

# GI Tract Function & Wellness

A key factor in achieving optimum wellness and health is a properly functioning gastrointestinal or digestive system. Any program or attempt to maintain or recover optimum health can be completely undermined by a poorly functioning GI tract. Improper digestion leads to poor absorption of nutrients and constant irritation of the GI lining. This can result in nutritional deficiencies which may or may not be expressed by outward symptoms for years until significant illness and disease present.

Poor digestion and absorption interfere with a myriad of bodily functions and cause problems such as nutrient deficiencies, inflammation, pain, skin issues and hormone imbalances. Poor digestion is a constant stress on the body which interferes with proper adrenal function and leads to overall hormone imbalance.

## Symptoms of Poor Digestion and Absorption

There are various symptoms of chronic digestive abnormalities including constipation, diarrhea, bloating, gas, heartburn, and food cravings. Additionally, anyone who takes prescription acid reducing medication is going to have digestion and absorption dysfunction.

## Dysbiosis

Dysbiosis is the overgrowth of bad bacteria in the intestinal tract. The intestinal tract is full of bacteria, both good and bad strains. The balance should be tipped to the beneficial bacteria side. This helps with waste elimination and proper balance of fluids and solids in the waste from our bodies.

Dysbiosis occurs when the balance moves to the bad bacteria's favor. It can be caused by parasitic infections, bacterial overgrowth or fungal overgrowth. Parasitic infections are a commonly undiagnosed cause of GI problems. Common sources of parasitic infection are food and water sources.

## Hidden GI Tract Problems

Subclinical or mild inflammatory conditions can interfere with proper digestion and GI tract function. Food intolerance is such an issue. A major food intolerance problem is gluten intolerance. Gluten is found in grains including wheat, rye, barley, hops, and oats. Other common foods that can cause sensitivity reactions include dairy, eggs, tomatoes, and corn. Inflammatory reactions from the intake of these foods in someone who is intolerant can be as severe as causing joint pain and arthritic conditions or skin problems such as acne, eczema, and psoriasis. Bloating swelling, gas, and indigestion can also result.

# **How to Heal, Repair, and Restore Proper GI Function**

## **Digestive Enzymes**

The inability to properly digest food is the major underlying cause of GI tract dysfunction and symptoms. Improperly digested food leads to putrefaction (rotting) of undigested food in the stomach and intestines which is known to produce up to 33 proven carcinogens (cancer causing compounds).

Your stomach utilizes two substances for breaking food down: enzymes and acid. With the intake of poor food choices (processed and packaged foods, trans-fats, fried, fast foods, etc.), our ability to produce digestive enzymes decreases. When this occurs, the body will pull from other enzyme sources, such as ones that are critical for immune regulation, inflammation control and other cellular processes. This will cause the immune system and other bodily functions to suffer resulting in ill health.

The stomach will then work harder to produce more acid to digest the food. As many people are taking acid reducing medication, the body's attempt to properly digest food is thwarted and the acid is inhibited from being released. This results in further maldigestion and putrefaction of food in the GI tract, which results in foreign gas and acids to be produced and more symptoms of pain and burning.

Low enzyme and low acid production also provide the opportunity for harmful and unwanted organisms like yeast, parasites and bad bacteria to proliferate. Poor eating habits result in decreased enzyme productions. Depleted enzymes can be replenished by taking supplemental digestive enzymes. You can also build up your enzyme reserves by allowing the GI tract to heal and recover.

## **Probiotics**

Probiotics are the beneficial flora of bacteria found in the GI tract and intestines. These include various strains such as *Acidophilus* and *Lactobacillus*. These are often found in yogurt. What most people don't realize is that there are literally dozens of strains of beneficial bacteria in the intestine and often times the depleted ones are not of the types found in yogurt products – not to mention that dairy is one of the major food groups causing GI problems and additional yogurt tends to be chock full of sugar.

## **Yeast and Parasites**

Specialized supplements are available and are designed to control and eliminate yeast, microbial and parasitic overgrowth in the GI tract. These are normally much more effective and milder than prescription medications as there are little to no side effects.

## **Proper Diet and Hydration**

It is vitally important to maintain a proper diet with proper hydration for the body. You must learn the appropriate way to eat on a daily basis. The key is to understand the right things to eat, the right quantities, and the right combinations for each individual. With so many different diets and so much different and unreliable information, it can be very confusing. Our goal is to teach each individual the right way to go about an eating lifestyle that will promote whole body and GI tract health and wellness.

## **Initial GI Tract Supplementation**

Initially, the GI tract requires extra supplementation to ensure that detrimental substances and organisms are eliminated and good function is established. Digestive enzymes, yeast reduction methods, parasite cleansers, and restoration of beneficial probiotics is a must. If a patient has or has had ulcers in the past, a product to improved mucosal membrane function is needed. Regular wellness maintenance supplementation would include a probiotic and the regular supplementation of a good digestive enzyme.

## GI Tract Quiz

1. Any attempt to maintain or recover optimum health and wellness can be completely undermined by a poorly functioning \_\_\_\_\_ tract.
2. Poor digestion and absorption of nutrients can cause problems such as nutrient deficiencies, chronic \_\_\_\_\_, pain, skin tissues, and \_\_\_\_\_ imbalances.
3. The liver produces \_\_\_\_\_, which is stored in the gall bladder and released to break down \_\_\_\_\_ that we eat.
4. \_\_\_\_\_ dysfunction is characterized by symptoms such as bloating, gas, constipation, diarrhea, heartburn, and even food cravings.
5. Dysbiosis is the overgrowth of bad \_\_\_\_\_ in the intestinal tract.
6. Food \_\_\_\_\_ can interfere with proper GI Tract function and result in chronic inflammation.
7. Digestive \_\_\_\_\_ supplements help the stomach to properly digest the food we eat.
8. Probiotics are \_\_\_\_\_ bacteria supplemented to restore normal flora balance. High quality probiotic supplements are best to use.
9. Proper \_\_\_\_\_ and drinking enough \_\_\_\_\_ are important to maintaining GI Tract health.
10. Symptoms of improper \_\_\_\_\_ balance include constipation, diarrhea, irritable bowel syndrome, dumping syndrome, and more.
11. Your stomach utilizes two substances to aid in digesting food: \_\_\_\_\_ and \_\_\_\_\_.
12. Improperly digested food leads to putrefaction (rotting) of \_\_\_\_\_ food in the stomach and intestines. This is known to produce up to \_\_\_\_\_ different carcinogens.
13. \_\_\_\_\_, parasites, and microbes can grow in the GI tract causing ill health.
14. \_\_\_\_\_ is found in many grains and can cause inflammatory or sensitivity reactions in the GI tract.



# REPAIRVITE™ PROGRAM

## A SYSTEMIC DIETARY AND NUTRITIONAL PROGRAM FOR INTESTINAL BARRIER INTEGRITY

### Introduction

The digestive tract is the part of our body that allows absorption of what we eat into our internal environment. It is a long tube that starts in the esophagus and ends in the colon and rectum. Once food is eaten, the digestive system releases enzymes to break it down into small particles so they can be absorbed by the intestinal mucosa. The tight junctions between intestinal mucosal cells allow for the absorption of tiny digested food particles.

If the digestive system is working properly, we have maximum absorption of nutrients, resulting in energy and vitality. When the digestive system is not working well, we may develop bloating, inflammations, skin rashes, food sensitivities, constipation, abdominal discomfort, fatigue, and many other diverse, nonspecific symptoms.

