



Commit To Fit

**21-Day Detox
Challenge Manual**

REVISED



Disclaimer: This manual is not intended for the treatment or prevention of disease, nor is it a replacement for seeking medical treatment. Do not start any nutrition or physical activity program without first consulting your physician. The use of this program is at the sole risk of the reader. The author is neither responsible nor liable for any harm or injury resulting from the use of this program. Reading or using the information in this manual does not constitute a doctor-patient relationship.

No portion of this manual may be used, reproduced or transmitted in any form or by any means, electronic or mechanical, including fax, photocopy, recording or any information storage and retrieval system by anyone but the purchaser for their own personal use. This manual may not be reproduced in any form without the express written permission of Dr. Venus, except in the case of a reviewer who wishes to quote brief passages for the sake of a review written for inclusions in a magazine, newspaper, or journal – and these cases require written approval from Dr. Venus prior to publication. For more information, please contact:

Dr. Venus
375 Redondo Ave. Unit 275
Long Beach, CA 90814
DoctorVenus.com

21-Day Detox/Elimination

Over the course of the next 21 days you are going to challenge the way you are eating and what you have always considered a “healthy” diet as well as what you have previously been taught about nutrition. Your relationship with food and how your body and metabolism respond to the food you eat will shift. You will have more energy, better mood, improved sleep, less gastrointestinal stress, and lose weight among other benefits. You may notice that symptoms such as bad breath, bloating, gas, constipation, or diarrhea, canker sores, difficulty concentrating, excess weight or difficulty losing weight, fatigue, fluid retention, food cravings, headaches, heartburn, joint pain, muscle aches, puffy eyes & dark circles under the eyes, postnasal drip, sinus congestion, skin rashes, and sleep problems improve or simply disappear.

Changing the foods that you eat may also help to fight more serious conditions such as: arthritis, asthma & allergies, autoimmune diseases, chronic fatigue syndrome, diabetes, high blood pressure, high cholesterol, obesity, acne, eczema, fibromyalgia, food allergies, headaches, heart disease, Crohn’s, irritable bowel syndrome, menopausal symptoms, and menstrual problems. ***Food is medicine and medicine is food!***

***The food you eat either makes you more healthy or less healthy.
Those are your options.***

-It Starts with Food

Why Detox? Toxicity & Inflammation

Decreasing toxicity and inflammation is the key to effective, long-term weight loss. The goal of this program is not weight loss; it is improved health and identifying the underlying cause of why you may be overweight, carrying excess weight, or presenting with symptoms or health conditions listed above. Weight loss is simply a side effect and benefit to reducing toxicity and inflammation in the body. Getting and being healthy is the key to losing weight. By taking away the foods in your diet that are causing toxicity and inflammation it gives your body a chance to reset.

You don’t lose weight and then get healthy, you get healthy and then you lose weight.

Sources of toxicity in your life may be: addictive habits such as coffee, sugar, alcohol, processed food, fast food, junk food, trans fats, and high-fructose corn syrup. Sources of inflammation include: food allergens (gluten, dairy, soy, corn), sugar & flour products, bad fats, and alcohol.

What is Toxicity?

The toxic load on our body comes from our diet, chronic stress, and our environment. A diet high in sugar, trans fat, food additives & preservatives, pesticides, hormones, and antibiotics is very toxic to our bodies and our minds. Mercury, lead, and other heavy metals also contribute to our toxic load. Negative thoughts, behaviors, and beliefs that increase our stress level are toxic to our minds, bodies, and overall health and well-being.

Toxins can be both external and internal. External toxins include chemical toxins and heavy metals. Chemical toxins are most commonly found in cleaning products, personal care products, pesticides, herbicides, and food additives. The Standard American Diet (S.A.D.) puts a tremendous burden on the body's ability to detoxify naturally. Internal toxins include the waste products of bacteria, yeast, and other microbial organisms. This can interfere with normal metabolism as well as increase inflammation and oxidative stress.

Increased toxic load can affect weight loss attempts by: impairing two key metabolic organs (the liver & thyroid), damaging the mitochondria (the site of energy metabolism), harming brain neurotransmitter and hormone signaling that affects our appetite, increasing inflammation and oxidative stress, both of which promote weight gain.

Your liver is your largest internal organ, and it is responsible for a variety of life sustaining and health promoting functions, including those that make healthy weight loss and weight management possible. Necessary for a number of metabolic processes, the liver supports the digestive system, controls blood sugar and regulates fat storage. The liver stores and mobilizes energy, and produces more proteins than any other organ in the body. It also regulates your blood flow and for women, keeps your menstrual cycles running smoothly. Of all the jobs the liver has, the most important is to separate which nutrients you need to absorb and the dangerous substances that need to be filtered out of your bloodstream.

When the liver is clogged and overtaken with toxins, it can't do a very good job of processing nutrients and fats. The liver produces bile, which is critical in the detoxification of our bodies. Bile lubricates our intestines and works with fiber to prevent constipation. Bile is also where the liver dumps all the drugs, heavy metals, xenoestrogens, excess sex hormones, medications, pesticides, industrial chemicals, and other toxins so they can be eliminated from the body.

When our lifestyle, environment, and diet are highly toxic it becomes too much for the bile in our system. The bile becomes thick, viscous, can't properly break down fats. This can result in weight gain or difficulty losing weight. Detoxing the liver helps it produce healthier bile. This bile helps your body rid itself of toxins and break down fat more efficiently. It also makes more nutrients available to your body and reduces the toxic load on your digestive and immune systems. Your elimination will improve; you look better, feel better, and are able to move towards more optimal health.

What is Inflammation?

Being inflamed makes you fat and being fat makes you inflamed!

Inflammation comes from the sugar we eat, high doses of the wrong kinds of oils and fats in our diet (omega 6&9 vs. omega 3), hidden food allergies, lack of exercise, chronic stress, hidden infections, and our fat cells. This low-grade chronic inflammation that you cannot see or feel leads to every one of the major chronic diseases: heart disease, cancer, diabetes, dementia, and more.

“Unfortunately, chronic inflammation typically will not produce symptoms until actual loss of function occurs somewhere. This is because chronic inflammation is low-grade and systemic, often silently damaging your tissues over an extended period of time. This process can go on for years without you noticing until a disease suddenly sets in.”

- Dr. Mercola

Consuming oxidized refined oils can deplete your body's antioxidants and increase inflammation inside the body. Refined seed oils include: canola oil, soybean oil, peanut oil, cottonseed oil, corn oil, sunflower oil, safflower oil, vegetable oil, flaxseed oil, and grape seed oil. These oils are produced in massive quantities and are found in: margarines, salad dressings, mayonnaises, sauces, chips, popcorn, frozen entrees, baked goods, and just about any other processed food. Due to the high-heat process used to extract oils from these seeds the delicate polyunsaturated fats and nutrients they contain are damaged. These oils are usually rancid by the time they hit grocery store selves.

In addition to increasing inflammation, the polyunsaturated omega-6 linoleic acid found in refined seed oils and trans fats increases the permeability of the intestinal tract (leaky gut). *Keep reading for more on leaky gut.* Refined oils will skew your dietary ratio of omega 6-to-omega 3 fats in the wrong direction. A high dietary ratio of omega 6-to-omega 3 is associated with more inflammation. It is estimated that the S.A.D. (standard American diet) has 15 to 20 times as many omega 6-to-omega 3; the ideal ratio should be close to 2:1. This high ratio can contribute to accelerated aging and the development of many chronic diseases: cardiovascular disease, some cancers, arthritis, and other inflammatory and autoimmune conditions. Polyunsaturated fats include both omega 6 and omega 3 fats, which are both essential to your health but have a very high oxidative potential. Too much polyunsaturated fat can be detrimental to your health. To improve your health and reduce inflammation decrease your total polyunsaturated fat intake and improve your omega 6 to omega 3 ratio by avoiding the refined oils listed above.

Food Sensitivities/Allergies

Part of doing a detox/elimination diet is to identify foods that you are eating that could be the cause of chronic health and weight problems. The idea is to give your body a break from common food allergies/sensitivities and see if you lose weight and your symptoms get better/disappear. The type of food allergy I am referring to has a delayed response, anywhere from a few hours or a few days after ingestion.

