

STEP 1 – PREPARATION

Important points to consider:

Almost without exception, our eating habits have been conditioned with insufficient attention to and coaching on the fundamentals of proper nutrition.

One such overlooked fundamental is that we are not what we eat, we are what we absorb (i.e. digest properly). Another consideration here is that if we fail to absorb what we eat properly, not only do we miss out on the nutrients but we also must then deal with the toxic by-products produced in our colons as these maldigested foods begin to decay. These intestinal toxins are referred to as endotoxins.

The result being the insidious onset of the many health problems which are associated with prolonged exposure to such endotoxins. There is sufficient evidence to-date that the challenges of nutrient insufficiency and intestinal toxicity, which compromised digestion places one under, play a major role in the onset of a wide variety of both acute and degenerative disorders.

It is with this awareness in mind that we are providing you with this information. Used as instructed it will go a long way in helping you to break the old eating habits which no longer support your health. It is hoped that you will instead adopt more supportive mealtime habits.

Understanding that **repetition is the mother of skill** please rehearse the following list of 'digestive skills' at each meal until they become new habits. You will be delighted with the results. Simply keep the following information within easy reach of your dinner table and **take** the time to review it thoughtfully, before and after each meal. It will soon become apparent to you which of the areas you need to work at the most. Remember that if you are feeling 'stuck' just let your Coach know, for further suggestions to help you out.

The process of digestion is an involuntary function (one which we do not consciously direct) and is governed by our autonomic (involuntary) nervous system. The autonomic nervous system governs all of the involuntary functions in our body. In order to accommodate our wide variety of needs, it has two distinctly different yet interdependent sub-systems within it: the sympathetic division and parasympathetic division.

The sympathetic division is more readily understood as our 'accelerator pedal'. This division is responsible for our 'flight or fight' mechanisms. It becomes our dominant system when our mind sends signals to our body to mobilize it to action or to put it on 'alert' in response to a perceived threat or danger. It can also be called into play in response to fear, excitement or anticipation. You can tell when you are sympathetic dominant when you are breathing more shallow and from higher in your chest, your pulse quickens, you have a sensation of excitement (butterflies) or tension deep in your stomach and throughout your muscle structure. You may also be perspiring (especially your face and hands) even though your surroundings are not too warm, or you may feel fidgety, generally 'hyper' and, perhaps, uptight or anxious *inside*.

The parasympathetic division is more aptly understood as our 'brake pedal'. It is responsible for quite a different set of physiological responses and is called to play when we make time for rest, relaxation and digestion. It favors assimilation, repair and regeneration and is dominant when our breathing is slower, more rhythmic and from lower in our chest and abdomen. There is a decrease in muscle tone, the abdomen is relaxed and comfortable, with no sense of tension in it.

Which division needs to be dominant if we are to digest our food properly and to derive full benefit from it? That's right...the parasympathetic division. **How conscious have you been of your autonomic balance or state of relaxation before, during and after your meals?** This is at least as important to proper digestion, detoxification and to your health as *any* other aspect of your lifestyle. The following points will ensure you of a more parasympathetic, enjoyable and healthful experience around food.

** Sit down at the dinner table and resist your usual routine of reading the newspaper, watching television, doing homework, or 'getting into' negative emotional discussions. **Simply focus on enjoying the experience of nourishing yourself and your family.**

** Establish the habit of **experiencing genuine gratitude** for whatever the food or beverage is before you. This is easy once one realizes that **sixty million of our fellow human beings will starve to death this year**. Just as shocking a reference here is that **an innocent child starves to death somewhere in our world every two seconds**. Others line up for hours each day, in hope of there being a loaf of bread or a bowl of rice left by the time it is their turn. Who are we to take for granted the bounty which surrounds us in our uniquely blessed culture? **It is essential to really feel your gratitude here, not to just think it fleetingly, for thoughts which we attach feeling to become emotions and emotions influence every cell of our being.**

** **Note your breathing** as you reflect on your good fortune and begin to draw deep slow breaths from low in your abdomen, feeling your stomach relax as it rises and falls with each breath. **Notice how this type of deep relaxed breathing feels inside.**

** **Note the aroma of your food** and if you do not find it appealing, add your favorite savory herbs and natural spices to enhance its appeal. Be creative here; you owe it to your *soul* to experience the dozens of delightful and healthful natural herbal and spice seasonings available in our culture's diverse marketplace!