The digestive tract may become compromised from a diet high in refined sugar and low in fiber, as well as from antibiotics, medications, stress, parasitic infections, bacterial infections, nutrient deficiencies, and alcohol use. These may cause an immune reaction, (intestinal inflammation) and may lead to increased intestinal permeability.

The **REPAIRVITE™ (K60), (K63)** formula is an essential part of the nutritional program designed by your healthcare professional to support your intestinal health. A better understanding of the nutritional benefits of **REPAIRVITE™ (K60), (K63)** will assist you in using this product more effectively.



**The promise of vibrant health is a jewel worth every effort.  
It is not a right, but a set of choices—at times hard—  
but always rewarding.™**





## Science-Guided Nutrition™

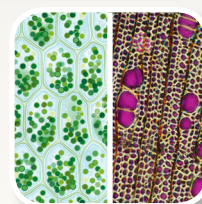
When the lining of the small intestine becomes too porous, it allows the entry of toxins, microorganisms, and undigested food particles into the bloodstream, triggering an inflammatory immune response. Intestinal barrier compromise has been associated with multiple food sensitivities, increased inflammation, fatigue, and diverse gastrointestinal symptoms.

**REPAIRVITE™ (K60), (K63)** is formulated to provide key nutrients to support intestinal barrier integrity and health. It contains scientifically researched nutrients, such as flavonoids, antioxidants, plant sterols, glycoproteins, and saponins.

### Benefits of **REPAIRVITE™ (K60), (K63)**:

- Provides glycoproteins to cover mucosa called mucin to support mucosal membrane health
- Supports the health of the intestinal lining as it relates to nutritional balance
- Provides natural compounds that may support intestinal comfort
- Provides extracts with high mucilage content to soothe and support the intestines
- Provides phyto extracts to support healthy gastrointestinal motility and healthy secretion of digestive enzymes

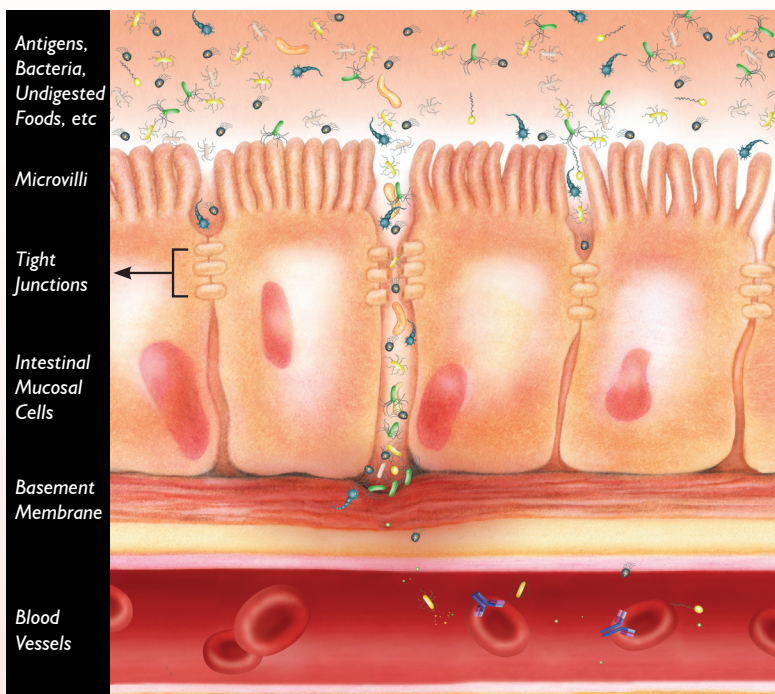
**RepairVite™** is available in two flavors: regular (K60) and caramel (K63).



## Increased Intestinal Permeability—Leaky Gut:

When the digestive tract mucosa is inflamed, the tight junctions of the intestinal mucosa are compromised as they become widened and permeable to large, undigested compounds, toxins, and bacteria. This is also known as “leaky gut.” The intestinal immune system then reacts against these large compounds, promoting an exaggerated immune response. This creates a cycle of further intestinal inflammation and greater loss of intestinal barrier integrity.

Therefore, as the intestinal tract becomes inflamed from diet, lifestyle, medications, infections, etc, it causes further intestinal inflammation, feeding this vicious cycle promoted by intestinal permeability. After the intestinal mucosa becomes damaged, the damaged cells become unable to properly digest food and produce the enzymes necessary for digestion. This leads to **malnutrition**; further intestinal inflammation; further permeability; the development of food sensitivities, bacteria, and yeast overgrowths; and impaired intestinal immune integrity. These self-promoting cycles become difficult to unwind unless aggressive dietary and lifestyle strategies are employed.



### INTESTINAL BARRIER

*Illustration dramatized for demonstration purposes.*

Health statements on this flyer have not been evaluated by the Food and Drug Administration.  
This product is not intended to diagnose, treat, cure, or prevent any disease.

For nutritional and health maintenance purposes only.

# Detoxification

## What Is It?

As with the term “wellness,” “detoxification” (or “detoxing”) has also become somewhat of a buzzword. I’ll try to clarify some of the ideas behind detoxification because you can’t practice optimized wellness without knowing a lot about it. That’s why it’s one of my five key components for optimized living.

1. A bodily process in which toxins (unhealthy substances or molecules), are converted into less harmful or harmless substances and excreted. The liver is our body’s main detoxification and filtering organ, while the colon, kidneys, gallbladder, lungs, skin, blood, and lymphatic system serve (in part) to escort waste products and unhealthy substances out of the body. The general principle is that the liver, among its hundreds of functions, tries to convert harmful substances in the blood to less harmful or innocuous substances before sending them on their way to be eliminated.
2. A process in which the body attempts to achieve a new homeostasis<sup>1</sup> after some supposedly positive change is made in diet or other behavior. For example, quitting coffee requires a chemical rebalance in the body after caffeine—which was playing an addictive molecular role with cell receptors—is withdrawn. There are no “toxins” released to speak of, but one can sure feel lousy while the body’s chemistry adjusts itself to live in the absence of the chemical stimulant. Alcohol, drug, or sugar withdrawals are other examples that can have even more potent side effects and dangers as homeostasis is set into motion.
3. An approach that intends, at least in the short term, to relieve stress on the liver and excretory organs so that they can better function at their jobs. This approach tends to remove barriers to the body’s ability to heal itself. There are many theories—some good, many not so good—related to “cleansing diets” and “cleansing agents” that a wellness practitioner must sort through before finding his or her best approach if needed. There’s a lot of myth and bad information out there. And, again, this has to do with relieving stress on organs and not directly with removing toxins such as is done with harsh cleanses.

## Where Do Toxins Come From?

Today, toxicity is a real concern. You ingest new chemicals and hormones, use more drugs, eat more gluten-filled, sugary, and refined foods, and abuse yourself daily with stimulants and sedatives. The resulting toxicity causes silent inflammation in your body, which leads to heart disease, cancer, diabetes,

arthritis, and other diseases. In addition to this threat of disease, a sluggish, toxic system leaves your energy depleted because your body is not functioning **optimally**. You experience headaches, sinus and respiratory ailments, allergies, achy joints, and stomach upset.