Food allergies can play a **HUGE** part in chronic disease and weight problems but are not recognized by conventional medicine. Food allergies can cause: *bloating, food cravings, reflux, trouble sleeping, autoimmune disorders, weight gain, fluid retention, fatigue, brain fog, irritable bowel syndrome, mood problems, headaches, sinus and nasal congestion, joint pains, acne, eczema, and more.*

We develop food allergies when the lining of our gut and the balance of normal gut flora get damaged from poor diet, stress, medications, infections, or toxins. This is referred to as **leaky gut**. Symptoms of leaky gut include: *fatigue, food sensitivities, GI problems (bloating, abdominal pain, diarrhea, constipation), autoimmune conditions, joint pain, headaches & migraines, skin problems (hives, eczema, rashes, acne), concentration issues (foggy head), asthma, depression, anxiety, behavioral problems (autism & ADHD), fertility problems, underweight or overweight, adrenal fatigue, liver problems, and nutritional deficiencies.* Those with digestive problems such as IBS, SIBO, Crohn's disease, and celiac disease, as well as conditions such as asthma, urticarial, schizophrenia, cancer, lupus, and other autoimmune conditions often suffer from a leaky gut.

"All disease begins in the gut."

- Hippocrates

Partially digested food particles then enter our blood stream through tight junctions in the gut lining that have pulled apart. The body will then attack these foreign molecules creating an immune response/complexes against them. This immune response increases the inflammation in our body. Healing your digestive system and the lining of your gut can reduce the severity and number of food allergies.

The food we eat should promote a healthy psychological response, promote a healthy hormonal response, support a healthy gut, and support immune function and minimize inflammation.

Healthy Psychological Response

Sugar is a drug!!!

Nutrient-poor, high sugar, salty, carbohydrate dense foods are addicting and alter our pleasure, reward, and emotion pathways in the brain. Wheat actually binds to opiate receptors in the brain! Chronic stress and lack of sleep just reinforce and make this worse.

What foods do you “crave” when you are stressed or running on little sleep...foods rich in carbohydrate because they will increase serotonin, our “feel good” hormone. We then over eat these “Franken-foods” (high sugar, high trans fat, high preservative, unnatural processed foods) because we never reach satiation due to their lack of nutrients. Eating delicious food with the nutrition and satiety that nature intended is the solution to this problem.

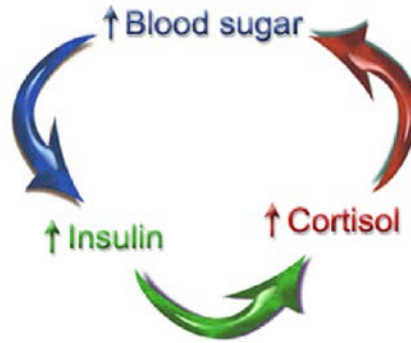
Some have argued that the current obesity epidemic is due to the marked increase in people’s consumption of fructose over the last 30 years. He points out that fructose is toxic in large quantities, because it is metabolized in the liver in the same way as alcohol, which drives fat storage and makes the brain think it is hungry. (However, with regard to the fructose in fruit, it is almost impossible to eat enough fruit that would give you the amount of fructose that could cause harm. Fruit has a lot of fiber, water, and significant chewing resistance, so it takes time to digest fruit and the fructose hits the liver slowly.)

Promote A Healthy Hormonal Response

When you manage blood sugar you decrease the amount of insulin in the blood stream. Even though insulin is always present in the blood stream; the key is not having too much. Each time we eat we are telling our body to burn fat or store fat based on what that meal is made up of (protein, fat, carbohydrates). If insulin levels are high, your body will not use fat for a fuel source and has a hard time stabilizing blood sugar.

Hormonal imbalance starts when you over-consume carbohydrates. Over-consumption of carbohydrates also leads to excess glucose and triglycerides in the blood stream promoting leptin resistance in the brain. Leptin is an important hormone that tells your brain you are full. Leptin resistance means that your brain is not hearing the leptin message and thinks you are starving. This promotes overeating and a decrease in your metabolism. Leptin resistance also promotes insulin resistance leading to chronically elevated blood sugar and insulin levels.

You can enter this dangerous dance between blood sugar and insulin by what you eat or through a stressful situation. Stress can be an external stressor such as running late for an important meeting, or stress can be internal like an overgrowth of bad bacteria or a gut pathogen. Cortisol is our stress hormone, chronically elevated cortisol levels increase blood sugar because our body is in “fight or flight” mode and thinks we need the energy to run from the stressful situation. This state of elevated blood sugar levels can contribute to insulin resistance and promotes belly fat. Unfortunately, many of us find ourselves in stressful situations where this physiological response happens several times a day.



Support A Healthy Gut

Your gut houses 70-80% of your immune system, is also known as your “second brain”, and is a critical part of the digestive process. **If your gut is not healthy, you are not healthy, PERIOD.** The gut is connected to many other systems in the body as well as all aspects of health. More of the neurotransmitters serotonin, GABA, and melatonin are found in the gut than in the brain. Imbalances in serotonin are linked with depression and other mood disorders, and an imbalance in GABA has been linked with anxiety because GABA is a major inhibitory neurotransmitter. Altered melatonin will disrupts our circadian rhythms (sleep/wake cycles). Our gut is also home to about 500 species and 3-5 pounds of bacteria, some healthy and some not so healthy. The balance of good and bad bacteria in our gut will affect our metabolism, psychological well-being, hormone balance, and immunity. Too many of the wrong bacteria, like parasites and yeasts, or not enough good ones, like Lactobacillus or Bifidobacteria, can damage your health. I mentioned earlier several external factors that can compromise and damage our gut. Visceral fat (the deadly kind that builds up around our organs) is one of the direct effects of increased gut permeability. Much like your hormones your gut health can be restored over time with the proper changes to nutrition, exercise, and lifestyle.

Healing gut health is the single most important thing we can do to improve our health.”

- Chris Kresser

Support Immune Function and Minimize Inflammation

We have already talked about sources of inflammation and the effects of chronic low-grade inflammation in the body. I wanted to mention one more thing about our immune system. If our immune system is overactive and never gets a break it has a hard time doing its main job - fighting off acute inflammation. An overactive immune system can be caused by: food sensitivities, gut pathogens, toxins such as mercury and pesticides, stress, mold toxins and allergens, just to name a few.

When your immune system is overactive you can't fight off that bug that is going around, heal stubborn tendonitis, or keep your arteries clear of plaque. If you are the person who is chronically sick or when you do get sick, it lingers, it's time to take a look at your gut health.

The Program

What to Eat:	What NOT to Eat:	What to Eat Sometimes:
<p>Vegetables: 6-8 servings per day (1 serving=1/2 cup cooked or 1 cup raw)</p> <p>Asparagus, broccoli, bok choy, Brussels sprouts, cabbage, cauliflower, bell peppers, carrots, celery, cucumber, tomatoes, kale, spinach, romaine lettuce, zucchini, sweet potatoes, yams, snap peas, green beans, yellow beans, string beans, eggplant, jicama, pumpkin, water chestnuts, onions, butternut squash, beets, winter squashes, etc.</p> <p>Fruit: 1-3 servings per day</p> <p>Apple, banana, blackberries, blueberries, cantaloupe, clementine, cranberries, grapefruit, grapes, honeydew melon, kiwi, lemon, lime, orange, papaya, peach, pear, pomegranate, plum, raspberries, strawberries, watermelon</p> <p>Fat: Olive oil, coconut oil, nuts & seeds, nut butters (not peanut butter), flaxseed, avocado oil, avocados, almonds, macadamia nuts, hazelnuts, olives, ghee coconut butter/manna, canned coconut milk, coconut (meat or flakes)</p> <p>Quality protein: Seafood (including but not limited to: salmon, shrimp, scallops, cod, crab), grass-fed beef, bison, lamb, elk, venison, free-range pastured eggs & chicken, turkey, duck, pheasant, pork, uncured bacon, and bone broth</p> <p>Beverages: Water (consume half your body weight in PLAIN water/day), herbal teas, green tea</p> <p>Seasonings: Fresh & dried whole or ground herbs and spices, low-sodium organic chicken, beef, or vegetable broth, black or white pepper, salsa, sea salt</p>	<p>Grains: wheat, rye, barley, oats, corn, rice, millet, bulgur, sorghum, amaranth, buckwheat, quiona, and sprouted grains</p> <p>Sugar: maple syrup, honey, agave nectar, Splenda, Equal, Nutrasweet, xylitol, stevia, erythitol, brown rice syrup, evaporated cane juice, etc.</p> <p>Alcohol: Not even for cooking, also eliminate tobacco products.</p> <p>Legumes: beans (black, red, pinto, navy, white, kidney, lima, fava, etc) peas chickpeas, lentils, and peanuts.</p> <p>Soy: soy protein, soy sauce, miso, tofu, tempeh, edamame, and soy lecithin.</p> <p>Dairy: including cow, goat, or sheep's milk products such as cream, cheese, kefir, yogurt, and sour cream.</p> <p>Beverages: Coffee No Caffeine (with the exception of green and black tea)</p> <p>No White Potatoes</p> <p>Protein Powders</p>	<p>Kombucha: limit to 8 oz. per day</p> <p>Look for a kombucha with 2 grams of sugar or less per servings. Anything more than that is too much sugar at one time.</p>

Avoid food additives such as carrageenan, MSG, sulfites, or nitrates

You also want to avoid making healthy *“treats”* with approved ingredients such as pancakes, desserts, muffins, etc. The goal is to get back to eating WHOLE, REAL, UNPROCESSED foods and not making “healthier” versions of “treats.” Once your transition away from this 21-day program you may decide to incorporate those things once in awhile.