** Throughout your meal, **listen to your stomach and physiology** (not just your taste buds) and do what it tells you. i.e. Notice when you are satisfied and/or when foods do not agree with you.

** **Chew each bite to liquid and swallow it before you place more food in your mouth.** Digestion of all food actually begins in the mouth where it is reduced to small enough particles for your digestive enzymes to continue the process. Important salivary enzymes also begin their work here, when provided the opportunity as per the above suggestions.

** **Drink only pure water before your meals and wait for at least one hour after eating before drinking again.** As excessive fluids may dilute valuable digestive enzymes, minimize chewing and therefore serve to negate salivary digestion. The most disruptive beverages here being those which are alkalizing (acid-neutralizing) such as milk and soda pop, as they can interfere more with digestion in the stomach. You are best to learn to satisfy your thirst between or before meals so as to minimize any possibility of interference here.

PREPARATION CHECKLIST

first week of program

- I have begun detoxing from caffeinated beverages
- I have cut out sugar and white flour from my diet.
- I have reviewed my schedule and canceled any unnecessary activities occurring during the program.
- I have decided to commit to the program for 7, 14, or 21 days.
- I have informed my family and close friends and, as appropriate, colleagues that I will be doing this program and may be less available than normal.
- I have informed family and close friends and, as appropriate, colleagues that I will be doing this program and would like their support.
- I have researched yoga classes in my neighborhood.

one day before program

- I have gone through my kitchen and removed (if possible) processed and junk foods, all oils except cold-pressed, organic olive oil, beverages containing sugars or caffeine, dairy products, and anything else not on this program.

If the above is not possible:

- I have set aside a special area in the kitchen and refrigerator for my detox foods and supplements and my family/roommates know not to touch!
- I have purchased enough foods for the first week of the program
- I have made sure that I have enough filtered water for the first week of the program.
- I have disposed of any household cleaners with dangerous chemicals and replaced them with natural products.
- My yoga mat is clean and ready to go.

ELIMINATE CAFFEINE

TIPS FOR ELIMINATING CAFFEINE IN 7 DAYS

First 3 days:

Cut down to ½ of usual coffee, cola, or black tea intake.

Next 4 days:

Drink 1 Cup caffeinated green tea steeped for 5 minutes in just boiled water.

All 7 days:

Take 1000 mg to 2000 mg of buffered Vitamin C powder with magnesium and calcium.

Tip: Begin on a weekend when you can take naps as needed.

Tip: Drink at least 8 – 10 glasses of water a day.

ELIMINATE SUGAR AND WHITE FLOUR

TIPS

Try to eliminate sugar and white flour before you begin the detox plan—you will not regret this!

Go cold turkey for all white flour and sugar products.

(Don't cheat—it will only make your sugar or carb cravings worse.)

Eat protein for breakfast, such as eggs or a protein shake.

Combine “good” protein, fat, and carbs at each meal. Good proteins include fish, eggs, nuts, and beans. Good fats include fish oils, olive oil, nuts, nut oils, and avocados. Good carbs include vegetables, beans, whole grains, and fruit.

Don't go low fat—make sure to include olive oil, nuts and avocados in your diet.

Eat every 3 hours—snack on nuts such as almonds or walnuts (raw or dry roasted only).

Drink at least 8 – 10 glasses of filtered water a day.

CONTEMPLATIVE EXERCISES

During the detox program, I suggest you take some time to connect with yourself, calm your mind, relax your nervous system, and take stock of toxic behaviors, relationships, and attitudes. Try any or all of the following during the detoxification program:

Take a quiet walk in a peaceful setting.

Learn meditation: There is no better way to learn how to calm your mind and open your heart.

Spend time in a place of beauty: The beach, a museum, a garden, etc. Don't "do" anything—just observe the beauty around you.

Try to minimize chit-chat: Experiment with talking only when you have something useful, meaningful, or functional to say.

Journaling Exercise: BEFORE

List your three most physically toxic behaviors (e.g. smoking, not resting, sweets).

List your three most toxic habits of mind (e.g. procrastinating, moodiness, low self-esteem).

List your three most toxic relationships.