Cleansing is your body's way of getting rid of these harmful substances as well as other toxic wastes produced internally. For an effective cleanse, you need to heal the gastrointestinal tract so it can eliminate wastes and provide the proper nutrients to support your body's naturally detoxifying organs: the liver, kidneys, lungs, and skin. Cutting out gluten, sugar, and refined foods while adding in nutrient dense vegetables, fiber, and clean protein is the first step in detoxing and healing.

## **What Have I Been Doing Wrong?**

Most people experience significant toxin accumulation, detoxification insufficiencies, and suboptimal homeostasis conditions due to the content of their diets. The average American diet can make the liver sluggish so that it can no longer do its detoxification job well at all. The gallbladder can also become sluggish, if not clogged. This prevents certain wastes from being eliminated through the biliary system. The stomach can no longer digest food as it should because enzyme, acid, and pH levels degrade. The small intestine loses some ability to absorb the proper nutrients. Sometimes it even allows substances to reenter the blood stream that shouldn't. And the large intestine (colon) slows down, leading to constipation, irritable bowel syndrome, and other diseases. Add in the large amount of sugar-laden food and drinks, artificial sweeteners, heavy metals in our air, food, and water supply, prescription and over-the-counter medications, and the average American body becomes a wonderful harbor for toxin build-up!

But here's an important point. It doesn't pay to get yourself all stressed out about the negative conditions present in our modern, chemical-laden world. That would just be jumping from the frying pan into the fire because emotional stress may be even more dangerous to your health than lingering chemical toxins. You are ***much*** better off taking an even-handed attitude toward what you can reasonably do, as an individual, to avoid or minimize such accumulations as you learn about them. Yes, do take reasonable actions to cleanse your body of toxins, but it would be foolish to think you can get them all out. A reasonable approach can definitely help you counteract some of the onslaught of "damage by chemistry." But then go on and live your life. Life is meant to be lived, not feared. If you have been practicing wellness, any toxin buildup will not have as much of an effect on you as someone who abuses his or her health through ignorance or lack of discipline.



## **How Toxins Affect Your Body**

There are a plethora of signs and symptoms that can result from toxins hanging around in your system, or your homeostatic balance not being optimal because of a poor diet and such. Problems include digestive issues, esophageal reflux, upset stomach, bloating and gas, diarrhea and constipation, low energy, PMS, headaches, irritability, skin rashes and conditions, chronic aches and pains, high cholesterol, food intolerances, alcohol intolerance, arthritic symptoms, weight gain, hormonal imbalance and more. Of course, any of these signs and symptoms may have nothing to do with toxin accumulation in the direct sense and more to do with poor homeostasis, too much stress buildup, or even disease, but you must be ready to think about detoxification as part of your optimum lifestyle.

## **Role of the Liver, GI tract, and Kidneys in Detoxification**

Simply put, your liver is a vital and necessary part of your health. The liver's job is to detoxify your blood. All of the blood in your body runs through the liver, where it is cleansed. The liver is like an air conditioning filter. If you haven't changed your AC filter lately, you will notice that it is very dirty with a lot of dust and lint stuck to it. If you don't clean or change your filter regularly, your AC unit will become dirty, inefficient and possibly even break down from the stress. Your liver is no different. It filters and detoxifies the blood, and if it is not kept "clean" and functioning normally, it begins to break down and your body suffers due to the accumulation of toxins.

The liver has two detoxification phases. In Phase 1, a toxin is altered into a less harmful, intermediate metabolic product. However, undesirable free radicals form during this phase. Your body must supply an adequate amount of anti-oxidants to neutralize the free radicals. This rids the body of unnecessary toxic activity. But without an adequate supply of anti-oxidants or a properly functioning liver, liver cells can be damaged from the presence of the free radicals.

In Phase 2 of the detoxification process, a substance is added to the less harmful, intermediate product to form a water-soluble substance so that it can be moved out of the body via the colon or the kidneys. The result is an end of the toxic activity and a cleansing of the body. For this phase to work, the liver, gastrointestinal tract, and kidneys, and other excretory systems all have to be functioning well.

The gastro-intestinal (GI) tract works in conjunction with the liver in the detoxification system by providing a direct portal of exit for unwanted waste. The problem today is that the average American has a dysfunctional GI tract.

From improper digestion to improper absorption of nutrients to improper elimination of waste, GI problems are pandemic. Acid-reducing medications such as the "Purple Pill" are advertised to "relieve" all problems associated with upset stomach and heartburn. The problem is that the stomach requires acid to digest food properly. By taking these meds, digestion is greatly hampered if not halted. Improper digestion leads to improper nutrition and consequently lower-bowel problems including constipation, IBS, ulcers, and in extreme cases, cancer of the colon. Easy, basic steps can be followed to avoid these pitfalls and the need for such medications. They can also ensure proper GI function and detoxification.

The kidneys further aid in detoxification by filtering out toxins and waste from the blood and eliminating them from the body through the urine. Simply drinking the right amount of water and avoiding the types of drinks discussed above can help the kidneys work efficiently and effectively.

## **Benefits of Detoxification**

A properly executed detoxification protocol includes:

Cleansing the body and bloodstream of harmful substances where possible, thus

- Restoring more normal detoxification processes and functions
- Eliminating free radical damage that speeds up the aging processes
- Strengthening the immune system
- Improving overall health and organ function
- Eliminating old, unhealthy, detrimental habits, and substituting new, restorative, health-building habits so you can reclaim your health, your youth, your life!

The detox process should be safe, simple, comfortable, and rewarding. Not all detoxification programs are effective, safe, or even based on decent evidence. Much comes from myth and is fear-based. Some comes from sleight-of-hand that leads you to believe toxins and other nasty looking stuff is being extracted from your body. The Internet and infomercials are chock full of opportunities to lighten your wallet if you decide to hop onto the detox bandwagon.

Constipation is one area. For example, you're probably much better off changing your diet to eliminate constipation than using herbal detox products that are primarily laxatives. After all, taking laxatives will not cure constipation,

and could easily make it worse. That's no better than the medical approach of masking symptoms!

Be wary of poorly researched techniques like footpads and steer clear of long-term fasting techniques like the "Master Cleanse," a 10-day detox plan that consists of nothing but lemon juice, maple syrup and cayenne pepper. Fasting was all the rage about 20 or 30 years ago, but today we know that your body actually *needs* specific nutrients to aid its natural detoxification process. Heavy fasting doesn't supply those nutrients. However, short-term elimination fasts can identify the source of food intolerances and allergies, especially if the fasts are professionally supervised.

### **When Is It Best to Detox?**

In 2008 outside Los Angeles, a 3-day think-tank was set up involving some of the top experts in autism detoxification. By consensus, that group came up with the following *priority list* for achieving optimal health:

1. Healthy Living
2. Avoiding Electromagnetic Fields (EMF)
3. Clean Water
4. Healthy Food
5. Healthy Movement
6. Emotions & Relationships
7. Tests
8. Organ Support
9. Supplements
10. Detox Tools

Note that detoxification tools are on the list, *but at number 10*. Nine other factors come before it to help build health and provide support. Unfortunately, many people first consider detoxing when they're not feeling well. If you fail to follow an orderly process and instead begin a detoxification processes prematurely, it can deteriorate your health even further, making you very sick.

Unless you are under the care of a doctor, you should avoid starting any toxin-removal regimen while you are sick. You need to establish a healthy lifestyle

and dietary habits first, so that you have a reserve your body can draw on to allow your liver to do its job properly. Fail to do this properly and you can easily overwhelm your liver's ability to process the toxic substances being eliminated and you will become even sicker, wishing you had never done the detox in the first place. Finally, if you're just starting out with your wellness, work with a professional who has a good reputation for safe, effective, comfortable detoxification protocols, and who is willing to tell you how and why they work. I've now given you enough background to ask some very good questions about detoxification!

