

Nutrition Plan:

Anti-Inflammatory Detox Diet



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Dear Health-Seeker,

Welcome to the Anti-Inflammatory Detox Program and congratulations on taking the first step towards improving your overall health. During this program you will transform and cleanse your body, gaining the lean and healthy body you deserve.

Week-by-week we will make gradual changes to help reduce internal inflammation and allow for your optimal body and health to emerge. Instead of suggesting for you to dive into the most radical diet and lifestyle changes, we are going to outline and address a transitional process that can apply to anyone. First, we will eliminate processed foods and promote intake of more whole foods, then I will suggest how to eat and what to eat in order to maximize your energy throughout the day.

It is time you free yourself from the dreaded, never-ending battle with dieting. "Diet" is the modern world has become a mantra for rapid weight loss, but studies have proved that the more eccentric a diet, the more likely you are to regain any weight you lose the moment you go off it. Now we are going to focus on eating an abundance and array of plant and clean foods, which contain plenty of complex phytonutrients, vitamins, minerals, fiber, and enzymes.

Natural, healthy living is the secret to inner and outer beauty. When you eat real, natural, whole foods, you simply look and feel and better. There is an exciting and liberating new path waiting ahead to vibrant health and beauty signaling you to just follow it. I will be here to guide you, support you, and encourage you every step of the way.

*In health and happiness,
Brenda and Dr. Cynthia*

Anti-Inflammatory Detox

Just by changing the foods you eat, you can radically change the way you look and feel.

What is a detox?

The purpose of this detox is to clear the body of foods and chemicals to which you may be allergic, sensitive, or physiologically unable to process and digest. Detoxification is about resting, cleansing, and nourishing the body from the inside out:

- Removing/eliminating impurities and toxins
- Promoting elimination
- Refueling the body with healthy nutrients
- Eliminating sugar cravings
- Improving blood circulation in the body
- Protecting, healing, and preventing the body of disease
- Renewing your ability to maintain optimum health and vitality.



Why is a detox so important?

A detox is an opportunity to rid the body of toxic burden, which causes us to feel sluggish, can result in migraines, digestive problems, changes in your body shape or your skin conditions, and even affect your mental clarity. Toxic overload in the body is what weighs us down, packs on the extra pounds, and makes us age more quickly than we would like. Toxicity makes us sick!

Our Detox Anti-Inflammatory Program

Our detox is NOT a diet, it is not a deprivation, and it is not fasting. Our focus is on nutritional cleansing and getting back to basics, not costly supplements or meal replacements, strict fad diet regimens and lack of satiation. You will be eating real foods and balanced meals every 3-4 hours to help keep your energy levels up and prevent craving-causing drops in blood sugar.

Want to know if this detox is right for you and how it's different from other diets?

This is not a program where you will rely on bland shakes and tasteless foods; this is a completely different approach. For the next 3 weeks you will be enjoying real foods and learning to eat in a brand new way that will enlighten your body, your mind, and your spirit. We are going to focus on cleansing the entire body!

Today the marketplace is cluttered with detox diets that promise to help you lose weight, boost energy levels, and much more. But the truth is that diets just don't work because they are temporary and most people are looking for a superficial result.

Most diets focus on counting calories or grams of carbs and protein, yet they make no effort to deduce how efficiently –or not- your system can break down or use any given food. These eating plans don't consider and address the difficulties of digestion and removal of toxins in the body. For a detox diet to truly work, you need to maintain three key organs (the liver, the colon, and the kidneys) in balance and healthy by eating real foods that will nourish the body with the right nutrients.

The Body's Detox System

Did you know your body has its own extraordinary internal detoxification system? Well, it does! Here is a brief look at three critical internal detoxification organs:

- **The liver:** Your body's first line of defense against toxins, acts like a filter in preventing toxic substances from passing into your blood stream.
- **The colon:** This organ has bacteria that produce both healthy and unhealthy chemicals. You want to keep your colon flowing regularly since its main role is to flush out toxic chemicals before they can harm you.
- **The kidneys:** Responsible for filtering your blood and getting rid of toxins in the urine.

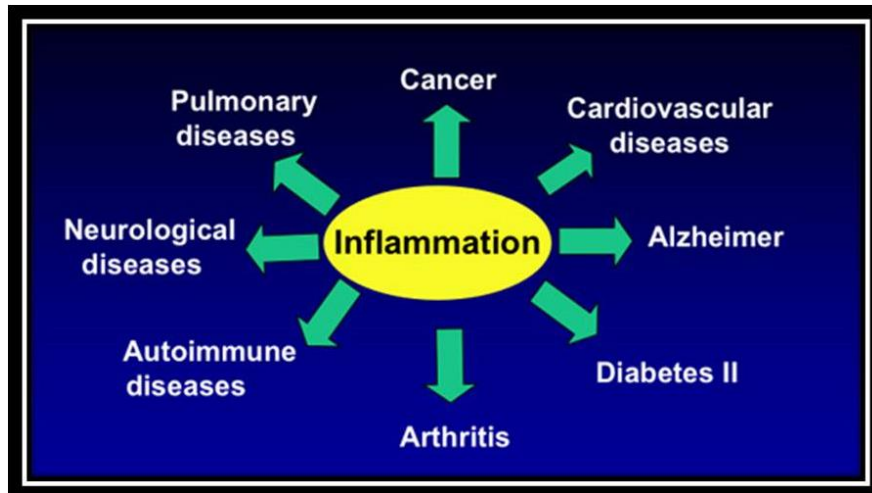
Your body's systems are always trying to maintain perfect balance, which leads to superior health and beauty, but this is possible only after you have cleansed yourself of toxic material that constantly accumulates.

