels sprouts, kale, collards, radishes, watercress	Canned vegetables, creamed vegetables, vegetables prepared with cheese, butter sauce, or other type of sauce or prohibited ingredients, vegetables in commercially-prepared casseroles, nightshades†
FRUITS	Preferably whole and fresh or unsweetened frozen. Preferably low-glycemic, such as blueberries, apple, plum, apricot, etc.	Overly-ripened fruit, high-glycemic fruits (pineapple, raisins, ripe banana, dates, watermelon, etc.), highly allergenic fruits (citrus, strawberries, raspberries, mango), sulfite-containing or canned fruits, sweetened fruit drinks, jams, jellies, syrups
SOUPS	Clear, vegetable-based broth, homemade soups with allowed ingredients	Commercially prepared soups or cream soups, tomato-based soups, bouillon soups with gluten- containing grain (barley, wheat pasta, etc.) or made with any other prohibited ingredient. Any soup containing MSG and/or yeast
BEVERAGES	Unsweetened, freshly prepared vegetable juices from allowed vegetables, fruit juices (approved and specified by practitioner), filtered water, caffeine/ citrus-free herbal tea	Milk, coffee, tea, cocoa, alcoholic beverages, soda, sweetened beverages, citrus, fruit juices (unless practitioner approved), caffeinated herbal teas

FOOD GROUP	ENJOY	AVOID
FATS, OILS, NUTS	Extra virgin olive oil, unrefined coconut oil, butters (ghee, pumpkin, squash seed), salad dressings (made from allowed ingredients, preservative/ additive free), nuts (raw nuts if tolerated and practitioner approved), nut butters (not more than 2 tbsp unsweetened almond butter per day)	Margarine, shortening, unclarified butter, refined oils, salad dressings and spreads, peanuts, tree nuts (other than almonds and walnuts), nuts/ nut butters prepared with extra fat and/or sugar. Dry roasted nuts
SWEETENERS	Stevia, xylitol (as tolerated)	Brown sugar, honey, molasses, maple syrup, fructose, all artificial sweeteners
CONDIMENTS	Salt-free herbs and seasonings; for example, basil, cayenne, caraway, chives, cinnamon, curry, dill, dry mustard, garlic, ginger, mace, marjoram, mint, nutmeg, parsley, poppy seeds, savory, tarragon, tumeric. Celtic sea salt.	Salt, soy sauce, mayonnaise, ketchup, balsamic or rice vinegar, salsa, chili pepper, pepper flakes, paprika
STARCHES, BREADS, CEREALS	Sweet potato, yucca, taro, arrowroot, tapioca, cassava, amaranth, teff, millet, buckwheat, quinoa, brown/ wild/basmati rice, beans, peas, plus any 100% whole grain cereal or baked goods made from the above or any other gluten-free and allowed ingredients	Potatoes (other than sweet potatoes), all gluten-containing cereals, flours, or baked goods (wheat, rye, barley, kamut, spelt, triticale, malt). Avoid soy**, oats**, corn**, and products made from these, unless practitioner approved. Avoid yeast, unless practitioner approved.



** Many individuals requiring a gluten-free diet may tolerate oats and oat products. Use oat only if your practitioner approves. Corn has a relatively high glycemic index and is not tolerated by everyone. Use only in small amounts and as tolerated. Avoid peanuts and tree nuts, unless practitioner approved. Use soy only if practitioner approved.

‡ Nightshades include tomato, potato, eggplant, pepper (except black and white), tomatillo, pimento, and paprika.

FUNCTIONAL FOOD

WHAT IS A FUNCTIONAL FOOD?

The term “functional food” refers to any food or food ingredient that may provide an identified health value. A functional food may be a whole food that is fortified, enhanced, or enriched to provide potentially greater health benefits than it delivers in its original form.

PROTEIN REBUILDER

This functional food powder contains a comprehensive combination of nutrients, antioxidants, herbs, fiber, and fruit and vegetable extracts that support the overall metabolic detoxification process while balancing phase I and II detoxification pathways.