What purpose do these toxic behaviors serve? What prevents you from giving them up? Write in your journal about what your life would look and feel like without these behaviors, habits, and relationships.

Journaling Exercise: DURING

Try this exercise every day of your detoxification program:

What can I do today to truly take care of my body?

What can I do today to truly take care of my spirit?

What toxic food/idea/behavior can I do without today?

MISCELLANEOUS SHOPPING LIST

_____ Baking Soda

_____ Skin Brush

_____ Epsom Salts

_____ Walking Shoes

_____ Eye Pillow

_____ Yoga Bolster

_____ Journal

_____ Yoga Mat

_____ Lavender Essential Oil

_____ Natural, Non-Toxic Household Cleansers

BEHAVIORS TO AVOID

Taking unnecessary medications: during this program, please limit yourself to only those medications prescribed by your doctor.

Being with people who make you feel bad. If possible, limit yourself to relationships that make you feel supported and appreciated.

“Space out” activities such as watching too much TV, fluff reading, aimless internet surfing, etc. Try and limit yourself to activities that truly nourish you, body, mind, and spirit.

Rushing. Try, as much as possible, to slow down. Instead of racing home to make dinner, simply drive a little slower. If you usually jump out of bed and into the shower, try adding a few steps in between—some gentle stretching, a look out the window, or re-read a chapter in a book that inspires you.

Limit your exposure to newspapers, radio and television news reports. Take a little break from the troubles of our world. When the detox program is over, you'll have a lot more love, ideas, and energy to make the world a better place!

HOW TO CALCULATE YOUR DAILY PROTEIN REQUIREMENTS

- 1) Determine your lean body mass
- 2) Determine your activity factor. Factors are listed below in grams of protein per pound of lean body mass.
 - 0.5 – Sedentary (no formal sports activity or training)
 - 0.6 – Light fitness training, such as walking
 - 0.7 – Moderate training (3 x week) or sports participation
 - 0.8 – Daily aerobic training or daily moderate weight training
 - 0.9 – Heavy daily weight training
 - 1.0 – Heavy daily weight training coupled with intense sports training or twice-a-day intense sports training
- 3) Calculate your required daily amount of protein (in grams) by multiplying your lean body mass (in pounds) by your activity factor.
- 4) Divide their daily protein requirements in grams by 15.

Note: This number represents the ideal number of meals you will eat of 15 grams protein, 20 grams complex carbohydrates and 6 – 7 grams healthy oils each day. The exceptions being: 1) Those whose calculations place them at or below 60 grams of protein per day. Everyone should consume a minimum of 800 calories per day. This requires either 5 of these mini-meals or that one of their 4 meals be double the size i.e. 30 gr. protein, 40 gr. carbohydrates, 13 gr. healthy oils. 2) Those who would need 6 or more mini-meals will also need to double up some of the meals to make their meal schedule more reasonable. Just keep meals below 500 calories at a time.

The Anti-Inflammatory Macronutrient Equivalent Chart

I. Quality Proteins

Each of the below portions represents ~15 grams of quality protein

Dairy: avoid-	
-	
Egg Substitute	¾ cup
Whole eggs*1	2 large
Eggs (whites only)	4 large
Lean meat (organic best)	2 oz.
Poultry (free range, drug-free)	2 oz.
Wild game	2 oz.
Soy/Legume protein*2	
beans, tofu, lentils	6 oz.
soy protein powder	1 oz.
tuna (water packed)	2 oz.
sardines (in sardine oil)	2 oz.
UltraClear, chosen Medical Foods	2 scoops
Whey Protein, "Perfect Protein"	1 scoop
Fresh cold-water fish (omega-3 rich)	
-salmon, mackerel, trout, etc.	3 oz.

III. Better Beverages

Pure water: unlimited, min 6 – 8 cups/day

Herbal teas: vary type and limit to 4 cups daily unless otherwise prescribed by your Health Coach

Black tea and flavored black teas: avoid

Freshly juiced vegetable and/or fruits: These fall under "Carbohydrates" for quantity references, once juiced the carbohydrates in fruits and vegetables are absorbed much more rapidly (due to the absence of their fibers) and tend to raise insulin, triggering fat formation and possibly even inflammatory eicosanoid production

Non-dairy milks: These are best prepared by you to avoid the added refine and greatly simplified carbs which tend to trigger rises in insulin. Use these beverages in moderation and consider adding pure protein powder to them to balance their carbohydrate content.