What Are Toxins?

- Any substance that has harmful effects on the body.
- We are constantly exposed to **environmental toxins** (polluted air, auto exhaust, heavy metals, pesticides, radiation), **lifestyle toxins** (nicotine, alcohol, caffeine, recreational/prescription/over-the-counter drugs, skin and hair products, artificial food additives/colorings, meats that contain hormones and antibiotics, refined foods and sugars, dietary choices), and **internal toxins** (bacteria, yeast, fungal overgrowth, by-products of metabolic reactions, undigested foods, stress, unresolved trauma, negative emotions).
- Toxins are "fat soluble" – they are attracted to the fatty portion of cells throughout the body.

- When toxin levels are in excess of our body's capacity to remove them, toxins build up and are stored until they are removed. This causes problems to our digestive system and overall health.

A **proper detoxification program** helps restore healthy digestive function by removal of harmful toxins and enhancing nutrient absorption, which can help you feel more energized and healthy! By healing your gut & internal organs you heal the entire body.



You can feel fine but still have high levels of inflammation.

What is Inflammation?

Inflammation is part of the body's immune response. It is the body's attempt at self-protection and initially it is beneficial at removing harmful stimuli from the body and begins the healing process. We depend on **acute inflammation** to help us heal when we sprain our ankle or get a minor cut in the kitchen. However, we also depend on inflammation turning itself off, but sometimes inflammation can build up and it becomes self-perpetuating, known as **chronic inflammation**. Research shows that chronic inflammation is the root cause of many serious illnesses such as heart disease, rheumatoid arthritis, many cancers, Alzheimer's disease, and other health concerns.

Symptoms of inflammation?

Inflammation can present itself in so many different ways, the symptoms of chronic inflammation can include: skin outbreaks or eczema, fatigue, digestive issues such as diarrhea or constipation, gas or bloating, cough and congestion, shortness of breath, body aches and pains, weight gain, hormone imbalance, swelling, brain fog, sadness and irritability, high blood pressure, diabetes, high cholesterol, frequent infections, and much more.



What causes Inflammation?

The causes of chronic inflammation can vary from person to person, but being overweight, high stress levels, and exposure to environmental toxins increases the risk of chronic inflammation. Lifestyle choices, such as lack of sleep, poor diet, sedentary life, and smoking also play a major role.

Chronic inflammation and its roots in the gastrointestinal (GI) tract

Intestinal bloating, digestive issues such as diarrhea, gas, or constipation, gas and pain, heartburn and acid reflux are all early signs of an inflamed digestive tract. In reality, it should be no surprise that your immune system can strongly attack your gastrointestinal (GI) tract considering that your digestive tract is designed to eliminate viruses and bacteria from the foods we eat. According to John Hopkins Medicine, 70 percent of the cells that make up the body's immune system are found in the wall of the gut and the foods we eat affect the body's immune response.



Our modern diet which is comprised of refined or convenient processed foods and fast foods is overwhelming our metabolism and GI tract. We are convinced that chronic inflammation (and a lot of other health issues) starts with the foods we eat which are damaging the gut and hence the body's defense mechanism, but that's only the beginning...

Foods and Inflammation

Processed foods, too much sugar and simple carbohydrates, unhealthy fats, and high amounts of wheat, dairy, and other common allergens are inflammatory. The first step in reducing inflammation on a cellular level is to pay attention to your diet. We suggest getting back to basics, focus on dramatically increasing your greens intake and committing to this cleanse 100% to reduce cravings and increase vitality and immunity.

Psychological Stress and Inflammation

Studies have found that ongoing chronic stress changes gene activity of immune cells before they enter the bloodstream making the immune cells become more inflammatory. Researchers at the University of California, Los Angeles looked at blood samples from both stressed and non-stressed mice and humans and found that up-regulated genes in stressed individuals played a role in pro-inflammatory cells.

When we experience stress – whether from internal worry or external circumstances – a bodily reaction is triggered, called “fight or flight” response which triggers the release of stress hormone cortisol from your adrenal glands. The “fight or flight” response is our

body's primitive, automatic, inborn reaction that prepares the body to "fight" or "flee" from a perceived attack, harm, or threat to our survival.

When stressors are always present that flight-or-fight response stays turned on and this long-term activation and the subsequent exposure of cortisol and other stress hormones can disrupt almost all your body's processes. Cortisol alters your immune system responses and suppresses the digestive system, the reproductive system, and growth processes. This puts you at increased risk of numerous health problems, including: anxiety, depression, digestive issues, heart disease, sleep problems, weight gain, and inflammation. This is why it's very important to learn healthy ways to cope with the stressors in your life.

Environmental causes of inflammation

Pesticides, pollution, and heavy metals like lead and mercury make us sick. As do the vast array of chemicals that we are exposed to every day. Many chemicals are fat-soluble, meaning that they are stored in fat and accumulate in our bodies until they reach toxic levels. Constant exposure to chemicals and airborne irritants – even if it's a low dose – weakens your immune system.