“The food you eat can either be the safest and most powerful form of medicine or the slowest form of poison.”

Dr. Ann Wigmore

Vegetarians: While this program has an emphasis on local and humanly raised animal protein sources, it can be done even if you are a current vegetarian. However, if you are vegetarian and wanting to do a detox/elimination program in order to improve your health, my question to you is “Is your current way of eating promoting and enhancing your health?” If not, depending on your reason for being a vegetarian you may want to explore eating humanly raised animal protein. Experiment with animal protein for the next 21 days and see if anything changes.

If you want to remain vegetarian, then you will most likely need to find a quality hemp or pea protein powder to ensure you are receiving adequate protein. Some animal products you may consider eating are eggs and fish, if that is the case, rely on those daily. If dairy is a viable source of protein, pastured, organic, fermented sources like yogurt or kefir could be included. The key is pastured, organic, NOT processed Greek yogurt or other conventional products. Minimally processed, fermented soy products such as tempeh or organic edamame are ok. Various legumes can be rotated in as long as you soak them for 12 to 24 hours and boil them for 15 minutes to minimize the anti-nutrient and inflammatory compounds.

You will need to ensure you are consuming enough fat to keep you satisfied and you may want to add in some more starchy carbohydrate sources such as: sweet potato, butternut squash, and winter squashes.

To increase fat, eat a whole avocado at a meal instead of half, or add ¼ cup of olive oil to a salad instead of 2 TBSP. You may also want to add more coconut oil to vegetables when you roast them.

When to Eat?

Pre-Workout: This is going to vary based on when you workout and what your body can handle. It is ok to work-out fasted if your body can handle it. Focus on protein and fat and avoid lots of fruit or carb-dense vegetables. A carbohydrate-rich meal will increase insulin putting your body in a fat storing mode. Examples of a pre-workout “snack” would be: two hard boiled eggs, some turkey or chicken and a handful of macadamia nuts, or a few strips of homemade beef jerky (which should not have added sugar).

I plan my work-out at 10:30 AM, so my pre-workout meal is breakfast. I aim to have protein, non-starchy vegetables, and a small amount of fat (whatever is in the protein or what I cooked the vegetables with). An example may be Turkey Breakfast Sausage (see Recipe Book) and 1 cup of steamed green beans.

Post-workout: Eat within 30-60 minutes of training. Have a serving of protein with some starchy vegetables. Fruit is not your best option here. Examples of a post-workout meal include: chicken breast, ½ cup non-starchy vegetable, and 1/2 to 1 sweet potato, salmon and butternut squash, or egg whites mixed into mashed pumpkin.

You only need a post workout meal if performing high intensity interval training, strength training, or longer duration cardiovascular exercise. If you are walking or doing gentle yoga you don't need to include a post-workout meal.

Note: The amount of carbohydrates to be consumed post-workout is going to depend on your fat loss goals. If you are new to exercising and eating healthy and have a lot of body fat to lose just include protein in your post workout meal.

The type of workout I am referring to is a higher intensity workout that includes strength training or cardiovascular endurance. If you are walking or taking a light or restorative yoga class you do not need to worry about pre/post workout nutrition.

Meal Timing: Strive to eat 3 meals a day and avoid snacking if possible. This obviously changes on the days you engage in high-intensity exercise. You might also need to “break the rules” if you work exceptionally long days or have an exceptionally active metabolism. In that case you may end up eating 4 meals per day.

The main objective is to leave 4-5 hours in between meals to allow your digestive system to function properly as well as keep leptin levels normalized. Leaving 12 hours between your last meal one day and your first meal the next day can also give your digestive system a much-needed break. Ideally your last meal of the day would be at least 2 hours prior to bed. Each meal should be designed to hold you over until the next, taking away your desire to snack. As your body starts to use more fat for energy you will experience less between-meal cravings, energy slumps, and brain fog.

In general avoid snacking between meals as this can disrupt the normal functioning of leptin, insulin, and overall you may end up eating more. It will take you some time to gauge how much and what the right types of foods to eat at each meal are. I am still working on it.

😊

So, in the case that you maybe didn't eat enough at one particular meal or not enough fat to keep you satisfied instead of getting cranky, tired, or hungry have a snack that is protein and fat based. Don't just snack on veggies or fruit alone. Examples would include: 2 hard-boiled eggs & veggies, celery & nut butter, or chicken/turkey and vegetables.

How Much To Eat

This is tricky, as it will vary for everyone...

In the information below I will give you guidelines, however, the best thing you can do for long-term success is eat when you are hungry and stop when you are full. Your body is constantly sending/giving you signals; most of us are just too busy, stressed, or out of touch to pay attention to them.

Protein: A meal ideally includes 1 palm-sized portion of protein for females and 2 palm sized portions for males. If you are a female, aim for 20-30 grams of protein at each meal. If you are a male, aim for 40-60 grams. One ounce of meat contains roughly 7 grams of protein, 1 egg is roughly 7 grams. Ladies, you need to eat 2-3 eggs at a sitting...not just one! This may vary on days that you are more active though, listen to your body and if you need to eat more or less...DO IT!!! Protein is the foundation to your meals and is what will keep you full/satisfied until your next meal. If you are finding that you are hungry 1-2 hours after eating, chances are you are NOT eating enough.

Vegetables: Fill the rest of your plate or bowl with vegetables. Aim for 2-3 servings of non-starchy vegetables at each meal. One serving = ½ cup cooked, 1 cup raw, or 2 cups of salad greens. For more variety eat 2 different kinds of vegetables at any given meal. An entire plate of steamed kale or greens beans may not be the most appealing. This is where spices, sea salt, and healthy fats such as coconut oil and ghee come in.

If you roast any vegetable in coconut oil and Himalayan sea salt they taste GREAT!!!

If you are overweight or have trouble regulating your blood sugar, minimize the amount of starchy carbohydrates at any given meal. For fat loss, limit starchy carbohydrates (sweet potato, beets, butternut squash, acorn squash, parsnips, or pumpkin) for post-workout.

Healthy Fats: Incorporate one or more fats in each meal. More than likely you will cook with one fat and you may add another for flavor or texture.

Fat portions per person, per meal are as follows:

- 1-2 TBSP of coconut oil or olive oil
- 1-2 TBSP of nut butter, coconut butter, or ghee
- 1-2 open handfuls of coconut flakes
- 1 closed handful of nuts/seeds
- ½-1 avocado
- ¼-1/2 can coconut milk

FAT IS YOUR FRIEND 😊

Fat is not something you need to be afraid of...FAT DOESN'T MAKE YOU FAT! Fat provides us with valuable nutrition and keeps us satisfied until our next meal. The amount of fat that you consume at each meal will depend on your size, activity level, and if you need to lose weight or not.

Eating on the low end of the range is appropriate if you want to decrease body fat and lose weight but skimping on fat will not yield better/more results. Fat loss is not about counting calories or grams of fat, it is about balancing hormones. If you underfeed yourself you can end up hungry all day, your energy will likely be low, and you will be tired and cranky.

Fruit: One to two servings per day. Keep in mind that a whole banana is 2 servings. A small apple or pear, two clementine, or 1/2 to 3/4 cup berries is a serving. It is ideal that you are getting a 3:1 ratio of vegetables to fruit each day, not the other way around. Fruit is not a replacement for vegetables at a given meal.