II. Complex Carbohydrates

Each of the below portions represents ~20 grams of quality complex carbohydrates

Pastas*3 -whole grain	½ cup
Higher carb. fruits*3 15 – 20% carbohydrate	½ cup
Grains*3 -whole, minimally processed	½ to ¾ cup
-whole grain breads	1 ½ slices
Higher starch*3 (more concentrated) vegetables 15 – 25% carb.—respectively	½ to 1 cup cooked
High water content, low sugar fruit	
-6 percent carb	approx. 1 cup
-3 percent carb	approx. 1½ cups
High water, high fiber, low starch vegetables	
-6 percent carb	approx. 1½ cups cooked
-3 percent carb	approx. 3 cups cooked
See "Carbohydrate Classifications of Fruits and Vegetables"	

IV. Leading Lipids

Each of the below portions of fat or oil represent ~ 6 grams of lipid

For dressings and sauces (not cooked)	2 tsp
-flax, pumpkin and walnut oils	
-canola, olive	
For cooking:	2 tsp
-olive or sesame	
Seeds*3	1 Tbsp
-flax, pumpkin (omega-3 rich) desirable	
-sesame, sunflower (omega-6 rich)	
Nuts:	1 Tbsp
-walnuts and hazelnuts (omega-3 rich)	
-almonds (monounsaturates)	
Avocado:	1 Tbsp
Eggless mayonnaise	1 Tbsp
Butter	2 tsp

How to use this chart:

The purpose of this chart and exercise is to assist you in optimizing your health, healing and performance through balancing the ratios of proteins, carbohydrates, fatty acids and key nutrients to favorably influence the important eicosanoid (hormonal) pathways.

By favorably influencing these critical hormone pathways you will experience noticeable improvements in the way you feel, the way you look and literally any acute or chronic inflammatory conditions you may have.

Step 1: Calculate your specific daily requirement for quality proteins. Refer to: How to Calculate Your Daily Protein Requirements.

Step 2: From the Section I titled "Quality Proteins" choose the types of proteins and quantities of each to meet your daily requirements. e.g. If your daily requirement for protein is 60 grams, you may choose 3 oz. of salmon (~15g), 2 oz. of chicken breast (~15g) and 2 servings of medical food to meet your requirement that day.

Step 3: For each protein equivalent choose a complex carbohydrate equivalent, see Section II (note: one 15g portion of protein is the equivalent of one 20g portion of complex carbs) eg. Match your 3 oz. of salmon with 1½ cups of *steamed string beans and beets* (6% carb selections) and match your 2 oz. of chicken breast with 1 cup of leafy green salad (3% carbs) and ½ cup of steamed *Brussels sprouts* (6% carb). Several areas to consider in making your carbohydrate selections are:

- i) Choose combinations of proteins and carbs which minimize the potential for maldigestion, malabsorption and associated gastro-intestinal toxicity.
- ii) Choose those carbohydrates that are richest in fiber and the highly beneficial alkaline minerals. i.e. the 3 + 6% carb selections.
- iii) With few exceptions, such as those people who are losing too much weight or too fast, you are always better to choose from the lower starch, less concentrated carbs wherever circumstances permit.
- iv) When eating fruits for your carb portions, always eat them prior to your protein selections. (At least 15 – 30 minutes before is suggested.) This will minimize the chance of the fruit sugars interfering with the complete digestion of the proteins. (Quite a common occurrence.)

Step 4: Choose the lipid (fat/oil) equivalent from Section IV that best suits your protein-carb selections.

Step 5: Ensure that you consume approximately 2 liters/8 cups of 'healthy' fluids daily. Consider drinking the majority of your beverages between or before meals in order to prevent any interference with digestion.

Footnotes for The Anti-Inflammatory Macronutrient Equivalent Chart:

*1 - represent protein-fat combinations and are to be viewed as 1 protein and 2 fat unit equivalents. i.e. a serving of 2 whole eggs equals 1 unit of protein and 2 units fat. This is to say that the fat to protein ratio when eating whole eggs is higher than our proposed 'ideal' values. Another consideration here is the relatively high proportion of potentially pro-inflammatory arachidonic acid found in egg yolks, This factor is offset however by the higher omega-3 EFA content of eggs from chickens raised in free-range conditions feeding on natural diets of whole grains and seeds (good luck!)