Chronic inflammation on the rise

Our bodies were not designed for a daily overload exposure of toxins, infectious agents and stress, and food chemicals and additives from processed foods. Our way of life today consists of factors and lifestyle habits that are pro-inflammatory.

You can see that countering chronic inflammation takes a combination approach because it arises from a combination of causes. The good news is that so much of it is in your control, **starting with improving your diet!**



Reducing Inflammation - The Natural Approach

Reducing or preventing inflammation is all about listening to your body. From our program you will learn what increases and what reduces inflammation as you go through the 21-day detox and incorporate natural anti-inflammatory healthful habits into your daily life. Here's what we recommend for naturally reducing inflammation:

1. **Anti-Inflammatory Diet** – With our 21-day detox meal plan you will follow an elimination diet which will help you cut-out processed foods, avoid refined sugars and unhealthy fats, and steer clear of common known allergens (including wheat, eggs, dairy, soy, and peanuts). An anti-inflammatory diet consists of eating a lot fruits, vegetables, whole grains, legumes, nuts and seeds, wild seafood/fish, lean proteins, and healthy essential fats.
 - ✓ **Eat antioxidant-rich foods.** Fruits and vegetables are high in antioxidants and able to neutralize free radicals. Free radicals are highly reactive compounds that can damage the cells of your body and contribute to chronic inflammation.
 - ✓ **Eat alkaline foods.** Discover the wide range of health and longevity benefits that come from a balanced pH alkaline diet.
 - ✓ **Eat the right foods to improve your energy levels.** What eats up your energy? The answer is: digestion. Did you know that the full process of digestion takes more energy than any other internal function in the human body? Experts estimate that digestion takes as much as half or more of your total energy. Therefore, when we are overeat or eat the wrong foods we are simply sucking up precious energy that could be used for other processes such as: flushing out toxic waste from the body, cleansing the body to help you maintain your ideal weight, keeping your skin's collagen smooth and your hair healthy, etc. When we eat the right foods we redirect large amounts of energy to make weight loss easy and help you look and feel your best.

In addition to following an anti-inflammatory diet, try incorporating the following relatively simple lifestyle choices that can help keep inflammation at a low level...

2. **Anti-Inflammatory Supplements:**

- ✓ Take a daily high quality **omega-3** supplement
- ✓ Add a high quality daily **multivitamin** (age and gender appropriate) to supplement your diet and ensure you get the right level of nutrients

- ✓ Get your **probiotics**. Probiotics help deal with inflammation and balance out the good and bad gut bacteria. The good bacteria in probiotics will allow your body to rebuild its intestinal lining and heal the gut. Look for a high quality supplement with a minimum of 10 billion live cultures per capsule, but the higher the better.

3. **Exercise daily.** Get moving and fuel your body with anti-inflammatory agents by exercising every day. Start slow and slowly build up your stamina. We recommend **30-45 minutes of activity at least five times a week**. Even 10 minutes a day can help your joints. So if you're in pain, move wisely – try walking, use the lightest weights possible, and gently stretch. Exercise is also a great way to counteract stress, especially when combined with deep breathing techniques – as with yoga or Pilates.



4. **Improve your sleep.** Sleep plays a huge role in health, from maintain a healthy body weight, staving off the common cold, keeping you sane, and slowing down the aging process. Aim to get better quality sleep and to go to bed around the same time every night. Our bodies are designed for a 10 p.m. – 6 a.m. sleep pattern; you should be getting **at least 7-8 hours of sleep every night**. Chronic sleep deprivation has already been linked to a wide range of health problems such as increased risk of breast cancer, obesity, and diabetes. Getting adequate rest is a great anti-inflammatory medicine and when we are well-rested, we're also happier and healthier people.
5. **Break your bad habits.** Substances like **alcohol, caffeine, and nicotine** place a heavy burden on your system, so focus on eliminating your intake. The fastest way to reduce inflammation is to stop smoking and using stimulants.

If you smoke, try quitting during these next three weeks and see how good you feel, that should encourage you to quit forever.

If you rely on coffee to help you get through your day, **kick the caffeine!** Get coffee out of your daily life especially if you're stressed, exhausted, or having trouble sleeping. Coffee is acidic and a powerful stimulant that interferes with your body's natural rhythms. Here's how to **quit coffee (painlessly!) in one week:**

Quit coffee (painlessly!) in one week

Don't go cold turkey; it's best to taper off in small increments to avoid triggering the junkie-like withdrawal symptoms that many people struggle with. Instead, slowly dial down the caffeine so your body can assimilate over time. Here's a strategy to try:

Day 1: Enjoy your usual amount of coffee.

Day 2-5: Blend your coffee 50/50 with decaf (preferably certified organic)

Day 6: Have 25% regular coffee and 75% decaf for one day.