Drinking your fruit in a juice or fruit smoothie...MAYBE NOT THE BEST IDEA.

If breakfast is a big fruit smoothie, you may be setting yourself up for a crash later in the day due to the quick surge in blood sugar. You may experience uneven energy, more food cravings, and/or abnormal levels of hunger throughout the day. Liquid calories are not as satisfying as eating eggs, vegetables, and small piece of fruit or foods that you have to chew and swallow. If you have a fruit smoothie for breakfast and nothing else, you missed out on important nutrients and calories from protein and fat.

Ideally you would spread your fruit servings out during the day to avoid overloading your liver with too much fructose to process all at one time.

CAUTION: If you find yourself eating fruit at the end of each meal as a "sweet treat" to replace dessert, you may want to re-evaluate your habits. This program is just as much about changing/identifying your habits as it is about changing what you are eating. You may need to change what/how much you are eating at each meal or create a new post-meal routine such as making yourself a nice hot steaming cup of tea.

Lifestyle Modifications

Exercise: Continue with your current exercise routine and eat to support your activity level. In addition, you may also choose to add in a couple of short 10-minute walks each day or one 30-minute walk per day. Getting outside and connecting with nature and movement can help us reduce stress and improve our well-being. This might also be a good time to add in some stretching or yoga into your current routine.

If you are not currently exercising you may consider adding in a 30-minute walk each day, stretching, or yoga.

Journaling: This may help you keep track of your progress and experience during the detox. It will also allow you to connect the dots of how what you eat and when you eat affect your mood, sleep, productivity, and performance during exercise, etc. A meal that includes food that works with your body will leave you energized (no afternoon slump☺), full until your next meal, craving free, mentally sharp, and with an overall sense of well-being and enhanced mood. Journaling how you feel 1-2 hours after you eat is just as important as what you are eating.

Journaling can be a powerful technique for identifying what is important to you and finding some inner guidance. More often than not, you are stronger and smarter than you give yourself credit for. Studies have also shown that journaling reduces stress and inflammation and can have a profound impact on health.

Here are some examples of questions to ask yourself while journaling:

- *What can I do today to take care of my body?*
- *What am I willing to let go of today that is no longer serving me?*
- *How do I feel today? Physically, mentally, emotionally*
- *What am I grateful for today?*

Detox Bath: MY FAVORITE! ☺

IMPORTANT: Talk with your doctor before taking a hot bath, especially if you have a heart condition. If you get the OK, follow these tips to keep yourself safe:

- Regulate water temperature. Watch the thermostat/thermometer.
- Stay hydrated. Keep a bottle of cool water nearby and sip as you soak.
- Limit your exposure to hot water. Most experts say no more than five to 10 minutes is safe.

Aim to take a detox bath 2-3 times per week. Get the water as hot as you can stand it. Add 2 cups of Epsom salt, 1 cup of baking soda, and 10 drops of lavender to the water. Soak for 20 minutes prior to bed.

Benefits of the detox bath include:

- Decreasing cortisol levels which promotes weight loss and lowers inflammation
- Increased detoxification through the effects of the magnesium and sulfur in the Epsom salts.
- Enhanced sleep through the effects of the hot bath and magnesium.
- Lowered blood pressure and blood sugar levels.
- Increased sweating and elimination of toxins.

Additional recipe for a detox bath: 1/3 cup Epsom salt, 1/2 cup coarse sea salt (Himalayan or Celtic), 2 tsp. ground ginger, and 1 TBSP fresh lemon juice.

Sleep: Poor sleep adds to stress, interferes with productivity, decreases immune function, decreases production of growth hormone (needed for fat loss), decreases leptin and increases ghrelin (hormones that control our appetite), and increases the risk of diabetes. Sleep contains zero calories but has more of an impact on our metabolism and health than what we put in our mouths. Our bodies are meant to go through natural sleep/wake cycles, going to sleep within a few hours of the sun going down and waking up when the sun rises. During the times of year when there is more daylight we may not need as much sleep as when there are more hours of darkness.

Seven to nine hours of sleep is ideal between the hours of 9 pm and 5 am or 10 pm and 6 am. Two hours of sleep before midnight is worth 4 hours of sleep to your adrenal glands (your adrenals are responsible for outputting cortisol which is your stress hormone). If you have trouble falling asleep, creating a sleep-inducing bedtime routine is important. Taking a detox bath or shower, dimming the lights, and avoiding the computer and TV for 1-2 hours prior to going to bed may enhance your ability to fall asleep. If you have trouble staying asleep, you may want to evaluate your last meal before bedtime or having a protein/fat based bedtime snack to stabilize blood sugar throughout the night. A drop in blood sugar can cause cortisol to spike waking you up between 2-3 am. Read more about sleep in T.S. Wiley's book *"Lights Out."*

"A good laugh and a long sleep are the best cures in the doctor's book."

- Irish proverb

Practice Gratitude: There is intimate relationship between thoughts, moods, brain chemistry, endocrine function, and the other physiological systems in our bodies. What this means is that what you think about has a direct impact on how you feel both physically and emotionally. If you increase the amount of positive thoughts you have each day, you increase your overall sense of well-being as well as your physical health.

People who keep gratitude journals on a weekly basis tend to exercise more regularly, have fewer physical symptoms, and feel better about their lives in general. Expressing gratitude verbally each day can result in increased alertness, enthusiasm, determination, attentiveness, energy, and quality of sleep as well as the ability to sleep longer.

Examples of gratitude include but are not limited to: important relationships, the ability to take charge of your health by changing the way you eat, things that happen to you, things you achieve, or things you have done. You can write down 1-5 things each day in a gratitude journal or make a list and keep it in a place you will see it several times a day.

"Gratitude helps people feel more positive emotions, relish positive experiences, have better health, deal with adversity, and build strong relationships."

-Harvard Medical School

Getting Started

- 1. Clean out your pantry and fridge:** If the “bad” food is not in your house you won’t be able to eat it. 😊 Your family probably doesn’t need to be eating those processed foods you have committed to eliminating for 21 days either; but if that is not realistic, then create a place for “YOUR” food. Have a special cabinet where you will be keeping all of your food and arrange your fridge so that any non-compliant foods are not within your sight.
- 2. Plan One week of meals:** *“If you fail to plan, you plan to fail.”* This is going to take some planning and organization. Figure out which nights you will be home to cook dinner and which nights you need a quicker option (a go-to meal or something from the freezer). Then plan what you will make for dinner the nights you are home. Make sure you will have some leftovers for breakfast and lunch. Also make a plan for some breakfast and lunch options that are quick and easy. This will make creating your grocery list very simple.
- 3. Grocery Shop:** Stock your fridge with lean proteins, eggs, and fresh fruits and vegetables. You may need to shop more often to ensure that your meat and produce are fresh. Fill your pantry with cooking staples such as (coconut oil, almond meal, and a variety of spices).
- 4. Establish “Go-To Meals”:** Pick 2-3 meals that can be prepared in about 15 minutes on those nights that you get home late and don’t feel like cooking. Our favorite is breakfast for dinner, eggs, veggies, and bacon or pork sausage topped with avocado. Or I will pick up a rotisserie chicken from the grocery deli and pair with steamed veggies. If you don’t have any veggies prepped, frozen is an option. My last tip/suggestion here is to cook several meals on the weekend and then freeze some. (I freeze any meal portions that I’m not going to eat in the next 2 days. Then I defrost meals in the refrigerator the night before I plan to eat them.) The crock-pot is your friend!!! That is how I do a lot of “easy” meals.
- 5. Put together a Game Plan:** What situations will you be faced with over the next 21 days? Traveling? Out to dinner? Family get together? If you have a plan going in you WILL be successful. You may have to be a little bit selfish in some of these situations.
This program is absolutely do-able with all of these situations, but it will take some planning. Offer to cook or at least bring one dish that you know you can eat. Choose activities/events that are not centered on food. Meet a friend for tea, take a yoga class, or get outside for a walk.
- 6. Enlist your Support Team:** Who will be your support system throughout this challenge? You always have the FR team and members.😊 Having a solid support team that will not sabotage your efforts is critical. You may choose to not spend as much time with those who you feel do not/will not be supportive of your during this time.