<sup>1</sup> The body's natural tendency to maintain—or attempt at maintaining—an internal stability or balance. The organ systems of the body coordinate biological responses that automatically compensate for environmental changes.

# Clearvite-PSF 21 Day Detoxification/Food Elimination Program

## First Week (Ramp-Up):

### Day 1 and 2

Clearvite-PSF - 1 scoop daily before breakfast, lunch, dinner **or** as a snack in water or Almond Milk. (only 1 time each day)

### Day 3 and 4

Clearvite-PSF - 1 scoop twice a day before breakfast, lunch, dinner **or** as a snack in water or Almond Milk. (only 1 scoop at 2 different times of the day)

### Day 5-7

Clearvite-PSF - 2 scoops twice a day before breakfast, lunch, dinner **or** as a snack in water or Almond Milk. (2 scoops at 2 different times of the day)

## Second Week (Heavy Detoxification):

### Day 8-14

Clearvite-PSF - 2 scoops three times a day before breakfast, lunch, dinner **or** as a snack in water or Almond Milk. (2 scoops at 3 different times of the day)

\* No animal proteins during days 8 - 14.

## Third Week (Ramp-Down):

### Day 15-18

Clearvite-PSF - 2 scoops twice a day before breakfast, lunch, dinner **or** as a snack in water or Almond Milk. (2 scoops at 2 different times of the day)

### Day 19-21

Clearvite-PSF - 2 scoops daily before breakfast, lunch, dinner **or** as a snack in water or Almond Milk. (2 scoops 1 time)

**Directions For ClearVite Shakes:** Directions are simple. Portion out Clearvite-PSF into a glass or blender with 6 to 8 ounces of water or almond milk mix and then drink. If desired, ice can be blended into shake to make a smoothie.

For those who still cannot tolerate the taste of Clearvite-PSF, they can mix 1/4 cup of berries, Clearvite-PSF, ice and water, coconut milk or **almond** milk into a blender to make a fruit smoothie. Berries allowed are strawberries, blueberries, raspberries and blackberries as long as there are no allergies or sensitivities.

# Clearvite-PSF 21 Day Detoxification/Food Elimination Program Dietary Guidelines

**Animal Protein To Eat:** No animal protein during days 8 - 14.

**Lean chicken, turkey, lamb, game, fish, and broths.** Eat at least 50-100 grams of lean protein daily including protein in Clearvite-PSF. Four ounces of chicken breast or turkey or 3 ounces of fish or lamb is approximately 24-30 grams of protein. For the duration of the program red meat, pork, dairy such as cheese, milk, cream, yogurt, etc... and shellfish should not to be consumed unless allowed by your health professional. Animal protein should be baked, broiled, steamed, stewed, sauteed or occasionally grilled. There should be no deep frying of any animal proteins on this program. If fatigue or excessive muscle loss occurs on Clearvite-PSF Program then protein intake should be increased.

## **Vegetables To Eat:**

Eat as many of the vegetables listed as desired. It is suggested to eat at least 9 servings a day. This equates into 28 ounces daily if normal portions of 4 ounces are used as serving sizes. There are no fruits on the Clearvite-PSF Program other than may be used in the shakes. Vegetables should be raw, baked, broiled, steamed, stewed, sauteed or occasionally grilled. No deep frying should be done while on the Clearvite-PSF Program. Beans are not allowed while going through the Clearvite-PSF Detoxification/Food Elimination Program.

## **Nuts and Seeds, Oils To Eat:**

Nuts, oils and animal protein will be the major energy sources on the program since all grains have been taken away. One ounce of nuts is about 160 calories while 4 ounces of chicken, turkey, fish or 3 ounces of lamb can range from between 160-200 calories. All nuts and seeds except peanuts are allowed. Olive oil has 150 calories per tablespoon while butter is about 100 calories per tablespoon. Nuts should be shelled when eaten and never pre-shelled. The only cooking oils allowed are **coconut oil, grape seed oil, and butter**. If fatigue or **excess** muscle loss occurs it may be necessary to increase intake of animal protein, nuts, seeds, oils and butters.

## **Grains To Eat:**

There are no grains except for the rice protein that is in the Clearvite-PSF powder.

## **Fluids To Drink:**

Drink at least 80 ounces (10 cups) of pure water daily. Water should be bottled or filtered. A slice of fresh lemon may be used for flavor. Diluted herbal teas may be drunk occasionally. No milk or dairy, coffee, sodas, alcohol or juices should be used on the Clearvite-PSF Program.



**Condiments, Dressings, Sauces And Marinades To Use:**

Avoid all prepared sauces, condiments, dressings and marinades due to hydrogenated oils, preservatives and other added ingredients such as Hydrolyzed Wheat Protein, MSG, etc... Make dressings or marinades from olive oil and vinegar or lemon juice with spices such as basil, tarragon, onion, garlic, salt and pepper. Use spices to increase flavor of food such as chicken with rosemary and lemon or garlic and onion mixed in olive oil then rubbed on lamb. All spices are allowed including Celtic Salt and pepper.

**What Not To Consume:**

Dairy, coffee, soft drinks, juices, alcohol, cheeses, fried foods, junk food, fast food, beans, fruit, sugars or sweeteners, desserts, sweets, chocolate, breads or pastries, all grains and flours except what is in Clearvite-PSF, potatoes, corn, any other starches, dressings or sauces and anything else not on the approved list.

**Weight Loss:**

Using the Clearvite-PSF Detoxification/Food Elimination Program people usually notice significant weight loss. One reason is that when people eliminate starches and grains from the diet they actually require more calories to maintain their weight. Also, eliminating common allergens helps to speed up metabolism as well as reduce inflammation. Chronic inflammation can increase insulin resistance which causes the body to increase fat stores instead of burning them. When using this program for weight reduction it is important to remember how much you have eaten on any given day. Not eating enough calories can result in fatigue and muscle-wasting while eating too many calories may result in not achieving weight-loss goals. Women should not eat less than 1200 calories a day while men should eat no less than 1500 calories a day. This is a general rule and more accurate calorie consumption guidelines can be determined using Bio-electrical Impedance Analysis which will measure muscle mass, body mass index (BMI) and basal metabolic rate (BMR). The chart below is a general guideline to help determine approximately how much protein and how many calories have been consumed on a given day.

|

<b>Food</b>	<b>Usual Portion</b>	<b>Grams of Protein</b>	<b>Calories</b>
Butter	1 tablespoon	0	100
Chicken or Turkey	4oz	32	185
Duck	4oz	25	220
Fish	3oz	19-24	120-140
Lamb	3oz	24	230
Nuts and Seeds	1oz	6-7	160-170
Nut And Seed Butters	1 tablespoon	4-5	80
Olive Oil	1 tablespoon	0	125-150
Quail	3oz	21	210
Vegetables	4oz	0-1	15-20
Venison	3oz	23	200

## Food Diary

Date:	Foods Eaten	How do I feel?
<b>Before Breakfast</b>		
<b>Breakfast</b>		
<b>Mid-Morning Snack</b>		
<b>Lunch</b>		
<b>Afternoon Snack</b>		
<b>Dinner</b>		
<b>Late Evening Snack</b>		
<b>Other</b>		