Day 7: Start drinking pure decaf

See how you feel after a week. In reality, both decaf and regular coffee are acidic which are harsh on the body. To completely kick your coffee habit to the curb, try:

- Starting each morning off with a cup of warm lemon water.
- Drinking at least six to eight glasses of water daily.
- Try these healthy coffee alternatives:
 - ✓ **Teecino Caffeine-free Herbal Coffee** - tastes very similar to coffee but is caffeine-free. A mix of carob, barley, chicory nuts and other flavors; it is truly tasty and can be brewed like coffee. (Can be found at Whole Foods Stores)
 - ✓ **Yerba Mate**- Provides powerful antioxidants and helps rev up metabolism, tastes great hot or cold but it does not have the same coffee taste.
 - ✓ **Matcha Green Tea** – superior antioxidant, detoxifier, and energy booster. Because you ingest the high-quality powder, rather than the herb infusion, the health benefits are higher than those of green tea.
 - ✓ **Green Tea** - has less caffeine than coffee but enough to give you a boost without any jitters. It is also packed with powerful antioxidants and is alkaline
 - ✓ **Licorice Tea**
 - ✓ **Hot Maca**- A couple of tablespoons of maca blended in a cup of warm almond milk, with a splash of raw honey and ground cinnamon is a delicious way to start the morning. Maca has adrenal boosting properties and will you give that boost without the crash of coffee.
 - ✓ **Wheatgrass Juice** (Natural energizer is known as a liquid shot of essential vitamins, minerals, and nutrients)
 - ✓ **Rooibos Tea**
 - ✓ **Green Smoothies**
 - ✓ **Healthy Dairy-free Hot Chocolate** (recipe provided)

6. **Control your weight.** Cleaning out your diet will help eliminate empty calories by focusing on filling up with lean proteins, veggies, fruits, whole grains, and healthy fats to help promote weight loss and/or weight management.

7. **Take relaxation breaks during the day.** Try taking 15-minute relaxation breaks during the day to help reduce stress and keep your body in balance so that you're not in a state of overwhelm by the end of the day.

8. **Clean up your environment.** We are exposed to toxins every day, which makes it difficult for your liver to detoxify. Take steps to eliminate toxins from your home, office, and car. For example, take your shoes off when indoors, quit smoking and avoid cigarette smoke. Also...
 - ✓ Choose **nontoxic cleaning products**. Look for "green" and non-toxic cleaners that don't contain chlorine, alcohols, triclosan, triclocarbon, lye, glycol ethers, or ammonia. Choose ones that say "chlorine-free," "petroleum-free," "biodegradable," or "phosphate-free."

 - ✓ Use "green" beauty products: There are so many cosmetic and beauty products out there loaded with chemicals that are not good for you. Your skin is your largest organ so you want to be keen on using clean beauty products. It is up to us, as consumers, to make informed decisions about what goes on our skin, in our hair, and into our bodies. Here is a quick list of some of the most problematic toxins found in conventional beauty products that you should consider avoiding: (1) *parabens*- synthetic preservatives that have been linked to many acute and chronic health problems; they are found in shampoos, conditioner, styling products, soaps, body washes, lotions, shaving creams and gels, and toothpaste, (2) *sulfates* – chemicals used to create lather can strip your skin of its natural oils and make it very dry, (3) *phthalates*- typically used as solvents to make fragrance last longer but they can also be found in hair care products, hair color, and deodorants and studies have shown phthalates are linked to bioaccumulation, which means they become trapped in the body forever, (4) *FD&C Color & Pigments* – synthetic colors, (5) *sunscreen chemicals*- avobenzone, benzophenone, ethoxycinnamate, PABA are commonly used ingredients that are believed to damage DNA or lead to cancers.

9. **Feel the love, joy, and happiness.** Studies show that happy people live up to ten years longer than unhappy people and optimists have a 77% lower risk of heart disease when compared to pessimists, most likely because of feelings of joy, love, connection, positive energy, and happiness which switch off harmful stress

responses and activate healing relaxation responses in the body. Love and happiness fill the body with healing hormones like oxytocin, dopamine, nitric oxide, and endorphins which positively nourish our cells.

10. **Release negative emotions.** Negative thoughts such as fear, anger, grief, resentment, loneliness, pessimism, depression, and anxiety, activate the “fight-or-flight” stress response in that fills the body with poisonous stress hormones and deactivates the body’s natural healing and cleansing process. Think happy thoughts and deal with your negative emotions in healthy ways such as meditation, yoga, and breathing exercises.
11. **Live in the moment.** Connection is one of the most important aspects of life. It’s important to remember that it all starts from within. To deepen your connection to the present moment try keeping a journal (this is a staple for a deeper connection), being grateful, or simply taking a deep inhale and deep exhale (breathing allows you to connect to yourself and your emotions).
12. **Nourish your soul.** Use at least 10 minutes a day to feed your soul. Try meditation, yoga, deep breathing, painting, or whatever it takes to help you relax.
13. **Self-love.** You can’t lose weight (and keep it off) without self-love. Appreciate your body and let go off the negative self-talk.
14. **Be patient and kind to yourself.**



Introduction to Clean Eating & Healthy Living

This is not a diet! Clean eating is a lifestyle, a way of life and a way to enjoy food and feel healthy, happy, energized, and pure. ... The simple truth is that diets just don't work in the long run. As soon as you adapt the mindset "I'm on a diet," you're basically inviting unhealthy habits affecting you weight up and down as well as your emotions. So let's get rid of the diet mentality for good.