7. **Establish baselines:** Fill out your symptom spreadsheet to establish a baseline. Complete your weigh-in and before picture. Then DO NOT get on the scale until you weigh-in again at the end of the 21-Day Detox. This is CRITICAL! If you don't think you are losing weight quickly enough you will be defeated and wonder if all of your efforts are worth it, THEY ARE! We all know the scale is not the only way to measure progress and success. **BREAK UP WITH YOUR SCALE FOR 21 DAYS!**

What to Expect

Days 1 to 7: How you feel at first will have a lot to do with your current diet and lifestyle. **You will most likely feel worse before you feel better BUT I promise you WILL feel better. Your experience the first 7 days will largely depend on if you feasted before starting this program.** If the night before you pigged out on pizza, beer, and ice cream then it is likely that your experience the first 5-7 days will not be a pleasant one☹️ The most common thing people experience is strong sugar cravings. Taking supplements such as 5 HTP and glutamine can help with this. Your body and brain are desperately trying to adapt to this new way of eating. Common symptoms are headaches, feeling like you have the flu, fatigue, and constipation. Keep pushing the water, it will help! I generally recommend a daily water intake of anywhere from half an ounce to a full ounce of water per pound of your bodyweight. (But the best way to tell that you're drinking the right amount of water is to take note whenever you empty your bladder – if you “pee” clear, then you're drinking enough.) If constipation persists please let me know, as there are protocols to help with this. For most, days 2-5 are the hardest. You may want to prep your family, friends and co-workers so that when you need to walk away or suddenly snap at them they understand why. By day 6 or 7 you may feel like you just want to sleep all day. Understand that your body can no longer rely on the cereal, bread, crackers, and processed carbohydrates for energy. It is changing over to burning fat as an energy source and that takes time and is more work than using readily available glucose. Once you get over this hump though, you will have more energy than you know what to do with! You will most likely experience a change in your body because you are not bloated from the food you are eating.

Days 8-14: This is when **you start to feel like you have more energy and are sleeping better at night.** Remember a lot of the foods you are no longer eating have been wreaking havoc on your digestive system and it cannot heal overnight. You may still be experiencing GI distress such as: gas, bloating, diarrhea, or constipation. The digestive system can take months to heal but in the process cause some discomfort. You are likely eating more vegetables and fruit than you are used to which in itself can cause digestive issues. Try cooking all of your vegetables vs. eating them raw. Eat small servings of fruit throughout the day versus 1-2 big servings. If eating a lot of nuts for healthy fats that could be contributing to digestive upset. Switch to other fats like avocado, coconut oil, or olive oil.

When you are approaching day 14 you might start to get the feeling you are done with this program. You are having a hard time coming up with new menu ideas, have a social obligation coming up, and can only think about the foods you CAN'T have! This is when you need to breath. ☺️ Start to think about and evaluate the potential psychological hold that

certain foods may have on you...for example, bread. This may be a good time to talk to a good friend or journal about what emotions you experience when you start to "crave" or tell yourself you "deserve" a certain food. Are you eating out of anger, loneliness, anxiousness, or are you simply stressed and looking for comfort?

This is a good opportunity to evaluate how your emotions play into your health and how you eat. Or are you ready to eat the bread to self-sabotage? Are you afraid of what might happen if you successfully finish the program and see the amazing results and health benefits you deserve? When you read this, it sounds stupid but really think about how many times you have received a compliment or seen your pant size go down only to start going back to your unhealthy habits. We have all done it! Explore what you are afraid of because we ALL deserve to be healthy and happy☺

Days 15-21: More than likely **you have more energy, have more mental focus, are sleeping better, and symptoms that you had when you started have begun to disappear.** By now your taste buds are starting to adapt and you are enjoying the flavors of the foods you are eating. If you have been relying on the same foods over and over again, change it up! Try a new recipe from the manual or peruse the net for a new way to make chicken, beef, and your favorite vegetables. Or challenge yourself to eat a protein source like sardines or lamb that you have never tried paired with a vegetable you thought at one point you despised. It is likely that over the course of the last few weeks your taste buds have changed and you no longer require the part in your mouth from all of the sugar, salt, preservatives, and additives found in processed foods.

Just because it has been 21 days DOES NOT mean you need to re-introduce potentially inflammatory foods or stop the program. You can and should continue to eat this way until the symptoms or goals you set at the beginning of the program have changed or gotten better. If you have been eating an inflammatory diet your entire life or the better part of it, it will take longer than 21 days to see maximum results. Eventually though, you will want to transition into a supportive nutrition plan that works for your body, mind, and life.

Isn't 19 or 20 days the same as 21 days? NO!!! It's day 19 and you find yourself out to eat with family or work colleagues and you think, one glass of wine isn't a big deal. I've made it 19 days and I feel great and haven't slipped up once. Really there is only 2 days left...

Stay the course and honor the commitment you made to yourself when you made the decision to participate in a 21-day detox/elimination. If you don't follow through on that commitment, what is the message you are sending to yourself? The message is something like this: I can compromise the commitment I made to myself to improve my health and well being and it's ok. ***IT'S NOT OK!***

You deserve more than that! You deserve to feel and be the best version of yourself that you can be!!! A glass of wine, a piece of chocolate, or a cupcake is NOT worth compromising your commitment to better health. It is important that you remember that. Honor and respect your body.

Meal & Snack Ideas

Breakfast

- Scrambled eggs w/vegetables (ideas include but not limited to: spinach, peppers, onions, broccoli), sauerkraut, and a side of bacon.
- Hard-boiled eggs w/mashed avocado, a side of fruit.
- Breakfast scramble with ground meat (beef, turkey, or pork), cubed butternut squash and/or spinach, coconut oil, season to taste with sea salt, oregano, rosemary, etc.
- Eggs any style with salad greens (olive oil based dressing), and a side of bacon or breakfast sausage.
- Leftovers for dinner make a wonderful breakfast. One of my favorite meals to eat for breakfast is pot roast, mashed cauliflower, and carrots. I use this recipe for my [Pot Roast](#).
- Spaghetti Squash Casserole. I like this recipe for [Spaghetti Squash Sausage Bake](#).
- Meatballs w/steamed or roasted vegetables.
- Egg muffins, egg bake, or a frittata with vegetables, these are great to make on the weekend and freeze in individual portions when you are in hurry during the week.

Lunch

- Salad greens topped with chicken, shredded carrots, cucumber, etc and topped with an olive oil dressing. You may also want to top with avocado.
-
- Taco salad: romaine lettuce, ground turkey or beef w/spices, salsa, peppers, and avocado.
- Homemade chicken salad. I like this recipe for [Avocado Cilantro Chicken Salad](#) or [Chicken Avocado Salad](#). You can make your own homemade mayo and add chicken and whatever else you like (celery, avocado, sliced almonds, etc.).
- Salad greens topped with canned salmon, tuna, or sardines. Add additional vegetables if you desire and top with an olive oil based dressing.
- Leftover lamb, beef, or turkey burger and steamed or roasted vegetables. I enjoy Brussels sprouts, Broccolini, cauliflower, root vegetables, or green beans topped with ghee or coconut oil.

- Vegetable soup made with homemade bone broth, add chicken for protein.
- Chili made with diced tomatoes, peppers, ground beef or turkey. Season to taste and top with avocado.
- Leftovers from dinner.

Dinner

- Roasted spaghetti squash topped with diced tomatoes or tomato sauce (no added sugar), and ground beef or turkey. You may also want to make meatballs for your protein source.
- Whole chicken in the crock-pot taken off the bone, steamed or roasted vegetable, and roasted butternut squash.
- Baked salmon seasoned with thyme, sea salt, dill, and pepper with roasted asparagus.
- Breakfast for dinner: eggs or an omelet with vegetables or a salad greens on the side, and a side of bacon or homemade breakfast sausage. I like US Wellness Meats [Sugar Free Pork Breakfast Sausage](#).
- Lamb meatballs w/steamed green beans topped with ghee and sea salt. I use this recipe as a base [Oven Baked Lamb Meatballs](#).
- Turkey or beef burger over salad greens and/or served with steamed or roasted vegetables. Top burger with sliced avocado.
- Any of the delicious recipes included in this manual.

Snacks (if needed)

- Nuts or nut butter on top of a apple or celery.
- PaleoStix or Just Jerky from [Steve's Paleo Goods](#).
- Canned salmon, tuna, or sardines on top of chopped vegetables or a small amount of spinach. Drizzle olive oil or lemon juice on top.
- Hard-boiled eggs topped with mustard (no added sugar).
- Small version of breakfast, lunch, or dinner.

- Coconut butter or coconut flakes with a side of fruit.