## **Animal Protein**

Chicken  
Duck  
Fish  
Game  
Goose  
Lamb  
Turkey  
Venison

## **Vegetables**

Alfalfa Sprouts  
Artichokes  
Asparagus  
Avocado  
Bamboo Shoots  
Beets  
Beet Greens  
Bitter Leaf  
Bok Choy  
Broccoli  
Brussel Sprouts  
Cabbage  
Carrots  
Cauliflower  
Celery  
Chard  
Cilantro  
Collard Greens  
Cucumbers  
Dill  
Dulse  
Eggplant  
Endive  
Escarole  
Fennel  
Garlic  
Ginger root  
Green Beans  
Kale  
Leeks

Lettuce  
Mushrooms  
Mustard Greens  
Napa Cabbage  
Okra  
Olives  
Onions  
Parsnips  
Parsley  
Peas  
Peppers  
Pickles(without sugar)  
Radishes  
Radicchio  
Rudabaga  
Sauerkraut  
Sea Beets  
Sea Kale  
Sea Lettuce  
Seaweed  
Shallot  
Spinach  
Sprouts of all veggie types  
Squash  
String Beans  
Sugar Snap Peas  
Sweet Potatoes  
Turnip Greens  
Turnips  
Water Chestnuts  
Watercress  
Yams  
Zucchini

## **Nuts and Seeds**

**All Nuts and Seeds should be  
shelled only when eaten**

Almonds  
Almond Butter  
Brazil Nuts  
Brazil Nut Butter  
Hazelnut

Hazelnut Butter  
Macadamia  
Macadamia Nut Butter  
Pecans  
Pecan Butter  
Pumpkin Seeds  
Sunflower Seeds  
Sunflower Butter  
Walnuts  
Walnut Butter

## **Oils**

Butter or Ghee(not recommended)  
Olive Oil  
Coconut Oil

## **Fluids**

Water (slice of lemon may be  
used)  
Herbal Teas

## **Dressings, Marinades, Spices**

Make Dressings from olive oil  
and lemon juice or vinegar  
with spices. All spices are  
allowed to flavor food.

## **Foods NOT included on the Detox Program**

**Gluten** – found in wheat, barley, rye, all their products including breads, pastas, crackers, crusts, and cereals, dressings, sauces, and soy sauce

**Corn** – and all corn products such as high fructose corn syrup

**Processed foods and beverages** – including anything with trans-fat or partially hydrogenated oils

**Grains** – including rice, oats, quinoa, and products made from flour

**Dairy** – milk, cheese, and yogurt; exception - pasture butter from Organic Valley

**Soy** – including processed soy and soy protein isolates

**Legumes** – beans, peas, and peanuts

**Caffeine**

**Alcohol**

**Sugar** – including sugar, honey, agave nectar, molasses, maple syrup, brown rice syrup, evaporated cane juice, maltodextrin, high fructose corn syrup, and dextrose

**Artificial sweeteners** – aspartame, sucralose or Splenda, and sugar alcohols like xylitol, mannitol, maltitol, and sorbitol

**Fruit** – except berries as discussed with the doctor.

## **Additional Things to Consider While on Your Detox**

### **What's Wrong with Gluten?**

One of the worst saboteurs of good health is gluten, which is the main protein in wheat and is also found in other grains like barley, rye, spelt, and kamut. Viewed alone, gluten is a gray, tough, elastic material that helps bread and cake type products stick together and hold gas bubbles and, therefore, rise to have the texture we enjoy in our baked items. It helps to keep those baked items from crumbling and allows them to hold together for a longer shelf life. When you think of gluten, think of the word "glue" because as its name suggests, gluten is gluey.

The problem is that this tough, sticky protein is quite hard to digest. As gluten moves through the digestive system, our bodies often cannot completely break it down. This undigested gluten forms deposits on the intestinal walls, which the body recognizes as a foreign substance and sends the immune system into the area to "kill" this "foreign" invader. This immune system response creates antibodies to the gluten protein that makes the body sensitive to gluten. The next time that gluten is ingested, the body again sees the gluten as foreign and sets up a continual attack each time gluten is eaten, leading to a body ridden with hidden inflammation. Today's wheat, the main source of gluten in our diet, contains more gluten than ever, as it has been hybridized to make it easier to grow and harvest, which resulted in more gluten in the grain.

Wheat is also our major carbohydrate source, but it's not a good one. The carbohydrates in wheat are extremely easy to break down, resulting in a quick spike in blood sugar. In fact, wheat spikes our blood sugar even more than regular old white table sugar. Every time a wheat product is eaten, the sugars from the broken down carbohydrate flood our bloodstream triggering a large dose of insulin to be released. This insulin is like a messenger or a key telling the cells in our bodies to open up and take in the sugar for fuel. Not needing that much energy all at once, our bodies store the rest of the sugar as fat deposits. For a little while, when our cells are bathed in sugar, we feel euphoric, happy, energized, and focused. But, just as quickly as our blood sugar spikes after eating wheat, it plummets. We feel this drop in blood sugar as a foggy fatigue. Our bodies immediately want something else to eat to fix the situation. Typically, we reach for another wheat product - maybe a cracker, cookie, or pretzel - and start the whole cycle over again. Over time, this cycle becomes addictive and leads to more fat deposited or weight gain and insulin resistance or diabetes.



**Gastrointestinal Tract:**

A healthy gut provides for effective digestion, assimilation, and elimination, which will support your body's other organs in detoxifying and getting rid of wastes and other toxins. This is the way your body is designed to function.

**Acid and Alkaline Principle:**

Keeping your blood in a slightly alkaline condition is vital to restoring your health. When your body is imbalanced, favoring an acidic condition, you are a better environment for yeast, viruses, parasites, and even cancer cells to grow. Acidity also contributes to an overall state of inflammation and diseases like arthritis, allergies, and fatigue. Your bodily fluids, bodily functions, and beneficial bacteria all prefer a slightly alkaline environment to flourish.

The Detox Program provides alkaline forming foods and drinks like warm lemon water and cranwater, which help restore this alkaline condition.

**Proper Food Combining:**

Eating compatible foods at each meal makes it easier for your body to digest and absorb food, which enhances overall health and detoxification. When you don't eat foods that combine beneficially, your digestive system is unable to efficiently break down your food and eliminate the waste, leading to a sluggish system and a perfect breeding ground for yeast, parasites, viruses, and even cancer cells. When you do combine your food properly, you enjoy the benefits of healthy digestion, a reduction in gas, bloating, and excess weight, while establishing a healthy gastrointestinal tract.

**Stabilize Blood Sugar:**

When your fuel supply comes from quick burning sugars, it is short lived and soon you feel depleted, craving another sweet or energy fix. Energy highs and lows become your way of life as you self-medicate with mini-meals, snacks, and legal pick-me-ups. Soon, your body loses the ability to make energy last and becomes dependent on small meals and sweets. The continued highs and lows in your blood sugar soon over-stimulate your pancreas and we become hypoglycemic - chronically low blood sugar and low energy.

You need to allow your body to burn fat as your energy source, as fat is your body's calm, non-emergency fuel. It burns slow and steady so it provides energy for many hours straight, unlike sugar, which burns quickly. Sugar and carbohydrate fuels provide quick bursts of energy that often crash and then create blood sugar problems. When you eat breakfast, and then nothing until lunch, and then nothing until supper, and then nothing until breakfast again, you provide a natural fast in between meals that will encourage fat metabolism.