As we get older a lifetime of bad habits- like smoking and eating poorly- start to show both internally and externally. Whereas people who maintain healthy lifestyles and consume more fruits, vegetables, and raw foods keep their cells clean and healthy creating a radiant youthful look despite their age.

Change is hard, no doubt about that. We often have a difficult time believing that the simple choices we make each day- such as what we eat, how much exercise we get, how we respond to stress, and other lifestyle choices – can make such a powerful difference in our overall health and well-being. But when someone is in suffering from chronic pain or health-related illness, the idea of change becomes more appealing.

Every piece of food that enters your mouth has a direct impact on your body, mind, and spirit. Changing your diet can change your whole world, as well as your body, and the way you feel. Eating fresh, organic, unprocessed whole foods will deliver actual nourishment (vitamins, minerals, and phytonutrients) that will make you feel good and supply the long-lasting energy your body needs to function at its best.

Clean Eating Basics (During Detox & Post Detox Diet)



Clean eating can be described as eating whole foods, with minimal processing, in their most natural state or close to it.

During the 21 day detox diet you will be eating 100% clean meals (eliminating all processed and highly allergenic foods).

After the detox diet you decide what you're willing to give up completely and what you can handle. In a perfect world, you should continue eating as clean as possible forever. However, the beauty of this program is that there's always flexibility to fit your busy and/or social life. Every positive change you make is a step towards better health. Post detox diet you should at least commit to the 80/20 rule, which will be explained later,

meaning that you will focus on 80% clean-eating and leave 20% for flexibility.

How to get started...

So, you want to eat clean. You've got the will and you've got the want, but now you're wondering, "Where do I start?" Not to worry, we've got you covered, incorporate these five easy steps listed below and follow the meal plan we've provided for you featuring a line-up of nourishing, delicious, and easy recipes!

Step #1: Meal Planning

One of the most common obstacles preventing us from achieving our goals is a lack of proper meal planning and preparation. Proper kitchen prep is also important, staging your kitchen for success is essential when it comes to eating clean. Here are a few tips to help you make it really easy to eat healthy:

- **Plan your week.** Plan your meals for the upcoming week. Always be prepared and plan ahead. Make sure to **take your schedule into consideration**. If you have late meeting or appointments this week, try selecting a quick dinner option on those nights or double up on a recipe from the previous evening to allow for easy leftovers. If you have more time available at the start of the week, **make a big meal and freeze portions** that you can have for dinner and lunch throughout the week.

During the next three weeks use the menu provided to plan your meals, you do not need to follow our menu 100% but make sure you follow the guidelines on what foods to avoid. Look over the recipes for the week and plan accordingly, feel free to make any substitutions depending on what you like.

- **Create a list.** After you've chosen your meals for the week review the ingredients you will need and create your grocery shopping list OR use your "**Clean Eating Grocery Shopping List**" PDF provided.

Once you've planned your week ahead, taking into consideration your schedule and food preferences, and created your grocery shopping list you are ready to go grocery shopping...

Step #2: Grocery Shopping

- When you go to the store, only shop from your list. (You will find that only shopping from your list decreases your grocery bill and also decreases food waste)
- Use your list or our "**Clean Eating Grocery Shopping List**" PDF provided to make your grocery shopping trips easier. Remember that you do not need to buy everything on our list. As the weeks go



by, you will discover and track the foods that are easiest for you to prepare and also keep you feeling satisfied, nourished, and fueled for the day.

- Purchase only approved clean whole foods (see list below). If you buy and keep good foods in your fridge, you will eat good food.

	Foods to include	Foods to avoid
Fruits & Vegetables	<ul style="list-style-type: none"> • All fresh natural fruits (focus on more local and organic berries or frozen berries) • All fresh raw, steamed, sautéed, juiced, or roasted vegetables 	<ul style="list-style-type: none"> • Corn • White potatoes • Grapefruit • Canned fruit packed in syrup • Canned veggies
Grains & Similar	<ul style="list-style-type: none"> • Rice – whole grain (brown rice) • Gluten-free oats • Millet • Quinoa • Buckwheat • Tapioca • Amaranth 	<ul style="list-style-type: none"> • Refined flours • Gluten containing grains (wheat, barley, rye, spelt, kamut, barley, oats for some people)
Nuts & Seeds	<ul style="list-style-type: none"> • Raw almonds, cashews, walnuts, sunflower seeds, sesame seeds, pumpkin seeds • Nut butters 	<ul style="list-style-type: none"> • Peanuts and Peanut butter • Soy nuts
Meats, Fish, Eggs	<ul style="list-style-type: none"> • Wild caught fish (optional) • Eggs (optional) • Clean eating – organic and free-range, hormone-free chicken and turkey 	<ul style="list-style-type: none"> • Shellfish • Sausage • Red Meats • Cold cuts • Canned Meats
Legumes	<ul style="list-style-type: none"> • All legumes including peas and lentils 	<ul style="list-style-type: none"> • Soy beans and other soy products (including tofu, however for vegans & vegetarians if you wish you may use organic tofu or tempeh)
Dairy	<ul style="list-style-type: none"> • Milk Substitutes such as rice milk, almond milk, coconut milk, or any other kind of nut milk 	<ul style="list-style-type: none"> • All dairy products (milk, cheese, yogurt, ice-cream)
Fats	<ul style="list-style-type: none"> • Healthy fats: avocado, unsweetened coconut, nuts & seeds, olive oil, coconut oil or 	<ul style="list-style-type: none"> • Margarine • Butter • Trans fats and