Protein Rebuilder contains 18 grams of pea protein per serving and is sweetened with the natural herb stevia. It can serve as a meal replacement during detoxification protocols and is free of dairy, gluten, GMOs, and lactose.

AMINO DETOX

We are being inundated with toxins on a daily basis. Our ability to maintain health in a toxic environment is dependent on our body’s ability to detoxify. These packets are recommended as the starting point for detoxification programs, for anyone who needs regular detoxification support, or for those who want extra help before such things as dental amalgam removal or heavy metal chelation.

Amino Detox is effective in helping protect the liver while chemicals and other toxins are mobilized for excretion. Amino Detox is designed with specific nutrients that assist in the avoidance of toxic overload and the reabsorption of harmful toxins back into the blood stream.

DIGESTIVE ENZYMES

Digestive Enzymes is a proprietary blend of protease enzymes that helps support efficient digestion and absorption of protein supplements consumed as a shake or liquid meal, as liquid protein supplements pass through the stomach more quickly than solid meals.

Since protein digestion is initiated in the stomach, less time in the stomach means less time for digestion. Additionally, many individuals have digestion that is less than optimal and will likely experience poor digestion and absorption of protein supplements. Digestive Enzymes works efficiently to combat the incomplete digestion of protein supplementation. It is effective with pea, whey, soy, egg, casein, and hemp, but not rice protein.

Made with non-GMO ingredients.

WHAT DO I DO AFTER THE 14-DAY CLEANSE?

BASIC GUIDELINES FOR REINTRODUCING FOODS

1. If you have EVER experienced an anaphylactic reaction (including throat swelling) to any particular food(s) in your lifetime, DO NOT attempt to reintroduce that food without medical supervision. This type of food allergy is likely to be “fixed,” which means that even though you feel that your health has improved as a result of the 14-Day Cleanse, your immune system will continue to identify this food as an antigen (allergen).

2. Only return one food to your diet at a time and wait at least two days (or until all symptoms are gone if you experience a reaction) before trying any other “new” food. If you do react or if you are not sure whether you reacted, try the same food again.
3. Use an organic source of the food that you are trying to reintroduce. This will help ensure that a reaction to pesticides or other contaminants will not be misinterpreted as a reaction to the food itself.
4. In the morning, start with a very small amount of the food that you are adding (e.g., 1/4 cup milk). If you do not notice any symptoms, increase the portion (e.g., 1/2 cup milk) at lunchtime. If you still do not notice any symptoms, consume yet a larger portion (e.g., 1 cup milk) at dinner. Even if you do not experience symptoms, your practitioner might suggest that you rotate the foods that you reintroduce. For example, he or she might recommend that you consume dairy only every fourth day, on the same day as beef, buffalo, lamb, or veal, which belong to the same family as dairy.
5. Keep a Food/Symptom Diary to track your responses. Food reactions are sometimes delayed up to 72 hours from the time the food is consumed, and it is easy to forget what you have eaten. Be sure to record everything that you eat and drink for meals and snacks. Include all ingredients in mixed dishes, such as casseroles, sandwiches, etc. Detail your symptoms in a separate column alongside the foods consumed just prior.
6. The symptoms to look for literally range from “head to toe.” You are not likely to experience classic food allergy-type reactions, such as hives, respiratory distress, or severe diarrhea. When these kinds of skin, respiratory, or GI reactions occur within minutes to as long as two hours after contact, even with a small amount of food, the individual is said to have a true “food allergy” rather than a “food sensitivity.”
7. If you react to a food you are trying to reintroduce, your practitioner may advise you to wait as long as three months before adding the food back to your diet.