You can stabilize blood sugar levels and begin to enjoy a newfound stable source of energy for longer periods of time. As energy and blood sugar levels naturally become more stable, anxiety, depression, fatigue, cravings, and the quality of sleep also dramatically improve.

The Detox Program cuts out sugar and encourages three meals a day to help your body burn fat and stabilize blood sugar.

### **Lymphatic System:**

Your lymphatic system consists of your lymph nodes, spleen, thymus, and vessels that carry fluids to protect your body from disease. It can become sluggish when you do not exercise and eat the wrong types of foods.

Waking up our lymphatic system is crucial to detoxifying your body.

The Detox Program provides natural foods that cleanse your lymphatic system such as dark green vegetables, spices, citrus fruits like lemons, and flax seeds. Several teas can also promote cleansing the lymphatic system like dandelion root, yellow dock root, burdock root, goldenseal, and nettles. Exercise every day wakes up your stagnant lymph system, so the program encourages daily brisk walking, rebounding on a trampoline or jumping, and stretching yoga poses. It also encourages you to take a detoxifying bath nightly because sweating eliminates toxins from your lymphatic system.

### **Anti-inflammatory:**

Inflammation is a very important immune system response required for your body to heal and repair itself. However, if your body remains in an inflammatory state, it leads to damage to your body and the development of diseases like heart disease, cancer, diabetes, and autoimmune conditions.

The Detox is an anti-inflammatory program, which eliminates the most common foods that trigger an immune response while including foods like vegetables and fruits, clean proteins, and healthy fats that cool the fires within. Balancing omega 6 and omega 3 essential fatty acids plays an important role in keeping inflammation at bay. Omega 6 fatty acids are used to build hormones that promote an inflammatory response, while omega 3 fatty acids have an anti-inflammatory response. Sadly, mostly due to the fast foods, packaged foods, and cooking oils we use, the Standard American Diet has an 6:3 ratio of upwards of 20:1.

The Detox shoots for a ratio of 1:1 by using healthy cooking oils, plenty of green vegetables, flax seed, and seafood protein choices. Including a cup of caffeine free green tea daily, along with de-stressing self-care practices, also has an anti-inflammatory effect.

## **Tips for a Successful Cleanse**

### **Prepare food ahead of time:**

Grocery shop the day before the cleanse starts, and stock your refrigerator with everything you need for the first 5 days.

Steam some sweet potatoes to have on hand.

Bake, steam, or grill some chicken breasts to have on hand.

Make large portions of the soups, salads, and roasted vegetables and save the leftovers to have the next day.

### **For those who don't have time or don't like to cook:**

Don't let food preparation stand in the way of you having a successful detox. Prepared foods are abundant at the deli in your local natural grocer. Or, check out the tips below for what to choose when eating at a restaurant or ordering take-out.

Buy pre-cut vegetables. Whole Foods, Trader Joes, and other natural grocery stores have fresh pre-cut options.

Buy pre-cooked chicken, turkey, or fish. Whole Foods, Trader Joes, and other natural grocery stores have wonderful options for prepared meals. Make sure to check the ingredient list to make sure that only acceptable ingredients were used.

For the optional flax crackers, buy Organic Flax Crackers by Food Alive or Flackers by Doctor in the Kitchen instead of preparing them yourself.

Discuss using *"My Fit Foods"* or *"Cuisine by Sallie"* with the doctor.

**Take extra care to plan your meals away from home:**

At a restaurant, order fish or chicken with no sauces or breading and steamed vegetables.

Or, order a salad with no cheese (substitute avocado), processed meat, or dressings. Make your own dressing by asking for olive oil and vinegar or a lemon... season with salt and pepper.

Always look at the menu before going to a restaurant and figure out before going what detox-friendly meal you will order. **Don't be afraid to ask for your meal to be prepared the way you want it.**

Have a small cooler in your car and pack it with cut veggies, steamed sweet potatoes, avocados, sliced chicken, and nuts and seeds, or pack your leftovers from the meal before.

**If weight loss is your goal, practice portion control:**

Healthy fats (like coconut oil or olive oil) - 1 teaspoon to 1 tablespoon per serving of Greens and non starchy vegetables - unlimited

Chicken, turkey, and fish - 4 ounces

Nuts and seeds - a handful

Limit Starchy vegetables - ½ of the sweet potato, acorn squash, spaghetti squash, etc.

Avocados - ½

## **Vegetables:**

Choose vegetables with a lower amount of carbohydrates (9% and lower).

### **3% or Less Carbs:**

Asparagus	Kale
Bamboo Shoots	Kohlrabi
Bean/Broccoli	Lettuces
Beet Greens	Mushrooms
Bok Choy Greens	Mustard Greens
Broccoli	Parsley
Cabbages	Salad Greens
Cauliflower	Sauerkraut
Celery	Spinach
Chard	Sprouts
Chicory	String Beans
Collard Greens	Summer Squash
Cucumber	Turnip Greens
Endives	Water Cress
Escarole	Yellow Squash
Garlic	Zucchini Squash

### **6% or Less Carbs:**

Bell Peppers	Olives
Bok Choy	Pimento
Chives	Rhubarb
Eggplant	Sweet Potatoes
Green Beans	Tomatoes
Green Onions	Water Chestnuts
Okra	Yams

### **7 – 9% Carbs:**

Acorn Squash	Jicama
Artichokes	Leeks
Avocado	Onions
Beets	Pumpkin
Brussels Sprouts	Rutabagas
Butternut Squash	Turnips
Carrots	Winter Squashes

## **Protein and Meat:**

Remember, portions should be about the size and thickness of your palm. You should be eating four times as many vegetables as meat.

**Miscellaneous:**

These items should be consumed in limited amount.

Butter, Raw

Caviar

Dressing – Olive Oil/Apple Cider Vinegar – See Recipes

Oils – Olive, Sesame, or Flax Oils (Cold Pressed)

Note – No Canola or Processed Oils

**Beverages:**

Bullion – Vegetable (be cautious of MSG!\*\*)

Herbal (caffeine-free) Teas

Spring Water, or filtered, Mineral Water

Non-Caffeinated Green Tea

**Tips:**

Foods are best eaten closest to their raw state. Do not overcook your food.

Limit fluid intake with meals to 4 ounces or less. But, drink at least ½ your body weight in ounces of water spread throughout the day.

Avoid ice and very cold beverages before, during, and after meals because they reduce digestive function.

No margarine, processed grains or cereals, white flour, sugar, fruit juices, or sugar substitutes.

\*\* MSG is often hidden in "Natural Flavors".



**If you are used to snacking a lot:**

Check with your body to make sure you're not simply thirsty.

Drink plenty of cranwater (see recipes) and add pumpkin pie spices if you desire. The cinnamon regulates blood sugar and the ginger is an energizer.

Have plenty of herbal teas to choose from. Sometimes we are just in the habit of needing to put our hand to our mouth and sipping tea will take the edge off your craving.

Snack on optional flax crackers, but keep in mind portion control.

If all else fails, munch on some celery. It is loaded with fiber, but has almost no calories, so it will fill you up without having an effect on your blood sugar. Plus, it's a good choice for detoxifying your liver.

**If you are not visiting the bathroom at least once a day:**

Make sure to include the optional ground flax drink and flax crackers.

Increase the optional ground flax drink to twice a day and sprinkle extra ground flax on your meals.