	ghee (clarified butter), and flaxseed	hydrogenated oils <ul style="list-style-type: none"> • Mayonnaise • Saturated fats • Fried Foods
Drinks	<ul style="list-style-type: none"> • Purified water • Organic Herbal Tea • Organic Green Tea • Hot Lemon Water 	<ul style="list-style-type: none"> • Sweetened Beverages • Alcohol • Coffee • High Sugar or artificially flavored juices • Colas, Soda pop, Diet sodas
Spices and Sauces	<ul style="list-style-type: none"> • Vinegar • All spices including sea salt, pepper, cinnamon, cumin, dill, garlic, ginger, carob, oregano, parsley, rosemary, tarragon, thyme or turmeric 	<ul style="list-style-type: none"> • Ketchup • Soy Sauce • BBQ Sauce • Table or kosher salt • Other Condiments
Sweeteners & Other	<ul style="list-style-type: none"> • Stevia • Pure vanilla extract • Use sparingly: 100% maple syrup, raw honey, and agave nectar 	<ul style="list-style-type: none"> • Artificial flavors, colors, preservatives (MSG) • High fructose corn syrup • Sugar of all kinds, including sugars that are in seemingly healthy foods like yogurt and granola

- Be sure to buy a wide variety of fresh fruits and vegetables (**buy organic when possible**). Why? Organic produce is much better because it keeps the chemicals off your plate, enhances flavor, and provides added nourishment. See list below for the produce that have the highest level of pesticides, which they call the “Dirty Dozen,” you should always try to purchase the organically grown option when it comes to these foods. On the other hand, the “Clean 15” list is made up of conventional produce grown foods with the least amount of pesticides. Generally, you can follow this simple rule: If you’re going to eat the peel, you should buy organic.

“**Dirty Dozen**” includes: peaches, apples, sweet bell peppers, celery, nectarines, strawberries, cherries, pears, imported grapes, spinach, lettuce and potatoes.

“**Clean 15**” includes: onions, avocados, sweet corn, pineapples, mangos, sweet peas, asparagus, kiwi, cabbage, eggplant,

cantaloupe, watermelon, grapefruit, sweet potato, and honeydew melon.

- Never shop when you're hungry, chances are you will be more likely to make unhealthy food choices when you're hungry.
- Avoid packaged and processed foods by shopping in the perimeters of the grocery store.
- Buy in bulk – For grains, beans and nuts you'll get cheaper prices and the exact amount you need and want.
- **Buy local whenever possible** because fresh is best! Embrace **Farmers' Markets**. Foods grown in local soil are better for your digestion, plus it's better for our environment (reduces your carbon footprint).
- Stock up on raw fruits and vegetables for snacks such as carrots, celery, broccoli, cucumbers, bell peppers, and cauliflower.
- Aim to make two grocery shopping trips per week to ensure you have plenty of fresh produce. If you don't have much time for grocery shopping then plan your meals for the upcoming week and make your own shopping list of approved clean foods so you can do grocery shopping once a week.

Step #3: Peel, chop, and prep

- Pick one day of the week to be your **food prep day**. Take the time to peel, chop and organize your produce for the week. This step will save you hours during the week, and once it's finished you're set for the week.
- **Rinse & chop fruits and vegetables** ahead of time so they're in your fridge and ready for you when you're hungry.
- **Make dips and dressings for the week** in advance, then store in the refrigerator in BPA-free containers of glass Mason jars.
- **Precook**. Take the time to precook your lean proteins for the week, then store in the refrigerator or freezer. Grill, broil or bake your protein, slice it up, then store in the correct portion amount for easy access. If you're vegetarian or vegan, make sure you always have plant-based proteins available.

If you're very busy during the week, you may also want to consider pre-cooking your vegetables for the week ahead. No, your veggies won't be quite as nutritious if they are cooked several days before you eat them rather than prepped and cooked just before the meal. But the truth is, you'll probably be getting more nutrients because *you're actually eating the vegetables*, instead of ignoring them because cleaning and cooking them at the end of a long day is too much to even think about.

How to Keep Nutrients in Veggies

- ✓ To preserve water-soluble vitamins and minerals, cut veggies into large piece or cook them whole.
- ✓ As a general rule, keep cooking time and temperature to a minimum.
- ✓ **Steaming** is one of the best ways to cook vegetables. Steaming greens is preferable to blanching, but blanching veggies is also an option.
- ✓ Studies show microwaving broccoli can preserve up to 80% of its vitamin C. In fact, microwaving seems to be a good choice for most common veggies.
- ✓ **Baking or roasting** is another healthy option for most veggies,
- ✓ Sautéed vegetables require a bit of oil, but that's not a bad thing if you use a heart-healthy choice like olive oil.

Step #4: Establish a Healthy Morning Routine

Every single morning is like having a fresh start to a healthy new YOU! Each day, we make choices that can support our body in staying healthy and strong. By creating health-boosting habits and daily practices, we can promote a state of positive well-being.

Your morning sets the tone for your body's energy and digestive processes, as well as mentally how you will feel for the rest of the day. Therefore, it is very important for you to firmly restructure your morning routine and start your day right!