*2 - Legumes (cooked, not dry) and medical food beverages represent protein-carbohydrate-oil combinations and should be considered 1 unit of each per serving indicated. Legumes are rich sources of omega-3 oils and isoflavones (beneficial hormone building blocks) and are the most ecological source of protein.

*3 - Some grains, vegetables, and fruits have a higher glycemic index (i.e. they raise your blood sugar more rapidly and are best eaten in smaller quantities at any one time) e.g. wheat, millet, rice, corn, carrots, potatoes, bananas, apricots, all dried fruits.

*4 - Diet Pop: represents no protein, no carbs, no fat but due to its highly synthetic, highly acidic and potentially toxic nature it is not recommended for consumption.

Coffee: Due to the potential presence of rancid oils, pesticide residues and substances which interfere with D-6-D and favorable eicosanoid production...it is not recommended. If you choose to still drink it, your best choice here is organic, naturally decaffeinated coffee. 1 cup on occasion.

Step 1 – Modified Elimination Diet

This dietary approach has been most helpful in patients who complain of fatigue, recurrent gastrointestinal problems, especially diarrhea, food intolerance or sensitivity; chemical or environmental sensitivities; and chronic headache, muscle and joint pain of unknown etiology.

The diet is low-lactose, low-fat, gluten-free and usually well tolerated. A summary of the dietary guidelines is outlined below.

The primary guidelines are:

1. Eliminate dairy products such as milk, cheese and ice cream.
(Note: Varying amounts of natural, unsweetened, live culture yogurt may be tolerated by some individuals.)
2. Avoid meats such as beef, pork or veal. Chicken, turkey, lamb and cold-water fish such as salmon, mackerel and halibut are acceptable if you are not allergic or intolerant of these foods. Select from free-range whenever possible.
3. Eliminate gluten. Avoid any food that contains wheat, spelt, kamut, rye, barley, or malts. This is the most difficult part of the diet but also the most important. Unfortunately gluten is contained in many common foods such as bread, crackers, pasta, cereals, and products containing flour made from these grains. Products made from rice, amaranth, quinoa, millet, buckwheat and gluten-free flour, potato, tapioca and arrowroot may be used as desired by most individuals.
4. Drink at least two quarts of filtered water daily.
5. Avoid all alcoholic-containing products such as beer, wine, liquor and over the counter products that contain alcohol. Also avoid all caffeine-containing beverages including coffee, caffeine-containing tea and soda pop. Coffee substitutes from gluten-containing grains should be avoided along with decaffeinated coffee.
6. Avoid all foods containing yeast and all foods that promote yeast overgrowth (processed foods, refined sugars, foods from a box, bottle can or package, cheeses, commercially prepared condiments, peanuts, vinegar and alcoholic beverages).

Note: Read labels carefully, as over the counter medications may contain alcohol or caffeine.