For a few people, flax seed can be constipating. If you have tried increasing the optional flax drink and flax crackers and feel your symptoms are getting worse, omit the flax entirely for a day and see if your symptoms resolve. Increase your water and cranwater intake.

Munch on raw carrots with lunch and dinner or have some steamed beets.

Take 2 capsules of Mg/K-zyme with each meal.

**If you experience bloating during the first several days, try these suggestions:**

Cook all of your vegetables instead of eating raw salads.

Decrease the ground flax for a day to see if your symptoms decrease.

Then try to gradually increase it again unless you experience more discomfort.

Try taking a Digestive Enzymes (Mg/K-zyme).

**Finish your last meal no later than 6pm:**

This allows for the longest fast between dinner and breakfast. Your body accomplishes a lot towards detoxification while fasting.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Avocado with mushrooms and baby kale	Brussel Sprout and Red cabbage Salad*	Turkey bacon with cabbage and carrots	Baked salmon with spinach and carrots	Turkey with stir-fry snap peas and carrots	Garlic Chicken and Broccoli*	Avocado Tuna Steak*
Lunch	Balsamic Chicken Salad*	Sliced turkey, red pepper, avocado, and sunflower seeds with balsamic dressing	Chopped/Shredded chicken with organic slaw mix, and balsamic dressing* (optional)	Sliced turkey lettuce wraps (romaine lettuce) with organic slaw mix and balsamic dressing* (optional)	Chopped chicken salad*	Turkey chili, carrots and celery sticks	Kale Salad*
Snack	7 almonds	Celery sticks with almond butter	7 brazil nuts	Celery sticks with almond butter	7 pecans	Carrot and celery sticks	7 brazil nuts
Dinner	Wild salmon* with asparagus stir fry*	Chicken stir fry*	Pecan crusted chicken* with stir fry broccoli* and baked sweet potato	Baked cornish hen stuffed with garlic, and stir fry cabbage with red pepper	Turkey chili*, sweet potato, and kale salad with balsamic dressing*	Spaghetti squash with an assortment of your favorite vegetables	Chicken chili*

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Baked sweet potato with cabbage and onions	Organic turkey bacon (cooked in 400 degree oven for 20 minutes) with steamed kale	Avocado with spinach and carrots	Turkey bacon with stir-fry of onion, red pepper, and asparagus	Grilled Chicken with broccoli and cauliflower	Roasted turkey breast, stir-fry of cabbage and carrots	Wild Salmon* with sauteed onions and zucchini
Lunch	Leftover chicken stir fry over shredded cauliflower	Mixed salad with lettuce, purple cabbage, shredded carrots, sunflower seeds and balsamic dressing	Brussel Sprout & Red Cabbage Salad*	Lettuce wrap with chicken breast, turkey bacon, avocado, shredded carrots, red peppers, and balsamic dressing	Cucumber salad*	Kale salad*	Spinach salad
Snack	7 brazil nuts	7 walnuts	Celery with raw almond butter	7 Brazil nuts	7 almonds	7 cashews	7 walnuts
Dinner	Roasted Turkey* with baked brussel sprouts*	Pecan crusted fish* with steamed green beans	Chicken soup*	Chicken chili*	Lemon Garlic Baked Halibut*	Garlic Chicken and Broccoli*	Herb roasted chicken* with stir fry green beans

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Chopped Chicken Salad*	Turkey bacon with stir-fry of onion, red pepper, and asparagus	Avocado with mushrooms and baby kale	Turkey bacon, spinach and red pepper	Grilled Chicken and Broccoli*	Baked fish with chopped onion and red pepper	Turkey with stir-fry snap peas and carrots
Lunch	Roasted turkey breast, stir-fry of cabbage and carrots	Cobb Salad (romaine lettuce, turkey or chicken, carrots, celery, almonds) with balsamic dressing	Baked chicken stir-fry, with onions, carrots, and broccoli in coconut oil	Bagged organic tuna, chopped celery, carrots, pecans, dill pickle, served over lettuce	Chopped salad (broccoli, lettuce, celery carrots, cucumber, onion) chopped and served with balsamic	Sliced turkey salad (turkey, lettuce, celery, carrots, avocado, cucumber, almonds) with balsamic dressing	Spinach, almonds, red onion, avocado, red peppers with balsamic dressing
Snack	7 almonds	Celery with raw almond butter	7 pecans	7 brazil nuts	Celery with raw almond butter	7 cashews	Carrots, celery, and 7 pecans
Dinner	Avocado Tuna Steak*	Grilled Chicken with Brussel Sprouts & Red Cabbage Salad*	Dijon Salmon* with spinach salad bed (spinach, cucumber and walnuts)	Balsamic Baked Halibut*	Roasted Turkey*	Chicken and Veggie Stir-Fry*	Salmon* with green beans

# Detox Meal Plan Recipes

## ***Balsamic Chicken Salad***

### *Ingredients:*

Baked, chopped chicken breast  
Romaine lettuce  
Shredded carrots  
Red pepper  
Avocado (chopped)  
Sunflower seeds

## ***Balsamic Dressing***

### *Ingredients:*

2/3 cup of olive oil  
1 Tbsp. of Dijon mustard ¼  
cup of balsamic vinegar  
1 clove of minced garlic (buy minced)  
¼ cup water  
(Mix together)

## ***Chopped Salad***

### *Ingredients:*

Lettuce  
Cucumber  
Red peppers  
Olives  
Red Onion  
Chicken  
(Mix together)

## ***Wild Salmon***

### *Instructions:*

Brush salmon with coconut oil, salt, and pepper. Put in 400 degree oven for 15 minutes.

## ***Stir Fry Asparagus***

### *Ingredients:*

Asparagus  
Coconut Oil

### *Instructions:*

Cut up asparagus into 1" pieces. Stir fry asparagus in pan with coconut oil for 5 minutes.

### ***Pecan Crusted Chicken or Fish***

#### ***Ingredients:***

Chicken breast or wild fish  
Coconut oil (enough to brush on chicken)  
Baked crushed pecans

#### ***Instructions:***

Chicken: Brush chicken breasts with melted coconut. Crush the pecans and coat the chicken breasts with them. Cook chicken breasts until done.

Fish: Brush fish with melted coconut oil and coat with crushed pecans. Cook fish in 2 Tbsp. coconut oil on medium heat for 7 minutes on each side.

### ***Stir Fry Broccoli***

#### ***Ingredients:*** Broccoli

Garlic Coconut oil  
(Cook together in pan)

### ***Turkey Chili***

#### ***Ingredients:***

2 lbs ground turkey meat 2  
chopped onions  
6 cloves of minced garlic Salt  
Pepper  
8 Tbsp. chili powder (or to taste)

#### ***Instructions:***

Cook together in a large skillet: meat, onions, garlic, salt, pepper, and chili powder.

### ***Chicken Stir Fry***

#### ***Ingredients:*** Chicken

Garlic powder Salt  
Pepper Coconut oil  
Onion Broccoli  
Carrots

#### ***Instructions:***

Cut up chicken and cook in coconut oil, while seasoning (to taste) with garlic powder, salt, and pepper. Chop broccoli and carrots and add to chicken, cooking until desired doneness.

### ***Baked Brussel Sprouts***

#### *Ingredients:*

Brussel Sprouts  
Salt  
Pepper  
Olive Oil

#### *Instructions:*

Season Brussels with salt, pepper and olive oil to taste and bake in 400 degree oven for 5 minutes.