Here are some easy steps you can do every morning to ensure positive energy, radiance, feeling of calmness all day, and overall better health:

1. **Set an intention.** Set an intention for the day. Clearly visualize the way you want to feel and what you want to achieve during the day ahead of you.
2. **Be grateful.** While you brush your teeth in the morning take a minute to mentally check off as many things you are grateful for. Start your day with a peaceful mind and being grateful for the new day ahead of you.

3. **Hydrate.** Start your morning with a glass of fresh water (8-12 ounces). Your body becomes dehydrated through the night, so drink a full glass of water to get your metabolism moving (adding 1 tablespoon apple cider vinegar to your morning water may aid in digestion, weight loss, and detoxification).

Water is essential

Are you drinking enough water?

Water is crucial for diluting and eliminating toxic accumulations in the body. In fact, water is the most important detoxifier; it helps clean through our skin and kidneys, and improves our ability to sweat during exercise.

Water budget: You should aim to drink $\frac{1}{2}$ of your body weight in ounces of water or **approximately 8-12 glasses (8 ounces each) of water a day!** If you consume caffeine and alcohol, which draw water out of your cells, compensate by drinking an additional glass of water. Start your day with at least 2 eight ounce glasses of water *before* any food intake.

Dehydration is the primary cause of fatigue, headaches, it slows down metabolism, and thirst can often be mistaken for hunger. Make sure during these next three week you are drinking plenty of water.

4. **Drink warm water.** Drinking warm water with lime first thing in the morning is a great practice that gets your digestive system working. Warm water will also help stimulate peristalsis and encourage a bowel movement.
5. **Breathe deeply.** Practicing deep abdominal breathing can greatly help quiet a busy mind and calm an overly stimulate nervous system. Focus on slowing down and deepening your breath while you hydrate first thing in the morning.
6. **Stretch.** Doing some stretching right after you wake up in the morning, will energize you and center you for the day ahead.
7. **Exercise.** Even five minutes counts. Do a morning yoga session, 20 jumping jacks, or a quick morning walk/jog, but do something to improve your body's circulation and get your metabolism moving.
8. **Nourish.** Breakfast is the most important meal of the day because it sets the tone for your entire day. After an approximate eight hour fast (while sleeping) your body needs vital nutrients and energy to start the day. Eating the right breakfast will also prevent your body from afternoon sugar cravings and from feeling sluggish by stabilizing your blood sugar levels. Choose unprocessed options with healthy sources of protein, fats, and complex carbs (use meal plan for guidance).

Step #5: Your New Daily Protocol

The goal of this detox is to feel like you're living clean, not like you're on a diet. Focus on what you can eat as opposed to what you should avoid. Listen to your body's messages of satiety so that you don't overeat. Also, allow yourself to eat snacks throughout the day to regulate your blood sugar and to ensure that you don't go too hungry that you fall into your old bad habits.

- **Graze!** Eat smaller meals throughout the day. Think of it this way: your metabolism is like a fire, and when you add more wood to it, it burns hotter. If you deprive it of wood, the fire dies out. Therefore, continually supplying your metabolism with fuel by eating four to six small meals a day means your metabolism is always burning hot, incinerating fat and burning calories. Use the chart below as a guidance tool for spacing out your meals approximately 2-4 hours apart, depending on your body's needs.

Wake Up	<ul style="list-style-type: none"> • Start your morning with a glass of fresh water (8-12 ounces). Your body becomes dehydrated through the night, so drink a full glass of water to get your metabolism moving (adding 1 tablespoon apple cider vinegar to your morning water may aid in digestion, weight loss, and detoxification).
Breakfast (within an hour from waking up)	<ul style="list-style-type: none"> • 8-12 ounces of warm water with lemon juice (you may add a little stevia if you need for sweetness). Since your body is already detoxifying in the mornings, the lemon adds to this effect by stimulating the liver and cleanse the body of toxins. Lemons are also high in antioxidants and Vitamin C, which gives your body a quick immunity boost. • Breakfast meal option (see recipes) – Your first morning meal is all about quick, useful energy to kick-start your body for the day. Now is the time to eat fruits and healthy carbs. • You may also feel free to enjoy a cup of caffeine-free, organic, herbal tea either sweetened with stevia or black.
Mid-Morning	<ul style="list-style-type: none"> • Water • Snack (if needed, see options below)
Lunch	<ul style="list-style-type: none"> • 8-12 ounces of water • Lunch option (see options below)
Mid-Afternoon	<ul style="list-style-type: none"> • Water • Snack (if needed, see options below)
Dinner	<ul style="list-style-type: none"> • 8-12 ounces of water • Dinner option (see options below)
2-3 Hours Before Bedtime	<ul style="list-style-type: none"> • Water • Snack (if needed, see options below)

Let's get started...