Note: If you are eating the right foods for you in the right amount on most days you will not need a snack. The exception may be workout days. You may find that 4 meals work best on workout days. If you are requiring a snack on most days, check in with your body to determine if you are actually hungry or if you are stressed, bored, lonely, etc. If you are hungry begin to modify your meals to include more protein, fat, or quantity so that you can stay full and satisfied for 4-6 hours.

Dining Out & Travel

Tips for Dining Out

1. Avoid going out to eat if possible. You have much more control over the quality of food and how it is prepared when you are home.
2. Ask questions and plan ahead. If you have control over where you are going out to eat, TAKE CONTROL. Don't be afraid to ask if you can go to a particular restaurant that you know you will be able to have good options at. Start by doing some research on the restaurant. Have an idea of what you are going to order before you get there. When you are placing your order be sure to ask questions about how your protein and vegetables are prepared such as the oils used for cooking.
3. Order first! This will keep you from being tempted to waver from your original order. Studies show that the first person to order can and will set the stage for how the rest of the table orders. Set a good example. 😊
4. Skip the bread-basket if possible. It is much easier to not consume any bread if you don't have to stare at it the entire time you wait for your meal.
5. Be cautious of marinades, sauces, and breading as they likely contain gluten, sugar, soy or other hidden ingredients.
6. Ask for substitutions. Most meals will come with some kind of starch or grain. Ask to substitute with steamed vegetables or a salad.
7. Bring your own fats or dressings. If I know I am going to have a salad and I'm not at home, I carry [Tessemæ's](#) dressing with me. Tessemæ's can be ordered online or found at Whole Foods. You can also make a dressing with olive oil, lemon juice and a bit of salt.
8. Any restaurant you go to can accommodate you asking for a plain serving of protein (chicken, beef, fish, pork; without marinade, sauce, or breading), steamed/cooked vegetables instead of grains & starches, and/or a salad without croutons or dressing. If you don't have dressing with you ask for olive oil and lemons to make your own. Most salad dressing will contain gluten, soybean oil, and/or canola oil.

Travel Tips

1. If you are driving, prepare a few meals in advance that you don't mind eating cold. Travel with a cooler to store your food along with an icepack. Examples could be smoked fish with avocado or chicken with vegetables and a fat such as coconut oil or

ghee. Snacks can include: jerky (no added sugar), coconut chips, coconut butter, nuts and fruit depending on your toleration.

2. If you can get accommodations with a small kitchen to prepare some of your own meals that is optimal. If not, foods that can be kept at room temperature include: canned fish, jerky (no added sugar), avocado, nut butter or coconut butter packets. You can also make a quick trip to the grocery store and get rotisserie chicken, salad greens, vegetables, and possibly some fruit to store in the fridge. I like to travel with PaleoStix or Grass-fed jerky from [Steve's Paleo Kits](#).
3. Make sure you eat a nutrient dense meal before heading to the airport or pack snacks such as the foods listed above to hold you over until you reach your destination and can eat a meal.

FAQ's

What about bacon? I can't find one that doesn't contain sugar on the nutrition label?

You may have always been told that bacon is "bad for you," and if it is from a factory farmed source then it is a less than healthy option. If the bacon is from a pastured, organic source then it can be used as a condiment to add flavor to add an AMAZING flavor to dishes. US Wellness Meats has a Sugar Free Bacon, [CLICK HERE](#) to purchase. If for some reason I can't get the bacon from US Wellness Meats I purchase Beeler's or Wellshire bacon from Whole Foods Market; these brands are made from animals that were not given hormones or anti-biotics.

I don't encourage you to use bacon as your main protein source at a meal.

Caution: If you find that you are going through a lot of bacon each week or you are eating it multiple times a week you may want to re-evaluate. You need to determine what A LOT is to you based on your current health and goals.

You don't need to be concerned about the sugar in bacon...likely, it won't send you to the store looking for a sugary processed treat! The sugar listed in the ingredients is used in the cure but not left in the end product. It is important that you avoid bacon that contains preservatives such as BHA, BHT, sodium phosphates, sodium ascorbate, or anything else you can't pronounce!

What do I do if I am experiencing constipation?

The definitions/degrees of constipation can vary but for general purposes it means not having a regular bowel at least once per day. You may be experiencing constipation because your body has to work harder to digest the food you are eating. Processed foods, grains, dairy, protein powders, etc. are already pre-digested for us to a certain extent. When we start eating more protein, vegetables, and healthy fats our digestive system is more challenged.

Try eating some fermented foods such as carrots or sauerkraut with breakfast. You only want to eat a small amount (1-2 forkfuls). You could also drink 8 ounces of kombucha, which is a fermented tea. Increasing your fat intake with coconut oil or avocado may also help. You can also try increasing the amount of starchy carbohydrates you are eating. For example, on Level 1 or 3 adding in a ½ sweet potato may be helpful. Or on Level 2 eating a bit more butternut squash or other starchy vegetable.

If all else fails you can supplement with magnesium citrate in the evenings. (If you have kidney problems, check with your doctor before taking magnesium supplement.) Take two to four 100-150 mg capsules or a liquid magnesium supplement. If you experience loose stools reduce your dose or stop completely. Taking a Detox Bath several nights in a row may also help, as you will be absorbing the magnesium from the Epson salts through your skin.

Taking 1000-2000 mg of buffered ascorbic acid (vitamin C) capsules once or twice a day will help with detoxification, inflammation, and constipation. If you are still experiencing issues please reach out to me as we need to take a deeper look at what may be going on.

What can I eat if I am experiencing an afternoon slump around 2-5pm? All I want is CARBS!

More than likely if you are experiencing an afternoon slump then it has something to do with your nutrition earlier in the day, your sleep, or you have poor adrenal function.

To avoid an afternoon slump, first, ensure that you are eating enough at each meal. Second, evaluate if you are eating enough protein and fat at breakfast. Your first meal of the day really sets the stage for blood sugar regulation, if it contains too many carbohydrates you will have a hard time fighting off cravings later in the day. Many people make the mistake of eating more carbohydrates than their bodies can handle and they experience hypoglycemia (low blood sugar). Please keep in mind the amount of carbohydrates a person can handle is specific to them, their activity levels, and their goals. However, most people find that they feel good eating between 50-100 grams of carbohydrates a day. On some days when activity levels are higher eating between 100-150 grams may be appropriate.

Getting 7-9 hours of quality uninterrupted sleep is important in managing hormones levels that affect our cravings and blood sugar regulation throughout the day. If you are finding that you are waking up between 2-4 am each night then more than likely you are suffering from irregular blood sugar and/or a form of adrenal fatigue. If you would like to test your adrenals or have questions about this please contact me. Putting a good bedtime routine in place and aiming to fall asleep before 10pm is crucial for your health and well-being.

Low adrenal function can cause you to want to take a nap every afternoon between 2-5pm. You may need to see your doctor to get your adrenal function tested.

To fight sugar or carbohydrate cravings in the moment the easiest thing you can do is place 1 gram of glutamine under your tongue. Glutamine is an amino acid that will provide your brain with quick glucose and curb your cravings.

My workouts are suffering...should I eat more carbohydrates?

Maybe but not necessarily...

Your body will go through some transition at first as it may be used to having sugar available for quick energy. This isn't necessarily a good thing because we know that fat is a more efficient fuel source for our bodies. You will eventually run out of glucose (sugar) but you will never run out of fat. Therefore, you want to be a good fat burner, especially if you have extra body fat to lose. It is normal to feel that for the first week or so that you can't work-out with as much intensity as you are used to. In fact, because your body is detoxing, this may be a good time to scale back the intensity of your workouts.

It is ideal that you eat a serving of dense carbohydrates in the meal following your workout such as sweet potato, butternut or acorn squash, pumpkin, etc. But for fat loss, focus on getting the rest of your carbohydrates during the day from non-starchy vegetables. Most of us are not active enough to require much more than that. When and how many carbohydrates you eat is something you will have to experiment with, and change and tweak over time based on your activity levels and specific goals.

Completed 21 Days. Now What?

1. Fill out the symptom spreadsheet.

2a. Continue the program.

OR

2b. End the Program, Reintroduce foods, and Keep Your Healthy Lifestyle

If you know that you feel better and WILL experience a reaction to gluten, dairy, etc. then it should go without saying...don't reintroduce that food. JUST STAY AWAY FROM IT.☺ That also goes for foods that you can now go without that you know are less healthy for you (conventional dairy products, refined grains, and processed foods).