FOOD QUALITY

MEAT: WHY QUALITY MATTERS

If you choose to eat animals, you need to do so consciously. How they are raised is critical. First of all, animals are lifeforms that deserve dignity and humane treatment. Many of the factory farming and ranching operations in our culture have turned them into commodities that are treated as such. This has led to a culture of abuse, neglect, and apathy that should be made criminal. Also animal farming is very resource intensive in a time when freshwater is becoming a challenge. So if you choose to ingest animals, make sure you get them from a clean source. This means grass-fed and pastured. It should have lived a life in fresh air without the constrictions of modern ranching practices. Grass-fed animals are higher in Omega 3 fats and carry a healthier energetic charge. Torture is evil so don't support it.

Another key piece to this equation is tissue accumulation of toxins. Most people in our culture feel toxic because they've consumed toxic meats. Animals compound toxins in their tissue and traditionally raised meats are pumped full of hormones and antibiotics. Many are fed glues, garbage, saw dust, and anything else that can fatten them up and get more money. We eat this and become this. That's why certain meats are restricted on the cleanse. After the cleanse, you should be feeling better and have more mental clarity. This becomes a great time to re-assess the foods you consume and cut out the poison meats, if not meat altogether, if you can't find good sources.

PRODUCE: WHY QUALITY ALSO MATTERS

If you've ever gardened, you must have noticed how challenging it could be to ward off pests. They need food too and they're persistent when trying to get at ours. In response, we've gone too far in trying to ward

them off. After World War II, we turned the mighty industrial machine of our wartime economy on efforts to make progress on the home front. This included bringing petrochemicals to farming. With innovations in fertilizers and pesticides, we were able to drastically improve yields but at a cost. We're now finding that the topsoil is depleted and the food has less nutrients and flavor. We're also finding toxic levels of exposure in our cells from the pesticides and poisons we thought were OK to be sprayed on our food. Wrong again!

Organic food is the way forward and, as mentioned in the *Origins* movie, we're now looking to the wisdom of the family farm again. There are lots of powerful examples of people doing this well all around the world. Suffice it to say, clean, pesticide-free, organic food is healthier for you and eating it will reduce the toxic load your body has to deal with. During the detox you'll feel better, but making it a way of life will change the way you see the world.

When it comes to purchasing organics it can be challenging to keep the cost down. Use the following list from [Environmental Working Group](#) to guide your purchases.

15 CLEAN VEGGIES TO USE IN RECIPES:

Asparagus
Avocado
Cabbage
Cantaloupe
Corn
Eggplant
Grapefruit
Kiwi
Mango
Mushrooms
Onions
Papayas
Pineapple
Sweet peas (frozen)
Sweet potatoes

VEGGIES TO AVOID:

Zucchini
Kale/collards
Red peppers
Strawberries
Spinach
Potatoes
Peaches
Nectarines (imported)
Hot peppers
Grapes
Cucumbers
Cherry tomatoes
Celery
Apples

HOW TO DEAL WITH ENERGY DROPS

If you feel yourself getting hungry in between meals, make sure that you have a snack with protein. It is important to eat protein in order to prevent your blood sugar from dropping. Protein will sustain you for longer and keep you satiated until your next larger meal.

Drink more water and hydrating fluids. Sometimes hydrating is the key to boosting your energy in the middle of the day. Drink filtered water with fresh lemon juice, fresh vegetable juices, or green smoothies.

It is best to eat fruit in between meals. Having an apple or some berries is a great snack to have 20-30 minutes before a meal. Fruit is digested much more quickly than foods that are rich in protein and fat.

SNACKS TO HAVE ON HAND:

- raw, organic nuts*
- raw, organic seeds*
- sunflower seed hummus (or sprouted chickpea hummus if you do eat beans and legumes)
- protein shake or smoothie
- organic, local sheep or goat milk yogurt

*It is best to soak nuts and seeds overnight before eating them the following day. Soaking seeds and nuts increases digestibility and helps the body to properly absorb the nutrients that they contain. Simply place a handful of nuts and/or seeds in a bowl and cover with filtered water. Soak overnight and rinse off in the morning. Pack to take for a snack later in the day.



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