Top 10 Rules to Follow During this Detox

- 1. Listen to your body.** You do NOT need to count calories, carbs, or fat grams! Instead focus on listening to your body's needs. Follow the protocol of 5-6 small meals throughout the day.
- 2. Start developing a healthy morning routine** (being grateful, mindful, and positive) **and make sure to hydrate and eat breakfast every day.**
- 3. Say goodbye to processed foods, fast foods, and highly allergic foods.**
- 4. Eat a combination of lean proteins, healthy fats, and complex carbohydrates.** (Our bodies need energy from three forms of macronutrients: carbohydrates, protein, and fat... Each week you will learn why they are important and the best time to have them.)
- 5. Practice healthy grocery shopping** (Follow the tips provided above and remember to avoid the inside aisles of the supermarket).
- 6. Carry a cooler bag with all your clean eating treats, snacks, and meals.** (Remember to plan your meals ahead of time).
- 7. Focus on eating more alkaline foods.** (See page 22-23 for more information on Alkaline Eating)
- 8. Quit sugar and wheat; eliminate sugar cravings.** (You will learn about this during week one).
- 9. Stay hydrated.**
- 10. Stay positive and motivated.**

pH 101 – Alkaline Diet

First, let's start with a little chemistry: A pH level measures how acidic or alkaline something is. A pH of 0 is totally acidic, while a pH of 14 is completely alkaline, and a pH of 7 is neutral.

The human body is naturally an alkaline environment, with a blood pH of 7.4 to 7.6. However, when we consume an overly acidic diet (junk food, processed foods, caffeine, alcohol, sugar, unhealthy fats, etc.); we throw off our body's pH balance, causing the body to become more susceptible for illness and disease.

Even a minor fluctuation in your blood's pH creates distress signals, which start out as small symptoms and then ramp up as the imbalance continues. Everything from a runny nose to heartburn, inflammation, arthritis, chronic fatigue, irritable bowel syndrome, heart disease, diabetes, and even cancer can be traced back in some way to an internal acidic environment.

An acidic environment is also a propagation ground for bad bacteria, yeast, and fungi; while an alkaline environment helps keep these critters away. Therefore, when our diet and lifestyle choices are unhealthy we create a fertile ground in the body for bad bacteria to multiply inside us.

How to control your body's pH balance through diet?

Fortunately, the human body is equipped with several mechanisms that work together to keep pH at an optimal level. Our organs are able to neutralize and eliminate excess acid from the body – but this ability has its limits. The best way to maintain an adequate pH balance is to **consume a healthy diet composed of at least 60-80% alkaline foods** and limiting highly acidic foods.

The Standard American Diet makes it very difficult to maintain a balanced pH because it is generally high in acid-forming foods such as meat, dairy, coffee, sodas, and refined sugars which overwhelm the body's mechanisms from removing excess acid. At the same time, our current diets are notably deficient in alkalizing foods such as fruits and vegetables.

What else affects your blood pH level? It's not just diet that creates an alkaline environment in the body, in fact, *lack of exercise, anger, stress, alcohol abuse, and cigarette smoking* can all make you acidic as well.

Learn to manage your stress! Emotional stress releases acid-forming hormones such as cortisol and adrenaline, which are unhealthy for the body. Negative stress becomes chronic, increasing the risk of diseases like depression, heart disease, and a variety of other health problems. Try maintaining a positive attitude, exercise regularly, practice relaxation techniques (such as: meditation, yoga, or tai-chi), and/or seek professional treatment.

Alkaline Food Plan

- 1. Know What You're Eating!** Toxic acid-promoting foods include refined carbs, dairy, meats, and poultry. These foods create an acidic environment in the body and put stress on your kidneys and liver. On the other hand, foods that produce alkaline compounds in the body help neutralize these effects.
- 2. Cook with Alkaline Spices and Herbs.** You can help offset the harmful effects of acid-promoting foods by cooking them with alkaline spices! For example, try adding ground ginger to a stir-fry recipe, smoothies, and oatmeal.
- 3. Avoid highly refined and processed foods!**
- 4. Keep in mind that not all acidic foods are created equal.** In fact, we need some acidic foods in order to get proper nutrition. For example, some nuts, grains, and beans are slightly acidic, but they're also protein powerhouses. Regularly including these foods in your diet is very important.

The acids in plant foods are often referred to as *weak acids*, versus animal proteins which are called *strong acids*. Neutralizing strong acids takes tons of energy and stresses your kidneys and liver, therefore you should aim to consume more plant-based whole foods.

- 5. Limit animal proteins.** Even if you occasionally include a small amount of animal protein in your diet, you'll be in much better shape than if you eat it every day.
- 6. Kick the caffeine!** If you haven't done so already, get coffee out of your daily life especially if you're stressed, exhausted, or having trouble sleeping. Coffee is acidic and a powerful stimulant that interferes with your body's natural rhythms.
- 7. Consume more of the top alkaline foods:**
 - ✓ Alkaline water
 - ✓ Almonds, brazil nuts, sesame seeds, hazelnuts, water chestnuts, and flaxseeds
 - ✓ Avocados
 - ✓ All veggies
 - ✓ Grains in moderation: quinoa, millet, buckwheat, amaranth, brown rice. Exceptions: wheat and oats are mildly acidic
 - ✓ Grasses, especially wheatgrass and barley grass
 - ✓ Green drinks (smoothies, juices – not the processed store-bought kind with all the added sugars)
 - ✓ Lemons and limes – although these are acidic, they actually have an alkalizing affect in your body
 - ✓ Lentils and other beans – in general, all legumes are alkalizing
 - ✓ Seaweed and sprouts
 - ✓ Stevia
 - ✓ Spices
 - ✓ Aloe Vera, Chlorella, Spirulina