Reintroduction Process: It is VERY important that you do not go right back to eating the way you were before you started this program. If you do you will most likely feel worse than when you started and/or get VERY sick and erase any progress you made towards a healthier body.

WHY? When you eliminate inflammatory foods that may be causing a reaction in your body the antigens these foreign particles produce dramatically decrease or drop-off. But the antibodies that have been created can take several months to be eliminated by the body. So when you eat bread or drink milk after having eliminating them these antibodies gang up on the foreign particles causing an inflammatory reaction.

Healing a leaky gut can take months if not years...REMEMBER you did not get to the place you are overnight you can't expect to return to optimal health in 21 days. If you are still experiencing symptoms of leaky gut I would advise that you continue to stay away from gluten, grains, dairy, corn, sugar, alcohol, caffeine, and soy. You will want to continue to heal the gut by including bone broth, gelatin, practicing self-care & stress management, and supplementation such as probiotics.

You will reintroduce a different food group every 3 days. It is important to keep a log or journal of any symptoms you experience when reintroducing different foods. You will introduce the food on a particular day first thing in the morning on an empty stomach. Do not eat more than 1 serving of a particular food and wait 3 days before reintroducing another food. If you don't experience a reaction you may want to try eating the food again on the second and third day to see if a reaction appears after multiple servings.

Symptoms can occur anywhere from a few minutes to 72 hours later. They include fatigue, joint pain, acid reflux, brain fog, mood changes, headaches, post-nasal drip, acne digestive upset (bloating, gas, constipation, diarrhea), sleep problems, rashes, joint pains, fluid retention, and more. Another way to track is to monitor your weight, if a food is inflammatory you will be retaining more fluid and that can make the number on the scale go up.

DO NOT IGNORE SYMPTOMS SIMPLY BECAUSE YOU WANT TO EAT A SPECIFIC FOOD AGAIN!

Reintroduction

- 1. Day 1: Dairy (cow, goat, & sheep):** Keep everything else the same but eat 1 serving of dairy first thing in the morning. If possible consume your choice of dairy by itself and eat your regular meal 20-30 minutes later. That way if you have a reaction you will know that it was the dairy and not the combination of the dairy and whatever else you eat. For example, eat an ounce of grass-fed organic cheese. Test dairy separately as you may react to milk but not cheese or yogurt. You may also discover that you can handle goat or sheep products but not dairy from cows. If you have a reaction right away then stop eating dairy. You may need to cut it out completely for 3-6 months and then only eat it every 4-5 days. If you do decide that dairy works with your body opt for raw grass-fed dairy products. Remember Organic DOES NOT mean grass-fed. Or you may decide that how you feel after you consume dairy isn't worth it to you and you choose to make it part of your supportive nutrition plan.
- 2. Day 4: Non-gluten-containing grains:** Keep everything else the same but eat a serving of a non-gluten containing grain first thing in the morning. An example may be some cook quinoa sprinkled with cinnamon. As with the dairy, then eat your meal 20-30 minutes later. Track how you feel after consuming a non-gluten containing grain and decide if or how much you want it to be part of your nutrition plan. (If you are still experiencing symptoms of leaky gut or anything else I would encourage you to stay away from grains.) Any grain, gluten containing or not can be an irritant to our system (gut) or hinder our ability to manage blood sugar because there can be some cross-reactivity with gluten. I have found I can manage my blood sugar much better by avoiding ALL grains.
- 3. Day 7: Gluten containing grains:** Keep everything else the same but eat a serving of gluten first thing in the morning. An example may be a slice of Ezekiel bread with ghee or oatmeal. As before, eat the rest of your meal 20-30 minutes later. Evaluate how you feel (gas, bloating, foggy head, drop in energy) as well as how your digestion is for the next 3 days. Decide, how often or if you will incorporate gluten into your nutrition plan. I don't feel as if eating gluten is worth all of the long-term adverse effects on your body and health. However, that is a personal decision you need to make for yourself.
- 4. Day 10: Legumes:** Keep everything else the same but eat one serving of legumes first thing in the morning. Have some peanut butter, lentil soup, or a side of black beans. As with the other reintroductions consume the legume by itself and eat your meal 20-30 minutes later. Evaluate how you feel and look to decide, how often or if you will incorporate legumes into your nutrition plan.

Caffeine & Alcohol: These substances can be used from time to time but be cautious as they are drugs and need to be used moderately and wisely. Most individuals feel better and have more energy once they no longer have coffee daily. Regular use of coffee can increase your cortisol levels and deplete your adrenals over time. Alcohol may also be enjoyed in moderation, (1-3 drinks per week).

SYMPTOMS

Rating Scale:

0=Never or almost never

1=Occasionally have it, effect is not severe

2=Occasionally have it, effect is severe

3=Frequently have it, effect is not severe

4=Frequently have it, effect is severe

Symptom	Before	After	Difference
Nausea or vomiting			
Diarrhea			
Constipation			
Bloated Feeling			
Belching or passing gas			
Heartburn			
Intestinal/Stomach pain			
Mood Swing			
Anxiety/fear, or nervousness			
Anger, irritability, or aggressiveness			
Depression			
Fatigue or sluggishness			
Apathy or lethargy			
Hyperactivity			
Restlessness			
Watery or itchy eyes			
Swollen, reddened, or sticky eyelids			
Bags or dark circles under eyes			
Blurred vision			
Headaches			
Faintness			
Dizziness			
Insomnia			
Irregular or skipped heartbeat			
Rapid or pounding heartbeat			
Chest pain			
Aches or pain in joints			
Arthritis			
Stiffness or limitation of movement			
Aches or pain in muscles			

Feeling of weakness or tiredness			
Chest congestion			
Asthma or bronchitis			
Shortness of breath			
Difficulty breathing			
Poor memory			
Confusion or poor comprehension			
Poor concentration			
Poor physical coordination			
Difficulty making decisions			
Stuttering or stammering			
Slurred speech			
Learning Disabilities			
Chronic coughing			
Gagging or frequent need to clear throat			
Sore throat, hoarseness, or loss of voice			
Swollen or discolored tongue, gum, or lips			
Canker sores			
Stuffy nose			
Sinus problems			
Hay fever			
Sneezing attacks			
Excessive mucus formation			
Acne			
Hives, rashes, or dry skin			
Hair loss			
Flushing or hot flushes			
Excessive sweating			
Binge eating/drinking			
Craving certain foods			
Excessive weight			
Compulsive eating			
Water Retention			
Excess alcohol intake			
Night Eating			
Frequent illness			

21-Day Detox Challenge

Sample Meal Plan Template

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Meal 1	Leftover Rutabaga Breakfast Hash	Leftover Almond Flax Chicken and Roasted Vegetable	Omelet w/veggies and a side of fruit	Turkey Breakfast Sausage and Roasted Green Vegetable Side of fruit	Bacon & Eggs	½ Green Smoothie w/a side of protein	Rutabaga Breakfast Hash
MEAL 2	Leftover Salsa Chicken on top salad greens w/chopped vegetables	Salmon Cakes on top of salad greens w/chopped vegetables	Leftover Meatloaf w/leftover soup	Avocado Cilantro Chicken Salad	Graze fridge for leftovers	Leftover Paleo Avocado Cilantro Chicken Salad	Graze fridge for leftovers
MEAL 3	Almond Flax Chicken w/ Roasted Vegetables	Paleo Meatloaf w/Carrot Cauliflower Soup	Shepherd's Pie	Cauliflower Rice w/Chicken or Shrimp	Spaghetti Squash Pizza Pie	Grain free meatballs w/zucchini Noodles w/Avocado Cream Sauce	Crock Pot Salsa Chicken w/lettuce wraps

Snack Options: If you feel the need for a snack between meals, first drink a large glass of water and wait 20 minutes. If you are still hungry, have a handful of nuts, hard-boiled eggs, leftover protein, or just eat a small meal.