### ***Brussel Sprout and Red Cabbage Salad***

#### *Ingredients:*

15 Brussel Sprouts  
2 Cups Red Cabbage  
¼ tsp. salt  
¼ tsp. garlic salt  
3 Tbsp. coconut oil  
3 Tbsp. Olive oil

#### *Instructions:*

Slice sprouts and cabbage very thin. Mix all ingredients together for 1-2 minutes. Let the salad sit for one hour.

### ***Chicken Soup***

#### *Ingredients:*

3 organic chicken breasts  
1-cup water  
1 clove of minced garlic  
½ medium onion (chopped)  
¾ tsp. salt  
½ cup celery (chopped)  
1 medium carrot (chopped)  
¼ tsp. pepper  
1 whole bay leaf

#### *Instructions:*

Combine all ingredients **except** celery, carrot and bay leaf. Cook over low heat for 25 minutes. Add remaining ingredients then cook for 15 more minutes (or until chicken is tender).

### ***Chicken Chili***

#### *Ingredients:*

2 lbs. ground chicken  
2 medium onions (chopped)  
2 red peppers (chopped)  
6 cloves of minced garlic  
1 tsp. cumin  
Salt  
Oregano  
2 cups chicken broth

#### *Instructions:*

Combine all ingredients **except** for chicken broth and cook until chicken is done. Add chicken broth and cook until heated thoroughly.

### ***Lemon Garlic Baked Halibut***

#### *Ingredients:*

2 Tbsp. olive oil  
4 Tbsp. lemon juice  
Salt  
Pepper  
Halibut  
2 cloves of minced garlic  
8 cups of baby spinach

#### *Instructions:*

Preheat oven to 425 degrees. Whisk together 1 Tbsp. olive oil and lemon juice in small bowl. Add salt and pepper to season. Drizzle half of this dressing onto the halibut and bake for 12 minutes. Add remaining 1 Tbsp. olive oil and garlic to saucepan and sauté on medium heat for 1 minute. Add the spinach. Top baked halibut with spinach mixture and remaining half of dressing.

### ***Garlic Chicken and Broccoli***

#### *Ingredients:*

2 chicken breasts (cut into strips)  
Salt  
Pepper  
2 cloves minced garlic  
2 tsp. chopped ginger  
Bamboo shoots

#### *Instructions:*

Toss chicken with salt and pepper. Cook broccoli in 1" of boiling water and drain. Heat coconut oil on high heat and cook chicken until done. Remove chicken from pan and add garlic and ginger into pan. Stir-fry for 30 seconds, add bamboo shoots, and stir-fry for another 30 seconds. Add chicken and serve.



## ***Herb Roasted Chicken***

### *Ingredients:*

Whole chicken  
1 Tbsp. garlic powder  
1 Tbsp. onion powder  
1 Tbsp. dried oregano  
2 Tbsp. paprika  
2 Tbsp. dried parsley  
2 tsp. rubbed sage  
2 tsp. dried thyme leaves  
1 tsp. ground coriander  
1 tsp. celery seed  
1 tsp. sea salt  
1 tsp. pepper  
½ tsp. cayenne pepper (or to taste)  
6 cloves of crushed garlic  
2 quartered onions

### *Instructions:*

Preheat oven to 325 degrees. Mix together all seasonings in bowl. Stuff garlic and onions into chicken and rub seasoning mix on chicken. Cook for 2 hours or 20 minutes per lb.

## ***Avocado Tuna***

### *Ingredients:*

2 handfuls of fresh cilantro leaves (chopped)  
½ jalapeno (sliced)  
1 tsp. fresh ginger powder  
1 clove minced garlic  
2 limes juiced  
2 Tbsp. liquid coconut aminos 2 Tbsp.  
olive oil  
6 oz. tuna steak

### *Instructions:*

Mix together all ingredients except tuna in small bowl. Heat skillet on med-high heat with 2 Tbsp. of coconut oil. Season tuna with salt and pepper and lay in hot oil for 1 minute on each side. Pour half of the cilantro mixture in the pan to cover the tuna. Serve with sliced avocado and drizzle remaining sauce over plate.

## ***Dijon Salmon***

### *Ingredients:*

2 Tbsp. Dijon Mustard  
3 Tbsp. liquid coconut  
amino  
6 Tbsp. Olive oil  
½ tsp. minced garlic  
Salmon steak

*Instructions:*

Make marinade out of all ingredients and drizzle half over salmon. Cook salmon in hot skillet with coconut oil for 4-5 minutes on each side. Use remaining marinade as a dressing on the cooked salmon.

***Balsamic Baked Halibut***

*Ingredients:*

Salt  
Pepper  
Garlic powder  
Halibut Balsamic  
vinegar  
Olive oil  
Basil

*Instructions:*

Bake halibut in 400 degree oven for 7-10 minutes. Once finished, season with salt, pepper and garlic powder. Drizzle with balsamic vinegar and olive oil and place basil on top.

***Roasted Turkey***

*Ingredients:*

Whole turkey (12 lbs)  
1 onion  
Carrots  
Leeks  
½ lemon  
Thyme  
Garlic  
½ stick butter  
Salt  
Pepper

*Instructions:*

Stuff cavity of turkey with all ingredients listed above **except** for carrots and leeks and bake at 350 degrees for 2 hours. Place cut up carrots and leeks in the last hour to cook. Serve with spinach.

### ***Chicken and Veggie Stir-Fry***

#### ***Ingredients:***

Chicken  
Salt  
Pepper  
Garlic powder  
Onion (chopped)  
Carrots  
Asparagus  
Broccoli  
Cauliflower

#### ***Instructions:***

Stir-fry cut up chicken, salt, pepper, and garlic powder until chicken is cooked and set aside. Stir-fry (separate from chicken) chopped onion, carrots, asparagus, broccoli, and cook for 7 minutes. Grate cauliflower and cook for 2 more minutes. ,Top with chicken mixture.

## After the Detox: Now What?

**NOTE:** Continue with all your current supplements until they are gone. You will discuss a new supplement protocol at your next appointment.

\*\*\*You may immediately add fruit back to your diet, but please continue to limit the fructose consumption according to your chart.

The following foods can be considered for re-introduction at this time: free range eggs, tomatoes, organic grass fed beef or bison, organic pastured pork, and shellfish.

We do not want you to add the following foods back in to your diet without discussing it with us first: wheat/gluten, soy, pasteurized dairy, caffeine, fruit juice, alcohol, legumes, white potatoes, corn, sugar, or gluten-free grains.

Artificial sweeteners should never be considered in your diet.

Pick the foods that you are missing the most when you start the food challenge.

Get a decent exposure to the food you are challenging e.g. 1-2 times each day during the 3 days of testing.

### COMMON REACTIONS:

- You will get a chronic need to clear your throat.
- Gas or bloating stomach
- Severe heartburn
- Some type of symptom that is noticeably different about your body. A “black and white difference”.
- Sometimes you just feel a generalized feeling of uneasiness.

If you react on day one or day two, STOP eating that food until you talk to someone at Healthy Beginnings again.

If you do not have a reaction by day 3, then you can re-introduce it back into your diet.

If you do have a reaction, make sure you are back to feeling normal again before trying another food. Make sure your symptoms are no longer existent BEFORE you start the new food challenge. Then, introduce each new food as you would like. Remember, “processed junk” is still “processed junk” and is not recommended for your diet.