Diet Summary

Food Group	Allowed	Avoid
Meat, Fish, Poultry, Legumes	Red Meat, chicken, turkey, lamb, all legumes, dried peas and lentils, cold-water fish such as salmon, halibut, mackeral, trout, etc. Eggs.	Cold cuts, frankfurters, sausage, canned sausage, canned meats.
Dairy products	Milk substitutes such as rice milk and nut milks; butter	Milk, cheese, goat cheese, ice cream, cream, yogurt, non-dairy creamers.
Starch	Sweet potato, brown rice, tapioca, buckwheat, millet and gluten-free products. Quinoa. Sami's Products.	All gluten-containing products, including gluten-containing pasta, all corn products.
Soups	Clear, vegetable-based broth, home-made vegetarian soups.	Canned or creamed soups.
Vegetables	All vegetables, preferably fresh, frozen, or freshly juiced.	Canned, creamed or in casseroles. Corn, white potatoes.
Beverages	Freshly prepared fruit or vegetable juices, pure water, non-citrus herbal teas, naturally decaffeinated black teas.	Milk, coffee, tea, cocoa, Postum, alcoholic beverages, soda pop, sweetened beverages, citrus.
Bread, Cereals (Steps 1 & 3 Only)	Any made from whole grain rice, buckwheat, millet, potato flour, tapioca, arrowroot or gluten-free flour based products, amaranth and quinoa are fine for all but the true "celiacs". Oats.	All made from wheat, spelt, kamut, rye, barley, or gluten-containing products.
Fruits (Steps 1 & 3 Only)	Unsweetened fresh, frozen, or water-packed, canned fruits excluding citrus; lemon is usually tolerated well.	Fruit drinks, ades, dried fruit. Citrus, Strawberries.
Fats, Oils, Nuts	Cold/expeller pressed, unrefined, light shielded flax, pumpkin, canola and walnut oil, sesame, coconut or olive oil to heat with. Seeds: sesame, sunflower, flax or pumpkin Nuts: walnuts, pecans, almonds	Margarine, shortening, unclarified butter, refined oils, peanuts, salad dressing and spreads.
For those with Yeast	All fresh vegetables, nuts and seeds, legumes, pure water, fish, free-range chicken or turkey, lower carbohydrate fruits, all non-gluten grains and their yeast-free pastas.	All packaged and processed foods, refined sugars, all food from a box, bottle or can, foods containing yeast, cheeses, commercially prepared condiments, peanuts, vinegar, alcoholic beverages.

SHAKE RECIPE

Days 1 - 3

Combine and mix together at high speed in a blender:

Medical Food (1-2 scoops)

1 Tbsp organic flax & borage oil (in breakfast and morning snack shakes only)

1 Tbsp fiber powder or ground flax seeds

Ice (made from filtered water), if desired

Filtered water to proper consistency, 6 – 8 oz

½ Cup organic frozen non-citrus fruit such as blueberries, raspberries, peaches, pears, etc.

1 scoop Buffered Vitamin C per day

STEP 2 – THE INTENSIVE CLEARING
Day 1 to 10
(or longer if in your best interest):

- drink 2-3 medical food beverages each day, sip slowly, being sure to mix your saliva with each mouthful to aid assimilation
- space your medical food beverages and meals approximately 3 hours apart (i.e. 7 am, 10 am, 1 pm, 4 pm, 7 pm)
- drinking your medical foods (or eating food) no more than 3 hours apart is especially important for those with tendencies to low blood sugar. if you experience dizziness, blurred vision, severe light-headedness and/or extreme fatigue *call your Coach promptly*, if they cannot be reached at that time, begin to add frequent snacks of alkaline broth (see recipe) or steamed vegetables. these measures will stabilize your blood sugar and slow your detoxification to a more manageable pace.
- remember to drink a minimum of 8 – 8oz. glasses of water daily
- if you have tendencies to low blood sugar and intend to exercise heavily during your clearing phase, it is best that you check with your Coach on how to ensure sufficient calories while detoxifying.
- your medical food is a moderate fiber beverage, designed to be gentle for those with sensitive and potentially inflamed intestines. as such, some people will do better with some additional fiber. if you find that your bowels are not moving 1 – 2 times daily on this program, first add more ground flax seed (2 – 4 Tbsp./day) and ask you Coach about PaleoFiber, the best source of additional fiber for the purposes of this program.
- alkaline broth
- no fruit

IMPORTANT NOTE:

This more intensive phase of metabolic clearing should be sustained until your function and health has been restored to the satisfaction of you and your Coach.

ALKALINE BROTH

Choose a combination from the following vegetables:

Celery
Green Beans
Zucchini
Spinach
Parsley
Asparagus
Snow Peas
Swiss Chard
Broccoli
Leeks
Bok Choi

Place your vegetables in a soup pot with water 1" above the vegetables.

Add any of your favorite fresh or dried herbs.

Bring to a boil.

Check with a fork periodically to make sure that they stay crunchy. This will only take a few minutes.

Soup may be eaten like this or you can puree in the blender to the consistency of apple sauce.

SHAKE RECIPE

Days 4 - 10

Combine and mix together at high speed in a blender:

Medical Food (1-2 scoops)

1 Tbsp organic flax & borage oil (in breakfast and morning snack shakes only)

1 tsp. fiber powder or ground flax seeds

Ice (made from filtered water), if desired

Filtered water to proper consistency, 6 – 8 oz

1 scoop Buffered Vitamin C per day

(Can add cinnamon if desired)