21-Day Detox Challenge

My Meal Plan Template

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Meal 1							
MEAL 2							
MEAL 3							

21-Day Detox Challenge Grocery Shopping List

Protein

Seafood

- Wild Salmon
- Shrimp
- Cod
- Scallops
- Crab
- Tuna

Meats

- Grass-fed Beef
- Grass-fed Buffalo
- Grass-fed Lamb
- Elk
- Venison

Poultry

- Free-Range Chicken
- Free-Range Turkey
- Duck
- Pheasant

The Other White

Meat

- Pork
- Uncured Bacon

- **Free Range Pastured Eggs**

Vegetables

- Acorn Squash
- Anise/Fennel Root
- Arugula
- Asparagus
- Beets
- Bell Peppers
- Bok Choy
- Broccoli/Broccolini
- Broccoli Rabe
- Brussels Sprouts
- Buttercup Squash
- Butternut Squash
- Cabbage

- Carrots
- Cauliflower
- Celery
- Collard
- Cucumber
- Delicata Squash
- Eggplant
- Garlic
- Green Beans
- Greens (beet, mustard, turnip)
- Jicama
- Kale

- Kohlrabi
- Leeks
- Lettuce (bibb, butter, red)
- Mushrooms
- Okra
- Onion/Shallots
- Parsnips
- Pumpkin
- Radish
- Rutabaga
- Rhubarb

- Snow/Sugar Snap Peas
- Spaghetti Squash
- Spinach
- Sprouts
- Summer Squash
- Sweet Potato/Yams
- Swiss Chard
- Tomato
- Turnip
- Watercress
- Zucchini

- Apples
- Apricots
- Bananas
- Blackberries
- Blueberries
- Cherries
- Grapefruit

- Grapes
- Kiwi
- Lemon
- Lime
- Mango
- Melon
- Nectarines

Fruits

- Oranges
- Papaya
- Peaches
- Pears
- Pineapple
- Plum
- Pomegranate

- Raspberries
- Strawberries
- Tangerines
- Watermelon

Fats

Cooking Fats

- Animal Fats*
- Clarified Butter*
- Ghee*
- Coconut Oil
- Extra Virgin Olive Oil

Eating Fats

- Avocado
- Cashews
- Coconut Butter
- Coconut Meat/Flakes
- Coconut Milk (canned)
- Hazelnuts/Filberts
- Macadamia Nuts
- Macadamia Butter

Occasional

- Almonds
- Almond Butter
- Brazil Nuts
- Pecans
- Pistachio

Limited

- Flax Seeds
- Pine Nuts
- Pumpkin Seeds
- Sesame Seeds
- Sunflower Seeds
- Sunflower Seed Butter
- Walnuts

*Must be pastured or 100% grass-fed and organic

Product Guide

Below I have listed some of the common products that people have had questions about in the past and where to find them. Some items will not be easily found in a traditional grocery store but rather at a local co-op or online.

GHEE- clarified butter, meaning the casein and whey have been removed. If someone has a dairy sensitivity they most likely are reacting to either the casein or the whey proteins.

Pure Indian Foods 100% Organic Ghee can be found [HERE](#).

Purity Farms Organic Ghee can be found at Whole Foods or your local co-op. Look for it by the oils or in the Asian section versus next to the butter.



You can make your own ghee with grass-fed butter. [CLICK HERE](#) for a recipe.

Coconut Aminos- a gluten-free, soy-free replacement for soy sauce.

Coconut Secret Raw Organic Vegan Coconut Aminos can be found [HERE](#), Whole Foods, or your local co-op.



Coconut Milk- can be a replacement for cow's milk in recipes. You want to purchase canned coconut milk as the coconut milk in cartons contains carrageenan. Carrageenan is a food additive to thicken products especially non-dairy alternative. It can promote leaky gut and disrupt the endocrine system.

I opt for **Natural Value**, as it does not contain guar gum, which for some people can cause digestive distress or upset. You can purchase it [HERE](#).

You can find Native Forest (pictured below) at Whole Foods or your local co-op. It does have a BPA free can, but contains guar gum. I also use Trader's Joes light coconut milk if I don't need something as thick. It only contains coconut milk and water...I can't guarantee that the can is BPA free though☺



Coconut Oil – you want to look for Organic Extra Virgin Coconut Oil. It has a much lighter flavor because it is unrefined and raw. Coconut oil is something you can buy in large quantities to save money, as it stays fresh for up to 6 months.

My favorite brand is **Nutiva Organic Extra Virgin Coconut Oil**. You can order it [HERE](#) at a good price. You will also be able to find it in most grocery stores but buying a smaller quantity is a bit pricier. If our local co-op is having a sale I stock up!!!



Sunflower Seed Butter

As with any nut butter you need look out for added sugar! It is common for evaporated cane juice to be added to nut butters or another form of sugar.

MaraNatha has Sunflower Seed butter with simply roasted sunflower seeds and sea salt. You can find it at Whole Foods or on Amazon [HERE](#).



Dijon Mustard

Condiments are often products that have hidden sugar, additives, or other non-detox friendly ingredients. **Annie's Naturals Organic Dijon Mustard** is a detox-friendly condiment that you can use. It can be found at some traditional grocery stores, Whole Foods, and your local co-op.

Fish Sauce – In Asian style dishes fish sauce can add extra flavor. **Red Boat Fish Sauce** is the brand I have found to like the best. You can find it [HERE](#).

In a pinch I have used Thai Kitchen, which I picked up at our local co-op.



Herbal Teas – All teas are NOT created equal. There may be pesticides, artificial flavoring, natural flavors, and GMOs hiding in your favorite tea. You want to watch out for soy lecithin, natural flavors (which can mean a lot of things), and added sweeteners.

The best tea brands are **Numi** and **Traditional Medicinals** as they are free of all the things I listed above and do not contain harmful packaging. They can be found at Whole Foods, your local co-op, or online [HERE](#). I have seen a limited selection of Traditional Medicinals at Target as well.



Glutamine – is an amino acid that can assist in gut repair, reducing sugar cravings, and rebuilding muscle tissue. I take 5 grams daily for gut health and will put a gram under my tongue if I am having a severe sugar craving that I know is physical versus psychological.

Glutamine can be powerful in reducing sugar cravings when put under the tongue in powder form as it goes right to the brain and gives it the boost of energy and glucose that it needs. You can find it at local co-ops or order it online [HERE](#). Just watch out for any added flavors.

Bacon- if you choose to eat bacon please read the FAQs for what to look for (pastured, no anti-biotics, hormones, etc.). You can order sugar free bacon from **US Wellness Meats** [HERE](#).

Or local co-ops carry **Beeler's Bacon**, which is also a good option.

Breakfast Sausage- If you are going to use already prepared ground breakfast sausage I encourage you to get it from **US Wellness Meats** [HERE](#) or your local co-op. I can get good ground turkey breakfast sausage from our local co-op.

Or you can make your own using ground turkey or pork and seasonings. You want to be cautious of added sugar or gluten if you are buying it at the store.

Parchment Paper – some baking papers are coated with Quilon, which contains heavy metals like chromium that can be toxic when incinerated, **If You Care Parchment Paper** uses Silicone, derived from a natural element. Their product is unbleached and chlorine free as well. Safer for you and the environment. It makes for the easiest cleanup ever!!!

You can find **If You Care products** at Whole Foods, your local co-op, or online [HERE](#).

Salad Dressings – most salad dressing you will find in the grocery store contain soybean and/or canola oil. These oils are likely damaged already and are being damaged even more when they are sitting under grocery store lights.

If you don't want to make your own salad dressing from olive oil and lemon juice or apple cider vinegar then I would recommend **Tessemae's All Natural Dressings**. They are made with olive oil and no added sugar. You can find them at Whole Foods or order online [HERE](#).

I absolutely LOVE all of their products!!!

Salt- Table salt is devoid of many of the trace minerals that our bodies need. It also can create more of a mineral imbalance by delivering too much sodium and chloride and not enough of the necessary minerals. However, real salt is healthy, necessary, and good. Salt in its natural form is not only necessary for the body to function but it is also extremely important in the right concentration for optimal health.

Opt for real salt such as [Redmond's Real Salt](#), [Celtic Sea Salt](#), or [Himalayan Salt](#).



Coconut flour- a healthy alternative to processed flours filled with gluten. Coconut flour provides healthy fats as well as fiber and protein to fill you up. You can find it in the bulk section of most local co-ops or order it online. A popular brand is [Bob's Red Mill](#). I like to order [Honeyville's Organic Coconut Flour](#).



Apple Cider Vinegar: Apple cider vinegar can be used for your skin, your hair, your house, and of course in recipes and for cooking. Opt for raw, organic, unfiltered and unpasteurized, apple cider vinegar. As part of balancing the body's pH, apple cider vinegar creates an overall detoxification of the body.

[Bragg Organic Apple Cider Vinegar](#) is a great addition to your fridge!

